Mexico - 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 Mexico. 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	2.4	2.2	2.1	1.8	1.6	1.4	1.2
1	3.9 (2.7-5.8)	3.5 (2.4-4.9)	3.2 (2.2-4.5)	2.8 (1.9-3.9)	2.5 (1.7-3.4)	2.2 (1.4-3.0)	1.9 (1.3-2.6)
2	6.3 (3.4-10)	5.5 (2.9-9.2)	5.0 (2.7-8.6)	4.4 (2.3-7.6)	3.8 (2.0-6.6)	3.3 (1.7-5.8)	2.9 (1.5-5.1)
3	9.9 (5.0-17)	8.5 (4.1-15)	7.7 (3.7-14)	6.7 (3.2-12)	5.8 (2.8-11)	5.1 (2.4-9.4)	4.4 (2.1-8.2)
4	15 (8.6-24)	13 (7.1-21)	12 (6.2-19)	10 (5.3-16)	8.7 (4.6-14)	7.6 (4.0-13)	6.6 (3.4-11)
5	24 (15-30)	19 (13-25)	17 (11-23)	15 (9.9-20)	13 (8.7-17)	11 (7.6-15)	9.7 (6.6-13)
6	35	29	25	21	19	16	14

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	3.3	2.9	2.7	2.4	2.1	1.8	1.6
1	5.3 (3.8-7.8)	4.6 (3.2-6.5)	4.3 (2.9-5.8)	3.7 (2.5-5.0)	3.2 (2.2-4.4)	2.8 (1.9-3.8)	2.4 (1.7-3.3)
2	8.6 (4.9-13)	7.3 (4.0-12)	6.6 (3.6-11)	5.7 (3.1-9.6)	4.9 (2.7-8.4)	4.3 (2.3-7.3)	3.7 (2.0-6.4)
3	13 (7.4-22)	11 (5.8-19)	10 (5.0-18)	8.6 (4.3-15)	7.5 (3.7-13)	6.5 (3.2-12)	5.7 (2.8-10)
4	21 (12-31)	17 (10-26)	15 (8.4-24)	13 (7.2-21)	11 (6.2-18)	9.7 (5.3-16)	8.4 (4.6-14)
5	31 (20-38)	25 (17-32)	22 (15-28)	19 (13-25)	16 (11-22)	14 (9.9-19)	12 (8.6-17)
6	45	36	31	27	24	21	18

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.8	4.1	3.8	3.3	2.8	2.4	2.1
1	7.6 (5.6-11)	6.5 (4.6-8.8)	5.8 (4.1-7.7)	5.0 (3.5-6.7)	4.4 (3.0-5.8)	3.8 (2.6-5.0)	3.3 (2.2-4.3)
2	12 (7.4-18)	10 (5.9-15)	8.9 (5.1-14)	7.7 (4.3-12)	6.7 (3.7-11)	5.8 (3.2-9.5)	5.0 (2.8-8.3)
3	19 (11-28)	15 (8.7-25)	13 (7.2-23)	12 (6.1-20)	10 (5.2-17)	8.7 (4.5-15)	7.5 (3.8-13)
4	28 (18-39)	23 (15-34)	20 (12-30)	17 (10-26)	15 (8.8-23)	13 (7.5-20)	11 (6.4-18)
5	40 (29-48)	33 (24-41)	28 (21-36)	25 (18-32)	21 (15-28)	19 (13-24)	16 (12-21)
6	55	46	40	35	30	27	23

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.9	5.8	5.2	4.4	3.8	3.3	2.9
1	11 (8.2-14)	9.0 (6.6-12)	7.9 (5.7-10)	6.8 (4.8-8.8)	5.9 (4.1-7.6)	5.1 (3.5-6.5)	4.4 (3.0-5.7)
2	17 (11-24)	14 (8.6-20)	12 (7.2-18)	10 (6.1-16)	8.9 (5.2-14)	7.7 (4.4-12)	6.6 (3.8-11)
3	25 (17-35)	21 (13-31)	18 (10-29)	15 (8.7-25)	13 (7.4-22)	11 (6.3-19)	9.9 (5.3-17)
4	36 (25-48)	30 (20-42)	26 (17-38)	22 (15-33)	19 (12-29)	17 (10-26)	14 (8.8-22)
5	49 (39-58)	42 (32-51)	36 (28-45)	32 (24-40)	27 (21-35)	24 (18-31)	21 (15-27)
6	63	56	49	43	38	33	29

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	10	8.4	7.3	6.2	5.3	4.6	3.9
1	16 (12-19)	13 (9.6-16)	11 (8.1-14)	9.2 (6.9-12)	7.9 (5.8-10)	6.7 (4.9-8.6)	5.7 (4.2-7.4)
2	24 (16-33)	19 (13-26)	16 (10-22)	14 (8.8-19)	12 (7.4-16)	9.9 (6.2-14)	8.4 (5.3-12)
3	36 (25-48)	29 (19-40)	24 (15-34)	20 (13-30)	17 (11-25)	14 (9.0-22)	12 (7.6-19)
4	49 (38-62)	41 (31-55)	34 (25-47)	29 (21-41)	25 (18-35)	21 (15-30)	18 (12-26)
5	63 (57-72)	56 (49-65)	47 (40-57)	41 (34-50)	35 (29-43)	30 (25-38)	26 (21-32)
6	75	70	63	56	49	42	36

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	14	12	9.8	8.3	7.1	6.0	5.1
1	23 (17-32)	18 (13-24)	15 (11-18)	12 (9.3-15)	10 (7.8-13)	8.8 (6.6-11)	7.5 (5.5-9.2)
2	34 (23-48)	28 (18-38)	22 (14-30)	19 (12-25)	16 (10-21)	13 (8.4-17)	11 (7.1-15)
3	48 (33-64)	41 (27-55)	33 (21-46)	28 (18-39)	23 (15-33)	20 (12-28)	16 (10-24)
4	62 (47-74)	56 (40-70)	47 (33-61)	40 (28-54)	34 (24-47)	29 (20-40)	24 (16-34)
5	73 (62-80)	70 (57-78)	63 (51-72)	56 (44-65)	49 (38-58)	42 (33-50)	35 (28-44)
6	81	80	77	71	64	57	50

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	17	14	12	9.7	8.2	6.9	5.8
1	26 (19-37)	21 (16-29)	17 (13-22)	14 (11-18)	12 (9.0-15)	10 (7.5-12)	8.5 (6.3-9.9)
2	38 (26-52)	31 (21-43)	26 (17-35)	21 (14-29)	18 (12-24)	15 (9.8-20)	12 (8.1-16)
3	51 (37-65)	44 (31-59)	37 (25-49)	31 (21-42)	26 (17-36)	22 (14-30)	18 (12-25)
4	64 (49-74)	59 (44-71)	51 (38-64)	44 (32-57)	38 (27-49)	32 (23-43)	27 (19-36)
5	74 (62-80)	71 (58-78)	66 (53-74)	59 (46-67)	51 (40-60)	44 (34-53)	38 (29-46)
6	81	80	78	72	66	59	51

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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 Mexico.

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	17	14	12	10	8.6	7.2	6.1
1	26 (19-38)	22 (16-31)	18 (14-24)	15 (11-20)	13 (9.4-16)	11 (7.8-13)	8.8 (6.5-11)
2	37 (26-52)	32 (22-44)	27 (18-37)	23 (15-31)	19 (12-25)	16 (10-21)	13 (8.4-17)
3	50 (35-64)	45 (31-58)	39 (27-51)	33 (22-44)	27 (18-37)	23 (15-31)	19 (12-26)
4	62 (47-73)	58 (43-69)	52 (39-65)	45 (33-58)	39 (28-51)	33 (23-44)	27 (19-37)
5	72 (59-78)	69 (56-77)	66 (53-74)	59 (46-68)	52 (40-61)	45 (34-54)	38 (28-47)
6	78	78	76	71	65	58	51

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	16	14	13	10	8.6	7.2	6.0
1	25 (18-37)	22 (16-31)	19 (14-25)	15 (11-20)	13 (9.3-17)	11 (7.7-14)	8.8 (6.3-11)
2	36 (25-51)	32 (21-44)	27 (18-37)	23 (15-31)	19 (12-25)	16 (10-21)	13 (8.2-17)
3	48 (33-62)	43 (30-57)	39 (27-51)	33 (22-44)	27 (18-37)	23 (15-31)	19 (12-26)
4	59 (44-70)	56 (41-67)	51 (38-64)	45 (32-57)	38 (27-50)	32 (22-43)	27 (18-36)
5	69 (56-75)	67 (54-74)	64 (51-72)	57 (44-66)	51 (38-60)	44 (32-53)	37 (27-46)
6	75	76	74	69	63	56	49