

Social Determinants of Health

Z codes

We are working tirelessly to close health equity gaps to ensure simpler, better, more affordable health care for those we serve—from all backgrounds and walks of life. This includes collecting and tracking social determinants of health (SDOH) information about our members to understand barriers and support equitable access to quality health care and health education.

SDOH ICD-10-CM Z code categories

The SDOH Z codes make it possible to measure social risk factors and social needs. They add greater specificity to capture a more holistic view of a patient's health.

Categories of codes

- Education/literacy
- Employment and unemployment
- Occupational exposure to risk factors
- Physical environment
- Housing and economic circumstances
- Social environment
- Upbringing
- Primary support group, including and family circumstances
- Psychosocial circumstances
- Other psychosocial circumstances
- Lifestyle
- Life management difficulty
- Care provider dependency
- Medical facilities and other health care
- Personal risk factors, not elsewhere classified

Submitting SDOH Z codes

Physicians and other health care providers (e.g., nurses, community health workers, case managers) can document SDOH codes during patient encounters.

We encourage you to include the SDOH Z codes in your patients' medical records. Including these codes will help us identify opportunities to provide support to our members, such as transportation or in-home care, and connect members to food banks and other community resources.

Codes describing problems or risk factors related to SDOH should be assigned when this information is documented. Assign as many SDOH codes as are necessary to describe all of the problems or risk factors. These codes should be assigned only when the documentation specifies that the patient has an associated problem or risk factor. For example, not every individual living alone would be assigned code Z60.2, Problems related to living alone.

Submitting SDOH Z codes (continued)

For SDOH, (e.g., information found in categories Z55-Z65), persons with potential health hazards related to socioeconomic and psychosocial circumstances, code assignment may be based on medical record documentation from clinicians involved in the care of the patient who are not the patient's provider since this information represents social information, rather than medical diagnoses.

For example, coding professionals may utilize documentation of social information from social workers, community health workers, case managers or nurses, if their documentation is included in the official medical record. Patient self-reported documentation may be used to assign codes for SDOH, as long as the patient self-reported information is signed-off by and incorporated into the medical record by either a clinician or provider.

Z55: Problems related to education/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
Z55.8	Other problems related to education and literacy
Z55.9	Problems related to education and literacy, unspecified

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

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

Z58: Problems related to physical environment

Z58.6	Inadequate drinking-water supply
-------	----------------------------------

Z59: Problems related to housing and economic circumstances

Z59.00	Homeless, unspecified
Z59.01	Sheltered homelessness
Z59.02	Unsheltered homelessness
Z59.1	Inadequate housing
Z59.2	Discord with neighbors, lodgers and landlord
Z59.3	Problems related to living in residential institution
Z59.41	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
Z59.8	Other problems related to housing and economic circumstances
Z59.81	Housing instability, housed
Z59.811	Housing instability, with risk of homelessness
Z59.812	Housing instability, homelessness in past 12 months
Z59.819	Housing instability, unspecified
Z59.89	Other problems related to housing and economic circumstances
Z59.9	Problem related to housing and economic circumstances, unspecified

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

Z62: Problems related to upbringing

Z62.0	Inadequate parental supervision and control
Z62.1	Parental overprotection
Z62.21	Child in welfare custody
Z62.22	Institutional upbringing
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
Z62.819	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
Z62.890	Parent-child estrangement NEC
Z62.891	Sibling rivalry
Z62.898	Other specified problems related to upbringing
Z62.9	Problem related to upbringing, unspecified

Connect your patients to resources

- **Community resources:** Individuals can find support to address social needs (e.g., food insecurity, housing instability, transportation access and more) by visiting 211.org or findhelp.org.
- **Regence Customer Service:** Members can call the number on the back of their member ID card for help with SDoH resources, finding a PCP, understanding their benefits and more.

Z63: Other problems related to primary support group, including family circumstances

Z63.0	Problems in relationship with spouse or partner
Z63.1	Problems in relationship with in-laws
Z63.31	... due to military deployment
Z63.32	Other 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
Z63.71	Stress on family due to return of family member from military deployment
Z63.72	Alcoholism and drug addiction in family
Z63.79	Other stressful life events affecting family and household
Z63.8	Other specified problems related to primary support group
Z63.9	Problem related to primary support group, unspecified

Z65: Problems related to other psychosocial circumstance

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
Z65.9	Problem related to unspecified psychosocial circumstances

Z72: Problems related to lifestyle

Z72.0	Tobacco use
Z72.3	Lack of physical exercise
Z72.4	Inappropriate diet and eating habits
Z72.5	High risk sexual behavior
Z72.51	High risk heterosexual behavior
Z72.52	High risk homosexual behavior
Z72.53	High risk bisexual behavior
Z72.6	Gambling and betting
Z72.81	Antisocial behavior
Z72.810	Child and adolescent antisocial behavior

Z72: Problems related to lifestyle (continued)

Z72.811	Adult antisocial behavior
Z72.82	Problems related to sleep
Z72.820	Sleep deprivation
Z72.821	Inadequate sleep hygiene

Z73: Problems related to life management difficulty

Z73.0	Burnout
Z73.1	Type A behavior pattern
Z73.2	Lack of relaxation behavior
Z73.3	Stress, not elsewhere classified
Z73.4	Inadequate social skills, not elsewhere classified
Z73.5	Social role conflict, not elsewhere classified
Z73.6	Limitation of activities due to disability
Z73.81	Behavioral insomnia of childhood
Z73.810	Behavioral insomnia of childhood, sleep-onset association type
Z73.811	Behavioral insomnia of childhood, limit setting type
Z73.812	Behavioral insomnia of childhood, combined type
Z73.819	Behavioral insomnia of childhood, unspecified type
Z73.82	Dual sensory impairment
Z73.9	Problems related to life management difficulty, unspecified

Z74: Problems related to care provider dependency

Z74.01	Bed confinement status
Z74.09	Other reduced mobility
Z74.1	Need for assistance with personal care
Z74.2	Need for assistance at home and no other household member able to render care
Z74.3	Need for continuous supervision
Z74.8	Other problems related to care provider dependency
Z74.9	Problem related to care provider dependency, unspecified

Z75: Problems related to medical facilities and other health care

Z75.0	Medical services not available in home
Z75.1	Person awaiting admission to adequate facility elsewhere
Z75.2	Other waiting period for investigation and treatment
Z75.3	Unavailability and inaccessibility of health care facilities
Z75.4	Unavailability and inaccessibility of other helping agencies
Z75.5	Holiday relief care
Z75.8	Other problems related to medical facilities and other health care
Z75.9	Unspecified problem related to medical facilities and other health care

Z91: Personal risk factors, not elsewhere classified

Z91.02	Food additives allergy status
Z91.11	Patient's noncompliance with dietary regimen
Z91.12	Patient's intentional underdosing of medication regimen
Z91.120	Patient's intentional underdosing of medication regimen due to financial hardship
Z91.128	Patient's intentional underdosing of medication regimen for other reason
Z91.13	Patient's unintentional underdosing of medication regimen
Z91.130	Patient's unintentional underdosing of medication regimen due to age-related debility
Z91.138	Patient's unintentional underdosing of medication regimen for other reason
Z91.14	Patient's other noncompliance with medication regimen
Z91.15	Patient's noncompliance with renal dialysis
Z91.4	Personal history of psychological trauma, not elsewhere classified
Z91.41	Personal history of adult abuse
Z91.410	Personal history of adult physical and sexual abuse
Z91.411	Personal history of adult psychological abuse
Z91.412	Personal history of adult neglect
Z91.419	Personal history of adult abuse
Z91.42	Personal history of forced labor or sexual exploitation

Z91: Personal risk factors, not elsewhere classified (continued)

Z91.49	Other personal history of psychological trauma, not elsewhere classified
Z91.5	Personal history of self-harm
Z91.51	Personal history of suicidal behavior
Z91.52	Personal history of non-suicidal self-harm
Z91.8	Other specific personal risk factors, not elsewhere classified
Z91.81	History of falling
Z91.82	Personal history of military deployment
Z91.83	Wandering in diseases (e.g., dementia)
Z91.84	Oral health risk factors
Z91.841	Risk for dental caries, low
Z91.842	Risk for dental caries, moderate
Z91.843	Risk for dental caries, high
Z91.849	Unspecified risk for dental caries

Coding resources

- CMS, 2024 ICD-10-CM: [cms.gov/medicare/icd-10/2024-icd-10-cm](https://www.cms.gov/medicare/icd-10/2024-icd-10-cm)
- CMS *ICD-10-CM Official Guidelines for Coding and Reporting*: [cms.gov/files/document/fy-2024-icd-10-cm-coding-guidelines-updated-02/01/2024.pdf](https://www.cms.gov/files/document/fy-2024-icd-10-cm-coding-guidelines-updated-02/01/2024.pdf)
- ICD10data.com: [icd10data.com/ICD10CM/Codes/Z00-Z99](https://www.icd10data.com/ICD10CM/Codes/Z00-Z99)

