



WELLNESS WORKSHEET 105

Osteoporosis

Part I. Osteoporosis Risk Assessment

Complete the following questionnaire to determine your risk for developing osteoporosis.

- | Yes | No | |
|-------|-------|---|
| _____ | _____ | 1. Do you have a small, thin frame? |
| _____ | _____ | 2. Do you have a family history of osteoporosis? |
| _____ | _____ | 3. Are you a postmenopausal woman? |
| _____ | _____ | 4. Have you had an early or surgically induced menopause? |
| _____ | _____ | 5. Have you been taking excessive thyroid medication or high doses of cortisone-like drugs for asthma, arthritis, or other disease? |
| _____ | _____ | 6. Is your diet low in dairy products and other sources of calcium? |
| _____ | _____ | 7. Are you physically inactive? |
| _____ | _____ | 8. Do you smoke cigarettes or drink alcohol in excess? |

The more times you answer “yes,” the greater your risk for developing osteoporosis. See your physician, and contact the National Osteoporosis Foundation for more information.

Part II. Do You Get Enough Calcium?

Write in the number of servings of each of the following types of calcium-rich foods you eat on an average day. Typical serving sizes are given for each.

High Calcium-Rich Foods

Milk and Milk Products

- _____ fat-free or reduced-fat milk or buttermilk (1 cup)
- _____ fat-free or reduced-fat yogurt (1 cup)
- _____ lowfat cheese (1 1/2 inch cube)
- _____ whole milk (1 cup)
- _____ milkshake (1 cup)
- _____ pudding (1 cup)
- _____ regular cheese (1 1/2 inch cube)

Meat, Beans, and Nuts

- _____ sardines with bones (6)

_____ **Total servings of high calcium-rich foods**

Medium Calcium-Rich Foods

Milk and Milk Products

- _____ fat-free or reduced-fat cottage cheese (1/2 cup)
- _____ cream soup (1/2 cup)
- _____ ice milk, frozen yogurt, or ice cream (1/2 cup)

Meats, Beans, and Nuts

- _____ beans, peas, or refried beans (1 cup)
- _____ canned fish with bones (2 oz)
- _____ tofu processed with calcium (1/2 cup)
- _____ almonds (1/4 cup)

Vegetables

- _____ bok choy (1/2 cup)
- _____ broccoli (1 cup)
- _____ kale (1 cup)
- _____ mustard greens (1 cup)
- _____ turnip greens (1/2 cup)

Fruits

- _____ figs (5)

_____ **Total servings of medium calcium-rich foods**

(over)

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Three servings of medium calcium-rich foods equal one high calcium-rich serving, so divide the total servings of medium calcium-rich foods by 3 before totaling your daily servings:

$$\begin{aligned} & \text{_____ servings of high calcium-rich foods} + (\text{_____ servings of medium calcium-rich foods} \div 3) \\ & = \text{_____ total calcium servings} \\ & \quad 2\text{--}3 \text{ total servings} = \text{about } 1000\text{--}1200 \text{ mg of calcium} \\ & \quad 3\text{--}4 \text{ total servings} = \text{about } 1200\text{--}1500 \text{ mg of calcium} \end{aligned}$$

Refer to the Nutrition Resources section in your text, and fill in the calcium recommendation for people of your sex and age: _____ mg calcium/day

How does your intake compare? If it's too low, consider planning a behavior change strategy that focuses on increasing calcium intake. Once you have a better idea of how many servings of calcium-rich foods you should consume, you can do a quick online calcium intake check by taking the Calcium Quiz at the Web site for the Dairy Council of California (<http://www.dairycouncilofca.org>); click on "Activities" from the home page.

INTERNET ACTIVITY

Choose one of the potential physical challenges of growing older—osteoporosis, arthritis, hearing loss, Alzheimer's disease, glaucoma, and so on; if possible, choose one that has affected a member of your family or someone you know. Do a Web search to identify strategies for both preventing the problem and coping with the problem if it does occur. (Coping strategies can apply to either the affected person or to her or his caregivers.)

Challenge/problem:

Site(s) visited (URL):

Strategies for prevention (list at least three):

Strategies for coping (list at least three):