



10 year fracture risk %

Major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture)/Hip

RISK FACTORS	Zero				One				Two			
BMI	35	30	25	20	35	30	25	20	35	30	25	20
Female												
50	2	3	3	3	4	4	5	5	6	6	7	8/1
60	5	6	6	7/2	7	9	10/1	10/4	11/1	13/2	14/2	16/6
70	8/1	9/2	10/2	11/4	11/2	13/3	15/4	17/7	16/4	18/6	21/7	25/12
80	14/4	16/5	19/7	16/11	20/8	23/10	27/13	24/20	28/14	33/18	38/22	35/32
Male												
50	2	2	2	2	3	3	4	4	4	5	6	6
60	3	4	4	4	5	6	6	7/1	7	8	10/1	10/2
70	4	5/1	6/1	6/2	6	7	8/2	9/4	8	10	12/4	13/6
80	6/2	7/3	9/4	9/5	9/4	11/5	13/7	14/10	13/7	16/9	19/12	21/16

Risk factors - Previous fracture “atraumatic”, Parent hip fracture, Smoker, Rheumatoid arthritis, Glucocorticoids - now or more than 3 months, >3 drinks a day

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WHO Fracture Risk Assessment Tool