

Estonia - The probabilities of a hip fracture in men

The following tables give the 10-year probability (%) of a hip 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 Estonia. 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	12	6.7	3.6	1.9	1.0	0.5	0.3	0.1	0.1	0.0	0.0	
1	19 (13-24)	10 (7.0-14)	5.6 (3.7-7.4)	3.0 (2.0-4.0)	1.6 (1.0-2.1)	0.8 (0.6-1.1)	0.4 (0.3-0.6)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	0.0 (0.0-0.1)	
2	27 (18-38)	16 (9.8-23)	8.7 (5.3-13)	4.7 (2.8-7.1)	2.5 (1.5-3.8)	1.3 (0.8-2.0)	0.7 (0.4-1.1)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	
3	38 (26-52)	23 (14-34)	13 (7.9-20)	7.2 (4.3-11)	3.9 (2.3-6.1)	2.1 (1.2-3.3)	1.1 (0.6-1.7)	0.6 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	
4	51 (38-64)	33 (22-45)	19 (13-28)	11 (6.9-16)	6.0 (3.7-9.1)	3.2 (2.0-4.9)	1.7 (1.0-2.6)	0.9 (0.6-1.4)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	
5	64 (54-74)	45 (35-56)	28 (21-37)	16 (12-22)	9.0 (6.5-13)	4.9 (3.5-6.9)	2.6 (1.9-3.7)	1.4 (1.0-2.0)	0.7 (0.5-1.1)	0.4 (0.3-0.6)	0.2 (0.2-0.3)	
6	75	58	39	23	13	7.3	3.9	2.1	1.1	0.6	0.3	

Ten year probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Estonia.

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	6.6	3.7	2.0	1.1	0.6	0.3	0.2	0.1	0.1	0.0
1	17 (12-22)	10 (7.0-13)	5.7 (3.9-7.1)	3.2 (2.1-4.0)	1.7 (1.2-2.2)	1.0 (0.6-1.2)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
2	25 (17-34)	15 (9.7-21)	8.6 (5.5-12)	4.8 (3.0-6.9)	2.7 (1.7-3.9)	1.5 (0.9-2.1)	0.8 (0.5-1.2)	0.4 (0.3-0.6)	0.2 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
3	35 (24-46)	22 (14-30)	13 (8.2-18)	7.3 (4.6-11)	4.1 (2.5-6.1)	2.3 (1.4-3.4)	1.3 (0.8-1.9)	0.7 (0.4-1.0)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	46 (35-58)	30 (22-41)	19 (13-26)	11 (7.3-16)	6.1 (4.1-9.1)	3.4 (2.3-5.1)	1.9 (1.3-2.9)	1.0 (0.7-1.6)	0.6 (0.4-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
5	58 (50-67)	41 (33-51)	26 (21-34)	16 (12-21)	9.1 (7.0-13)	5.1 (3.9-7.2)	2.9 (2.2-4.0)	1.6 (1.2-2.3)	0.9 (0.7-1.3)	0.5 (0.4-0.7)	0.3 (0.2-0.4)
6	68	52	36	22	13	7.6	4.3	2.4	1.3	0.8	0.4

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	9.9	5.9	3.5	2.0	1.2	0.7	0.4	0.2	0.1	0.1	0.1
1	14 (10-17)	8.8 (6.2-10)	5.3 (3.7-6.3)	3.1 (2.2-3.7)	1.8 (1.3-2.2)	1.1 (0.7-1.3)	0.6 (0.4-0.7)	0.4 (0.3-0.4)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
2	21 (14-27)	13 (8.7-17)	7.8 (5.2-10)	4.6 (3.0-6.3)	2.7 (1.8-3.7)	1.6 (1.0-2.2)	0.9 (0.6-1.3)	0.5 (0.3-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
3	28 (21-37)	18 (13-24)	11 (7.8-15)	6.9 (4.6-9.5)	4.1 (2.7-5.7)	2.4 (1.6-3.4)	1.4 (0.9-2.0)	0.8 (0.5-1.2)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.3)
4	38 (30-47)	25 (19-33)	16 (12-22)	10 (7.2-14)	6.0 (4.3-8.6)	3.6 (2.5-5.1)	2.1 (1.5-3.0)	1.2 (0.9-1.8)	0.7 (0.5-1.1)	0.5 (0.3-0.7)	0.3 (0.2-0.4)
5	48 (42-57)	34 (29-43)	23 (19-29)	14 (12-19)	8.7 (7.1-12)	5.2 (4.3-7.2)	3.1 (2.5-4.3)	1.8 (1.5-2.5)	1.1 (0.9-1.5)	0.7 (0.6-0.9)	0.4 (0.3-0.6)
6	58	44	30	20	12	7.6	4.5	2.7	1.6	1.0	0.6

Ten year probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Estonia.

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	8.8	5.6	3.5	2.2	1.4	0.8	0.5	0.3	0.2	0.1	0.1
1	13 (9.2-14)	8.1 (5.8-9.1)	5.1 (3.7-5.8)	3.2 (2.3-3.6)	2.0 (1.4-2.3)	1.2 (0.9-1.4)	0.8 (0.6-0.9)	0.5 (0.3-0.6)	0.3 (0.2-0.3)	0.2 (0.1-0.2)	0.1 (0.1-0.2)
2	18 (13-22)	12 (8.2-15)	7.4 (5.2-9.4)	4.7 (3.2-6.0)	2.9 (2.0-3.8)	1.8 (1.3-2.4)	1.1 (0.8-1.5)	0.7 (0.5-0.9)	0.5 (0.3-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.2)
3	24 (18-30)	16 (12-21)	11 (7.7-14)	6.7 (4.9-9.0)	4.3 (3.1-5.7)	2.7 (1.9-3.6)	1.7 (1.2-2.3)	1.1 (0.7-1.4)	0.7 (0.5-0.9)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
4	31 (26-39)	22 (18-28)	15 (11-19)	9.6 (7.4-13)	6.1 (4.7-8.4)	3.9 (2.9-5.3)	2.4 (1.8-3.4)	1.5 (1.1-2.1)	1.0 (0.7-1.4)	0.6 (0.5-0.9)	0.4 (0.3-0.6)
5	40 (36-48)	29 (26-36)	20 (18-26)	13 (12-18)	8.7 (7.5-12)	5.5 (4.8-7.5)	3.5 (3.0-4.8)	2.2 (1.9-3.0)	1.4 (1.2-2.0)	0.9 (0.8-1.3)	0.6 (0.5-0.8)
6	49	37	27	18	12	7.8	5.0	3.2	2.1	1.3	0.9

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	8.1	5.4	3.6	2.4	1.6	1.0	0.7	0.4	0.3	0.2	0.1
1	13 (11-16)	8.5 (7.6-11)	5.7 (5.1-7.5)	3.8 (3.4-5.0)	2.5 (2.2-3.3)	1.7 (1.5-2.2)	1.1 (1.0-1.5)	0.7 (0.6-1.0)	0.5 (0.4-0.7)	0.3 (0.3-0.4)	0.2 (0.2-0.3)
2	19 (16-24)	13 (11-17)	9.0 (7.3-12)	6.1 (4.9-8.0)	4.1 (3.3-5.4)	2.7 (2.2-3.6)	1.8 (1.4-2.4)	1.2 (1.0-1.6)	0.8 (0.7-1.1)	0.6 (0.4-0.7)	0.4 (0.3-0.5)
3	27 (22-33)	20 (16-24)	14 (11-17)	9.5 (7.4-12)	6.4 (5.0-8.1)	4.3 (3.3-5.5)	2.9 (2.2-3.7)	1.9 (1.5-2.5)	1.3 (1.0-1.7)	0.9 (0.7-1.1)	0.6 (0.5-0.8)
4	37 (30-43)	28 (22-33)	20 (16-24)	14 (11-17)	9.9 (7.5-12)	6.7 (5.1-8.2)	4.5 (3.4-5.5)	3.1 (2.3-3.8)	2.1 (1.6-2.6)	1.4 (1.1-1.8)	1.0 (0.7-1.2)
5	48 (40-52)	38 (31-42)	29 (23-32)	21 (16-23)	15 (11-16)	10 (7.8-11)	7.1 (5.3-7.8)	4.9 (3.6-5.4)	3.3 (2.5-3.7)	2.3 (1.7-2.6)	1.6 (1.2-1.8)
6	58	49	39	30	22	16	11	7.6	5.3	3.6	2.5

Ten year probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Estonia.

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	7.4	5.3	3.7	2.6	1.8	1.3	0.9	0.6	0.4	0.3	0.2
1	13 (10-27)	9.6 (7.2-20)	6.9 (5.1-15)	4.9 (3.6-11)	3.5 (2.6-7.6)	2.4 (1.8-5.4)	1.7 (1.3-3.8)	1.2 (0.9-2.7)	0.9 (0.6-2.0)	0.6 (0.5-1.4)	0.5 (0.3-1.0)
2	21 (14-36)	16 (9.9-28)	12 (7.2-21)	8.6 (5.1-16)	6.2 (3.6-12)	4.4 (2.5-8.3)	3.1 (1.8-5.9)	2.3 (1.3-4.3)	1.6 (0.9-3.1)	1.2 (0.7-2.3)	0.8 (0.5-1.6)
3	31 (18-45)	25 (14-37)	19 (10-29)	14 (7.2-22)	10 (5.1-17)	7.5 (3.6-12)	5.4 (2.5-8.8)	3.9 (1.8-6.4)	2.9 (1.3-4.7)	2.1 (1.0-3.4)	1.5 (0.7-2.5)
4	43 (25-54)	35 (19-46)	28 (14-37)	22 (10-29)	17 (7.6-22)	12 (5.4-17)	8.9 (3.9-12)	6.6 (2.8-9.0)	4.8 (2.0-6.6)	3.5 (1.5-4.8)	2.6 (1.0-3.5)
5	55 (33-62)	47 (26-54)	39 (20-46)	32 (15-37)	25 (11-29)	19 (8.1-22)	14 (5.8-17)	11 (4.3-12)	7.9 (3.1-9.2)	5.8 (2.3-6.8)	4.3 (1.6-4.9)
6	66	59	52	43	35	28	21	16	12	9.3	6.9

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	6.8	5.1	3.8	2.8	2.1	1.5	1.1	0.9	0.7	0.5	0.4
1	12 (8.8-24)	9.1 (6.6-19)	6.9 (4.9-15)	5.2 (3.7-11)	3.9 (2.7-8.6)	2.9 (2.0-6.5)	2.2 (1.5-4.8)	1.7 (1.1-3.7)	1.3 (0.9-2.8)	1.0 (0.7-2.2)	0.7 (0.5-1.6)
2	19 (11-33)	15 (8.6-27)	11 (6.5-21)	8.8 (4.9-16)	6.7 (3.7-13)	5.1 (2.7-9.6)	3.8 (2.0-7.3)	2.9 (1.6-5.6)	2.2 (1.2-4.3)	1.7 (0.9-3.3)	1.3 (0.7-2.5)
3	27 (15-41)	22 (12-34)	18 (9.0-28)	14 (6.8-23)	11 (5.2-18)	8.3 (3.9-14)	6.4 (2.9-11)	4.9 (2.2-8.3)	3.8 (1.7-6.4)	2.9 (1.3-5.0)	2.2 (1.0-3.8)
4	38 (20-49)	32 (16-42)	26 (12-36)	21 (9.6-29)	17 (7.3-24)	13 (5.6-19)	10 (4.2-14)	7.9 (3.3-11)	6.2 (2.5-8.9)	4.8 (1.9-6.9)	3.7 (1.5-5.4)
5	49 (28-55)	42 (22-49)	36 (18-42)	30 (14-35)	24 (11-29)	20 (8.2-23)	15 (6.3-18)	12 (4.9-15)	9.7 (3.8-12)	7.6 (2.9-9.1)	5.9 (2.3-7.1)
6	60	54	47	40	34	28	23	18	15	12	9.2

Ten year probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men from Estonia.

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	6.0	4.8	3.7	2.9	2.3	1.8	1.4	1.1	0.9	0.7	0.6
1	11 (7.7-22)	8.5 (6.1-18)	6.7 (4.8-15)	5.3 (3.8-12)	4.2 (3.0-9.3)	3.3 (2.3-7.4)	2.6 (1.8-5.9)	2.1 (1.5-4.8)	1.7 (1.2-3.8)	1.4 (0.9-3.1)	1.1 (0.8-2.5)
2	17 (9.9-30)	14 (7.9-25)	11 (6.3-21)	9.0 (5.0-17)	7.2 (3.9-14)	5.7 (3.1-11)	4.6 (2.4-8.8)	3.7 (2.0-7.1)	3.0 (1.6-5.8)	2.4 (1.3-4.6)	1.9 (1.0-3.7)
3	25 (13-37)	21 (11-32)	17 (8.7-27)	14 (6.9-23)	11 (5.5-19)	9.2 (4.3-15)	7.5 (3.4-12)	6.1 (2.8-10)	5.0 (2.2-8.4)	4.0 (1.8-6.8)	3.3 (1.5-5.5)
4	35 (18-45)	30 (15-40)	25 (12-34)	21 (9.6-29)	17 (7.7-24)	14 (6.1-20)	12 (4.9-17)	9.7 (4.0-14)	8.0 (3.2-11)	6.5 (2.6-9.4)	5.3 (2.1-7.7)
5	45 (25-52)	40 (21-46)	35 (17-40)	30 (14-35)	25 (11-30)	21 (9.0-25)	18 (7.3-21)	15 (5.9-18)	12 (4.8-15)	10 (3.9-12)	8.3 (3.2-9.9)
6	56	51	46	40	35	30	25	21	18	15	13

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	4.9	4.0	3.3	2.7	2.2	1.8	1.5	1.2	1.0	0.9	0.7
1	8.8 (6.4-19)	7.3 (5.2-16)	6.0 (4.3-13)	4.9 (3.5-11)	4.1 (2.9-9.0)	3.3 (2.3-7.4)	2.8 (2.0-6.2)	2.3 (1.6-5.3)	2.0 (1.4-4.4)	1.7 (1.1-3.7)	1.4 (1.0-3.1)
2	14 (8.3-26)	12 (6.9-22)	10 (5.7-19)	8.4 (4.6-16)	7.0 (3.8-13)	5.8 (3.1-11)	4.9 (2.6-9.2)	4.1 (2.2-7.8)	3.5 (1.9-6.6)	2.9 (1.5-5.6)	2.5 (1.3-4.7)
3	22 (11-34)	19 (9.5-29)	16 (7.9-25)	13 (6.5-22)	11 (5.3-18)	9.4 (4.4-15)	8.0 (3.7-13)	6.8 (3.1-11)	5.8 (2.6-9.6)	4.9 (2.2-8.2)	4.1 (1.8-7.0)
4	31 (16-42)	27 (13-37)	24 (11-33)	20 (9.2-28)	17 (7.7-24)	15 (6.3-21)	13 (5.3-18)	11 (4.5-15)	9.2 (3.8-13)	7.9 (3.2-11)	6.7 (2.7-9.6)
5	42 (22-48)	38 (19-43)	33 (16-39)	29 (13-34)	25 (11-30)	22 (9.4-26)	19 (7.9-22)	16 (6.7-19)	14 (5.7-17)	12 (4.8-15)	10 (4.1-12)
6	53	49	45	40	35	31	27	24	21	18	16