

Adapted “Black Fracture Index”

(to be used for men and women as a more suitable tool is as yet not available)

		Point Value
1	What is your current age? Less than 65 65-69 70-74 75-79 80-84 85 or older	0 1 2 3 4 5
2	Have you broken any bones after age 50? Yes No	1 0
3	Has your mother had a hip fracture after age 50? Yes No	1 0
4	Do you weigh 125 pounds or less (9 stone)? Yes No	1 0
5	Are you currently a smoker? Yes No	1 0
6	Do you usually need to use your arms to assist yourself in standing up from a chair? Yes No	2 0
Total		

Score:

Low Risk = 0-3

Medium Risk = 4-6

High Risk = 7 and above

(from “An Assessment Tool for Predicting Fracture Risk in Postmenopausal Women by Black DM, Steinbuch M, Palermo I, Dargent-Molina P, Lindsay R, Hoseyni MS and Johnell O. *Osteoporosis International* 2001 12:519-528)