

Belgium - 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 Belgium. 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	2.2	2.0	2.0	1.7	1.5	1.3	1.1
1	3.6 (2.5-5.5)	3.3 (2.2-4.7)	3.1 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.6-3.2)	2.0 (1.4-2.8)	1.8 (1.2-2.4)
2	5.8 (3.2-9.5)	5.1 (2.7-8.6)	4.8 (2.5-8.2)	4.1 (2.2-7.2)	3.6 (1.9-6.3)	3.1 (1.6-5.5)	2.7 (1.4-4.8)
3	9.2 (4.7-16)	8.0 (3.9-14)	7.2 (3.5-13)	6.3 (3.0-11)	5.4 (2.6-10)	4.7 (2.2-8.7)	4.1 (1.9-7.6)
4	14 (8.0-22)	12 (6.6-19)	11 (5.8-18)	9.4 (5.0-15)	8.2 (4.3-13)	7.1 (3.7-12)	6.1 (3.2-10)
5	22 (13-28)	18 (12-24)	16 (11-21)	14 (9.2-19)	12 (8.0-16)	10 (7.0-14)	9.1 (6.1-12)
6	32	27	23	20	18	15	13

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.7	2.4	2.3	2.0	1.7	1.5	1.3
1	4.4 (3.1-6.5)	3.9 (2.7-5.5)	3.6 (2.4-4.9)	3.1 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.6-3.2)	2.0 (1.4-2.8)
2	7.0 (4.0-11)	6.1 (3.4-9.9)	5.5 (3.0-9.3)	4.8 (2.6-8.1)	4.1 (2.2-7.0)	3.6 (1.9-6.1)	3.1 (1.7-5.4)
3	11 (6.1-18)	9.4 (4.9-16)	8.4 (4.3-15)	7.3 (3.6-13)	6.3 (3.1-11)	5.4 (2.7-9.7)	4.7 (2.3-8.5)
4	17 (9.9-25)	14 (8.4-22)	13 (7.1-20)	11 (6.0-17)	9.4 (5.1-15)	8.1 (4.4-13)	7.0 (3.7-11)
5	25 (16-32)	21 (14-27)	19 (13-24)	16 (11-21)	14 (9.4-18)	12 (8.1-16)	10 (7.0-14)
6	37	31	27	23	20	17	15

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.5	3.2	3.0	2.6	2.3	2.0	1.7
1	5.6 (4.0-8.0)	5.0 (3.5-6.9)	4.7 (3.2-6.3)	4.0 (2.8-5.4)	3.5 (2.4-4.6)	3.0 (2.0-4.0)	2.6 (1.8-3.5)
2	8.8 (5.3-13)	7.7 (4.5-12)	7.1 (4.0-12)	6.1 (3.4-10)	5.3 (2.9-8.8)	4.6 (2.5-7.7)	3.9 (2.1-6.7)
3	13 (8.1-20)	12 (6.6-19)	11 (5.7-18)	9.2 (4.8-16)	7.9 (4.1-14)	6.8 (3.5-12)	5.9 (3.0-10)
4	20 (13-29)	17 (11-26)	16 (9.3-24)	14 (7.9-21)	12 (6.7-18)	10 (5.6-16)	8.6 (4.8-14)
5	29 (20-36)	25 (18-32)	23 (16-29)	19 (14-26)	17 (12-22)	14 (10-19)	12 (8.7-17)
6	40	35	32	28	24	20	18

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.6	4.2	4.0	3.4	2.9	2.5	2.2
1	7.1 (5.1-9.6)	6.4 (4.5-8.5)	6.0 (4.2-7.9)	5.2 (3.6-6.8)	4.4 (3.1-5.8)	3.8 (2.6-5.0)	3.3 (2.2-4.3)
2	11 (6.9-16)	9.7 (5.9-15)	9.1 (5.3-14)	7.8 (4.5-13)	6.7 (3.8-11)	5.7 (3.2-9.4)	4.9 (2.7-8.2)
3	16 (11-23)	14 (8.8-22)	13 (7.6-22)	11 (6.4-19)	9.8 (5.4-16)	8.4 (4.6-14)	7.2 (3.9-12)
4	23 (16-32)	21 (14-30)	19 (12-29)	16 (10-25)	14 (8.5-22)	12 (7.2-19)	10 (6.0-17)
5	32 (23-40)	29 (22-37)	27 (20-35)	23 (17-30)	20 (15-26)	17 (13-23)	15 (11-20)
6	42	39	37	32	28	24	20

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.0	5.4	5.1	4.3	3.7	3.1	2.7
1	9.1 (6.5-12)	8.2 (5.9-10)	7.5 (5.4-9.7)	6.3 (4.6-8.2)	5.3 (3.8-7.0)	4.5 (3.2-6.0)	3.8 (2.7-5.1)
2	14 (8.9-20)	12 (7.8-17)	11 (7.0-16)	9.2 (5.8-13)	7.8 (4.9-11)	6.6 (4.1-9.5)	5.5 (3.4-8.1)
3	20 (13-29)	18 (12-26)	16 (10-24)	13 (8.5-20)	11 (7.1-17)	9.5 (5.9-14)	7.9 (4.9-12)
4	29 (20-39)	26 (18-36)	23 (16-33)	19 (13-28)	16 (11-24)	14 (9.0-20)	11 (7.4-17)
5	39 (33-48)	36 (30-45)	33 (27-41)	28 (22-35)	23 (18-30)	19 (15-25)	16 (13-21)
6	50	48	44	38	32	27	23

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	8.0	7.2	6.6	5.5	4.6	3.8	3.2
1	13 (8.7-19)	11 (7.9-16)	10 (7.2-13)	8.2 (5.9-10)	6.8 (4.9-8.3)	5.6 (4.0-6.9)	4.7 (3.3-5.8)
2	20 (12-30)	17 (11-26)	15 (9.5-22)	12 (7.7-18)	10 (6.3-15)	8.4 (5.2-12)	6.9 (4.3-9.8)
3	29 (16-43)	26 (15-38)	23 (14-32)	19 (12-27)	15 (9.4-22)	12 (7.7-18)	10 (6.2-15)
4	39 (25-53)	37 (23-49)	33 (21-45)	27 (17-38)	23 (14-32)	19 (11-27)	15 (9.3-22)
5	51 (37-60)	49 (36-58)	45 (34-55)	39 (28-48)	32 (24-41)	27 (19-35)	22 (16-29)
6	62	60	58	51	44	38	32

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	10	9.2	8.2	6.7	5.5	4.5	3.7
1	16 (11-25)	14 (10-22)	13 (9.1-18)	10 (7.3-14)	8.3 (5.9-12)	6.8 (4.8-9.3)	5.5 (3.8-7.4)
2	24 (15-37)	22 (14-33)	19 (12-28)	16 (9.9-22)	13 (8.0-18)	10 (6.4-15)	8.3 (5.2-12)
3	33 (21-47)	31 (19-44)	28 (18-39)	23 (14-32)	19 (12-27)	15 (9.2-22)	12 (7.4-18)
4	44 (29-57)	42 (28-54)	39 (26-50)	33 (22-43)	27 (18-37)	22 (14-31)	18 (11-25)
5	55 (40-64)	53 (39-62)	50 (37-59)	44 (31-53)	37 (26-46)	31 (21-39)	26 (17-33)
6	65	63	62	55	49	42	36

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	12	11	9.5	7.7	6.2	5.0	4.0
1	19 (14-31)	17 (12-27)	15 (11-22)	12 (8.4-18)	9.6 (6.7-14)	7.7 (5.3-11)	6.1 (4.2-8.9)
2	29 (19-43)	26 (17-39)	23 (15-33)	18 (12-27)	15 (9.2-22)	12 (7.3-18)	9.4 (5.8-14)
3	39 (26-54)	36 (23-50)	32 (21-45)	27 (16-38)	22 (13-32)	18 (10-26)	14 (8.2-21)
4	51 (35-63)	48 (32-60)	44 (29-56)	38 (24-49)	31 (20-42)	26 (16-35)	21 (13-29)
5	61 (47-68)	59 (44-67)	56 (41-65)	49 (35-58)	43 (29-52)	36 (24-45)	30 (19-38)
6	69	68	67	61	55	48	41

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	12	11	10	8.0	6.4	5.2	4.2
1	19 (14-31)	17 (12-27)	15 (11-23)	12 (8.6-18)	9.9 (6.8-15)	7.9 (5.4-12)	6.3 (4.3-9.2)
2	29 (19-43)	26 (17-39)	23 (15-34)	19 (12-28)	15 (9.4-23)	12 (7.4-18)	9.6 (5.8-15)
3	40 (26-54)	36 (23-50)	33 (20-46)	27 (16-39)	22 (13-32)	18 (10-27)	14 (8.1-22)
4	51 (35-63)	48 (32-60)	44 (29-56)	38 (24-49)	31 (20-42)	26 (16-35)	21 (13-29)
5	60 (47-67)	59 (44-67)	56 (41-64)	49 (35-58)	43 (29-51)	36 (24-45)	30 (19-38)
6	66	68	66	61	54	48	41