

Iceland - The probabilities of a hip fracture in men

The following tables give the 10-year probability (%) of a hip fracture according to body mass index (BMI kg/m²), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Iceland. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Age = 50 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.6	0.4	0.2	0.2	0.1	0.1	0.1
1	1.3 (0.8-2.5)	0.7 (0.5-1.4)	0.4 (0.3-0.8)	0.3 (0.2-0.6)	0.2 (0.2-0.5)	0.2 (0.1-0.4)	0.1 (0.1-0.3)
2	2.5 (1.2-5.2)	1.4 (0.7-2.9)	0.8 (0.4-1.6)	0.6 (0.3-1.3)	0.5 (0.2-1.0)	0.4 (0.2-0.8)	0.3 (0.1-0.6)
3	4.7 (1.9-9.1)	2.6 (1.1-5.1)	1.4 (0.6-2.8)	1.1 (0.4-2.2)	0.9 (0.3-1.7)	0.7 (0.3-1.3)	0.5 (0.2-1.0)
4	8.4 (3.3-14)	4.7 (1.9-7.7)	2.6 (1.0-4.3)	2.0 (0.8-3.3)	1.6 (0.6-2.6)	1.2 (0.5-2.0)	1.0 (0.4-1.6)
5	15 (6.8-19)	8.4 (3.9-11)	4.7 (2.1-6.4)	3.7 (1.7-5.0)	2.9 (1.3-3.9)	2.2 (1.0-3.0)	1.7 (0.8-2.3)
6	24	15	8.3	6.5	5.0	3.9	3.1

Ten year probability of hip fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Iceland.

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.1	0.6	0.3	0.3	0.2	0.2	0.1
1	2.1 (1.5-3.8)	1.2 (0.8-2.1)	0.7 (0.5-1.2)	0.5 (0.4-0.9)	0.4 (0.3-0.7)	0.3 (0.2-0.5)	0.2 (0.2-0.4)
2	4.0 (2.2-7.6)	2.2 (1.2-4.4)	1.2 (0.7-2.5)	1.0 (0.5-1.9)	0.7 (0.4-1.5)	0.6 (0.3-1.1)	0.4 (0.2-0.9)
3	7.1 (3.3-13)	4.1 (1.9-7.6)	2.3 (1.0-4.3)	1.8 (0.8-3.3)	1.4 (0.6-2.6)	1.1 (0.5-2.0)	0.8 (0.4-1.6)
4	12 (5.7-19)	7.2 (3.3-11)	4.1 (1.8-6.5)	3.2 (1.4-5.1)	2.5 (1.1-3.9)	1.9 (0.8-3.1)	1.5 (0.7-2.4)
5	21 (11-26)	12 (6.6-16)	7.2 (3.8-9.5)	5.6 (2.9-7.4)	4.4 (2.3-5.8)	3.4 (1.8-4.5)	2.6 (1.4-3.5)
6	33	21	12	9.6	7.5	5.9	4.6

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.0	1.1	0.6	0.5	0.4	0.3	0.2
1	3.6 (2.6-5.7)	2.1 (1.5-3.3)	1.2 (0.8-1.8)	0.9 (0.6-1.4)	0.7 (0.5-1.1)	0.5 (0.4-0.9)	0.4 (0.3-0.7)
2	6.3 (3.7-11)	3.7 (2.2-6.6)	2.1 (1.2-3.8)	1.6 (1.0-3.0)	1.3 (0.7-2.3)	1.0 (0.6-1.8)	0.8 (0.4-1.4)
3	11 (5.6-18)	6.5 (3.3-11)	3.7 (1.9-6.6)	2.9 (1.5-5.2)	2.3 (1.1-4.0)	1.7 (0.9-3.1)	1.4 (0.7-2.4)
4	18 (9.7-27)	11 (5.8-17)	6.5 (3.3-9.9)	5.1 (2.6-7.8)	3.9 (2.0-6.1)	3.1 (1.5-4.7)	2.4 (1.2-3.7)
5	28 (18-35)	18 (11-23)	11 (6.7-14)	8.6 (5.2-11)	6.7 (4.0-8.7)	5.2 (3.1-6.8)	4.1 (2.4-5.3)
6	42	29	18	14	11	8.8	6.9

Ten year probability of hip fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Iceland.

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.3	1.9	1.1	0.9	0.7	0.5	0.4
1	5.5 (4.2-7.9)	3.4 (2.5-4.7)	1.9 (1.5-2.7)	1.5 (1.1-2.1)	1.2 (0.9-1.6)	0.9 (0.7-1.3)	0.7 (0.5-1.0)
2	9.3 (5.9-14)	5.7 (3.6-9.2)	3.4 (2.1-5.5)	2.6 (1.6-4.3)	2.0 (1.3-3.3)	1.6 (1.0-2.6)	1.2 (0.8-2.0)
3	15 (8.8-24)	9.6 (5.4-16)	5.7 (3.2-9.5)	4.5 (2.5-7.4)	3.5 (1.9-5.8)	2.7 (1.5-4.5)	2.1 (1.1-3.5)
4	23 (15-33)	16 (9.4-23)	9.6 (5.6-14)	7.5 (4.3-11)	5.8 (3.4-8.7)	4.5 (2.6-6.8)	3.5 (2.0-5.2)
5	35 (25-40)	24 (17-30)	16 (11-20)	12 (8.5-15)	9.6 (6.6-12)	7.5 (5.1-9.5)	5.8 (4.0-7.4)
6	48	36	25	20	16	12	9.5

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.1	3.2	1.9	1.5	1.2	0.9	0.7
1	8.8 (6.7-10)	5.7 (4.4-6.8)	3.5 (2.7-4.1)	2.7 (2.1-3.2)	2.1 (1.6-2.5)	1.6 (1.2-1.9)	1.2 (1.0-1.5)
2	15 (9.9-21)	10 (6.7-14)	6.3 (4.2-8.5)	4.8 (3.2-6.6)	3.7 (2.5-5.2)	2.9 (1.9-4.0)	2.2 (1.5-3.1)
3	24 (16-32)	17 (11-24)	11 (7.2-16)	8.5 (5.6-13)	6.6 (4.3-9.8)	5.1 (3.3-7.6)	4.0 (2.6-5.9)
4	35 (26-46)	27 (19-37)	19 (13-26)	15 (10-21)	11 (8.0-16)	8.9 (6.2-13)	6.9 (4.8-10)
5	49 (43-58)	40 (35-49)	30 (26-36)	24 (20-30)	19 (16-24)	15 (13-19)	12 (9.8-15)
6	62	55	45	37	30	25	20

Ten year probability of hip fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Iceland.

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.6	5.2	3.3	2.6	2.0	1.5	1.2
1	14 (9.4-23)	9.8 (6.8-17)	6.5 (4.6-11)	5.0 (3.5-8.7)	3.8 (2.7-6.7)	3.0 (2.1-5.2)	2.3 (1.6-4.0)
2	23 (14-36)	17 (10-28)	12 (6.9-19)	9.3 (5.3-15)	7.2 (4.1-12)	5.6 (3.1-9.3)	4.3 (2.4-7.2)
3	34 (20-50)	28 (16-42)	21 (12-32)	16 (9.1-26)	13 (7.1-20)	10 (5.4-16)	7.8 (4.2-13)
4	47 (31-61)	41 (26-55)	33 (20-47)	27 (15-39)	22 (12-32)	17 (9.4-26)	14 (7.2-21)
5	60 (45-69)	56 (39-65)	49 (32-59)	41 (26-51)	34 (20-43)	28 (16-36)	22 (13-29)
6	71	69	64	57	49	42	35

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	10	7.7	5.4	4.1	3.1	2.4	1.8
1	17 (12-29)	13 (9.5-23)	9.8 (7.0-17)	7.6 (5.3-13)	5.8 (4.1-10)	4.5 (3.1-8.1)	3.4 (2.4-6.2)
2	26 (17-42)	22 (14-36)	17 (10-28)	13 (8.0-22)	10 (6.1-17)	7.9 (4.7-14)	6.1 (3.6-11)
3	37 (24-52)	33 (20-47)	27 (15-40)	22 (12-33)	17 (9.3-27)	13 (7.2-22)	10 (5.5-17)
4	49 (32-62)	45 (28-57)	39 (24-52)	33 (19-44)	27 (15-37)	21 (11-30)	17 (8.7-24)
5	61 (45-69)	57 (41-66)	53 (36-62)	46 (29-55)	39 (23-48)	32 (19-40)	26 (15-33)
6	71	69	65	59	52	45	38

Ten year probability of hip fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Iceland.

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	12	9.7	7.1	5.4	4.2	3.2	2.4
1	20 (14-33)	16 (12-28)	13 (8.9-22)	9.8 (6.9-17)	7.5 (5.2-13)	5.8 (4.0-10)	4.4 (3.0-8.1)
2	30 (20-46)	26 (17-41)	21 (13-34)	17 (10-28)	13 (7.8-22)	10 (6.0-17)	7.7 (4.5-14)
3	41 (27-56)	37 (23-52)	32 (19-46)	26 (15-39)	21 (12-32)	16 (9.1-26)	13 (6.9-20)
4	53 (36-65)	49 (32-62)	44 (28-57)	38 (22-49)	31 (18-42)	25 (14-35)	20 (11-29)
5	63 (49-70)	61 (45-69)	57 (40-66)	50 (34-60)	44 (27-53)	37 (22-45)	30 (17-38)
6	71	70	68	63	56	49	42

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	13	9.5	7.0	5.3	4.1	3.1	2.3
1	21 (15-34)	16 (12-28)	12 (8.7-21)	9.6 (6.7-17)	7.4 (5.1-13)	5.7 (3.9-10)	4.3 (2.9-7.9)
2	32 (21-48)	26 (17-41)	21 (13-33)	16 (10-27)	13 (7.7-22)	9.9 (5.8-17)	7.6 (4.5-13)
3	44 (30-59)	38 (24-53)	32 (19-46)	26 (15-39)	21 (12-32)	16 (8.9-26)	13 (6.8-21)
4	55 (39-67)	51 (34-63)	45 (28-58)	38 (23-50)	32 (18-43)	26 (14-36)	21 (11-29)
5	64 (52-69)	63 (48-70)	59 (41-67)	52 (34-61)	45 (28-54)	38 (22-46)	31 (18-39)
6	67	70	70	65	58	51	44