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Kaz Personal Fitness & Wellness Program

RATE YOUR RISK OF LOW BONE DENSITY

Just simply write your points and add them up to get your own risk score.

PART I THINGS YOU CANNOT CHANGE	SCORE POINTS	YOUR POINTS
Frame (choose one)		
Small-boned; petite	10	
Medium or large frame; lean	5	
Medium frame; heavy or average weight	0	
Ethnicity (choose one as applicable)		
Caucasian	10	
Asian	10	
General Health (choose one as applicable)		
Woman postmenopausal	30	
Man over 65	20	
Hypogonadism (in men): low levels of testosterone	20	
Family history of osteoporosis, or losing height, dowager's hump, or frequent fractures	20	
Long-term use of corticosteroids	20	
Long-term use of anticonvulsant	20	
Long-term treatment for hypothyroidism	20	
Long-term hyperthyroidism	15	
Surgical removal of ovaries or premature menopause	10	
Never bore children (for women)	10	
Pregnancy without taking calcium, vitamin D, and other nutritional supplements	10	
Breastfeeding without taking calcium, vitamin D, and other nutritional supplements	10	
Chemotherapy	10	
Type 1 diabetes	10	
Long-term, frequent use of antacids containing aluminum	10	
Poor diet through childhood, adolescence, and/or young adulthood	10	
Poor exercise habits through childhood, adolescence, and/or young adulthood	10	
Former smoker	5 to 10	
Subtotal from Part I		

PART II THINGS YOU CAN CHANGE	SCORE POINTS	YOUR POINTS
General health (choose as many as applicable)		
Drink more than 3 alcoholic beverages per week	20	
Smoke 10 or more cigarettes a day	20	
Smoke fewer than 10 cigarettes a day	10	
Drink more than 1 cup of caffeinated coffee per day	10	
Seldom get outside in sun and don't take vitamin D supplement	10	
Take hormone replacement therapy	-20	
Use of natural progesterone perimenopausally	-20	
Diet (choose as many as applicable)		
Drink more than 1 soda daily (including club soda, but no seltzer)	10 to 20	
Long-term consumption of more than 12 oz of meat daily	20	
Eat more than 4 oz. of meat daily	10	
High-protein weight control plan for more than a year	10	
Consume at least 1 cup of green leafy vegetables each day (in addition to the 3-5 servings above)	-10	
Consume a vegetarian diet (with proper supplementation if strictly vegetarian, or vegan)	-10	
Include large serving of soy foods in diet daily	-10	
Consume NIH-recommended level of calcium for your age each day, through food and/or supplements	-20	
Exercise (choose one)		
How often do you do at least 30 minutes of weight-bearing exercise (working your muscles against gravity) like walking briskly, dancing, doing yoga or tai chi, or weight lifting?		
Seldom or never	30	
Once a week	20	
Twice a week	10	
Three or 4 times a week	0	
Five or more times a week	-10	
Subtotal from Part II		
GRAND TOTAL (Part I & II)		

If your score < 50, you are ahead of the game.

If your score > 50, you may be at increased risk of low bone density. Look at Part II and see what you can change to lower the score.

Reference: The bone density diet , G. J. Kessler, p46-48, 2000, A Ballantine Book, modified from Dr. Michael Murray's article, "Is Estrogen Necessary" from the American Journal of Natural Medicine. The table has been revised by K. Aoyagi for use on KazPersonalFitness.com.