

Estonia - 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 Estonia. 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	0.3	0.2	0.1	0.1	0.1	0.1	0.0
1	0.6 (0.4-1.2)	0.4 (0.2-0.7)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)
2	1.2 (0.6-2.3)	0.7 (0.3-1.4)	0.4 (0.2-0.9)	0.3 (0.2-0.6)	0.2 (0.1-0.5)	0.2 (0.1-0.4)	0.1 (0.1-0.3)
3	2.1 (0.9-4.1)	1.3 (0.5-2.5)	0.8 (0.3-1.5)	0.6 (0.2-1.1)	0.5 (0.2-0.9)	0.3 (0.1-0.7)	0.3 (0.1-0.5)
4	3.7 (1.5-6.2)	2.3 (0.9-3.8)	1.4 (0.5-2.3)	1.1 (0.4-1.8)	0.8 (0.3-1.4)	0.6 (0.3-1.0)	0.5 (0.2-0.8)
5	6.4 (2.8-8.2)	4.1 (1.8-5.3)	2.4 (1.1-3.3)	1.9 (0.8-2.5)	1.5 (0.6-1.9)	1.1 (0.5-1.5)	0.9 (0.4-1.1)
6	11	6.9	4.2	3.3	2.5	2.0	1.5

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.5	0.3	0.2	0.1	0.1	0.1	0.1
1	0.9 (0.6-1.7)	0.6 (0.4-1.0)	0.3 (0.2-0.6)	0.3 (0.2-0.5)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
2	1.7 (0.9-3.1)	1.0 (0.6-2.0)	0.6 (0.3-1.2)	0.5 (0.3-0.9)	0.4 (0.2-0.7)	0.3 (0.2-0.6)	0.2 (0.1-0.4)
3	2.9 (1.4-5.3)	1.9 (0.9-3.5)	1.1 (0.5-2.1)	0.9 (0.4-1.6)	0.7 (0.3-1.3)	0.5 (0.2-1.0)	0.4 (0.2-0.7)
4	5.0 (2.4-8.0)	3.3 (1.5-5.3)	2.0 (0.9-3.2)	1.5 (0.7-2.5)	1.2 (0.5-1.9)	0.9 (0.4-1.5)	0.7 (0.3-1.1)
5	8.2 (4.2-10)	5.5 (2.8-7.1)	3.5 (1.8-4.5)	2.7 (1.4-3.5)	2.1 (1.0-2.7)	1.6 (0.8-2.0)	1.2 (0.6-1.6)
6	13	9.2	5.9	4.5	3.5	2.7	2.1

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.8	0.5	0.3	0.2	0.2	0.1	0.1
1	1.4 (1.0-2.2)	0.9 (0.6-1.4)	0.5 (0.4-0.9)	0.4 (0.3-0.6)	0.3 (0.2-0.5)	0.2 (0.2-0.4)	0.2 (0.1-0.3)
2	2.3 (1.3-3.9)	1.5 (0.9-2.6)	0.9 (0.5-1.7)	0.7 (0.4-1.3)	0.6 (0.3-1.0)	0.4 (0.2-0.8)	0.3 (0.2-0.6)
3	3.9 (2.0-6.7)	2.6 (1.3-4.6)	1.6 (0.8-2.9)	1.3 (0.6-2.2)	1.0 (0.5-1.7)	0.7 (0.4-1.3)	0.6 (0.3-1.0)
4	6.4 (3.4-10)	4.4 (2.3-6.9)	2.8 (1.5-4.4)	2.2 (1.1-3.4)	1.7 (0.9-2.6)	1.3 (0.7-2.0)	1.0 (0.5-1.5)
5	10 (5.9-13)	7.2 (4.2-9.0)	4.7 (2.8-6.0)	3.6 (2.1-4.6)	2.8 (1.6-3.6)	2.1 (1.2-2.7)	1.6 (0.9-2.1)
6	16	12	7.8	6.0	4.6	3.6	2.7

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.2	0.8	0.5	0.4	0.3	0.2	0.2
1	2.0 (1.5-2.9)	1.3 (1.0-2.0)	0.9 (0.6-1.2)	0.7 (0.5-0.9)	0.5 (0.4-0.7)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
2	3.3 (2.0-5.1)	2.3 (1.4-3.5)	1.5 (0.9-2.3)	1.1 (0.7-1.8)	0.9 (0.5-1.4)	0.7 (0.4-1.0)	0.5 (0.3-0.8)
3	5.2 (3.0-8.4)	3.7 (2.1-6.1)	2.4 (1.4-4.1)	1.9 (1.0-3.1)	1.4 (0.8-2.4)	1.1 (0.6-1.8)	0.8 (0.5-1.4)
4	8.2 (4.8-12)	6.0 (3.6-9.1)	4.0 (2.4-6.1)	3.1 (1.9-4.7)	2.4 (1.4-3.6)	1.8 (1.1-2.8)	1.4 (0.8-2.1)
5	12 (8.2-16)	9.5 (6.3-12)	6.6 (4.4-8.1)	5.1 (3.3-6.2)	3.9 (2.6-4.8)	3.0 (2.0-3.7)	2.3 (1.5-2.8)
6	18	14	10	8.1	6.2	4.8	3.6

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.8	1.3	0.8	0.6	0.5	0.4	0.3
1	3.1 (2.3-3.9)	2.2 (1.7-2.7)	1.5 (1.1-1.8)	1.1 (0.9-1.4)	0.9 (0.6-1.0)	0.7 (0.5-0.8)	0.5 (0.4-0.6)
2	5.3 (3.4-8.0)	3.9 (2.5-5.7)	2.6 (1.7-3.8)	2.0 (1.3-2.9)	1.5 (1.0-2.2)	1.2 (0.8-1.7)	0.9 (0.6-1.3)
3	8.7 (5.2-13)	6.6 (4.1-9.8)	4.6 (3.0-6.7)	3.5 (2.3-5.2)	2.7 (1.7-4.0)	2.0 (1.3-3.0)	1.6 (1.0-2.3)
4	14 (8.8-20)	11 (7.1-16)	7.8 (5.2-11)	6.0 (4.0-8.9)	4.6 (3.0-6.8)	3.5 (2.3-5.3)	2.7 (1.7-4.0)
5	21 (17-27)	17 (14-22)	13 (11-17)	10 (8.2-13)	7.8 (6.3-10)	6.0 (4.8-7.9)	4.6 (3.7-6.0)
6	30	26	21	16	13	9.9	7.6

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.7	2.0	1.4	1.0	0.8	0.6	0.5
1	4.9 (3.2-8.9)	3.8 (2.5-6.7)	2.6 (1.8-4.7)	2.0 (1.4-3.6)	1.5 (1.0-2.7)	1.2 (0.8-2.1)	0.9 (0.6-1.6)
2	8.6 (4.7-15)	6.8 (3.8-12)	4.9 (2.7-8.3)	3.7 (2.1-6.4)	2.9 (1.6-4.9)	2.2 (1.2-3.8)	1.6 (0.9-2.9)
3	14 (7.0-24)	12 (5.8-19)	8.7 (4.5-14)	6.7 (3.4-11)	5.1 (2.6-8.5)	3.9 (1.9-6.5)	3.0 (1.5-5.0)
4	22 (12-32)	19 (9.8-28)	15 (7.8-22)	12 (5.9-18)	8.9 (4.5-14)	6.9 (3.4-11)	5.2 (2.6-8.3)
5	32 (19-41)	29 (17-37)	24 (13-31)	19 (10-25)	15 (7.9-20)	12 (6.1-16)	8.9 (4.6-12)
6	44	40	36	29	23	19	15

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.8	3.0	2.2	1.6	1.3	0.9	0.7
1	6.6 (4.3-12)	5.4 (3.6-9.8)	4.0 (2.8-7.3)	3.1 (2.1-5.6)	2.3 (1.6-4.3)	1.8 (1.2-3.3)	1.3 (0.9-2.5)
2	11 (6.2-19)	9.1 (5.3-16)	7.1 (4.2-12)	5.4 (3.2-9.6)	4.1 (2.4-7.4)	3.1 (1.8-5.7)	2.4 (1.4-4.3)
3	17 (9.2-27)	15 (7.8-23)	12 (6.3-19)	9.2 (4.8-15)	7.1 (3.7-12)	5.4 (2.8-8.9)	4.1 (2.1-6.8)
4	25 (14-36)	22 (12-32)	19 (9.7-27)	15 (7.4-22)	12 (5.7-17)	8.9 (4.3-13)	6.8 (3.2-10)
5	36 (21-44)	32 (19-40)	28 (16-36)	23 (12-30)	18 (9.6-24)	14 (7.3-19)	11 (5.5-15)
6	47	44	40	33	27	22	17

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.1	4.2	3.2	2.4	1.8	1.4	1.0
1	8.8 (5.8-16)	7.3 (4.9-13)	5.8 (3.9-10)	4.4 (3.0-8.1)	3.3 (2.2-6.2)	2.5 (1.7-4.7)	1.9 (1.3-3.5)
2	14 (8.3-25)	12 (7.1-21)	9.9 (5.9-17)	7.6 (4.4-14)	5.8 (3.3-10)	4.4 (2.5-8.0)	3.3 (1.9-6.1)
3	22 (12-33)	19 (10-30)	16 (8.7-25)	13 (6.7-20)	9.7 (5.0-15)	7.4 (3.8-12)	5.7 (2.8-9.3)
4	31 (18-43)	28 (15-39)	24 (13-34)	20 (10-28)	15 (7.6-22)	12 (5.8-18)	9.3 (4.4-14)
5	42 (27-51)	39 (24-47)	35 (21-44)	29 (16-37)	23 (13-30)	19 (9.8-24)	15 (7.5-19)
6	53	50	47	40	33	27	22

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.3	5.0	3.8	2.9	2.2	1.6	1.2
1	11 (7.4-19)	8.8 (6.0-16)	6.9 (4.7-12)	5.3 (3.5-9.6)	4.0 (2.7-7.3)	3.0 (2.0-5.6)	2.3 (1.5-4.2)
2	18 (11-30)	15 (8.9-25)	12 (7.0-20)	9.1 (5.3-16)	7.0 (4.0-12)	5.3 (3.0-9.5)	4.0 (2.3-7.3)
3	27 (15-39)	23 (13-34)	19 (11-29)	15 (8.1-23)	12 (6.2-18)	8.9 (4.7-14)	6.8 (3.5-11)
4	37 (22-49)	33 (19-44)	29 (16-39)	23 (12-32)	18 (9.3-26)	14 (7.1-21)	11 (5.4-16)
5	48 (33-57)	45 (29-54)	40 (25-49)	34 (20-42)	28 (15-35)	22 (12-29)	18 (9.2-23)
6	58	57	53	46	39	32	26