



# Problem Gambling: the need for Prevention Services

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# Impacts of Problem Gambling/Gambling Disorder

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- ▶ Co-occurring disorders: ~85% experiencing problem gambling
- ▶ Affects relationships at work, family, school, friendships, and can lead to high stress, estrangements, interpersonal violence, separations, divorces, abandonments, or other serious outcomes
- ▶ Financial – deplete checking, savings, and retirement accounts, run up credit cards/LOCs, take out additional mortgages, sell personal items and/or family assets
- ▶ Worst cases: Embezzlement or other criminality where law enforcement and courts may have to get involved

# Adult PG Prevalence Survey

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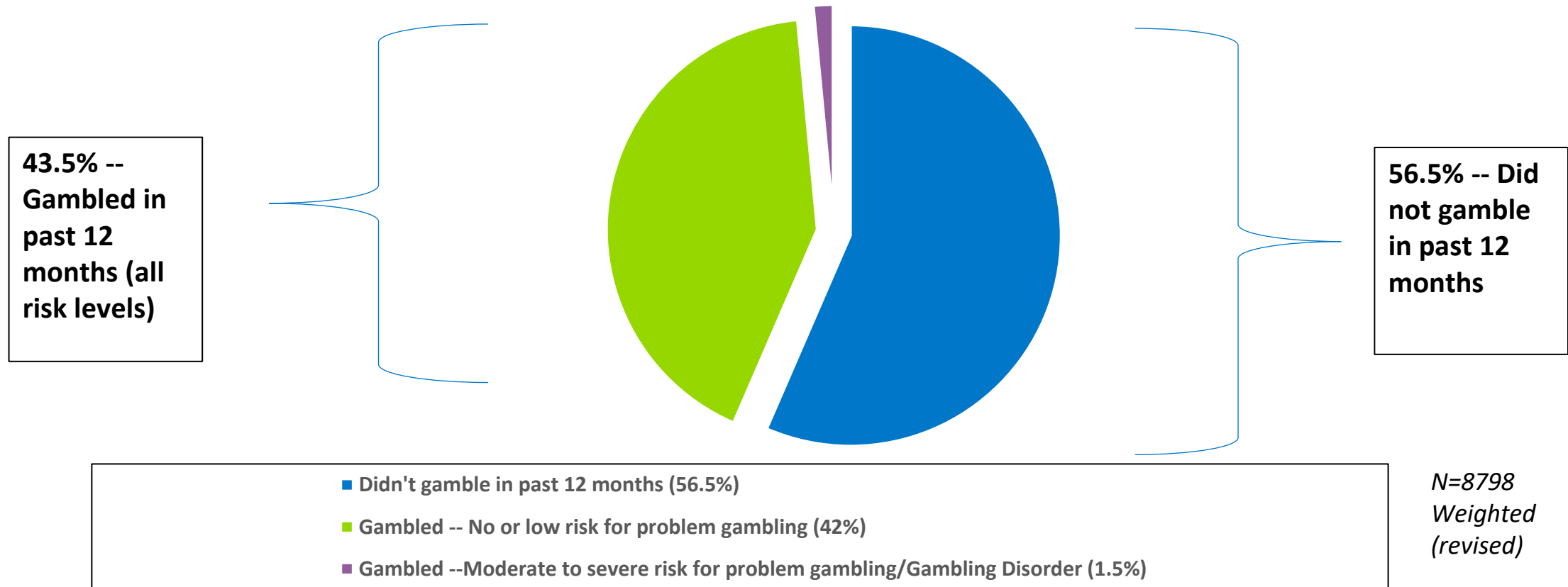
## ▶ AREAS OF FOCUS



- 1) Beliefs and attitudes towards gambling
- 2) Gambling behavior & preferences
- 3) Awareness of problem gambling treatment services
- 4) Level of risk for problem gambling (prevalence for WA State residents)
- 5) Overlap with prevalence of mental health & substance use issues
- 6) Online gambling: Prevalence, methods and modes\*\*

*\*\*added by Problem Gambling Task Force*

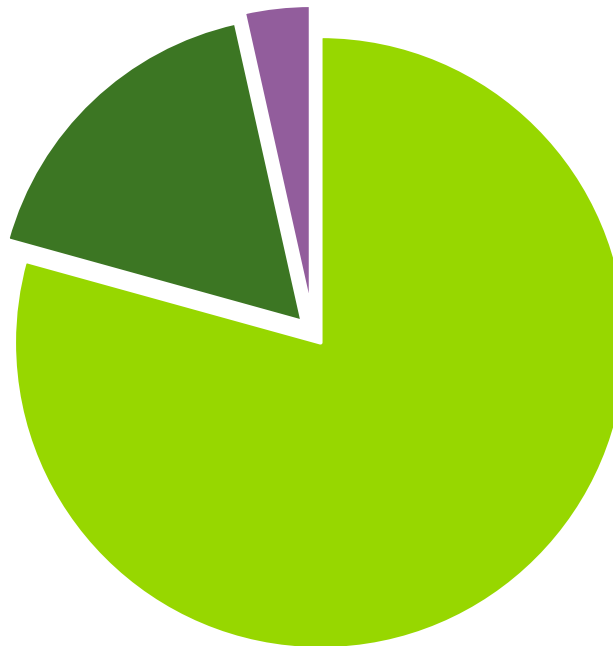
# All Adults, Gambling, & Problem Gambling



# Gambling & Problem Gambling

3.5% -- Gambled in past 12 months and at moderate-to-severe risk for problem gambling/Gambling Disorder)

17.2% -- Gambled in past 12 months and at low risk for problem gambling



79.3% -- Gambled in past 12 months and not at risk for problem gambling/Gambling Disorder

- Gambled -- Not currently at risk for problem gambling / PGSI = 0 (79.3%)
- Gambled -- Low risk for problem gambling / PGSI = 1-4 (17.2%)
- Gambled -- Moderate-to-high risk for problem gambling / PGSI = 5+ (3.5%)

N=3824  
Weighted –  
no missing

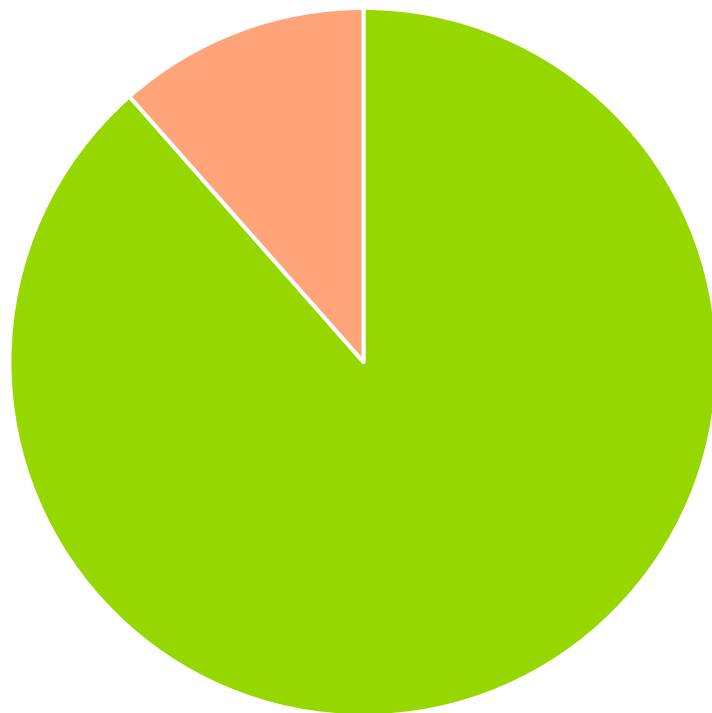
# Who is at greatest risk for moderate-to-severe **problem gambling**? (PGSI score 5+)

- ▶ **Black, Indigenous & People of Color (BIPOC) are at double the risk than 'White' (6% vs. 2.8%)**

Note: Physical disability, gender, age, marital status, military status, employment status, region were not detectable as a significant factor for problem gambling

# Online gambling & problem gambling\*

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■ Gambled in brick & mortar only (88.5%)

■ Gambled Online 11.5% (most also gambled in brick & mortar too)

## \*Notes:

1) Online gambling was illegal during the survey data collection period (legal sports wagering in Tribal casinos did not open until Sept 2021)

2) Chart revised in 8-2022 to include only those who responded 'Yes' to Q21

N=4081

# What about PG Prevention?

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- ▶ **\$26,000 annually = available in State PG Pgm. Budget for:**
  - ▶ Prevention
  - ▶ Outreach / Awareness / Education
  - ▶ Currently only for *Problem Gambling Awareness Month* (March)
- ▶ **Gambling is a year-round activity (and 24/7 online too)**
- ▶ **Need a significant increase in funding for a robust year-round Problem Gambling Prevention program (PGTF recommendation for additional funding)**
- ▶ **Needs to be included in on-going State Prevention Planning**





## WA State Problem Gambling Program (DBHR/HCA)



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**<https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/problem-gambling>**