South Africa (Indian) - 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 South Africa (Indian). 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	1.7	1.7	1.6	1.4	1.2	1.1	1.0
1	2.7 (1.8-4.1)	2.6 (1.7-3.8)	2.6 (1.7-3.6)	2.2 (1.5-3.1)	1.9 (1.3-2.7)	1.7 (1.1-2.3)	1.5 (1.0-2.0)
2	4.3 (2.3-7.3)	4.0 (2.1-7.0)	3.9 (2.1-6.9)	3.4 (1.8-6.0)	3.0 (1.5-5.3)	2.6 (1.3-4.6)	2.2 (1.2-4.0)
3	6.6 (3.3-11)	6.2 (3.0-11)	5.9 (2.8-11)	5.1 (2.4-9.4)	4.5 (2.1-8.2)	3.9 (1.8-7.1)	3.3 (1.6-6.2)
4	10 (5.4-16)	9.3 (4.9-15)	8.8 (4.6-15)	7.6 (3.9-13)	6.6 (3.4-11)	5.7 (2.9-9.6)	4.9 (2.5-8.4)
5	15 (9.0-20)	14 (8.7-19)	13 (8.5-18)	11 (7.4-15)	9.6 (6.4-13)	8.3 (5.5-12)	7.2 (4.8-10)
6	22	20	19	16	14	12	10

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

Age = 55 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	2.3	2.2	2.2	1.9	1.6	1.4	1.2
1	3.7 (2.5-5.6)	3.5 (2.4-5.0)	3.4 (2.3-4.7)	2.9 (2.0-4.0)	2.5 (1.7-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)
2	5.9 (3.3-9.5)	5.4 (3.0-9.1)	5.2 (2.8-8.8)	4.5 (2.4-7.7)	3.9 (2.1-6.7)	3.3 (1.8-5.8)	2.9 (1.5-5.1)
3	9.0 (5.0-14)	8.2 (4.3-14)	7.8 (3.9-14)	6.7 (3.4-12)	5.8 (2.9-10)	5.0 (2.5-8.9)	4.3 (2.1-7.8)
4	14 (7.9-21)	12 (6.9-19)	12 (6.3-18)	9.9 (5.3-16)	8.5 (4.5-14)	7.3 (3.9-12)	6.3 (3.3-10)
5	20 (12-26)	18 (12-24)	17 (11-22)	14 (9.7-19)	12 (8.4-17)	11 (7.2-15)	9.1 (6.2-13)
6	28	26	24	20	18	15	13

Age = 60 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	3.3	3.0	2.9	2.5	2.2	1.9	1.6
1	5.1 (3.6-7.4)	4.7 (3.2-6.6)	4.5 (3.1-6.1)	3.8 (2.6-5.2)	3.3 (2.2-4.5)	2.8 (1.9-3.8)	2.4 (1.6-3.3)
2	7.9 (4.8-12)	7.2 (4.2-12)	6.8 (3.8-11)	5.8 (3.3-9.7)	5.0 (2.8-8.4)	4.3 (2.4-7.3)	3.7 (2.0-6.3)
3	12 (7.3-18)	11 (6.2-17)	10 (5.5-17)	8.7 (4.6-15)	7.4 (3.9-13)	6.3 (3.3-11)	5.4 (2.8-9.5)
4	18 (11-25)	16 (9.9-24)	15 (8.8-23)	13 (7.3-20)	11 (6.2-17)	9.3 (5.2-15)	7.9 (4.3-13)
5	25 (17-32)	23 (16-30)	21 (15-28)	18 (13-24)	16 (11-21)	13 (9.2-18)	11 (7.9-16)
6	34	32	30	26	22	19	16

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

Age = 65 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.1	3.8	3.5	3.0	2.6	2.2	1.9
1	6.4 (4.6-8.8)	5.8 (4.1-7.8)	5.4 (3.8-7.1)	4.6 (3.2-6.1)	3.9 (2.7-5.2)	3.3 (2.3-4.4)	2.8 (1.9-3.7)
2	9.7 (6.3-14)	8.8 (5.4-13)	8.1 (4.8-13)	6.9 (4.0-11)	5.9 (3.4-9.5)	5.0 (2.8-8.2)	4.2 (2.4-7.1)
3	14 (9.4-20)	13 (8.2-19)	12 (7.0-19)	10 (5.9-16)	8.6 (4.9-14)	7.3 (4.1-12)	6.2 (3.4-10)
4	21 (14-29)	19 (13-27)	17 (11-26)	15 (9.2-22)	13 (7.6-19)	11 (6.3-17)	9.0 (5.3-14)
5	29 (21-36)	26 (19-34)	25 (18-32)	21 (15-27)	18 (13-24)	15 (11-20)	13 (9.2-17)
6	38	36	34	29	25	21	18

Age = 70 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.9	4.4	4.1	3.5	2.9	2.5	2.1
1	7.5 (5.3-9.5)	6.7 (4.8-8.5)	6.1 (4.4-7.9)	5.1 (3.7-6.7)	4.3 (3.1-5.6)	3.6 (2.6-4.8)	3.0 (2.1-4.0)
2	11 (7.4-17)	10 (6.5-15)	9.0 (5.7-13)	7.5 (4.7-11)	6.3 (3.9-9.1)	5.3 (3.3-7.7)	4.4 (2.7-6.5)
3	17 (11-25)	15 (9.7-22)	13 (8.5-20)	11 (7.0-17)	9.2 (5.8-14)	7.7 (4.8-12)	6.4 (4.0-9.7)
4	25 (17-34)	22 (15-31)	20 (13-28)	16 (11-24)	13 (8.9-20)	11 (7.2-17)	9.2 (5.9-14)
5	35 (29-44)	32 (26-40)	28 (23-36)	23 (19-30)	19 (15-25)	16 (13-21)	13 (10-18)
6	46	43	39	33	28	23	19

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

Age = 75 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	6.0	5.4	5.0	4.2	3.5	2.9	2.4
1	9.6 (6.5-15)	8.5 (5.9-12)	7.5 (5.4-9.5)	6.2 (4.4-7.7)	5.1 (3.6-6.3)	4.2 (3.0-5.3)	3.5 (2.5-4.4)
2	15 (9.1-24)	13 (8.1-20)	11 (7.1-17)	9.4 (5.8-14)	7.7 (4.8-11)	6.3 (3.9-9.0)	5.2 (3.2-7.4)
3	23 (13-36)	20 (12-31)	17 (11-25)	14 (8.7-21)	12 (7.1-17)	9.5 (5.7-14)	7.7 (4.7-11)
4	33 (20-45)	30 (18-41)	26 (16-37)	21 (13-31)	17 (11-25)	14 (8.6-21)	12 (7.0-17)
5	45 (31-54)	41 (29-51)	37 (27-46)	31 (22-39)	26 (18-33)	21 (15-28)	17 (12-23)
6	57	54	50	43	37	31	25

Age = 80 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	7.4	6.7	6.1	5.0	4.1	3.4	2.8
1	12 (8.1-19)	11 (7.4-16)	9.3 (6.6-13)	7.5 (5.4-10)	6.2 (4.4-8.2)	5.0 (3.5-6.6)	4.1 (2.9-5.3)
2	18 (11-29)	16 (10-25)	14 (9.0-20)	11 (7.2-16)	9.3 (5.8-13)	7.5 (4.7-10)	6.1 (3.8-8.5)
3	26 (16-39)	24 (14-35)	21 (13-29)	17 (11-24)	14 (8.5-20)	11 (6.8-16)	9.1 (5.5-13)
4	36 (23-48)	34 (21-44)	30 (20-41)	25 (16-34)	20 (13-29)	17 (10-23)	13 (8.4-19)
5	47 (33-56)	45 (31-54)	41 (29-50)	35 (24-44)	29 (20-37)	24 (16-31)	20 (13-25)
6	59	56	53	47	40	34	28

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

Age = 85 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	9.3	8.4	7.5	6.1	4.9	4.0	3.3
1	15 (10-24)	13 (9.3-21)	12 (8.3-17)	9.4 (6.6-14)	7.6 (5.3-11)	6.1 (4.2-8.7)	4.9 (3.4-6.9)
2	22 (14-35)	20 (13-31)	18 (11-26)	14 (9.1-21)	12 (7.3-17)	9.3 (5.8-14)	7.5 (4.6-11)
3	31 (19-45)	29 (18-42)	26 (16-37)	22 (13-31)	17 (10-25)	14 (8.2-21)	11 (6.5-17)
4	42 (27-54)	39 (25-52)	37 (24-48)	31 (20-41)	25 (16-35)	21 (13-29)	17 (10-24)
5	53 (38-62)	51 (36-59)	48 (34-57)	41 (29-50)	35 (24-44)	29 (19-37)	24 (16-31)
6	63	61	59	53	46	39	33

Age = 90 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	12	11	9.2	7.3	5.8	4.6	3.7
1	19 (13-30)	17 (12-27)	15 (10-23)	12 (8.2-18)	9.3 (6.4-14)	7.4 (5.1-11)	5.9 (4.0-8.9)
2	28 (18-42)	25 (16-39)	22 (14-34)	18 (11-28)	14 (9.0-22)	12 (7.1-18)	9.2 (5.6-14)
3	38 (24-52)	35 (22-49)	32 (20-45)	27 (16-38)	22 (13-32)	18 (10-26)	14 (7.9-21)
4	49 (33-61)	46 (31-59)	43 (29-55)	37 (24-48)	31 (19-41)	26 (15-35)	21 (12-29)
5	59 (45-67)	57 (42-65)	55 (40-63)	48 (34-57)	42 (28-51)	35 (23-44)	29 (19-37)
6	67	67	65	59	53	46	40