

India - 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 India. 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	0.9	0.9	0.9	0.8	0.7	0.6	0.5
1	1.4 (0.9-2.2)	1.4 (0.9-2.0)	1.4 (0.9-1.9)	1.2 (0.8-1.7)	1.0 (0.7-1.4)	0.9 (0.6-1.2)	0.8 (0.5-1.1)
2	2.2 (1.2-3.9)	2.1 (1.1-3.8)	2.1 (1.1-3.8)	1.8 (1.0-3.3)	1.6 (0.8-2.8)	1.4 (0.7-2.5)	1.2 (0.6-2.2)
3	3.5 (1.7-5.9)	3.3 (1.6-5.9)	3.2 (1.5-5.9)	2.8 (1.3-5.1)	2.4 (1.1-4.4)	2.1 (1.0-3.8)	1.8 (0.8-3.3)
4	5.3 (2.7-8.5)	5.0 (2.5-8.2)	4.8 (2.4-8.0)	4.1 (2.1-6.9)	3.5 (1.8-6.0)	3.1 (1.5-5.2)	2.6 (1.3-4.5)
5	8.0 (4.6-11)	7.4 (4.6-10)	7.1 (4.6-9.8)	6.1 (3.9-8.4)	5.2 (3.4-7.3)	4.5 (2.9-6.3)	3.8 (2.5-5.4)
6	12	11	10	8.8	7.5	6.4	5.5

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.3	1.3	1.3	1.1	1.0	0.9	0.7
1	2.1 (1.4-3.2)	2.0 (1.4-2.9)	2.0 (1.4-2.8)	1.7 (1.2-2.4)	1.5 (1.0-2.1)	1.3 (0.9-1.8)	1.1 (0.7-1.5)
2	3.3 (1.8-5.5)	3.1 (1.7-5.4)	3.1 (1.7-5.4)	2.7 (1.4-4.7)	2.3 (1.2-4.0)	2.0 (1.0-3.5)	1.7 (0.9-3.0)
3	5.0 (2.7-8.1)	4.8 (2.5-8.1)	4.7 (2.3-8.2)	4.0 (2.0-7.1)	3.4 (1.7-6.1)	2.9 (1.4-5.3)	2.5 (1.2-4.6)
4	7.6 (4.2-12)	7.2 (3.9-11)	6.9 (3.7-11)	5.9 (3.1-9.7)	5.0 (2.6-8.4)	4.3 (2.2-7.2)	3.7 (1.9-6.2)
5	11 (6.7-15)	11 (6.6-14)	10 (6.7-14)	8.6 (5.7-12)	7.3 (4.9-10)	6.2 (4.1-8.7)	5.3 (3.5-7.5)
6	16	15	14	12	10	8.9	7.6

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.0	2.0	2.0	1.7	1.5	1.3	1.1
1	3.2 (2.1-4.7)	3.1 (2.1-4.4)	3.1 (2.1-4.2)	2.6 (1.8-3.6)	2.2 (1.5-3.1)	1.9 (1.3-2.6)	1.6 (1.1-2.2)
2	4.8 (2.9-7.8)	4.7 (2.7-7.8)	4.7 (2.6-7.8)	4.0 (2.2-6.7)	3.4 (1.9-5.8)	2.9 (1.6-5.0)	2.5 (1.3-4.3)
3	7.3 (4.1-11)	7.1 (4.0-11)	6.9 (3.7-12)	5.9 (3.1-10)	5.0 (2.6-8.6)	4.2 (2.2-7.3)	3.6 (1.9-6.3)
4	11 (6.4-16)	10 (6.1-16)	10 (5.7-16)	8.6 (4.8-14)	7.3 (4.0-12)	6.1 (3.3-10)	5.2 (2.8-8.6)
5	15 (9.6-20)	15 (9.8-20)	14 (9.9-20)	12 (8.3-17)	10 (7.0-14)	8.8 (5.9-12)	7.4 (5.0-10)
6	21	21	20	17	15	12	10

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.0	2.9	2.9	2.5	2.1	1.8	1.5
1	4.6 (3.1-6.4)	4.5 (3.1-6.1)	4.4 (3.0-5.9)	3.7 (2.5-5.0)	3.2 (2.1-4.2)	2.7 (1.8-3.6)	2.3 (1.5-3.0)
2	6.8 (4.3-10)	6.7 (4.0-10)	6.6 (3.9-11)	5.5 (3.2-9.1)	4.7 (2.7-7.8)	3.9 (2.2-6.7)	3.3 (1.9-5.7)
3	%10.0 (6.0-15)	9.7 (5.9-15)	9.6 (5.7-15)	8.1 (4.7-13)	6.8 (3.9-11)	5.7 (3.2-9.4)	4.8 (2.7-8.0)
4	14 (8.9-20)	14 (9.0-20)	14 (8.5-21)	12 (7.0-18)	9.7 (5.7-15)	8.2 (4.7-13)	6.9 (3.8-11)
5	20 (14-26)	19 (14-26)	19 (14-26)	16 (12-22)	14 (9.6-19)	11 (8.0-16)	9.6 (6.7-13)
6	26	26	26	22	19	16	13

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.8	3.7	3.7	3.1	2.6	2.2	1.8
1	5.8 (4.0-7.5)	5.5 (3.9-7.2)	5.4 (3.8-7.1)	4.5 (3.2-5.9)	3.7 (2.6-5.0)	3.1 (2.2-4.2)	2.6 (1.8-3.5)
2	8.8 (5.5-13)	8.3 (5.2-12)	7.9 (5.0-12)	6.5 (4.1-9.7)	5.4 (3.4-8.1)	4.5 (2.8-6.8)	3.7 (2.3-5.7)
3	13 (7.8-20)	12 (7.4-18)	12 (7.2-17)	9.5 (5.9-14)	7.8 (4.8-12)	6.5 (3.9-9.7)	5.3 (3.2-8.1)
4	19 (12-27)	18 (11-25)	17 (11-24)	14 (8.8-20)	11 (7.1-17)	9.2 (5.8-14)	7.6 (4.7-11)
5	27 (22-35)	25 (20-33)	24 (19-31)	20 (15-26)	16 (12-21)	13 (10-18)	11 (8.1-15)
6	37	35	33	27	23	19	15

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.3	4.2	4.2	3.5	2.9	2.4	2.0
1	7.0 (4.6-11)	6.6 (4.4-9.4)	6.2 (4.3-8.1)	5.1 (3.5-6.5)	4.2 (2.9-5.2)	3.4 (2.4-4.3)	2.8 (1.9-3.6)
2	11 (6.3-18)	10 (6.1-16)	9.4 (5.7-14)	7.6 (4.6-11)	6.2 (3.8-9.2)	5.0 (3.1-7.4)	4.1 (2.5-6.0)
3	17 (8.9-27)	16 (8.4-25)	14 (8.1-21)	11 (6.6-17)	9.2 (5.3-14)	7.4 (4.2-11)	6.0 (3.4-9.2)
4	25 (14-36)	23 (13-33)	21 (12-30)	17 (10.0-25)	14 (8.0-20)	11 (6.4-16)	8.9 (5.1-13)
5	35 (23-44)	33 (22-41)	30 (21-38)	25 (17-32)	20 (14-27)	16 (11-22)	13 (9.1-18)
6	47	44	41	35	29	24	19

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.9	4.6	4.5	3.7	3.0	2.4	2.0
1	7.8 (5.2-13)	7.3 (4.9-11)	6.8 (4.7-9.6)	5.5 (3.8-7.7)	4.4 (3.0-6.1)	3.6 (2.4-4.8)	2.9 (2.0-3.8)
2	12 (7.2-20)	11 (6.8-18)	10 (6.4-15)	8.3 (5.1-12)	6.6 (4.1-9.6)	5.3 (3.3-7.7)	4.2 (2.6-6.1)
3	19 (10-28)	17 (9.4-26)	15 (9.0-23)	12 (7.1-18)	9.9 (5.6-15)	7.9 (4.5-12)	6.3 (3.5-9.5)
4	27 (15-37)	24 (14-34)	22 (14-31)	18 (11-25)	15 (8.8-21)	12 (6.9-17)	9.3 (5.5-13)
5	37 (23-45)	34 (22-42)	31 (21-40)	26 (17-33)	21 (14-27)	17 (11-22)	14 (8.8-18)
6	48	45	42	36	30	24	20

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.3	4.9	4.7	3.8	3.1	2.5	2.0
1	8.8 (5.9-15)	7.9 (5.3-13)	7.3 (5.0-11)	5.8 (3.9-8.5)	4.6 (3.1-6.7)	3.7 (2.5-5.2)	3.0 (2.0-4.1)
2	14 (8.2-23)	12 (7.4-20)	11 (6.9-17)	8.9 (5.4-14)	7.0 (4.3-11)	5.6 (3.4-8.4)	4.4 (2.7-6.6)
3	21 (12-32)	19 (11-28)	17 (9.6-25)	13 (7.6-20)	11 (5.9-16)	8.4 (4.7-13)	6.7 (3.7-10)
4	30 (17-41)	27 (16-37)	24 (15-33)	20 (12-28)	16 (9.4-22)	13 (7.4-18)	10 (5.8-14)
5	41 (26-49)	37 (24-46)	34 (22-43)	28 (18-36)	23 (14-30)	19 (11-24)	15 (9.1-20)
6	51	49	46	39	32	27	22

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.1	4.8	4.8	3.9	3.1	2.5	2.0
1	8.4 (5.6-14)	7.6 (5.1-12)	7.2 (4.9-10)	5.8 (3.9-8.3)	4.6 (3.1-6.5)	3.7 (2.5-5.1)	3.0 (2.0-4.0)
2	13 (7.9-22)	12 (7.1-19)	11 (6.7-16)	8.7 (5.3-13)	6.9 (4.2-10)	5.5 (3.3-8.1)	4.4 (2.6-6.5)
3	20 (11-31)	18 (10-27)	16 (9.3-24)	13 (7.3-20)	10 (5.8-16)	8.2 (4.5-13)	6.5 (3.6-10)
4	29 (17-40)	26 (15-36)	24 (14-32)	19 (11-27)	15 (9.1-22)	12 (7.1-17)	9.7 (5.6-14)
5	39 (26-48)	36 (23-45)	33 (21-41)	27 (17-35)	22 (14-29)	18 (11-24)	14 (8.9-19)
6	50	48	44	38	31	26	21