



Text Complexity Analysis of

Who is at Risk for Heart Disease? (title)

NIH (author)

Recommended Complexity Band: 9-10

Qualitative Measures

Meaning/Purpose: (Briefly explain the levels of meaning (Literary Text) or purpose (Informational Text.) The purpose of the text is to explain who is at risk for heart disease. The purpose can be easily identified through the title of the text. The article gives both risk factors that can be controlled, as well as factors that cannot be controlled, and it also lists some emerging risk factors that scientists are still exploring.

Text Structure: (Briefly describe the structure, organization, and other features of the text.) The article uses mostly description and cause/effect text structures. The text's headings help the reader follow along with the numerous sections and topics in the article. There are few text features used (no bold or italicized font, no images of any kind).

Language Features: (Briefly describe the conventions and clarity of the language used in the text, including the complexity of the vocabulary and sentence structures.) The article uses quite a few domain-specific words (e.g., *cholesterol*, *triglycerides*, *lipoproteins*, *diabetes*, *insulin*, *prediabetes*, *menopause*, *estrogen*, *metabolic*, *arteries*, *depression*, *anemia*, *hemoglobin*, *apnea*, *plaque*, *preeclampsia*, *inflammation*, *lupus*, *rheumatoid arthritis*, *migraines*). Some domain-specific words are briefly explained in the text, but some are not. There are a few non-literal expressions used (e.g., risk factors that “gang up” and a chemical that “robs your blood”).

Knowledge Demands: (Briefly describe the knowledge demands the text requires of students.) Students should have a basic knowledge of the cardiovascular system and how it works.

Text Description

Briefly describe the text: This text is designed to support reading in the content area. The text, written by the National Institutes of Health, describes the many risk factors for heart disease. The text is broken into three areas: risk factors that can be controlled (like smoking, high blood pressure, and obesity), risk factors that cannot be controlled (like age and family history), and emerging risk factors.

Quantitative Measures

Complexity Band Level (provide range): 6-8, 9-10

The text falls into the above grade bands according to a quantitative reading measure. It falls at the higher end of the 6-8 and at the lower end of the 9-10 band.

Considerations for Reader and Task

Below are factors to consider with respect to the reader and task.

Potential Challenges this Text Poses:

Basic knowledge about the cardiovascular system is needed for students to fully comprehend all of the risk factors mentioned in the article and how they can cause physical damage to the cardiovascular system. Visual learners may be aided by seeing images of some of the items mentioned in the text (e.g., plaque, arteries, blood stream, blood clots, what a heart looks like when affected by heart disease). Where possible, connecting some of the things mentioned in the article to everyday life—particularly related to diet and exercise—might help struggling readers (e.g., BMI; having your blood pressure taken; foods connected with high and low LDL cholesterol, HDL cholesterol, saturated fat, trans fat; foods rich in certain vitamins and minerals; ways to reduce stress).

Recommended Placement

Briefly explain the recommended placement of the text in a particular grade band: The quantitative measure places this text in the 6-8 and 9-10 grade bands. Due to the numerous domain-specific words used throughout the text, the background knowledge students need to have in the cardiovascular system and how it works, and the overall length of the text, a grade band of 9-10 is recommended for this text.