

Iceland - The probabilities of a hip fracture in women

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 Iceland. 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	1.0	0.5	0.3	0.2	0.2	0.1	0.1
1	2.0 (1.3-4.0)	1.1 (0.7-2.1)	0.6 (0.4-1.2)	0.5 (0.3-0.9)	0.4 (0.2-0.7)	0.3 (0.2-0.5)	0.2 (0.1-0.4)
2	4.0 (2.0-8.3)	2.2 (1.1-4.6)	1.2 (0.6-2.5)	0.9 (0.5-1.9)	0.7 (0.4-1.5)	0.5 (0.3-1.2)	0.4 (0.2-0.9)
3	7.4 (3.0-14)	4.1 (1.6-8.0)	2.2 (0.9-4.3)	1.7 (0.7-3.4)	1.3 (0.5-2.6)	1.0 (0.4-2.1)	0.8 (0.3-1.6)
4	13 (5.3-21)	7.4 (2.9-12)	4.0 (1.6-6.6)	3.2 (1.2-5.1)	2.5 (0.9-4.0)	1.9 (0.7-3.1)	1.5 (0.6-2.4)
5	23 (11-30)	13 (6.1-17)	7.2 (3.3-9.7)	5.7 (2.6-7.7)	4.4 (2.0-6.0)	3.5 (1.6-4.7)	2.7 (1.2-3.7)
6	37	22	13	9.9	7.8	6.1	4.8

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.8	1.0	0.5	0.4	0.3	0.2	0.2
1	3.4 (2.4-6.0)	1.9 (1.3-3.3)	1.0 (0.7-1.8)	0.8 (0.5-1.4)	0.6 (0.4-1.1)	0.5 (0.3-0.8)	0.4 (0.3-0.6)
2	6.4 (3.5-12)	3.5 (1.9-6.9)	1.9 (1.0-3.8)	1.5 (0.8-2.9)	1.2 (0.6-2.3)	0.9 (0.5-1.8)	0.7 (0.4-1.4)
3	11 (5.3-21)	6.4 (2.9-12)	3.5 (1.6-6.6)	2.7 (1.2-5.2)	2.1 (1.0-4.0)	1.7 (0.7-3.1)	1.3 (0.6-2.4)
4	20 (9.2-30)	11 (5.1-18)	6.3 (2.8-9.9)	4.9 (2.2-7.8)	3.8 (1.7-6.1)	3.0 (1.3-4.8)	2.3 (1.0-3.7)
5	32 (19-41)	19 (11-25)	11 (5.9-15)	8.6 (4.6-11)	6.8 (3.6-9.0)	5.3 (2.8-7.1)	4.1 (2.2-5.5)
6	50	32	19	15	12	9.2	7.2

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.3	1.8	1.0	0.8	0.6	0.5	0.4
1	6.0 (4.3-9.3)	3.3 (2.4-5.2)	1.8 (1.3-2.8)	1.4 (1.0-2.2)	1.1 (0.8-1.7)	0.8 (0.6-1.3)	0.7 (0.5-1.0)
2	11 (6.3-19)	6.0 (3.5-11)	3.3 (1.9-6.0)	2.6 (1.5-4.6)	2.0 (1.2-3.6)	1.5 (0.9-2.8)	1.2 (0.7-2.2)
3	18 (9.5-30)	10 (5.3-18)	5.8 (2.9-10)	4.6 (2.3-8.1)	3.6 (1.8-6.3)	2.8 (1.4-4.9)	2.2 (1.1-3.9)
4	29 (16-42)	18 (9.2-26)	10 (5.1-15)	8.0 (4.0-12)	6.2 (3.1-9.5)	4.9 (2.4-7.5)	3.8 (1.9-5.8)
5	45 (31-55)	29 (19-36)	17 (11-22)	14 (8.3-18)	11 (6.5-14)	8.4 (5.1-11)	6.6 (4.0-8.6)
6	64	45	28	22	18	14	11

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.7	3.2	1.7	1.3	1.0	0.8	0.6
1	9.8 (7.4-13)	5.6 (4.1-7.7)	3.1 (2.3-4.3)	2.4 (1.8-3.3)	1.9 (1.4-2.6)	1.4 (1.1-2.0)	1.1 (0.8-1.6)
2	16 (11-26)	9.6 (6.1-15)	5.4 (3.4-8.9)	4.2 (2.6-6.9)	3.3 (2.0-5.4)	2.5 (1.6-4.2)	2.0 (1.2-3.3)
3	26 (16-41)	16 (9.1-26)	9.2 (5.1-15)	7.2 (4.0-12)	5.6 (3.1-9.4)	4.4 (2.4-7.4)	3.4 (1.9-5.7)
4	40 (26-54)	26 (16-36)	15 (8.9-22)	12 (7.0-18)	9.5 (5.4-14)	7.5 (4.2-11)	5.8 (3.3-8.6)
5	57 (45-66)	40 (30-48)	25 (18-31)	20 (14-25)	16 (11-20)	12 (8.7-16)	9.8 (6.8-13)
6	74	57	38	31	25	20	16

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	9.6	5.6	3.2	2.5	1.9	1.5	1.1
1	17 (14-19)	10 (8.1-12)	5.8 (4.6-6.7)	4.5 (3.6-5.2)	3.5 (2.8-4.0)	2.7 (2.2-3.1)	2.1 (1.7-2.4)
2	28 (20-36)	18 (12-23)	10 (7.0-14)	8.1 (5.5-11)	6.4 (4.2-8.4)	5.0 (3.3-6.6)	3.9 (2.6-5.1)
3	44 (32-57)	30 (20-41)	18 (12-26)	14 (9.4-21)	11 (7.4-17)	8.9 (5.8-13)	7.0 (4.5-10)
4	62 (51-74)	46 (36-59)	30 (23-41)	25 (18-34)	20 (15-27)	16 (11-22)	12 (9.0-18)
5	77 (73-83)	65 (59-73)	48 (42-55)	40 (35-46)	32 (28-39)	26 (23-31)	21 (18-25)
6	86	81	67	59	50	42	34

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	16	9.7	5.7	4.4	3.4	2.7	2.1
1	28 (21-43)	18 (14-30)	11 (8.2-19)	8.7 (6.4-15)	6.8 (5.0-12)	5.3 (3.8-9.0)	4.1 (3.0-7.1)
2	44 (29-61)	31 (20-48)	20 (12-34)	16 (9.6-27)	13 (7.5-22)	10 (5.8-17)	7.9 (4.5-14)
3	61 (44-76)	49 (32-66)	35 (20-51)	28 (16-43)	23 (13-36)	18 (10-29)	14 (7.8-23)
4	74 (60-84)	67 (49-80)	53 (34-70)	45 (27-61)	38 (22-53)	31 (17-44)	25 (14-37)
5	83 (74-87)	80 (67-86)	72 (54-81)	65 (46-74)	57 (38-66)	48 (31-58)	41 (25-49)
6	88	87	85	81	75	68	59

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	22	15	9.6	7.4	5.8	4.5	3.4
1	35 (27-53)	26 (20-42)	17 (13-29)	14 (10-23)	11 (8.0-19)	8.4 (6.2-15)	6.5 (4.8-11)
2	49 (37-67)	40 (28-58)	29 (19-46)	24 (15-39)	19 (12-32)	15 (9.2-26)	12 (7.2-20)
3	63 (48-76)	56 (39-72)	45 (28-63)	38 (22-55)	31 (18-47)	25 (14-39)	20 (11-32)
4	73 (59-82)	69 (53-79)	62 (43-75)	54 (35-68)	46 (29-60)	39 (23-52)	32 (18-44)
5	81 (71-85)	79 (67-84)	75 (60-82)	70 (52-78)	63 (44-72)	55 (37-64)	47 (30-57)
6	84	85	84	81	76	70	63

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	25	19	13	9.8	7.6	5.9	4.5
1	38 (29-55)	30 (23-47)	22 (17-36)	18 (13-29)	14 (10-24)	11 (7.8-19)	8.4 (6.0-15)
2	51 (39-68)	44 (32-63)	35 (24-52)	29 (19-44)	23 (15-37)	19 (12-30)	15 (9.0-24)
3	63 (49-76)	58 (43-73)	51 (34-67)	43 (27-60)	36 (22-52)	30 (17-45)	24 (14-37)
4	72 (59-81)	70 (55-80)	65 (48-76)	58 (40-71)	51 (33-64)	44 (27-57)	37 (22-49)
5	78 (70-82)	78 (67-83)	76 (63-82)	71 (55-78)	65 (48-73)	58 (40-67)	51 (33-60)
6	80	83	83	80	76	71	65

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	22	17	12	9.1	7.0	5.4	4.1
1	34 (26-52)	27 (20-43)	20 (15-34)	16 (12-27)	13 (9.0-22)	9.8 (6.9-17)	7.5 (5.3-13)
2	48 (36-66)	41 (29-59)	32 (22-49)	26 (17-41)	21 (13-34)	17 (10-28)	13 (8.0-22)
3	61 (47-74)	55 (39-70)	47 (31-64)	40 (25-56)	33 (20-49)	27 (15-41)	22 (12-34)
4	70 (57-78)	67 (52-77)	62 (44-74)	55 (37-68)	47 (30-61)	40 (24-53)	33 (19-45)
5	73 (68-77)	75 (65-80)	74 (59-80)	68 (52-76)	62 (44-70)	55 (37-64)	47 (30-57)
6	71	78	80	78	74	68	62