

## Genes help Latinos age slower than other ethnic groups

Latinos age slower than any other ethnicity, a study has found.

Scientists refer to the phenomenon as the 'Hispanic paradox', since Latinos typically have higher rates of diabetes and other life-threatening diseases.

But according to researchers at UCLA, the ethnic group is unequivocally healthier, lives longer than others, and has cells that take much longer to age.

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'We suspect that Latinos' slower aging rate helps neutralize their higher health risks, particularly those related to obesity and inflammation,' said Steve Horvath... 'Our findings strongly suggest that genetic or environmental factors linked to ethnicity may influence how quickly a person[s] ages and how long they live.'

According to Horvath, the UCLA research points to an epigenetic explanation for Latinos' longer life spans.

For example, the biological clock measured Latino women's age as 2.4 years younger than non-Latino women of the same age after menopause.

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At any age, healthy Latino adults face a 30 [percent] lower risk of death than other racial groups, reports a 2013 study...

**The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: [Latinos DO age slower than anyone else – and their genes 'hold the key to prolonging youthfulness'](#)**