Zimbabwe - The probabilities of a hip fracture in women

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	6.6	3.4	1.8	0.9	0.5	0.2	0.1	0.1	0.0	0.0	0.0
1	10 (6.9-14)	5.4 (3.6-7.2)	2.8 (1.8-3.7)	1.4 (0.9-1.9)	0.7 (0.5-1.0)	0.4 (0.3-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.1)	0.1 (0.0-0.1)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
2	16 (9.7-23)	8.5 (5.1-13)	4.5 (2.6-6.8)	2.3 (1.3-3.5)	1.2 (0.7-1.8)	0.6 (0.4-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.1)	0.0 (0.0-0.1)	0.0 (0.0-0.0)
3	24 (14-36)	13 (7.6-21)	7.0 (4.0-11)	3.6 (2.0-5.9)	1.9 (1.1-3.1)	1.0 (0.5-1.6)	0.5 (0.3-0.8)	0.3 (0.1-0.4)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	0.0 (0.0-0.1)
4	34 (23-48)	20 (13-29)	11 (6.7-16)	5.6 (3.5-8.8)	2.9 (1.8-4.6)	1.5 (0.9-2.4)	0.8 (0.5-1.2)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
5	47 (38-60)	29 (22-39)	16 (12-23)	8.6 (6.3-12)	4.5 (3.3-6.5)	2.3 (1.7-3.4)	1.2 (0.9-1.8)	0.6 (0.5-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.1)
6	62	40	24	13	6.8	3.6	1.8	1.0	0.5	0.3	0.1

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	6.6	3.6	2.0	1.1	0.6	0.3	0.2	0.1	0.1	0.0	0.0
1	10 (7.0-13)	5.7 (3.8-7.0)	3.1 (2.1-3.8)	1.7 (1.1-2.1)	0.9 (0.6-1.1)	0.5 (0.3-0.6)	0.3 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)	0.0 (0.0-0.0)
2	16 (9.7-22)	8.7 (5.4-12)	4.8 (2.9-6.9)	2.6 (1.6-3.8)	1.4 (0.9-2.1)	0.8 (0.5-1.1)	0.4 (0.3-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	0.0 (0.0-0.1)
3	23 (14-33)	13 (8.1-20)	7.4 (4.4-11)	4.1 (2.4-6.3)	2.2 (1.3-3.5)	1.2 (0.7-1.9)	0.6 (0.4-1.0)	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	33 (23-45)	20 (13-29)	11 (7.4-17)	6.2 (4.1-9.5)	3.4 (2.2-5.2)	1.8 (1.2-2.9)	1.0 (0.6-1.5)	0.6 (0.4-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
5	45 (37-57)	28 (23-38)	16 (13-23)	9.3 (7.3-13)	5.1 (4.0-7.3)	2.8 (2.2-4.0)	1.5 (1.2-2.2)	0.9 (0.7-1.2)	0.5 (0.4-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)
6	59	39	24	14	7.7	4.2	2.3	1.3	0.7	0.4	0.2

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	3.6	2.0	1.1	0.6	0.4	0.2	0.1	0.1	0.0	0.0
1	9.6 (6.7-11)	5.5 (3.8-6.5)	3.1 (2.1-3.7)	1.8 (1.2-2.1)	1.0 (0.7-1.2)	0.6 (0.4-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)	0.0 (0.0-0.0)
2	14 (9.3-19)	8.4 (5.4-11)	4.8 (3.0-6.6)	2.7 (1.7-3.7)	1.5 (1.0-2.1)	0.9 (0.5-1.2)	0.5 (0.3-0.7)	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	21 (14-29)	12 (8.0-18)	7.2 (4.6-11)	4.1 (2.6-6.1)	2.3 (1.5-3.5)	1.3 (0.8-2.0)	0.7 (0.5-1.1)	0.4 (0.3-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
4	29 (22-40)	18 (13-26)	11 (7.5-16)	6.2 (4.3-9.1)	3.5 (2.4-5.2)	2.0 (1.4-3.0)	1.1 (0.8-1.7)	0.7 (0.5-1.0)	0.4 (0.3-0.6)	0.2 (0.2-0.3)	0.1 (0.1-0.2)
5	40 (35-51)	26 (22-34)	16 (13-21)	9.1 (7.6-13)	5.2 (4.3-7.4)	3.0 (2.5-4.2)	1.7 (1.4-2.4)	1.0 (0.8-1.4)	0.6 (0.5-0.8)	0.3 (0.3-0.5)	0.2 (0.2-0.3)
6	53	36	22	13	7.7	4.4	2.5	1.5	0.9	0.5	0.3

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	5.9	3.5	2.0	1.2	0.7	0.4	0.2	0.2	0.1	0.1	0.0
1	8.7 (6.2-10)	5.2 (3.7-6.1)	3.1 (2.1-3.6)	1.8 (1.3-2.1)	1.1 (0.7-1.3)	0.6 (0.4-0.7)	0.4 (0.3-0.4)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
2	13 (8.7-16)	7.7 (5.2-10)	4.6 (3.0-6.0)	2.7 (1.8-3.5)	1.6 (1.0-2.1)	0.9 (0.6-1.2)	0.6 (0.4-0.7)	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	18 (13-24)	11 (7.8-15)	6.8 (4.6-9.4)	4.0 (2.7-5.7)	2.4 (1.6-3.4)	1.4 (0.9-2.0)	0.8 (0.6-1.2)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	26 (20-34)	16 (12-22)	9.9 (7.4-14)	5.9 (4.4-8.5)	3.5 (2.6-5.1)	2.1 (1.5-3.0)	1.3 (0.9-1.8)	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	35 (31-44)	23 (20-30)	14 (12-19)	8.6 (7.3-12)	5.2 (4.3-7.1)	3.1 (2.5-4.2)	1.9 (1.5-2.6)	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	45	31	20	12	7.5	4.5	2.7	1.7	1.0	0.6	0.4

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	5.4	3.3	2.1	1.3	0.8	0.5	0.3	0.2	0.1	0.1	0.1
1	8.8 (7.6-11)	5.5 (4.7-7.0)	3.4 (2.9-4.3)	2.1 (1.8-2.7)	1.3 (1.1-1.6)	0.8 (0.7-1.0)	0.5 (0.4-0.6)	0.3 (0.3-0.4)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
2	14 (11-18)	8.9 (7.1-12)	5.5 (4.4-7.4)	3.4 (2.7-4.6)	2.1 (1.7-2.8)	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)	0.1 (0.1-0.2)
3	22 (17-27)	14 (11-18)	8.9 (6.7-11)	5.5 (4.2-7.1)	3.4 (2.5-4.4)	2.1 (1.6-2.8)	1.4 (1.0-1.8)	0.9 (0.6-1.1)	0.5 (0.4-0.7)	0.3 (0.3-0.5)	0.2 (0.2-0.3)
4	32 (25-37)	21 (16-25)	14 (10-17)	8.9 (6.5-11)	5.6 (4.1-6.8)	3.5 (2.5-4.3)	2.2 (1.6-2.7)	1.4 (1.0-1.8)	0.9 (0.7-1.1)	0.6 (0.4-0.7)	0.4 (0.3-0.5)
5	44 (37-48)	32 (25-35)	21 (17-24)	14 (11-16)	8.9 (6.8-10)	5.6 (4.3-6.4)	3.6 (2.8-4.2)	2.3 (1.8-2.7)	1.5 (1.1-1.7)	0.9 (0.7-1.1)	0.6 (0.5-0.7)
6	58	44	32	21	14	9.0	5.8	3.8	2.4	1.5	1.0

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	4.7	3.0	2.0	1.3	0.8	0.5	0.4	0.2	0.2	0.1	0.1
1	9.0 (6.6-19)	5.9 (4.3-12)	3.8 (2.8-8.2)	2.5 (1.8-5.3)	1.6 (1.1-3.4)	1.1 (0.8-2.3)	0.7 (0.5-1.5)	0.5 (0.3-1.0)	0.3 (0.2-0.7)	0.2 (0.1-0.4)	0.1 (0.1-0.3)
2	16 (9.3-28)	11 (6.1-20)	7.0 (3.9-13)	4.6 (2.5-8.8)	3.0 (1.6-5.8)	2.0 (1.1-3.9)	1.3 (0.7-2.6)	0.9 (0.5-1.7)	0.6 (0.3-1.2)	0.4 (0.2-0.8)	0.3 (0.1-0.5)
3	25 (14-39)	18 (9.1-28)	12 (5.9-19)	8.1 (3.8-13)	5.3 (2.5-8.7)	3.5 (1.6-5.8)	2.4 (1.1-3.9)	1.6 (0.7-2.7)	1.1 (0.5-1.8)	0.7 (0.3-1.2)	0.5 (0.2-0.8)
4	38 (20-48)	28 (13-37)	20 (8.9-27)	14 (5.8-19)	9.0 (3.8-13)	6.1 (2.5-8.7)	4.2 (1.7-5.9)	2.8 (1.1-4.0)	1.9 (0.8-2.7)	1.2 (0.5-1.8)	0.8 (0.3-1.2)
5	52 (29-58)	41 (20-46)	30 (14-35)	22 (9.4-25)	15 (6.2-17)	10 (4.2-12)	7.0 (2.8-8.3)	4.8 (1.9-5.7)	3.2 (1.3-3.8)	2.1 (0.8-2.6)	1.4 (0.6-1.7)
6	66	56	44	33	23	17	12	7.9	5.4	3.6	2.4

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	3.8	2.6	1.7	1.2	0.8	0.6	0.4	0.3	0.2	0.1	0.1
1	7.0 (4.9-15)	4.8 (3.4-11)	3.3 (2.3-7.3)	2.2 (1.5-5.0)	1.5 (1.0-3.4)	1.1 (0.7-2.4)	0.8 (0.5-1.7)	0.5 (0.4-1.2)	0.4 (0.3-0.8)	0.3 (0.2-0.6)	0.2 (0.1-0.4)
2	12 (6.9-22)	8.5 (4.7-16)	5.9 (3.2-11)	4.1 (2.2-7.9)	2.8 (1.5-5.5)	2.0 (1.0-3.9)	1.4 (0.7-2.8)	1.0 (0.5-1.9)	0.7 (0.4-1.4)	0.5 (0.2-1.0)	0.3 (0.2-0.7)
3	19 (9.8-31)	14 (6.8-23)	10.0 (4.7-17)	6.9 (3.2-12)	4.9 (2.2-8.2)	3.4 (1.5-5.9)	2.4 (1.1-4.2)	1.7 (0.8-2.9)	1.2 (0.5-2.1)	0.8 (0.4-1.5)	0.6 (0.3-1.0)
4	29 (14-39)	22 (10-30)	16 (7.0-22)	11 (4.8-16)	8.1 (3.3-11)	5.8 (2.3-8.3)	4.1 (1.7-6.0)	2.9 (1.2-4.3)	2.1 (0.8-3.0)	1.4 (0.6-2.2)	1.0 (0.4-1.5)
5	41 (21-47)	32 (15-38)	24 (11-29)	18 (7.4-21)	13 (5.2-16)	9.4 (3.7-12)	6.8 (2.6-8.4)	4.8 (1.9-6.0)	3.4 (1.3-4.3)	2.4 (0.9-3.0)	1.7 (0.7-2.1)
6	54	44	35	27	20	15	11	7.8	5.6	4.0	2.8

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	2.9	2.1	1.5	1.1	0.8	0.6	0.4	0.3	0.2	0.2	0.1
1	5.4 (3.8-12)	3.9 (2.7-8.7)	2.8 (2.0-6.3)	2.0 (1.4-4.5)	1.5 (1.0-3.4)	1.1 (0.8-2.5)	0.8 (0.6-1.9)	0.6 (0.4-1.4)	0.4 (0.3-1.0)	0.3 (0.2-0.7)	0.2 (0.2-0.5)
2	9.3 (5.2-17)	6.8 (3.8-13)	5.0 (2.7-9.4)	3.6 (2.0-6.9)	2.7 (1.5-5.2)	2.0 (1.1-3.9)	1.5 (0.8-2.9)	1.1 (0.6-2.2)	0.8 (0.4-1.6)	0.6 (0.3-1.2)	0.4 (0.2-0.9)
3	15 (7.2-24)	11 (5.3-18)	8.3 (3.8-14)	6.1 (2.8-10)	4.6 (2.1-7.7)	3.4 (1.5-5.8)	2.6 (1.1-4.4)	1.9 (0.8-3.3)	1.4 (0.6-2.4)	1.1 (0.5-1.8)	0.8 (0.3-1.3)
4	22 (10-31)	17 (7.7-24)	13 (5.6-19)	9.8 (4.1-14)	7.4 (3.1-11)	5.6 (2.3-8.1)	4.3 (1.7-6.1)	3.2 (1.3-4.6)	2.4 (1.0-3.4)	1.8 (0.7-2.6)	1.3 (0.5-1.9)
5	32 (15-37)	26 (11-30)	20 (8.4-23)	15 (6.1-18)	12 (4.6-14)	9.0 (3.5-11)	6.8 (2.6-8.3)	5.2 (2.0-6.3)	3.9 (1.5-4.8)	2.9 (1.1-3.6)	2.2 (0.8-2.7)
6	44	36	29	22	18	14	11	8.2	6.2	4.7	3.5

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	2.2	1.7	1.3	1.0	0.8	0.6	0.5	0.4	0.3	0.2	0.2
1	4.1 (2.9-9.1)	3.1 (2.2-7.0)	2.4 (1.7-5.3)	1.8 (1.3-4.1)	1.4 (1.0-3.2)	1.1 (0.8-2.6)	0.9 (0.6-2.0)	0.7 (0.5-1.6)	0.5 (0.4-1.2)	0.4 (0.3-1.0)	0.3 (0.2-0.7)
2	7.0 (3.8-13)	5.4 (2.9-10)	4.2 (2.2-8.0)	3.2 (1.7-6.2)	2.5 (1.4-4.9)	2.0 (1.1-3.9)	1.6 (0.8-3.0)	1.2 (0.7-2.4)	1.0 (0.5-1.9)	0.8 (0.4-1.5)	0.6 (0.3-1.2)
3	11 (5.4-18)	8.9 (4.1-15)	6.9 (3.1-11)	5.4 (2.4-9.0)	4.3 (1.9-7.2)	3.4 (1.5-5.7)	2.7 (1.2-4.6)	2.1 (0.9-3.6)	1.7 (0.7-2.8)	1.3 (0.6-2.2)	1.0 (0.5-1.8)
4	17 (7.7-24)	14 (5.9-20)	11 (4.5-16)	8.6 (3.5-12)	6.9 (2.8-9.9)	5.5 (2.2-8.0)	4.4 (1.8-6.4)	3.5 (1.4-5.1)	2.8 (1.1-4.0)	2.2 (0.9-3.2)	1.7 (0.7-2.5)
5	25 (11-30)	21 (8.7-24)	17 (6.8-20)	13 (5.3-16)	11 (4.2-13)	8.7 (3.3-10)	7.0 (2.7-8.3)	5.6 (2.1-6.7)	4.4 (1.7-5.3)	3.5 (1.3-4.2)	2.8 (1.0-3.4)
6	35	29	24	20	16	13	11	8.6	6.9	5.5	4.4