## Social Determinants of Health (SDOH)

Social Determinants of Health (SDOH) are the conditions in the environment where people are born, live, learn, work, play and age that affect outcomes and risks. ICD-10-CM code set range Z55-Z65 are used to report these conditions.

SDOH have a major impact on people's health, well-being, and quality of life.  Examples of SDOH include:

- Safe housing, transportation, and neighborhoods

- Racism, discrimination, and violence

- Education, job opportunities and income

- Access to nutritious foods and physical activity opportunities

- Polluted air and water

- Language and literacy skills

In the medical coding world, we are familiar with the use of "Z" codes and use them to assign things such as personal and family histories, statuses, long term drug use, aftercare, etc.  SDOH codes should be utilized to further clarify the socioeconomic and psychosocial impact on the care of a patient. This is especially true with the updates of the 2021 Office-based Evaluation and Management (E/M) Guidelines for Office and Other Outpatient Services (99201-99215) making this code more valuable than ever.  Identification of one or more SDOH that significantly limits diagnosis or treatment could result in a higher level of "risk" and could increase the E/M level when all circumstances are considered. SDOH falls under "Moderate Risk "in the 2021 E/M Guidelines.

Updates to the ICD-10-CM Official Coding Guideline I.B.14, *Documentation by Clinicians Other than the Patient's Provider*, has made assigning SDOH-related Z codes easier. These updates **allow** for the use of health record documentation *from clinicians involved in the care of the patient who are not the patient's provider*, since the information represents social information rather than medical diagnoses. In early 2018, the AHA Coding Clinic published advice clarifying codes from categories Z55-Z65 *can be assigned based on information documented by all clinicians involved in the care of the patient*.  That advice was adopted in February 18, 2018, (approved by the ICD-10-CM Cooperating Parties).  The term "***clinicians***" represents all clinicians involved in the care of the patient, including but not limited to social workers, community health workers, case managers, nurses, or self-reported by the patient, if it is incorporated into the documentation and signed off by the provider, it is available for code selection.

Reporting the primary ICD-10-CM codes to explain the increased complexity caused by the SDOH (*secondary codes only*) will be important so payers know the whole story.  It will not be enough to simply list the patient's social challenges; the documentation *should include how the limited resource impacts management at that encounter.* Even when no specific diagnosis for the SDOH exists, a physician that documents the situation as described can claim credit for *moderate risk* as part of the overall medical decision making (MDM) for the encounter.

Code categories from Chapter 21 of ICD-10-CM, *Persons with Potential health hazards related to socioeconomic and psychosocial circumstances(Z55-Z65)* (check for subcategories) includes:

- Z55 – Problems related to education and literacy

    o Illiteracy/low-level, schooling availability, failing school, underachievement, discord with teachers.

- Z56 – Problems related to employment and unemployment

    o Changing of job, losing job, no job, stressful work schedule, discord with boss/co-workers, bad working condition.

- Z57 – Occupational exposure to risk factors

    o Noise, radiation, dust, other air contaminants, tobacco, toxic agents in farming, extreme temperatures, vibration.

- Z59 – Problems related to housing and economic circumstances

    o Homeless, inadequate housing, discord with neighbors/landlord, problems with residential living, lack of adequate food/safe drinking water, poverty, low income, insufficient social insurance/welfare support.

- Z60 – Problems related to social environment

    o Adjustment to life-cycle transitions, living alone, cultural differences, social exclusion and rejection, discrimination/persecution

- Z62 – Problems related to upbringing

    o Inadequate parental supervision/control, parental over-protection, upbringing away from parents, child in custody, institutional upbringing (orphan or group home), hostility towards child, inappropriate/excessive parental pressure, child abuse including history of (physical and/or sexual), neglect, forced labor, child-parent conflict.

- Z63 – Other problems related to primary support group, include family circumstance

    o Spousal conflict, in-law conflict, absence of family member (death, divorce, deployment), dependent relative needing care, family alcoholism/drug addiction, isolated family.

- Z64 – Problems related to certain psychosocial circumstances

    o Unwanted pregnancy, multiparity, discord with counselors.

- Z65 – Problems related to other psychosocial circumstances

    o Civil/criminal convictions, incarceration, problems after release from prison, victim of crime, exposure to disaster/war, religious persecution.

**References**
cdc.gov/socialdeterminants/index.htm
aha.org/system/files/2018-04/value-initiative-icd-10-code-social-determinants-of-health.pdf

Common ICD-10-CM codes*

| Social Determinant | ICD-10-CM code/ Description |
|---|---|
| Abuse (history of) | Z62.810 Personal history of physical and sexual abuse in childhood |
| | Z62.811 Psychological abuse in childhood |
| | Z62.812 Neglect in childhood |
| Economic Difficulties | Z59.6 Low income |
| | Z59.7 Insufficient social insurance and welfare support |
| Education | Z55 Problems related to education and literacy (see subcategories) |
| | Z55.1 Schooling unavailable and unattainable |
| | Z55.3 Underachievement in school |
| | Z55.4 Educational maladjustment and discord with teachers and classmates |
| | Z55.5 Less than a high school diploma** <br> No general equivalence degree (GED) |
| Family/primary support group issues (relationships) | Z63.0 Problems in relationship with spouse or partner |
| | Z63.31 Absence of family member due to military deployment |
| | Z63.4 Disappearance and death of family member |
| | Z63.5 Disruption of family by separation and divorce |
| | Z63.71 Stress on family due to return of family member from military deployment |
| | Z63.79 Other stressful life event affecting family and household |
| Housing issues | Z59 Problems related to physical environment <br> Excludes 2: occupational exposure (Z57.-) |
| | Z59.0 Homelessness |
| | Z59.00 Homelessness, unspecified ** |
| | Z59.01 Sheltered Homelessness** <br> Doubled up <br> Living in a shelter such as: motel, scattered site housing, <br> temporary or transitional living situation |
| | Z59.02 Unsheltered Homelessness** <br> Residing in place not meant for human habitation such as abandoned buildings, cars, <br> parks, sidewalk <br> Residing on the street |
| | Z59.1 Inadequate housing |
| | Z59.3 Problems related to living in residential institution |
| | Z59.81 Housing instability, Housed ** <br> Foreclosure on home loan <br> Past due on rent or mortgage <br> Unwanted multiple moves in the last 12 months |
| | Z59.811 Housing instability, housed with risk of homelessness** imminent risk of homelessness |
| | Z59.812 Housing instability, housed, homelessness in the past 12 months** |
| | Z59.89 Other problems related to housing and economic circumstances ** <br> Foreclosure on loan <br> Isolated dwelling <br> Problems with creditors |

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| Food insecurity/Nutrition | Z58 Problems related to physical environment<br>    Excludes 2: Occupational exposure (Z57.-) |
| | Z58.6 Inadequate drinking water supply **<br>    Lack of safe drinking water<br>    Excludes 2: deprivation of water (T73.1) |
| | Z59.4 Lack of adequate food and safe drinking water<br>    Excludes 2: effects of hunger (T73.0)<br>                inappropriate diet or eating habits (Z72.4)<br>                Malnutrition (E40-E46)<br>                deprivation of food (T73.0) |
| | Z59.41 Food Insecurity **<br>Z59.48 Other specified lack of adequate food **<br>    Inadequate food<br>    Lack of food |
| Parent/sibling-child issues | Z62.0 Inadequate parental supervision and control |
| | Z62.3 Hostility toward and scapegoating of child |
| | Z62.6 Inappropriate (excessive) parental pressure |
| | Z62.820 Parent-biological child conflict |
| | Z62.821 Parent-adopted child conflict |
| | Z62.822 Parent-foster child conflict |
| Social Issues | Z60.0 Problems of adjustment to life-cycle transitions |
| | Z60.4 Social isolation, exclusion, and rejection |
| | Z60.3 Acculturation difficulty |
| | Z60.5 Target of (perceived) adverse discrimination and persecution |
| Substance Use | Z63.72 Alcoholism and drug addiction in family |
| Upbringing | Z62.21 Child in welfare custody |
| | Z62.22 Institutional upbringing |
| | Z62.29 Other upbringing away from parents |
| | Z62.898 Other specified problems related to upbringing |
| | Z62.9 Problems related to upbringing, unspecified |

*This is not an exhaustive list nor meant to represent all SDOH issues. For information on codes for social determinants not listed, refer to the ICD-10-CM manual
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