

Social determinants of health

Addressing patients' social health needs

ICD-10-CM SDOH codes included

Social determinants of health (SDOH)

Sixty percent of a person's health is impacted by behavioral, environmental and social conditions.¹ SDOH are conditions in the environments in which people live, learn, work, play, worship and age. They affect a wide range of health, functions and quality-of-life outcomes and risks. SDOH include, but are not limited to, food insecurity, loneliness and social isolation, housing quality and instability, transportation, physical inactivity, income and social status, employment and working conditions.

Food insecurity

Food insecurity occurs when people have limited or uncertain access to enough food to live a healthy, active life.²

Loneliness and social isolation

Loneliness is a feeling of sadness or distress about being by yourself or feeling disconnected from the world around you. Related but different, social isolation is being physically separated from other people and your social connections.

Housing instability

Individuals experiencing housing instability may experience chronic or intermittent homelessness, which may expose them to a number of health hazards such as trauma and chronic stress. This may lead to injury, disease, mental illness and behavioral health issues, such as substance abuse. Housing instability also can decrease the effectiveness of healthcare interventions.³

Identifying and screening for SDOH

Addressing social health needs alongside clinical needs improves the whole-person health of your patients. During annual wellness exams or regular appointments with patients, incorporate standardized screenings to assess hunger and loneliness into your conversations such as:

The Hunger Vital Sign™ – U.S. Department of Agriculture

Loneliness Scale – University of California, Los Angeles

Accountable Health Communities Health-Related Social Needs Screening Tool – Center for Medicare and Medicaid Innovation

For further details, please visit [Humana.com/KYTraining](https://www.humana.com/KYTraining) and review [PRAPARE Chapter 9](#).

¹ https://www.partnersbhm.org/wp-content/uploads/2017/07/WPIC_White_Paper_revise_7.19.2017.pdf

² Feeding America, www.feedingamerica.org/hunger-in-america/senior-hunger-facts

³ Housing Issue Brief, Humana Inc. June 2020, https://populationhealth.humana.com/wp-content/uploads/2020/06/Humana_HousingBrief_Final_External_version_2020.pdf

Humana Healthy Horizons in Kentucky is a Medicaid product of Humana Health Plan Inc.

Coding for SDOH

It is a best practice to document patient screening results in the EHR/EMR so you and your care team can track patient progress over time, and communicate screening results to the patient's health insurer. By using ICD-10-CM codes in categories Z55 – Z65 (listed below), you will provide clear documentation that is interoperable across payer systems.

Relevant ICD-10 Z codes related to social isolation and other potential needs

- Z59.2 Discord with neighbors, lodgers, and landlord
- 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/persecution
- Z60.8 Other problems related to social environment
- Z62.2 Upbringing away from parents
- Z62.22 Institutional upbringing

Relevant ICD-10 Z codes related to stress and other potential needs

- Z56 Problems related to employment/unemployment
- Z56.0 Unemployment
- 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
- Z59.0 Homelessness
- Z59.2 Discord with neighbors, lodgers, and landlords
- Z59.5 Extreme Poverty (100% FPL or below)
- Z59.6 Low income (200% FPL or below)
- Z60.0 Problems of adjustment to life-cycle transitions
- Z60.3 Acculturation difficulty
- Z60.8 Other problems related to social environment
- Z65.4 Victim of crime and terrorism
- Z65.5 Exposure to disaster, war, and other hostilities
- Z72.4 Inappropriate diet and eating habits

Resources for help and support

Helping your patients connect with national and local assistance programs can help provide the support they need.

Along with patients connecting with their health insurer about eligible benefits, available resources may include:

General resources <ul style="list-style-type: none">• 211 Helpline Center• Area Agencies on Aging• Connect2Affect• National Alliance on Mental Illness• Humana Medicaid Behavioral Health Crisis Line<ul style="list-style-type: none">○ Phone: 833-801-7355 (TTY: 711)	Food insecurity <ul style="list-style-type: none">• Feeding America Food Banks• Women, Infants and Children (WIC)• Programs for Children• Supplemental Nutrition Assistance Program• Eldercare Locator
Loneliness and social isolation <ul style="list-style-type: none">• Senior Corps• Volunteer Match• Friendship Line	

For more information on SDOH, and to find a copy of [PRAPARE Chapter 9](#), please visit [Humana.com/KYTraining](https://www.humana.com/KYTraining).

If your patient needs additional assistance, please refer them to the Care Management team by emailing KYMCDPopulationHlth@Humana.com.