



BLACK CATHOLIC  
**HEALTH**



# God's Little World Kit v1



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Scottsdale, AZ

# Welcome to God's Little World

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

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[www.BlackCatholicHealth.com](http://www.BlackCatholicHealth.com) | [www.GodsLittleWorld.com](http://www.GodsLittleWorld.com)



# Abstract



## RESEARCH ARTICLE

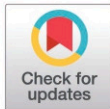
### Moderation of financial stress and cardiovascular disease risk in black catholics: A social-ecological pathway utilizing latent class and structural equation analyses

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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  $\chi^2$ , 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

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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.

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# 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](http://www.GodsLittleWorld.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



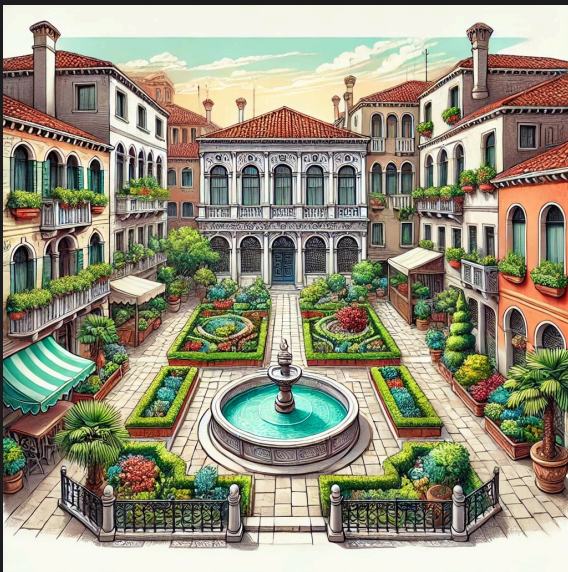
**SOUTHWEST  
SCENIC GROUP  
DONATION**

**04**

# God's Little World – Stage Scenery



**Grand Piazza**



**Courtyard Garden**



# God's Little World – Stage Scenery



**Canal Gate**

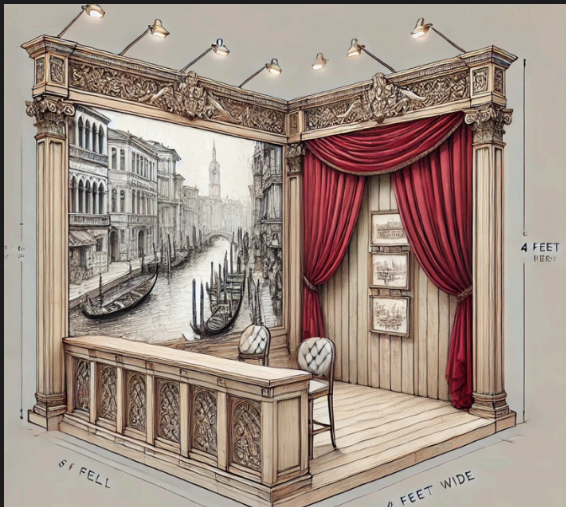


**Outdoor Banquet**

# 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.

# 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."



# 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
- 

## 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
- 

## 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.
- 

Full project portfolio and Cookie Cooperative pilot: **BlackCatholicHealth.com**

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## Reach us via social media



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