**COMMUNITY FIRST**
H E A L T H   P L A N S

# PROVIDER TIPS
## Social Determinants of Health

This Provider Tip Sheet is designed to help Community First Health Plans Providers and coding staff with the documentation and ICD-10-CM selection of Social Determinants of Health (SDOH) services.

## What Are Social Determinants of Health?

Social Determinants of Health (SDOH) are non-medical factors that affect a wide range of health, functioning, and quality-of-life outcomes and hazards in the places where individuals are born, live, learn, work, play, worship, and age. SDOH account for up to 80 percent of health outcomes.

Examples of SDOH include:

- Safe housing, neighborhoods, and transportation
- Exposure to racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and opportunities for physical activity
- Air and water quality
- Language and literacy skills

## Addressing Health Disparities: Why Does It Matter?

Each patient brings more to your office than just outward symptoms. Their health may be affected by health disparities – preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health experienced by socially disadvantaged populations.

For the medical community to have a significant and lasting impact on the health of their patients and communities, it's critical to take a "whole-person" approach, addressing the needs of patients outside the clinic walls so that they have the ability and motivation to follow their treatment plan.

Below is a list of SDOH and possible health outcomes if unaddressed:

Housing - Individuals with insecure housing are more likely to put off accessing health care due and having a poor or fair self-reported health status. Health outcomes associated with housing difficulties include respiratory and cardiovascular diseases from indoor air pollution, illness and death from temperature extremes, accelerated spread of communicable diseases, and risk of at-home injury.

**Food** – Food insecurity impacts health outcomes, including a greater risk of diabetes and hypertension in adults, higher risk of hospitalization in children, and excess weight gain in women who are pregnant.

**Transportation –** Lack of transportation can prevent individuals from accessing goods and services, including healthy foods, medication, education, employment, and health care visits.

**Utilities –** Utility shut-offs can lead to dangerous living environments, including unsanitary conditions and temperature extremes.

**Child Care –** Lack of consistent access to child care impacts parents as they may forgo health needs, such as scheduled medical appointments to care for their children. Further, lack of child care is a barrier to educational and employment opportunities for parents.

**Employment –** Unemployment or under-employment leads to a strain on financial resources and is a barrier to obtaining basic needs. Unemployed individuals are likely to self-report worse health status, may experience more depressive symptoms, and are at a higher risk for mortality.

**Education –** Lower education levels are correlated with lower income, higher likelihood of smoking, and shorter life expectancy. Individuals with lower levels of education are less likely to engage with their physicians, tend to have poorer medical compliance, and have higher rates of hospitalization.

**Finances -** Individuals experiencing financial strain may forgo medical care and prescriptions in order to meet their essential needs, such as housing and food, and may make more affordable, but less healthy food choices. Additionally, financial strain has been linked to depression in both parents and children, and to marital stress.

**Personal Safety -** Exposure to violence, whether interpersonal or community violence, has lasting effects on an individual's physical and emotional health.

## Best Practices

1. Use an SDOH screening tool like The EveryONE Project™ Social Determinants of Health: Guide to Social Needs Screening.

2. Consistently document standardized SDOH data.

    a. Identify an individual's social risk factors and unmet needs.

    b. Inform the individual of health care and services, follow-up, and discharge planning.

    c. Trigger referrals to social services that meet an individual's needs.

3. Connect Members to social care technology at CommunityFirstResources.com.

4. Track referrals between Providers and social service organizations.

5. Document patient screening results in the EHR/EMR so that the individual's care team can track progress over time.

6. Provide clear documentation that is interoperable across payer systems using ICD-10-CM codes in categories Z55-Z65.

## Using ICD-10-CM Codes For SDOH

The table below contains commonly used ICD-10-CM codes for SDOH.*

| | |
|---|---|
| **Problems related to education and literacy (Z55)** | |
| 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 |
| 255.5 | Less than a high school diploma |
| Z55.8 | Other problems related to education and literacy |
| Z55.9 | Problems related to education and literacy, unspecified |
| **Problems related to employment and unemployment (Z56)** | |
| Z56.0 | Unemployment, unspecified |
| Z56.1 | Change of job |
| Z56.2 | Threat of job loss |
| Z56.4 | Discord with boss and workmates |
| Z56.5 | Uncongenial work environment |
| Z56.6 | Other physical and mental strain related to work |
| Z56.89 | Other problems related to employment |
| Z56.9 | Unspecified problems related to employment |
| **Occupational exposure to risk factors (Z57)** | |
| Z57.0 | Occupational exposure to noise |
| 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 |
| Z57.8 | Occupational exposure to other risk factors |
| Z57.9 | Occupational exposure to unspecified risk factor |
| **Problems related to physical environment (Z58)** | |
| Z58.6 | Inadequate drinking water supply |

| Problems related to housing and economic circumstances (Z59) ||
|---|---|
| Z59.0 | Homelessness |
| 259.01 | Sheltered homelessness |
| 259.02 | Unsheltered homelessness |
| Z59.1 | Inadequate housing |
| Z59.2 | Discord with neighbors, lodgers, and landlord |
| Z59.3 | Problems related to living in residential institution |
| Z59.4 | Lack of adequate food |
| Z59.5 | Extreme poverty |
| Z59.6 | Low income |
| Z59.7 | Insufficient social insurance and welfare support |
| Z59.8 | Other problems related to housing and economic circumstances |
| Z59.9 | Problem related to housing and economic circumstances, unspecified |
| Z59.41 | Food insecurity |
| Z59.48 | Other specific lack of adequate food |
| Z59.81 | Housing instability, housed |
| Z59.811 | Housing instability, housed with risk of homelessness |
| Z59.812 | Housing instability, housed, homelessness in past 12 months |
| Z59.819 | Housing instability, housing unspecified |
| Z59.89 | Other problems related to housing and economic circumstances. |
| Problems related to medical facilities and other health care (Z75) ||
| Z75.3 | Unavailability and inaccessibility of health care facilities |
| Z75.4 | Unavailability and inaccessibility of other helping agencies |
| Problems related to social environment (Z60) ||
| 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 | Problems related to social environment, unspecified |

| Problems related to upbringing (Z62) | |
|---|---|
| Z62.0 | Inadequate parental supervision and control |
| Z62.1 | Parental overprotection |
| Z62.2 | Upbringing away from parents |
| Z62.21 | Child in welfare custody |
| Z62.22 | Institutional upbringing |
| 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 |
| Z62.819 | Personal history of unspecified abuse in childhood |
| Z62.82 | Parent-child conflict |
| Z62.822 | Parent-foster child conflict |
| Z62.891 | Sibling rivalry |
| Z62.898 | Other specified problems related to upbringing |
| **Other problems related to primary support group, including family circumstances (Z63)** | |
| Z63.0 | Problems in relationship with spouse or partner |
| Z63.3 | Absence of family member |
| Z63.4 | Disappearance and death of family member |
| Z63.5 | Disruption of family by separation and divorce |
| Z63.6 | Dependent relative needing care at home |
| Z63.7 | Other stressful life events affecting family and household |
| Z63.72 | Alcoholism and drug addiction in family |
| Z63.8 | Other specified problems related to primary support group |
| **Problems related to certain psychosocial circumstances (Z64)** | |
| Z64.0 | Problems related to unwanted pregnancy |
| Z64.1 | Problems related to multiparity |
| Z64.4 | Discord with counselors |

| Problems related to other psychosocial circumstances (Z65) | |
|---|---|
| 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 |
| 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 |

*Refer to the current year ICD-10 CM manual for additional codes and guidelines.*