

Poland - The probabilities of a hip fracture in men

The following tables give the 10-year probability (%) of a hip 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 Poland. 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	0.4	0.2	0.1	0.1	0.1	0.1	0.0
1	0.8 (0.5-1.5)	0.4 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.4)	0.1 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)
2	1.5 (0.7-3.1)	0.9 (0.4-1.8)	0.5 (0.2-1.0)	0.4 (0.2-0.8)	0.3 (0.1-0.6)	0.2 (0.1-0.5)	0.2 (0.1-0.4)
3	2.7 (1.1-5.3)	1.6 (0.6-3.1)	0.9 (0.4-1.8)	0.7 (0.3-1.4)	0.5 (0.2-1.1)	0.4 (0.2-0.8)	0.3 (0.1-0.6)
4	4.9 (2.0-8.0)	2.9 (1.1-4.8)	1.7 (0.6-2.7)	1.3 (0.5-2.1)	1.0 (0.4-1.6)	0.8 (0.3-1.3)	0.6 (0.2-1.0)
5	8.5 (3.8-11)	5.1 (2.3-6.8)	3.0 (1.3-4.0)	2.3 (1.0-3.1)	1.8 (0.8-2.4)	1.4 (0.6-1.8)	1.1 (0.5-1.4)
6	14	8.8	5.2	4.0	3.1	2.4	1.9

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.6	0.4	0.2	0.2	0.1	0.1	0.1
1	1.2 (0.8-2.1)	0.7 (0.5-1.2)	0.4 (0.3-0.7)	0.3 (0.2-0.5)	0.2 (0.2-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.3)
2	2.1 (1.1-4.0)	1.3 (0.7-2.4)	0.7 (0.4-1.4)	0.6 (0.3-1.1)	0.4 (0.2-0.9)	0.3 (0.2-0.7)	0.3 (0.1-0.5)
3	3.8 (1.7-7.0)	2.3 (1.0-4.3)	1.3 (0.6-2.5)	1.0 (0.5-1.9)	0.8 (0.4-1.5)	0.6 (0.3-1.2)	0.5 (0.2-0.9)
4	6.5 (3.1-10)	4.0 (1.8-6.5)	2.4 (1.1-3.8)	1.8 (0.8-3.0)	1.4 (0.6-2.3)	1.1 (0.5-1.8)	0.8 (0.4-1.4)
5	11 (5.7-14)	6.9 (3.6-9.0)	4.1 (2.1-5.4)	3.2 (1.7-4.2)	2.5 (1.3-3.3)	1.9 (1.0-2.5)	1.5 (0.8-1.9)
6	18	12	7.1	5.5	4.3	3.3	2.6

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.9	0.6	0.3	0.3	0.2	0.2	0.1
1	1.6 (1.2-2.6)	1.0 (0.7-1.6)	0.6 (0.4-0.9)	0.5 (0.3-0.7)	0.3 (0.3-0.6)	0.3 (0.2-0.4)	0.2 (0.2-0.3)
2	2.8 (1.6-4.7)	1.8 (1.0-3.1)	1.1 (0.6-1.9)	0.8 (0.5-1.4)	0.6 (0.4-1.1)	0.5 (0.3-0.9)	0.4 (0.2-0.7)
3	4.7 (2.4-8.2)	3.0 (1.5-5.3)	1.8 (0.9-3.3)	1.4 (0.7-2.5)	1.1 (0.6-2.0)	0.8 (0.4-1.5)	0.6 (0.3-1.2)
4	7.8 (4.3-12)	5.2 (2.7-8.0)	3.2 (1.6-5.0)	2.5 (1.3-3.8)	1.9 (1.0-3.0)	1.5 (0.8-2.3)	1.1 (0.6-1.8)
5	13 (7.4-15)	8.5 (5.0-11)	5.4 (3.2-6.9)	4.2 (2.5-5.3)	3.2 (1.9-4.1)	2.5 (1.4-3.2)	1.9 (1.1-2.4)
6	19	14	9.0	7.0	5.4	4.1	3.2

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.2	0.8	0.5	0.4	0.3	0.2	0.2
1	2.1 (1.6-3.0)	1.4 (1.1-2.0)	0.9 (0.7-1.2)	0.7 (0.5-0.9)	0.5 (0.4-0.7)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
2	3.4 (2.1-5.3)	2.3 (1.4-3.6)	1.5 (0.9-2.3)	1.1 (0.7-1.8)	0.9 (0.5-1.4)	0.7 (0.4-1.1)	0.5 (0.3-0.8)
3	5.5 (3.2-8.9)	3.8 (2.2-6.3)	2.5 (1.4-4.1)	1.9 (1.1-3.2)	1.5 (0.8-2.4)	1.1 (0.6-1.9)	0.8 (0.5-1.4)
4	8.7 (5.2-13)	6.2 (3.8-9.3)	4.1 (2.4-6.2)	3.1 (1.9-4.8)	2.4 (1.4-3.7)	1.8 (1.1-2.8)	1.4 (0.8-2.2)
5	13 (8.9-17)	9.8 (6.6-12)	6.7 (4.5-8.3)	5.2 (3.4-6.4)	4.0 (2.6-4.9)	3.0 (2.0-3.8)	2.3 (1.5-2.9)
6	20	15	11	8.3	6.4	4.9	3.8

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.6	1.2	0.8	0.6	0.4	0.3	0.3
1	2.8 (2.0-3.5)	2.0 (1.5-2.5)	1.4 (1.0-1.6)	1.0 (0.8-1.3)	0.8 (0.6-1.0)	0.6 (0.5-0.7)	0.5 (0.3-0.6)
2	4.7 (3.0-7.1)	3.5 (2.3-5.2)	2.4 (1.6-3.4)	1.8 (1.2-2.6)	1.4 (0.9-2.0)	1.1 (0.7-1.5)	0.8 (0.5-1.2)
3	7.8 (4.6-12)	5.9 (3.6-8.9)	4.2 (2.7-6.1)	3.2 (2.1-4.7)	2.4 (1.6-3.6)	1.9 (1.2-2.7)	1.4 (0.9-2.1)
4	12 (7.9-18)	9.8 (6.3-14)	7.1 (4.7-10)	5.5 (3.6-8.1)	4.2 (2.7-6.2)	3.2 (2.1-4.7)	2.4 (1.6-3.6)
5	19 (15-25)	16 (13-20)	12 (9.6-15)	9.1 (7.4-12)	7.0 (5.7-9.2)	5.4 (4.3-7.1)	4.1 (3.3-5.4)
6	28	24	19	15	12	8.9	6.8

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.4	1.8	1.3	1.0	0.8	0.6	0.4
1	4.4 (2.8-7.9)	3.5 (2.3-6.2)	2.5 (1.7-4.5)	1.9 (1.3-3.4)	1.4 (1.0-2.6)	1.1 (0.7-2.0)	0.8 (0.5-1.5)
2	7.6 (3.9-13)	6.2 (3.4-11)	4.6 (2.6-7.9)	3.5 (1.9-6.1)	2.7 (1.5-4.7)	2.0 (1.1-3.6)	1.5 (0.8-2.7)
3	12 (5.9-21)	10 (5.1-18)	8.2 (4.1-13)	6.3 (3.1-10)	4.8 (2.3-8.1)	3.6 (1.8-6.2)	2.8 (1.3-4.7)
4	19 (9.9-29)	17 (8.6-25)	14 (7.1-21)	11 (5.4-16)	8.2 (4.1-13)	6.3 (3.1-9.9)	4.8 (2.3-7.6)
5	28 (16-37)	26 (15-33)	22 (12-29)	17 (9.4-23)	14 (7.2-18)	11 (5.4-14)	8.1 (4.1-11)
6	39	36	33	27	21	17	13

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.9	3.2	2.3	1.8	1.3	1.0	0.8
1	6.8 (4.4-12)	5.6 (3.7-10)	4.3 (2.9-7.9)	3.3 (2.2-6.0)	2.5 (1.7-4.6)	1.9 (1.3-3.5)	1.4 (0.9-2.6)
2	11 (6.2-20)	9.5 (5.4-17)	7.5 (4.4-13)	5.8 (3.4-10)	4.4 (2.5-7.9)	3.3 (1.9-6.0)	2.5 (1.4-4.6)
3	17 (9.1-27)	15 (8.0-24)	13 (6.8-20)	9.7 (5.1-16)	7.5 (3.9-12)	5.7 (2.9-9.3)	4.3 (2.2-7.1)
4	25 (13-36)	23 (12-33)	20 (10-28)	16 (7.8-22)	12 (5.9-18)	9.4 (4.5-14)	7.2 (3.3-11)
5	35 (21-44)	32 (19-41)	29 (17-37)	24 (13-30)	19 (10-25)	15 (7.6-20)	11 (5.8-15)
6	46	43	40	33	27	22	17

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.1	5.0	3.8	2.9	2.2	1.6	1.2
1	10 (6.9-18)	8.7 (5.8-16)	6.9 (4.7-12)	5.2 (3.5-9.5)	4.0 (2.7-7.3)	3.0 (2.0-5.6)	2.3 (1.5-4.2)
2	16 (9.5-28)	14 (8.3-25)	12 (7.0-20)	9.0 (5.3-16)	6.9 (4.0-12)	5.3 (3.0-9.5)	4.0 (2.3-7.3)
3	24 (14-37)	22 (12-34)	19 (10-29)	15 (7.9-23)	11 (6.0-18)	8.8 (4.5-14)	6.8 (3.4-11)
4	34 (20-46)	31 (18-43)	28 (15-38)	23 (12-31)	18 (9.1-26)	14 (6.9-20)	11 (5.2-16)
5	45 (30-54)	42 (27-51)	39 (24-48)	32 (19-41)	27 (15-34)	21 (12-28)	17 (8.9-23)
6	56	54	51	44	37	31	25

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	8.2	6.4	4.8	3.6	2.8	2.1	1.6
1	14 (9.6-24)	11 (7.7-20)	8.6 (6.0-15)	6.6 (4.5-12)	5.0 (3.4-9.2)	3.8 (2.6-7.0)	2.9 (2.0-5.4)
2	22 (14-36)	18 (11-31)	15 (8.9-25)	11 (6.8-20)	8.8 (5.2-15)	6.7 (3.9-12)	5.1 (3.0-9.2)
3	32 (20-46)	28 (16-41)	23 (13-35)	18 (10-28)	15 (7.9-23)	11 (6.0-18)	8.7 (4.6-14)
4	43 (27-56)	39 (24-51)	34 (20-46)	28 (15-38)	23 (12-32)	18 (9.2-26)	14 (7.0-20)
5	54 (39-62)	51 (35-60)	47 (30-56)	40 (24-49)	33 (19-42)	27 (15-35)	22 (12-28)
6	63	62	59	53	46	39	32