



Duffy Health Center Announces New Podcast for Cape Cod Community

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Duffy Health Center is pleased to announce the launch of a new communications effort to serve people across our community – a podcast called *Health Matters: Cape Cod*. Led by Sara Grambach, Duffy's Director of Development and Community Relations, and recorded in partnership with the [Cape Cod Community Media Center](#), *Health Matters: Cape Cod* brings topical, relevant conversations about the Social Determinants of Health to a broad audience.

Defined by the Centers for Disease Control and Prevention as "conditions in the places where people live, learn, work, and play" that impact a range of health risks and outcomes, social determinants of health are relevant for every person, in every community. Examples of social determinants of health include early childhood education, access to primary care, access to quality housing, food security, and poverty. *Health Matters: Cape Cod* will bring to the table business, organizational and agency leaders from across the Cape for conversations about their efforts to address these issues at the local level.

"We are excited to launch this new initiative," said Heidi Nelson, CEO of Duffy Health Center. "It's an opportunity for us to bring people together around these issues that affect not just our own patients and clients, but individuals and families across the Cape. Doing this as a podcast – a medium available through nearly every smartphone, tablet and computer - allows for a larger audience to access this vital information about our community."

In addition to content about the social determinants of health, Duffy staff will record podcast episodes about specific agency programs such as Moms to Care, a program for pregnant and parenting moms with opiate use disorder; Duffy's spiritual care program, an integrated service offered in addition to primary care and behavioral health services; and relevant monthly health topics such as Heart Health Month and Breast Cancer Awareness Month, among others. New episodes will be available every few weeks.

Health Matters: Cape Cod is available on iTunes and Stitcher.

The mission of Duffy Health Center is to provide comprehensive, integrated health care and support services to persons who are experiencing homelessness or are at risk of homelessness on Cape Cod, and to improve the quality of life for vulnerable populations through community collaborations, leadership, and advocacy.

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