Table E-1. Orthopaedic Trauma Association Committee for Coding and Classification: Fracture Classification[10,11]

1 Talus
      A extraarticular
      B intraarticular
2 Calcaneus
      A extraarticular
      B intraarticular
3 Navicular
      A extraarticular
      B intraarticular
4 Cuneiforms
      A medial
      B middle
      C lateral
5 Cuboid
      A extraarticular
      B intraarticular
6 Metatarsals
   1 = first, 2 = second, etc.
      A base (proximal)
      B shaft (diaphyseal)
      C head (distal)
7 Phalanx
   1 = first, 2 = second, etc.
      A proximal
      B middle
      C distal
8 Ankle
      A Isolated fibula
      B Bimalleolar
      C Trimalleolar
      D Isolated medial malleolus

Table E-2. Characteristics of incident foot fractures occurring in elderly women during the follow-up period

Foot Fractures	n = 357	% of Total	
Talus	**n = 3**	**0.8%**	(100%)
intraarticular	n = 3	1.4%	
Calcaneus	**n = 5**		
extraarticular	n = 4		(80%)
intraarticular	n = 1		(20%)
Navicular	**n = 9**	**2.5%**	
extraarticular	n = 8		(88.9%)
intraarticular	n = 1		(11.1%)
Cuneiforms	**n = 3**	**0.8%**	
medial	n = 3		(100%)
Cuboid	**n = 6**	**1.7%**	
extraarticular	n = 6		(100%)
Metatarsals	**n = 316**	**88.5%**	
First	n = 7		(2.2%)
proximal	n = 4		
shaft	n = 3		
Second	n = 36		(11.4%)
proximal	n = 7		
shaft	n = 29		
Third	n = 32		(10.1%)
proximal	n = 7		
shaft	n = 24		
head	n = 1		
Fourth	n = 38		(12.0%)
proximal	n = 7		
shaft	n = 27		
head	n = 4		
Fifth	n = 203		(64.2%)
proximal	n = 114		
shaft	n = 84		
head	n = 5		
Phalanx	**n = 15**	**4.2%**	
First	n = 0		(0%)
Second	n = 2		(13.3%)
proximal	n = 1		
middle	n = 1		
Third	n = 4		(26.7%)
proximal	n = 4		
Fourth	n = 3		(20%)
proximal	n = 3		
Fifth	n = 6		(40%)
proximal	n = 5		
distal	n = 1		

Table E-3. Baseline characteristics of elderly women with and without incident foot or ankle fractures during follow-up

	Neither ankle nor foot fracture n=9044	Ankle fracture n=291	Foot fracture n=301
Age (yrs)	71.7 (5.4)	71.0 (4.7)*	71.6 (5.3)
Age at fracture (yrs)	-	75.6 (5.4)	76.1 (6.1)
Waist/hip ratio	0.812 (0.68)	0.813 (0.065)	0.811 (0.068)
Body mass index (kg/m^2)	26.5 (4.8)	27.6 (4.6)*	26.3 (4.2)
Distal radius BMD† (g/cm^2)	0.363 (.085)	0.358 (0.081)	0.345 (0.076)*
Proximal radius BMD (g/cm^2)	0.634 (.105)	0.635 (0.103)	0.626 (0.095)
Calcaneal BMD (g/cm^2)	0.404 (0.96)	0.409 (0.089)	0.394 (0.084)*
Fracture any bone since age 50 (%)	36.8	37.9	45.5*
Current smoker (%)	10.0	9.6	8.6
Current estrogen use (%)	13.9	10.7	11.0
Normal functional status (%)	63.4	60.5	62.5
Difficulty walking 2-3 blocks (%)	13.8	13.4	14.4
Difficulty walking down steps (%)	12.8	10.7	12.3
Takes walks for exercise (%)	50.3	48.1	47.5
Physical activity previous week (%)	67.8	66.3	62.3
Fell during last 12 months (%)	29.7	38.1 *	34.6
Fell twice or more during last 12 months (%)	10.4	15.8*	13.0
Dizzy upon standing (%)	19.2	22.6	22.6
Diabetes (%)	7.0	8.3	8.3
Arthritis (%)	63.1	62.2	64.7
Hyperthyroidism (%)	9.5	10.3	6.2
History of using long-acting benzodiazepines (%)	9.0	9.9	14.4*
History of using short-acting benzodiazepines (%)	6.8	6.9	10.3*

* $p < 0.05$ compared to women with no fracture. † BMD = Bone mineral density.