Zimbabwe - 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 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/m²						
	15	20	25	30	35	40	45
0	1.4	1.2	1.2	1.0	0.9	0.8	0.7
1	2.3 (1.5-3.5)	2.0 (1.3-2.9)	1.8 (1.2-2.6)	1.6 (1.1-2.2)	1.4 (0.9-1.9)	1.2 (0.8-1.7)	1.0 (0.7-1.4)
2	3.7 (2.0-6.2)	3.2 (1.7-5.3)	2.9 (1.5-4.9)	2.5 (1.3-4.3)	2.1 (1.1-3.7)	1.8 (1.0-3.2)	1.6 (0.8-2.8)
3	6.0 (3.0-10)	5.0 (2.4-8.8)	4.4 (2.1-8.0)	3.8 (1.8-6.9)	3.3 (1.6-6.0)	2.8 (1.3-5.2)	2.4 (1.2-4.5)
4	9.6 (5.1-15)	7.8 (4.2-12)	6.7 (3.6-11)	5.8 (3.0-9.5)	5.0 (2.6-8.2)	4.3 (2.2-7.1)	3.7 (1.9-6.2)
5	15 (8.7-19)	12 (7.3-16)	10 (6.5-14)	8.7 (5.6-12)	7.5 (4.9-10)	6.4 (4.2-8.7)	5.5 (3.6-7.6)
6	23	18	15	13	11	9.5	8.2

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

Age = 55 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	1.8	1.5	1.4	1.2	1.1	0.9	0.8
1	3.0 (2.1-4.5)	2.5 (1.7-3.6)	2.2 (1.5-3.1)	1.9 (1.3-2.7)	1.7 (1.1-2.3)	1.4 (1.0-2.0)	1.2 (0.8-1.7)
2	4.9 (2.8-7.9)	4.0 (2.2-6.4)	3.5 (1.9-5.8)	3.0 (1.6-5.0)	2.6 (1.4-4.4)	2.2 (1.2-3.8)	1.9 (1.0-3.3)
3	7.8 (4.3-13)	6.3 (3.3-11)	5.4 (2.7-9.5)	4.6 (2.3-8.2)	4.0 (2.0-7.1)	3.4 (1.7-6.1)	2.9 (1.4-5.3)
4	12 (6.9-18)	9.8 (5.7-15)	8.3 (4.7-13)	7.1 (4.0-11)	6.0 (3.3-9.8)	5.2 (2.8-8.4)	4.4 (2.4-7.3)
5	19 (12-24)	15 (9.5-19)	12 (8.2-16)	11 (7.0-14)	9.1 (6.0-12)	7.7 (5.2-10)	6.6 (4.4-8.9)
6	29	23	19	16	13	11	9.8

Age = 60 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	2.3	1.9	1.7	1.5	1.3	1.1	0.9
1	3.7 (2.7-5.4)	3.1 (2.2-4.3)	2.7 (1.9-3.6)	2.3 (1.6-3.1)	2.0 (1.4-2.7)	1.7 (1.2-2.3)	1.4 (1.0-1.9)
2	6.0 (3.7-9.3)	4.9 (2.9-7.4)	4.2 (2.4-6.7)	3.6 (2.0-5.8)	3.0 (1.7-5.0)	2.6 (1.4-4.3)	2.2 (1.2-3.7)
3	9.6 (5.8-14)	7.6 (4.4-12)	6.4 (3.5-11)	5.5 (2.9-9.3)	4.7 (2.5-8.0)	4.0 (2.1-6.9)	3.4 (1.8-5.9)
4	15 (8.9-21)	12 (7.1-18)	9.8 (6.0-15)	8.3 (5.0-13)	7.0 (4.2-11)	6.0 (3.5-9.6)	5.1 (2.9-8.2)
5	23 (15-28)	18 (12-23)	15 (10-19)	12 (8.5-16)	11 (7.2-14)	8.9 (6.2-12)	7.6 (5.2-10)
6	33	26	22	18	15	13	11

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

Age = 65 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	2.8	2.3	2.0	1.7	1.5	1.2	1.1
1	4.5 (3.3-6.2)	3.6 (2.7-4.9)	3.1 (2.2-4.1)	2.7 (1.9-3.5)	2.3 (1.6-3.0)	1.9 (1.3-2.5)	1.6 (1.1-2.1)
2	7.1 (4.7-10)	5.7 (3.6-8.3)	4.8 (2.9-7.4)	4.1 (2.4-6.3)	3.5 (2.0-5.5)	2.9 (1.7-4.7)	2.5 (1.4-4.0)
3	11 (7.1-16)	8.8 (5.6-13)	7.4 (4.3-12)	6.2 (3.6-10)	5.3 (3.0-8.7)	4.5 (2.5-7.4)	3.8 (2.1-6.4)
4	17 (11-23)	13 (8.7-19)	11 (7.3-17)	9.4 (6.1-14)	7.9 (5.0-12)	6.7 (4.2-10)	5.6 (3.5-8.9)
5	25 (18-30)	20 (14-25)	17 (12-21)	14 (10-18)	12 (8.4-15)	9.8 (7.1-13)	8.3 (6.0-11)
6	35	29	24	20	17	14	12

Age = 70 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	3.4	2.8	2.4	2.0	1.7	1.4	1.2
1	5.4 (4.0-6.8)	4.4 (3.2-5.5)	3.7 (2.7-4.7)	3.1 (2.2-3.9)	2.6 (1.9-3.3)	2.1 (1.6-2.8)	1.8 (1.3-2.4)
2	8.7 (5.6-12)	6.9 (4.4-9.7)	5.6 (3.5-7.9)	4.6 (2.9-6.6)	3.9 (2.4-5.5)	3.2 (2.0-4.6)	2.7 (1.7-3.9)
3	14 (9.0-20)	11 (7.0-16)	8.6 (5.4-13)	7.1 (4.4-11)	5.9 (3.6-9.0)	4.9 (3.0-7.5)	4.0 (2.5-6.2)
4	21 (14-30)	17 (12-24)	13 (9.1-19)	11 (7.4-16)	8.9 (6.0-13)	7.4 (4.9-11)	6.1 (4.0-9.1)
5	31 (26-39)	26 (21-32)	20 (16-26)	17 (13-21)	14 (11-18)	11 (8.8-15)	9.2 (7.1-12)
6	44	37	30	25	21	17	14

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

Age = 75 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	3.9	3.3	2.9	2.4	2.0	1.7	1.4
1	6.5 (4.5-10)	5.3 (3.8-7.5)	4.5 (3.2-5.7)	3.7 (2.7-4.6)	3.1 (2.2-3.7)	2.5 (1.8-3.1)	2.1 (1.5-2.6)
2	11 (6.4-17)	8.7 (5.2-13)	7.0 (4.3-10)	5.7 (3.5-8.2)	4.7 (2.9-6.7)	3.8 (2.4-5.4)	3.1 (2.0-4.4)
3	17 (9.6-27)	14 (8.2-21)	11 (6.6-17)	9.0 (5.4-14)	7.3 (4.4-11)	5.9 (3.6-8.9)	4.8 (2.9-7.2)
4	27 (15-38)	22 (13-32)	17 (11-25)	14 (8.6-21)	11 (7.0-17)	9.2 (5.6-14)	7.4 (4.5-11)
5	39 (25-48)	33 (22-42)	27 (18-34)	22 (15-28)	18 (12-23)	14 (10.0-19)	12 (8.1-15)
6	52	47	40	33	27	22	18

Age = 80 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.0	3.6	3.3	2.8	2.3	1.9	1.6
1	6.5 (4.4-10)	5.7 (4.0-8.4)	5.0 (3.6-6.6)	4.1 (2.9-5.3)	3.4 (2.4-4.3)	2.8 (2.0-3.4)	2.3 (1.6-2.8)
2	10 (6.3-17)	8.9 (5.5-13)	7.7 (4.8-11)	6.2 (3.9-8.6)	5.1 (3.2-6.9)	4.1 (2.6-5.6)	3.3 (2.1-4.6)
3	16 (9.1-24)	14 (8.1-20)	12 (7.3-17)	9.5 (5.9-13)	7.6 (4.7-11)	6.1 (3.8-8.7)	5.0 (3.0-7.0)
4	24 (14-33)	21 (13-29)	18 (11-25)	14 (9.0-20)	12 (7.2-16)	9.2 (5.8-13)	7.4 (4.6-11)
5	34 (21-43)	30 (19-38)	26 (17-33)	21 (14-27)	17 (12-22)	14 (9.3-18)	11 (7.6-15)
6	46	42	37	31	25	20	16

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

Age = 85 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	3.8	3.6	3.6	2.9	2.4	2.0	1.6
1	6.2 (4.1-10)	5.7 (3.8-8.6)	5.3 (3.7-7.3)	4.3 (3.0-5.8)	3.5 (2.4-4.6)	2.8 (2.0-3.7)	2.3 (1.6-2.9)
2	9.8 (5.8-16)	8.8 (5.3-14)	8.0 (5.0-12)	6.5 (4.0-9.2)	5.2 (3.2-7.4)	4.2 (2.6-6.0)	3.4 (2.1-4.8)
3	15 (8.3-23)	13 (7.5-20)	12 (7.1-18)	9.7 (5.6-14)	7.7 (4.5-11)	6.2 (3.6-9.2)	4.9 (2.9-7.4)
4	22 (13-31)	20 (12-28)	18 (11-25)	14 (8.8-20)	12 (7.0-16)	9.2 (5.5-13)	7.3 (4.4-11)
5	32 (20-40)	29 (18-36)	26 (17-33)	21 (14-27)	17 (11-22)	14 (8.8-18)	11 (7.1-14)
6	43	39	36	30	24	20	16

Age = 90 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	3.5	3.4	3.5	2.8	2.3	1.9	1.5
1	5.7 (3.8-9.5)	5.4 (3.6-8.3)	5.2 (3.5-7.4)	4.2 (2.8-5.8)	3.4 (2.3-4.6)	2.7 (1.8-3.6)	2.2 (1.5-2.8)
2	9.2 (5.3-15)	8.3 (4.9-13)	7.8 (4.8-12)	6.2 (3.8-9.2)	5.0 (3.0-7.3)	4.0 (2.4-5.8)	3.2 (1.9-4.6)
3	14 (7.6-22)	13 (7.0-20)	12 (6.6-18)	9.3 (5.2-14)	7.4 (4.1-11)	5.9 (3.3-9.0)	4.6 (2.6-7.2)
4	21 (12-30)	19 (11-27)	17 (10-24)	14 (8.2-20)	11 (6.4-16)	8.7 (5.1-13)	6.9 (4.0-10.0)
5	30 (18-38)	27 (17-35)	25 (16-32)	20 (13-26)	16 (10-21)	13 (8.1-17)	10 (6.5-14)
6	40	37	34	28	23	19	15