

2024 QUICK REFERENCE GUIDE

Social Determinants of Health: Z Codes

What are social determinants of health (SDOH)?

Social determinants of health are non-clinical societal and environmental conditions that prevent individuals from accessing proper healthcare.

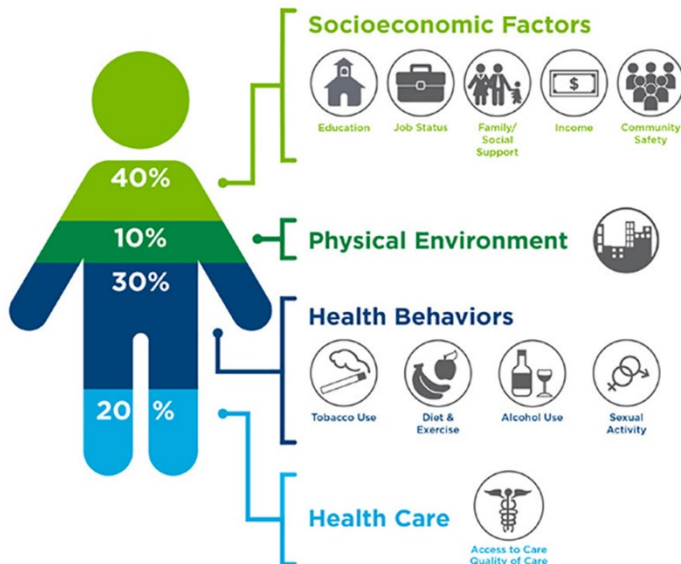


Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. Retrieved 5/31/2023, from <https://health.gov/healthypeople/objectives-and-data/social-determinants-health>.

Screening with Z codes allows providers to:

- Identify SDOH barriers.
- Connect your patients with resources.
- Collect data.
- Identify solutions that align with the patient’s needs.

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.

Source: Institute for Clinical Systems Improvement, Going Beyond Clinical Walls: Solving Complex Problems (October 2014); The Bridgespan Group.

For more information, visit the Office of Disease Prevention and Health Promotion social determinants of health page: <https://health.gov/healthypeople/priority-areas/social-determinants-health>.

Note: Codes subject to change.

Education Access & Quality Z55: Problems related to education and literacy	
Z55.0	Illiteracy and low-level literacy
Z55.1	Schooling unavailable and unattainable
Z55.2	Failed school examinations
Z55.3	Underachievement in school
Z55.4	Educational maladjustment and discord with teachers and classmates
Z55.5	Less than a high school diploma
Z55.6	Problems related to health literacy
Z55.8	Other problems related to education and literacy
Z55.9	Problems related to education and literacy, unspecified
Economic Stability Z56: Problems related to employment and unemployment	
Z56.0	Unemployment, unspecified
Z56.1	Change of job
Z56.2	Threat of job loss
Z56.3	Stressful work schedule
Z56.4	Discord with boss and workmates
Z56.5	Uncongenial work environment
Z56.6	Other physical and mental strain related to work
Z56.81	Sexual harassment on the job
Z56.82	Military deployment status
Z56.89	Other problems related to employment
Z56.9	Unspecified problems related to employment
Neighborhood & Built Environment Z57: Occupational exposure to risk factors	
Z57.0	Occupational exposure to noise
Z57.1	Occupational exposure to radiation
Z57.2	Occupational exposure to dust
Z57.31	Occupational exposure to environmental tobacco smoke
Z57.39	Occupational exposure to other air contaminants
Z57.4	Occupational exposure to toxic agents in agriculture
Z57.5	Occupational exposure to toxic agents in other industries
Z57.6	Occupational exposure to extreme temperature
Z57.7	Occupational exposure to vibration
Z57.8	Occupational exposure to other risk factors
Z57.9	Occupational exposure to unspecified risk factor
Neighborhood & Built Environment Z58: Problems related to physical environment	
Z58.6	Inadequate drinking-water supply
Z58.81	Basic services unavailable in physical environment

Z58.89	Other problems related to physical environment
Neighborhood & Built Environment <i>Z59: Problems related to housing and economic circumstances</i>	
Z59.00	Homelessness unspecified
Z59.01	Sheltered homelessness
Z59.02	Unsheltered homelessness
Z59.10	Inadequate housing unspecified
Z59.11	Inadequate housing environmental temperature
Z59.12	Inadequate housing utilities
Z59.19	Other inadequate housing
Z59.2	Discord with neighbors, lodgers and landlord
Z59.3	Problems related to living in residential institution
Z59.41	Food insecurity
Z59.48	Other specified lack of adequate food
Z59.5	Extreme poverty
Z59.6	Low income
Z59.7	Insufficient social insurance and welfare support
Z59.811	Housing instability, housed, with risk of homelessness
Z59.812	Housing instability, housed, homelessness in past 12 months
Z59.819	Housing instability, housed unspecified
Z59.82	Transportation insecurity
Z59.86	Financial insecurity
Z59.87	Material hardship due to limited financial resources, not elsewhere classified
Z59.89	Other problems related to housing and economic circumstances
Z59.9	Problem related to housing and economic circumstances, unspecified
Social and Community Context <i>Z60: Problems related to social environment</i>	
Z60.0	Problems of adjustment to life transitions (life phase, retirement)
Z60.2	Problems related to living alone
Z60.3	Acculturation difficulty
Z60.4	Social exclusion and rejection (physical appearance, illness or behavior)
Z60.5	Target of (perceived) adverse discrimination and persecution
Z60.8	Other problems related to social environment
Z60.9	Problem related to social environment, unspecified
Neighborhood & Built Environment <i>Z62: Problems related to upbringing</i>	
Z62.0	Inadequate parental supervision and control
Z62.1	Parental overprotection
Z62.21	Child in welfare custody (non-parental family member, foster care)
Z62.22	Institutional upbringing (orphanage or group home)
Z62.23	Child in custody of non-parental relative
Z62.24	Child in custody of non-relative guardian
Z62.29	Other upbringing away from parents
Z62.3	Hostility towards and scapegoating of child
Z62.6	Inappropriate (excessive) parental pressure

Z62.810	Personal history of physical and sexual abuse in childhood
Z62.811	Personal history of psychological abuse in childhood
Z62.812	Personal history of neglect in childhood
Z62.813	Personal history of forced labor or sexual exploitation in childhood
Z62.814	Personal history of child financial abuse
Z62.815	Personal history of intimate partner abuse in childhood
Z62.819	Personal history of unspecified abuse in childhood
Z62.820	Parent-biological child conflict
Z62.821	Parent-adopted child conflict
Z62.822	Parent-foster child conflict
Z62.823	Parent-step child conflict
Z62.831	Non-parental relative-child conflict
Z62.832	Non-relative guardian-child conflict
Z62.833	Group home staff-child conflict
Z62.890	Parent-child estrangement NEC
Z62.891	Sibling rivalry
Z62.892	Runaway (from current living environment)
Z62.898	Other specified problems related to upbringing
Z62.9	Problem related to upbringing, unspecified
Neighborhood & Built Environment <i>Z63: Other problems related to primary support group, including family circumstances</i>	
Z63.0	Problems in relationship with spouse or partner
Z63.1	Problems in relationship with in-laws
Z63.31	Absence of family member due to military deployment
Z63.32	Other absence of family member
Z63.4	Disappearance & death of family member (assumed death, bereavement)
Z63.5	Disruption of family by separation and divorce (marital estrangement)
Z63.6	Dependent relative needing care at home
Z63.71	Stress on family due to return of family from military deployment
Z63.72	Alcoholism and drug addiction in family
Z63.79	Other stressful events affecting family/household (ill/disturbed member)
Z63.8	Other specified problems related to primary support group (discord or estrangement, inadequate support)
Z63.9	Problem related to primary support group, unspecified
Healthcare Access and Quality <i>Z64: Problems related to psychosocial circumstances</i>	
Z64.0	Problems related to unwanted pregnancy
Z64.1	Problems related to multiparity
Z64.4	Discord with counselors
Healthcare Access and Quality <i>Z65: Problems related to other psychosocial circumstances</i>	
Z65.0	Conviction in civil and criminal proceedings without imprisonment
Z65.1	Imprisonment and other incarceration
Z65.2	Problems related to release from prison
Z65.3	Problems related to other legal circumstances (arrest, custody, litigation)

Z65.4	Victim of crime and terrorism
Z65.5	Exposure to disaster, war and other hostilities
Z65.8	Other specified problems related to psychosocial circumstances (religious or spiritual problem)
Z65.9	Problem related to unspecified psychosocial circumstances

Documentation

- Every diagnosis must be supported by **clear, concise, and consistent** documentation.
- Medical record documentation is defined as evidence of:
 - Monitoring
 - Evaluation
 - Assessment
 - Treatment
- Document all conditions that co-exist at the time of the visit or affect patient’s care, treatment, or management.
- Use linking words like *with, due to, secondary to*, etc. to show cause and effect for manifestations or complications.
- Document treatment or therapy a patient may be undergoing if they **currently** have cancer.
- Patient’s name and date of service needs to be on every page of the progress note.
- **All** records must be signed by the rendering provider.

Questions?

Iowa Total Care has a dedicated resource team that can assist you. If you would like to refer a patient, please email us: [ITC Resource Referral@IowaTotalCare.com](mailto:ITC_Resource_Referral@IowaTotalCare.com).

Find additional resources and information on IowaTotalCare.com.