

**Poland - 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 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.6	2.4	2.2	1.9	1.7	1.5	1.3
1	4.4 (3.0-6.6)	3.8 (2.6-5.5)	3.5 (2.4-4.9)	3.0 (2.0-4.2)	2.6 (1.8-3.7)	2.3 (1.6-3.2)	2.0 (1.4-2.8)
2	7.1 (3.9-12)	6.0 (3.2-10)	5.4 (2.9-9.2)	4.7 (2.5-8.1)	4.1 (2.2-7.1)	3.6 (1.9-6.2)	3.1 (1.6-5.4)
3	11 (5.8-19)	9.4 (4.6-16)	8.3 (4.0-15)	7.2 (3.5-13)	6.3 (3.0-11)	5.4 (2.6-10)	4.7 (2.2-8.8)
4	18 (9.8-27)	15 (8.1-23)	13 (6.8-20)	11 (5.8-18)	9.4 (5.0-15)	8.2 (4.3-14)	7.1 (3.7-12)
5	28 (17-34)	22 (14-28)	19 (12-24)	16 (11-21)	14 (9.4-19)	12 (8.2-16)	11 (7.1-14)
6	41	32	27	24	21	18	15

Ten year probability of osteoporotic 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	3.4	3.0	2.7	2.4	2.0	1.8	1.6
1	5.7 (4.0-8.3)	4.7 (3.3-6.7)	4.3 (2.9-5.8)	3.7 (2.5-5.0)	3.2 (2.2-4.4)	2.8 (1.9-3.8)	2.4 (1.6-3.3)
2	9.2 (5.3-15)	7.5 (4.2-12)	6.6 (3.6-11)	5.7 (3.1-9.5)	5.0 (2.7-8.3)	4.3 (2.3-7.3)	3.7 (2.0-6.3)
3	15 (8.1-23)	12 (6.2-20)	10 (5.1-18)	8.7 (4.4-15)	7.6 (3.8-13)	6.6 (3.2-12)	5.7 (2.8-10)
4	23 (13-33)	18 (11-27)	15 (8.8-24)	13 (7.5-21)	11 (6.4-18)	9.8 (5.5-16)	8.5 (4.7-14)
5	34 (22-42)	27 (18-34)	22 (15-29)	19 (13-25)	17 (12-22)	15 (10-19)	13 (8.7-17)
6	49	39	32	28	24	21	18

**Age = 60 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	4.4	3.7	3.3	2.9	2.5	2.1	1.9
1	7.2 (5.3-10)	5.9 (4.2-8.0)	5.2 (3.6-6.9)	4.5 (3.1-5.9)	3.8 (2.7-5.1)	3.3 (2.3-4.4)	2.9 (2.0-3.8)
2	12 (7.1-18)	9.3 (5.5-14)	8.0 (4.5-13)	6.9 (3.9-11)	5.9 (3.3-9.6)	5.1 (2.8-8.4)	4.4 (2.4-7.3)
3	18 (11-27)	14 (8.1-23)	12 (6.5-20)	10 (5.5-18)	9.0 (4.7-16)	7.8 (4.0-14)	6.7 (3.4-12)
4	28 (17-38)	22 (13-32)	18 (11-28)	16 (9.5-24)	13 (8.1-21)	12 (6.8-18)	10 (5.8-16)
5	40 (29-48)	32 (23-39)	26 (19-34)	23 (16-29)	20 (14-26)	17 (12-22)	15 (10-19)
6	56	45	38	33	28	25	21

Ten year probability of osteoporotic 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	5.8	4.7	4.1	3.6	3.1	2.6	2.3
1	9.3 (7.0-12)	7.5 (5.5-9.8)	6.4 (4.6-8.3)	5.5 (3.9-7.1)	4.7 (3.3-6.1)	4.1 (2.9-5.3)	3.5 (2.4-4.5)
2	15 (9.6-21)	12 (7.2-17)	9.8 (5.8-15)	8.4 (4.9-13)	7.2 (4.2-11)	6.2 (3.6-9.8)	5.3 (3.0-8.6)
3	22 (15-31)	18 (11-27)	15 (8.5-24)	13 (7.2-21)	11 (6.0-18)	9.3 (5.1-16)	8.0 (4.3-14)
4	33 (22-44)	26 (17-37)	22 (14-32)	19 (12-28)	16 (10-24)	14 (8.7-21)	12 (7.3-18)
5	46 (35-54)	37 (28-45)	31 (24-39)	27 (20-34)	23 (17-30)	20 (15-26)	17 (13-22)
6	61	51	43	38	33	28	25

**Age = 70 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	7.8	6.3	5.5	4.7	4.0	3.4	2.9
1	12 (9.4-15)	9.8 (7.4-12)	8.2 (6.1-10)	7.0 (5.2-8.9)	5.9 (4.4-7.6)	5.0 (3.7-6.5)	4.3 (3.1-5.6)
2	19 (13-26)	15 (9.9-21)	12 (7.9-17)	10 (6.6-14)	8.8 (5.6-12)	7.5 (4.7-10)	6.3 (4.0-9.0)
3	29 (20-40)	23 (15-33)	18 (12-27)	16 (9.8-23)	13 (8.2-20)	11 (6.8-17)	9.3 (5.7-14)
4	42 (32-55)	34 (25-46)	27 (20-38)	23 (16-33)	19 (14-28)	16 (11-24)	14 (9.5-20)
5	57 (51-66)	48 (42-57)	39 (33-47)	33 (28-41)	28 (23-35)	24 (19-30)	20 (16-26)
6	71	64	54	47	41	35	29

Ten year probability of osteoporotic 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	11	9.0	7.7	6.5	5.5	4.7	4.0
1	18 (13-26)	14 (10-19)	12 (8.7-14)	9.8 (7.3-12)	8.2 (6.1-9.9)	6.9 (5.1-8.4)	5.8 (4.3-7.2)
2	27 (18-40)	22 (14-32)	18 (11-24)	15 (9.4-20)	12 (7.9-17)	10 (6.5-14)	8.6 (5.5-12)
3	40 (26-55)	33 (21-47)	27 (17-38)	22 (14-32)	19 (12-27)	16 (9.7-23)	13 (8.0-19)
4	54 (38-67)	47 (32-62)	39 (27-53)	33 (22-46)	28 (19-39)	23 (15-33)	19 (13-28)
5	66 (53-74)	62 (48-71)	55 (42-64)	47 (36-57)	41 (31-49)	34 (26-42)	29 (22-36)
6	76	74	70	63	56	48	41

**Age = 80 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	15	12	11	9.0	7.5	6.3	5.3
1	23 (17-34)	19 (14-27)	16 (12-21)	13 (10-17)	11 (8.2-14)	9.3 (6.8-12)	7.7 (5.6-9.4)
2	33 (22-47)	29 (19-40)	24 (16-33)	20 (13-27)	17 (11-23)	14 (8.9-18)	11 (7.4-15)
3	45 (30-59)	40 (27-53)	35 (24-47)	29 (20-40)	24 (16-33)	20 (13-28)	17 (11-23)
4	56 (41-68)	53 (38-64)	48 (35-60)	41 (29-53)	35 (24-46)	29 (20-39)	24 (16-33)
5	67 (53-74)	64 (51-72)	61 (48-70)	54 (42-63)	47 (35-56)	41 (30-49)	34 (25-42)
6	75	74	72	66	60	53	46

Ten year probability of osteoporotic 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	17	16	14	12	9.7	8.1	6.7
1	26 (19-38)	23 (17-34)	21 (15-28)	17 (13-23)	14 (10-19)	12 (8.5-15)	9.7 (6.9-12)
2	36 (25-52)	33 (23-47)	30 (20-40)	25 (17-34)	21 (14-28)	17 (11-23)	14 (9.1-19)
3	48 (33-62)	45 (31-59)	41 (28-54)	35 (24-47)	30 (19-40)	25 (16-34)	20 (13-28)
4	59 (43-70)	56 (41-68)	53 (40-65)	47 (34-59)	40 (28-52)	34 (23-45)	29 (19-39)
5	68 (56-75)	67 (54-74)	65 (52-73)	59 (46-67)	52 (39-61)	45 (34-55)	39 (28-48)
6	75	75	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	18	16	15	12	10	8.5	7.1
1	26 (19-39)	24 (17-34)	22 (16-29)	18 (13-24)	15 (11-20)	12 (8.7-16)	10 (7.1-13)
2	37 (26-53)	34 (23-48)	31 (21-42)	26 (17-35)	22 (14-29)	18 (12-24)	15 (9.4-20)
3	49 (34-63)	46 (31-60)	42 (29-55)	36 (24-48)	30 (20-41)	25 (16-35)	21 (13-29)
4	60 (45-71)	57 (42-69)	54 (40-65)	48 (34-59)	41 (29-52)	35 (24-46)	29 (19-39)
5	68 (57-74)	68 (55-74)	65 (53-73)	59 (46-68)	53 (40-62)	46 (34-55)	40 (28-48)
6	72	75	74	70	64	58	51