TuSalud

Latinos Live Longer

Why is that? The largest health study of U.S. Latinos hopes to find out.

March 24, 2014 By Casey Halter

Ever heard of the so-called “Hispanic Paradox”? It’s the idea that despite Latinos’ overall low socioeconomic status and high rates of chronic diseases such as obesity and diabetes, we tend to live longer than any other ethnic group in the United States. Well, during the next few years, researchers across the country will be conducting the largest-ever prospective health study on U.S. Latinos to help put that theory to the test. They’ll be looking at chronic disease rates, cardiovascular risk factors and genetic information from thousands of patients. The hope is that these tools will help explain what keeps Latinos kicking.

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