Malta - 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 Malta. 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	2.3	2.2	2.1	1.9	1.6	1.4	1.2
1	3.7 (2.5-5.5)	3.5 (2.3-4.9)	3.3 (2.2-4.6)	2.9 (1.9-4.0)	2.5 (1.7-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)
2	6.0 (3.2-9.9)	5.4 (2.9-9.2)	5.1 (2.7-8.8)	4.4 (2.3-7.7)	3.9 (2.0-6.8)	3.4 (1.8-5.9)	2.9 (1.5-5.2)
3	9.3 (4.7-16)	8.3 (4.0-15)	7.7 (3.7-14)	6.7 (3.2-12)	5.8 (2.8-11)	5.1 (2.4-9.5)	4.4 (2.1-8.3)
4	14 (8.0-22)	13 (6.8-20)	11 (6.1-19)	10 (5.2-16)	8.7 (4.5-14)	7.6 (3.9-13)	6.6 (3.4-11)
5	22 (13-28)	19 (12-24)	17 (11-22)	15 (9.9-20)	13 (8.6-17)	11 (7.5-15)	9.7 (6.6-13)
6	32	27	24	21	18	16	14

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.8	2.5	2.4	2.1	1.8	1.6	1.4
1	4.5 (3.1-6.5)	4.0 (2.7-5.6)	3.7 (2.5-5.1)	3.2 (2.2-4.4)	2.8 (1.9-3.8)	2.4 (1.6-3.3)	2.1 (1.4-2.9)
2	7.1 (4.0-11)	6.2 (3.4-10)	5.7 (3.1-9.6)	5.0 (2.7-8.4)	4.3 (2.3-7.3)	3.7 (2.0-6.4)	3.2 (1.7-5.6)
3	11 (6.1-18)	9.6 (5.0-16)	8.7 (4.4-15)	7.5 (3.7-13)	6.5 (3.2-12)	5.6 (2.8-10)	4.9 (2.4-8.8)
4	17 (10-25)	14 (8.4-22)	13 (7.2-21)	11 (6.2-18)	9.6 (5.3-16)	8.3 (4.5-14)	7.2 (3.9-12)
5	25 (16-32)	21 (14-28)	19 (13-25)	16 (11-22)	14 (9.7-19)	12 (8.4-16)	11 (7.3-14)
6	37	31	27	23	20	18	15

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	3.8	3.4	3.2	2.8	2.4	2.1	1.8
1	6.1 (4.3-8.7)	5.4 (3.8-7.4)	5.0 (3.4-6.7)	4.3 (2.9-5.7)	3.7 (2.5-4.9)	3.2 (2.1-4.2)	2.7 (1.8-3.6)
2	9.6 (5.8-14)	8.3 (4.9-13)	7.6 (4.3-12)	6.5 (3.6-11)	5.6 (3.1-9.2)	4.8 (2.7-8.0)	4.1 (2.3-7.0)
3	15 (9.0-22)	13 (7.2-20)	11 (6.1-19)	9.7 (5.2-17)	8.4 (4.4-14)	7.2 (3.7-12)	6.2 (3.2-11)
4	22 (14-31)	19 (12-28)	17 (10-26)	14 (8.5-22)	12 (7.1-19)	11 (6.0-17)	9.1 (5.1-15)
5	31 (21-39)	27 (19-34)	24 (17-31)	21 (15-27)	18 (13-24)	15 (11-20)	13 (9.2-18)
6	43	38	34	29	25	22	19

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	5.3	4.7	4.3	3.7	3.2	2.7	2.3
1	8.2 (6.0-11)	7.2 (5.2-9.7)	6.6 (4.7-8.7)	5.6 (3.9-7.4)	4.8 (3.3-6.3)	4.1 (2.8-5.4)	3.5 (2.4-4.6)
2	12 (8.1-18)	11 (6.8-16)	10 (5.9-15)	8.5 (5.0-13)	7.2 (4.2-12)	6.2 (3.5-10)	5.3 (3.0-8.6)
3	18 (12-26)	16 (10-24)	15 (8.7-23)	13 (7.3-20)	11 (6.1-17)	9.1 (5.1-15)	7.7 (4.3-13)
4	26 (18-36)	23 (16-33)	21 (14-31)	18 (12-27)	15 (9.6-24)	13 (8.0-20)	11 (6.7-18)
5	36 (27-44)	33 (24-41)	30 (22-38)	26 (19-33)	22 (16-29)	19 (14-25)	16 (12-21)
6	47	44	40	35	30	26	22

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.8	6.1	5.6	4.7	4.0	3.4	2.9
1	10 (7.5-13)	9.3 (6.7-12)	8.4 (6.1-11)	7.0 (5.1-9.0)	5.9 (4.2-7.6)	4.9 (3.5-6.4)	4.1 (2.9-5.4)
2	16 (10-23)	14 (9.1-20)	12 (7.9-18)	10 (6.6-15)	8.6 (5.4-12)	7.2 (4.5-10)	6.0 (3.7-8.8)
3	23 (15-33)	21 (13-29)	18 (12-26)	15 (9.8-22)	13 (8.0-19)	10 (6.6-16)	8.7 (5.5-13)
4	33 (23-43)	30 (20-40)	26 (18-37)	22 (15-31)	18 (12-26)	15 (10-22)	13 (8.2-19)
5	44 (37-52)	40 (34-50)	37 (30-45)	31 (25-39)	26 (21-33)	22 (17-28)	18 (14-24)
6	55	52	49	42	36	30	26

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.9	7.1	6.5	5.4	4.5	3.7	3.1
1	13 (8.7-19)	11 (7.8-16)	9.8 (7.0-13)	8.1 (5.7-10)	6.7 (4.7-8.3)	5.5 (3.9-6.7)	4.5 (3.2-5.6)
2	20 (12-31)	17 (11-26)	15 (9.3-22)	12 (7.6-18)	10 (6.2-15)	8.2 (5.1-12)	6.7 (4.1-9.7)
3	29 (17-44)	26 (15-38)	22 (14-32)	18 (11-27)	15 (9.1-22)	12 (7.4-18)	10 (6.0-15)
4	41 (26-54)	37 (23-50)	33 (21-45)	27 (17-38)	22 (14-32)	18 (11-27)	15 (9.1-22)
5	53 (39-63)	50 (36-60)	45 (33-55)	39 (28-48)	33 (23-41)	27 (19-35)	22 (16-29)
6	65	62	59	52	45	38	32

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.3	6.6	6.2	5.1	4.1	3.4	2.8
1	12 (8.1-19)	10 (7.2-16)	9.4 (6.6-13)	7.6 (5.3-10)	6.2 (4.3-8.3)	5.0 (3.5-6.6)	4.1 (2.8-5.3)
2	18 (11-29)	16 (10-24)	14 (8.9-20)	11 (7.2-16)	9.3 (5.8-13)	7.5 (4.7-11)	6.0 (3.8-8.5)
3	27 (16-39)	24 (14-34)	21 (13-30)	17 (10-24)	14 (8.3-20)	11 (6.6-16)	9.0 (5.3-13)
4	38 (23-49)	34 (21-45)	30 (20-41)	25 (16-34)	20 (13-28)	16 (10-23)	13 (8.2-19)
5	49 (34-58)	46 (31-55)	41 (29-50)	35 (24-43)	29 (20-37)	24 (16-31)	19 (13-25)
6	61	58	54	47	40	33	28

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	6.2	5.7	5.4	4.3	3.5	2.8	2.3
1	10 (6.9-17)	9.1 (6.2-14)	8.3 (5.7-12)	6.6 (4.5-9.6)	5.3 (3.6-7.6)	4.3 (2.9-6.0)	3.4 (2.3-4.7)
2	16 (9.8-26)	14 (8.7-22)	13 (7.8-19)	10 (6.2-15)	8.1 (4.9-12)	6.4 (3.9-9.5)	5.1 (3.1-7.5)
3	24 (14-36)	21 (12-32)	19 (11-28)	15 (8.8-23)	12 (7.0-18)	9.7 (5.5-15)	7.7 (4.3-12)
4	34 (20-45)	31 (18-41)	27 (17-37)	22 (14-31)	18 (11-25)	14 (8.6-21)	12 (6.8-17)
5	45 (30-54)	42 (27-50)	38 (25-47)	32 (21-40)	26 (17-33)	21 (13-27)	17 (11-22)
6	56	53	50	43	36	30	25

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	5.3	4.8	4.5	3.6	2.9	2.3	1.8
1	8.8 (5.9-15)	7.8 (5.2-13)	7.1 (4.8-11)	5.6 (3.8-8.5)	4.4 (3.0-6.7)	3.5 (2.3-5.2)	2.8 (1.9-4.0)
2	14 (8.4-23)	12 (7.4-20)	11 (6.7-17)	8.7 (5.3-14)	6.9 (4.1-11)	5.4 (3.2-8.4)	4.3 (2.5-6.6)
3	21 (12-32)	19 (11-29)	17 (9.5-25)	13 (7.4-20)	11 (5.8-16)	8.3 (4.5-13)	6.5 (3.5-10)
4	30 (18-41)	27 (16-37)	24 (14-33)	20 (12-28)	16 (9.1-22)	13 (7.2-18)	9.9 (5.7-14)
5	41 (27-49)	38 (24-46)	34 (22-43)	28 (18-36)	23 (14-30)	19 (11-24)	15 (8.9-20)
6	51	49	46	39	33	27	22