



BLACK CATHOLIC
HEALTH



Black
Catholic
Health – 2025
Media &
Sponsorship
Press Kit
H- v6



Scottsdale, AZ

Welcome to Black Catholic Health Research Institute

Black patients rely on you to spot risk early—yet yesterday's PLOS Mental Health study shows that 90.6 % of low-income Black Catholics fall below the U.S. mental-wellness norm, a gap driven chiefly by chronic financial stress and racism, not individual behavior. Generic stress tools missed the danger, reminding us how monolithic screening can mask subgroup risk inside every safety-net clinic.

We've launched a live-lab response—God's Little World, a cooperative-economy simulation and HRV/AI research center breaking ground this December in Fort Worth. Because your teams already advance equity, community health, and data science, partnership opportunities include:

- integrate or pilot our brief Financial-Stress & Discrimination screeners in primary-care or parish-nurse programs;
- place fellows or residents in our HRV field lab to study physiologic stress pathways;
- share de-identified EHR or neighborhood-level datasets to refine upstream risk models;
- co-sponsor a simulation module or participant stipend (from \$750) to open access for the poorest families.

Let's explore how our findings—and your clinical reach—can translate upstream justice into measurable, downstream health.

With gratitude and anticipation,

Dr. Marcia E. I. Uddoh, PhD, MPH, MS, MSW, MD-cand.

Founder & Missionary, Black Catholic Health Research Institute

info@BlackCatholicHealth.com



www.BlackCatholicHealth.com | www.GodsLittleWorld.com

Press Release

FOR IMMEDIATE RELEASE

Scottsdale, Ariz. – 13 June 2025

HEADLINE

New PLOS Study Exposes Fatal Stress-Mapping Error; Black Catholic Institute Launches Cooperative-Economy Response Ahead of Pope Leo's Chicago Mass

SUBHEAD

90.6 % of low-income Black Catholics score below national mental-health norms—financial stress and racism, not “personal coping,” drive the risk. God's Little World simulation and Fort Worth campus break ground 12 Dec 2025 to prove an upstream fix.

THE NEWS

1. Peer-Reviewed Bombshell (Published Today):

Moderation of Financial Stress and Cardiovascular Disease Risk in Black Catholics (PLOS Mental Health, DOI: 10.1371/journal.pmen.0000047) shows:

- 90.6 % of low-income Black Catholics fall below the U.S. Mental Component Summary norm.
- Financial stress + racial discrimination triple chronic-stress odds; generic Perceived Stress Scale misses the danger entirely (model fit crashes CFI .979 → .747).
- Misclassification shunts Black Catholics onto a “mortality” pathway while life-event stressors—typical of wealthier groups—receive cardiovascular care.

2. Catholic Moment: Tomorrow Pope Leo—first American pontiff and native Chicagoan—celebrates his inaugural U.S. Mass in the nation's largest Black-Catholic hub. The Black Catholic Health Research Institute (BaCHRI) urges Church and civic leaders to confront the upstream injustice his hometown flock endures.

Three-Part Response:

- God's Little World – a 50-player, research-grade simulation where participants test cooperative vs. capitalist economies while HRV sensors track stress biology in real time.
- Fort Worth Cooperative Campus – six-lot site opposite Holy Name of Jesus Parish; groundbreaking 12 Dec 2025 (Feast of Our Lady of Guadalupe).
- National Black Equity Tour – mobile version launches 2026/27; dioceses can host if travel costs are underwritten.

QUOTES

“Financial stress and racism are upstream toxins. We will not medicate people downstream while pipelines of injustice stay open. God's Little World lets us dismantle those pipes—publicly, measurably, and cooperatively.”

– Dr. Marcia E. I. Uddoh, Founder, BaCHRI

“The ‘miracle of cooperation’ opens a gap in walls that exclude the weakest.”

– Pope Francis (Laudato Si' address, 2015)

CALL TO ACTION – “BUILD WITH US”

- Sponsor a Storefront: \$750 / 3 mo, \$1,500 / 6 mo, \$3,000 / yr—your business or ministry name on the campus marquee + research briefings + VIP simulation slots.
- Host the Tour: Dioceses, universities, and parish coalitions can apply to bring the 2026/27 Black Equity Tour to their city (full-cost underwriting required).
- Donate or Partner: Help raise the final \$1.2 M for campus renovation, HRV lab, and low-income participant travel stipends.

WHO WE SERVE

Re-entry citizens • Unhoused neighbors • Low-income families • People in recovery • Youth in foster care & juvenile justice • Survivors of violence • Persons with disabilities • Elderly with limited support • Single parents • Informal workers & day laborers • Veterans in hardship • Rural communities cut off from services

MEDIA ASSETS

- **Press kit** (photos, data tables, flyer): BaCHRI_PressKit_16Jun2025.pdf
 - **Hi-res renderings:** https://blackcatholichealth.com/wp-content/uploads/2025/06/BaCHRI_Assets_13Jun2025.zip
 - **If ZIP file doesn't open, press kit is also available at:**
<https://blackcatholichealth.com>
Full article: <https://doi.org/10.1371/journal.pmen.0000047>
-

MEDIA CONTACT FOR INTERVIEWS:

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Web: www.BlackCatholicHealth.com | www.GodsLittleWorld.com

BOILERPLATE

Black Catholic Health Research Institute (BaCHRI) equips marginalized Black communities to confront financial stress and cardiovascular risk through faith-rooted research, cooperative economics, and AI-driven health analytics. God's Little World is BaCHRI's flagship simulation—an immersive “mini-city” where participants redesign unjust systems, measure stress biology in real time, and prototype cooperative solutions aligned with Catholic social teaching.

Read the full research article here:

<https://doi.org/10.1371/journal.pmen.0000047>

###

Abstract



RESEARCH ARTICLE

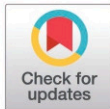
Moderation of financial stress and cardiovascular disease risk in black catholics: A social-ecological pathway utilizing latent class and structural equation analyses

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Abstract

Background

Chronic financial stress drives cardiovascular disease (CVD), yet its impact within Black Catholic communities remains understudied. Using a profile-based, socio-ecological framework, we centered chronic financial stress and low Mental Component Summary (MCS) scores, as correlates of downstream health risk, and we modeled racial discrimination as an upstream moderator that intensifies this trajectory.

Methods

Cross-sectional data from 285 racially and religiously diverse adults were analyzed. Latent class analysis (LCA) identified distinct stress profiles, and structural equation modeling (SEM) tested pathways from financial stress, perceived stress, discrimination, and low MCS to a Black Catholic profile and subsequent chronic stress risk (CHRONRSK). Model fit was evaluated with χ^2 , RMSEA, CFI, TLI, and SRMR indices; indirect effects were estimated with bias-corrected bootstraps.

Results

LCA revealed three profiles—Chronic, Life Trauma, and Daily Hassles. The SEM containing financial stress and discrimination showed excellent fit ($\chi^2(3) = 3.98$, $p = .26$; RMSEA = .034; CFI = .979), whereas substituting the Perceived Stress Scale (PSS) produced poor fit (RMSEA = .131; CFI = .747). Financial stress ($\beta = .124$, $p = .045$) and discrimination ($\beta = .227$, $p < .001$) significantly predicted the Black Catholic profile, which strongly predicted chronic stress ($\beta = .761$, $p < .001$). Low Mental Component Summary scores neither predicted the profile ($\beta = -.009$, $p = .75$) nor mediated the

OPEN ACCESS

Citation: Uddoh MEI (2025) Moderation of financial stress and cardiovascular disease risk in black catholics: A social-ecological pathway utilizing latent class and structural equation analyses. PLOS Ment Health 2(6): e0000047. <https://doi.org/10.1371/journal.pmen.0000047>

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Data availability statement: All relevant data are available at the following link: (<https://doi.org/10.6084/m9.figshare.28877501>).

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Competing interests: The author has declared that no competing interests exist.

pathway. PSS was uninformative, reinforcing that **these downstream health risks** stem from upstream structural forces, not individual psychology.

Conclusions

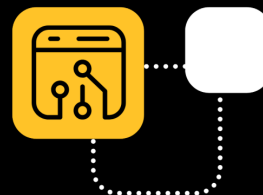
Ninety percent (90.6%) of low-income Black Catholics fell below the national averages for Mental Component Summary scores. Chronic financial stress explained nearly half of this mental-health disparity ($\eta^2 = 0.489$)—evidence that upstream burdens, not individual pathology, drive downstream outcomes. For Black Catholics, chronic financial stress and racial discrimination—rather than generalized stress (PSS) or isolated mental-health scores—emerge as the most salient yet under-recognized moderators of **chronic financial-stress risk**. These findings call into question the adequacy of conventional stress models and underscore the need for upstream, equity-driven interventions. Public health strategies must advance upstream structural interventions to counter systemic forces sustaining financial stress and CVD risk.

Infographic adapted from Uddoh MEI, "Moderation of financial stress and cardiovascular disease risk in Black Catholics: A social-ecological pathway utilizing latent class and structural equation analyses," PLOS Mental Health (2025). Data visualized by Black Catholic Health Research Institute.

Financial Stress Among Black Catholics

STRESSED FAITH

Findings from PLOS Mental Health & the Black Catholic Health Research Institute



STRESS PROFILE SNAPSHOT



90.6%

of Black Catholics below mental health standards — subgroup gaps ignored

$\eta^2 =$
0.489



Chronic financial stress drives nearly half this gap



100%

Should flag CVD risk—Black Catholics aren't mapped

Mapped to Mortality Health systems misclassify chronic stress—coding patients toward death, not treatment. Black Catholics show cardiovascular-level risk but are routed to “all-cause mortality” buckets.

Structural, Not Personal

This is not a question of individual psychology; it is structural neglect. Upstream financial stress is ignored, and its downstream damage mislabeled.

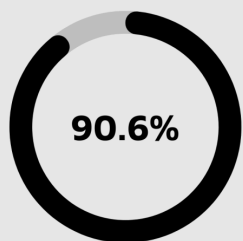


A Cooperative Solution to Capitalist Limits

God's Little World is a simulation experience helping participants:

- Identify and respond to financial stressors
- Navigate systems shaped by capitalism and discrimination
- Reimagine economic roles free from racial ceilings
- Debrief as a Church that listens to Black Catholics

— Inspired by Pope Francis's call for Cooperatives & Economic Justice



UPSTREAM INEQUALITY—NOT PSYCHOLOGY—DRIVES RISK.

What You Can Do:



Invest in the Build-Out

Help raise the final \$1.2M for our six-lot Fort Worth cooperative campus—groundbreaking 12 Dec 2025.



Sponsor a Storefront

Underwrite a bank, bakery, or newsroom in God's Little World (\$750–\$3,000) and put your name on the marquee.



Host the Black Equity Tour

Bring the 2026-27 national simulation to your underserved diocese, university, or community —full-cost underwriters welcome

Reproduced from Crosswell AD, Lockwood KG. Best practices for stress measurement: How to measure psychological stress in health research. *Health Psychology Open* 2020; 7(2): 2055102920933072. © The Author(s) 2020. Published under a Creative Commons Attribution-NonCommercial 4.0 International licence (CC BY-NC 4.0, <https://creativecommons.org/licenses/by-nc/4.0/>). No changes were made

Table 1. Types of stress by timescale.

Type of stress	Definition	Relevance for health
Chronic stress	Chronic stressors are prolonged threatening or challenging circumstances that disrupt daily life and continue for an extended period of time (minimum of one month).	People under the chronic stress are at greater risk of chronic illness, mortality, and accelerated biological aging (Epel et al., 2018; Holt-Lunstad et al., 2015; Nyberg et al., 2013).
Life events	Life events are time-limited and episodic events that involve significant adjustment to one's current life pattern, such as getting fired, being in a car crash, or the death of a loved one. Some life events can be positive (e.g. getting married, moving to a new place), and some become chronic (e.g. disability caused by car crash).	Exposure to more stressful life events is linked with poorer mental health in addition to development and progression of cardiovascular disease, as well as mortality due to cardiovascular disease and cancer (Chida et al., 2008; Cohen et al., 2007; Steptoe and Kivimäki, 2013).
Traumatic life events	Traumatic life events are a subclass of life events in which one's physical and/or psychological safety is threatened.	Experiencing a greater number of traumatic events across the life course is consistently associated with worse health and mortality (Gawronski et al., 2014; Keyes et al., 2013; Krause et al., 2004; Rosengren et al., 2004).
Daily hassles (i.e. daily stressors)	Interruptions or difficulties that happen frequently in daily life such as minor arguments, traffic, or work overload, and that can build up overtime to create persistent frustration or overwhelm.	Greater emotional responses to these daily hassles are associated with worse mental and physical health (Almeida, 2005; Charles et al., 2013; Chiang et al., 2018; Sin et al., 2015).
Acute stress	Short-term, event-based exposures to threatening or challenging stimuli that evoke a psychological and/or physiological stress response, such as giving a public speech.	Greater cardiovascular reactivity to acute stressors has been prospectively associated with increased risk of cardiovascular disease (Brosschot et al., 2005; Chida and Steptoe, 2010; Steptoe and Marmot, 2005).

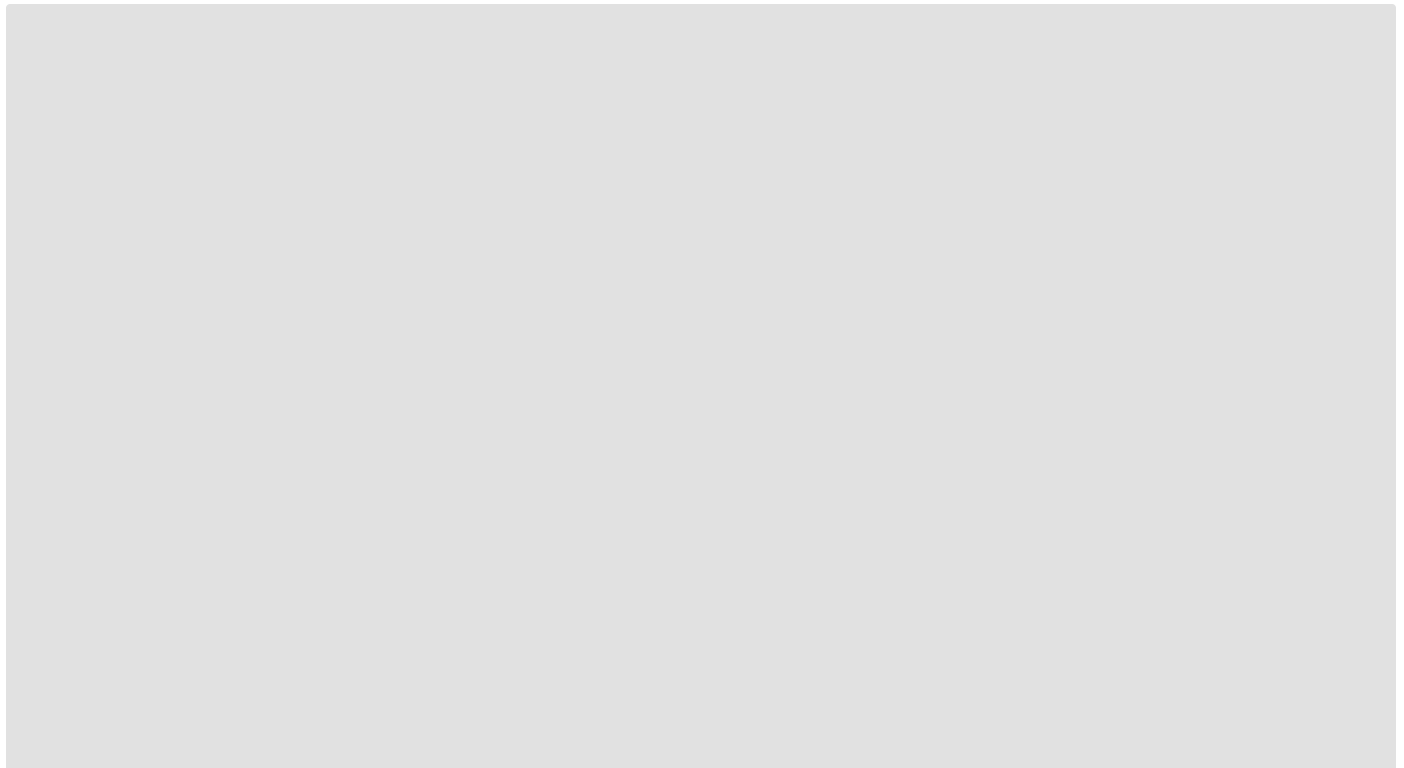
Executive Summary PLOS

Financial Stress, Racism & the Hidden Cardiovascular Crisis in Black Catholics
(PLOS Mental Health, 2025)

1. What the Study Asked

Can chronic financial stress—tested head-to-head with generic stress scales—explain why Black Catholics show uniquely poor heart-health markers, and does racial discrimination intensify that pathway?

2. Core Findings – Hard Numbers & Moral Facts



3. Why Current Practice Is Failing

- Mis-Mapping: Crosswell's industry framework funnels "life-event" stress to CVD care but shunts chronic stress cases—disproportionately Black—to "mortality" lanes, effectively writing patients off.
- Victim-Blaming: Clinical response defaults to individual behavior (medication, coping skills) instead of dismantling upstream inequities.
- Institutional Silence: "The Church is both a loving home and a source of suffering because of racism." [54, 55]

4. What Catholic Leaders & Partners Must Do

1. Screen What Matters

- Mandate financial-stress & discrimination modules in parish clinics, diocese health ministries, and Catholic hospitals.

2. Invest Upstream

- Back cooperatives that generate stable income—answering Pope Francis' call for integral ecology and "economy at the service of people" (Laudato Si', §129).
- Pilot: God's Little World—a national, traveling simulation launching 2026 with St Vincent de Paul and BaCHRI—to test cooperative economics + HRV stress tracking in real time.

3. Preach & Act Against Racism

- Formally integrate Black liberation theology critiques (Cone) into pastoral letters and seminary curricula; racism is a theological issue, not a side concern.

4. Fund Precision Research

- Scale samples beyond the current n = 285 (Black Catholic n = 32) to sharpen risk estimates; prioritize HRV & longitudinal CVD endpoints.

5. Limitations to Acknowledge

- Sample Size: Exploratory but directionally powerful; replication underway.
- Cross-Sectional Design: Cannot prove causation yet—hence the need for longitudinal cooperative pilots.

"Financial stress may be an unrecognized risk factor for coronary heart disease for African Americans." — Moran et al.

Black Catholics are sounding the alarm. Our response must be proportionate: structural, faith-rooted, and unapologetically justice-driven.

54. Reed-Bouley J. "I Belong! And I'm Here to Stay!" u.s. Black Catholics' Faith and Faithfulness. *Ecclesial Pract.* 2015;2(2):177–97. <https://doi.org/10.1163/22144471-00202006>

55. Cone JH. Black liberation theology and black catholics: a critical conversation. *Theological Studies.* 2000;61(4):731–47. <https://doi.org/10.1177/004056390006100406>

Executive Summary

God's Little World

Mission

God's Little World (GLW) is a justice-driven, Black-Catholic health research simulation that turns Pope Francis' call for "miracles of cooperation" into concrete, data-backed action. We immerse participants—especially those scarred by racism, poverty, or re-entry—inside two competing economies (capitalist vs. cooperative) so they can see, measure, and redesign the structures that keep financial stress—and cardiovascular risk—locked onto Black lives.

Why Now

Financial stress is a structural toxin. Our PLOS Mental Health findings show it pushes Black Catholics onto a high-mortality trajectory while institutions medicate symptoms and ignore upstream injustice. GLW confronts that failure head-on: we replicate the inequitable system, then give communities tools to dismantle it.

What Happens Inside the World

Pillar	Experience	Research & Impact
Economic Simulation	50 players run 20+ fully-functional businesses in a Venice-style micro-city. Citizens choose to ally with profit-first bosses <i>or</i> join a member-owned cooperative.	Continuous heart-rate-variability (HRV) sensors and mood surveys track how each economic model shapes stress biology.
AI-Driven Health Lab	Every workplace is equipped with task-specific AI coaches.	Real-time dashboards link job role, income swings, and HRV to flag cardiovascular risk—proving or disproving cooperative benefits.
Research Literacy	Three in-game “researchers” collect social, financial, and biometric data, then present findings at town-hall debriefs every 40 minutes.	Participants learn IRB-ready methods, data ethics, and AI analytics—feeding BaCHRI's longitudinal study.
Cookie Cooperative Pilot	In partnership with St Vincent de Paul (Phoenix), housing-insecure adults launch a member-owned online bakery that pays 100 % of net revenue weekly.	Serves as a real-world proof-point for simulation insights and a revenue model for scale.

Permanent Campus & Tour

- Fort Worth, TX (6-lot site): Renovation underway to house the first fixed GLW campus, complete with fountain courtyard and “Little World Airlines” arrival gate.
- National Youth & Parish Tour (launch 2026/27): Mobile set-ups bring the simulation to dioceses, universities, and community centers.

•

Sponsorship & Funding Model

Businesses and diocesan ministries underwrite individual storefronts (bank, school, farm, news desk, etc.).

- \$750 / 3 months • \$1,500 / 6 months • \$3,000 / year—name on marquee + research briefings + VIP simulation slots.

•

Expected Outcomes (Year 1 and Year 2 Targets)

- 1,000 participants trained in cooperative finance & AI-based health analytics.
- 10 dioceses engaged; 25 parish youth cohorts certified as “Equity Advocates.”
- Peer-reviewed article on HRV differentials between economic models submitted to a high-impact journal.
- \$250K in cooperative revenue redistributed to low-income members.

Call to Action

Bishops & Clergy—embed GLW in your social-mission strategy; racism is a theological emergency.

Journalists—shine light on a model that moves from charity to structural change.

Donors & Foundations—fund the build-out and own a stake in a data-driven Catholic response to economic injustice.

Catholic Schools & Universities—host the tour; let students co-write the next chapter of cooperative economics.

We refuse to medicate inequity. We will measure it, name it, and replace it—with dignity, cooperation, and Catholic justice.

God's Little World Timeline

~1994

Jamaica mission: low-literacy pilot; funded by Franciscan Holy Name Province

1994-96

Full simulation debut, St Patrick Foundation, Kingston.

1996

Featured simulation, NASAGA Conference, Ottawa.

1996-98

PhD at FSU: dissertation develops simulation using Freire–Our Lady of Guadalupe framework

2003

Peace-&-Justice run, Dominic Center – invited by Archdiocese of Galveston-Houston.

2003-05

Annual cohorts at Strake Jesuit College Prep.

2005

Bishop Delaney transfers Fort Worth lots (6-lot vision).

2006-08

Critical-thinking module, Willoughby House Juvenile Facility.

2010

Fort Worth Diocesan Youth Conference—Glw featured by Youth Ministry (Bishop Vann approved).

2019

Phoenix Public Library + Ebony House community pilot.

2024

Italian run, South Mountain Center; \$33K customized scenic donation – partner

2024

Fort Worth zoning waiver clears final building inspection barrier

Transform upstream injustice into cooperative dignity. Your gift—whether campus build dollars, a sponsored storefront, or a tour stop—turns groundbreaking research into real-time relief from financial stress and cardiovascular risk for Black Catholic families.



BLACK EQUITY TOUR

COOPERATIVES FOR JUSTICE

2026 NATIONAL TOUR
A COOPERATIVE SIMULATION FOR EQUITY & TRANSFORMATION



COMING
2026 / 2027

TIME
Morning, Afternoon & Evening Tours

LOCATION
Nationwide



BLACK EQUITY TOUR

TEAM AWARDS
\$100

ADULTS
18+

WHAT THIS IS

A Catholic learning experience inside a "little world" inspired by Franciscan values & real-world systems

- Mayor's Office
- Marketplace Owner
- Social Worker
- Judge
- Faith Leader
- Jail
- Bank President
- Real Estate Agent
- Gift Shop
- Police Chief

Walkthrough + interactive scavenger hunt Debrief with system mapping & spiritual reflection

WHO IT'S FOR

- Reentry community
- Unhoused individuals
- Low-income families
- People in recovery
- Youth in foster care or juvenile justice systems
- Survivors of violence
- People with disabilities
- Elderly adults with limited support
- Single parents
- Day laborers & informal workers
- Veterans in hardship
- Rural communities with limited access to services

FREE RESOURCES

- Parish kits
- Take-home tools
- Guided reflections

GROUNDED IN FAITH

- A Sacramental Vision
- A Church in Motion

RESERVE YOUR PLACE FOR CHANGE!

“The ‘miracle’ of cooperation is a team strategy that opens a gap in the wall of an indifferent crowd that excludes the weakest.”

— Pope Francis

This FREE Catholic simulation invites those seeking Gospel justice and cooperative transformation.

FREE SNACKS & DRINKS



PARTNER
SOUTHWEST
SCENIC
GROUP

REGISTER TODAY www.GodsLittleWorld.com

✉ GodsLittleWorld@gmail.com

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VISION FOR GOD'S LITTLE WORLD

CURRENT SETUP AND VISION FOR FUTURE





DREAM TO REALITY

THE VISION

GOD'S LITTLE WORLD

02

THE FOLLOWING IMAGES SHOWCASE OUR CURRENT SETUP ALONGSIDE ENVISIONED ENHANCEMENTS, ILLUSTRATING THE TRANSFORMATIVE POTENTIAL OF THIS PROJECT.

CURRENT SETUP



Building



Fountain



Airport Check-in

03

SET-UP



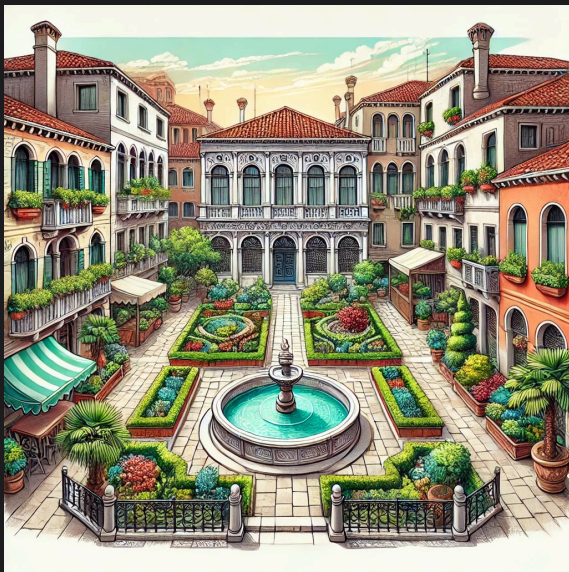
**SOUTHWEST
SCENIC GROUP
DONATION**

04

God's Little World – Stage Scenery



Grand Piazza



Courtyard Garden

God's Little World – Stage Scenery



Canal Gate

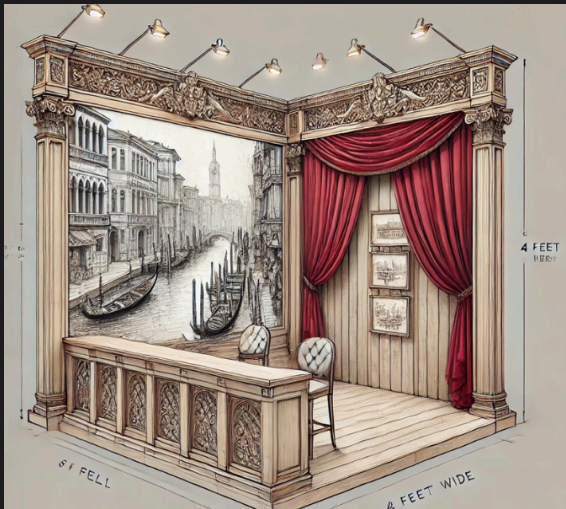


Outdoor Banquet

God's Little World – Stage Scenery



Rosary Labyrinth



Market Booth

God's Little World Campus in Fort Worth, Texas – a six-lot property across from Holy Name of Jesus Catholic Church. Sold through the generosity of Bishop Joseph P. Delaney, Diocese of Fort Worth.



Fort Worth Campus

The original building—completed after five years of faith, fundraising, and permitting delays—stands ready for expansion. Our vision: the finished God's Little World Learning Center, a space of justice, healing, and Catholic formation.



Current Site



Future Vision

Partnering with St. Vincent de Paul Society, we will host monthly cookie co-op workshops where residents research, bake, and sell cookies—earning 100 percent of their proceeds—fostering hands-on skills in data collection, entrepreneurship, and community empowerment.

Dinner With Purpose



**You're Invited to Share Your
Resources with Our
Community Over Dinner**

Houston Chronicle Feature (11 Nov 2003) :
Invited by Deacon Sam Dunning and the Diocese of Galveston-Houston, Dr. Uddoh ran the Village Virgen de Guadalupe peace-and-justice game at St. Dominic Center. The front-page story highlights how 25 Houstonians experienced real-world inequities—jail, taxes, health costs—and left “inspired” by the simulation’s power to unite faith and social change.

 **Houston Chronicle Archives**

NEWS SPORTS BUSINESS ENTERTAINMENT LIFE TRAVEL BLOGS JOBS HOMES CARS BUY & SELL

A pace for peace / Eye-opening game offers lessons in real-world injustices

BARBARA KARKAVI Staff
TUE 11/11/2003 Houston Chronicle, Section Houston, Page 01, 2 STAR Edition

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GEORGE Lyons was confused. All his life he had been a law-abiding citizen. Now he found himself handcuffed and on the way to jail. His offense: smiling too much.

In another corner of the small village she and Lyons were visiting, Jan Steinway was figuring out whether to buy health insurance or food. She had a limited amount of money and was unsure about her decision.

Welcome to Marcia Uddoh's peace and justice camp - a game that re-creates social systems found in the real world. Though at first glance it seems like adult Monopoly, Uddoh's game has a very different purpose.

"Unifying and bringing people together is the key," she said. "I'm trying to get people of different ethnic groups, faiths, economic levels and religions to work together and see that they can change the 'game' and the world. We need a vision for peace. How will we have a road map for that if we can't come together as a group?"

The game begins as Uddoh - dressed in a black suit and a jaunty white hat - welcomes her 25 passengers to the fictional Virgin Peace Airways. The short trip takes them from the real world to Uddoh's fantasy world, the Village Virgen de Guadalupe.

As her players soon find out, there's a lot of similarity between the two. The game, say those who have played it, is a metaphor for modern life.

"I had a hard time getting out of jail," Lyons complained. "And then I was unable to pay my taxes."

Uddoh nodded and urged discussion. Isn't that how it is sometimes in the real world? she asked.

"This game has become my life's work," said Uddoh, 38, who grew up in New York and has lived in Houston for almost four years. Uddoh has taught at the University of Houston and Houston Community College, though her goal is to work on the game and other peace and justice issues full time.

"The game will continue to evolve as politics change and the world's needs and the players' needs change," she said.

Her peace and justice game has gone through a number of changes already, including its name - it's currently called the St. John's Peace Camp Village Virgen de Guadalupe. Uddoh is constantly working to make it better and more relevant.

Reactions from players, such as the Rev. Mark Thibodeaux of Strake Jesuit Academy, show that she has done just that.

"We used the peace camp for the first time on our junior-class retreat, and it was fantastic," Thibodeaux said. "We got tremendous results from the students. Both the game and Marcia herself are extremely inspiring. Her whole personality exudes the peace she talks about."

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Inside God's Little World



**HRV Insights
Dashboard**



**Town-Hall Data
Debrief**

Co-op Health in Action



**Stress Monitoring
Live**



**Bakery Co-op
Team**

Media CV & Credentials —

Dr. Marcia E. I. Uddoh

Profile

Physician-scientist (in training), instructional-design PhD, and social entrepreneur integrating AI, heart-rate variability (HRV), and Catholic social teaching to dismantle upstream financial-stress pathways that drive cardiovascular risk in Black communities. Founder of the Black Catholic Health Research Institute (BaCHRI) and Stress Vitals Institute; NIH-NRMN mentee; invited AAPB 2025 speaker.

Education & Credentials

- **M.D.** (expected 2026), All Saints University School of Medicine
- **Ph.D.** Art Education (Instructional Design & Cognition), Florida State Univ. (1998)
- **M.S.** Psychology (expected 2025); **M.S.** Clinical Research Admin. (2018); **M.P.H.** (2016) — Walden Univ.
- **M.S.W.** Social Science Research, Columbia Univ. (1992)
- **B.A.** Art History; Japanese language studies, Oberlin College (1986)
- **United Nations International School**, New York — IB Honors coursework (1979–81)
- Fellow, American Institute of Stress (2022–24)

Research & Community Leadership

- **Founder & Director, BaCHRI** — latent-class & SEM studies on stress and CVD in Black Catholics; cooperative-economy interventions
- **Founder, Stress Vitals Institute** (2021) — AI-driven HRV analytics for low-income populations
- **Principal Investigator**, All Saints Univ. study (n = 285) linking chronic stress profiles to CVD risk (PLOS Mental Health, 2025)
- **Researcher**, Houston Health Dept. (2004) — SPSS analysis of HIV/AIDS disparities; CBPR report
- **NIH NRMN Scholar** (2021–22) — mentorship in health-equity methods
- **Visiting Scholar**, ASU Southwest Interdisciplinary Research Center (2019)
- **Research Intern**, Andrew Weil Center for Integrative Medicine (2018) — therapeutic imagery guidelines
- **Engineering Instructor**, Project SYNCERE, Chicago (2017) — STEM modules for under-resourced Black & Hispanic students

Selected Presentations & Publications

- **PLOS Mental Health** (2025, accepted) – Financial Stress Moderation & CVD in Black Catholics
 - **AAPB 55th Annual Meeting** (2025) – AI Models with HRV: Reducing Bias in Black Health (invited talk)
 - **Machine Learning for Healthcare** (2025, under review) – AI Framework to Identify Risk Pathways
 - **Poster, APA Annual Convention** (2019) – Pain Intensity & Gustatory Ability
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Recognition & Service

- **Who's Who of America** (2023) • Eucharistic Minister
 - Sigma Alpha Pi National Society of Leadership & Success (multiple years)
 - Board & committee roles in prison re-entry, peace & justice, youth empowerment
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Tech & AI Snapshot

- **Verified OpenAI Developer** – built 15 + specialized chatbots; research-assistant bot serves 1 000 + users
 - Creator, **Stress Vitals** mobile app (Google Play & App Store, 2021) – scripture-guided HRV exercises; strong early uptake
 - Developing cloud-ready AI pipelines (Python, scikit-learn) pairing HRV biomarkers with explainable ML to personalize cardiac-risk alerts across Black subpopulations.
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Full project portfolio and Cookie Cooperative pilot: **BlackCatholicHealth.com**

Contact Details

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