

Indonesia - 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 Indonesia. 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	1.4	1.4	1.4	1.3	1.1	1.0	0.8
1	2.3 (1.5-3.4)	2.3 (1.5-3.2)	2.2 (1.5-3.1)	2.0 (1.3-2.7)	1.7 (1.1-2.3)	1.5 (1.0-2.0)	1.3 (0.8-1.8)
2	3.6 (1.9-6.2)	3.5 (1.8-6.1)	3.4 (1.8-6.1)	3.0 (1.6-5.3)	2.6 (1.3-4.6)	2.2 (1.2-4.0)	2.0 (1.0-3.5)
3	5.6 (2.8-9.6)	5.3 (2.6-9.5)	5.2 (2.5-9.5)	4.5 (2.1-8.3)	3.9 (1.8-7.2)	3.4 (1.6-6.3)	2.9 (1.4-5.5)
4	8.4 (4.4-13)	7.9 (4.1-13)	7.7 (3.9-13)	6.6 (3.4-11)	5.7 (2.9-9.6)	5.0 (2.5-8.4)	4.3 (2.1-7.3)
5	13 (7.5-17)	12 (7.4-16)	11 (7.4-15)	9.7 (6.4-13)	8.4 (5.6-12)	7.2 (4.8-10)	6.3 (4.2-8.8)
6	18	17	16	14	12	10	9.0

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.7	1.7	1.7	1.4	1.2	1.1	0.9
1	2.6 (1.7-3.9)	2.6 (1.7-3.6)	2.6 (1.7-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)	1.7 (1.1-2.3)	1.4 (0.9-2.0)
2	4.1 (2.3-6.8)	3.9 (2.1-6.7)	3.9 (2.1-6.8)	3.4 (1.8-5.9)	2.9 (1.5-5.1)	2.5 (1.3-4.4)	2.2 (1.1-3.9)
3	6.2 (3.4-10)	6.0 (3.1-10)	5.8 (2.9-10)	5.0 (2.5-9.0)	4.3 (2.1-7.8)	3.7 (1.8-6.8)	3.2 (1.6-5.9)
4	9.4 (5.2-15)	8.9 (4.8-14)	8.6 (4.6-14)	7.4 (3.9-12)	6.3 (3.3-11)	5.5 (2.8-9.1)	4.7 (2.4-7.9)
5	14 (8.5-19)	13 (8.4-18)	12 (8.4-17)	11 (7.2-15)	9.2 (6.2-13)	7.9 (5.3-11)	6.8 (4.6-9.5)
6	20	19	18	15	13	11	9.6

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.9	1.9	1.9	1.6	1.4	1.2	1.0
1	3.0 (2.0-4.3)	2.9 (1.9-4.0)	2.9 (1.9-3.9)	2.4 (1.6-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.4)	1.6 (1.0-2.1)
2	4.6 (2.7-7.3)	4.4 (2.5-7.3)	4.3 (2.4-7.3)	3.7 (2.0-6.3)	3.2 (1.7-5.5)	2.7 (1.5-4.7)	2.3 (1.3-4.1)
3	6.9 (3.9-11)	6.6 (3.7-11)	6.4 (3.4-11)	5.5 (2.9-9.5)	4.7 (2.4-8.1)	4.0 (2.1-7.0)	3.4 (1.7-6.1)
4	10 (6.1-15)	9.7 (5.6-15)	9.4 (5.3-15)	8.0 (4.4-13)	6.8 (3.7-11)	5.8 (3.1-9.5)	5.0 (2.6-8.2)
5	15 (9.5-20)	14 (9.3-19)	14 (9.3-18)	12 (7.9-16)	9.8 (6.7-14)	8.3 (5.7-12)	7.1 (4.9-10)
6	21	20	19	16	14	12	10

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.0	1.9	1.9	1.6	1.4	1.2	1.0
1	3.1 (2.2-4.4)	3.0 (2.1-4.1)	2.9 (2.0-3.9)	2.5 (1.7-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.3)	1.5 (1.0-2.0)
2	4.7 (3.0-7.1)	4.5 (2.7-7.1)	4.4 (2.5-7.1)	3.7 (2.1-6.0)	3.1 (1.8-5.2)	2.6 (1.5-4.4)	2.2 (1.2-3.8)
3	7.1 (4.3-11)	6.7 (4.1-10)	6.5 (3.7-10)	5.4 (3.1-8.9)	4.6 (2.6-7.6)	3.9 (2.1-6.5)	3.3 (1.8-5.5)
4	10 (6.6-15)	9.8 (6.3-15)	9.4 (5.8-15)	7.9 (4.7-12)	6.6 (3.9-11)	5.6 (3.2-8.9)	4.7 (2.6-7.6)
5	15 (10-19)	14 (9.8-19)	14 (9.6-18)	11 (8.0-15)	9.5 (6.7-13)	8.0 (5.6-11)	6.7 (4.7-9.4)
6	21	20	19	16	13	11	9.4

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.1	2.0	1.9	1.6	1.3	1.1	0.9
1	3.3 (2.3-4.2)	3.0 (2.1-3.9)	2.8 (2.0-3.7)	2.3 (1.6-3.1)	1.9 (1.3-2.6)	1.6 (1.1-2.1)	1.3 (0.9-1.8)
2	5.1 (3.2-7.8)	4.6 (2.9-7.0)	4.2 (2.6-6.3)	3.5 (2.2-5.2)	2.8 (1.8-4.3)	2.3 (1.4-3.5)	1.9 (1.2-2.9)
3	7.8 (4.5-12)	7.0 (4.2-11)	6.4 (4.0-9.5)	5.2 (3.2-7.8)	4.2 (2.6-6.4)	3.4 (2.1-5.2)	2.8 (1.7-4.3)
4	12 (7.3-17)	11 (6.7-16)	9.5 (6.1-14)	7.7 (4.9-12)	6.3 (3.9-9.5)	5.1 (3.2-7.7)	4.1 (2.5-6.3)
5	18 (14-23)	16 (12-21)	14 (11-19)	11 (8.9-15)	9.3 (7.1-13)	7.5 (5.7-10)	6.0 (4.5-8.3)
6	25	23	21	17	14	11	8.8

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.3	2.2	2.0	1.7	1.4	1.1	0.9
1	3.9 (2.5-6.4)	3.5 (2.3-5.3)	3.2 (2.2-4.3)	2.5 (1.7-3.4)	2.1 (1.4-2.7)	1.7 (1.1-2.1)	1.3 (0.9-1.7)
2	6.5 (3.6-11)	5.7 (3.3-9.3)	5.0 (2.9-7.7)	4.0 (2.4-6.1)	3.2 (1.9-4.9)	2.5 (1.5-3.9)	2.0 (1.2-3.1)
3	10 (5.2-18)	9.1 (4.7-15)	7.8 (4.3-12)	6.2 (3.4-9.7)	4.9 (2.7-7.7)	3.9 (2.1-6.1)	3.1 (1.7-4.9)
4	16 (8.6-24)	14 (7.6-21)	12 (6.9-18)	9.8 (5.4-15)	7.7 (4.3-12)	6.1 (3.4-9.3)	4.8 (2.7-7.3)
5	25 (15-32)	22 (13-29)	19 (12-25)	15 (9.5-20)	12 (7.6-16)	9.4 (6.0-13)	7.4 (4.8-10)
6	35	32	28	23	18	14	11

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.5	2.4	2.3	1.8	1.5	1.2	1.0
1	4.2 (2.7-7.2)	3.8 (2.5-6.1)	3.5 (2.4-5.1)	2.8 (1.9-4.0)	2.2 (1.5-3.2)	1.8 (1.2-2.5)	1.4 (1.0-1.9)
2	6.8 (3.9-12)	6.1 (3.5-10)	5.5 (3.3-8.4)	4.3 (2.6-6.5)	3.4 (2.1-5.1)	2.7 (1.6-4.0)	2.1 (1.3-3.2)
3	11 (5.6-17)	9.6 (5.1-15)	8.5 (4.7-13)	6.7 (3.7-10)	5.2 (2.9-8.1)	4.1 (2.3-6.4)	3.2 (1.8-5.0)
4	17 (8.6-24)	15 (7.9-21)	13 (7.5-19)	10 (5.9-15)	8.0 (4.6-12)	6.3 (3.6-9.2)	4.9 (2.8-7.2)
5	24 (14-31)	22 (13-28)	19 (12-25)	15 (9.2-20)	12 (7.3-16)	9.5 (5.7-13)	7.4 (4.5-10)
6	34	31	28	22	18	14	11

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.8	2.7	2.7	2.2	1.7	1.4	1.1
1	4.7 (3.1-8.0)	4.3 (2.8-7.0)	4.1 (2.8-6.2)	3.3 (2.2-4.8)	2.6 (1.7-3.8)	2.1 (1.4-2.9)	1.6 (1.1-2.3)
2	7.6 (4.3-13)	6.9 (3.9-11)	6.4 (3.8-9.9)	5.0 (3.0-7.8)	4.0 (2.3-6.1)	3.1 (1.8-4.7)	2.5 (1.4-3.7)
3	12 (6.3-19)	11 (5.6-17)	9.7 (5.3-15)	7.6 (4.1-12)	6.0 (3.2-9.5)	4.7 (2.5-7.5)	3.7 (2.0-5.9)
4	18 (9.5-26)	16 (8.7-23)	15 (8.3-21)	12 (6.5-17)	9.1 (5.1-13)	7.1 (4.0-10)	5.5 (3.1-8.2)
5	26 (15-34)	24 (14-31)	21 (13-28)	17 (10-23)	14 (8.1-18)	11 (6.3-14)	8.3 (5.0-11)
6	36	33	30	25	20	16	12

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.2	3.0	3.0	2.4	1.9	1.5	1.2
1	5.4 (3.5-9.1)	4.9 (3.2-8.0)	4.6 (3.1-7.0)	3.7 (2.4-5.4)	2.9 (1.9-4.2)	2.3 (1.5-3.3)	1.8 (1.2-2.6)
2	8.7 (4.9-15)	7.8 (4.5-13)	7.2 (4.3-11)	5.6 (3.3-8.8)	4.4 (2.6-6.9)	3.5 (2.1-5.4)	2.8 (1.6-4.2)
3	14 (7.2-21)	12 (6.4-19)	11 (6.0-17)	8.6 (4.7-13)	6.8 (3.6-11)	5.3 (2.8-8.4)	4.1 (2.2-6.6)
4	20 (11-29)	18 (9.9-26)	16 (9.4-23)	13 (7.4-19)	10 (5.8-15)	8.0 (4.5-12)	6.3 (3.5-9.2)
5	29 (17-37)	26 (16-34)	24 (15-31)	19 (12-25)	15 (9.1-20)	12 (7.2-16)	9.4 (5.6-13)
6	39	36	33	27	22	18	14