

Always catching colds? Blame it on your socioeconomic status

Poverty, it turns out, is etched into our DNA.

That's not a metaphorical statement. Growing up poor leaves a permanent mark on our permanent genetic code, according to new research.

Socioeconomic status during childhood correlates with shorter sections of DNA, known as telomeres, later in life, explains a study published in the November issue of the journal *Brain, Behavior, and Immunity*.

In the study, participants were asked to take a dose of a cold virus. Those who indicated a lower socioeconomic status as a child were more likely to be infected by the virus and show symptoms. "For each decrease of one year in parental home ownership, the participants' odds of developing a cold increased by approximately 9 percent," the study concluded.

Read the full, original story here: [Poverty Is Stamped Into DNA in Childhood—And Stays There](#)

Additional resources:

- ["Poverty leaves its mark on DNA, researchers find,"](#) CBC News
- ["Poverty Can Trump a Winning Hand of Genes,"](#) Wall Street Journal