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Deadline: MONDAY, DECEMBER 1, 2025

 GI.ORG/RESEARCH-AWARDS

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 GI.ORG/RESEARCH-AWARDS

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 \$50k/ 1- or 2-year award

 To fund research using the GIQuIC registry

•Request a Letter of Support from GIQuIC by November 3

•Email: research@giquic.org



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- The LE&E Center Emerging Leadership Program
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APPLICATION DEADLINE: NOVEMBER 24, 2025

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AJG The American Journal of GASTROENTEROLOGY

ACG MONOGRAPH ON GERIATRICS AND GI

➔ **Currently available online**

The ACG Monograph on Geriatrics and GI is supported by separate independent education grants from Eli Lilly and Company and from GSK. Additional education grants to support the monograph have been provided to the ACG Institute for Clinical Research and Education from Exact Sciences Corporation, Intercept Pharmaceuticals, Inc., and Salix Pharmaceuticals. All grants are unrestricted.

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The banner features a dark blue background with a faint pattern of medical pills. The ACG Institute logo is in the top right corner. The main text is in large, bold, white letters. Below the title, there is a line of smaller white text. A white horizontal bar contains the deadline date in bold blue letters. Below this bar, a list of bullet points provides further information and links.

ACG Institute RESEARCH GRANTS and AWARDS 2026

Learn more about the Leonidas Berry Health Equity Research Award.

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- Visit gi.org/research-awards to learn more about the 8 grant categories & apply
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 - for grant tips, videos, and written resources

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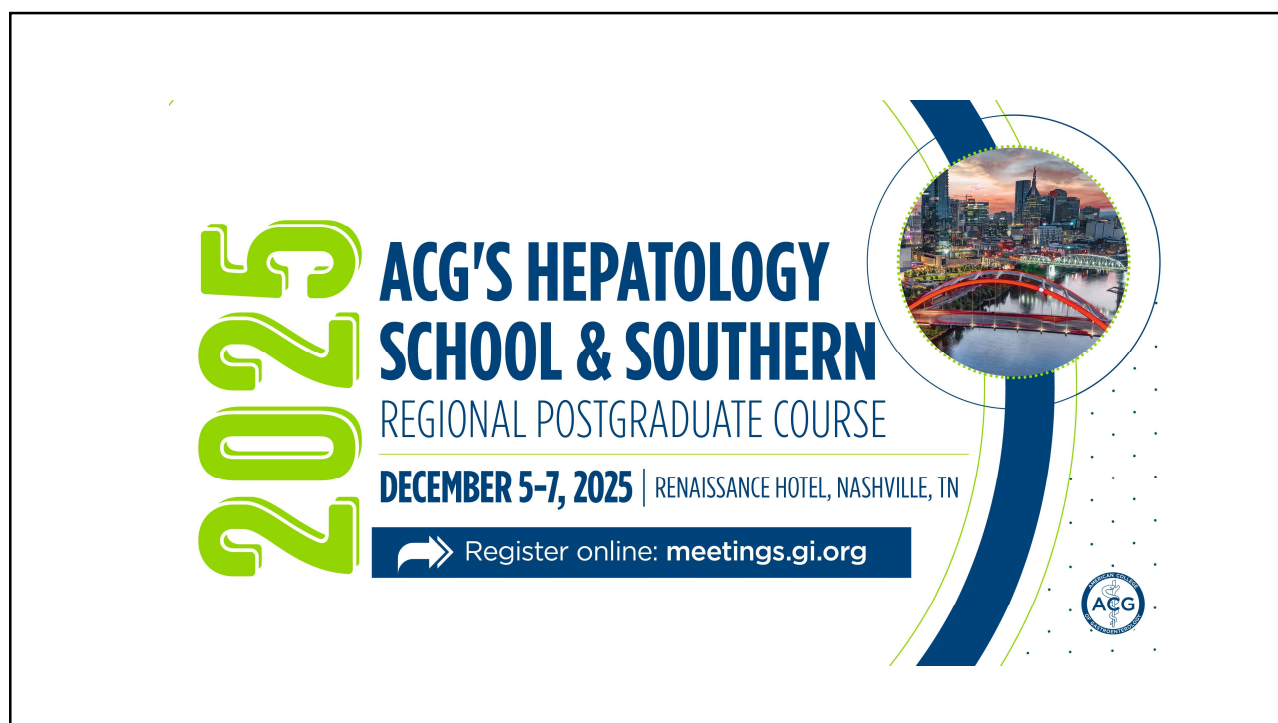
The banner has a white background with blue and gold curved lines. A circular inset in the top right shows a night view of the Las Vegas skyline with the moon. The text is in large, bold, blue and gold letters. At the bottom, there are logos for ACG and ASGE, and the location 'LAS VEGAS' in large, gold, outlined letters.

JANUARY 30 – FEBRUARY 1, 2026

2026 ACG'S IBD SCHOOL & ACG BOARD OF GOVERNORS / ASGE BEST PRACTICES COURSE

  **LAS VEGAS**


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ACG Virtual Grand Rounds universe.gi.org

Participating in the Webinar



Moderator:
Sonali Paul, MD, FACG

- All attendees will be muted and will remain in "Listen Only Mode"
- Type your questions here so that the moderator can see them. Not all questions will be answered but we will get to as many as possible.
- A handout with the slides and room to take notes can be downloaded from your control panel.

Exit

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Virtual Grand Rounds

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ACG Virtual Grand Rounds

Join us for upcoming Virtual Grand Rounds!

There will be No Virtual Grand Rounds October 23rd and 30th for the
ACG 2025 Annual Meeting
We hope you will join us in Phoenix or Online!




Week 45 – Thursday, November 6, 2025
 Quality Indicators for Upper GI Endoscopy
 Faculty: Rena H. Yadlapati, MD, MSHS, FACG
 Moderator: Dayna S. Early, MD, FACG
 At Noon and 8pm Eastern




Week 46 – Thursday, November 13, 2025
 Short Bowel Syndrome: Cases of Non-Short Bowel/Intestinal Failure: Pearls for
 Recognition and Management
 Faculty: George Ou, MD
 Moderator: Omar Jamil, MD
 At Noon and 8pm Eastern


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Disclosures



Costas H. Kefalas MD, MMM, MS-PopH, FACG:
No relevant financial relationships with ineligible companies.



Sonali Paul, MD, FACG:
Gore: Grant/Research Support

**All of the relevant financial relationships listed for these individuals have been mitigated*

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The Social Determinants of Health
in Gastroenterology Care

Costas H. Kefalas, MD, MMM, MS-PopH, FACG

President, Akron Digestive Health
Professor of Clinical Internal Medicine, Northeast Ohio Medical University
Akron, Ohio



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Introduction & Background

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Social Determinants of Health (SDOH)

- Conditions in which people are born, grow, live, work, and age
- Non-medical factors that affect average and distribution of health within populations
- Include social structures and economic systems that permit unequal access to power and resources, which impact health and health inequities
- Part of Healthy People 2030 goals

WHO, 2024; Shi et al., 2009; Alderwick et al., 2019

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Healthy People 2030: SDOH and Stated Goals

Social Determinants Of Health	Goal
Economic Stability	Help people earn steady incomes that allow them to meet their health needs
Education Access and Quality	Increase educational opportunities and help children and adolescents do well in school
Health Care Access and Quality	Increase access to comprehensive, high-quality health care services
Neighborhood and Built Environment	Create neighborhoods and environments that promote health and safety
Social and Community Context	Increase social and community support

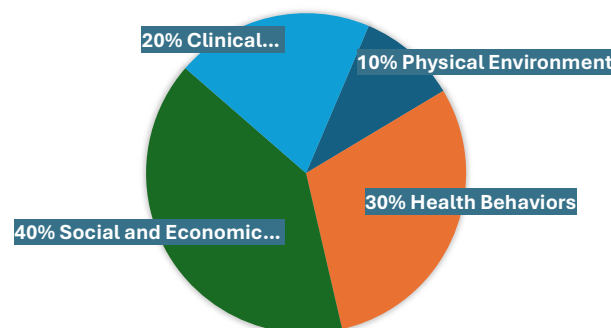
U.S. Department of Health & Human Services, n.d.

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Impact of SDOH on Overall Health Outcomes

HEALTH OUTCOMES: LENGTH AND QUALITY OF LIFE



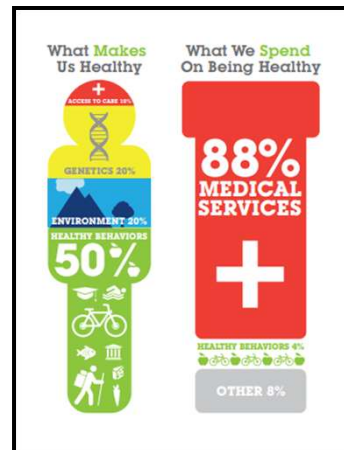
Hood et al., 2016

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Health Expenditures Mismatch

- 2023 U.S. national health expenditure: \$4.9 trillion (\$14,570 per person); 17.6% of Gross Domestic Product
- 90% of health expenditure spent on clinical care, which contributes only 20% to health outcomes

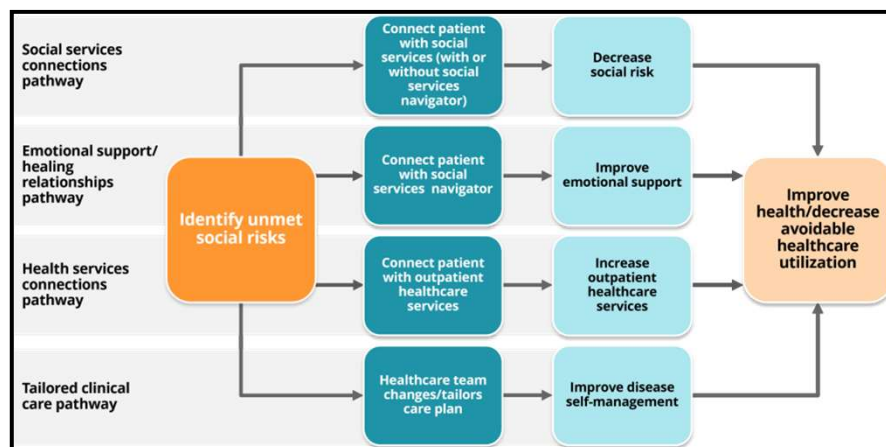


CMS, 2024; Galea, 2016; Bipartisan Policy Center, 2012

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Social Care Logic Model



Gottlieb et al., 2024

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Burden/Cost of Gastrointestinal (GI) Diseases

- Significant, increasing burden of health care utilization and costs
- 61% of U.S. population had one or more GI symptom in last week
- 10-20% of all diagnoses made by primary care physicians
- In 2021 (most recent data):
 - GI symptom or diagnosis → 14.5 million emergency department visits
 - GI symptom or diagnosis → 2.9 million hospital admissions
 - GI health expenditures → \$111.8 billion

Almario et al., 2018; CDC, 2019; Peery et al., 2025

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SDOH in Gastroenterology Care: Specific Diseases

- Colorectal cancer
- Inflammatory bowel disease (IBD)
- Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)
- Hepatitis C (HCV)
- Celiac disease
- Gastrointestinal cancers
- Literature survey was performed and SDOH for each disease identified and grouped under Healthy People 2030 SDOH categories

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Colorectal Cancer SDOH

Healthy People 2030 SDOH and Subdomains	U.S. Disease Impact
<u>Economic Stability</u> <ul style="list-style-type: none"> Poverty 	<ul style="list-style-type: none"> 154,270 new cases diagnosed, 2025 52,900 deaths, 2025 \$9.2 billion costs, 2021
<u>Education Access and Quality</u> <ul style="list-style-type: none"> Language barriers 	
<u>Health Care Access and Quality</u> <ul style="list-style-type: none"> Health literacy: lack of understanding role of screening and testing efficacy; fatalism; fear of cancer or screening Health access: lack of knowledge, lack of provider recommending screening, decreased access to care, psychological barriers to care Lack of care coordination Challenges with bowel preparation 	
<u>Social and Community Context</u> <ul style="list-style-type: none"> Lack of social support to discuss screening Lack of transportation/driver issues 	

Muthukrishnan, 2019; Kotzur et al., 2022; Zhu, 2021; Issaka et al., 2021; ACS, 2025; Peery et al., 2025

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Inflammatory Bowel Disease SDOH

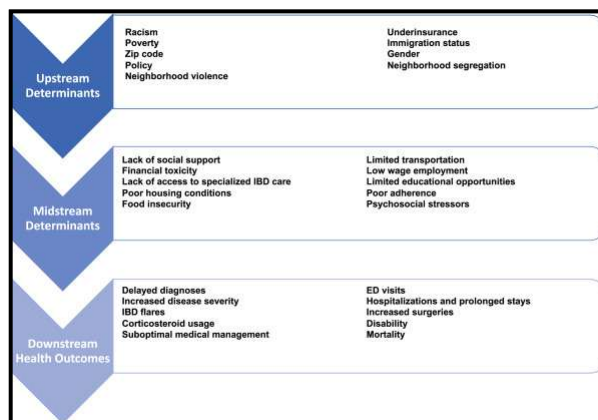
Healthy People 2030 SDOH and Subdomains	U.S. Disease Impact
<u>Economic Stability</u> <ul style="list-style-type: none"> Financial toxicity Food insecurity Low wage employment Low socioeconomic status 	<ul style="list-style-type: none"> 2.4-2.7 million total cases \$13.9 billion in costs, 2021
<u>Education Access and Quality</u> <ul style="list-style-type: none"> Limited educational opportunities 	
<u>Health Care Access and Quality</u> <ul style="list-style-type: none"> Lack of access to specialized IBD care Poor adherence Psychological stressors Uninsured Younger patients Psychiatric illness 	
<u>Neighborhood and Built Environment</u> <ul style="list-style-type: none"> Poor housing 	
<u>Social and Community Context</u> <ul style="list-style-type: none"> Lack of social support Limited transportation 	

Anyane-Yeboah et al., 2022; Dulai et al., 2018; Bernstein et al., 2020; Thakur et al., 2021; Lewis et al., 2023; Peery et al., 2025

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IBD SDOH According to Positioning



Anyane-Yeboah et al., 2022

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Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) SDOH

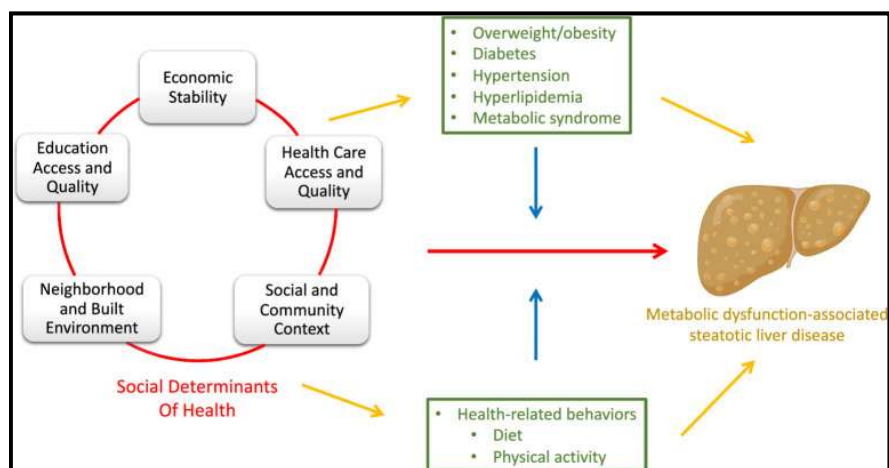
Healthy People 2030 SDOH and Subdomains	U.S. Disease Impact
<u>Economic Stability</u> <ul style="list-style-type: none">Low socioeconomic status → advanced fibrosisFood insecurity → increased mortality	<ul style="list-style-type: none">25-30% of population\$15.7 billion costs, 2016
<u>Health Care Access and Quality</u> <ul style="list-style-type: none">Lack of access to care	
<u>Neighborhood and Built Environment</u> <ul style="list-style-type: none">Poor living conditions → poor nutrition, increased alcohol intake, lack of physical activity	
<u>Social and Community Context</u> <ul style="list-style-type: none">Lack of transportation	

Chen et al., 2023; Kardashian et al., 2021; Kim et al., 2024; Rinella et al., 2023; Fishman et al., 2024

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Relationship of MASLD and SDOH



Kim et al., 2024

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Hepatitis C SDOH

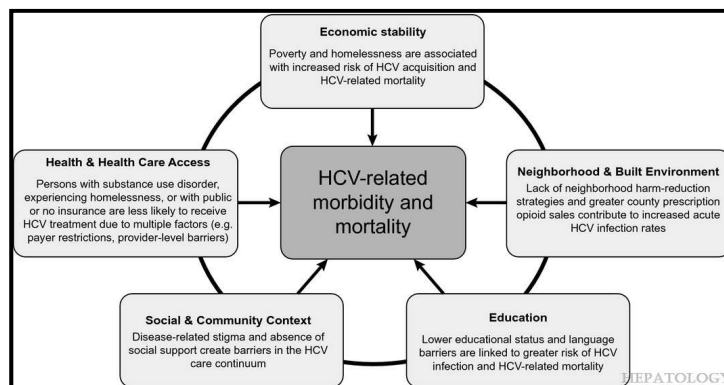
Healthy People 2030 SDOH and Subdomains	U.S. Disease Impact
<u>Economic Stability</u> <ul style="list-style-type: none">• Homelessness• Higher poverty	<ul style="list-style-type: none">• 107,300 new cases, 2020• 2.5 million total cases, 2020• \$10 billion in costs, 2017
<u>Education Access and Quality</u> <ul style="list-style-type: none">• Lower education• Language barriers	
<u>Health Care Access and Quality</u> <ul style="list-style-type: none">• Minority populations• Those with substance abuse disorder• Greater prescription of opioid drugs• Limited or no insurance	
<u>Neighborhood and Built Environment</u> <ul style="list-style-type: none">• Lack of neighborhood harm reduction	
<u>Social and Community Context</u> <ul style="list-style-type: none">• Incarceration• Disease-related stigma• Lack of community social support	

Kardashian et al., 2021; Niles et al., 2024; CDC, 2025; Hall et al., 2024; Stepanova et al., 2017

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Impact of SDOH on HCV-Related Outcomes



Kardashian et al., 2021

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Celiac Disease SDOH

Healthy People 2030 SDOH and Subdomains	U.S. Disease Impact
<u>Economic Stability</u> <ul style="list-style-type: none">• Lower socioeconomic status• Lower income	• 1% of population
<u>Education Access and Quality</u> <ul style="list-style-type: none">• Lower education	
<u>Health Care Access and Quality</u> <ul style="list-style-type: none">• Decreased access to care• Differences in health-seeking behavior• Lack of adherence to a gluten-free diet	

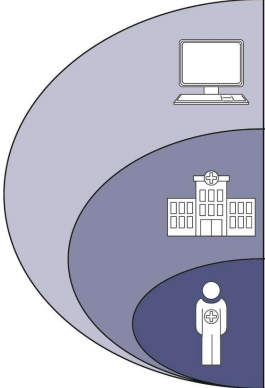
Roy et al., 2016; Nikniaz et al., 2021; Rubio-Tapia et al., 2023

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Celiac Disease Economic Burden Domains



Societal perspective Productivity losses related to absence from work/school (absenteeism) or reduced productivity at work/school (presenteeism)
Healthcare system perspective Healthcare costs related to healthcare resource utilization and prescribed medications
Patient perspective Patient costs related to adherence to a gluten-free diet

Bozorg et al., 2023

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Gastrointestinal Cancers SDOH

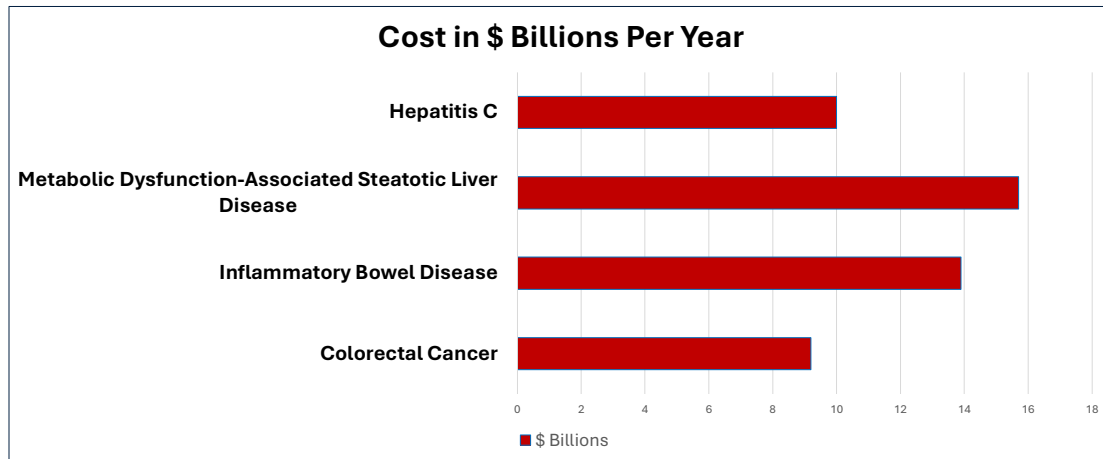
Healthy People 2030 SDOH and Subdomains	U.S. Disease Impact
<u>Economic Stability</u> <ul style="list-style-type: none"> Low economic stability 	<ul style="list-style-type: none"> 34% of all cancer incidence 353,820 new cases of upper GI cancers diagnosed, 2024 174,320 upper GI cancer deaths, 2024
<u>Health Care Access and Quality</u> <ul style="list-style-type: none"> Poor healthcare access and quality Non-Hispanic Blacks Poor health risk behaviors: heavy alcohol use, current smoking, physical inactivity 	

Han et al., 2023; Santellano et al., 2025

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Summary of Annual Cost of Selected GI Diseases



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SDOH Survey of Clinical Gastroenterologists

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Hypothesis and Survey Questions

- **Hypothesis:** Most community gastroenterologists are not aware of (1) SDOH, (2) SDOH importance in clinical care, and (3) SDOH business impact
- Survey questions were developed to ascertain degree of awareness and importance of SDOH in community gastroenterologists
- **Survey Questions:**
 1. How aware are you of the social determinants of health: Economic stability, neighborhood and physical environment, education, food, community and social context and healthcare system?
 2. How important do you think addressing social determinants of health could be in caring for patients with gastrointestinal disease?
 3. How important do you think addressing social determinants of health could be for business aspects of a gastroenterology practice?

Kefalas et al., 2025

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Survey Details

- Survey administered via Jefferson Qualtrics Experience Management
- Survey reviewed and waived by Jefferson IRB
- Sent to 41 gastroenterologists, all personal acquaintances, asking each to also forward survey to partner, for possible 82 total responses
- Diversity of gender, practice size, practice type, and geography
- All gastroenterologists practice in community setting

Kefalas et al., 2025

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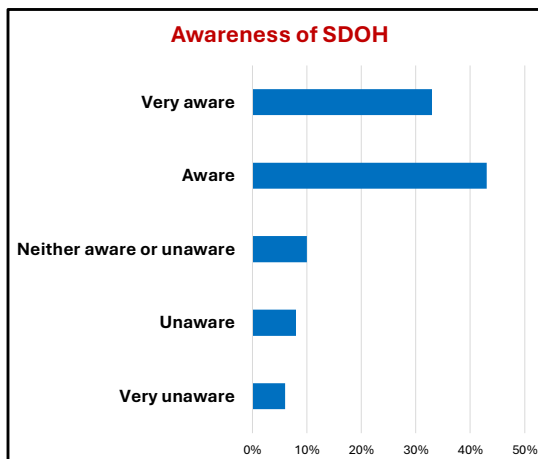


Survey Results Question 1: Awareness of SDOH

(1) How aware are you of the social determinants of health: Economic stability, neighborhood and physical environment, education, food, community and social context and healthcare system?

	Percentage	Count
Very unaware	6%	3
Unaware	8%	4
Neither aware or unaware	10%	5
Aware	43%	21
Very aware	33%	16
Total	100%	49

Kefalas et al., 2025



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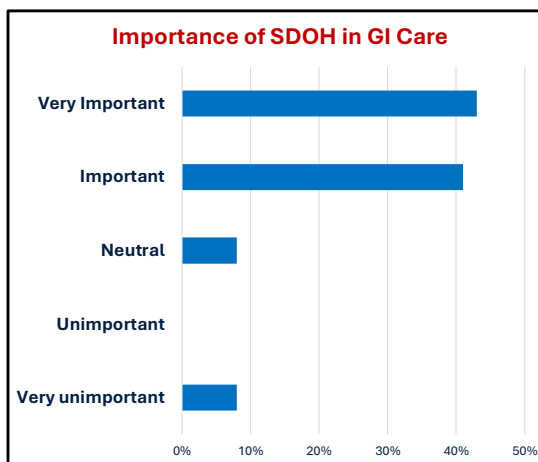


Survey Results Question 2: SDOH in GI Care

(2) How important do you think addressing social determinants of health could be in caring for patients with gastrointestinal disease?

	Percentage	Count
Very unimportant	8%	4
Unimportant	0%	0
Neutral	8%	4
Important	41%	20
Very Important	43%	21
Total	100%	49

Kefalas et al., 2025



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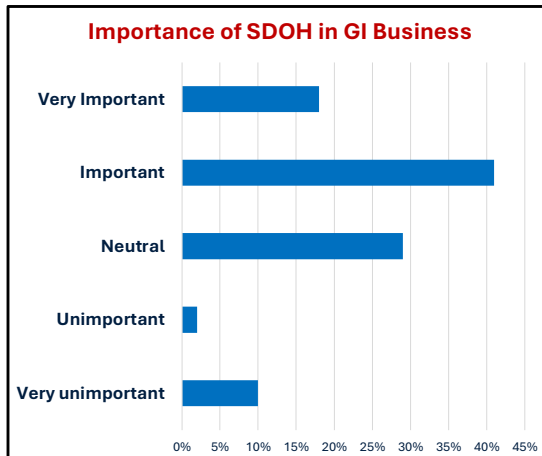


Survey Results Question 3: SDOH in GI Business

(3) How important do you think addressing social determinants of health could be for business aspects of a gastroenterology practice?

	Percentage	Count
Very unimportant	10%	5
Unimportant	2%	1
Neutral	29%	14
Important	41%	20
Very important	18%	9
Total	100%	49

Kefalas et al., 2025



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Survey Reflections

Survey Findings	Percentage
Survey Completion	60%
Awareness of SDOH	76%
SDOH Important	84%
SDOH Business Impact	59%

- Degree of SDOH awareness among community gastroenterologists was higher than expected
- Community gastroenterologists are aware of SDOH and importance in GI care, but less aware of potential impact of SDOH in GI business aspects

Kefalas et al., 2025

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Implications & Recommendations

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Assessing SDOH

- Several validated SDOH assessments or screening toolkits exist
- Examples:
 - CMS Accountable Health Communities Health-Related Social Needs Screening Tool
 - American Academy of Family Physicians Social Needs Screening Tool
 - Social Determinants of Health in Rural Communities Toolkit
 - AHQR Evidence Now
 - **Health Leads Social Needs Screening Toolkit**

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Assessing SDOH: Health Leads Social Needs Screening Toolkit

- In my practice: Health Leads Social Needs Screening Toolkit
- Modified questionnaire includes explanation/disclaimer informing patients:
 - Used to identify social needs that could affect digestive health/care
 - Completely voluntary; answers remain in patient chart and confidential
 - Completing or not completing will not affect care received
 - May stop completing questionnaire even after starting it
 - Opportunity to request assistance on any or all social needs

Health Leads, 2018

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ICD-10 Z Codes for SDOH

- 70,000 ICD-10 codes → 70 Z codes for SDOH (Z55-Z66)
- SDOH ICD-10 Z codes minimally reimbursed by certain CMS reimbursement models; not at all by commercial payers
- Why enter ICD-10 SDOH Z codes now?
 - Data will be increasingly incorporated into value-based payment models
 - Improves care coordination across health system or medical practice
 - May lead to new resources to address specific, common SDOH

Jacobs, 2021; Inouye et al., 2022; Artega, 2025; Magoon, 2022

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ICD-10 Z Codes for SDOH: Examples

ICD-10	Category	Description
Z55	Education and Literacy	Problems related to education and literacy
Z56	Employment	Problems related to employment and unemployment
Z57	Occupational Exposures	Occupational exposure to risk factors
Z59	Housing and Economic	Problems related to housing and economic circumstances
Z60	Social Environment	Problems related to social environment
Z63	Support Group/Family	Other problems related to primary support group, including family circumstances

<https://www.icd10data.com>

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Assessing SDOH: Lessons Learned

- Screening need not be comprehensive
- Start SDOH assessment only when clinic staff ready
- Consider a pilot program
- Connections to community resources are critical; these may take time to develop
- Use existing community and local health system resources, if available
- All team members must understand workflow
- Think beyond launch, including training new staff, defining metrics, and establishing evaluation process for improvement

[Bleacher et al., 2019](#)

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Addressing Needs Identified on SDOH Screening

- Social services department or office (health system, hospital, large practice)
- Social workers
- Community health workers
- Patient navigators
- Population health pharmacists
- Weblink: findhelp.org – based on zip code

Magoon, 2022; Knowles et al., 2023; Iacobelli et al., 2023; Kiles et al., 2023; findhelp 2025

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Business Case for Screening and Addressing SDOH

- Improves health outcomes and patient experience, and reduces costs
- No specific examples in GI care
- Extrapolated evidence from primary care:
 - Tied to organizations' degree of value-based care adoption
 - Aligned with creation of patient and community value
 - Identified multiple sources of short- and long-term value
 - Defined financial benefits leading to understanding success in value-based care
 - Improved understanding of cost drivers
 - Defined opportunities for efficiencies and dissemination planning

Yan et al., 2022; Tong et al., 2018; Wetterman et al., 2022

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Business Case for SDOH: Summary Evidence

SDOH Domain	Evidence
Housing	<u>Strong</u> : Permanent housing reduces expensive health care
Home Modifications	<u>Strong</u> : Net savings for home modifications included in participant-directed home visit program
Nutrition	<u>Moderate</u> : Interventions to increase health food access lowers health care utilization and costs
Transportation	<u>Moderate</u> : Transportation improves access to care
Legal and Financial Counseling	<u>Promising</u> : Reduces ED visits, hospitalizations, and costs
Social Isolation and Loneliness	<u>Promising</u> : International programs, not in U.S. yet
Care Management	<u>Range of evidence</u> : Reduces costly health care services

Note: Strong evidence: randomized controlled trials; moderate evidence: nonrandomized trials and observational studies with comparison groups; promising evidence: before-and-after (pre/post) and descriptive studies without comparison groups

McCarthy et al., 2022

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Business Case for SDOH: GI Practice Opportunity

- Decrease no show rates
- Increase CRC screening rates
- Promote access to medications
- Increase testing and treatment adherence
- Decrease practice costs
- Improve GI health outcomes
- Position practice for value-based care

Kefalas et al., 2025

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Implementing an SDOH Program in GI Practice (1)

- Kotter's 8-stage process of creating major change
 1. Create a sense of urgency
 2. Build a guiding coalition
 3. Form a strategic vision and initiatives
 4. Enlist volunteer supporters
 5. Enable action by removing barriers
 6. Generate short-term wins
 7. Sustained acceleration
 8. Institute change

Kotter, 1996

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Implementing an SDOH Program in GI Practice (2)

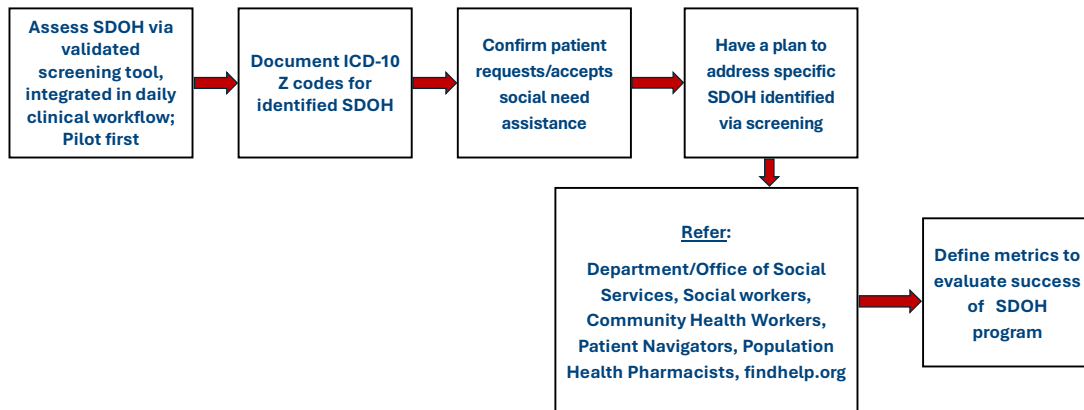
- Potential **metrics** to evaluate SDOH assessment program:
 - Number or percentage of patients undergoing SDOH screening
 - Number of referrals made to community resources addressing SDOH, and number of patients that follow through with referral
 - Any change in specific health outcome: medication adherence, ER visits, readmission rates
 - Assessment of patient satisfaction: satisfaction scores or ratings, patient narratives
 - Capturing ICD-10 Z codes: year over year, percentage vs. non-Z codes

AMA Steps Forward, 2024; Bradywood et al., 2021; Oregon Health Authority, 2023

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Proposed Pathway for Assessing/Addressing SDOH in GI Care



Kefalas et al., 2025

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Conclusion

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Summary

- SDOH have greater role in health outcomes vs. clinical care by factor of 4:1
- Recognizing role of SDOH in several, common gastrointestinal diseases, and assessing/addressing identified needs and gaps will:
 - Improve health
 - Improve patient experience
 - Decrease cost
 - Improve business aspects of GI practice
- Gastroenterologists and their patients benefit by assessing/addressing SDOH

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Thank You for Your Attention!




AKRON
Digestive Health
Premier Gastroenterology Care

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Questions

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GI Innovation
Through
Collaboration

Let's talk...ACG invites you to join the conversation in the GI Circles.



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