

Poland - The probabilities of a hip fracture in women

The following tables give the 10-year probability (%) of a hip 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 Poland. 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	0.7	0.4	0.2	0.2	0.1	0.1	0.1
1	1.4 (0.9-2.7)	0.7 (0.5-1.5)	0.4 (0.3-0.8)	0.3 (0.2-0.6)	0.2 (0.2-0.5)	0.2 (0.1-0.4)	0.1 (0.1-0.3)
2	2.7 (1.3-5.7)	1.5 (0.7-3.1)	0.8 (0.4-1.7)	0.6 (0.3-1.3)	0.5 (0.2-1.0)	0.4 (0.2-0.8)	0.3 (0.1-0.6)
3	5.0 (2.1-9.9)	2.8 (1.1-5.4)	1.5 (0.6-3.0)	1.2 (0.5-2.3)	0.9 (0.4-1.8)	0.7 (0.3-1.4)	0.5 (0.2-1.1)
4	9.1 (3.6-15)	5.1 (2.0-8.2)	2.8 (1.1-4.5)	2.1 (0.8-3.5)	1.7 (0.6-2.7)	1.3 (0.5-2.1)	1.0 (0.4-1.7)
5	16 (7.5-21)	9.0 (4.2-12)	5.0 (2.3-6.7)	3.9 (1.8-5.2)	3.0 (1.4-4.1)	2.3 (1.1-3.2)	1.8 (0.8-2.5)
6	27	16	8.7	6.8	5.3	4.2	3.3

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.1	0.6	0.3	0.3	0.2	0.2	0.1
1	2.2 (1.5-3.8)	1.2 (0.8-2.1)	0.6 (0.4-1.1)	0.5 (0.3-0.9)	0.4 (0.3-0.7)	0.3 (0.2-0.5)	0.2 (0.2-0.4)
2	4.1 (2.2-8.0)	2.3 (1.2-4.4)	1.2 (0.7-2.4)	0.9 (0.5-1.9)	0.7 (0.4-1.5)	0.6 (0.3-1.1)	0.4 (0.2-0.9)
3	7.4 (3.4-14)	4.1 (1.9-7.7)	2.2 (1.0-4.2)	1.7 (0.8-3.3)	1.4 (0.6-2.6)	1.1 (0.5-2.0)	0.8 (0.4-1.6)
4	13 (5.9-20)	7.4 (3.3-12)	4.1 (1.8-6.4)	3.2 (1.4-5.0)	2.5 (1.1-3.9)	1.9 (0.8-3.0)	1.5 (0.6-2.4)
5	22 (12-28)	13 (6.8-17)	7.1 (3.8-9.5)	5.6 (2.9-7.4)	4.4 (2.3-5.8)	3.4 (1.8-4.5)	2.6 (1.4-3.5)
6	35	21	12	9.6	7.6	5.9	4.6

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.8	1.0	0.6	0.4	0.3	0.3	0.2
1	3.4 (2.4-5.3)	1.9 (1.3-2.9)	1.0 (0.7-1.6)	0.8 (0.6-1.2)	0.6 (0.4-1.0)	0.5 (0.3-0.7)	0.4 (0.3-0.6)
2	6.0 (3.5-11)	3.4 (2.0-6.1)	1.8 (1.1-3.4)	1.4 (0.8-2.6)	1.1 (0.7-2.0)	0.9 (0.5-1.6)	0.7 (0.4-1.2)
3	10 (5.4-18)	6.0 (3.0-10)	3.3 (1.6-5.9)	2.6 (1.3-4.6)	2.0 (1.0-3.6)	1.6 (0.8-2.8)	1.2 (0.6-2.2)
4	18 (9.3-26)	10 (5.2-16)	5.8 (2.9-8.8)	4.5 (2.2-6.9)	3.5 (1.7-5.4)	2.7 (1.4-4.2)	2.1 (1.1-3.3)
5	29 (18-36)	17 (11-22)	9.9 (6.0-13)	7.8 (4.7-10)	6.1 (3.7-8.0)	4.8 (2.9-6.2)	3.7 (2.2-4.9)
6	44	28	17	13	10	8.1	6.3

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.9	1.6	0.9	0.7	0.5	0.4	0.3
1	5.0 (3.8-7.0)	2.8 (2.1-4.0)	1.6 (1.2-2.2)	1.2 (0.9-1.7)	1.0 (0.7-1.3)	0.7 (0.5-1.0)	0.6 (0.4-0.8)
2	8.5 (5.4-14)	4.9 (3.1-8.1)	2.8 (1.7-4.6)	2.2 (1.3-3.6)	1.7 (1.0-2.8)	1.3 (0.8-2.2)	1.0 (0.6-1.7)
3	14 (8.1-23)	8.4 (4.7-14)	4.8 (2.6-8.0)	3.7 (2.1-6.2)	2.9 (1.6-4.9)	2.3 (1.2-3.8)	1.7 (1.0-2.9)
4	23 (14-32)	14 (8.2-20)	8.1 (4.6-12)	6.4 (3.6-9.4)	5.0 (2.8-7.3)	3.9 (2.2-5.7)	3.0 (1.7-4.5)
5	35 (26-42)	23 (16-28)	13 (9.4-17)	11 (7.4-14)	8.3 (5.8-11)	6.5 (4.5-8.3)	5.1 (3.5-6.5)
6	50	35	22	17	14	11	8.4

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.5	2.7	1.5	1.2	0.9	0.7	0.5
1	8.0 (6.3-9.4)	4.8 (3.8-5.6)	2.8 (2.2-3.2)	2.1 (1.7-2.5)	1.7 (1.3-1.9)	1.3 (1.0-1.5)	1.0 (0.8-1.2)
2	14 (9.4-19)	8.6 (5.7-12)	5.0 (3.4-6.7)	3.9 (2.6-5.3)	3.0 (2.0-4.1)	2.4 (1.6-3.2)	1.8 (1.2-2.5)
3	23 (16-32)	15 (9.9-22)	9.0 (5.9-13)	7.0 (4.5-10)	5.5 (3.5-8.2)	4.3 (2.7-6.4)	3.3 (2.1-4.9)
4	36 (27-48)	25 (18-34)	16 (11-22)	12 (9.0-18)	9.7 (7.0-14)	7.6 (5.4-11)	5.9 (4.2-8.6)
5	52 (46-61)	39 (34-47)	26 (23-32)	21 (18-26)	17 (14-20)	13 (11-16)	10 (8.7-13)
6	67	56	42	34	28	22	18

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.2	4.6	2.7	2.1	1.6	1.3	1.0
1	13 (9.5-22)	8.8 (6.3-15)	5.4 (3.9-9.2)	4.2 (3.0-7.2)	3.2 (2.3-5.6)	2.5 (1.8-4.3)	1.9 (1.4-3.4)
2	23 (14-36)	16 (9.4-26)	10 (5.9-17)	7.9 (4.5-14)	6.2 (3.5-11)	4.8 (2.7-8.3)	3.7 (2.1-6.4)
3	36 (22-52)	27 (16-40)	18 (10-29)	14 (7.9-23)	11 (6.1-18)	8.9 (4.7-14)	6.9 (3.6-11)
4	51 (34-64)	42 (26-57)	31 (17-44)	25 (14-36)	20 (11-30)	16 (8.4-24)	12 (6.5-19)
5	64 (49-73)	58 (41-68)	47 (30-57)	40 (24-49)	33 (19-41)	26 (15-33)	21 (12-27)
6	75	72	65	57	49	42	34

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	11	7.5	4.8	3.7	2.9	2.2	1.7
1	18 (13-31)	13 (9.8-23)	9.0 (6.6-16)	7.0 (5.1-12)	5.4 (3.9-9.6)	4.2 (3.0-7.4)	3.2 (2.3-5.7)
2	29 (19-45)	23 (14-36)	16 (9.8-27)	12 (7.6-21)	9.8 (5.9-17)	7.6 (4.5-13)	5.9 (3.5-10)
3	41 (27-56)	35 (21-50)	26 (15-41)	21 (12-33)	17 (8.9-27)	13 (6.9-22)	10 (5.3-17)
4	54 (36-66)	48 (31-61)	40 (24-53)	33 (19-45)	27 (15-38)	22 (12-31)	17 (9.2-25)
5	65 (50-73)	61 (45-70)	55 (37-65)	48 (31-57)	40 (25-49)	34 (20-42)	27 (15-34)
6	74	72	69	63	55	48	40

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	14	10	7.1	5.5	4.2	3.2	2.5
1	22 (16-36)	18 (13-30)	13 (9.3-22)	10 (7.1-17)	7.7 (5.5-14)	6.0 (4.2-11)	4.6 (3.2-8.3)
2	33 (22-50)	28 (18-44)	22 (14-35)	17 (11-28)	13 (8.2-22)	11 (6.3-18)	8.1 (4.8-14)
3	45 (30-60)	40 (26-55)	34 (20-49)	27 (16-41)	22 (12-34)	18 (9.6-28)	14 (7.4-22)
4	57 (40-69)	53 (36-65)	47 (30-60)	40 (24-53)	34 (19-45)	27 (15-38)	22 (12-31)
5	67 (53-74)	65 (49-72)	61 (44-69)	54 (37-63)	47 (30-56)	40 (24-49)	33 (19-41)
6	75	74	72	66	60	53	46

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	14	11	7.6	5.8	4.5	3.4	2.6
1	23 (17-37)	18 (13-31)	14 (9.7-23)	11 (7.5-19)	8.2 (5.7-15)	6.3 (4.4-11)	4.8 (3.3-8.7)
2	34 (24-51)	29 (19-45)	23 (14-36)	18 (11-29)	14 (8.6-24)	11 (6.6-19)	8.5 (5.0-15)
3	47 (32-62)	41 (27-56)	35 (21-50)	28 (17-42)	23 (13-35)	18 (10-28)	14 (7.7-23)
4	59 (42-70)	54 (37-66)	48 (31-61)	41 (25-54)	34 (20-46)	28 (16-39)	23 (12-32)
5	68 (55-73)	66 (51-73)	62 (45-70)	55 (38-64)	48 (31-57)	41 (25-50)	34 (20-42)
6	72	74	73	68	61	55	47