**Belgium - 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 Belgium. 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 | 3.0 | 2.7 | 2.5 | 2.1 | 1.9 | 1.6 | 1.4 |
| 1 | 5.1 (3.5-7.7) | 4.3 (2.9-6.3) | 3.9 (2.6-5.5) | 3.4 (2.3-4.7) | 2.9 (2.0-4.1) | 2.6 (1.7-3.6) | 2.2 (1.5-3.1) |
| 2 | 8.3 (4.6-14) | 6.9 (3.7-11) | 6.1 (3.2-10) | 5.3 (2.8-9.0) | 4.6 (2.4-7.8) | 4.0 (2.1-6.9) | 3.5 (1.8-6.0) |
| 3 | 13 (6.9-22) | 11 (5.4-19) | 9.4 (4.5-17) | 8.1 (3.9-15) | 7.0 (3.4-13) | 6.1 (2.9-11) | 5.3 (2.5-9.8) |
| 4 | 21 (11-31) | 17 (9.5-26) | 14 (7.8-23) | 12 (6.6-20) | 11 (5.7-17) | 9.2 (4.9-15) | 8.0 (4.2-13) |
| 5 | 32 (20-40) | 25 (16-32) | 21 (14-27) | 18 (12-24) | 16 (11-21) | 14 (9.1-18) | 12 (8.0-16) |
| 6 | 47 | 37 | 31 | 27 | 23 | 20 | 17 |

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

**Age = 55 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 4.1 | 3.5 | 3.2 | 2.8 | 2.4 | 2.1 | 1.8 |
| 1 | 6.8 (4.9-10) | 5.7 (4.0-8.0) | 5.0 (3.5-6.9) | 4.3 (3.0-5.9) | 3.8 (2.6-5.1) | 3.3 (2.2-4.4) | 2.8 (1.9-3.9) |
| 2 | 11 (6.5-18) | 9.0 (5.1-14) | 7.8 (4.3-13) | 6.7 (3.7-11) | 5.8 (3.2-9.7) | 5.1 (2.7-8.5) | 4.4 (2.4-7.4) |
| 3 | 18 (9.9-28) | 14 (7.4-23) | 12 (6.1-21) | 10 (5.2-18) | 8.9 (4.5-16) | 7.7 (3.8-14) | 6.7 (3.3-12) |
| 4 | 27 (16-39) | 21 (13-32) | 18 (10-28) | 15 (8.9-24) | 13 (7.6-21) | 12 (6.5-19) | 10 (5.6-16) |
| 5 | 40 (27-48) | 32 (21-39) | 26 (18-34) | 23 (16-29) | 20 (14-26) | 17 (12-22) | 15 (10-20) |
| 6 | 57 | 45 | 38 | 33 | 29 | 25 | 22 |

**Age = 60 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 6.1 | 5.2 | 4.7 | 4.0 | 3.5 | 3.0 | 2.7 |
| 1 | 9.8 (7.2-14) | 8.1 (5.8-11) | 7.2 (5.1-9.6) | 6.3 (4.4-8.3) | 5.4 (3.8-7.2) | 4.7 (3.3-6.2) | 4.1 (2.8-5.4) |
| 2 | 15 (9.6-23) | 13 (7.5-19) | 11 (6.3-17) | 9.6 (5.4-15) | 8.3 (4.6-13) | 7.2 (4.0-12) | 6.2 (3.5-10) |
| 3 | 24 (15-36) | 19 (11-30) | 17 (8.9-28) | 14 (7.6-24) | 12 (6.5-21) | 11 (5.6-19) | 9.4 (4.8-16) |
| 4 | 35 (22-48) | 28 (18-41) | 24 (15-36) | 21 (13-32) | 18 (11-28) | 16 (9.4-25) | 14 (8.1-22) |
| 5 | 50 (37-59) | 41 (30-50) | 35 (26-43) | 30 (22-38) | 26 (19-34) | 23 (17-30) | 20 (15-26) |
| 6 | 67 | 56 | 48 | 42 | 37 | 33 | 29 |

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

**Age = 65 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 8.9 | 7.5 | 6.7 | 5.8 | 5.1 | 4.4 | 3.8 |
| 1 | 14 (11-18) | 12 (8.5-15) | 10 (7.4-13) | 8.9 (6.3-11) | 7.7 (5.4-9.9) | 6.7 (4.7-8.6) | 5.8 (4.1-7.4) |
| 2 | 21 (14-30) | 18 (11-26) | 15 (9.2-24) | 13 (7.9-21) | 12 (6.7-18) | 10 (5.8-16) | 8.8 (5.0-14) |
| 3 | 32 (21-44) | 26 (16-39) | 23 (13-36) | 20 (11-32) | 17 (9.5-28) | 15 (8.1-25) | 13 (7.0-22) |
| 4 | 45 (31-58) | 37 (26-51) | 32 (22-47) | 28 (19-42) | 25 (16-37) | 22 (14-33) | 19 (12-29) |
| 5 | 60 (48-68) | 51 (40-60) | 44 (35-54) | 39 (31-49) | 35 (27-44) | 30 (23-39) | 27 (20-34) |
| 6 | 74 | 66 | 59 | 53 | 47 | 42 | 37 |

**Age = 70 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 13 | 11 | 9.6 | 8.3 | 7.1 | 6.2 | 5.3 |
| 1 | 20 (16-25) | 17 (13-20) | 14 (11-18) | 12 (9.1-15) | 10 (7.8-13) | 9.0 (6.6-12) | 7.7 (5.7-10) |
| 2 | 31 (21-40) | 25 (16-33) | 21 (14-28) | 18 (11-24) | 15 (9.8-21) | 13 (8.3-18) | 11 (7.1-16) |
| 3 | 44 (32-58) | 36 (24-49) | 30 (19-43) | 26 (16-37) | 22 (14-32) | 19 (12-28) | 16 (10-24) |
| 4 | 59 (48-72) | 50 (39-64) | 42 (31-56) | 36 (27-50) | 31 (23-44) | 27 (19-38) | 23 (16-33) |
| 5 | 73 (68-80) | 66 (59-74) | 57 (49-66) | 50 (42-59) | 44 (36-53) | 38 (31-46) | 33 (27-41) |
| 6 | 83 | 79 | 72 | 65 | 58 | 52 | 45 |

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

**Age = 75 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 20 | 16 | 13 | 11 | 9.8 | 8.4 | 7.1 |
| 1 | 30 (23-42) | 24 (18-32) | 20 (15-24) | 17 (13-20) | 14 (11-17) | 12 (9.1-15) | 10 (7.7-13) |
| 2 | 44 (31-60) | 36 (24-49) | 30 (20-39) | 25 (17-33) | 21 (14-28) | 18 (12-24) | 15 (9.8-20) |
| 3 | 59 (44-74) | 51 (36-66) | 43 (28-57) | 37 (24-50) | 31 (20-43) | 26 (17-37) | 22 (14-32) |
| 4 | 72 (58-81) | 67 (51-79) | 58 (44-72) | 51 (37-65) | 44 (32-58) | 38 (27-51) | 32 (23-44) |
| 5 | 80 (72-85) | 78 (68-85) | 73 (62-81) | 67 (56-76) | 60 (49-69) | 53 (43-62) | 46 (37-55) |
| 6 | 86 | 85 | 84 | 80 | 74 | 68 | 61 |

**Age = 80 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 26 | 21 | 17 | 15 | 12 | 10 | 8.7 |
| 1 | 38 (29-52) | 32 (24-43) | 26 (20-34) | 22 (17-28) | 18 (14-23) | 15 (11-19) | 13 (9.6-16) |
| 2 | 51 (38-66) | 45 (32-59) | 38 (26-50) | 32 (22-43) | 27 (18-37) | 23 (15-31) | 19 (12-25) |
| 3 | 63 (49-75) | 59 (45-72) | 52 (38-66) | 45 (32-58) | 39 (27-51) | 33 (22-44) | 28 (18-37) |
| 4 | 72 (60-81) | 70 (58-79) | 66 (52-77) | 59 (46-71) | 52 (39-65) | 45 (33-58) | 39 (28-51) |
| 5 | 79 (71-84) | 79 (69-84) | 77 (67-83) | 72 (60-79) | 66 (54-74) | 59 (47-68) | 52 (41-61) |
| 6 | 84 | 84 | 84 | 81 | 76 | 71 | 65 |

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

**Age = 85 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 28 | 24 | 21 | 17 | 14 | 12 | 10 |
| 1 | 40 (31-56) | 35 (27-49) | 30 (23-41) | 26 (19-34) | 21 (16-28) | 18 (13-23) | 15 (11-19) |
| 2 | 53 (40-68) | 48 (36-64) | 43 (30-56) | 37 (25-48) | 31 (21-41) | 26 (17-35) | 22 (14-29) |
| 3 | 64 (50-76) | 61 (47-74) | 56 (42-69) | 49 (36-63) | 43 (30-55) | 37 (25-48) | 31 (21-41) |
| 4 | 73 (61-81) | 71 (58-80) | 69 (55-78) | 62 (49-73) | 56 (42-68) | 49 (36-61) | 42 (30-54) |
| 5 | 78 (71-82) | 79 (70-83) | 78 (68-83) | 73 (62-80) | 68 (55-75) | 62 (48-70) | 55 (42-64) |
| 6 | 80 | 83 | 84 | 81 | 77 | 72 | 67 |

**Age = 90 years**

| Number of CRFs | BMI (kg/m²) | | | | | | |
|---|---|---|---|---|---|---|---|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 26 | 24 | 22 | 19 | 15 | 13 | 11 |
| 1 | 37 (28-51) | 34 (25-46) | 31 (23-41) | 26 (19-34) | 22 (16-29) | 18 (13-24) | 15 (11-19) |
| 2 | 49 (36-64) | 45 (33-60) | 42 (30-55) | 36 (25-48) | 31 (21-41) | 26 (17-35) | 21 (14-29) |
| 3 | 60 (46-73) | 57 (42-70) | 54 (40-67) | 48 (34-61) | 41 (28-54) | 35 (23-47) | 30 (19-41) |
| 4 | 69 (56-78) | 67 (54-77) | 65 (52-75) | 59 (46-70) | 53 (39-64) | 46 (33-58) | 40 (28-51) |
| 5 | 74 (67-77) | 75 (65-80) | 74 (64-80) | 70 (58-76) | 64 (51-72) | 58 (45-66) | 51 (39-60) |
| 6 | 73 | 78 | 80 | 77 | 73 | 68 | 63 |