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**FOR IMMEDIATE RELEASE**

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## **New TRPI Study Questions the 'Latino Health Paradox'**

*Recent findings suggest that Latinos enjoy better mental health, lower incidence of asthma and high blood pressure than the average American, but their advantage deteriorates as they become more acculturated*

**Los Angeles, CA** – The Tomás Rivera Policy Institute (TRPI), based at the School of Policy, Planning, and Development at the University of Southern California, released a study today, which revisits the Latino "health paradox." The Latino "health paradox" refers to the widely-accepted belief that Latinos in the United States tend to be healthier than the average population despite their generally low socioeconomic status.

The TRPI study is unique because, unlike other studies on Latino health, it takes into account a variety of key factors, including socioeconomic status, insurance status, lifestyle habits, differences between groups (e.g., Latinos versus non-Latinos, first generation Latinos versus first generation immigrants of other ethnic backgrounds), and the effects of acculturation.

The results of the study reveal that, of seven key health outcomes, the Latino health paradox exists only for mental health issues, asthma, and high blood pressure. The study also finds that immigrant Latinos become less healthy in these three outcomes after acculturation.

To read the full policy brief, please use the following URL:  
<http://trpi.org/PDFs/Latino%20Paradox%20Aug%202007%20PDF.pdf>.

The policy brief released today was made possible with an educational grant from the WellPoint Foundation.

If you have questions about this report and the study's findings, please contact **Dr. Teresa Taningco** via phone at (213) 821-5615, or via e-mail at: [taningco@usc.edu](mailto:taningco@usc.edu).

### **About TRPI**

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Founded in 1985, the Tomás Rivera Policy Institute (TRPI) advances informed policy on key issues affecting Latino communities through objective and timely research contributing to the betterment of the nation. TRPI is an affiliated research unit of the University of Southern California School of Policy, Planning, and Development and is associated with the Institute for Social and Economic Research and Policy at Columbia University.

Website: <http://www.trpi.org>