

**Japan - 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/m<sup>2</sup>), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Japan. 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 <sup>2</sup> ) |               |               |               |               |               |               |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20            | 25            | 30            | 35            | 40            | 45            |
| 0              | 0.3                      | 0.1           | 0.1           | 0.1           | 0.0           | 0.0           | 0.0           |
| 1              | 0.5 (0.3-1.0)            | 0.3 (0.2-0.6) | 0.2 (0.1-0.3) | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) | 0.1 (0.1-0.1) | 0.1 (0.0-0.1) |
| 2              | 1.0 (0.5-2.0)            | 0.5 (0.3-1.2) | 0.3 (0.2-0.6) | 0.2 (0.1-0.5) | 0.2 (0.1-0.4) | 0.1 (0.1-0.3) | 0.1 (0.1-0.2) |
| 3              | 1.8 (0.7-3.6)            | 1.0 (0.4-2.0) | 0.6 (0.2-1.1) | 0.4 (0.2-0.9) | 0.3 (0.1-0.7) | 0.3 (0.1-0.5) | 0.2 (0.1-0.4) |
| 4              | 3.3 (1.3-5.4)            | 1.9 (0.7-3.1) | 1.0 (0.4-1.7) | 0.8 (0.3-1.3) | 0.6 (0.2-1.0) | 0.5 (0.2-0.8) | 0.4 (0.1-0.6) |
| 5              | 5.8 (2.6-7.8)            | 3.4 (1.5-4.5) | 1.9 (0.8-2.5) | 1.5 (0.7-2.0) | 1.1 (0.5-1.5) | 0.9 (0.4-1.2) | 0.7 (0.3-0.9) |
| 6              | 10                       | 5.9           | 3.3           | 2.6           | 2.0           | 1.6           | 1.2           |

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

**Age = 55 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |               |               |               |               |               |               |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20            | 25            | 30            | 35            | 40            | 45            |
| 0              | 0.4                      | 0.2           | 0.1           | 0.1           | 0.1           | 0.1           | 0.1           |
| 1              | 0.8 (0.6-1.4)            | 0.5 (0.3-0.8) | 0.3 (0.2-0.4) | 0.2 (0.1-0.3) | 0.2 (0.1-0.3) | 0.1 (0.1-0.2) | 0.1 (0.1-0.2) |
| 2              | 1.5 (0.8-2.9)            | 0.8 (0.5-1.7) | 0.5 (0.3-0.9) | 0.4 (0.2-0.7) | 0.3 (0.2-0.6) | 0.2 (0.1-0.4) | 0.2 (0.1-0.3) |
| 3              | 2.7 (1.2-5.0)            | 1.5 (0.7-2.9) | 0.9 (0.4-1.6) | 0.7 (0.3-1.3) | 0.5 (0.2-1.0) | 0.4 (0.2-0.8) | 0.3 (0.1-0.6) |
| 4              | 4.7 (2.1-7.5)            | 2.8 (1.2-4.4) | 1.6 (0.7-2.5) | 1.2 (0.5-1.9) | 0.9 (0.4-1.5) | 0.7 (0.3-1.2) | 0.6 (0.3-0.9) |
| 5              | 8.1 (4.2-10)             | 4.8 (2.5-6.3) | 2.8 (1.4-3.7) | 2.1 (1.1-2.8) | 1.7 (0.9-2.2) | 1.3 (0.7-1.7) | 1.0 (0.5-1.3) |
| 6              | 13                       | 8.2           | 4.8           | 3.7           | 2.9           | 2.2           | 1.7           |

**Age = 60 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |               |               |               |               |               |               |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20            | 25            | 30            | 35            | 40            | 45            |
| 0              | 0.8                      | 0.5           | 0.3           | 0.2           | 0.2           | 0.1           | 0.1           |
| 1              | 1.5 (1.1-2.3)            | 0.9 (0.6-1.4) | 0.5 (0.4-0.8) | 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              | 2.6 (1.5-4.5)            | 1.5 (0.9-2.7) | 0.9 (0.5-1.6) | 0.7 (0.4-1.2) | 0.5 (0.3-1.0) | 0.4 (0.2-0.7) | 0.3 (0.2-0.6) |
| 3              | 4.4 (2.3-7.8)            | 2.7 (1.4-4.8) | 1.6 (0.8-2.8) | 1.2 (0.6-2.2) | 0.9 (0.5-1.7) | 0.7 (0.4-1.3) | 0.6 (0.3-1.0) |
| 4              | 7.5 (4.0-12)             | 4.6 (2.4-7.2) | 2.7 (1.4-4.2) | 2.1 (1.1-3.3) | 1.6 (0.8-2.5) | 1.3 (0.6-2.0) | 1.0 (0.5-1.5) |
| 5              | 12 (7.4-15)              | 7.8 (4.7-10)  | 4.7 (2.8-6.1) | 3.6 (2.2-4.7) | 2.8 (1.7-3.6) | 2.2 (1.3-2.8) | 1.7 (1.0-2.2) |
| 6              | 19                       | 13            | 7.9           | 6.1           | 4.8           | 3.7           | 2.8           |

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

**Age = 65 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |               |               |               |               |               |               |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20            | 25            | 30            | 35            | 40            | 45            |
| 0              | 1.5                      | 0.9           | 0.5           | 0.4           | 0.3           | 0.2           | 0.2           |
| 1              | 2.5 (2.0-3.7)            | 1.6 (1.2-2.2) | 0.9 (0.7-1.3) | 0.7 (0.5-1.0) | 0.5 (0.4-0.8) | 0.4 (0.3-0.6) | 0.3 (0.2-0.5) |
| 2              | 4.3 (2.7-6.7)            | 2.7 (1.7-4.3) | 1.6 (1.0-2.6) | 1.2 (0.8-2.0) | 0.9 (0.6-1.6) | 0.7 (0.5-1.2) | 0.6 (0.4-0.9) |
| 3              | 7.0 (4.0-11)             | 4.5 (2.5-7.5) | 2.7 (1.5-4.6) | 2.1 (1.2-3.5) | 1.6 (0.9-2.7) | 1.3 (0.7-2.1) | 1.0 (0.5-1.6) |
| 4              | 11 (7.0-17)              | 7.4 (4.4-11)  | 4.6 (2.7-6.9) | 3.6 (2.1-5.3) | 2.7 (1.6-4.1) | 2.1 (1.2-3.2) | 1.6 (0.9-2.5) |
| 5              | 18 (12-21)               | 12 (8.2-15)   | 7.6 (5.2-9.6) | 5.9 (4.0-7.4) | 4.6 (3.1-5.8) | 3.5 (2.4-4.5) | 2.7 (1.8-3.4) |
| 6              | 26                       | 19            | 12            | 9.6           | 7.5           | 5.8           | 4.5           |

**Age = 70 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |               |               |               |               |               |               |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20            | 25            | 30            | 35            | 40            | 45            |
| 0              | 2.7                      | 1.7           | 1.1           | 0.8           | 0.6           | 0.5           | 0.4           |
| 1              | 4.7 (3.5-5.7)            | 3.1 (2.4-3.7) | 1.9 (1.5-2.3) | 1.5 (1.2-1.8) | 1.1 (0.9-1.4) | 0.9 (0.7-1.0) | 0.7 (0.5-0.8) |
| 2              | 8.0 (5.3-12)             | 5.5 (3.6-7.7) | 3.5 (2.3-4.8) | 2.7 (1.8-3.7) | 2.0 (1.3-2.9) | 1.6 (1.0-2.2) | 1.2 (0.8-1.7) |
| 3              | 13 (8.5-19)              | 9.4 (6.2-14)  | 6.1 (4.0-9.0) | 4.7 (3.1-7.0) | 3.6 (2.4-5.4) | 2.8 (1.8-4.2) | 2.1 (1.4-3.2) |
| 4              | 21 (14-29)               | 16 (11-22)    | 11 (7.3-15)   | 8.2 (5.7-12)  | 6.3 (4.3-9.3) | 4.9 (3.3-7.2) | 3.8 (2.5-5.6) |
| 5              | 31 (26-39)               | 25 (21-31)    | 18 (15-22)    | 14 (12-17)    | 11 (9.0-14)   | 8.4 (6.9-11)  | 6.5 (5.3-8.3) |
| 6              | 44                       | 37            | 28            | 23            | 18            | 14            | 11            |

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

**Age = 75 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |              |               |               |               |               |               |
|----------------|--------------------------|--------------|---------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20           | 25            | 30            | 35            | 40            | 45            |
| 0              | 4.7                      | 3.3          | 2.1           | 1.6           | 1.2           | 0.9           | 0.7           |
| 1              | 8.6 (5.8-15)             | 6.2 (4.2-11) | 4.1 (2.9-7.2) | 3.1 (2.2-5.5) | 2.4 (1.7-4.3) | 1.8 (1.3-3.3) | 1.4 (1.0-2.5) |
| 2              | 15 (8.6-25)              | 11 (6.4-18)  | 7.6 (4.3-13)  | 5.9 (3.3-9.8) | 4.5 (2.5-7.6) | 3.5 (1.9-5.9) | 2.7 (1.5-4.5) |
| 3              | 24 (13-37)               | 19 (10-29)   | 14 (7.5-21)   | 11 (5.8-17)   | 8.2 (4.4-13)  | 6.4 (3.4-10)  | 4.9 (2.6-7.9) |
| 4              | 35 (21-48)               | 30 (17-42)   | 23 (13-34)    | 18 (9.9-27)   | 14 (7.6-22)   | 11 (5.8-17)   | 8.6 (4.4-13)  |
| 5              | 48 (32-58)               | 43 (27-53)   | 36 (21-45)    | 29 (17-37)    | 23 (13-30)    | 19 (10-24)    | 15 (7.9-19)   |
| 6              | 61                       | 57           | 51            | 43            | 36            | 29            | 24            |

**Age = 80 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |              |              |               |               |               |               |
|----------------|--------------------------|--------------|--------------|---------------|---------------|---------------|---------------|
|                | 15                       | 20           | 25           | 30            | 35            | 40            | 45            |
| 0              | 6.8                      | 5.0          | 3.4          | 2.6           | 2.0           | 1.5           | 1.2           |
| 1              | 12 (8.1-21)              | 9.0 (6.3-16) | 6.4 (4.5-11) | 4.9 (3.4-8.8) | 3.8 (2.6-6.8) | 2.9 (2.0-5.2) | 2.2 (1.5-4.0) |
| 2              | 19 (12-32)               | 15 (9.3-26)  | 11 (6.8-19)  | 8.7 (5.2-15)  | 6.7 (4.0-12)  | 5.2 (3.0-9.0) | 3.9 (2.3-6.9) |
| 3              | 29 (17-42)               | 24 (14-36)   | 19 (10-29)   | 15 (7.9-24)   | 12 (6.1-19)   | 8.9 (4.6-15)  | 6.9 (3.5-11)  |
| 4              | 41 (25-53)               | 35 (20-47)   | 29 (16-40)   | 24 (13-33)    | 19 (9.8-27)   | 15 (7.5-21)   | 12 (5.7-17)   |
| 5              | 53 (36-62)               | 48 (31-57)   | 42 (26-51)   | 35 (21-44)    | 29 (16-36)    | 23 (13-30)    | 18 (9.8-24)   |
| 6              | 65                       | 61           | 56           | 49            | 41            | 34            | 28            |

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

**Age = 85 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |             |              |              |               |               |               |
|----------------|--------------------------|-------------|--------------|--------------|---------------|---------------|---------------|
|                | 15                       | 20          | 25           | 30           | 35            | 40            | 45            |
| 0              | 8.1                      | 6.3         | 4.6          | 3.5          | 2.7           | 2.0           | 1.5           |
| 1              | 14 (9.6-24)              | 11 (7.6-19) | 8.4 (5.8-15) | 6.4 (4.4-12) | 4.9 (3.4-8.9) | 3.7 (2.5-6.9) | 2.8 (1.9-5.2) |
| 2              | 22 (14-36)               | 18 (11-30)  | 14 (8.7-24)  | 11 (6.6-19)  | 8.6 (5.1-15)  | 6.6 (3.8-12)  | 5.0 (2.9-9.0) |
| 3              | 32 (20-46)               | 28 (16-41)  | 23 (13-35)   | 18 (10-28)   | 14 (7.7-23)   | 11 (5.9-18)   | 8.6 (4.5-14)  |
| 4              | 45 (28-57)               | 39 (24-51)  | 34 (19-45)   | 28 (15-38)   | 22 (12-31)    | 18 (9.1-25)   | 14 (6.9-20)   |
| 5              | 57 (40-65)               | 52 (35-61)  | 47 (30-56)   | 40 (24-49)   | 33 (19-41)    | 27 (15-35)    | 22 (12-28)    |
| 6              | 66                       | 64          | 60           | 53           | 46            | 39            | 32            |

**Age = 90 years**

| Number of CRFs | BMI (kg/m <sup>2</sup> ) |             |              |              |               |               |               |
|----------------|--------------------------|-------------|--------------|--------------|---------------|---------------|---------------|
|                | 15                       | 20          | 25           | 30           | 35            | 40            | 45            |
| 0              | 8.8                      | 6.9         | 5.2          | 3.9          | 3.0           | 2.3           | 1.7           |
| 1              | 15 (10-25)               | 12 (8.3-21) | 9.2 (6.4-16) | 7.1 (4.9-13) | 5.4 (3.7-9.9) | 4.1 (2.8-7.6) | 3.1 (2.1-5.8) |
| 2              | 23 (15-38)               | 19 (12-32)  | 16 (9.5-26)  | 12 (7.3-21)  | 9.4 (5.5-16)  | 7.2 (4.2-13)  | 5.5 (3.2-9.9) |
| 3              | 34 (21-48)               | 29 (18-43)  | 25 (14-37)   | 20 (11-30)   | 15 (8.4-24)   | 12 (6.4-19)   | 9.3 (4.9-15)  |
| 4              | 46 (29-58)               | 41 (25-53)  | 36 (21-48)   | 30 (16-40)   | 24 (13-33)    | 19 (9.8-27)   | 15 (7.5-22)   |
| 5              | 57 (42-64)               | 54 (37-62)  | 49 (32-58)   | 42 (26-51)   | 35 (21-44)    | 29 (16-37)    | 23 (13-30)    |
| 6              | 64                       | 64          | 61           | 55           | 48            | 41            | 34            |