Iceland - The probabilities of a major osteoporotic fracture in men

The following tables give the 10-year probability (%) of a major osteoporotic fracture (hip, clinical spine, forearm or proximal humerus 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/m²)						
	15	20	25	30	35	40	45
0	3.8	3.6	3.5	3.1	2.7	2.4	2.1
1	6.1 (4.2-8.9)	5.7 (3.9-8.0)	5.5 (3.7-7.5)	4.8 (3.2-6.6)	4.2 (2.8-5.7)	3.7 (2.5-5.0)	3.2 (2.2-4.4)
2	9.6 (5.2-16)	8.8 (4.7-15)	8.4 (4.5-14)	7.3 (3.9-13)	6.4 (3.4-11)	5.6 (3.0-9.8)	4.9 (2.6-8.6)
3	15 (7.5-25)	13 (6.6-23)	13 (6.1-22)	11 (5.3-20)	9.6 (4.6-18)	8.4 (4.0-15)	7.4 (3.5-14)
4	22 (13-34)	20 (11-31)	18 (9.9-29)	16 (8.6-26)	14 (7.5-23)	12 (6.5-20)	11 (5.6-18)
5	32 (21-41)	28 (19-37)	26 (18-34)	23 (16-31)	20 (14-27)	18 (12-24)	16 (11-21)
6	45	40	37	32	29	25	22

Ten year probability of osteoporotic 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/m²)						
	15	20	25	30	35	40	45
0	5.3	5.0	4.8	4.2	3.7	3.2	2.8
1	8.4 (5.8-12)	7.8 (5.3-11)	7.4 (5.1-9.9)	6.5 (4.4-8.7)	5.7 (3.9-7.6)	5.0 (3.4-6.6)	4.3 (2.9-5.8)
2	13 (7.4-21)	12 (6.6-19)	11 (6.1-19)	9.8 (5.3-17)	8.6 (4.6-15)	7.5 (4.0-13)	6.6 (3.5-11)
3	20 (11-31)	18 (9.2-30)	17 (8.4-29)	14 (7.3-25)	13 (6.3-22)	11 (5.5-20)	9.7 (4.8-18)
4	29 (18-42)	26 (15-39)	24 (14-37)	21 (12-33)	18 (10-29)	16 (8.8-26)	14 (7.6-23)
5	40 (28-50)	36 (26-46)	33 (24-43)	30 (21-38)	26 (19-34)	23 (16-31)	20 (14-27)
6	55	49	45	41	36	32	28

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.7	6.2	5.9	5.2	4.5	3.9	3.4
1	10 (7.5-14)	9.6 (6.7-13)	9.1 (6.3-12)	7.9 (5.4-10)	6.9 (4.7-9.0)	6.0 (4.1-7.9)	5.2 (3.5-6.8)
2	16 (9.6-24)	14 (8.4-23)	14 (7.7-22)	12 (6.6-19)	10 (5.7-17)	9.0 (4.9-15)	7.8 (4.3-13)
3	24 (14-36)	21 (12-34)	20 (11-33)	17 (9.1-29)	15 (7.9-26)	13 (6.8-23)	11 (5.9-20)
4	34 (23-47)	30 (19-44)	28 (17-42)	25 (15-38)	22 (13-33)	19 (11-30)	17 (9.3-26)
5	46 (34-56)	42 (31-52)	39 (29-49)	34 (26-44)	30 (22-39)	27 (20-35)	23 (17-31)
6	60	55	52	46	41	36	32

Ten year probability of osteoporotic 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/m²)						
	15	20	25	30	35	40	45
0	8.0	7.2	6.8	5.9	5.1	4.4	3.8
1	12 (9.0-16)	11 (7.9-14)	10 (7.2-13)	8.9 (6.2-11)	7.7 (5.3-9.9)	6.6 (4.6-8.5)	5.7 (3.9-7.4)
2	18 (12-26)	16 (10-25)	15 (9.0-24)	13 (7.7-21)	11 (6.6-18)	9.8 (5.6-16)	8.5 (4.8-14)
3	27 (18-38)	24 (15-36)	22 (13-35)	19 (11-31)	17 (9.2-27)	14 (7.9-24)	12 (6.7-21)
4	37 (27-49)	33 (23-47)	31 (20-45)	27 (17-40)	23 (15-35)	20 (12-31)	18 (11-28)
5	49 (38-58)	45 (35-55)	42 (33-52)	37 (28-47)	32 (25-42)	28 (21-37)	25 (19-33)
6	61	58	55	49	43	38	34

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	9.5	8.4	7.7	6.6	5.6	4.8	4.1
1	14 (11-18)	13 (9.3-16)	11 (8.3-14)	9.6 (7.0-12)	8.2 (6.0-11)	7.0 (5.1-9.1)	6.0 (4.3-7.8)
2	21 (14-30)	19 (12-26)	16 (11-23)	14 (8.9-19)	12 (7.5-17)	10 (6.3-14)	8.6 (5.4-12)
3	31 (21-42)	27 (18-38)	24 (15-34)	20 (13-29)	17 (11-25)	14 (9.1-22)	12 (7.7-19)
4	42 (31-55)	38 (27-50)	33 (24-46)	28 (20-40)	24 (17-34)	21 (14-30)	17 (12-26)
5	55 (48-64)	51 (44-60)	45 (38-55)	39 (32-48)	34 (27-42)	29 (23-37)	25 (19-32)
6	66	63	59	52	46	40	34

Ten year probability of osteoporotic 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/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	11	10	9.1	7.6	6.4	5.4	4.6
1	18 (13-26)	16 (11-21)	14 (9.9-17)	11 (8.2-14)	9.4 (6.8-11)	7.9 (5.7-9.7)	6.6 (4.7-8.2)
2	27 (17-40)	24 (15-34)	20 (13-28)	17 (11-23)	14 (8.9-19)	12 (7.3-16)	9.6 (6.1-13)
3	38 (24-54)	34 (22-48)	30 (19-41)	25 (16-35)	21 (13-29)	17 (11-24)	14 (8.9-20)
4	51 (35-63)	47 (32-60)	42 (28-55)	36 (24-48)	30 (20-41)	25 (16-35)	21 (13-29)
5	62 (49-71)	60 (47-69)	56 (44-65)	49 (37-58)	42 (32-51)	36 (27-44)	30 (23-38)
6	72	71	68	62	55	48	41

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	13	11	10	8.3	6.8	5.6	4.6
1	20 (14-31)	18 (13-26)	15 (11-21)	13 (9.1-17)	10 (7.4-14)	8.4 (6.0-11)	6.9 (4.9-9.1)
2	29 (19-43)	26 (17-39)	23 (15-32)	19 (12-26)	16 (9.9-22)	13 (8.0-18)	10 (6.5-14)
3	40 (26-55)	37 (24-51)	33 (22-45)	28 (18-38)	23 (15-32)	19 (12-26)	15 (9.5-22)
4	51 (36-64)	49 (34-60)	45 (32-57)	39 (27-50)	32 (22-43)	27 (18-37)	22 (14-31)
5	62 (48-70)	60 (46-68)	57 (44-66)	51 (37-60)	44 (32-53)	37 (26-46)	31 (22-39)
6	71	70	68	62	56	49	42

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Ten year probability of osteoporotic 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/m²)						
	15	20	25	30	35	40	45
0	14	12	10	8.4	6.8	5.5	4.4
1	22 (16-34)	19 (14-30)	16 (12-25)	13 (9.4-20)	11 (7.5-16)	8.5 (6.0-13)	6.8 (4.7-10)
2	32 (21-47)	28 (19-43)	25 (16-37)	20 (13-30)	16 (10-25)	13 (8.2-20)	11 (6.5-16)
3	43 (28-57)	39 (26-54)	36 (23-49)	30 (19-42)	24 (15-35)	20 (12-29)	16 (9.4-24)
4	54 (38-66)	51 (35-63)	48 (33-59)	41 (27-53)	35 (22-46)	29 (18-39)	24 (15-33)
5	64 (51-71)	62 (48-70)	59 (45-68)	53 (38-62)	46 (32-55)	40 (27-49)	33 (22-42)
6	71	71	70	64	58	51	45

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	14	11	9.5	7.6	6.0	4.8	3.8
1	22 (16-35)	18 (13-29)	15 (11-24)	12 (8.5-19)	9.7 (6.7-15)	7.6 (5.3-12)	6.0 (4.1-9.3)
2	33 (22-49)	28 (18-42)	23 (15-36)	19 (12-29)	15 (9.4-24)	12 (7.4-19)	9.6 (5.8-15)
3	44 (30-59)	40 (26-54)	34 (22-48)	28 (18-40)	23 (14-34)	19 (11-28)	15 (8.6-22)
4	56 (40-67)	52 (36-64)	47 (31-59)	40 (26-52)	34 (21-45)	28 (17-38)	23 (13-31)
5	64 (53-69)	63 (49-70)	60 (44-68)	53 (37-62)	46 (31-55)	39 (25-48)	33 (21-41)
6	67	71	70	65	59	52	45