

Canada - 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 Canada. 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	2.5	2.4	2.4	2.1	1.9	1.6	1.4
1	4.0 (2.7-5.7)	3.8 (2.6-5.3)	3.7 (2.5-5.1)	3.3 (2.2-4.5)	2.9 (1.9-3.9)	2.5 (1.7-3.4)	2.2 (1.5-3.0)
2	6.1 (3.3-10)	5.8 (3.1-10)	5.7 (3.0-10)	5.0 (2.6-8.8)	4.4 (2.3-7.7)	3.8 (2.0-6.8)	3.4 (1.8-6.0)
3	9.4 (4.6-16)	8.8 (4.3-16)	8.5 (4.1-16)	7.5 (3.5-14)	6.5 (3.1-12)	5.7 (2.7-11)	5.0 (2.4-9.4)
4	14 (7.6-22)	13 (6.9-21)	13 (6.6-21)	11 (5.7-18)	9.6 (5.0-16)	8.4 (4.3-14)	7.4 (3.8-12)
5	21 (13-27)	19 (13-25)	18 (13-24)	16 (11-22)	14 (9.6-19)	12 (8.4-17)	11 (7.4-15)
6	30	27	26	22	20	17	15

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.4	3.4	3.3	2.9	2.5	2.2	1.9
1	5.4 (3.7-7.6)	5.2 (3.5-7.1)	5.1 (3.4-6.8)	4.4 (3.0-5.9)	3.9 (2.6-5.2)	3.4 (2.3-4.5)	3.0 (2.0-4.0)
2	8.3 (4.6-14)	7.9 (4.3-13)	7.7 (4.1-13)	6.7 (3.6-12)	5.9 (3.1-10)	5.1 (2.7-8.9)	4.5 (2.4-7.8)
3	13 (6.6-21)	12 (6.0-20)	11 (5.6-20)	9.9 (4.9-18)	8.7 (4.2-16)	7.6 (3.7-14)	6.6 (3.2-12)
4	18 (11-28)	17 (9.6-27)	16 (9.0-26)	14 (7.8-23)	13 (6.8-21)	11 (5.9-18)	9.7 (5.1-16)
5	27 (18-34)	25 (17-32)	23 (17-31)	21 (15-28)	18 (13-24)	16 (11-22)	14 (9.8-19)
6	37	34	32	29	25	22	20

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.5	4.3	4.2	3.7	3.2	2.8	2.4
1	6.9 (4.8-9.5)	6.6 (4.5-8.8)	6.4 (4.4-8.4)	5.6 (3.8-7.3)	4.9 (3.3-6.4)	4.2 (2.9-5.6)	3.7 (2.5-4.9)
2	10 (6.1-17)	9.9 (5.6-16)	9.6 (5.3-16)	8.4 (4.6-14)	7.3 (4.0-12)	6.3 (3.4-11)	5.5 (3.0-9.5)
3	16 (9.0-25)	15 (7.9-24)	14 (7.3-24)	12 (6.3-21)	11 (5.5-19)	9.3 (4.7-16)	8.1 (4.1-14)
4	23 (14-33)	21 (13-32)	20 (12-31)	18 (10-28)	15 (8.6-25)	13 (7.4-22)	12 (6.4-19)
5	32 (22-40)	30 (21-38)	28 (21-37)	25 (18-33)	22 (16-29)	19 (14-26)	17 (12-23)
6	43	40	38	34	30	26	23

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.3	5.0	4.8	4.2	3.6	3.1	2.7
1	8.1 (5.8-11)	7.6 (5.3-10)	7.3 (5.1-9.4)	6.3 (4.3-8.1)	5.4 (3.7-7.0)	4.7 (3.2-6.1)	4.1 (2.8-5.3)
2	12 (7.6-18)	11 (6.8-18)	11 (6.3-17)	9.4 (5.3-15)	8.1 (4.6-13)	7.0 (3.9-12)	6.1 (3.4-10)
3	18 (11-26)	17 (9.8-26)	16 (8.8-26)	14 (7.5-23)	12 (6.4-20)	10 (5.5-17)	8.8 (4.7-15)
4	25 (18-36)	24 (15-34)	22 (14-34)	19 (12-30)	17 (10-26)	15 (8.5-23)	13 (7.2-20)
5	35 (26-43)	33 (24-41)	31 (24-40)	27 (20-35)	24 (18-31)	20 (15-27)	18 (13-24)
6	45	43	42	37	32	28	24

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.3	5.8	5.5	4.7	4.0	3.4	2.9
1	9.6 (6.9-12)	8.6 (6.3-11)	8.0 (5.8-10)	6.8 (4.9-8.9)	5.8 (4.2-7.6)	4.9 (3.5-6.5)	4.2 (3.0-5.6)
2	14 (9.3-21)	13 (8.2-18)	12 (7.4-16)	9.9 (6.2-14)	8.4 (5.2-12)	7.1 (4.4-10)	6.0 (3.7-8.7)
3	21 (14-30)	19 (12-27)	17 (11-25)	14 (9.0-21)	12 (7.5-18)	10 (6.3-15)	8.6 (5.3-13)
4	30 (21-41)	27 (19-37)	24 (17-34)	20 (14-29)	17 (12-25)	15 (9.6-21)	12 (8.0-18)
5	41 (34-50)	37 (31-46)	34 (27-42)	29 (23-36)	24 (19-31)	21 (16-27)	17 (13-23)
6	52	49	46	39	34	29	24

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.9	7.2	6.7	5.7	4.8	4.0	3.4
1	12 (8.6-18)	11 (7.9-15)	10 (7.2-12)	8.3 (6.0-10)	6.9 (5.0-8.6)	5.8 (4.1-7.3)	4.8 (3.5-6.2)
2	19 (12-30)	17 (11-25)	15 (9.4-21)	12 (7.8-17)	10 (6.4-14)	8.4 (5.3-12)	7.0 (4.4-9.7)
3	28 (16-42)	25 (15-37)	22 (14-31)	18 (12-26)	15 (9.5-22)	12 (7.8-18)	10 (6.4-15)
4	39 (25-52)	36 (23-48)	32 (21-44)	27 (17-37)	22 (14-31)	18 (12-26)	15 (9.5-22)
5	51 (37-60)	48 (35-58)	44 (33-54)	38 (28-47)	32 (24-40)	26 (20-34)	22 (16-28)
6	63	60	57	50	44	37	31

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	9.9	9.2	8.7	7.2	6.0	5.0	4.1
1	15 (11-24)	14 (9.9-20)	13 (9.3-17)	11 (7.6-14)	8.7 (6.2-11)	7.2 (5.1-9.0)	5.9 (4.2-7.3)
2	23 (14-35)	21 (13-31)	19 (12-26)	16 (10-21)	13 (8.1-17)	10 (6.6-14)	8.5 (5.4-12)
3	32 (20-45)	30 (18-42)	27 (17-37)	22 (14-31)	18 (11-26)	15 (9.3-21)	12 (7.5-17)
4	42 (28-55)	40 (27-51)	37 (26-48)	31 (21-42)	26 (17-35)	22 (14-30)	18 (11-25)
5	54 (39-62)	51 (37-60)	49 (36-58)	42 (31-51)	36 (26-44)	30 (21-38)	25 (18-32)
6	64	62	60	53	47	40	34

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	12	11	11	8.9	7.4	6.1	5.0
1	18 (13-28)	17 (12-25)	16 (11-22)	13 (9.2-18)	11 (7.5-14)	8.7 (6.1-11)	7.1 (4.9-9.2)
2	26 (17-40)	24 (16-36)	23 (15-32)	19 (12-26)	15 (9.9-22)	13 (8.0-18)	10 (6.5-14)
3	36 (23-50)	34 (21-47)	32 (20-44)	27 (17-37)	22 (13-31)	18 (11-26)	15 (8.7-21)
4	47 (32-60)	45 (30-57)	42 (30-54)	36 (24-47)	31 (20-40)	25 (16-34)	21 (13-29)
5	58 (44-66)	56 (42-64)	54 (40-62)	47 (35-56)	41 (29-50)	34 (24-43)	29 (20-37)
6	67	66	64	58	52	45	39

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	12	12	11	9.2	7.5	6.2	5.1
1	19 (14-30)	18 (12-26)	16 (12-23)	13 (9.5-18)	11 (7.7-15)	9.0 (6.2-12)	7.3 (5.0-9.6)
2	28 (18-42)	26 (17-38)	24 (16-33)	20 (13-28)	16 (10-23)	13 (8.2-18)	11 (6.6-15)
3	38 (25-53)	36 (23-49)	33 (21-45)	28 (17-39)	23 (14-33)	19 (11-27)	15 (9.0-22)
4	49 (34-61)	47 (32-59)	44 (31-55)	38 (25-49)	32 (21-42)	26 (17-36)	22 (14-30)
5	59 (46-66)	58 (44-66)	55 (42-64)	49 (36-58)	42 (30-51)	36 (25-45)	30 (21-38)
6	66	67	66	60	54	47	40