FRAX ®   WHO Fracture Risk Assessment Tool

Lithuania - 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 Lithuania. 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	3.0	2.6	2.4	2.1	1.8	1.6	1.4
1	4.9 (3.4-7.6)	4.2 (2.9-6.2)	3.8 (2.6-5.4)	3.3 (2.3-4.7)	2.9 (2.0-4.0)	2.5 (1.7-3.5)	2.2 (1.5-3.0)
2	8.1 (4.5-13)	6.7 (3.6-11)	6.0 (3.2-10)	5.2 (2.8-8.8)	4.5 (2.4-7.7)	3.9 (2.1-6.7)	3.4 (1.8-5.9)
3	13 (6.7-22)	11 (5.3-18)	9.2 (4.5-16)	8.0 (3.8-14)	6.9 (3.3-13)	6.0 (2.9-11)	5.2 (2.5-9.6)
4	21 (11-31)	16 (9.2-25)	14 (7.6-22)	12 (6.5-19)	10 (5.6-17)	9.0 (4.8-15)	7.8 (4.1-13)
5	31 (19-39)	25 (16-31)	21 (14-27)	18 (12-24)	16 (10-21)	13 (9.0-18)	12 (7.8-16)
6	46	36	30	26	23	20	17

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	4.5	3.9	3.5	3.1	2.7	2.3	2.0
1	7.5 (5.4-11)	6.2 (4.4-8.8)	5.5 (3.8-7.6)	4.8 (3.3-6.6)	4.2 (2.9-5.7)	3.6 (2.5-4.9)	3.1 (2.1-4.3)
2	12 (7.1-19)	9.8 (5.6-15)	8.6 (4.8-14)	7.4 (4.1-12)	6.4 (3.5-11)	5.6 (3.0-9.4)	4.8 (2.6-8.2)
3	19 (11-30)	15 (8.2-25)	13 (6.7-22)	11 (5.7-20)	9.8 (4.9-17)	8.5 (4.2-15)	7.4 (3.6-13)
4	29 (17-41)	23 (14-34)	20 (11-30)	17 (9.8-26)	15 (8.4-23)	13 (7.1-20)	11 (6.1-18)
5	43 (29-51)	34 (23-42)	28 (20-36)	25 (17-32)	22 (15-28)	19 (13-24)	16 (11-21)
6	60	48	40	35	31	27	23

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	6.1	5.2	4.6	4.0	3.5	3.0	2.6
1	9.8 (7.2-14)	8.1 (5.8-11)	7.2 (5.1-9.6)	6.3 (4.4-8.3)	5.4 (3.8-7.2)	4.7 (3.2-6.2)	4.1 (2.8-5.4)
2	16 (9.6-23)	13 (7.5-19)	11 (6.3-17)	9.6 (5.4-15)	8.3 (4.6-13)	7.2 (4.0-12)	6.2 (3.4-10)
3	24 (15-35)	19 (11-30)	17 (9.0-27)	14 (7.7-24)	12 (6.5-21)	11 (5.6-19)	9.3 (4.8-16)
4	35 (22-48)	29 (18-41)	24 (15-36)	21 (13-32)	18 (11-28)	16 (9.4-25)	14 (8.0-22)
5	50 (37-59)	41 (30-50)	35 (25-43)	30 (22-38)	26 (19-34)	23 (17-30)	20 (14-26)
6	66	56	48	42	37	33	28

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.4	6.2	5.5	4.8	4.1	3.6	3.1
1	12 (8.8-15)	9.7 (7.1-13)	8.5 (6.1-11)	7.3 (5.2-9.4)	6.3 (4.5-8.1)	5.5 (3.8-7.0)	4.7 (3.3-6.1)
2	18 (12-26)	15 (9.2-21)	13 (7.6-20)	11 (6.5-17)	9.6 (5.6-15)	8.3 (4.8-13)	7.2 (4.1-12)
3	27 (18-38)	22 (14-33)	19 (11-31)	16 (9.3-27)	14 (7.9-24)	12 (6.7-21)	11 (5.7-18)
4	39 (27-51)	32 (22-45)	27 (18-40)	24 (16-35)	21 (13-31)	18 (11-27)	16 (9.5-24)
5	53 (42-62)	45 (35-54)	39 (30-48)	34 (26-42)	29 (22-37)	26 (19-33)	22 (17-29)
6	68	59	52	46	41	36	31

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	9.2	7.4	6.4	5.4	4.7	4.0	3.4
1	14 (11-18)	11 (8.6-14)	9.5 (7.2-12)	8.1 (6.0-10)	6.9 (5.1-8.8)	5.9 (4.4-7.6)	5.0 (3.7-6.5)
2	22 (15-30)	17 (12-24)	14 (9.2-20)	12 (7.7-17)	10 (6.5-14)	8.7 (5.5-12)	7.4 (4.7-11)
3	34 (23-46)	26 (17-38)	21 (14-31)	18 (11-27)	15 (9.5-23)	13 (8.0-20)	11 (6.7-17)
4	48 (37-61)	39 (29-52)	31 (23-43)	26 (19-37)	22 (16-32)	19 (13-27)	16 (11-23)
5	63 (57-71)	54 (47-63)	44 (37-53)	38 (32-46)	32 (27-40)	28 (22-34)	23 (19-30)
6	75	69	60	53	46	39	34

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	12	9.6	8.0	6.7	5.6	4.8	4.0
1	20 (15-29)	15 (11-21)	12 (9.2-15)	10 (7.6-13)	8.6 (6.3-10)	7.2 (5.3-8.6)	6.0 (4.4-7.3)
2	31 (20-45)	24 (16-35)	19 (12-26)	16 (10-22)	13 (8.3-18)	11 (6.9-15)	9.1 (5.7-12)
3	45 (30-60)	37 (24-51)	29 (18-42)	24 (15-35)	20 (12-30)	17 (10-25)	14 (8.5-20)
4	59 (43-72)	52 (36-66)	43 (29-57)	36 (25-50)	31 (20-42)	25 (17-36)	21 (14-30)
5	71 (58-79)	67 (53-76)	59 (46-68)	52 (39-61)	44 (33-54)	38 (28-46)	32 (24-39)
6	80	78	74	68	60	53	46

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	16	14	12	10	8.3	6.9	5.8
1	25 (18-37)	21 (16-30)	18 (13-24)	15 (11-19)	12 (9.1-16)	10 (7.5-13)	8.5 (6.2-11)
2	36 (25-51)	31 (21-44)	26 (18-36)	22 (15-30)	18 (12-25)	15 (9.8-20)	13 (8.1-17)
3	48 (33-62)	43 (30-57)	38 (26-50)	32 (22-43)	27 (18-36)	22 (15-30)	18 (12-25)
4	59 (44-71)	56 (41-67)	51 (38-63)	44 (32-56)	38 (26-49)	32 (22-42)	27 (18-36)
5	70 (56-76)	67 (54-75)	64 (51-72)	57 (44-66)	50 (38-60)	44 (32-53)	37 (27-46)
6	77	76	75	69	63	56	49

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	19	18	17	14	12	10	8.3
1	28 (21-41)	27 (19-37)	25 (18-32)	21 (15-27)	17 (12-22)	14 (10-18)	12 (8.4-15)
2	39 (27-54)	37 (26-50)	34 (24-45)	29 (20-39)	24 (16-33)	20 (13-27)	17 (11-23)
3	50 (35-64)	48 (33-62)	45 (32-58)	39 (27-52)	33 (22-45)	28 (18-38)	24 (15-33)
4	61 (46-72)	59 (44-70)	57 (43-67)	50 (37-62)	44 (31-55)	38 (26-49)	32 (22-42)
5	70 (58-76)	68 (56-75)	67 (55-74)	61 (49-69)	55 (43-64)	49 (37-58)	42 (31-51)
6	76	76	75	71	65	59	53

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	20	19	18	15	12	10	8.5
1	29 (22-42)	27 (20-38)	25 (19-33)	21 (15-27)	17 (13-23)	15 (10-19)	12 (8.5-15)
2	40 (29-56)	38 (26-51)	35 (24-46)	30 (20-39)	25 (16-33)	21 (14-28)	17 (11-23)
3	51 (37-65)	49 (35-63)	46 (33-59)	40 (27-53)	34 (23-46)	29 (19-39)	24 (15-33)
4	61 (47-72)	60 (46-71)	58 (44-68)	51 (38-63)	45 (32-56)	39 (27-50)	33 (22-43)
5	68 (59-73)	69 (58-75)	68 (56-75)	62 (50-70)	56 (44-65)	50 (38-59)	43 (32-52)
6	71	74	75	71	66	61	55