**Bulgaria - The probabilities of a major osteoporotic fracture in women**

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 Bulgaria. 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/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 4.2 | 3.7 | 3.5 | 3.1 | 2.7 | 2.3 | 2.1 |
| 1 | 6.8 (4.7-10) | 6.0 (4.1-8.6) | 5.5 (3.7-7.7) | 4.8 (3.3-6.7) | 4.2 (2.8-5.8) | 3.7 (2.5-5.0) | 3.2 (2.2-4.4) |
| 2 | 11 (6.1-18) | 9.4 (5.1-15) | 8.5 (4.6-14) | 7.4 (4.0-13) | 6.5 (3.4-11) | 5.6 (3.0-9.7) | 4.9 (2.6-8.6) |
| 3 | 17 (9.0-28) | 14 (7.3-25) | 13 (6.3-23) | 11 (5.5-20) | 9.8 (4.7-18) | 8.6 (4.1-16) | 7.5 (3.6-14) |
| 4 | 27 (15-39) | 22 (12-33) | 19 (11-30) | 17 (9.1-27) | 15 (7.9-24) | 13 (6.8-21) | 11 (5.9-18) |
| 5 | 39 (25-48) | 32 (21-41) | 28 (19-36) | 24 (17-32) | 21 (15-28) | 19 (13-25) | 16 (11-22) |
| 6 | 55 | 46 | 39 | 35 | 31 | 27 | 23 |

**Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from Bulgaria.**

**Age = 55 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 5.0 | 4.3 | 4.0 | 3.5 | 3.0 | 2.6 | 2.3 |
| 1 | 8.1 (5.8-12) | 6.9 (4.8-9.7) | 6.2 (4.3-8.5) | 5.4 (3.7-7.3) | 4.7 (3.2-6.4) | 4.1 (2.8-5.5) | 3.6 (2.4-4.8) |
| 2 | 13 (7.6-20) | 11 (6.1-17) | 9.6 (5.3-16) | 8.3 (4.6-14) | 7.2 (3.9-12) | 6.3 (3.4-11) | 5.5 (3.0-9.3) |
| 3 | 20 (11-32) | 17 (8.9-27) | 14 (7.4-25) | 13 (6.4-22) | 11 (5.5-19) | 9.5 (4.7-17) | 8.3 (4.1-15) |
| 4 | 31 (18-44) | 25 (15-37) | 21 (13-33) | 19 (11-29) | 16 (9.2-26) | 14 (7.9-23) | 12 (6.8-20) |
| 5 | 45 (30-53) | 36 (25-45) | 31 (22-39) | 27 (19-35) | 24 (17-31) | 21 (14-27) | 18 (13-24) |
| 6 | 61 | 51 | 43 | 38 | 34 | 29 | 26 |

**Age = 60 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 6.0 | 5.1 | 4.6 | 4.0 | 3.4 | 3.0 | 2.6 |
| 1 | 9.7 (7.1-14) | 8.0 (5.8-11) | 7.1 (5.0-9.5) | 6.2 (4.3-8.2) | 5.3 (3.7-7.1) | 4.6 (3.2-6.1) | 4.0 (2.8-5.3) |
| 2 | 15 (9.5-23) | 13 (7.4-19) | 11 (6.2-17) | 9.4 (5.3-15) | 8.1 (4.6-13) | 7.0 (3.9-12) | 6.1 (3.4-10) |
| 3 | 24 (15-35) | 19 (11-30) | 16 (8.9-27) | 14 (7.6-24) | 12 (6.5-21) | 11 (5.5-18) | 9.2 (4.7-16) |
| 4 | 35 (22-48) | 28 (18-41) | 24 (15-36) | 21 (13-32) | 18 (11-28) | 16 (9.3-24) | 14 (7.9-21) |
| 5 | 49 (36-58) | 40 (29-49) | 34 (25-43) | 30 (22-38) | 26 (19-33) | 23 (16-29) | 20 (14-26) |
| 6 | 66 | 55 | 47 | 42 | 37 | 32 | 28 |

**Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from Bulgaria.**

**Age = 65 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 7.8 | 6.5 | 5.7 | 4.9 | 4.3 | 3.7 | 3.2 |
| 1 | 12 (9.3-16) | 10 (7.4-13) | 8.8 (6.3-11) | 7.6 (5.4-9.8) | 6.5 (4.6-8.4) | 5.6 (4.0-7.3) | 4.9 (3.4-6.3) |
| 2 | 19 (13-27) | 15 (9.7-22) | 13 (8.0-20) | 12 (6.8-18) | 9.9 (5.8-15) | 8.5 (4.9-14) | 7.4 (4.2-12) |
| 3 | 28 (19-39) | 23 (14-34) | 20 (12-31) | 17 (9.8-27) | 15 (8.3-24) | 13 (7.0-21) | 11 (6.0-18) |
| 4 | 40 (28-52) | 33 (23-46) | 28 (19-41) | 25 (16-36) | 21 (14-32) | 18 (12-28) | 16 (9.9-25) |
| 5 | 54 (43-63) | 46 (36-55) | 40 (31-49) | 35 (27-43) | 30 (23-38) | 26 (20-34) | 23 (17-30) |
| 6 | 68 | 61 | 53 | 47 | 42 | 37 | 32 |

**Age = 70 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 11 | 9.1 | 8.0 | 6.8 | 5.8 | 5.0 | 4.3 |
| 1 | 17 (13-21) | 14 (10-17) | 12 (8.8-15) | 10 (7.5-13) | 8.6 (6.3-11) | 7.3 (5.4-9.5) | 6.3 (4.6-8.1) |
| 2 | 26 (17-34) | 21 (14-28) | 17 (11-24) | 15 (9.5-20) | 13 (8.0-17) | 11 (6.8-15) | 9.1 (5.8-13) |
| 3 | 37 (26-49) | 30 (21-43) | 25 (16-37) | 22 (14-32) | 18 (12-27) | 16 (9.8-23) | 13 (8.2-20) |
| 4 | 51 (39-64) | 43 (33-57) | 36 (27-49) | 31 (22-43) | 26 (19-37) | 23 (16-32) | 19 (13-28) |
| 5 | 65 (59-73) | 58 (51-67) | 50 (43-59) | 43 (36-52) | 37 (31-46) | 32 (26-40) | 27 (22-35) |
| 6 | 75 | 72 | 65 | 58 | 51 | 45 | 38 |

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

**Age = 75 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 15 | 13 | 11 | 9.4 | 7.9 | 6.7 | 5.7 |
| 1 | 23 (17-33) | 19 (14-26) | 16 (12-20) | 14 (10-16) | 12 (8.6-14) | 9.8 (7.2-12) | 8.3 (6.1-10) |
| 2 | 34 (23-49) | 29 (19-41) | 24 (16-33) | 20 (13-28) | 17 (11-23) | 14 (9.2-19) | 12 (7.7-16) |
| 3 | 48 (32-63) | 42 (28-56) | 35 (23-49) | 30 (19-42) | 25 (16-36) | 21 (14-30) | 18 (11-25) |
| 4 | 60 (45-72) | 56 (40-69) | 49 (35-63) | 43 (30-56) | 36 (25-49) | 31 (21-42) | 26 (17-36) |
| 5 | 71 (59-78) | 69 (57-77) | 64 (52-73) | 57 (46-66) | 50 (39-60) | 43 (34-52) | 37 (29-45) |
| 6 | 79 | 78 | 76 | 71 | 64 | 57 | 50 |

**Age = 80 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 17 | 16 | 14 | 12 | 9.7 | 8.1 | 6.8 |
| 1 | 26 (19-38) | 23 (17-33) | 20 (15-27) | 17 (13-22) | 14 (10-18) | 12 (8.6-15) | 9.9 (7.1-12) |
| 2 | 37 (26-52) | 33 (23-46) | 30 (20-39) | 25 (17-33) | 21 (14-27) | 17 (11-23) | 14 (9.3-19) |
| 3 | 48 (34-63) | 45 (31-59) | 41 (29-53) | 35 (24-46) | 29 (20-39) | 25 (16-33) | 20 (13-28) |
| 4 | 59 (44-71) | 57 (43-68) | 54 (40-65) | 47 (34-59) | 40 (29-52) | 34 (24-45) | 29 (20-39) |
| 5 | 69 (57-76) | 67 (55-75) | 65 (53-73) | 59 (47-68) | 52 (41-62) | 46 (35-55) | 39 (29-48) |
| 6 | 76 | 76 | 75 | 70 | 64 | 58 | 51 |

**Ten years probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in women from Bulgaria.**

**Age = 85 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 17 | 16 | 15 | 12 | 10.0 | 8.3 | 6.8 |
| 1 | 26 (19-39) | 23 (17-34) | 21 (16-29) | 18 (13-24) | 15 (10-19) | 12 (8.5-16) | 9.9 (7.0-13) |
| 2 | 37 (26-52) | 34 (23-47) | 30 (21-41) | 25 (17-35) | 21 (14-29) | 17 (11-24) | 14 (9.2-20) |
| 3 | 48 (34-63) | 45 (31-59) | 42 (28-55) | 35 (24-48) | 30 (19-41) | 25 (16-34) | 21 (13-29) |
| 4 | 59 (44-70) | 57 (42-68) | 54 (40-65) | 47 (34-59) | 41 (28-52) | 34 (23-45) | 29 (19-39) |
| 5 | 68 (56-74) | 67 (54-74) | 65 (52-73) | 59 (46-67) | 52 (39-61) | 46 (33-55) | 39 (28-48) |
| 6 | 73 | 75 | 74 | 69 | 64 | 57 | 51 |

**Age = 90 years**

| Number of CRFs | BMI kg/m² | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 14 | 13 | 12 | 10 | 8.3 | 6.8 | 5.6 |
| 1 | 21 (15-32) | 19 (13-28) | 18 (13-24) | 15 (10-20) | 12 (8.4-16) | 9.9 (6.8-13) | 8.0 (5.5-10) |
| 2 | 30 (20-45) | 28 (18-40) | 26 (17-36) | 21 (14-30) | 17 (11-24) | 14 (9.0-20) | 12 (7.3-16) |
| 3 | 41 (27-55) | 38 (25-52) | 35 (23-48) | 30 (19-41) | 25 (15-35) | 20 (12-29) | 17 (9.9-24) |
| 4 | 52 (37-64) | 49 (35-61) | 46 (33-58) | 40 (27-51) | 34 (23-44) | 28 (18-38) | 23 (15-32) |
| 5 | 61 (49-68) | 60 (47-68) | 58 (45-66) | 51 (38-60) | 45 (32-54) | 38 (27-47) | 32 (23-40) |
| 6 | 66 | 68 | 68 | 62 | 56 | 50 | 43 |