

Spain - The probabilities of a major osteoporotic fracture in men

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 Spain. 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	1.2	1.1	1.1	1.0	0.8	0.7	0.6
1	1.9 (1.3-2.8)	1.8 (1.2-2.5)	1.7 (1.1-2.4)	1.5 (1.0-2.0)	1.3 (0.9-1.8)	1.1 (0.7-1.5)	1.0 (0.7-1.3)
2	3.0 (1.6-5.0)	2.7 (1.4-4.7)	2.6 (1.4-4.6)	2.3 (1.2-4.0)	2.0 (1.0-3.5)	1.7 (0.9-3.1)	1.5 (0.8-2.7)
3	4.7 (2.3-8.2)	4.2 (2.0-7.6)	4.0 (1.9-7.4)	3.5 (1.6-6.4)	3.0 (1.4-5.6)	2.6 (1.2-4.9)	2.3 (1.1-4.3)
4	7.3 (3.9-12)	6.4 (3.4-11)	6.0 (3.1-10)	5.2 (2.7-8.7)	4.5 (2.3-7.6)	3.9 (2.0-6.6)	3.4 (1.7-5.7)
5	11 (6.7-15)	9.7 (6.1-13)	8.9 (5.9-12)	7.7 (5.1-10)	6.6 (4.4-9.1)	5.7 (3.8-7.9)	5.0 (3.3-6.9)
6	17	14	13	11	9.6	8.4	7.2

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.6	1.5	1.5	1.3	1.1	1.0	0.8
1	2.6 (1.8-3.8)	2.4 (1.6-3.3)	2.3 (1.5-3.1)	2.0 (1.3-2.7)	1.7 (1.1-2.3)	1.5 (1.0-2.0)	1.3 (0.9-1.7)
2	4.2 (2.3-6.7)	3.7 (2.0-6.2)	3.5 (1.9-5.9)	3.0 (1.6-5.2)	2.6 (1.4-4.5)	2.3 (1.2-3.9)	2.0 (1.0-3.4)
3	6.5 (3.5-11)	5.7 (2.9-9.9)	5.3 (2.6-9.5)	4.6 (2.2-8.2)	3.9 (1.9-7.2)	3.4 (1.7-6.2)	3.0 (1.4-5.4)
4	10 (5.9-15)	8.7 (4.9-14)	7.9 (4.3-13)	6.8 (3.7-11)	5.9 (3.1-9.7)	5.1 (2.7-8.4)	4.4 (2.3-7.3)
5	15 (9.5-20)	13 (8.5-17)	12 (7.9-16)	10 (6.8-14)	8.7 (5.9-12)	7.5 (5.1-10)	6.4 (4.4-8.9)
6	23	19	17	15	13	11	9.3

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.8	1.6	1.5	1.3	1.2	1.0	0.9
1	2.9 (2.1-4.2)	2.6 (1.8-3.6)	2.4 (1.6-3.2)	2.1 (1.4-2.8)	1.8 (1.2-2.4)	1.5 (1.0-2.1)	1.3 (0.9-1.8)
2	4.6 (2.8-7.1)	4.0 (2.3-6.4)	3.7 (2.1-6.1)	3.2 (1.8-5.3)	2.7 (1.5-4.6)	2.3 (1.3-4.0)	2.0 (1.1-3.5)
3	7.2 (4.3-11)	6.2 (3.4-10)	5.6 (2.9-9.7)	4.8 (2.5-8.4)	4.1 (2.1-7.2)	3.5 (1.8-6.3)	3.0 (1.5-5.4)
4	11 (6.8-16)	9.4 (5.8-14)	8.4 (4.9-13)	7.2 (4.1-11)	6.1 (3.5-9.9)	5.2 (2.9-8.6)	4.5 (2.5-7.4)
5	17 (11-21)	14 (9.5-18)	12 (8.6-16)	11 (7.3-14)	9.0 (6.3-12)	7.7 (5.4-10)	6.6 (4.6-9.0)
6	25	21	18	15	13	11	9.5

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.5	2.2	2.1	1.8	1.5	1.3	1.1
1	3.9 (2.8-5.4)	3.5 (2.5-4.7)	3.2 (2.2-4.2)	2.7 (1.9-3.6)	2.3 (1.6-3.1)	2.0 (1.4-2.6)	1.7 (1.2-2.2)
2	6.1 (3.9-8.8)	5.4 (3.3-8.1)	4.9 (2.9-7.8)	4.2 (2.4-6.7)	3.5 (2.0-5.8)	3.0 (1.7-5.0)	2.6 (1.4-4.3)
3	9.2 (6.0-13)	8.1 (5.0-12)	7.3 (4.2-12)	6.2 (3.5-10)	5.3 (2.9-8.8)	4.5 (2.4-7.6)	3.8 (2.1-6.5)
4	14 (9.1-19)	12 (8.0-18)	11 (6.8-17)	9.2 (5.6-14)	7.7 (4.7-12)	6.6 (3.9-10)	5.6 (3.2-8.9)
5	20 (14-25)	17 (12-23)	16 (11-21)	13 (9.6-18)	11 (8.1-15)	9.5 (6.8-13)	8.0 (5.7-11)
6	28	25	22	19	16	14	11

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.7	3.2	2.9	2.4	2.1	1.8	1.5
1	5.9 (4.2-7.4)	5.0 (3.6-6.3)	4.4 (3.2-5.6)	3.7 (2.6-4.7)	3.1 (2.2-4.0)	2.6 (1.8-3.4)	2.2 (1.5-2.9)
2	9.2 (5.9-13)	7.7 (4.9-11)	6.6 (4.2-9.4)	5.5 (3.4-7.8)	4.6 (2.9-6.6)	3.8 (2.4-5.5)	3.2 (2.0-4.6)
3	14 (9.0-21)	12 (7.7-17)	10 (6.3-15)	8.2 (5.2-12)	6.8 (4.2-10)	5.7 (3.5-8.6)	4.7 (2.9-7.2)
4	21 (14-30)	18 (12-26)	15 (10-22)	12 (8.3-18)	10 (6.8-15)	8.4 (5.5-13)	6.9 (4.5-10)
5	31 (25-39)	27 (22-34)	22 (18-28)	18 (15-24)	15 (12-20)	12 (9.7-16)	10 (7.9-14)
6	42	38	32	27	22	18	15

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.1	4.4	3.9	3.2	2.7	2.2	1.8
1	8.5 (5.7-13)	7.2 (5.0-11)	6.1 (4.3-8.2)	5.0 (3.5-6.6)	4.1 (2.9-5.3)	3.3 (2.3-4.2)	2.7 (1.9-3.4)
2	14 (8.1-22)	12 (6.9-18)	9.7 (5.9-14)	7.8 (4.8-12)	6.3 (3.8-9.4)	5.1 (3.1-7.6)	4.2 (2.5-6.1)
3	21 (11-33)	18 (10-28)	15 (9.1-22)	12 (7.3-18)	9.9 (5.8-15)	7.9 (4.7-12)	6.4 (3.8-9.5)
4	31 (18-43)	27 (16-38)	23 (14-33)	19 (11-27)	15 (9.0-22)	12 (7.2-18)	9.9 (5.8-15)
5	43 (29-52)	39 (26-48)	34 (23-43)	28 (19-36)	23 (16-30)	19 (13-25)	15 (10-20)
6	55	52	47	40	34	28	23

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.1	6.4	5.9	4.8	3.9	3.2	2.6
1	12 (7.9-19)	10 (7.1-16)	9.0 (6.4-13)	7.3 (5.1-10)	5.9 (4.1-8.2)	4.8 (3.3-6.5)	3.8 (2.7-5.2)
2	18 (11-29)	16 (9.9-25)	14 (8.7-20)	11 (7.0-16)	9.0 (5.6-13)	7.2 (4.4-10)	5.8 (3.6-8.3)
3	27 (16-39)	24 (14-35)	21 (13-30)	17 (10-24)	14 (8.0-20)	11 (6.3-16)	8.7 (5.0-13)
4	37 (23-49)	34 (21-44)	30 (19-40)	25 (16-34)	20 (12-28)	16 (9.9-23)	13 (7.8-19)
5	49 (34-58)	45 (30-54)	41 (28-50)	35 (23-43)	29 (19-37)	24 (15-30)	19 (12-25)
6	61	57	53	46	40	33	27

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	8.6	7.6	6.9	5.6	4.5	3.7	3.0
1	14 (9.7-23)	12 (8.4-19)	11 (7.5-15)	8.6 (6.0-12)	6.9 (4.8-9.8)	5.6 (3.8-7.7)	4.5 (3.1-6.1)
2	22 (14-34)	19 (12-29)	16 (10-24)	13 (8.2-19)	11 (6.5-15)	8.4 (5.2-12)	6.8 (4.2-9.8)
3	32 (19-45)	28 (17-40)	24 (15-34)	20 (12-28)	16 (9.4-23)	13 (7.5-19)	10 (5.9-15)
4	43 (28-55)	39 (25-50)	34 (22-46)	29 (18-39)	23 (15-32)	19 (12-27)	15 (9.3-22)
5	55 (40-63)	51 (36-60)	47 (32-56)	40 (27-49)	33 (22-42)	28 (18-35)	22 (14-29)
6	64	63	59	52	45	38	32

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.5	5.8	5.3	4.3	3.4	2.8	2.2
1	11 (7.3-18)	9.3 (6.3-15)	8.3 (5.7-12)	6.6 (4.5-9.8)	5.3 (3.6-7.7)	4.2 (2.9-6.0)	3.4 (2.3-4.7)
2	17 (10-27)	15 (9.0-23)	13 (7.9-19)	10 (6.3-16)	8.1 (5.0-12)	6.5 (3.9-9.7)	5.1 (3.1-7.6)
3	25 (15-37)	22 (13-33)	19 (11-28)	16 (9.0-23)	12 (7.1-19)	9.9 (5.6-15)	7.8 (4.4-12)
4	35 (21-47)	32 (19-42)	28 (17-38)	23 (14-32)	19 (11-26)	15 (8.9-21)	12 (7.0-17)
5	46 (32-55)	43 (29-52)	39 (26-48)	33 (21-41)	27 (17-34)	22 (14-28)	18 (11-23)
6	56	54	51	44	37	31	25