

Indonesia - 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 the T-score for femoral neck BMD, the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Indonesia. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Note that the BMI is set at 24 kg/m².

Age = 50 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	11	7.2	4.9	3.6	2.9	2.4	2.0	1.8	1.7	1.7	1.6
1	17 (15-22)	11 (9.7-14)	7.6 (6.3-9.6)	5.6 (4.3-7.0)	4.3 (3.1-5.4)	3.6 (2.5-4.7)	3.0 (2.0-4.1)	2.7 (1.8-3.8)	2.6 (1.7-3.6)	2.5 (1.6-3.5)	2.4 (1.5-3.4)
2	25 (20-35)	17 (13-23)	11 (8.5-16)	8.3 (5.6-12)	6.5 (4.0-10)	5.3 (3.1-8.6)	4.5 (2.5-7.6)	4.1 (2.2-7.0)	3.9 (2.0-6.7)	3.7 (1.9-6.5)	3.5 (1.8-6.2)
3	36 (26-48)	24 (18-32)	17 (12-24)	12 (7.6-19)	9.5 (5.3-16)	7.7 (4.0-14)	6.5 (3.2-12)	5.9 (2.8-11)	5.6 (2.6-11)	5.4 (2.4-10)	5.1 (2.3-9.9)
4	50 (35-62)	34 (23-42)	24 (16-31)	18 (12-25)	14 (9.0-21)	11 (6.7-18)	9.4 (5.3-15)	8.5 (4.6-14)	8.0 (4.2-14)	7.6 (4.0-13)	7.3 (3.8-13)
5	64 (54-73)	47 (37-53)	34 (26-38)	25 (19-30)	19 (15-25)	16 (12-21)	13 (9.9-18)	12 (8.5-17)	11 (7.8-16)	11 (7.3-15)	10 (7.0-15)
6	78	61	45	34	26	21	18	16	15	15	14

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Indonesia.

Age = 55 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	12	8.1	5.8	4.4	3.4	2.8	2.4	2.2	2.1	1.9	1.8
1	18 (16-22)	12 (11-15)	8.7 (7.2-11)	6.6 (5.1-8.0)	5.2 (3.8-6.5)	4.2 (3.0-5.6)	3.6 (2.4-4.8)	3.3 (2.2-4.5)	3.1 (2.0-4.3)	2.9 (1.9-4.1)	2.7 (1.8-3.9)
2	26 (21-35)	18 (15-24)	13 (9.7-17)	9.7 (6.6-14)	7.6 (4.8-12)	6.2 (3.7-10)	5.2 (2.9-8.6)	4.8 (2.6-8.1)	4.5 (2.4-7.7)	4.2 (2.2-7.3)	4.0 (2.1-6.9)
3	37 (28-46)	26 (20-34)	19 (13-27)	14 (8.9-22)	11 (6.4-18)	9.0 (4.8-16)	7.6 (3.9-14)	6.9 (3.4-13)	6.5 (3.1-12)	6.1 (2.9-12)	5.8 (2.7-11)
4	50 (37-59)	36 (26-43)	26 (18-34)	20 (14-28)	16 (11-23)	13 (8.0-20)	11 (6.3-17)	9.8 (5.5-16)	9.2 (5.0-15)	8.7 (4.6-15)	8.2 (4.3-14)
5	63 (55-71)	48 (40-53)	36 (29-41)	28 (22-34)	22 (17-28)	18 (14-24)	15 (11-20)	14 (9.9-19)	13 (8.9-18)	12 (8.3-17)	11 (7.7-16)
6	77	61	48	37	29	24	20	19	17	16	16

Age = 60 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	13	9.2	6.7	5.1	4.0	3.2	2.8	2.5	2.3	2.2	2.0
1	19 (18-22)	14 (12-16)	9.9 (8.2-12)	7.5 (5.8-9.0)	5.9 (4.3-7.5)	4.8 (3.4-6.3)	4.1 (2.8-5.5)	3.7 (2.5-5.1)	3.4 (2.2-4.8)	3.2 (2.1-4.5)	3.0 (1.9-4.2)
2	28 (23-35)	20 (16-26)	14 (11-19)	11 (7.6-15)	8.6 (5.6-13)	7.0 (4.2-11)	6.0 (3.4-9.6)	5.4 (3.0-8.9)	5.0 (2.7-8.3)	4.6 (2.5-7.8)	4.3 (2.3-7.3)
3	38 (30-46)	28 (22-36)	21 (15-29)	16 (10-24)	12 (7.4-20)	9.9 (5.6-17)	8.5 (4.5-15)	7.7 (3.9-14)	7.1 (3.5-13)	6.6 (3.2-12)	6.2 (2.9-12)
4	50 (39-57)	38 (28-45)	28 (21-37)	22 (16-30)	17 (12-25)	14 (9.1-21)	12 (7.3-19)	11 (6.3-18)	10 (5.6-17)	9.3 (5.1-16)	8.7 (4.7-15)
5	63 (56-68)	49 (43-54)	38 (32-44)	30 (25-36)	24 (19-30)	19 (16-25)	16 (13-22)	15 (11-21)	14 (9.7-19)	13 (8.8-18)	12 (8.1-17)
6	75	62	49	39	31	26	22	20	19	17	16

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Indonesia.

Age = 65 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	13	9.5	6.9	5.2	4.0	3.2	2.8	2.5	2.3	2.1	1.9
1	19 (18-22)	14 (12-16)	10 (8.4-11)	7.6 (6.0-9.1)	5.9 (4.5-7.4)	4.7 (3.4-6.2)	4.1 (2.8-5.5)	3.7 (2.5-5.0)	3.3 (2.2-4.6)	3.0 (2.0-4.3)	2.8 (1.8-4.0)
2	27 (23-34)	20 (16-25)	15 (11-19)	11 (8.0-15)	8.6 (5.8-12)	6.8 (4.3-10)	5.9 (3.5-9.2)	5.3 (3.0-8.5)	4.8 (2.6-7.8)	4.4 (2.4-7.2)	4.0 (2.1-6.7)
3	37 (30-44)	27 (22-35)	20 (15-28)	16 (11-23)	12 (7.7-19)	9.7 (5.7-16)	8.4 (4.7-14)	7.5 (4.0-13)	6.8 (3.4-12)	6.2 (3.1-11)	5.7 (2.8-10)
4	48 (38-54)	36 (28-44)	28 (21-35)	21 (16-29)	17 (12-24)	13 (9.2-20)	12 (7.5-18)	10 (6.3-17)	9.4 (5.5-15)	8.6 (4.9-14)	7.9 (4.4-13)
5	59 (54-63)	47 (42-52)	37 (32-43)	29 (25-35)	23 (19-29)	18 (15-24)	16 (12-21)	14 (10-20)	13 (9.1-18)	12 (8.1-17)	11 (7.4-15)
6	70	58	47	37	30	24	21	19	17	16	15

Age = 70 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	13	9.3	6.8	5.1	3.9	3.1	2.7	2.3	2.1	1.8	1.7
1	19 (17-23)	14 (12-17)	10 (8.2-12)	7.4 (5.9-8.9)	5.6 (4.3-6.6)	4.4 (3.3-5.2)	3.7 (2.7-4.4)	3.2 (2.3-3.8)	2.8 (2.0-3.4)	2.5 (1.8-3.0)	2.3 (1.6-2.7)
2	28 (22-35)	20 (16-26)	14 (11-19)	11 (7.9-14)	8.0 (5.7-11)	6.2 (4.3-8.4)	5.2 (3.5-7.1)	4.5 (2.9-6.1)	3.9 (2.5-5.4)	3.5 (2.1-4.8)	3.1 (1.9-4.3)
3	38 (30-48)	28 (21-37)	21 (15-28)	15 (11-21)	11 (7.6-16)	8.8 (5.7-13)	7.3 (4.6-11)	6.2 (3.8-9.5)	5.3 (3.2-8.4)	4.7 (2.8-7.4)	4.2 (2.5-6.7)
4	51 (42-58)	39 (31-46)	29 (22-36)	22 (16-27)	16 (12-21)	12 (9.0-17)	10 (7.2-14)	8.4 (5.9-12)	7.2 (5.0-11)	6.3 (4.3-9.6)	5.6 (3.8-8.6)
5	63 (55-68)	51 (44-56)	40 (33-45)	30 (25-35)	22 (18-27)	17 (14-21)	14 (11-18)	12 (9.5-15)	9.8 (8.1-13)	8.5 (7.0-11)	7.5 (6.1-10)
6	73	63	52	41	31	24	19	16	13	11	9.8

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Indonesia.

Age = 75 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	12	8.9	6.6	5.0	3.8	3.1	2.7	2.3	2.0	1.7	1.5
1	19 (15-32)	14 (11-23)	10 (7.8-17)	7.6 (5.7-12)	5.7 (4.2-8.3)	4.6 (3.3-6.3)	3.8 (2.7-4.8)	3.1 (2.3-3.8)	2.7 (1.9-3.1)	2.3 (1.7-2.8)	2.0 (1.5-2.5)
2	29 (20-45)	22 (14-34)	16 (10-25)	12 (7.6-18)	8.6 (5.6-13)	6.7 (4.4-9.9)	5.4 (3.5-7.6)	4.4 (2.9-6.0)	3.7 (2.4-4.8)	3.1 (2.0-4.2)	2.7 (1.8-3.8)
3	41 (27-56)	32 (20-44)	24 (14-34)	18 (10-25)	13 (7.5-19)	9.9 (5.8-14)	7.8 (4.7-11)	6.2 (3.8-9.0)	5.1 (3.2-7.3)	4.2 (2.7-6.1)	3.6 (2.3-5.1)
4	54 (36-65)	44 (27-55)	34 (20-44)	26 (15-34)	19 (11-25)	15 (8.7-19)	11 (7.0-15)	8.9 (5.8-12)	7.1 (4.8-9.6)	5.8 (4.1-8.0)	4.8 (3.5-6.7)
5	67 (47-73)	57 (37-64)	47 (29-53)	37 (22-42)	28 (17-32)	21 (13-25)	16 (11-20)	13 (8.8-16)	10 (7.4-12)	8.0 (6.3-10)	6.6 (5.5-8.4)
6	76	69	60	50	39	31	24	18	14	11	9.0

Age = 80 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	11	8.6	6.6	5.1	4.0	3.4	2.9	2.4	2.1	1.8	1.6
1	17 (13-28)	13 (9.7-21)	9.9 (7.2-16)	7.5 (5.4-12)	5.9 (4.2-8.7)	4.8 (3.4-6.8)	4.0 (2.8-5.3)	3.4 (2.4-4.3)	2.8 (2.0-3.4)	2.4 (1.7-2.8)	2.1 (1.5-2.5)
2	25 (17-38)	19 (13-30)	15 (9.7-23)	11 (7.3-17)	8.6 (5.6-13)	6.9 (4.5-10)	5.6 (3.7-8.1)	4.7 (3.0-6.5)	3.9 (2.5-5.3)	3.3 (2.1-4.3)	2.8 (1.8-3.6)
3	35 (23-48)	28 (17-39)	21 (13-31)	16 (9.8-24)	13 (7.5-18)	10 (6.0-14)	8.0 (4.9-11)	6.5 (4.0-9.2)	5.3 (3.3-7.5)	4.4 (2.8-6.2)	3.7 (2.4-5.2)
4	46 (30-57)	38 (23-48)	30 (18-39)	23 (13-30)	18 (10-24)	14 (8.5-19)	11 (7.0-15)	9.2 (5.8-12)	7.4 (4.9-9.9)	6.1 (4.1-8.2)	5.0 (3.5-6.9)
5	58 (38-64)	49 (31-56)	41 (24-47)	33 (19-38)	26 (15-30)	21 (12-24)	16 (10-20)	13 (8.4-16)	10 (7.1-13)	8.3 (6.1-11)	6.8 (5.2-8.7)
6	68	61	52	44	35	29	23	18	14	12	9.3

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Indonesia.

Age = 85 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	11	8.6	6.8	5.3	4.5	3.8	3.2	2.8	2.4	2.1	1.8
1	16 (11-25)	12 (8.9-20)	9.8 (6.9-15)	7.7 (5.4-12)	6.3 (4.4-9.3)	5.3 (3.7-7.5)	4.5 (3.1-6.1)	3.8 (2.6-5.0)	3.2 (2.2-4.1)	2.8 (1.9-3.4)	2.4 (1.6-2.8)
2	22 (15-33)	18 (12-27)	14 (9.2-21)	11 (7.1-17)	9.1 (5.8-13)	7.5 (4.8-11)	6.3 (4.0-8.9)	5.2 (3.3-7.3)	4.4 (2.8-6.0)	3.7 (2.4-5.0)	3.2 (2.0-4.1)
3	31 (20-42)	25 (16-35)	20 (12-28)	16 (9.6-22)	13 (7.8-18)	11 (6.4-15)	8.8 (5.3-12)	7.3 (4.4-10)	6.0 (3.7-8.5)	5.1 (3.2-7.1)	4.3 (2.7-6.0)
4	40 (26-50)	34 (21-43)	27 (17-35)	22 (13-29)	18 (11-24)	15 (8.9-20)	12 (7.4-16)	10 (6.2-13)	8.3 (5.2-11)	6.9 (4.4-9.4)	5.7 (3.8-7.9)
5	51 (33-57)	44 (27-50)	37 (22-43)	30 (18-36)	25 (15-30)	21 (12-25)	17 (10-21)	14 (8.9-17)	12 (7.5-15)	9.5 (6.5-12)	7.8 (5.6-10)
6	61	54	47	40	34	28	23	19	16	13	11

Age = 90 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	9.7	7.8	6.2	5.0	4.3	3.7	3.1	2.7	2.3	2.0	1.7
1	14 (9.7-21)	11 (7.8-17)	8.9 (6.2-14)	7.2 (5.0-11)	6.1 (4.2-9.1)	5.2 (3.5-7.5)	4.4 (3.0-6.2)	3.7 (2.5-5.1)	3.2 (2.2-4.2)	2.7 (1.8-3.5)	2.3 (1.6-2.9)
2	19 (13-28)	16 (10-23)	13 (8.2-19)	10 (6.6-15)	8.7 (5.6-13)	7.3 (4.7-11)	6.2 (3.9-8.9)	5.2 (3.3-7.4)	4.4 (2.8-6.2)	3.7 (2.3-5.2)	3.1 (2.0-4.3)
3	27 (17-36)	22 (14-30)	18 (11-25)	15 (8.9-21)	12 (7.4-17)	10 (6.2-15)	8.7 (5.2-12)	7.3 (4.4-10)	6.1 (3.7-8.6)	5.2 (3.1-7.3)	4.3 (2.6-6.1)
4	35 (22-44)	30 (18-38)	25 (15-32)	20 (12-27)	17 (10-23)	15 (8.6-19)	12 (7.3-16)	10 (6.2-14)	8.6 (5.2-11)	7.2 (4.4-9.6)	6.0 (3.7-8.1)
5	45 (29-52)	39 (24-45)	33 (20-39)	28 (16-33)	24 (14-29)	20 (12-25)	17 (10-21)	14 (8.7-18)	12 (7.4-15)	10 (6.3-13)	8.4 (5.4-11)
6	55	49	43	37	32	28	24	20	17	14	12