

Spain - 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 Spain. 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	0.2	0.1	0.1	0.1	0.0	0.0	0.0
1	0.4 (0.3-0.9)	0.2 (0.2-0.5)	0.1 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	0.0 (0.0-0.1)
2	0.8 (0.4-1.8)	0.5 (0.2-1.0)	0.3 (0.1-0.6)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.3)	0.1 (0.1-0.2)
3	1.6 (0.6-3.1)	0.9 (0.4-1.8)	0.5 (0.2-1.0)	0.4 (0.2-0.8)	0.3 (0.1-0.6)	0.2 (0.1-0.5)	0.2 (0.1-0.4)
4	2.8 (1.1-4.7)	1.6 (0.6-2.7)	0.9 (0.4-1.5)	0.7 (0.3-1.2)	0.5 (0.2-0.9)	0.4 (0.2-0.7)	0.3 (0.1-0.5)
5	5.0 (2.3-6.6)	2.9 (1.3-3.9)	1.6 (0.7-2.2)	1.3 (0.6-1.7)	1.0 (0.4-1.3)	0.8 (0.3-1.0)	0.6 (0.3-0.8)
6	8.6	5.1	2.9	2.3	1.7	1.4	1.1

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	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 (0.6-1.5)	0.5 (0.3-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.4)	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)	0.9 (0.5-1.7)	0.5 (0.3-1.0)	0.4 (0.2-0.8)	0.3 (0.2-0.6)	0.2 (0.1-0.5)	0.2 (0.1-0.3)
3	2.7 (1.2-5.1)	1.6 (0.7-3.0)	0.9 (0.4-1.7)	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	4.8 (2.2-7.6)	2.8 (1.3-4.5)	1.6 (0.7-2.6)	1.3 (0.6-2.0)	1.0 (0.4-1.6)	0.7 (0.3-1.2)	0.6 (0.3-0.9)
5	8.1 (4.2-11)	4.9 (2.5-6.4)	2.9 (1.5-3.8)	2.2 (1.1-2.9)	1.7 (0.9-2.3)	1.3 (0.7-1.8)	1.0 (0.5-1.4)
6	14	8.4	4.9	3.8	3.0	2.3	1.8

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.7	0.4	0.2	0.2	0.1	0.1	0.1
1	1.2 (0.9-2.0)	0.7 (0.5-1.1)	0.4 (0.3-0.6)	0.3 (0.2-0.5)	0.2 (0.2-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
2	2.2 (1.2-3.8)	1.3 (0.7-2.3)	0.7 (0.4-1.3)	0.6 (0.3-1.0)	0.4 (0.3-0.8)	0.3 (0.2-0.6)	0.3 (0.2-0.5)
3	3.7 (1.9-6.5)	2.3 (1.1-4.0)	1.3 (0.7-2.3)	1.0 (0.5-1.8)	0.8 (0.4-1.4)	0.6 (0.3-1.1)	0.5 (0.2-0.8)
4	6.3 (3.3-9.8)	3.9 (2.0-6.0)	2.3 (1.2-3.5)	1.8 (0.9-2.7)	1.4 (0.7-2.1)	1.1 (0.5-1.6)	0.8 (0.4-1.3)
5	10 (6.2-13)	6.6 (3.9-8.4)	3.9 (2.3-5.1)	3.0 (1.8-3.9)	2.3 (1.4-3.0)	1.8 (1.1-2.4)	1.4 (0.8-1.8)
6	17	11	6.6	5.1	4.0	3.1	2.4

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.2	0.7	0.4	0.3	0.3	0.2	0.2
1	2.0 (1.6-3.0)	1.3 (1.0-1.8)	0.8 (0.6-1.1)	0.6 (0.4-0.8)	0.5 (0.3-0.7)	0.3 (0.3-0.5)	0.3 (0.2-0.4)
2	3.4 (2.1-5.3)	2.2 (1.4-3.5)	1.3 (0.8-2.2)	1.0 (0.6-1.7)	0.8 (0.5-1.3)	0.6 (0.4-1.0)	0.5 (0.3-0.8)
3	5.6 (3.2-9.1)	3.7 (2.1-6.1)	2.3 (1.3-3.8)	1.7 (1.0-2.9)	1.3 (0.7-2.2)	1.0 (0.6-1.7)	0.8 (0.4-1.3)
4	8.9 (5.5-13)	6.0 (3.6-9.1)	3.8 (2.2-5.7)	2.9 (1.7-4.4)	2.3 (1.3-3.4)	1.7 (1.0-2.6)	1.3 (0.8-2.0)
5	14 (9.4-17)	9.7 (6.6-12)	6.3 (4.2-7.9)	4.9 (3.3-6.1)	3.7 (2.5-4.7)	2.9 (1.9-3.6)	2.2 (1.5-2.8)
6	21	15	10	7.9	6.1	4.7	3.6

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.2	1.5	0.9	0.7	0.5	0.4	0.3
1	3.9 (2.9-4.7)	2.6 (2.0-3.1)	1.6 (1.3-1.9)	1.2 (1.0-1.5)	1.0 (0.7-1.1)	0.7 (0.6-0.9)	0.6 (0.4-0.7)
2	6.7 (4.4-9.7)	4.6 (3.0-6.5)	2.9 (1.9-4.0)	2.2 (1.5-3.1)	1.7 (1.1-2.4)	1.3 (0.9-1.8)	1.0 (0.7-1.4)
3	11 (7.0-16)	7.9 (5.2-11)	5.1 (3.3-7.6)	4.0 (2.6-5.9)	3.0 (2.0-4.5)	2.3 (1.5-3.5)	1.8 (1.2-2.7)
4	18 (12-25)	13 (8.9-19)	8.9 (6.1-13)	6.9 (4.7-10)	5.3 (3.6-7.8)	4.1 (2.8-6.0)	3.1 (2.1-4.6)
5	27 (23-34)	21 (18-27)	15 (12-19)	12 (9.7-15)	9.1 (7.5-12)	7.0 (5.8-9.0)	5.4 (4.4-7.0)
6	39	32	24	19	15	12	9.2

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.7	2.7	1.8	1.4	1.0	0.8	0.6
1	6.8 (4.5-12)	5.0 (3.4-8.9)	3.4 (2.4-6.0)	2.6 (1.8-4.6)	2.0 (1.4-3.6)	1.5 (1.0-2.7)	1.2 (0.8-2.1)
2	12 (6.8-20)	9.1 (5.1-15)	6.4 (3.6-11)	4.9 (2.7-8.2)	3.7 (2.1-6.4)	2.9 (1.6-4.9)	2.2 (1.2-3.8)
3	19 (10-31)	15 (8.1-25)	11 (6.1-18)	8.8 (4.7-14)	6.8 (3.5-11)	5.2 (2.7-8.4)	4.0 (2.0-6.5)
4	29 (16-41)	25 (14-35)	19 (10-29)	15 (8.0-23)	12 (6.1-18)	9.1 (4.7-14)	7.0 (3.5-11)
5	41 (26-51)	36 (22-46)	30 (18-39)	24 (14-32)	20 (11-26)	15 (8.3-20)	12 (6.3-16)
6	54	50	44	37	30	24	19

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.7	4.4	3.1	2.4	1.8	1.4	1.0
1	10 (6.8-18)	7.9 (5.4-14)	5.7 (4.0-10)	4.4 (3.0-8.0)	3.3 (2.3-6.1)	2.5 (1.7-4.7)	1.9 (1.3-3.6)
2	16 (9.9-28)	13 (8.0-23)	10 (6.0-17)	7.8 (4.6-13)	6.0 (3.5-10)	4.6 (2.6-8.1)	3.5 (2.0-6.2)
3	25 (14-37)	21 (12-32)	17 (9.1-26)	13 (7.0-21)	10 (5.3-17)	7.8 (4.1-13)	6.0 (3.1-9.9)
4	36 (21-47)	31 (17-42)	26 (14-36)	21 (11-30)	17 (8.4-24)	13 (6.4-19)	10 (4.9-15)
5	48 (32-57)	43 (27-52)	38 (23-47)	31 (18-39)	25 (14-33)	20 (11-26)	16 (8.3-21)
6	60	56	51	44	37	30	24

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.1	5.3	3.8	2.9	2.2	1.7	1.3
1	12 (8.5-21)	9.5 (6.6-17)	7.0 (4.9-13)	5.4 (3.7-9.7)	4.1 (2.8-7.5)	3.1 (2.1-5.7)	2.4 (1.6-4.4)
2	20 (12-33)	16 (9.7-27)	12 (7.3-21)	9.4 (5.6-16)	7.3 (4.3-13)	5.6 (3.2-9.8)	4.2 (2.4-7.5)
3	30 (18-43)	25 (15-37)	20 (11-31)	16 (8.5-25)	12 (6.5-20)	9.5 (5.0-15)	7.3 (3.8-12)
4	42 (26-54)	37 (21-48)	31 (17-42)	25 (13-35)	20 (10-28)	16 (7.9-22)	12 (6.0-18)
5	54 (38-62)	49 (33-59)	43 (27-53)	36 (22-45)	30 (17-38)	24 (13-31)	19 (10-25)
6	64	62	57	50	43	36	29

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.4	4.2	3.1	2.4	1.8	1.3	1.0
1	9.4 (6.4-17)	7.4 (5.0-13)	5.7 (3.9-10)	4.3 (2.9-7.9)	3.3 (2.2-6.0)	2.5 (1.7-4.6)	1.9 (1.2-3.5)
2	15 (9.4-26)	13 (7.5-22)	9.8 (5.8-17)	7.5 (4.4-13)	5.8 (3.3-10)	4.4 (2.5-7.9)	3.3 (1.9-6.0)
3	24 (14-36)	20 (11-30)	16 (8.8-25)	13 (6.7-20)	9.7 (5.1-16)	7.5 (3.9-12)	5.7 (2.9-9.4)
4	34 (20-46)	30 (17-40)	25 (13-35)	20 (10-28)	16 (7.9-23)	12 (6.0-18)	9.5 (4.6-14)
5	46 (30-54)	41 (26-50)	36 (22-45)	30 (17-38)	24 (13-31)	19 (10-25)	15 (7.8-20)
6	56	54	49	42	35	29	23