Netherlands - 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 Netherlands. 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	1.6	1.5	1.5	1.3	1.1	1.0	0.9
1	2.7 (1.8-4.0)	2.4 (1.6-3.5)	2.3 (1.6-3.2)	2.0 (1.4-2.8)	1.8 (1.2-2.4)	1.5 (1.0-2.1)	1.3 (0.9-1.8)
2	4.3 (2.3-7.1)	3.8 (2.0-6.5)	3.6 (1.9-6.3)	3.1 (1.6-5.5)	2.7 (1.4-4.8)	2.4 (1.2-4.2)	2.1 (1.1-3.7)
3	6.8 (3.4-12)	5.9 (2.9-11)	5.5 (2.6-10)	4.8 (2.3-8.8)	4.1 (2.0-7.7)	3.6 (1.7-6.7)	3.1 (1.5-5.9)
4	11 (5.8-17)	9.1 (4.9-15)	8.2 (4.3-14)	7.1 (3.7-12)	6.2 (3.2-10)	5.4 (2.8-9.0)	4.7 (2.4-7.9)
5	16 (9.8-21)	14 (8.7-18)	12 (8.1-16)	11 (7.1-14)	9.2 (6.1-12)	8.0 (5.4-11)	6.9 (4.7-9.5)
6	24	20	18	15	13	12	10

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.1	1.9	1.8	1.5	1.3	1.2	1.0
1	3.3 (2.3-4.9)	3.0 (2.0-4.2)	2.8 (1.9-3.8)	2.4 (1.6-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.4)	1.6 (1.1-2.1)
2	5.3 (3.0-8.4)	4.6 (2.6-7.6)	4.3 (2.3-7.2)	3.7 (2.0-6.3)	3.2 (1.7-5.5)	2.8 (1.5-4.8)	2.4 (1.3-4.2)
3	8.4 (4.5-14)	7.2 (3.7-12)	6.5 (3.2-12)	5.6 (2.8-10)	4.8 (2.4-8.7)	4.2 (2.0-7.6)	3.6 (1.8-6.6)
4	13 (7.5-20)	11 (6.3-17)	9.7 (5.4-16)	8.4 (4.6-14)	7.2 (3.9-12)	6.2 (3.4-10)	5.4 (2.9-9.0)
5	20 (12-25)	16 (11-21)	14 (9.8-19)	12 (8.4-17)	11 (7.3-14)	9.2 (6.3-12)	7.9 (5.4-11)
6	29	24	21	18	16	13	12

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.7	2.4	2.3	2.0	1.7	1.5	1.3
1	4.4 (3.1-6.2)	3.8 (2.7-5.3)	3.5 (2.4-4.7)	3.0 (2.1-4.1)	2.6 (1.8-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)
2	6.9 (4.2-10)	5.9 (3.4-9.4)	5.4 (3.0-8.8)	4.6 (2.6-7.6)	4.0 (2.2-6.6)	3.4 (1.9-5.8)	3.0 (1.6-5.0)
3	11 (6.4-16)	9.1 (5.1-15)	8.2 (4.3-14)	7.0 (3.7-12)	6.0 (3.1-10)	5.1 (2.6-9.0)	4.4 (2.3-7.8)
4	16 (10-24)	14 (8.6-21)	12 (7.2-19)	10 (6.1-16)	8.9 (5.1-14)	7.6 (4.3-12)	6.6 (3.7-11)
5	24 (16-30)	20 (14-26)	18 (12-23)	15 (11-20)	13 (9.1-17)	11 (7.8-15)	9.6 (6.7-13)
6	34	29	25	22	19	16	14

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	3.6	3.1	2.9	2.5	2.1	1.8	1.5
1	5.6 (4.1-7.6)	4.9 (3.5-6.5)	4.4 (3.1-5.8)	3.8 (2.6-4.9)	3.2 (2.2-4.2)	2.8 (1.9-3.6)	2.4 (1.6-3.1)
2	8.6 (5.5-12)	7.5 (4.6-11)	6.7 (3.9-11)	5.7 (3.3-9.1)	4.9 (2.8-7.9)	4.2 (2.4-6.8)	3.6 (2.0-5.9)
3	13 (8.6-19)	11 (7.0-17)	10 (5.8-16)	8.5 (4.8-14)	7.3 (4.0-12)	6.2 (3.4-10)	5.3 (2.9-9.0)
4	19 (13-27)	17 (11-24)	15 (9.5-22)	13 (7.9-19)	11 (6.6-17)	9.1 (5.5-14)	7.7 (4.6-12)
5	27 (20-34)	24 (17-30)	21 (16-27)	18 (13-24)	15 (11-20)	13 (9.5-17)	11 (8.0-15)
6	38	33	30	26	22	19	16

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	4.5	4.0	3.6	3.1	2.6	2.2	1.9
1	7.0 (5.0-8.8)	6.1 (4.4-7.7)	5.4 (3.9-7.0)	4.5 (3.3-5.9)	3.8 (2.7-5.0)	3.2 (2.3-4.2)	2.7 (1.9-3.6)
2	11 (7.0-16)	9.3 (5.9-13)	8.1 (5.1-11)	6.7 (4.2-9.6)	5.6 (3.5-8.1)	4.7 (2.9-6.8)	3.9 (2.4-5.8)
3	16 (10-24)	14 (9.2-20)	12 (7.7-18)	10 (6.3-15)	8.3 (5.2-13)	6.9 (4.3-11)	5.8 (3.6-8.8)
4	24 (16-34)	21 (14-30)	18 (12-26)	15 (10-22)	12 (8.1-18)	10 (6.7-15)	8.4 (5.5-13)
5	34 (29-43)	30 (25-38)	26 (21-33)	22 (17-28)	18 (14-23)	15 (12-20)	12 (9.5-16)
6	46	42	37	31	26	22	18

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	5.6	5.0	4.6	3.8	3.2	2.6	2.2
1	9.1 (6.2-14)	8.0 (5.5-11)	7.0 (5.0-9.0)	5.8 (4.1-7.3)	4.7 (3.3-5.9)	3.9 (2.8-4.8)	3.2 (2.3-4.0)
2	15 (8.7-23)	13 (7.6-19)	11 (6.6-16)	8.8 (5.4-13)	7.2 (4.4-10)	5.8 (3.6-8.5)	4.8 (3.0-6.9)
3	22 (12-34)	19 (11-29)	17 (10-24)	13 (8.1-20)	11 (6.6-16)	8.9 (5.3-13)	7.2 (4.3-11)
4	32 (19-44)	29 (17-40)	25 (15-35)	20 (12-29)	17 (10-24)	13 (8.1-20)	11 (6.5-16)
5	44 (30-53)	40 (28-50)	36 (25-45)	30 (21-38)	25 (17-32)	20 (14-26)	16 (11-22)
6	56	53	49	42	35	29	24

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	6.6	6.0	5.5	4.5	3.6	3.0	2.4
1	11 (7.2-17)	9.5 (6.6-15)	8.4 (6.0-12)	6.8 (4.8-9.5)	5.5 (3.8-7.6)	4.5 (3.1-6.0)	3.6 (2.5-4.8)
2	16 (10-27)	15 (9.1-23)	13 (8.1-19)	10 (6.5-15)	8.4 (5.2-12)	6.7 (4.2-9.6)	5.4 (3.3-7.7)
3	24 (14-36)	22 (13-32)	19 (12-28)	16 (9.4-23)	13 (7.5-18)	10 (6.0-15)	8.1 (4.7-12)
4	34 (21-46)	31 (19-42)	28 (18-38)	23 (15-32)	19 (12-26)	15 (9.2-21)	12 (7.4-17)
5	45 (30-54)	42 (28-51)	39 (27-48)	33 (22-41)	27 (18-34)	22 (14-28)	18 (12-23)
6	57	54	51	44	37	31	25

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.2	6.4	5.9	4.7	3.8	3.0	2.5
1	12 (8.0-19)	10 (7.1-17)	9.2 (6.4-14)	7.3 (5.0-11)	5.8 (4.0-8.6)	4.7 (3.2-6.7)	3.7 (2.5-5.3)
2	18 (11-30)	16 (10-26)	14 (8.8-22)	11 (7.0-17)	9.0 (5.5-14)	7.2 (4.4-11)	5.7 (3.4-8.5)
3	27 (16-40)	24 (14-36)	21 (13-31)	17 (10-25)	14 (7.9-21)	11 (6.2-17)	8.7 (4.9-13)
4	38 (23-49)	34 (21-45)	31 (19-41)	25 (15-34)	20 (12-29)	16 (9.8-23)	13 (7.7-19)
5	49 (34-58)	46 (31-55)	42 (28-51)	35 (23-44)	29 (19-37)	24 (15-31)	19 (12-25)
6	59	57	54	47	40	34	28

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.6	5.9	5.5	4.4	3.5	2.8	2.2
1	11 (7.4-18)	9.5 (6.5-15)	8.6 (5.8-13)	6.8 (4.6-10)	5.4 (3.6-8.1)	4.3 (2.9-6.3)	3.4 (2.3-4.9)
2	17 (11-28)	15 (9.2-24)	13 (8.1-21)	11 (6.4-16)	8.3 (5.0-13)	6.6 (4.0-10)	5.2 (3.1-8.0)
3	26 (15-38)	23 (13-34)	20 (12-29)	16 (9.1-24)	13 (7.1-19)	10 (5.6-15)	7.9 (4.4-12)
4	36 (22-47)	32 (19-43)	29 (17-39)	24 (14-32)	19 (11-27)	15 (8.8-22)	12 (6.9-17)
5	47 (32-55)	43 (29-52)	40 (26-48)	33 (21-42)	27 (17-35)	22 (14-29)	18 (11-24)
6	57	55	52	45	38	32	26