Zimbabwe - The probabilities of a hip fracture in men

The following tables give the 10-year probability (%) of a hip 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 Zimbabwe. 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	8.2	4.4	2.4	1.2	0.7	0.4	0.2	0.1	0.1	0.0	0.0
1	13 (8.6-17)	6.9 (4.6-9.2)	3.7 (2.5-5.0)	2.0 (1.3-2.6)	1.0 (0.7-1.4)	0.6 (0.4-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)	0.0 (0.0-0.0)
2	19 (12-27)	11 (6.5-15)	5.7 (3.5-8.6)	3.1 (1.9-4.6)	1.6 (1.0-2.5)	0.9 (0.5-1.3)	0.5 (0.3-0.7)	0.2 (0.1-0.4)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	0.0 (0.0-0.1)
3	27 (18-37)	16 (9.8-23)	8.7 (5.3-13)	4.7 (2.8-7.3)	2.5 (1.5-3.9)	1.3 (0.8-2.1)	0.7 (0.4-1.1)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
4	37 (26-49)	23 (15-32)	13 (8.4-19)	7.2 (4.5-11)	3.9 (2.4-5.9)	2.1 (1.3-3.2)	1.1 (0.7-1.7)	0.6 (0.4-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.1)
5	49 (39-59)	32 (24-41)	19 (14-26)	11 (7.7-15)	5.9 (4.2-8.3)	3.2 (2.2-4.5)	1.7 (1.2-2.4)	0.9 (0.6-1.3)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)
6	61	43	27	16	8.7	4.7	2.5	1.4	0.7	0.4	0.2

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Zimbabwe.

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	8.0	4.5	2.5	1.4	0.8	0.4	0.2	0.1	0.1	0.0	0.0
1	12 (8.4-15)	6.9 (4.7-8.7)	3.8 (2.6-4.9)	2.1 (1.5-2.7)	1.2 (0.8-1.5)	0.6 (0.4-0.8)	0.4 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.1)	0.1 (0.0-0.1)	0.0 (0.0-0.0)
2	18 (12-24)	10 (6.6-14)	5.8 (3.7-8.3)	3.3 (2.1-4.7)	1.8 (1.1-2.6)	1.0 (0.6-1.4)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)
3	25 (17-34)	15 (9.9-21)	8.7 (5.6-12)	4.9 (3.1-7.1)	2.7 (1.7-4.0)	1.5 (1.0-2.2)	0.8 (0.5-1.2)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
4	34 (25-44)	21 (15-29)	13 (8.7-18)	7.3 (4.9-11)	4.1 (2.7-6.1)	2.3 (1.5-3.4)	1.3 (0.8-1.9)	0.7 (0.5-1.1)	0.4 (0.3-0.6)	0.2 (0.2-0.3)	0.1 (0.1-0.2)
5	44 (37-54)	29 (24-38)	18 (14-24)	11 (8.2-15)	6.1 (4.6-8.5)	3.4 (2.6-4.8)	1.9 (1.4-2.7)	1.1 (0.8-1.5)	0.6 (0.5-0.8)	0.3 (0.3-0.5)	0.2 (0.2-0.3)
6	55	39	25	15	8.9	5.0	2.8	1.6	0.9	0.5	0.3

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	6.4	3.8	2.2	1.3	0.8	0.5	0.3	0.2	0.1	0.1	0.0
1	9.3 (6.7-11)	5.6 (4.0-6.8)	3.3 (2.4-4.0)	2.0 (1.4-2.4)	1.2 (0.8-1.4)	0.7 (0.5-0.8)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)
2	13 (9.3-18)	8.2 (5.6-11)	4.9 (3.3-6.7)	2.9 (2.0-4.0)	1.7 (1.2-2.4)	1.0 (0.7-1.4)	0.6 (0.4-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
3	19 (14-25)	12 (8.4-16)	7.2 (5.0-9.9)	4.3 (3.0-6.0)	2.6 (1.8-3.6)	1.5 (1.0-2.1)	0.9 (0.6-1.2)	0.5 (0.4-0.7)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	26 (20-33)	17 (12-22)	10 (7.6-14)	6.3 (4.5-8.8)	3.8 (2.7-5.3)	2.2 (1.6-3.2)	1.3 (0.9-1.9)	0.8 (0.6-1.1)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.3)
5	34 (29-42)	23 (19-29)	15 (12-19)	9.0 (7.3-12)	5.5 (4.4-7.5)	3.3 (2.6-4.5)	1.9 (1.6-2.7)	1.1 (0.9-1.6)	0.7 (0.6-1.0)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
6	43	30	20	13	7.8	4.7	2.8	1.7	1.0	0.6	0.4

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Zimbabwe.

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	4.8	3.0	1.9	1.2	0.7	0.5	0.3	0.2	0.1	0.1	0.1
1	6.9 (5.0-7.9)	4.4 (3.2-5.0)	2.8 (2.0-3.2)	1.7 (1.3-2.0)	1.1 (0.8-1.2)	0.7 (0.5-0.8)	0.4 (0.3-0.5)	0.3 (0.2-0.3)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.1-0.1)
2	9.7 (7.1-12)	6.3 (4.5-7.9)	4.0 (2.8-5.1)	2.5 (1.8-3.2)	1.6 (1.1-2.0)	1.0 (0.7-1.3)	0.6 (0.4-0.8)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.2 (0.1-0.2)	0.1 (0.1-0.1)
3	13 (10-18)	8.8 (6.5-12)	5.7 (4.1-7.6)	3.6 (2.6-4.8)	2.3 (1.6-3.1)	1.4 (1.0-1.9)	0.9 (0.6-1.2)	0.6 (0.4-0.8)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.2 (0.1-0.2)
4	18 (15-24)	12 (9.6-16)	8.0 (6.2-11)	5.1 (3.9-6.8)	3.2 (2.5-4.4)	2.0 (1.6-2.8)	1.3 (1.0-1.8)	0.8 (0.6-1.1)	0.5 (0.4-0.7)	0.3 (0.3-0.5)	0.2 (0.2-0.3)
5	24 (21-30)	17 (14-21)	11 (9.4-14)	7.2 (6.1-9.5)	4.6 (3.9-6.1)	2.9 (2.5-3.9)	1.8 (1.6-2.5)	1.2 (1.0-1.6)	0.8 (0.6-1.0)	0.5 (0.4-0.7)	0.3 (0.3-0.4)
6	31	22	15	9.9	6.4	4.1	2.6	1.7	1.1	0.7	0.5

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	3.6	2.4	1.6	1.1	0.7	0.5	0.3	0.2	0.1	0.1	0.1
1	5.6 (4.9-7.4)	3.8 (3.3-5.0)	2.5 (2.2-3.4)	1.7 (1.5-2.3)	1.1 (1.0-1.5)	0.7 (0.7-1.0)	0.5 (0.4-0.7)	0.3 (0.3-0.4)	0.2 (0.2-0.3)	0.2 (0.1-0.2)	0.1 (0.1-0.1)
2	8.6 (6.9-11)	5.9 (4.7-7.6)	4.0 (3.1-5.2)	2.7 (2.1-3.5)	1.8 (1.4-2.3)	1.2 (0.9-1.6)	0.8 (0.6-1.0)	0.5 (0.4-0.7)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.2 (0.1-0.2)
3	13 (9.9-16)	9.0 (6.8-11)	6.1 (4.7-7.8)	4.2 (3.2-5.3)	2.8 (2.1-3.6)	1.9 (1.4-2.4)	1.2 (1.0-1.6)	0.8 (0.6-1.1)	0.6 (0.4-0.7)	0.4 (0.3-0.5)	0.3 (0.2-0.4)
4	19 (14-23)	13 (10-16)	9.3 (7.0-12)	6.4 (4.8-7.9)	4.3 (3.2-5.4)	2.9 (2.2-3.6)	2.0 (1.5-2.4)	1.3 (1.0-1.6)	0.9 (0.7-1.1)	0.6 (0.5-0.8)	0.4 (0.3-0.5)
5	27 (21-30)	19 (15-22)	14 (10-16)	9.7 (7.2-11)	6.6 (4.9-7.5)	4.5 (3.3-5.1)	3.0 (2.2-3.4)	2.1 (1.5-2.3)	1.4 (1.1-1.6)	1.0 (0.7-1.1)	0.7 (0.5-0.8)
6	36	27	20	14	10	6.9	4.7	3.2	2.2	1.5	1.1

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Zimbabwe.

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	2.7	1.9	1.3	0.9	0.7	0.5	0.3	0.2	0.2	0.1	0.1
1	5.0 (3.6-11)	3.6 (2.6-7.9)	2.6 (1.8-5.7)	1.8 (1.3-4.0)	1.3 (0.9-2.8)	0.9 (0.6-2.0)	0.6 (0.5-1.4)	0.5 (0.3-1.0)	0.3 (0.2-0.7)	0.2 (0.2-0.5)	0.2 (0.1-0.4)
2	8.7 (5.1-16)	6.3 (3.6-12)	4.5 (2.6-8.4)	3.2 (1.8-6.0)	2.3 (1.3-4.3)	1.6 (0.9-3.0)	1.1 (0.6-2.1)	0.8 (0.5-1.6)	0.6 (0.3-1.1)	0.4 (0.2-0.8)	0.3 (0.2-0.6)
3	14 (7.1-22)	10 (5.1-16)	7.6 (3.6-12)	5.5 (2.6-8.9)	3.9 (1.8-6.4)	2.8 (1.3-4.6)	2.0 (0.9-3.2)	1.4 (0.7-2.4)	1.0 (0.5-1.7)	0.7 (0.3-1.2)	0.5 (0.3-0.9)
4	21 (10.0-29)	16 (7.3-22)	12 (5.2-17)	8.9 (3.8-12)	6.4 (2.7-8.9)	4.6 (1.9-6.4)	3.3 (1.3-4.6)	2.4 (1.0-3.3)	1.7 (0.7-2.4)	1.3 (0.5-1.8)	0.9 (0.4-1.3)
5	31 (14-36)	24 (11-29)	18 (7.8-22)	14 (5.6-17)	10 (4.0-12)	7.4 (2.9-8.9)	5.3 (2.0-6.4)	3.9 (1.5-4.7)	2.9 (1.1-3.4)	2.1 (0.8-2.5)	1.5 (0.6-1.8)
6	42	34	27	21	16	12	8.4	6.2	4.6	3.4	2.5

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	2.0	1.5	1.1	0.8	0.6	0.4	0.3	0.3	0.2	0.1	0.1
1	3.7 (2.6-8.3)	2.8 (2.0-6.2)	2.1 (1.5-4.7)	1.5 (1.1-3.5)	1.1 (0.8-2.6)	0.8 (0.6-1.9)	0.6 (0.4-1.4)	0.5 (0.3-1.1)	0.4 (0.3-0.8)	0.3 (0.2-0.6)	0.2 (0.2-0.5)
2	6.3 (3.4-12)	4.8 (2.6-9.2)	3.6 (1.9-7.0)	2.7 (1.4-5.3)	2.0 (1.1-3.9)	1.5 (0.8-2.9)	1.1 (0.6-2.2)	0.9 (0.5-1.7)	0.7 (0.3-1.3)	0.5 (0.3-1.0)	0.4 (0.2-0.7)
3	10 (4.8-17)	7.9 (3.6-13)	6.0 (2.7-10.0)	4.5 (2.0-7.6)	3.4 (1.5-5.7)	2.5 (1.1-4.3)	1.9 (0.8-3.2)	1.5 (0.6-2.5)	1.1 (0.5-1.9)	0.9 (0.4-1.5)	0.7 (0.3-1.1)
4	16 (6.8-22)	12 (5.1-17)	9.5 (3.9-14)	7.2 (2.9-10)	5.5 (2.2-8.0)	4.1 (1.6-6.0)	3.1 (1.2-4.5)	2.4 (0.9-3.5)	1.8 (0.7-2.7)	1.4 (0.6-2.1)	1.1 (0.4-1.6)
5	23 (10-27)	18 (7.6-22)	14 (5.8-17)	11 (4.4-13)	8.5 (3.3-10)	6.5 (2.5-7.8)	4.9 (1.9-5.9)	3.8 (1.4-4.6)	3.0 (1.1-3.5)	2.3 (0.8-2.7)	1.7 (0.6-2.1)
6	32	26	21	17	13	9.9	7.6	6.0	4.6	3.6	2.8

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Zimbabwe.

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	1.5	1.2	0.9	0.7	0.6	0.4	0.3	0.3	0.2	0.2	0.1
1	2.8 (1.9-6.3)	2.2 (1.5-5.0)	1.7 (1.2-3.9)	1.3 (0.9-3.1)	1.0 (0.7-2.4)	0.8 (0.6-1.9)	0.6 (0.5-1.5)	0.5 (0.4-1.2)	0.4 (0.3-1.0)	0.3 (0.2-0.8)	0.3 (0.2-0.6)
2	4.8 (2.5-9.3)	3.8 (2.0-7.4)	3.0 (1.6-5.8)	2.3 (1.2-4.6)	1.8 (1.0-3.6)	1.4 (0.7-2.8)	1.1 (0.6-2.3)	0.9 (0.5-1.8)	0.7 (0.4-1.5)	0.6 (0.3-1.2)	0.5 (0.3-0.9)
3	7.8 (3.6-13)	6.2 (2.8-10)	4.9 (2.2-8.2)	3.9 (1.7-6.5)	3.1 (1.4-5.2)	2.4 (1.1-4.1)	1.9 (0.8-3.2)	1.5 (0.7-2.6)	1.2 (0.5-2.1)	1.0 (0.4-1.7)	0.8 (0.4-1.4)
4	12 (5.0-17)	9.7 (4.0-14)	7.8 (3.1-11)	6.2 (2.5-9.0)	4.9 (1.9-7.2)	3.9 (1.5-5.7)	3.1 (1.2-4.6)	2.5 (1.0-3.7)	2.0 (0.8-3.0)	1.6 (0.6-2.4)	1.3 (0.5-2.0)
5	18 (7.5-21)	15 (5.9-18)	12 (4.7-14)	9.6 (3.7-12)	7.7 (2.9-9.3)	6.1 (2.3-7.4)	4.9 (1.8-5.9)	4.0 (1.5-4.8)	3.2 (1.2-3.9)	2.6 (1.0-3.2)	2.1 (0.8-2.6)
6	26	21	18	14	12	9.3	7.5	6.1	5.0	4.1	3.3

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	1.2	1.0	0.8	0.7	0.5	0.4	0.4	0.3	0.3	0.2	0.2
1	2.2 (1.5-5.0)	1.8 (1.3-4.1)	1.5 (1.0-3.4)	1.2 (0.8-2.8)	1.0 (0.7-2.3)	0.8 (0.6-1.9)	0.7 (0.5-1.6)	0.6 (0.4-1.3)	0.5 (0.3-1.1)	0.4 (0.3-0.9)	0.3 (0.2-0.8)
2	3.8 (2.0-7.5)	3.2 (1.6-6.2)	2.6 (1.4-5.1)	2.1 (1.1-4.2)	1.8 (0.9-3.5)	1.4 (0.7-2.8)	1.2 (0.6-2.4)	1.0 (0.5-2.0)	0.9 (0.4-1.7)	0.7 (0.4-1.4)	0.6 (0.3-1.2)
3	6.2 (2.8-10)	5.2 (2.3-8.6)	4.3 (1.9-7.2)	3.5 (1.6-5.9)	2.9 (1.3-4.9)	2.4 (1.1-4.1)	2.0 (0.9-3.4)	1.7 (0.7-2.9)	1.4 (0.6-2.5)	1.2 (0.5-2.1)	1.0 (0.4-1.8)
4	9.8 (4.0-14)	8.2 (3.3-12)	6.8 (2.7-9.9)	5.7 (2.2-8.2)	4.7 (1.8-6.8)	3.9 (1.5-5.7)	3.3 (1.3-4.8)	2.8 (1.1-4.1)	2.3 (0.9-3.4)	2.0 (0.8-2.9)	1.7 (0.6-2.5)
5	15 (5.9-18)	12 (4.9-15)	10 (4.1-13)	8.7 (3.4-11)	7.3 (2.8-8.8)	6.0 (2.3-7.3)	5.1 (1.9-6.2)	4.4 (1.6-5.3)	3.7 (1.4-4.5)	3.1 (1.2-3.8)	2.7 (1.0-3.2)
6	21	18	16	13	11	9.2	7.8	6.7	5.7	4.9	4.1