

South Africa (Indian) - The probabilities of a major osteoporotic fracture in women

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 South Africa (Indian). 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	2.6	2.3	2.2	1.9	1.6	1.4	1.3
1	4.2 (2.9-6.3)	3.7 (2.5-5.3)	3.4 (2.3-4.7)	3.0 (2.0-4.1)	2.6 (1.7-3.6)	2.2 (1.5-3.1)	2.0 (1.3-2.7)
2	6.8 (3.7-11)	5.8 (3.1-9.7)	5.3 (2.8-9.0)	4.6 (2.4-7.9)	4.0 (2.1-6.9)	3.5 (1.8-6.0)	3.0 (1.6-5.3)
3	11 (5.5-18)	9.1 (4.5-16)	8.1 (3.9-15)	7.0 (3.4-13)	6.1 (2.9-11)	5.3 (2.5-9.8)	4.6 (2.2-8.6)
4	17 (9.4-26)	14 (7.8-22)	12 (6.6-20)	11 (5.6-17)	9.2 (4.9-15)	8.0 (4.2-13)	6.9 (3.6-12)
5	26 (16-33)	21 (13-27)	18 (12-24)	16 (10-21)	14 (9.1-18)	12 (7.9-16)	10 (6.9-14)
6	39	31	26	23	20	17	15

Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from South Africa (Indian).

Age = 55 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	4.0	3.5	3.2	2.8	2.4	2.1	1.8
1	6.5 (4.6-9.5)	5.5 (3.9-7.8)	5.0 (3.4-6.8)	4.3 (3.0-5.9)	3.8 (2.6-5.1)	3.3 (2.2-4.4)	2.8 (1.9-3.8)
2	10 (6.1-17)	8.7 (4.9-14)	7.7 (4.2-13)	6.7 (3.6-11)	5.8 (3.1-9.7)	5.0 (2.7-8.5)	4.4 (2.3-7.4)
3	17 (9.2-26)	13 (7.1-22)	12 (6.0-20)	10 (5.1-18)	8.8 (4.4-16)	7.6 (3.8-14)	6.6 (3.2-12)
4	25 (15-37)	20 (12-31)	17 (10-27)	15 (8.7-24)	13 (7.4-21)	11 (6.3-18)	9.9 (5.4-16)
5	38 (25-46)	30 (20-38)	26 (18-33)	22 (15-29)	19 (13-25)	17 (12-22)	15 (10-19)
6	53	43	36	32	28	24	21

Age = 60 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	6.2	5.2	4.7	4.0	3.5	3.0	2.6
1	10.0 (7.4-14)	8.3 (5.9-11)	7.3 (5.1-9.7)	6.3 (4.4-8.4)	5.4 (3.8-7.2)	4.7 (3.3-6.2)	4.1 (2.8-5.4)
2	16 (9.9-24)	13 (7.7-19)	11 (6.4-18)	9.6 (5.5-15)	8.3 (4.7-13)	7.2 (4.0-12)	6.2 (3.5-10)
3	24 (15-35)	20 (11-31)	17 (9.2-28)	14 (7.8-24)	12 (6.6-21)	11 (5.7-19)	9.3 (4.8-16)
4	36 (23-48)	29 (18-41)	25 (16-37)	21 (13-32)	18 (11-28)	16 (9.5-25)	14 (8.1-22)
5	50 (37-59)	41 (30-50)	35 (26-44)	31 (22-39)	27 (19-34)	23 (17-30)	20 (14-26)
6	66	56	48	43	37	33	28

Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from South Africa (Indian).

Age = 65 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	8.6	7.1	6.2	5.3	4.6	4.0	3.4
1	13 (10-18)	11 (8.1-14)	9.5 (6.9-12)	8.2 (5.8-11)	7.1 (5.0-9.1)	6.1 (4.3-7.8)	5.2 (3.7-6.8)
2	21 (14-29)	17 (11-24)	14 (8.7-22)	12 (7.4-19)	11 (6.3-17)	9.2 (5.3-14)	7.9 (4.6-13)
3	31 (21-42)	25 (16-37)	21 (13-33)	18 (11-29)	16 (9.0-26)	14 (7.6-23)	12 (6.5-20)
4	43 (30-56)	36 (25-49)	31 (21-44)	27 (18-39)	23 (15-34)	20 (13-30)	17 (11-26)
5	57 (46-66)	49 (39-58)	42 (33-52)	37 (29-46)	32 (25-41)	28 (21-36)	24 (18-32)
6	71	64	57	50	44	39	34

Age = 70 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	11	9.0	7.9	6.7	5.8	4.9	4.2
1	17 (13-21)	14 (10-17)	12 (8.7-15)	9.9 (7.4-13)	8.5 (6.3-11)	7.2 (5.3-9.3)	6.2 (4.5-8.0)
2	26 (18-34)	21 (14-28)	17 (11-23)	15 (9.4-20)	12 (7.9-17)	11 (6.7-15)	9.0 (5.7-13)
3	38 (27-50)	30 (21-43)	25 (16-36)	21 (14-31)	18 (12-27)	15 (9.7-23)	13 (8.2-20)
4	52 (40-65)	43 (33-57)	36 (27-49)	31 (22-43)	26 (19-37)	22 (16-32)	19 (13-28)
5	66 (60-74)	58 (52-68)	50 (43-59)	43 (36-52)	37 (31-46)	32 (26-40)	27 (22-34)
6	77	73	65	58	51	45	39

Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from South Africa (Indian).

Age = 75 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	14	12	10	8.5	7.3	6.2	5.3
1	22 (16-31)	18 (13-23)	15 (11-18)	13 (9.4-15)	11 (7.9-13)	9.0 (6.7-11)	7.6 (5.6-9.5)
2	33 (22-47)	27 (17-38)	22 (14-30)	19 (12-25)	16 (10-21)	13 (8.5-18)	11 (7.1-15)
3	46 (31-62)	40 (26-54)	33 (21-45)	28 (18-39)	23 (15-33)	19 (12-28)	16 (10-23)
4	60 (44-72)	54 (39-68)	46 (33-60)	40 (28-53)	34 (23-46)	28 (19-39)	24 (16-34)
5	72 (60-79)	68 (56-77)	62 (50-71)	54 (43-64)	47 (37-57)	41 (32-49)	35 (27-43)
6	80	79	75	69	63	55	48

Age = 80 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	16	14	12	10	8.8	7.4	6.2
1	25 (19-36)	21 (16-29)	18 (14-23)	15 (11-19)	13 (9.5-16)	11 (7.9-13)	9.0 (6.6-11)
2	36 (25-50)	31 (21-43)	27 (18-36)	22 (15-30)	19 (12-25)	16 (10-20)	13 (8.5-17)
3	48 (34-62)	44 (31-57)	38 (26-50)	32 (22-43)	27 (18-36)	23 (15-31)	19 (12-26)
4	60 (45-71)	56 (42-68)	51 (38-64)	44 (32-57)	38 (27-50)	32 (23-43)	27 (19-37)
5	70 (57-77)	68 (55-75)	64 (52-73)	58 (46-66)	51 (39-60)	44 (34-53)	38 (29-46)
6	77	77	75	70	64	57	50

Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from South Africa (Indian).

Age = 85 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	19	17	15	12	10	8.5	7.1
1	28 (20-40)	25 (18-35)	22 (16-29)	18 (13-24)	15 (11-20)	12 (9.0-16)	10 (7.4-13)
2	38 (27-54)	35 (24-49)	31 (21-42)	26 (18-35)	22 (14-29)	18 (12-24)	15 (9.7-20)
3	50 (35-64)	47 (33-61)	43 (30-56)	37 (25-48)	31 (21-42)	26 (17-35)	22 (14-30)
4	60 (46-72)	58 (44-70)	55 (42-67)	49 (36-61)	42 (30-54)	36 (25-47)	30 (21-41)
5	70 (58-76)	68 (56-75)	67 (55-74)	61 (48-69)	54 (42-63)	48 (36-57)	41 (30-50)
6	76	76	75	71	65	59	53

Age = 90 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	20	18	16	13	11	8.8	7.2
1	29 (22-43)	27 (20-39)	24 (18-34)	20 (14-28)	16 (12-23)	13 (9.4-18)	11 (7.6-15)
2	40 (28-56)	37 (26-52)	34 (24-47)	29 (19-40)	24 (16-34)	20 (13-28)	16 (10-23)
3	51 (36-65)	49 (34-63)	46 (32-60)	40 (27-53)	34 (22-46)	28 (18-39)	23 (14-33)
4	61 (47-72)	60 (45-71)	58 (43-69)	51 (37-62)	45 (31-56)	38 (26-49)	32 (21-43)
5	69 (59-75)	69 (57-75)	68 (56-75)	62 (49-70)	56 (43-65)	50 (37-59)	43 (31-52)
6	74	76	76	71	66	61	54