

What is the Impact of Gambling Expansion for London?

Presented by

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(Separate Presentation)



ADSTV - IGDPGS

- Our services are listed on our website:
www.adstv.ca
- We are a treatment facility that also provides education in the schools and the community
- Caseloads are a mix between people with gambling problems and concerned significant others (spouses, adult children, parents)

Our Intention

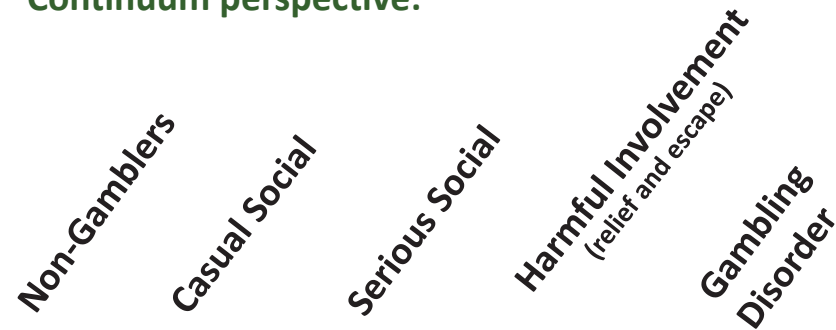
- Share our expertise after providing gambling treatment services for 20 years
- Provide some advice related to new prevention strategies for this community
- Assist with strategy for an expansion of gambling that maximizes benefits and minimizes costs as much as possible
- Remind you that there will be very real costs for some visitors to and residents of this community

Gambling by the Numbers

- 1997 to April 2018:
 - 6290 persons identified gambling as a concern
 - 1.66% of London population over 20 years
 - 668 concerned significant others sought help
- When people experience problems with gambling many others are affected:
 - Entire family (sometimes three generations), friends, employers, peers, banks, retail business, charities for example

Types of Gamblers

Continuum perspective:



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GAMBLING HARMS MIND MAP

This map visualizes gambling harm and the way in which these harms are distributed throughout the population. A systems approach that considers the socioeconomic and environmental determinants of gambling harms from a public health perspective can transform policy and healthcare service delivery, and may ultimately reduce the burden of gambling harm in our communities.

- ETHNICITY:** Non-White populations are significantly more likely to gamble than White populations, particularly among individuals who identify as Black or Chinese. Cultural differences, stressful living conditions, and social inequities experienced by Indigenous peoples contribute to how gambling is perceived, and to a higher prevalence of problematic gambling behaviour among these subgroups.
- AGE:** Youth and young adults are particularly vulnerable to experiencing harms from gambling as the popularity of for online gambling and simulated gambling through video games continues to expand. With gambling opportunities becoming increasingly marketed towards and accessible to adolescents and young adults, treatment or prevention methods designed for adults may fail to address the specific needs of this demographic.
- MENTAL HEALTH:** As many as 32% of problem gamblers struggle with major depression, compared to a national average of 4.2%. Gambling can serve as a coping mechanism or emotionally vulnerable individuals, and problem gambling is significantly associated with social anxiety, ADHD, impulsiveness, and mood and anxiety disorders. Problem gamblers are eight times more likely to be prescribed medication used to treat a mental health disorder.
- SUBSTANCE USE AND ADDICTIONS:** Substance use often coincides with problematic gambling behaviour and gambling harms. Problem gamblers are five times more likely to have nicotine dependence, 11 times more likely to have cannabis dependence, and 23 times more likely to have an alcohol use disorder.
- LIVING CONDITIONS:** Higher neighbourhood disadvantage, unstable housing conditions, and homelessness are associated with problematic gambling behaviour. In addition, just as an environment with highly accessible, cheap, energy-rich food promotes unhealthy eating habits, access to easy-to-use, socially accessible, and cheap forms of gambling is a risk factor for increased gambling harm.
- HEALTH BEHAVIOURS AND RISK FACTORS:** Gamblers are more likely to be sedentary, while physical activity is associated with a decreased risk for problem gambling. Problem gamblers are three times more likely to be obese, over two times more likely to report a lack of regular exercise, three times more likely to watch 20+ hours of TV per week, and four times more likely to report high caffeine intake.
- EDUCATION:** A person's education influences how they gamble, and their risk of problem gambling behaviour. People with higher education are more likely to gamble online, while lower educational attainment is linked as a risk factor for problematic gambling. Women with a high school education are up to four times more likely to be problem gamblers than women with a university degree demographic.
- SOCIOECONOMIC STATUS:** Higher income is associated with greater participation in lower-risk gambling and higher total spending. Lower income individuals are at a greater risk of suffering gambling harms, and spend proportionally more of their income on gambling activities. Land-based gambling opportunities are generally more readily available in low income areas.

GAMBLING RESEARCH EXCHANGE ONTARIO

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At Risk Gamblers

Canadian Gambling Digest 2013-2014

- 6.3 percent of people are thought to be “at risk gamblers and problem gamblers.”
- 6.3% of London population = 23,940
- Modernization (which means **privatization**) and increased accessibility to new forms of gambling may increase risk for Londoners

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“You don’t need to have a gambling problem to have problems from gambling”

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Questions?



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