

Bone density Z-score chart

This table shows the meanings of different Z-scores:

Z-score	Meaning
+1–2	Bone density is higher than in others of the same age, sex, and body size.
0	Bone density is the same as in others of the same age, sex, and body size.
-1	Bone density is lower than in others of the same age, sex, and body size.
-2	Doctors consider scores higher than this to be normal.
-2.5	This score or lower indicates  secondary osteoporosis.