

# **The crippling thing about growing up poor that stays with you forever**

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***The Washington Post:***

Poverty has a way of rearing its ugly head, slipping into the cracks in people's lives when they're young and then re-emerging later in life. Sometimes it happens in ways that are easily observable—what poor babies are fed, for instance, has been shown to alter what they crave as adults, creating life-long affinities for foods that might be better left uneaten. But sometimes the influences are hidden, and all the more insidious as a result.

A team of researchers, led by Sarah Hill, who teaches psychology at Texas Christian University, believe they have uncovered evidence of one such lingering effect. Specifically, Hill and her colleagues found that people who grow up poor seem to have a significantly harder time regulating their food intake, even when they aren't hungry.

Read the whole story: [The Washington Post](#)