

Zimbabwe - 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 Zimbabwe. 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	0.8 (0.5-1.5)	0.4 (0.3-0.9)	0.2 (0.2-0.5)	0.2 (0.1-0.4)	0.1 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)
2	1.5 (0.8-3.2)	0.8 (0.4-1.8)	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	2.8 (1.2-5.5)	1.6 (0.6-3.2)	0.9 (0.4-1.8)	0.7 (0.3-1.4)	0.5 (0.2-1.1)	0.4 (0.2-0.8)	0.3 (0.1-0.6)
4	5.1 (2.0-8.3)	2.9 (1.1-4.8)	1.6 (0.6-2.7)	1.3 (0.5-2.1)	1.0 (0.4-1.6)	0.8 (0.3-1.2)	0.6 (0.2-1.0)
5	8.9 (4.1-12)	5.2 (2.4-6.9)	2.9 (1.3-3.9)	2.3 (1.0-3.1)	1.8 (0.8-2.4)	1.4 (0.6-1.8)	1.1 (0.5-1.4)
6	15	9.0	5.1	4.0	3.1	2.4	1.9

Age = 55 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	0.7	0.4	0.2	0.2	0.1	0.1	0.1
1	1.3 (0.9-2.3)	0.7 (0.5-1.3)	0.4 (0.3-0.7)	0.3 (0.2-0.6)	0.2 (0.2-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.3)
2	2.4 (1.3-4.6)	1.4 (0.7-2.7)	0.8 (0.4-1.5)	0.6 (0.3-1.2)	0.5 (0.2-0.9)	0.4 (0.2-0.7)	0.3 (0.2-0.5)
3	4.3 (2.0-8.0)	2.5 (1.1-4.7)	1.4 (0.6-2.6)	1.1 (0.5-2.0)	0.8 (0.4-1.6)	0.6 (0.3-1.2)	0.5 (0.2-1.0)
4	7.6 (3.5-12)	4.4 (2.0-7.0)	2.5 (1.1-4.0)	1.9 (0.9-3.1)	1.5 (0.7-2.4)	1.2 (0.5-1.9)	0.9 (0.4-1.5)
5	13 (6.8-17)	7.7 (4.0-10)	4.4 (2.3-5.8)	3.4 (1.8-4.5)	2.7 (1.4-3.5)	2.1 (1.1-2.7)	1.6 (0.8-2.1)
6	21	13	7.6	5.9	4.6	3.6	2.8

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

Age = 60 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	1.1	0.6	0.3	0.3	0.2	0.2	0.1
1	1.9 (1.4-3.1)	1.1 (0.8-1.8)	0.6 (0.5-1.0)	0.5 (0.4-0.8)	0.4 (0.3-0.6)	0.3 (0.2-0.5)	0.2 (0.2-0.4)
2	3.4 (2.0-6.0)	2.0 (1.2-3.6)	1.1 (0.7-2.1)	0.9 (0.5-1.6)	0.7 (0.4-1.2)	0.5 (0.3-1.0)	0.4 (0.2-0.7)
3	5.9 (3.0-10)	3.5 (1.8-6.3)	2.0 (1.0-3.6)	1.6 (0.8-2.8)	1.2 (0.6-2.2)	0.9 (0.5-1.7)	0.7 (0.4-1.3)
4	10 (5.3-15)	6.1 (3.1-9.4)	3.5 (1.8-5.5)	2.8 (1.4-4.3)	2.1 (1.1-3.3)	1.6 (0.8-2.6)	1.3 (0.6-2.0)
5	16 (10.0-20)	10 (6.2-13)	6.1 (3.6-7.9)	4.7 (2.8-6.1)	3.7 (2.2-4.8)	2.8 (1.7-3.7)	2.2 (1.3-2.9)
6	26	17	10	8.0	6.2	4.8	3.7

Age = 65 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	1.6	0.9	0.5	0.4	0.3	0.2	0.2
1	2.7 (2.0-3.8)	1.6 (1.2-2.3)	0.9 (0.7-1.3)	0.7 (0.5-1.0)	0.6 (0.4-0.8)	0.4 (0.3-0.6)	0.3 (0.3-0.5)
2	4.5 (2.8-7.1)	2.8 (1.7-4.5)	1.6 (1.0-2.7)	1.2 (0.8-2.1)	1.0 (0.6-1.6)	0.7 (0.5-1.2)	0.6 (0.4-0.9)
3	7.5 (4.3-12)	4.7 (2.6-7.8)	2.8 (1.5-4.7)	2.1 (1.2-3.6)	1.7 (0.9-2.8)	1.3 (0.7-2.2)	1.0 (0.5-1.7)
4	12 (7.4-18)	7.8 (4.6-12)	4.7 (2.7-7.0)	3.6 (2.1-5.5)	2.8 (1.6-4.2)	2.2 (1.2-3.3)	1.7 (1.0-2.5)
5	19 (13-23)	13 (8.7-16)	7.8 (5.4-9.9)	6.1 (4.1-7.7)	4.7 (3.2-6.0)	3.6 (2.5-4.6)	2.8 (1.9-3.6)
6	28	20	13	10.0	7.8	6.0	4.7

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

Age = 70 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.1	1.3	0.8	0.6	0.5	0.4	0.3
1	3.8 (2.9-4.5)	2.4 (1.9-2.8)	1.4 (1.1-1.7)	1.1 (0.9-1.3)	0.9 (0.7-1.0)	0.7 (0.5-0.8)	0.5 (0.4-0.6)
2	6.6 (4.3-9.3)	4.3 (2.8-5.9)	2.6 (1.7-3.6)	2.0 (1.3-2.8)	1.5 (1.0-2.1)	1.2 (0.8-1.6)	0.9 (0.6-1.3)
3	11 (7.3-16)	7.5 (4.9-11)	4.7 (3.0-6.9)	3.6 (2.3-5.4)	2.8 (1.8-4.1)	2.1 (1.4-3.2)	1.6 (1.1-2.5)
4	18 (12-26)	13 (8.8-18)	8.2 (5.8-12)	6.3 (4.4-9.3)	4.9 (3.4-7.2)	3.8 (2.6-5.6)	2.9 (2.0-4.3)
5	28 (24-35)	21 (17-26)	14 (12-17)	11 (9.2-14)	8.5 (7.1-11)	6.6 (5.5-8.4)	5.1 (4.2-6.5)
6	41	32	23	18	14	11	8.8

Age = 75 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.6	1.7	1.1	0.8	0.6	0.5	0.4
1	5.0 (3.4-8.8)	3.4 (2.3-6.0)	2.1 (1.5-3.8)	1.6 (1.2-2.9)	1.3 (0.9-2.2)	1.0 (0.7-1.7)	0.7 (0.5-1.3)
2	9.0 (5.1-15)	6.3 (3.5-11)	4.1 (2.3-7.0)	3.1 (1.8-5.4)	2.4 (1.3-4.1)	1.9 (1.0-3.2)	1.4 (0.8-2.4)
3	15 (8.1-25)	11 (6.1-18)	7.5 (4.0-12)	5.8 (3.1-9.6)	4.5 (2.4-7.4)	3.5 (1.8-5.7)	2.6 (1.4-4.4)
4	25 (14-36)	19 (10-28)	13 (7.2-20)	10 (5.5-16)	8.1 (4.3-13)	6.3 (3.3-9.8)	4.8 (2.5-7.6)
5	37 (23-46)	30 (18-39)	23 (13-29)	18 (9.9-23)	14 (7.6-18)	11 (5.8-14)	8.5 (4.5-11)
6	51	44	36	29	23	18	15

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

Age = 80 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.8	2.0	1.3	1.0	0.8	0.6	0.5
1	5.1 (3.4-9.3)	3.7 (2.6-6.8)	2.5 (1.8-4.6)	1.9 (1.4-3.5)	1.5 (1.0-2.7)	1.1 (0.8-2.1)	0.9 (0.6-1.6)
2	8.8 (5.2-15)	6.6 (3.9-12)	4.6 (2.7-8.0)	3.5 (2.1-6.2)	2.7 (1.6-4.7)	2.1 (1.2-3.6)	1.6 (0.9-2.7)
3	14 (7.8-23)	11 (5.9-18)	8.1 (4.2-14)	6.3 (3.2-11)	4.8 (2.4-8.1)	3.7 (1.8-6.2)	2.8 (1.4-4.8)
4	22 (12-31)	18 (9.4-26)	14 (7.1-20)	11 (5.4-16)	8.2 (4.1-12)	6.3 (3.1-9.5)	4.8 (2.4-7.3)
5	33 (19-41)	28 (16-35)	22 (12-28)	17 (9.2-22)	14 (7.1-18)	11 (5.4-14)	8.2 (4.1-11)
6	45	40	33	27	22	17	13

Age = 85 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.7	2.1	1.5	1.2	0.9	0.7	0.5
1	4.9 (3.2-9.0)	3.9 (2.6-7.1)	2.8 (1.9-5.2)	2.2 (1.5-4.0)	1.6 (1.1-3.0)	1.2 (0.8-2.3)	0.9 (0.6-1.7)
2	8.4 (4.8-15)	6.7 (3.9-12)	5.1 (2.9-9.0)	3.9 (2.2-6.9)	2.9 (1.7-5.3)	2.2 (1.3-4.0)	1.7 (1.0-3.0)
3	14 (7.2-22)	11 (5.9-18)	8.7 (4.5-14)	6.7 (3.4-11)	5.1 (2.6-8.4)	3.9 (2.0-6.4)	2.9 (1.5-4.9)
4	21 (11-30)	18 (8.9-25)	14 (7.1-21)	11 (5.4-16)	8.5 (4.1-13)	6.5 (3.1-9.7)	5.0 (2.3-7.5)
5	31 (18-39)	26 (15-34)	22 (12-29)	18 (9.2-23)	14 (7.1-18)	11 (5.4-14)	8.2 (4.1-11)
6	42	38	33	27	21	17	13

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

Age = 90 years

Number of CRFs	BMI kg/m ²						
	15	20	25	30	35	40	45
0	2.6	2.1	1.6	1.2	0.9	0.7	0.5
1	4.7 (3.1-8.7)	3.8 (2.5-7.0)	3.0 (2.0-5.5)	2.2 (1.5-4.2)	1.7 (1.1-3.2)	1.3 (0.8-2.4)	1.0 (0.6-1.8)
2	8.0 (4.5-14)	6.6 (3.7-12)	5.2 (3.0-9.4)	4.0 (2.3-7.2)	3.0 (1.7-5.5)	2.3 (1.3-4.1)	1.7 (1.0-3.1)
3	13 (6.8-21)	11 (5.6-17)	8.8 (4.6-14)	6.7 (3.4-11)	5.1 (2.6-8.3)	3.9 (1.9-6.3)	2.9 (1.5-4.8)
4	20 (10-28)	17 (8.5-24)	14 (6.9-20)	11 (5.3-16)	8.4 (4.0-12)	6.4 (3.0-9.6)	4.9 (2.2-7.3)
5	29 (17-37)	25 (14-33)	22 (12-28)	17 (9.0-23)	13 (6.8-18)	10 (5.2-14)	7.9 (3.9-11)
6	40	36	32	26	20	16	12