

South Africa (African) - 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 South Africa (African). 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	0.8	0.8	0.8	0.7	0.6	0.5	0.5
1	1.3 (0.8-2.0)	1.3 (0.8-1.9)	1.3 (0.8-1.8)	1.1 (0.7-1.6)	1.0 (0.6-1.3)	0.8 (0.5-1.2)	0.7 (0.5-1.0)
2	2.0 (1.0-3.5)	1.9 (1.0-3.5)	2.0 (1.0-3.5)	1.7 (0.9-3.0)	1.4 (0.8-2.6)	1.2 (0.6-2.3)	1.1 (0.6-2.0)
3	3.0 (1.5-5.1)	3.0 (1.5-5.2)	3.0 (1.4-5.4)	2.5 (1.2-4.6)	2.2 (1.0-4.0)	1.9 (0.9-3.5)	1.6 (0.8-3.0)
4	4.6 (2.3-7.4)	4.5 (2.2-7.4)	4.4 (2.2-7.4)	3.8 (1.9-6.3)	3.2 (1.6-5.4)	2.8 (1.3-4.7)	2.4 (1.1-4.0)
5	7.0 (3.9-9.6)	6.7 (4.0-9.2)	6.5 (4.1-9.0)	5.5 (3.5-7.7)	4.7 (3.0-6.6)	4.0 (2.6-5.7)	3.4 (2.2-4.9)
6	10	9.7	9.4	8.0	6.8	5.8	4.9

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

Age = 55 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	1.5 (1.0-2.3)	1.5 (1.0-2.1)	1.4 (1.0-2.0)	1.2 (0.8-1.7)	1.1 (0.7-1.5)	0.9 (0.6-1.3)	0.8 (0.5-1.1)
2	2.4 (1.3-4.0)	2.3 (1.2-3.8)	2.2 (1.2-3.8)	1.9 (1.0-3.3)	1.6 (0.9-2.8)	1.4 (0.7-2.4)	1.2 (0.6-2.1)
3	3.7 (2.0-5.9)	3.5 (1.8-5.8)	3.3 (1.7-5.9)	2.8 (1.4-5.0)	2.4 (1.2-4.3)	2.1 (1.0-3.7)	1.8 (0.9-3.2)
4	5.6 (3.1-8.7)	5.2 (2.8-8.3)	5.0 (2.7-8.1)	4.2 (2.2-7.0)	3.6 (1.9-5.9)	3.0 (1.6-5.1)	2.6 (1.3-4.3)
5	8.5 (4.9-12)	7.8 (4.8-11)	7.4 (4.8-10)	6.2 (4.0-8.6)	5.3 (3.4-7.3)	4.4 (2.9-6.2)	3.8 (2.5-5.3)
6	12	11	11	9.0	7.6	6.4	5.4

Age = 60 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	1.1	1.1	1.0	0.9	0.8	0.6	0.6
1	1.8 (1.2-2.7)	1.7 (1.1-2.4)	1.6 (1.1-2.2)	1.4 (0.9-1.9)	1.1 (0.8-1.6)	1.0 (0.7-1.3)	0.8 (0.6-1.1)
2	2.8 (1.7-4.4)	2.6 (1.5-4.2)	2.4 (1.4-4.1)	2.1 (1.1-3.5)	1.7 (1.0-3.0)	1.5 (0.8-2.6)	1.3 (0.7-2.2)
3	4.3 (2.5-6.5)	3.9 (2.3-6.3)	3.7 (2.0-6.2)	3.1 (1.7-5.3)	2.6 (1.4-4.5)	2.2 (1.2-3.8)	1.9 (1.0-3.3)
4	6.6 (3.9-9.7)	6.0 (3.6-9.2)	5.5 (3.2-8.8)	4.6 (2.6-7.4)	3.9 (2.2-6.3)	3.3 (1.8-5.3)	2.8 (1.5-4.5)
5	9.8 (6.0-13)	8.9 (5.7-12)	8.2 (5.4-11)	6.8 (4.5-9.3)	5.7 (3.8-7.9)	4.8 (3.2-6.6)	4.0 (2.7-5.6)
6	14	13	12	9.9	8.2	6.9	5.7

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

Age = 65 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	1.4	1.2	1.1	1.0	0.8	0.7	0.6
1	2.1 (1.5-3.0)	1.9 (1.3-2.6)	1.8 (1.2-2.4)	1.5 (1.0-2.0)	1.2 (0.9-1.7)	1.0 (0.7-1.4)	0.9 (0.6-1.2)
2	3.3 (2.1-4.7)	2.9 (1.8-4.4)	2.7 (1.6-4.2)	2.2 (1.3-3.6)	1.9 (1.1-3.1)	1.6 (0.9-2.6)	1.3 (0.8-2.2)
3	5.0 (3.1-7.2)	4.5 (2.8-6.7)	4.1 (2.4-6.5)	3.4 (2.0-5.5)	2.8 (1.6-4.6)	2.4 (1.3-3.9)	2.0 (1.1-3.3)
4	7.5 (4.6-11)	6.7 (4.4-9.9)	6.1 (3.8-9.3)	5.0 (3.1-7.8)	4.2 (2.5-6.5)	3.5 (2.1-5.5)	2.9 (1.7-4.6)
5	11 (7.3-14)	9.8 (6.7-13)	8.9 (6.2-12)	7.4 (5.1-9.9)	6.1 (4.2-8.3)	5.1 (3.5-6.9)	4.2 (2.9-5.8)
6	16	14	13	11	8.8	7.3	6.0

Age = 70 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	1.7	1.5	1.3	1.1	0.9	0.8	0.6
1	2.6 (1.9-3.4)	2.3 (1.6-2.9)	2.0 (1.4-2.6)	1.7 (1.2-2.1)	1.4 (1.0-1.8)	1.1 (0.8-1.5)	0.9 (0.7-1.2)
2	4.2 (2.7-6.4)	3.6 (2.3-5.3)	3.1 (1.9-4.5)	2.5 (1.6-3.7)	2.1 (1.3-3.0)	1.7 (1.0-2.5)	1.4 (0.9-2.1)
3	6.6 (3.9-10)	5.6 (3.5-8.3)	4.7 (3.0-7.1)	3.8 (2.4-5.8)	3.1 (1.9-4.7)	2.5 (1.6-3.9)	2.1 (1.3-3.2)
4	10 (6.5-15)	8.7 (5.6-13)	7.3 (4.8-11)	5.9 (3.8-8.8)	4.7 (3.0-7.2)	3.8 (2.4-5.8)	3.1 (2.0-4.8)
5	16 (12-21)	13 (11-18)	11 (8.8-15)	9.0 (7.0-12)	7.2 (5.6-9.7)	5.8 (4.5-7.8)	4.7 (3.6-6.4)
6	23	20	17	14	11	8.8	7.1

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

Age = 75 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.1	1.8	1.6	1.3	1.1	0.9	0.8
1	3.6 (2.4-5.8)	3.0 (2.0-4.5)	2.5 (1.8-3.4)	2.1 (1.4-2.7)	1.7 (1.2-2.2)	1.4 (1.0-1.7)	1.1 (0.8-1.4)
2	6.0 (3.4-10)	5.0 (2.9-7.9)	4.0 (2.4-6.1)	3.3 (2.0-4.9)	2.6 (1.6-3.9)	2.1 (1.3-3.1)	1.7 (1.0-2.5)
3	9.9 (5.0-16)	8.1 (4.4-13)	6.5 (3.8-10)	5.2 (3.0-8.0)	4.1 (2.4-6.3)	3.3 (1.9-5.0)	2.6 (1.5-4.0)
4	16 (8.3-23)	13 (7.1-20)	11 (6.0-16)	8.4 (4.8-13)	6.6 (3.8-10)	5.2 (3.0-8.0)	4.2 (2.4-6.3)
5	24 (14-31)	21 (12-27)	17 (11-22)	13 (8.5-18)	11 (6.8-14)	8.3 (5.4-11)	6.6 (4.3-8.9)
6	34	31	26	21	17	13	10

Age = 80 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.5	2.2	2.0	1.6	1.3	1.1	0.9
1	4.3 (2.8-7.1)	3.6 (2.5-5.6)	3.1 (2.2-4.3)	2.5 (1.7-3.4)	2.0 (1.4-2.7)	1.6 (1.1-2.2)	1.3 (0.9-1.7)
2	7.0 (4.1-12)	5.9 (3.5-9.3)	4.9 (3.0-7.1)	3.9 (2.4-5.6)	3.1 (1.9-4.4)	2.5 (1.5-3.5)	2.0 (1.2-2.8)
3	11 (5.9-18)	9.4 (5.2-14)	7.7 (4.6-11)	6.1 (3.6-9.1)	4.8 (2.9-7.1)	3.8 (2.3-5.6)	3.1 (1.8-4.4)
4	17 (9.1-24)	15 (8.2-21)	12 (7.3-17)	9.6 (5.8-14)	7.6 (4.6-11)	6.0 (3.6-8.8)	4.7 (2.8-6.9)
5	25 (15-32)	22 (13-29)	19 (11-24)	15 (9.2-19)	12 (7.3-15)	9.2 (5.8-12)	7.3 (4.6-9.7)
6	35	32	28	22	18	14	11

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

Age = 85 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	3.0	2.7	2.4	1.9	1.6	1.3	1.0
1	5.1 (3.4-8.7)	4.4 (3.0-7.1)	3.8 (2.6-5.6)	3.0 (2.1-4.4)	2.4 (1.7-3.4)	1.9 (1.3-2.7)	1.6 (1.1-2.1)
2	8.3 (4.8-14)	7.2 (4.3-12)	6.0 (3.7-9.1)	4.8 (2.9-7.2)	3.8 (2.3-5.6)	3.0 (1.8-4.4)	2.4 (1.5-3.5)
3	13 (7.0-21)	11 (6.2-17)	9.5 (5.5-14)	7.5 (4.3-11)	5.9 (3.4-8.8)	4.7 (2.7-7.0)	3.7 (2.1-5.5)
4	20 (11-28)	17 (9.6-25)	15 (8.7-21)	12 (6.9-17)	9.3 (5.4-13)	7.3 (4.3-11)	5.7 (3.3-8.4)
5	29 (17-36)	26 (15-33)	22 (14-29)	18 (11-23)	14 (8.6-19)	11 (6.8-15)	8.8 (5.4-12)
6	39	36	32	26	21	17	13

Age = 90 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	3.7	3.2	2.9	2.3	1.8	1.5	1.2
1	6.2 (4.1-11)	5.4 (3.6-8.8)	4.6 (3.2-7.0)	3.6 (2.5-5.5)	2.9 (2.0-4.3)	2.3 (1.6-3.4)	1.8 (1.2-2.6)
2	10 (5.8-17)	8.7 (5.2-14)	7.4 (4.5-11)	5.8 (3.5-9.0)	4.6 (2.8-7.1)	3.6 (2.2-5.5)	2.8 (1.7-4.3)
3	16 (8.5-25)	14 (7.5-21)	12 (6.6-17)	9.2 (5.2-14)	7.2 (4.0-11)	5.7 (3.1-8.6)	4.4 (2.5-6.8)
4	23 (13-33)	21 (11-29)	18 (10-25)	14 (8.1-20)	11 (6.4-16)	8.8 (5.0-13)	6.9 (4.0-10)
5	33 (20-41)	30 (18-38)	26 (16-34)	21 (13-28)	17 (10-22)	13 (8.0-18)	11 (6.3-14)
6	44	41	37	31	25	20	16