

India - 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 India. 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 | 1.4 | 1.3 | 1.2 | 1.0 | 0.9 | 0.8 | 0.7 |
| 1 | 2.3 (1.6-3.5) | 2.0 (1.4-2.9) | 1.9 (1.3-2.6) | 1.6 (1.1-2.3) | 1.4 (1.0-2.0) | 1.2 (0.8-1.7) | 1.1 (0.7-1.5) |
| 2 | 3.8 (2.0-6.2) | 3.2 (1.7-5.4) | 2.9 (1.5-5.0) | 2.5 (1.3-4.4) | 2.2 (1.2-3.8) | 1.9 (1.0-3.3) | 1.7 (0.9-2.9) |
| 3 | 6.1 (3.0-10) | 5.1 (2.5-9.0) | 4.5 (2.2-8.2) | 3.9 (1.9-7.2) | 3.4 (1.6-6.2) | 2.9 (1.4-5.4) | 2.5 (1.2-4.7) |
| 4 | 9.7 (5.2-15) | 7.9 (4.3-13) | 6.9 (3.6-11) | 5.9 (3.1-9.8) | 5.1 (2.7-8.5) | 4.4 (2.3-7.4) | 3.8 (2.0-6.4) |
| 5 | 15 (8.9-19) | 12 (7.5-16) | 10 (6.7-14) | 8.9 (5.8-12) | 7.7 (5.0-10) | 6.6 (4.4-9.0) | 5.7 (3.8-7.8) |
| 6 | 23 | 18 | 15 | 13 | 11 | 9.8 | 8.4 |

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

Age = 55 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 2.4 | 2.1 | 2.0 | 1.7 | 1.5 | 1.3 | 1.1 |
| 1 | 3.9 (2.8-5.8) | 3.4 (2.3-4.8) | 3.1 (2.1-4.3) | 2.7 (1.8-3.7) | 2.3 (1.6-3.2) | 2.0 (1.4-2.7) | 1.7 (1.2-2.4) |
| 2 | 6.3 (3.6-10) | 5.4 (3.0-8.6) | 4.8 (2.6-8.0) | 4.1 (2.2-7.0) | 3.6 (1.9-6.1) | 3.1 (1.7-5.3) | 2.7 (1.4-4.6) |
| 3 | 10 (5.5-16) | 8.3 (4.4-14) | 7.3 (3.7-13) | 6.3 (3.2-11) | 5.5 (2.7-9.8) | 4.7 (2.3-8.5) | 4.1 (2.0-7.4) |
| 4 | 16 (9.0-23) | 13 (7.5-20) | 11 (6.3-18) | 9.5 (5.3-15) | 8.2 (4.5-13) | 7.1 (3.9-12) | 6.1 (3.3-10) |
| 5 | 24 (15-30) | 19 (13-25) | 16 (11-22) | 14 (9.6-19) | 12 (8.3-16) | 10 (7.1-14) | 9.0 (6.2-12) |
| 6 | 35 | 28 | 24 | 21 | 18 | 15 | 13 |

Age = 60 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 4.3 | 3.7 | 3.4 | 2.9 | 2.5 | 2.2 | 1.9 |
| 1 | 7.0 (5.0-9.9) | 5.9 (4.2-8.1) | 5.3 (3.7-7.1) | 4.6 (3.2-6.1) | 3.9 (2.7-5.3) | 3.4 (2.3-4.5) | 2.9 (2.0-3.9) |
| 2 | 11 (6.8-17) | 9.2 (5.4-14) | 8.1 (4.6-13) | 7.0 (3.9-11) | 6.0 (3.4-9.8) | 5.2 (2.9-8.6) | 4.5 (2.5-7.5) |
| 3 | 17 (10-25) | 14 (8.1-22) | 12 (6.7-20) | 11 (5.6-18) | 9.1 (4.8-16) | 7.8 (4.1-13) | 6.7 (3.5-12) |
| 4 | 25 (16-35) | 21 (13-31) | 18 (11-28) | 16 (9.4-24) | 13 (7.9-21) | 12 (6.7-18) | 9.9 (5.7-16) |
| 5 | 36 (25-44) | 30 (21-38) | 26 (19-34) | 23 (16-29) | 20 (14-26) | 17 (12-22) | 14 (10-19) |
| 6 | 49 | 43 | 37 | 32 | 28 | 24 | 21 |

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

Age = 65 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|--------------|--------------|---------------|---------------|---------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 7.1 | 6.1 | 5.5 | 4.7 | 4.0 | 3.5 | 3.0 |
| 1 | 11 (8.2-15) | 9.4 (6.8-12) | 8.4 (6.0-11) | 7.2 (5.1-9.4) | 6.2 (4.3-8.0) | 5.3 (3.7-6.9) | 4.6 (3.1-5.9) |
| 2 | 17 (11-23) | 14 (9.0-21) | 13 (7.6-19) | 11 (6.4-17) | 9.3 (5.4-15) | 8.0 (4.6-13) | 6.8 (3.9-11) |
| 3 | 25 (17-34) | 21 (14-31) | 19 (11-29) | 16 (9.3-26) | 14 (7.8-22) | 12 (6.6-19) | 10 (5.6-17) |
| 4 | 35 (25-46) | 30 (21-42) | 27 (18-39) | 23 (15-34) | 20 (13-30) | 17 (11-26) | 15 (8.9-23) |
| 5 | 47 (36-55) | 42 (32-50) | 37 (28-46) | 32 (24-41) | 28 (21-36) | 24 (18-31) | 21 (15-27) |
| 6 | 59 | 54 | 50 | 44 | 38 | 33 | 29 |

Age = 70 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|-------------|-------------|--------------|--------------|---------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 9.6 | 8.4 | 7.6 | 6.5 | 5.5 | 4.7 | 4.0 |
| 1 | 15 (11-18) | 13 (9.3-16) | 11 (8.2-14) | 9.5 (6.9-12) | 8.0 (5.9-10) | 6.8 (5.0-8.9) | 5.8 (4.2-7.6) |
| 2 | 22 (15-30) | 19 (12-26) | 16 (11-23) | 14 (8.9-19) | 12 (7.4-16) | 9.9 (6.3-14) | 8.4 (5.3-12) |
| 3 | 32 (22-43) | 27 (19-38) | 24 (15-34) | 20 (13-29) | 17 (11-25) | 14 (9.0-21) | 12 (7.6-18) |
| 4 | 44 (32-56) | 38 (28-51) | 33 (24-46) | 29 (20-40) | 24 (17-34) | 21 (14-30) | 17 (12-25) |
| 5 | 56 (50-65) | 52 (45-61) | 46 (39-55) | 40 (33-49) | 34 (28-42) | 29 (23-37) | 25 (19-32) |
| 6 | 67 | 64 | 60 | 53 | 46 | 40 | 34 |

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

Age = 75 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|------------|-------------|-------------|--------------|---------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 11 | %10.0 | 9.1 | 7.7 | 6.5 | 5.5 | 4.7 |
| 1 | 18 (12-25) | 15 (11-20) | 13 (9.9-16) | 11 (8.3-14) | 9.5 (6.9-12) | 8.0 (5.8-9.9) | 6.7 (4.8-8.4) |
| 2 | 26 (17-39) | 23 (15-33) | 20 (13-27) | 17 (11-23) | 14 (8.9-19) | 12 (7.4-16) | 9.6 (6.1-13) |
| 3 | 38 (23-53) | 34 (21-47) | 29 (19-40) | 24 (16-34) | 20 (13-29) | 17 (11-24) | 14 (8.9-20) |
| 4 | 50 (34-63) | 46 (31-59) | 41 (28-54) | 35 (23-47) | 29 (19-41) | 25 (16-34) | 20 (13-29) |
| 5 | 62 (48-70) | 59 (46-68) | 55 (43-64) | 48 (37-57) | 41 (32-50) | 35 (27-43) | 29 (22-37) |
| 6 | 72 | 70 | 68 | 61 | 54 | 47 | 41 |

Age = 80 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|------------|------------|-------------|-------------|--------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 12 | 11 | 10 | 8.5 | 7.1 | 5.9 | 4.9 |
| 1 | 19 (13-28) | 17 (12-24) | 15 (11-19) | 12 (9.0-16) | 10 (7.4-13) | 8.5 (6.1-10) | 7.1 (5.1-8.5) |
| 2 | 27 (18-40) | 25 (16-35) | 22 (14-29) | 18 (12-24) | 15 (9.7-20) | 12 (8.0-17) | 10 (6.5-14) |
| 3 | 38 (24-52) | 35 (22-47) | 31 (21-41) | 26 (17-35) | 22 (14-29) | 18 (11-24) | 15 (9.4-20) |
| 4 | 49 (34-61) | 46 (32-57) | 42 (30-54) | 36 (25-47) | 30 (21-41) | 25 (17-35) | 21 (14-29) |
| 5 | 60 (46-68) | 57 (44-66) | 55 (42-64) | 48 (36-57) | 41 (31-50) | 35 (26-43) | 29 (21-37) |
| 6 | 69 | 68 | 66 | 60 | 53 | 46 | 40 |

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

Age = 85 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|------------|------------|-------------|--------------|--------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 12 | 11 | 11 | 9.0 | 7.5 | 6.2 | 5.1 |
| 1 | 19 (13-28) | 17 (12-25) | 16 (11-21) | 13 (9.3-17) | 11 (7.6-14) | 8.8 (6.2-11) | 7.3 (5.1-9.1) |
| 2 | 27 (18-41) | 25 (16-36) | 23 (15-31) | 19 (12-26) | 15 (10.0-21) | 13 (8.1-18) | 10 (6.6-14) |
| 3 | 38 (24-52) | 35 (22-48) | 32 (21-43) | 27 (17-37) | 22 (14-31) | 18 (11-26) | 15 (9.0-21) |
| 4 | 49 (33-61) | 46 (31-58) | 43 (30-54) | 37 (25-48) | 31 (20-41) | 26 (17-35) | 21 (14-29) |
| 5 | 60 (46-67) | 57 (43-66) | 55 (41-63) | 48 (35-57) | 41 (30-50) | 35 (25-44) | 29 (21-37) |
| 6 | 68 | 67 | 66 | 60 | 53 | 46 | 40 |

Age = 90 years

| Number of CRFs | BMI (kg/m ²) | | | | | | |
|----------------|--------------------------|------------|------------|-------------|-------------|--------------|---------------|
| | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 0 | 11 | 11 | 11 | 9.3 | 7.7 | 6.4 | 5.3 |
| 1 | 16 (11-25) | 16 (11-22) | 16 (11-20) | 13 (9.1-16) | 11 (7.4-13) | 8.8 (6.1-11) | 7.3 (5.0-9.0) |
| 2 | 24 (15-36) | 22 (15-32) | 22 (14-30) | 18 (12-25) | 15 (9.6-21) | 12 (7.8-17) | 10 (6.4-14) |
| 3 | 34 (21-47) | 31 (20-44) | 30 (19-41) | 25 (16-35) | 21 (13-29) | 17 (10-24) | 14 (8.4-20) |
| 4 | 45 (30-56) | 42 (28-53) | 40 (27-51) | 34 (23-44) | 28 (19-38) | 24 (15-32) | 19 (12-27) |
| 5 | 55 (41-63) | 53 (39-62) | 50 (38-59) | 44 (33-53) | 38 (28-46) | 32 (23-40) | 27 (19-34) |
| 6 | 64 | 63 | 61 | 55 | 49 | 42 | 36 |