

**Malta - 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/m<sup>2</sup>), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Malta. 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	3.1	2.8	2.6	2.3	2.0	1.8	1.5
1	5.1 (3.5-7.6)	4.5 (3.1-6.4)	4.1 (2.8-5.7)	3.6 (2.4-5.0)	3.2 (2.1-4.3)	2.8 (1.9-3.8)	2.4 (1.6-3.3)
2	8.2 (4.5-13)	7.1 (3.8-12)	6.4 (3.4-11)	5.6 (3.0-9.6)	4.9 (2.6-8.4)	4.3 (2.2-7.4)	3.7 (2.0-6.5)
3	13 (6.6-22)	11 (5.4-19)	9.8 (4.7-18)	8.5 (4.1-15)	7.4 (3.5-14)	6.5 (3.1-12)	5.6 (2.7-10)
4	20 (11-31)	17 (9.3-26)	15 (8.0-23)	13 (6.9-21)	11 (5.9-18)	9.7 (5.1-16)	8.5 (4.4-14)
5	31 (19-38)	25 (16-32)	22 (15-28)	19 (13-25)	16 (11-22)	14 (9.7-19)	12 (8.5-17)
6	45	36	31	27	24	21	18

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

**Age = 55 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	4.1	3.6	3.3	2.9	2.5	2.2	1.9
1	6.8 (4.8-9.9)	5.7 (4.0-8.0)	5.1 (3.5-7.0)	4.5 (3.1-6.1)	3.9 (2.7-5.3)	3.4 (2.3-4.6)	2.9 (2.0-4.0)
2	11 (6.4-17)	9.0 (5.1-14)	8.0 (4.4-13)	6.9 (3.8-11)	6.0 (3.3-10)	5.2 (2.8-8.8)	4.5 (2.4-7.7)
3	17 (9.6-27)	14 (7.4-23)	12 (6.2-21)	10 (5.3-18)	9.1 (4.5-16)	7.9 (3.9-14)	6.9 (3.4-12)
4	27 (15-38)	21 (13-32)	18 (11-28)	16 (9.0-25)	14 (7.7-22)	12 (6.6-19)	10 (5.7-17)
5	39 (26-48)	31 (21-39)	26 (18-34)	23 (16-30)	20 (14-26)	17 (12-23)	15 (11-20)
6	56	45	38	33	29	25	22

**Age = 60 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	6.6	5.5	4.9	4.2	3.7	3.2	2.8
1	11 (7.9-15)	8.7 (6.3-12)	7.6 (5.4-10)	6.6 (4.6-8.7)	5.7 (4.0-7.5)	4.9 (3.4-6.5)	4.3 (3.0-5.7)
2	17 (11-25)	14 (8.1-20)	12 (6.7-18)	10 (5.7-16)	8.7 (4.9-14)	7.6 (4.2-12)	6.5 (3.6-11)
3	26 (16-38)	21 (12-32)	18 (9.6-29)	15 (8.2-25)	13 (7.0-22)	11 (6.0-20)	9.8 (5.1-17)
4	38 (24-51)	30 (19-43)	26 (16-38)	22 (14-34)	19 (12-30)	17 (10-26)	15 (8.6-23)
5	53 (39-62)	43 (32-52)	37 (27-46)	32 (23-40)	28 (20-36)	24 (18-31)	21 (15-28)
6	70	59	50	45	39	34	30

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

**Age = 65 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	10	8.5	7.4	6.4	5.5	4.7	4.1
1	16 (13-21)	13 (9.8-17)	11 (8.2-15)	9.8 (7.0-13)	8.4 (6.0-11)	7.2 (5.1-9.3)	6.3 (4.4-8.0)
2	25 (17-35)	20 (13-28)	17 (10-25)	15 (8.8-22)	13 (7.5-19)	11 (6.4-17)	9.5 (5.5-15)
3	36 (25-49)	30 (19-43)	25 (15-39)	22 (13-34)	19 (11-30)	16 (9.1-26)	14 (7.8-23)
4	50 (36-63)	42 (29-56)	36 (25-50)	31 (21-45)	27 (18-40)	23 (15-35)	20 (13-31)
5	65 (54-73)	56 (45-66)	49 (39-59)	43 (34-53)	38 (29-47)	33 (25-42)	29 (22-37)
6	78	71	64	57	51	45	40

**Age = 70 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	16	13	11	9.2	7.9	6.8	5.8
1	24 (19-29)	19 (15-23)	16 (12-20)	14 (10-17)	12 (8.7-15)	9.9 (7.4-13)	8.5 (6.3-11)
2	35 (25-46)	28 (19-38)	23 (16-31)	20 (13-27)	17 (11-23)	15 (9.4-20)	12 (7.9-17)
3	50 (37-63)	41 (29-55)	34 (23-47)	29 (19-41)	25 (16-36)	21 (14-31)	18 (11-27)
4	64 (53-76)	56 (44-70)	47 (36-62)	41 (31-55)	35 (26-48)	30 (22-42)	26 (18-37)
5	76 (71-82)	71 (65-78)	62 (55-72)	56 (48-65)	49 (42-58)	42 (36-51)	37 (30-45)
6	83	82	77	71	64	57	50

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

**Age = 75 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	19	16	14	12	9.8	8.3	7.1
1	30 (23-41)	24 (18-32)	20 (15-24)	17 (13-20)	14 (11-17)	12 (9.1-15)	10 (7.7-13)
2	44 (30-59)	36 (24-49)	30 (20-39)	25 (17-33)	21 (14-28)	18 (12-24)	15 (9.8-20)
3	58 (43-73)	51 (35-66)	43 (29-57)	37 (24-50)	31 (20-43)	26 (17-37)	22 (14-31)
4	71 (57-81)	66 (50-78)	58 (43-72)	51 (37-65)	44 (31-58)	38 (26-51)	32 (22-44)
5	80 (71-85)	78 (67-84)	73 (62-81)	67 (55-75)	60 (48-69)	52 (42-62)	45 (36-55)
6	85	85	84	79	74	68	61

**Age = 80 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	19	16	14	12	10	8.5	7.2
1	29 (22-41)	24 (18-33)	21 (16-26)	18 (13-22)	15 (11-18)	12 (9.1-15)	10 (7.6-12)
2	41 (29-56)	36 (24-48)	30 (21-40)	26 (17-34)	21 (14-28)	18 (12-23)	15 (9.8-19)
3	54 (39-68)	49 (35-62)	42 (30-55)	36 (25-48)	31 (21-41)	26 (17-35)	22 (14-29)
4	66 (51-76)	62 (48-73)	56 (43-69)	49 (37-62)	43 (31-55)	36 (26-48)	31 (22-41)
5	75 (64-80)	73 (61-79)	69 (57-77)	63 (51-71)	56 (44-65)	49 (38-58)	42 (32-51)
6	81	81	79	75	69	62	55

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

**Age = 85 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	17	15	14	11	9.5	7.9	6.6
1	25 (18-37)	22 (16-32)	20 (15-26)	17 (12-22)	14 (10-18)	11 (8.3-14)	9.5 (6.8-12)
2	36 (25-51)	32 (22-45)	29 (19-38)	24 (16-32)	20 (13-27)	17 (11-22)	14 (8.8-18)
3	48 (33-62)	44 (30-58)	40 (28-52)	34 (23-45)	29 (19-38)	24 (15-32)	20 (13-27)
4	59 (44-71)	56 (41-67)	52 (39-64)	46 (33-58)	39 (27-51)	33 (23-44)	28 (19-37)
5	69 (57-75)	67 (54-74)	64 (52-72)	58 (45-67)	51 (39-60)	45 (33-54)	38 (28-47)
6	75	76	74	69	63	57	50

**Age = 90 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	14	13	12	9.8	8.1	6.6	5.5
1	21 (15-32)	19 (14-28)	18 (13-24)	14 (10-20)	12 (8.3-16)	9.7 (6.8-13)	7.9 (5.5-10)
2	30 (20-45)	28 (18-40)	25 (17-35)	21 (14-29)	17 (11-24)	14 (8.9-20)	11 (7.2-16)
3	41 (27-56)	38 (25-52)	35 (23-48)	30 (19-41)	25 (15-34)	20 (12-29)	17 (10-24)
4	53 (37-64)	50 (35-61)	47 (33-58)	40 (28-51)	34 (23-45)	28 (19-38)	24 (15-32)
5	63 (50-70)	61 (47-69)	58 (45-67)	52 (39-61)	45 (33-54)	39 (27-47)	33 (23-41)
6	69	70	69	63	57	50	43