Portugal - The probabilities of a hip fracture in men

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 Portugal. 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	0.3	0.1	0.1	0.1	0.1	0.0	0.0
1	0.5 (0.3-1.0)	0.3 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)
2	1.0 (0.5-2.1)	0.6 (0.3-1.2)	0.3 (0.2-0.7)	0.2 (0.1-0.5)	0.2 (0.1-0.4)	0.1 (0.1-0.3)	0.1 (0.1-0.2)
3	1.8 (0.7-3.6)	1.0 (0.4-2.1)	0.6 (0.2-1.2)	0.4 (0.2-0.9)	0.3 (0.1-0.7)	0.3 (0.1-0.5)	0.2 (0.1-0.4)
4	3.3 (1.3-5.5)	1.9 (0.7-3.1)	1.1 (0.4-1.8)	0.8 (0.3-1.4)	0.6 (0.3-1.1)	0.5 (0.2-0.8)	0.4 (0.2-0.6)
5	5.9 (2.7-7.8)	3.4 (1.5-4.6)	1.9 (0.9-2.6)	1.5 (0.7-2.0)	1.2 (0.5-1.6)	0.9 (0.4-1.2)	0.7 (0.3-0.9)
6	10	6.0	3.4	2.6	2.0	1.6	1.2

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	0.5	0.3	0.1	0.1	0.1	0.1	0.1
1	0.9 (0.6-1.5)	0.5 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.2)
2	1.6 (0.9-3.0)	0.9 (0.5-1.8)	0.5 (0.3-1.0)	0.4 (0.2-0.8)	0.3 (0.2-0.6)	0.2 (0.1-0.5)	0.2 (0.1-0.4)
3	2.8 (1.3-5.3)	1.7 (0.8-3.1)	0.9 (0.4-1.8)	0.7 (0.3-1.4)	0.6 (0.3-1.1)	0.4 (0.2-0.8)	0.3 (0.2-0.6)
4	5.0 (2.3-8.0)	3.0 (1.3-4.7)	1.7 (0.7-2.7)	1.3 (0.6-2.1)	1.0 (0.4-1.6)	0.8 (0.3-1.3)	0.6 (0.3-1.0)
5	8.5 (4.4-11)	5.1 (2.7-6.7)	3.0 (1.5-3.9)	2.3 (1.2-3.1)	1.8 (0.9-2.4)	1.4 (0.7-1.8)	1.1 (0.6-1.4)
6	14	8.8	5.1	4.0	3.1	2.4	1.9

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	0.8	0.5	0.3	0.2	0.2	0.1	0.1
1	1.5 (1.1-2.4)	0.9 (0.6-1.4)	0.5 (0.4-0.8)	0.4 (0.3-0.6)	0.3 (0.2-0.5)	0.2 (0.2-0.4)	0.2 (0.1-0.3)
2	2.6 (1.5-4.5)	1.6 (0.9-2.8)	0.9 (0.5-1.6)	0.7 (0.4-1.3)	0.5 (0.3-1.0)	0.4 (0.2-0.8)	0.3 (0.2-0.6)
3	4.5 (2.3-7.8)	2.8 (1.4-4.9)	1.6 (0.8-2.9)	1.3 (0.6-2.2)	1.0 (0.5-1.7)	0.7 (0.4-1.3)	0.6 (0.3-1.0)
4	7.5 (4.0-12)	4.7 (2.5-7.3)	2.8 (1.4-4.4)	2.2 (1.1-3.4)	1.7 (0.9-2.6)	1.3 (0.7-2.0)	1.0 (0.5-1.6)
5	12 (7.3-15)	7.9 (4.7-10)	4.8 (2.9-6.2)	3.7 (2.2-4.8)	2.9 (1.7-3.7)	2.2 (1.3-2.9)	1.7 (1.0-2.2)
6	19	13	8.1	6.3	4.9	3.8	2.9

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	1.4	0.9	0.5	0.4	0.3	0.2	0.2
1	2.5 (1.9-3.6)	1.6 (1.2-2.2)	0.9 (0.7-1.3)	0.7 (0.5-1.0)	0.6 (0.4-0.8)	0.4 (0.3-0.6)	0.3 (0.2-0.5)
2	4.1 (2.5-6.3)	2.6 (1.6-4.2)	1.6 (1.0-2.6)	1.2 (0.8-2.0)	0.9 (0.6-1.5)	0.7 (0.5-1.2)	0.6 (0.4-0.9)
3	6.7 (3.8-11)	4.4 (2.5-7.3)	2.7 (1.5-4.6)	2.1 (1.2-3.5)	1.6 (0.9-2.7)	1.2 (0.7-2.1)	1.0 (0.5-1.6)
4	11 (6.6-16)	7.2 (4.4-11)	4.6 (2.7-6.9)	3.5 (2.1-5.3)	2.7 (1.6-4.1)	2.1 (1.2-3.2)	1.6 (0.9-2.4)
5	16 (11-20)	12 (7.9-14)	7.5 (5.1-9.4)	5.8 (3.9-7.3)	4.5 (3.0-5.6)	3.5 (2.3-4.3)	2.7 (1.8-3.3)
6	24	18	12	9.5	7.3	5.7	4.4

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.4	1.6	1.0	0.8	0.6	0.5	0.4
1	4.1 (3.0-5.0)	2.8 (2.1-3.4)	1.8 (1.4-2.2)	1.4 (1.1-1.7)	1.1 (0.8-1.3)	0.8 (0.6-1.0)	0.6 (0.5-0.7)
2	7.0 (4.6-10)	4.9 (3.2-7.1)	3.2 (2.1-4.5)	2.5 (1.6-3.5)	1.9 (1.2-2.7)	1.5 (1.0-2.1)	1.1 (0.7-1.6)
3	12 (7.1-17)	8.4 (5.5-12)	5.7 (3.7-8.3)	4.4 (2.8-6.4)	3.3 (2.2-4.9)	2.6 (1.7-3.8)	2.0 (1.3-2.9)
4	18 (12-26)	14 (9.3-20)	9.7 (6.7-14)	7.5 (5.1-11)	5.8 (3.9-8.5)	4.5 (3.0-6.6)	3.4 (2.3-5.1)
5	27 (23-34)	22 (18-28)	16 (13-20)	13 (10-16)	9.8 (8.1-13)	7.6 (6.2-9.8)	5.8 (4.7-7.6)
6	38	33	26	21	16	13	9.8

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	3.9	2.8	1.9	1.5	1.1	0.8	0.6
1	7.0 (4.6-12)	5.3 (3.6-9.4)	3.7 (2.5-6.4)	2.8 (1.9-5.0)	2.1 (1.5-3.8)	1.6 (1.1-2.9)	1.2 (0.8-2.2)
2	12 (6.8-21)	9.5 (5.4-16)	6.8 (3.8-11)	5.2 (2.9-8.8)	4.0 (2.2-6.8)	3.0 (1.7-5.2)	2.3 (1.3-4.0)
3	19 (9.9-32)	16 (8.3-26)	12 (6.4-19)	9.3 (4.9-15)	7.2 (3.7-12)	5.5 (2.8-9.0)	4.2 (2.1-6.9)
4	29 (16-41)	25 (14-36)	20 (11-30)	16 (8.4-24)	12 (6.4-19)	9.6 (4.9-15)	7.4 (3.7-12)
5	40 (26-50)	37 (23-46)	31 (18-40)	25 (14-33)	20 (11-27)	16 (8.6-21)	12 (6.6-17)
6	53	49	45	38	31	25	20

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	5.8	4.6	3.3	2.5	1.9	1.4	1.1
1	%10.0 (6.7-18	8.1 (5.5-15)	6.0 (4.2-11)	4.6 (3.2-8.4)	3.5 (2.4-6.4)	2.7 (1.8-4.9)	2.0 (1.4-3.7)
2	16 (9.4-27)	14 (8.1-23)	10 (6.3-18)	8.1 (4.8-14)	6.2 (3.6-11)	4.8 (2.8-8.4)	3.6 (2.1-6.5)
3	24 (14-37)	21 (12-32)	17 (9.5-27)	14 (7.3-22)	11 (5.6-17)	8.1 (4.2-13)	6.2 (3.2-10)
4	34 (20-46)	31 (17-42)	27 (14-37)	21 (11-30)	17 (8.6-24)	13 (6.6-19)	10 (5.0-15)
5	45 (30-54)	42 (27-51)	38 (23-47)	32 (18-40)	26 (14-33)	21 (11-27)	16 (8.5-21)
6	57	54	50	43	36	30	24

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.7	6.1	4.6	3.5	2.6	2.0	1.5
1	13 (8.9-23)	11 (7.3-19)	8.2 (5.7-15)	6.3 (4.3-11)	4.8 (3.3-8.8)	3.7 (2.5-6.7)	2.8 (1.9-5.1)
2	21 (13-34)	17 (11-29)	14 (8.4-24)	11 (6.5-19)	8.4 (4.9-15)	6.4 (3.7-11)	4.9 (2.8-8.8)
3	30 (18-44)	26 (15-39)	22 (13-33)	18 (9.8-27)	14 (7.5-22)	11 (5.7-17)	8.3 (4.3-13)
4	41 (25-54)	37 (22-50)	33 (19-44)	27 (15-37)	22 (11-30)	17 (8.6-25)	13 (6.6-19)
5	53 (37-61)	49 (33-58)	45 (29-54)	38 (23-47)	32 (18-40)	26 (14-33)	21 (11-27)
6	63	61	58	51	44	37	30

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.9	6.3	4.9	3.7	2.8	2.1	1.6
1	13 (9.2-23)	11 (7.5-19)	8.6 (5.9-15)	6.6 (4.5-12)	5.1 (3.4-9.2)	3.8 (2.6-7.1)	2.9 (1.9-5.4)
2	21 (13-35)	18 (11-30)	15 (8.8-25)	11 (6.7-20)	8.7 (5.1-15)	6.7 (3.9-12)	5.1 (2.9-9.2)
3	31 (19-45)	27 (16-40)	23 (13-34)	18 (10-28)	14 (7.7-22)	11 (5.9-18)	8.6 (4.5-14)
4	42 (26-55)	38 (23-50)	34 (19-45)	28 (15-38)	22 (12-31)	18 (8.9-25)	14 (6.8-20)
5	53 (38-61)	50 (34-59)	46 (30-55)	39 (24-48)	32 (19-41)	27 (15-34)	21 (11-28)
6	62	61	58	52	45	38	31