## South Africa (Coloured) - The probabilities of a major osteoporotic fracture in men

The following tables give the 10-year probability (%) of a major osteoporotic fracture (hip, clinical spine, forearm or proximal humerus fracture) according to the T-score for femoral neck BMD, the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of South Africa (Coloured). The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.
Note that the BMI is set at 24 kg/m²

**Age = 50 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 11 | 6.6 | 4.2 | 2.9 | 2.1 | 1.6 | 1.3 | 1.1 | 1.0 | 1.0 | 0.9 |
| 1 | 16 (13-21) | 10 (8.8-13) | 6.5 (5.7-8.4) | 4.4 (3.6-5.7) | 3.2 (2.4-4.1) | 2.5 (1.8-3.1) | 2.0 (1.4-2.6) | 1.7 (1.1-2.3) | 1.5 (1.0-2.1) | 1.4 (0.9-2.0) | 1.4 (0.9-1.9) |
| 2 | 24 (18-33) | 15 (11-21) | 9.7 (7.5-14) | 6.6 (4.9-9.3) | 4.8 (3.3-7.0) | 3.7 (2.3-5.7) | 3.0 (1.7-4.9) | 2.5 (1.4-4.3) | 2.2 (1.2-3.9) | 2.1 (1.1-3.8) | 2.0 (1.0-3.6) |
| 3 | 34 (24-44) | 22 (15-29) | 14 (10-19) | 9.7 (6.8-14) | 7.0 (4.4-11) | 5.3 (3.1-9.0) | 4.3 (2.3-7.7) | 3.6 (1.8-6.7) | 3.2 (1.5-6.1) | 3.1 (1.4-5.9) | 2.9 (1.3-5.7) |
| 4 | 45 (33-56) | 31 (21-39) | 21 (14-25) | 14 (9.2-18) | 10 (6.6-14) | 7.7 (5.0-12) | 6.2 (3.7-9.9) | 5.2 (2.9-8.6) | 4.6 (2.4-7.8) | 4.3 (2.2-7.5) | 4.1 (2.1-7.3) |
| 5 | 57 (47-66) | 41 (32-49) | 29 (22-33) | 20 (15-23) | 14 (11-18) | 11 (8.0-14) | 8.6 (6.4-12) | 7.2 (5.3-10) | 6.4 (4.6-9.3) | 6.0 (4.2-8.8) | 5.8 (3.9-8.5) |
| 6 | 69 | 53 | 38 | 27 | 20 | 15 | 12 | 9.9 | 8.8 | 8.2 | 7.9 |

**Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from South Africa (Coloured).**

**Age = 55 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 12 | 7.9 | 5.2 | 3.7 | 2.7 | 2.1 | 1.7 | 1.5 | 1.3 | 1.2 | 1.2 |
| 1 | 18 (15-22) | 12 (11-14) | 7.8 (6.8-9.7) | 5.5 (4.5-6.8) | 4.1 (3.1-5.0) | 3.2 (2.3-4.0) | 2.6 (1.8-3.4) | 2.2 (1.4-2.9) | 1.9 (1.3-2.7) | 1.8 (1.2-2.6) | 1.7 (1.1-2.4) |
| 2 | 26 (20-34) | 17 (13-23) | 11 (9.1-16) | 8.1 (6.0-11) | 6.0 (4.1-8.6) | 4.6 (2.9-7.1) | 3.7 (2.2-6.1) | 3.1 (1.8-5.3) | 2.8 (1.5-4.9) | 2.6 (1.4-4.6) | 2.5 (1.3-4.4) |
| 3 | 35 (26-44) | 24 (18-31) | 16 (12-22) | 12 (8.3-17) | 8.6 (5.6-13) | 6.7 (3.9-11) | 5.4 (2.9-9.3) | 4.5 (2.3-8.1) | 4.1 (2.0-7.5) | 3.8 (1.8-7.1) | 3.6 (1.7-6.8) |
| 4 | 46 (35-54) | 33 (24-39) | 23 (16-28) | 16 (11-21) | 12 (8.4-17) | 9.4 (6.3-14) | 7.6 (4.7-12) | 6.3 (3.6-10) | 5.7 (3.1-9.6) | 5.3 (2.8-9.1) | 5.0 (2.6-8.7) |
| 5 | 57 (48-63) | 43 (35-48) | 31 (25-35) | 22 (18-27) | 17 (13-21) | 13 (9.9-17) | 10 (8.0-14) | 8.7 (6.6-12) | 7.8 (5.6-11) | 7.3 (5.0-11) | 6.9 (4.7-10) |
| 6 | 67 | 53 | 40 | 30 | 23 | 18 | 14 | 12 | 11 | 9.9 | 9.3 |

**Age = 60 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 12 | 8.4 | 5.9 | 4.3 | 3.2 | 2.5 | 2.0 | 1.7 | 1.5 | 1.4 | 1.3 |
| 1 | 18 (16-21) | 12 (11-14) | 8.6 (7.3-10) | 6.2 (5.0-7.5) | 4.7 (3.6-5.6) | 3.7 (2.7-4.6) | 3.0 (2.1-3.9) | 2.5 (1.7-3.4) | 2.3 (1.5-3.1) | 2.1 (1.3-2.9) | 1.9 (1.2-2.8) |
| 2 | 24 (19-31) | 17 (14-22) | 12 (9.9-16) | 9.0 (6.8-12) | 6.8 (4.8-9.6) | 5.3 (3.5-8.0) | 4.3 (2.6-6.8) | 3.6 (2.1-5.9) | 3.2 (1.8-5.4) | 3.0 (1.6-5.1) | 2.8 (1.5-4.8) |
| 3 | 33 (26-40) | 24 (18-29) | 17 (13-22) | 13 (9.3-18) | 9.6 (6.5-15) | 7.5 (4.7-12) | 6.1 (3.5-10) | 5.1 (2.7-8.9) | 4.6 (2.4-8.3) | 4.2 (2.1-7.8) | 4.0 (1.9-7.3) |
| 4 | 42 (34-50) | 32 (24-37) | 23 (17-29) | 17 (13-23) | 13 (9.6-19) | 10 (7.3-16) | 8.5 (5.5-13) | 7.0 (4.2-11) | 6.4 (3.6-11) | 5.9 (3.2-9.9) | 5.5 (2.9-9.4) |
| 5 | 52 (45-57) | 41 (34-45) | 31 (25-36) | 23 (19-28) | 18 (14-23) | 14 (11-19) | 12 (9.0-16) | 9.6 (7.4-14) | 8.7 (6.3-12) | 8.0 (5.6-12) | 7.5 (5.1-11) |
| 6 | 61 | 50 | 39 | 31 | 24 | 19 | 15 | 13 | 12 | 11 | 10.0 |

**Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from South Africa (Coloured).**

Age = 65 years

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 11 | 8.2 | 5.9 | 4.4 | 3.3 | 2.6 | 2.1 | 1.8 | 1.6 | 1.4 | 1.3 |
| 1 | 16 (15-18) | 12 (10-13) | 8.5 (7.2-9.7) | 6.3 (5.1-7.3) | 4.8 (3.7-5.7) | 3.8 (2.8-4.7) | 3.0 (2.2-3.9) | 2.6 (1.8-3.4) | 2.3 (1.5-3.1) | 2.1 (1.3-2.9) | 1.9 (1.2-2.7) |
| 2 | 22 (18-27) | 16 (13-20) | 12 (9.7-15) | 8.9 (6.9-12) | 6.9 (5.0-9.4) | 5.4 (3.7-7.8) | 4.3 (2.8-6.6) | 3.6 (2.2-5.7) | 3.2 (1.9-5.3) | 2.9 (1.6-4.9) | 2.7 (1.5-4.6) |
| 3 | 29 (23-35) | 22 (17-26) | 16 (13-21) | 12 (9.5-17) | 9.6 (6.8-14) | 7.5 (5.0-12) | 6.1 (3.8-9.8) | 5.1 (3.0-8.5) | 4.5 (2.5-7.9) | 4.1 (2.2-7.3) | 3.8 (1.9-6.8) |
| 4 | 37 (31-44) | 29 (23-34) | 22 (17-27) | 17 (13-22) | 13 (9.8-18) | 10 (7.6-15) | 8.3 (5.7-13) | 7.0 (4.5-11) | 6.2 (3.8-10) | 5.7 (3.2-9.4) | 5.2 (2.9-8.8) |
| 5 | 46 (41-50) | 37 (32-41) | 29 (24-33) | 22 (19-27) | 17 (14-22) | 14 (11-18) | 11 (9.1-15) | 9.4 (7.4-13) | 8.4 (6.3-12) | 7.6 (5.5-11) | 7.0 (4.8-10) |
| 6 | 54 | 45 | 36 | 29 | 23 | 18 | 15 | 12 | 11 | 10 | 9.2 |

Age = 70 years

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 10 | 7.5 | 5.6 | 4.3 | 3.3 | 2.6 | 2.1 | 1.8 | 1.6 | 1.4 | 1.3 |
| 1 | 15 (12-18) | 11 (9.0-14) | 8.2 (6.6-10) | 6.2 (4.9-7.7) | 4.8 (3.6-5.9) | 3.7 (2.8-4.6) | 3.0 (2.2-3.6) | 2.5 (1.8-3.0) | 2.2 (1.5-2.6) | 1.9 (1.3-2.3) | 1.8 (1.2-2.1) |
| 2 | 21 (17-27) | 16 (12-20) | 12 (8.9-16) | 8.9 (6.6-12) | 6.8 (4.9-9.2) | 5.3 (3.7-7.3) | 4.2 (2.8-5.8) | 3.5 (2.3-4.9) | 3.0 (1.9-4.2) | 2.7 (1.7-3.8) | 2.4 (1.5-3.4) |
| 3 | 29 (23-36) | 22 (17-29) | 17 (12-22) | 13 (9.1-17) | 9.7 (6.7-14) | 7.5 (5.0-11) | 5.8 (3.8-8.6) | 4.8 (3.1-7.2) | 4.1 (2.6-6.3) | 3.6 (2.2-5.6) | 3.2 (1.9-5.0) |
| 4 | 39 (31-46) | 30 (23-37) | 23 (18-29) | 18 (13-23) | 14 (9.9-18) | 10 (7.4-14) | 8.1 (5.7-11) | 6.6 (4.5-9.4) | 5.6 (3.8-8.2) | 4.8 (3.2-7.3) | 4.3 (2.8-6.5) |
| 5 | 49 (41-54) | 40 (33-45) | 32 (25-37) | 25 (20-29) | 19 (15-23) | 15 (11-18) | 11 (8.8-14) | 9.1 (7.1-12) | 7.6 (6.0-10) | 6.5 (5.2-8.9) | 5.7 (4.5-7.9) |
| 6 | 59 | 50 | 41 | 33 | 26 | 20 | 15 | 12 | 10 | 8.7 | 7.5 |

**Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from South Africa (Coloured).**

**Age = 75 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 9.3 | 7.2 | 5.6 | 4.4 | 3.5 | 2.8 | 2.3 | 2.0 | 1.7 | 1.5 | 1.4 |
| 1 | 15 (11-25) | 11 (8.2-19) | 8.7 (6.3-15) | 6.8 (4.8-11) | 5.3 (3.7-8.4) | 4.2 (2.9-6.3) | 3.3 (2.3-4.8) | 2.8 (1.9-3.8) | 2.4 (1.7-3.1) | 2.1 (1.4-2.6) | 1.8 (1.3-2.2) |
| 2 | 22 (14-34) | 17 (11-27) | 13 (8.5-21) | 10 (6.5-16) | 8.0 (5.0-12) | 6.2 (3.9-9.4) | 4.8 (3.1-7.2) | 4.0 (2.5-5.8) | 3.4 (2.1-4.7) | 2.9 (1.8-3.9) | 2.5 (1.6-3.3) |
| 3 | 31 (20-43) | 25 (15-35) | 20 (12-28) | 15 (8.9-22) | 12 (6.8-17) | 9.2 (5.3-13) | 7.1 (4.1-10) | 5.8 (3.4-8.5) | 4.8 (2.8-7.0) | 4.0 (2.4-5.8) | 3.4 (2.1-4.9) |
| 4 | 42 (26-52) | 35 (21-44) | 28 (16-37) | 22 (13-30) | 18 (9.7-23) | 14 (7.6-18) | 10 (5.9-14) | 8.4 (4.9-11) | 6.8 (4.1-9.3) | 5.6 (3.5-7.7) | 4.7 (3.0-6.5) |
| 5 | 53 (34-60) | 46 (28-53) | 38 (22-45) | 31 (18-37) | 25 (14-30) | 20 (11-24) | 15 (8.7-19) | 12 (7.3-15) | 9.8 (6.2-12) | 8.0 (5.3-10) | 6.5 (4.6-8.4) |
| 6 | 64 | 57 | 50 | 42 | 34 | 28 | 22 | 17 | 14 | 11 | 9.2 |

**Age = 80 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 8.9 | 7.1 | 5.7 | 4.6 | 3.7 | 3.0 | 2.5 | 2.2 | 1.9 | 1.7 | 1.5 |
| 1 | 14 (10-24) | 11 (7.9-19) | 8.8 (6.3-15) | 7.0 (5.0-12) | 5.6 (4.0-9.1) | 4.5 (3.2-7.1) | 3.7 (2.6-5.6) | 3.1 (2.2-4.6) | 2.7 (1.9-3.7) | 2.3 (1.6-3.1) | 2.0 (1.4-2.6) |
| 2 | 20 (13-32) | 16 (11-26) | 13 (8.5-21) | 11 (6.7-17) | 8.4 (5.3-13) | 6.7 (4.3-10) | 5.4 (3.4-8.3) | 4.5 (2.9-6.8) | 3.8 (2.4-5.6) | 3.2 (2.1-4.6) | 2.8 (1.8-3.9) |
| 3 | 29 (18-40) | 24 (14-34) | 19 (11-28) | 16 (9.2-23) | 12 (7.3-18) | 9.9 (5.8-14) | 7.9 (4.6-11) | 6.6 (3.9-9.4) | 5.5 (3.3-7.8) | 4.6 (2.8-6.5) | 3.9 (2.4-5.5) |
| 4 | 38 (23-48) | 32 (19-42) | 27 (15-35) | 22 (12-29) | 18 (10.0-24) | 14 (8.0-19) | 12 (6.5-15) | 9.5 (5.5-13) | 7.9 (4.6-10) | 6.5 (4.0-8.7) | 5.5 (3.4-7.4) |
| 5 | 49 (30-55) | 42 (25-49) | 36 (21-42) | 30 (17-36) | 25 (14-30) | 20 (11-25) | 17 (9.1-20) | 14 (7.7-17) | 11 (6.6-14) | 9.3 (5.6-12) | 7.7 (4.9-9.7) |
| 6 | 59 | 53 | 47 | 40 | 34 | 28 | 23 | 19 | 16 | 13 | 11 |

**Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from South Africa (Coloured).**

**Age = 85 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 8.7 | 7.2 | 5.9 | 4.8 | 4.0 | 3.3 | 2.8 | 2.4 | 2.1 | 1.8 | 1.6 |
| 1 | 13 (9.5-23) | 11 (7.8-19) | 9.0 (6.4-16) | 7.4 (5.2-13) | 6.1 (4.2-10) | 4.9 (3.4-8.2) | 4.1 (2.9-6.7) | 3.5 (2.5-5.6) | 3.1 (2.1-4.7) | 2.6 (1.8-3.9) | 2.3 (1.6-3.3) |
| 2 | 19 (13-31) | 16 (10-26) | 13 (8.6-21) | 11 (7.0-18) | 9.1 (5.7-14) | 7.4 (4.7-12) | 6.2 (3.9-9.8) | 5.3 (3.3-8.2) | 4.5 (2.8-6.9) | 3.8 (2.4-5.8) | 3.3 (2.1-4.9) |
| 3 | 27 (17-38) | 23 (14-33) | 19 (12-28) | 16 (9.6-24) | 13 (7.9-20) | 11 (6.4-16) | 9.2 (5.3-14) | 7.8 (4.5-11) | 6.6 (3.8-9.6) | 5.6 (3.3-8.1) | 4.8 (2.8-6.8) |
| 4 | 36 (22-46) | 32 (18-41) | 27 (15-36) | 23 (13-30) | 19 (11-26) | 16 (8.8-22) | 13 (7.3-18) | 11 (6.3-15) | 9.6 (5.4-13) | 8.2 (4.6-11) | 6.9 (4.0-9.2) |
| 5 | 46 (28-53) | 41 (24-48) | 36 (20-42) | 31 (17-37) | 27 (14-32) | 23 (12-27) | 19 (10-23) | 16 (8.7-20) | 14 (7.5-17) | 12 (6.5-15) | 10.0 (5.6-12) |
| 6 | 57 | 51 | 46 | 41 | 36 | 31 | 26 | 23 | 20 | 17 | 14 |

**Age = 90 years**

| Number of CRFs | BMD T-score (femoral neck) | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | -4.0 | -3.5 | -3.0 | -2.5 | -2.0 | -1.5 | -1.0 | -0.5 | 0 | 0.5 | 1.0 |
| 0 | 8.5 | 7.1 | 6.0 | 5.0 | 4.2 | 3.5 | 3.0 | 2.6 | 2.3 | 2.0 | 1.8 |
| 1 | 13 (9.3-23) | 11 (7.8-19) | 9.3 (6.5-16) | 7.8 (5.5-14) | 6.5 (4.6-11) | 5.4 (3.8-9.6) | 4.7 (3.3-8.2) | 4.1 (2.8-7.0) | 3.5 (2.5-6.0) | 3.1 (2.1-5.1) | 2.7 (1.9-4.4) |
| 2 | 19 (12-30) | 16 (10-26) | 14 (8.8-22) | 12 (7.4-19) | 9.9 (6.2-16) | 8.3 (5.2-14) | 7.2 (4.5-12) | 6.2 (3.9-10) | 5.4 (3.4-8.7) | 4.7 (2.9-7.5) | 4.1 (2.5-6.5) |
| 3 | 27 (16-38) | 23 (14-33) | 20 (12-29) | 17 (10-26) | 15 (8.4-22) | 12 (7.1-19) | 11 (6.1-16) | 9.4 (5.4-14) | 8.2 (4.6-12) | 7.1 (4.0-11) | 6.1 (3.5-9.2) |
| 4 | 36 (21-46) | 32 (18-41) | 28 (16-37) | 24 (13-32) | 21 (11-28) | 18 (9.7-25) | 16 (8.4-21) | 14 (7.3-19) | 12 (6.4-16) | 11 (5.5-14) | 9.1 (4.8-12) |
| 5 | 46 (28-52) | 41 (24-48) | 37 (21-44) | 33 (18-39) | 29 (16-35) | 25 (13-30) | 22 (12-27) | 20 (10-24) | 17 (8.9-21) | 15 (7.8-19) | 13 (6.8-16) |
| 6 | 56 | 52 | 47 | 43 | 39 | 34 | 31 | 28 | 25 | 22 | 19 |