

Estonia - The probabilities of a hip fracture in women

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	0.6	0.3	0.2	0.1	0.1	0.1	0.1
1	1.2 (0.8-2.4)	0.7 (0.4-1.3)	0.4 (0.2-0.7)	0.3 (0.2-0.5)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.3)
2	2.4 (1.2-5.1)	1.3 (0.6-2.8)	0.7 (0.3-1.5)	0.5 (0.3-1.2)	0.4 (0.2-0.9)	0.3 (0.2-0.7)	0.3 (0.1-0.6)
3	4.5 (1.8-8.8)	2.5 (1.0-4.9)	1.3 (0.5-2.7)	1.0 (0.4-2.1)	0.8 (0.3-1.6)	0.6 (0.3-1.3)	0.5 (0.2-1.0)
4	8.2 (3.2-13)	4.5 (1.8-7.4)	2.5 (0.9-4.0)	1.9 (0.7-3.1)	1.5 (0.6-2.5)	1.2 (0.4-1.9)	0.9 (0.3-1.5)
5	14 (6.8-19)	8.1 (3.7-11)	4.4 (2.0-6.0)	3.5 (1.6-4.7)	2.7 (1.2-3.7)	2.1 (0.9-2.8)	1.6 (0.7-2.2)
6	24	14	7.8	6.1	4.8	3.7	2.9

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.0	0.6	0.3	0.2	0.2	0.1	0.1
1	2.0 (1.4-3.5)	1.1 (0.8-1.9)	0.6 (0.4-1.0)	0.5 (0.3-0.8)	0.4 (0.2-0.6)	0.3 (0.2-0.5)	0.2 (0.2-0.4)
2	3.8 (2.0-7.4)	2.1 (1.1-4.1)	1.1 (0.6-2.2)	0.9 (0.5-1.7)	0.7 (0.4-1.4)	0.5 (0.3-1.0)	0.4 (0.2-0.8)
3	6.9 (3.1-13)	3.8 (1.7-7.1)	2.1 (0.9-3.9)	1.6 (0.7-3.0)	1.3 (0.6-2.4)	1.0 (0.4-1.8)	0.8 (0.3-1.4)
4	12 (5.5-19)	6.8 (3.0-11)	3.7 (1.6-5.9)	2.9 (1.3-4.6)	2.3 (1.0-3.6)	1.8 (0.8-2.8)	1.4 (0.6-2.2)
5	20 (11-26)	12 (6.3-16)	6.6 (3.5-8.8)	5.2 (2.7-6.9)	4.0 (2.1-5.4)	3.1 (1.6-4.2)	2.4 (1.3-3.3)
6	33	20	11	8.9	7.0	5.5	4.3

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.7	1.0	0.5	0.4	0.3	0.2	0.2
1	3.2 (2.3-5.0)	1.8 (1.3-2.8)	1.0 (0.7-1.5)	0.7 (0.5-1.2)	0.6 (0.4-0.9)	0.5 (0.3-0.7)	0.3 (0.3-0.6)
2	5.7 (3.4-10)	3.2 (1.9-5.8)	1.8 (1.0-3.2)	1.4 (0.8-2.5)	1.1 (0.6-1.9)	0.8 (0.5-1.5)	0.6 (0.4-1.2)
3	10 (5.1-17)	5.7 (2.8-10)	3.1 (1.6-5.6)	2.4 (1.2-4.4)	1.9 (0.9-3.4)	1.5 (0.7-2.6)	1.1 (0.6-2.0)
4	17 (8.8-25)	9.8 (5.0-15)	5.5 (2.8-8.4)	4.3 (2.1-6.6)	3.3 (1.7-5.2)	2.6 (1.3-4.0)	2.0 (1.0-3.1)
5	27 (17-34)	16 (10-21)	9.5 (5.8-12)	7.4 (4.5-9.7)	5.8 (3.5-7.6)	4.5 (2.7-5.9)	3.5 (2.1-4.6)
6	42	27	16	13	9.8	7.7	6.0

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.9	1.6	0.9	0.7	0.6	0.4	0.3
1	5.1 (3.8-7.1)	2.9 (2.2-4.1)	1.6 (1.2-2.3)	1.3 (0.9-1.8)	1.0 (0.7-1.4)	0.8 (0.6-1.0)	0.6 (0.4-0.8)
2	8.7 (5.5-14)	5.0 (3.2-8.2)	2.8 (1.8-4.7)	2.2 (1.4-3.7)	1.7 (1.1-2.8)	1.3 (0.8-2.2)	1.0 (0.6-1.7)
3	14 (8.3-23)	8.6 (4.8-14)	4.9 (2.7-8.2)	3.8 (2.1-6.4)	3.0 (1.6-5.0)	2.3 (1.3-3.9)	1.8 (1.0-3.0)
4	23 (14-33)	14 (8.3-21)	8.3 (4.7-12)	6.5 (3.7-9.6)	5.1 (2.9-7.5)	3.9 (2.2-5.8)	3.1 (1.7-4.6)
5	35 (26-42)	23 (16-28)	14 (9.6-17)	11 (7.5-14)	8.5 (5.9-11)	6.6 (4.6-8.5)	5.2 (3.5-6.6)
6	51	35	22	18	14	11	8.6

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.7	2.8	1.6	1.2	0.9	0.7	0.6
1	8.4 (6.6-9.8)	5.0 (4.0-5.9)	2.9 (2.3-3.4)	2.3 (1.8-2.6)	1.7 (1.4-2.0)	1.4 (1.1-1.6)	1.0 (0.8-1.2)
2	15 (9.9-20)	9.0 (6.0-12)	5.3 (3.5-7.0)	4.1 (2.7-5.5)	3.2 (2.1-4.3)	2.5 (1.6-3.3)	1.9 (1.3-2.6)
3	24 (17-34)	16 (10-23)	9.4 (6.1-14)	7.4 (4.8-11)	5.7 (3.7-8.6)	4.5 (2.9-6.7)	3.5 (2.2-5.2)
4	38 (28-50)	26 (19-36)	16 (12-23)	13 (9.4-18)	10 (7.3-15)	7.9 (5.7-11)	6.2 (4.4-9.0)
5	54 (48-62)	41 (36-48)	27 (24-33)	22 (19-27)	17 (15-21)	14 (12-17)	11 (9.1-13)
6	69	58	43	36	29	23	18

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.2	4.5	2.7	2.1	1.6	1.2	1.0
1	13 (9.6-23)	8.7 (6.3-15)	5.3 (3.8-9.1)	4.1 (3.0-7.1)	3.2 (2.3-5.5)	2.5 (1.8-4.3)	1.9 (1.4-3.3)
2	23 (14-36)	16 (9.4-26)	10 (5.8-17)	7.9 (4.5-14)	6.1 (3.5-11)	4.7 (2.7-8.2)	3.7 (2.1-6.4)
3	36 (23-52)	27 (16-41)	18 (10-29)	14 (7.8-23)	11 (6.1-18)	8.8 (4.7-14)	6.9 (3.6-11)
4	52 (35-66)	42 (27-57)	31 (17-44)	25 (14-36)	20 (11-30)	16 (8.4-24)	12 (6.5-19)
5	66 (50-74)	59 (41-69)	47 (30-57)	40 (24-49)	33 (19-41)	27 (15-33)	21 (12-27)
6	77	73	66	58	50	42	34

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	10	7.0	4.4	3.4	2.6	2.0	1.5
1	18 (13-30)	13 (9.2-22)	8.3 (6.1-15)	6.5 (4.7-11)	5.0 (3.6-8.9)	3.9 (2.8-6.9)	3.0 (2.1-5.3)
2	28 (18-43)	21 (14-34)	15 (9.1-25)	12 (7.1-20)	9.1 (5.4-16)	7.1 (4.2-12)	5.4 (3.2-9.6)
3	40 (26-55)	33 (20-48)	25 (14-39)	20 (11-32)	16 (8.3-26)	12 (6.4-20)	9.6 (4.9-16)
4	53 (36-65)	47 (30-60)	38 (23-51)	32 (18-43)	26 (14-36)	21 (11-29)	16 (8.5-23)
5	65 (49-73)	61 (44-69)	54 (36-63)	46 (29-55)	39 (23-47)	32 (18-40)	26 (15-33)
6	74	72	68	61	54	46	39

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	12	9.3	6.3	4.9	3.7	2.9	2.2
1	20 (15-34)	16 (12-27)	12 (8.3-20)	9.0 (6.4-16)	6.9 (4.9-12)	5.3 (3.7-9.6)	4.1 (2.8-7.4)
2	31 (21-47)	26 (17-41)	20 (12-32)	16 (9.5-26)	12 (7.3-20)	9.5 (5.6-16)	7.3 (4.3-13)
3	43 (28-58)	38 (24-52)	31 (18-46)	25 (14-38)	20 (11-31)	16 (8.6-25)	12 (6.6-20)
4	55 (38-67)	51 (33-63)	45 (28-57)	38 (22-50)	31 (18-42)	25 (14-35)	20 (11-29)
5	66 (51-73)	63 (47-71)	58 (41-67)	51 (34-61)	44 (28-53)	37 (22-46)	31 (18-39)
6	74	73	70	64	58	51	43

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	13	9.6	6.9	5.3	4.0	3.1	2.3
1	21 (15-34)	16 (12-28)	12 (8.8-21)	9.6 (6.7-17)	7.4 (5.1-13)	5.7 (3.9-10)	4.3 (3.0-7.9)
2	31 (21-48)	26 (17-41)	21 (13-33)	16 (10-27)	13 (7.7-22)	9.9 (5.9-17)	7.6 (4.5-13)
3	44 (29-59)	38 (24-53)	32 (19-46)	26 (15-39)	21 (12-32)	16 (8.9-26)	13 (6.8-21)
4	56 (39-67)	51 (34-63)	45 (28-58)	38 (23-50)	32 (18-43)	26 (14-36)	21 (11-29)
5	66 (52-72)	63 (47-71)	59 (41-68)	52 (34-61)	45 (28-54)	38 (22-46)	31 (18-39)
6	71	72	70	65	58	51	44