

Portugal - 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 Portugal. 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	0.4	0.2	0.1	0.1	0.1	0.1	0.0
1	0.9 (0.6-1.7)	0.5 (0.3-0.9)	0.2 (0.2-0.5)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)
2	1.7 (0.8-3.6)	0.9 (0.5-1.9)	0.5 (0.2-1.0)	0.4 (0.2-0.8)	0.3 (0.1-0.6)	0.2 (0.1-0.5)	0.2 (0.1-0.4)
3	3.2 (1.3-6.2)	1.7 (0.7-3.4)	0.9 (0.4-1.8)	0.7 (0.3-1.4)	0.6 (0.2-1.1)	0.4 (0.2-0.9)	0.3 (0.1-0.7)
4	5.8 (2.3-9.4)	3.2 (1.2-5.2)	1.7 (0.7-2.8)	1.3 (0.5-2.2)	1.0 (0.4-1.7)	0.8 (0.3-1.3)	0.6 (0.2-1.0)
5	10 (4.8-14)	5.7 (2.6-7.7)	3.1 (1.4-4.2)	2.4 (1.1-3.3)	1.9 (0.9-2.6)	1.5 (0.7-2.0)	1.1 (0.5-1.5)
6	18	%10.0	5.5	4.3	3.3	2.6	2.0

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	0.8	0.4	0.2	0.2	0.1	0.1	0.1
1	1.5 (1.0-2.6)	0.8 (0.6-1.4)	0.4 (0.3-0.8)	0.3 (0.2-0.6)	0.3 (0.2-0.5)	0.2 (0.1-0.4)	0.2 (0.1-0.3)
2	2.8 (1.5-5.5)	1.5 (0.8-3.0)	0.8 (0.4-1.6)	0.6 (0.3-1.3)	0.5 (0.3-1.0)	0.4 (0.2-0.8)	0.3 (0.2-0.6)
3	5.1 (2.3-9.6)	2.8 (1.3-5.3)	1.5 (0.7-2.9)	1.2 (0.5-2.2)	0.9 (0.4-1.7)	0.7 (0.3-1.4)	0.6 (0.3-1.1)
4	9.1 (4.1-14)	5.0 (2.2-8.0)	2.7 (1.2-4.4)	2.1 (0.9-3.4)	1.7 (0.7-2.7)	1.3 (0.6-2.1)	1.0 (0.4-1.6)
5	16 (8.5-21)	8.8 (4.7-12)	4.9 (2.6-6.5)	3.8 (2.0-5.1)	3.0 (1.6-4.0)	2.3 (1.2-3.1)	1.8 (0.9-2.4)
6	26	15	8.5	6.6	5.2	4.0	3.2

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.5	0.8	0.5	0.4	0.3	0.2	0.2
1	2.8 (2.0-4.4)	1.5 (1.1-2.4)	0.8 (0.6-1.3)	0.6 (0.5-1.0)	0.5 (0.4-0.8)	0.4 (0.3-0.6)	0.3 (0.2-0.5)
2	5.0 (3.0-9.0)	2.8 (1.6-5.0)	1.5 (0.9-2.8)	1.2 (0.7-2.2)	0.9 (0.5-1.7)	0.7 (0.4-1.3)	0.6 (0.3-1.0)
3	8.8 (4.5-15)	5.0 (2.5-8.8)	2.7 (1.4-4.9)	2.1 (1.1-3.8)	1.6 (0.8-3.0)	1.3 (0.6-2.3)	1.0 (0.5-1.8)
4	15 (7.8-22)	8.6 (4.3-13)	4.8 (2.4-7.3)	3.7 (1.9-5.7)	2.9 (1.4-4.5)	2.3 (1.1-3.5)	1.8 (0.9-2.7)
5	25 (16-31)	15 (9.0-19)	8.3 (5.0-11)	6.5 (3.9-8.5)	5.0 (3.0-6.6)	3.9 (2.4-5.2)	3.1 (1.8-4.0)
6	39	24	14	11	8.6	6.7	5.3

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.9	1.6	0.9	0.7	0.5	0.4	0.3
1	5.1 (3.8-7.1)	2.9 (2.1-4.0)	1.6 (1.2-2.2)	1.2 (0.9-1.7)	1.0 (0.7-1.3)	0.7 (0.5-1.0)	0.6 (0.4-0.8)
2	8.7 (5.5-14)	5.0 (3.1-8.2)	2.8 (1.7-4.6)	2.2 (1.4-3.6)	1.7 (1.0-2.8)	1.3 (0.8-2.2)	1.0 (0.6-1.7)
3	15 (8.3-23)	8.5 (4.8-14)	4.8 (2.6-8.0)	3.7 (2.1-6.3)	2.9 (1.6-4.9)	2.3 (1.2-3.8)	1.8 (1.0-3.0)
4	23 (14-33)	14 (8.2-21)	8.2 (4.6-12)	6.4 (3.6-9.4)	5.0 (2.8-7.4)	3.9 (2.2-5.8)	3.0 (1.7-4.5)
5	36 (26-43)	23 (16-28)	14 (9.5-17)	11 (7.4-14)	8.4 (5.8-11)	6.6 (4.5-8.4)	5.1 (3.5-6.6)
6	52	35	22	17	14	11	8.5

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.4	3.1	1.8	1.4	1.1	0.8	0.6
1	9.6 (7.6-11)	5.7 (4.5-6.6)	3.3 (2.6-3.8)	2.5 (2.0-2.9)	2.0 (1.6-2.3)	1.5 (1.2-1.8)	1.2 (0.9-1.4)
2	17 (11-22)	10 (6.8-14)	5.9 (4.0-7.9)	4.6 (3.1-6.2)	3.6 (2.4-4.8)	2.8 (1.8-3.7)	2.2 (1.4-2.9)
3	27 (19-38)	18 (12-25)	11 (6.9-16)	8.3 (5.4-12)	6.5 (4.2-9.6)	5.0 (3.2-7.5)	3.9 (2.5-5.9)
4	42 (32-54)	29 (22-40)	18 (14-26)	15 (11-21)	11 (8.3-16)	9.0 (6.5-13)	7.0 (5.0-10)
5	59 (53-67)	45 (40-53)	30 (26-36)	25 (21-30)	20 (17-24)	16 (13-19)	12 (10-15)
6	73	63	47	39	32	26	21

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	9.5	6.0	3.5	2.7	2.1	1.6	1.3
1	17 (13-29)	11 (8.2-19)	7.0 (5.1-12)	5.4 (3.9-9.3)	4.2 (3.0-7.2)	3.2 (2.3-5.6)	2.5 (1.8-4.4)
2	29 (18-44)	20 (12-33)	13 (7.6-22)	10 (5.9-17)	8.0 (4.6-14)	6.2 (3.5-11)	4.8 (2.7-8.4)
3	44 (29-61)	34 (20-49)	23 (13-36)	18 (10-29)	15 (7.9-23)	11 (6.2-19)	9.0 (4.8-15)
4	59 (42-72)	50 (33-65)	38 (22-53)	31 (18-44)	25 (14-37)	20 (11-30)	16 (8.5-24)
5	72 (58-79)	67 (49-75)	56 (38-66)	48 (31-58)	40 (25-49)	33 (20-41)	27 (16-34)
6	80	78	73	66	58	50	42

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	14	%10.0	6.3	4.9	3.8	2.9	2.2
1	24 (18-39)	18 (13-30)	12 (8.7-20)	9.2 (6.7-16)	7.1 (5.2-13)	5.5 (4.0-9.8)	4.3 (3.1-7.6)
2	36 (25-54)	29 (19-44)	20 (13-34)	16 (10-27)	13 (7.8-22)	10 (6.0-17)	7.8 (4.6-14)
3	50 (35-65)	43 (27-59)	33 (19-49)	27 (15-42)	22 (12-34)	17 (9.2-28)	14 (7.1-22)
4	62 (45-73)	57 (39-69)	48 (31-62)	41 (25-54)	34 (20-46)	28 (16-39)	22 (12-32)
5	72 (58-78)	69 (54-76)	64 (46-72)	57 (38-66)	49 (32-58)	42 (25-50)	35 (20-43)
6	79	78	76	70	64	57	49

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	17	13	8.6	6.7	5.1	3.9	3.0
1	27 (20-43)	22 (16-35)	15 (11-26)	12 (8.8-21)	9.4 (6.8-17)	7.3 (5.2-13)	5.6 (4.0-10)
2	40 (28-57)	33 (23-50)	26 (17-40)	21 (13-33)	16 (10-27)	13 (7.8-21)	%10.0 (6.0-17)
3	52 (38-67)	47 (32-62)	39 (24-56)	32 (19-48)	26 (15-40)	21 (12-33)	17 (9.1-27)
4	64 (48-75)	60 (43-72)	54 (36-67)	47 (30-60)	39 (24-52)	33 (19-44)	27 (15-37)
5	73 (61-78)	71 (57-78)	67 (51-75)	61 (43-70)	54 (36-63)	47 (30-56)	39 (24-48)
6	78	79	77	73	67	60	53

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	15	12	8.8	6.7	5.2	3.9	3.0
1	25 (18-40)	20 (15-33)	15 (11-26)	12 (8.5-21)	9.3 (6.5-16)	7.2 (5.0-13)	5.5 (3.8-9.9)
2	36 (25-54)	31 (21-48)	25 (16-40)	20 (13-33)	16 (9.7-26)	12 (7.4-21)	9.6 (5.7-17)
3	49 (34-64)	44 (29-59)	37 (23-53)	31 (18-45)	25 (14-38)	20 (11-31)	16 (8.6-25)
4	60 (44-71)	57 (39-68)	51 (34-64)	44 (27-57)	37 (22-49)	31 (17-42)	25 (13-35)
5	69 (57-74)	67 (53-74)	64 (48-72)	58 (40-66)	51 (33-60)	43 (27-52)	36 (22-45)
6	72	75	74	69	63	57	50