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Title: The Latino Paradox: Why Latino Immigrants Have a High Life Expectancy?

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Despite socioeconomic disadvantages, Hispanic Americans tend to have health outcomes that are better than those of White Americans. This phenomenon is known as the “Hispanic Paradox,” because the usual pattern is that the higher wages and better educational opportunities White Americans enjoy would permit better access to resources that promote better quality of care. Finding the answer to the paradox could be the key to longevity. By figuring out what contributes to this health advantage, one could incorporate its particular components into modern health care and allow all types of people to benefit. However, despite a lot of research into this topic, there is no definite explanation for the paradox.

Not all Hispanic groups enjoy a mortality advantage. The majority of evidence this advantage is from Mexican Americans. Researchers believe that Mexicans Americans experience this mortality advantage due to changes in gene expression. Epigenetic mechanisms describe how the social environment of Mexican Americans modifies genes in a way that results in quality of health. If the social behavior and genetics of other Hispanic groups were to be monitored, they could be compared and contrasted with those of Mexican Americans to identify the health advantage that is found among Mexican Americans.