

Spain - 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 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	0.4	0.2	0.1	0.1	0.1	0.1	0.0
1	0.7 (0.5-1.4)	0.4 (0.3-0.8)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)
2	1.4 (0.7-3.1)	0.8 (0.4-1.7)	0.4 (0.2-0.9)	0.3 (0.2-0.7)	0.3 (0.1-0.5)	0.2 (0.1-0.4)	0.2 (0.1-0.3)
3	2.7 (1.1-5.4)	1.5 (0.6-2.9)	0.8 (0.3-1.6)	0.6 (0.3-1.2)	0.5 (0.2-1.0)	0.4 (0.2-0.7)	0.3 (0.1-0.6)
4	5.0 (1.9-8.1)	2.7 (1.0-4.4)	1.5 (0.6-2.4)	1.1 (0.4-1.9)	0.9 (0.3-1.5)	0.7 (0.3-1.1)	0.5 (0.2-0.9)
5	8.9 (4.1-12)	4.9 (2.2-6.6)	2.7 (1.2-3.6)	2.1 (0.9-2.8)	1.6 (0.7-2.2)	1.3 (0.6-1.7)	1.0 (0.4-1.3)
6	15	8.6	4.7	3.7	2.9	2.2	1.7

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

Age = 55 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	1.4 (1.0-2.5)	0.8 (0.5-1.4)	0.4 (0.3-0.7)	0.3 (0.2-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.3)	0.2 (0.1-0.3)
2	2.7 (1.5-5.3)	1.5 (0.8-2.9)	0.8 (0.4-1.6)	0.6 (0.3-1.2)	0.5 (0.3-1.0)	0.4 (0.2-0.7)	0.3 (0.2-0.6)
3	4.9 (2.2-9.2)	2.7 (1.2-5.1)	1.5 (0.7-2.8)	1.1 (0.5-2.2)	0.9 (0.4-1.7)	0.7 (0.3-1.3)	0.5 (0.2-1.0)
4	8.7 (3.9-14)	4.8 (2.1-7.6)	2.6 (1.2-4.2)	2.1 (0.9-3.3)	1.6 (0.7-2.5)	1.2 (0.5-2.0)	1.0 (0.4-1.5)
5	15 (8.1-20)	8.5 (4.5-11)	4.7 (2.5-6.2)	3.7 (1.9-4.9)	2.8 (1.5-3.8)	2.2 (1.2-3.0)	1.7 (0.9-2.3)
6	25	15	8.1	6.4	5.0	3.9	3.0

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.2	0.7	0.4	0.3	0.2	0.2	0.1
1	2.2 (1.6-3.5)	1.2 (0.9-1.9)	0.7 (0.5-1.0)	0.5 (0.4-0.8)	0.4 (0.3-0.6)	0.3 (0.2-0.5)	0.2 (0.2-0.4)
2	4.0 (2.4-7.2)	2.2 (1.3-4.0)	1.2 (0.7-2.2)	0.9 (0.5-1.7)	0.7 (0.4-1.3)	0.6 (0.3-1.0)	0.4 (0.3-0.8)
3	7.1 (3.6-12)	3.9 (2.0-7.0)	2.2 (1.1-3.9)	1.7 (0.8-3.0)	1.3 (0.6-2.3)	1.0 (0.5-1.8)	0.8 (0.4-1.4)
4	12 (6.2-18)	6.9 (3.4-10)	3.8 (1.9-5.8)	3.0 (1.5-4.6)	2.3 (1.1-3.5)	1.8 (0.9-2.8)	1.4 (0.7-2.2)
5	20 (13-26)	12 (7.2-15)	6.6 (4.0-8.6)	5.1 (3.1-6.8)	4.0 (2.4-5.3)	3.1 (1.9-4.1)	2.4 (1.5-3.2)
6	32	20	11	8.8	6.9	5.4	4.2

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.4	1.3	0.7	0.6	0.4	0.3	0.3
1	4.2 (3.2-5.9)	2.4 (1.8-3.3)	1.3 (1.0-1.8)	1.0 (0.8-1.4)	0.8 (0.6-1.1)	0.6 (0.5-0.9)	0.5 (0.4-0.7)
2	7.3 (4.6-12)	4.1 (2.6-6.8)	2.3 (1.4-3.8)	1.8 (1.1-3.0)	1.4 (0.9-2.3)	1.1 (0.7-1.8)	0.8 (0.5-1.4)
3	12 (7.0-20)	7.1 (4.0-12)	4.0 (2.2-6.7)	3.1 (1.7-5.2)	2.4 (1.3-4.1)	1.9 (1.0-3.2)	1.5 (0.8-2.5)
4	20 (12-29)	12 (6.9-17)	6.8 (3.8-10)	5.3 (3.0-7.9)	4.1 (2.3-6.1)	3.2 (1.8-4.8)	2.5 (1.4-3.7)
5	31 (23-38)	19 (14-24)	11 (7.9-15)	8.9 (6.2-11)	7.0 (4.8-9.0)	5.5 (3.8-7.0)	4.3 (2.9-5.5)
6	46	31	19	15	12	9.1	7.1

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.9	2.8	1.6	1.2	0.9	0.7	0.6
1	8.8 (7.0-10)	5.1 (4.1-5.9)	2.9 (2.3-3.3)	2.2 (1.8-2.6)	1.7 (1.4-2.0)	1.3 (1.1-1.6)	1.0 (0.8-1.2)
2	15 (10-20)	9.2 (6.2-12)	5.3 (3.5-7.0)	4.1 (2.7-5.4)	3.2 (2.1-4.2)	2.5 (1.6-3.3)	1.9 (1.3-2.6)
3	26 (18-36)	16 (11-23)	9.4 (6.1-14)	7.4 (4.8-11)	5.8 (3.7-8.6)	4.5 (2.9-6.7)	3.5 (2.2-5.3)
4	40 (31-53)	27 (20-37)	17 (12-23)	13 (9.6-19)	10 (7.5-15)	8.0 (5.8-12)	6.3 (4.5-9.1)
5	58 (52-66)	43 (38-50)	28 (24-33)	22 (19-27)	18 (15-22)	14 (12-17)	11 (9.4-14)
6	74	61	44	36	30	24	19

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	9.3	5.7	3.3	2.6	2.0	1.5	1.2
1	17 (12-28)	11 (7.9-18)	6.5 (4.8-11)	5.1 (3.7-8.7)	3.9 (2.9-6.8)	3.1 (2.2-5.3)	2.4 (1.7-4.1)
2	29 (18-44)	20 (12-32)	12 (7.2-21)	9.7 (5.6-17)	7.5 (4.3-13)	5.9 (3.3-10)	4.6 (2.6-8.0)
3	45 (29-61)	33 (20-49)	22 (12-34)	18 (9.6-28)	14 (7.5-22)	11 (5.8-18)	8.5 (4.5-14)
4	61 (44-74)	50 (32-66)	37 (21-51)	30 (17-43)	24 (13-36)	19 (10-29)	15 (8.1-23)
5	74 (60-81)	68 (50-77)	55 (37-65)	47 (30-57)	39 (24-48)	32 (19-40)	26 (15-33)
6	83	81	74	66	58	50	42

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	15	9.8	6.1	4.7	3.6	2.8	2.2
1	25 (18-40)	17 (13-29)	11 (8.4-20)	8.9 (6.5-15)	6.9 (5.1-12)	5.4 (3.9-9.5)	4.1 (3.0-7.4)
2	37 (26-55)	29 (19-44)	20 (13-33)	16 (9.8-27)	12 (7.6-22)	9.8 (5.9-17)	7.6 (4.5-13)
3	52 (36-67)	43 (27-60)	33 (19-49)	27 (15-41)	21 (12-34)	17 (9.0-28)	13 (7.0-22)
4	65 (48-76)	59 (41-71)	49 (30-63)	41 (24-54)	34 (19-46)	28 (15-39)	22 (12-32)
5	75 (62-81)	72 (56-79)	65 (46-74)	57 (39-67)	50 (32-59)	42 (26-51)	35 (20-43)
6	82	81	78	72	66	58	50

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	16	11	7.3	5.6	4.3	3.3	2.6
1	26 (19-41)	19 (14-32)	13 (9.7-23)	10 (7.5-18)	8.1 (5.8-14)	6.2 (4.5-11)	4.8 (3.4-8.6)
2	39 (27-57)	31 (20-47)	23 (14-37)	18 (11-30)	14 (8.7-24)	11 (6.7-19)	8.7 (5.2-15)
3	53 (37-68)	45 (29-62)	36 (21-53)	29 (17-45)	24 (13-37)	19 (10-30)	15 (7.9-24)
4	66 (49-76)	60 (42-72)	51 (34-65)	44 (27-57)	37 (22-49)	30 (17-41)	24 (13-34)
5	75 (63-80)	72 (57-79)	67 (49-75)	60 (41-69)	52 (34-61)	44 (27-53)	37 (22-45)
6	79	80	78	73	67	60	52

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	11	8.1	5.7	4.4	3.3	2.5	1.9
1	18 (13-31)	14 (10-24)	10 (7.3-18)	8.0 (5.6-14)	6.1 (4.3-11)	4.7 (3.3-8.5)	3.6 (2.5-6.6)
2	29 (19-44)	23 (15-37)	18 (11-29)	14 (8.4-23)	11 (6.4-18)	8.3 (4.9-14)	6.4 (3.7-11)
3	41 (27-56)	35 (21-49)	28 (16-42)	23 (13-35)	18 (9.8-28)	14 (7.5-23)	11 (5.8-18)
4	53 (36-65)	48 (31-60)	41 (25-54)	34 (20-46)	28 (15-39)	23 (12-32)	18 (9.3-26)
5	64 (50-71)	61 (44-69)	55 (38-65)	48 (31-57)	41 (25-50)	34 (20-42)	28 (15-35)
6	71	71	68	62	55	48	40