

2023 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.

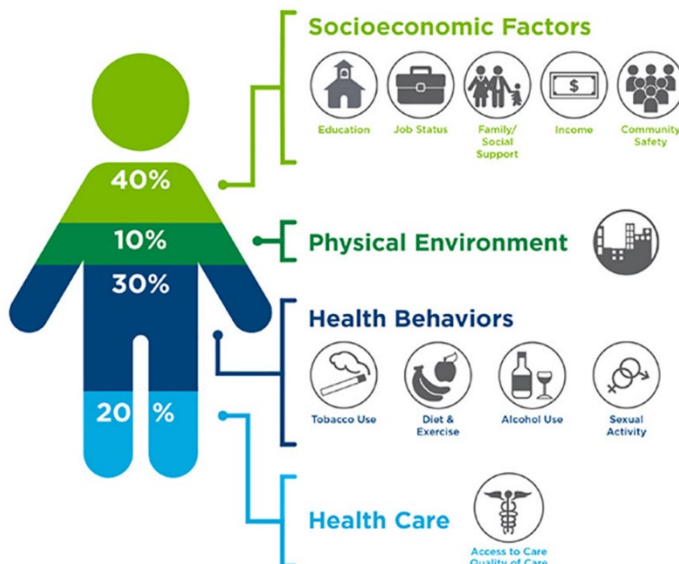
Screening with Z codes allows providers to:

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



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>

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): <https://health.gov/healthypeople/priority-areas/social-determinants-health>

Note: Codes subject to change.

Education Access and Quality Z55: Problems related to education and literacy (excludes F80–F89: disorders of psychological development)	
Z55.0	Illiteracy and low-level literacy
Z55.1	Schooling unavailable and unattainable
Z55.2	Failed examinations
Z55.3	Underachievement in school
Z55.4	Educational maladjustment and discord with teachers and classmates
Z55.8	Other problems related to education and literacy (inadequate teaching)
Z55.9	Problem related to education and literacy, unspecified
Economic Stability Z56: Problems related to employment and unemployment [excludes (Z57.-): occupational exposure to risk factors and (Z59.-): problems related to housing and economic circumstances]	
Z56.0	Unemployment, unspecified
Z56.1	Change of job
Z56.2	Threat of job loss
Z56.3	Stressful work situation
Z56.4	Discord with boss and workmates
Z56.5	Uncongenial work (difficult conditions at work)
Z56.6	Other physical and mental strain related to work
Z56.7	Other and unspecified problems related to employment
Z56.8	Other problems related to employment
Z56.9	Problem related to employment, unspecified
Social and Community Context Z60: Problems related to social environment	
Z60.0	Problems of adjustment to life-cycle transitions
Z60.2	Problems related to living alone
Z60.3	Acculturation difficulty
Z60.4	Social exclusion and rejection
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
Z63	Other problems related to primary support group, including family circumstances
Z63.0	Problems in relationship with spouse or partner
Z63.4	Disappearance and death of family member
Z64	Problems related to certain psychosocial circumstances
Z65	Problems related to other social circumstances

Neighborhood and Built Environment Z62: Problems related to upbringing	
Z62.0	Inadequate parental supervision and control
Z62.1	Parental overprotection
Z62.2	Upbringing away from parents
Z62.3	Hostility towards and scapegoating of child
Z62.6	Inappropriate (excessive) parental pressure
Z62.8	Other problems related to upbringing
Z62.9	Problem related to upbringing, unspecified
Neighborhood and Built Environment Z57: Occupational exposure to risk factor	
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
Z57.8	Other problems related to upbringing
Z57.9	Occupational exposure to unspecified risk factor
Neighborhood and Built Environment Z59: Problems related to housing and economic circumstances (excludes Z58.6: inadequate drinking water supply)	
Z59.0	Homelessness
Z59.1	Inadequate housing
Z59.2	Discord with neighbors, lodgers and/or landlord
Z59.3	Problems related to living in a residential institution
Z59.4	Lack of adequate food and/or drinking water
Z59.5	Extreme poverty
Z59.6	Low income
Z59.7	Insufficient social insurance and welfare support
Z59.8	Other problems related to employment
Z59.9	Problem related to housing and economic circumstances, unspecified
Healthcare Access and Quality Z64: Problems related to certain psychosocial circumstances	
Z64.0	Problems related to unwanted pregnancy
Z64.1	Problems related to multiparity
Z64.4	Discord with counselors

Healthcare Access and Quality	
Z65: Problems related to other psychosocial circumstances	
Z65.0	Conviction in civil and/or 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
Z65.4	Victim of crime and/or terrorism
Z65.5	Exposure to disaster, war, and other hostilities
Z65.8	Other problems related to psychosocial circumstances
Z65.9	Problem related to unspecified psychosocial circumstances
Healthcare Access and Quality	
Z59: Problems related to housing and economic circumstances	
Z59.7	Insufficient social insurance and welfare support

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.

Find additional resources and information on IowaTotalCare.com.