

Sri Lanka - 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/m²), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Sri Lanka. 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	1.4	1.3	1.2	1.1	0.9	0.8	0.7
1	2.4 (1.7-3.6)	2.1 (1.4-3.0)	1.9 (1.3-2.7)	1.7 (1.1-2.3)	1.4 (1.0-2.0)	1.3 (0.8-1.7)	1.1 (0.7-1.5)
2	3.9 (2.1-6.5)	3.3 (1.8-5.5)	3.0 (1.6-5.1)	2.6 (1.4-4.5)	2.2 (1.2-3.9)	2.0 (1.0-3.4)	1.7 (0.9-3.0)
3	6.4 (3.2-11)	5.2 (2.6-9.3)	4.6 (2.2-8.4)	4.0 (1.9-7.3)	3.5 (1.6-6.4)	3.0 (1.4-5.6)	2.6 (1.2-4.9)
4	10 (5.4-16)	8.2 (4.5-13)	7.0 (3.8-12)	6.1 (3.2-10)	5.3 (2.8-8.7)	4.5 (2.4-7.6)	3.9 (2.0-6.6)
5	16 (9.5-20)	13 (7.8-16)	11 (6.9-14)	9.1 (6.0-12)	7.9 (5.2-11)	6.8 (4.5-9.2)	5.9 (3.9-8.0)
6	25	19	16	14	12	10	8.7

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.5	2.2	2.0	1.8	1.5	1.3	1.2
1	4.2 (3.0-6.2)	3.5 (2.5-5.0)	3.2 (2.2-4.4)	2.8 (1.9-3.8)	2.4 (1.6-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.4)
2	6.8 (3.9-11)	5.6 (3.1-9.0)	5.0 (2.7-8.2)	4.3 (2.3-7.2)	3.7 (2.0-6.3)	3.2 (1.7-5.5)	2.8 (1.5-4.8)
3	11 (6.0-18)	8.8 (4.6-15)	7.6 (3.8-13)	6.6 (3.3-12)	5.7 (2.8-10)	4.9 (2.4-8.9)	4.3 (2.1-7.7)
4	17 (9.7-25)	14 (8.0-21)	12 (6.6-18)	9.9 (5.6-16)	8.6 (4.8-14)	7.4 (4.1-12)	6.4 (3.5-11)
5	26 (17-33)	21 (14-26)	17 (12-22)	15 (10-19)	13 (8.7-17)	11 (7.5-15)	9.5 (6.5-13)
6	39	30	25	22	19	16	14

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.7	4.0	3.5	3.1	2.6	2.3	2.0
1	7.7 (5.6-11)	6.3 (4.5-8.6)	5.5 (3.9-7.4)	4.8 (3.3-6.4)	4.1 (2.9-5.5)	3.6 (2.5-4.7)	3.1 (2.1-4.1)
2	12 (7.6-19)	9.9 (5.9-15)	8.5 (4.9-14)	7.3 (4.2-12)	6.3 (3.6-10)	5.5 (3.0-8.9)	4.7 (2.6-7.8)
3	19 (12-28)	15 (8.7-24)	13 (7.0-22)	11 (5.9-19)	9.6 (5.0-16)	8.3 (4.3-14)	7.1 (3.7-12)
4	29 (18-40)	23 (14-33)	19 (12-29)	17 (10-25)	14 (8.6-22)	12 (7.3-19)	11 (6.2-17)
5	42 (29-50)	33 (24-41)	28 (20-35)	24 (17-31)	21 (15-27)	18 (13-24)	16 (11-21)
6	57	47	39	34	30	26	22

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.9	6.6	5.8	5.0	4.3	3.7	3.2
1	12 (9.5-17)	10 (7.5-13)	8.9 (6.4-12)	7.6 (5.4-9.9)	6.6 (4.6-8.5)	5.6 (4.0-7.3)	4.9 (3.4-6.3)
2	19 (13-27)	16 (9.9-22)	13 (8.1-20)	12 (6.9-18)	9.9 (5.8-15)	8.5 (5.0-13)	7.4 (4.2-12)
3	28 (19-39)	23 (15-34)	20 (12-31)	17 (9.9-27)	15 (8.4-24)	13 (7.1-21)	11 (6.0-18)
4	40 (28-52)	34 (23-46)	29 (20-41)	25 (17-36)	21 (14-32)	19 (12-28)	16 (9.9-25)
5	54 (43-63)	46 (36-55)	40 (31-49)	35 (27-44)	30 (23-38)	26 (20-34)	23 (17-30)
6	68	61	54	48	42	37	32

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	11	9.1	8.0	6.9	5.9	5.0	4.3
1	17 (13-20)	14 (10-17)	12 (8.9-15)	10 (7.5-13)	8.6 (6.3-11)	7.3 (5.4-9.5)	6.3 (4.6-8.1)
2	25 (17-34)	21 (14-28)	17 (11-24)	15 (9.6-20)	13 (8.1-18)	11 (6.8-15)	9.1 (5.7-13)
3	37 (26-49)	30 (21-42)	25 (17-37)	22 (14-32)	18 (12-27)	16 (9.8-23)	13 (8.2-20)
4	50 (38-63)	43 (32-56)	36 (27-49)	31 (22-43)	26 (19-37)	22 (16-32)	19 (13-28)
5	64 (58-72)	57 (51-67)	50 (43-59)	43 (36-52)	37 (31-46)	32 (26-40)	27 (22-34)
6	75	71	65	58	51	44	38

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	13	11	9.7	8.2	7.0	5.9	5.0
1	20 (14-28)	17 (12-22)	14 (11-17)	12 (9.0-15)	10 (7.5-12)	8.6 (6.3-11)	7.2 (5.3-9.0)
2	30 (20-44)	26 (16-36)	21 (14-29)	18 (12-24)	15 (9.6-20)	13 (8.0-17)	11 (6.7-14)
3	43 (28-58)	37 (25-50)	31 (20-44)	26 (17-37)	22 (14-31)	18 (12-26)	15 (9.8-22)
4	56 (40-68)	51 (35-64)	44 (31-58)	38 (26-51)	32 (22-44)	27 (18-38)	23 (15-32)
5	68 (55-75)	64 (51-73)	59 (47-68)	52 (41-61)	45 (35-54)	38 (30-47)	32 (25-41)
6	77	75	72	66	59	52	45

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	14	12	11	9.0	7.6	6.3	5.3
1	21 (15-31)	18 (13-26)	16 (12-21)	13 (9.8-17)	11 (8.1-14)	9.2 (6.7-11)	7.6 (5.5-9.2)
2	31 (21-44)	27 (18-38)	23 (16-31)	20 (13-26)	16 (11-22)	13 (8.7-18)	11 (7.2-15)
3	42 (28-56)	38 (25-51)	34 (23-44)	28 (19-38)	24 (16-32)	19 (13-26)	16 (10-22)
4	53 (38-65)	50 (36-62)	46 (33-58)	39 (28-51)	33 (23-44)	28 (19-38)	23 (16-32)
5	64 (51-72)	62 (48-70)	58 (46-67)	52 (40-61)	45 (34-54)	38 (28-47)	32 (24-40)
6	73	72	70	64	57	51	44

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	13	12	11	9.5	7.9	6.6	5.5
1	20 (14-31)	18 (13-26)	17 (12-22)	14 (9.9-18)	11 (8.1-15)	9.4 (6.6-12)	7.8 (5.4-9.6)
2	29 (20-43)	27 (18-38)	24 (16-33)	20 (13-27)	16 (11-22)	14 (8.7-19)	11 (7.1-15)
3	41 (27-55)	37 (24-50)	34 (22-45)	28 (18-39)	24 (15-32)	19 (12-27)	16 (9.8-22)
4	52 (36-64)	49 (34-60)	45 (32-57)	39 (27-50)	33 (22-43)	27 (18-37)	23 (15-31)
5	63 (49-70)	60 (46-69)	57 (44-66)	51 (38-60)	44 (32-53)	37 (27-46)	31 (22-39)
6	71	70	68	62	56	49	42

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	11	11	11	9.5	7.9	6.6	5.5
1	17 (12-26)	16 (11-23)	16 (11-20)	13 (9.3-17)	11 (7.6-14)	9.1 (6.3-11)	7.5 (5.2-9.2)
2	25 (16-37)	23 (15-33)	22 (15-30)	19 (12-25)	15 (9.9-21)	13 (8.1-17)	10 (6.6-14)
3	35 (22-49)	32 (20-45)	31 (20-42)	26 (16-36)	21 (13-30)	18 (11-25)	14 (8.7-21)
4	46 (31-58)	43 (29-54)	41 (28-52)	35 (23-45)	29 (19-39)	24 (16-33)	20 (13-28)
5	57 (43-65)	54 (41-63)	52 (39-61)	45 (34-54)	39 (29-48)	33 (24-41)	27 (20-35)
6	65	65	63	57	50	43	37