

## Supplementary data

**Table 1.**

The ICD10 codes, obtained from the database of Landspítalinn University Hospital, the main hospital in the capital city Reykjavik, were divided into nine mutually exclusive hospital groups.

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<b>Diseases</b>	<b>ICD10</b>
Coronary heart disease	I21-I25
Atrial fibrillation	I48
Pneumonia	J13-J18
Cancer	C00-C97
Fracture at osteoporotic sites	S12.1, S12.2, S22.0, S22.1, S32.0, T08, S32.1, S32.3, S32.4, S32.5, S42.2, S42.4, S52.5, S52.6, S72.0, S72.1, S72.2, S82.1
Diseases in the digestive system	K00-K93
Disease of the musculoskeletal system and connective tissue	M00-M99
Disease of the genitourinary system	N00-N99

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Table 2. Hazard ratios for hospitalization by fracture group, sex and time since fracture

Time since fracture	N	Adjusted for age and sex					Adjusted for age, sex, 6 meter walk, strength and co-morbidity			
		N events	Percentage	HR	CI 95%	P-value	HR	CI 95%	P-value	
<b>Both sex</b>										
oOSfr ≤ 10 yrs <sup>a</sup>	544	384	70.6	1.3	1.2-1.4	<.0001	1.2	1.1-1.4	0.001	
oOSfr > 10 yrs <sup>b</sup>	465	308	66.2	1.1	1.0-1.3	-	1.2	1.0-1.3	0.02	
Ofr ≤ 10 yrs <sup>c</sup>	398	269	67.6	1.2	1.1-1.4	0.003	1.2	1.0-1.3	0.02	
Ofr > 10 yrs <sup>d</sup>	505	330	65.3	1.0	0.9-1.2	-	1.0	0.9-1.2	-	
Vfr ≤ 10 yrs <sup>e</sup>	191	149	78.0	1.5	1.3-1.8	<.0001	1.4	1.2-1.6	0.0002	
Vfr > 10 yrs <sup>f</sup>	104	80	76.9	1.4	1.1-1.7	0.006	1.2	1.0-1.6	-	
<b>Men</b>										
oOSfr ≤ 10 yrs	105	82	78.1	1.4	1.2-1.8	0.001	1.3	1.0-1.7	0.03	
oOSfr > 10 yrs	100	62	62.0	0.9	0.7-1.2	-	0.9	0.7-1.2	-	
Ofr ≤ 10 yrs	190	134	70.5	1.2	1.0-1.5	0.03	1.2	1.0-1.4	-	
Ofr > 10 yrs	277	189	68.2	1.1	0.9-1.3	-	1.0	0.9-1.2	-	
Vfr ≤ 10 yrs	40	32	80.0	1.3	0.9-1.9	-	1.2	0.8-1.7	-	
Vfr > 10 yrs	33	28	84.8	1.8	1.2-2.6	0.003	1.6	1.1-2.3	0.02	
<b>Women</b>										
oOSfr ≤ 10 yrs	439	302	68.8	1.3	1.1-1.4	0.0007	1.2	1.0-1.4	0.009	
oOSfr > 10 yrs	365	246	67.4	1.2	1.0-1.4	0.01	1.2	1.1-1.4	0.004	
Ofr ≤ 10 yrs	208	135	64.9	1.2	1.0-1.5	0.04	1.2	1.0-1.4	-	
Ofr > 10 yrs	228	141	61.8	1.0	0.9-1.2	-	1.0	0.8-1.2	-	
Vfr ≤ 10 yrs	151	117	77.5	1.5	1.3-1.9	<.0001	1.4	1.2-1.8	0.0003	
Vfr > 10 yrs	71	52	73.2	1.2	0.9-1.6	-	1.1	0.8-1.5	-	

<sup>a</sup> Individuals that had fractures at osteoporotic site less than 10 years ago. Vertebral fractures are excluded.

<sup>b</sup> Individuals that had fractures at osteoporotic site more than 10 years ago. Vertebral fractures are excluded.

<sup>c</sup> Individuals with all others fractures than those at osteoporotic site which occurred less than 10 years ago.

<sup>d</sup> Individuals with all others fractures than those at osteoporotic site which occurred more than 10 years ago.

<sup>e</sup> Individuals that had vertebral fracture less than 10 years ago.

<sup>f</sup> Individuals that had vertebral fracture more than 10 years ago.

Table 3. Effect of time since fracture on mobility, strength, activity of daily living and quality of live. Adjustment was made for sex and age.

Measurements	Osteoporotic fracture for less than 10 yrs ago Vertebral fractures are excluded			Osteoporotic fracture for more than 10 yrs ago Vertebral fractures are excluded			Vertebral fracture for less than 10 yrs ago			Vertebral fracture for more than 10 yrs ago		
	Estimate	95% CI	P-value	Estimate	95% CI	P-value	Estimate	95% CI	P-value	Estimate	95% CI	P-value
6 meter walk, (sec.)	0.36	0.2-0.5	<.0001	-0.21	- 0.2- 0.16	-	0.52	0.2-0.8	0.001	0.38	0.02-0.8	0.05
Timed Up and Go, (sec.)	0.70	0.38-1.03	<.0001	0.08	0.27-0.43	-	1.37	0.85-1.88	<.0001	0.84	0.15-1.52	0.02
Quadriceps strength, ( kg.)	-1.11	-1.93- (-0.30)	0.007	-0.21	-1.08-0.65	-	-3.48	-4.76- (-2.21)	<.0001	-1.33	-3.03-0.37	-
Grip strength, (kg.)	-1.24	-1.91- (-0.57)	0.0003	-0.21	-0.92- 0.49	-	-2.22	-3.27-(-1.17)	<.0001	-0.75	-2.12-0.61	-
ADL	0.15	0.06-0.24	0.001	0.01	-0.09-0.10	-	0.33	0.19-0.47	<.0001	0.28	0.09-0.47	<0.01
Quality of life	-0.04	-0.06-(-0.02)	0.0003	0.01	-0.01-0.03	-	-0.08	-0.12-(-0.05)	<.0001	-0.05	-0.10-(0.01)	0.02