

# Gambling Addiction

## THE ISSUE

Problem gambling is on the rise and untreated gambling addiction costs the U.S. **\$14 B** annually.<sup>1</sup> However, there is a lack of federal support for prevention, intervention, treatment or research.

### PROBLEM GAMBLING RISK FACTORS

#### ♂ Male

- Men are at higher risk of developing a gambling problem.<sup>2</sup>

#### 🕯️ Young

- One study found 10% of men age 18–30 indicate a gambling problem.<sup>3</sup>

#### ⚠️ High risk taking<sup>4</sup>

#### 🧠 Struggling with high stress, depression, or PTSD<sup>5</sup>

#### 🎖️ Servicemember or Veteran

- Servicemembers and Veterans are at 2x higher risk of developing a gambling problem.<sup>6</sup>
- 13% of servicemembers have a lifetime prevalence of problem gambling.<sup>7</sup>

### PROBLEM GAMBLING EFFECTS ON FAMILIES AND INDIVIDUALS

#### 💰 Financial loss

- Bankruptcy, debt, depletion of savings, and job loss.

#### 仳仳 Family strife

- 82% of individuals with problem gambling experienced relationship harms.<sup>8</sup>

#### ⚡️ Generational impact

- Children of those with a gambling problem are at a higher risk of developing lifelong mental health complications.<sup>9</sup>

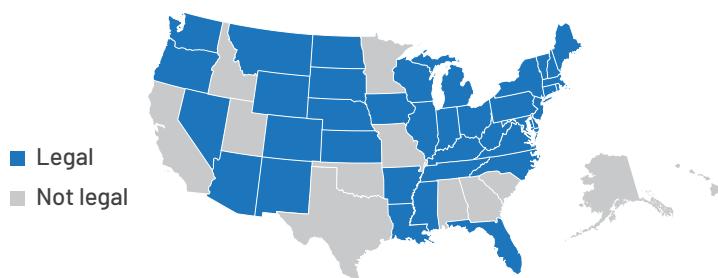
#### ✚ Adverse health effects

- 15x higher rates of suicide mortality for those with gambling addiction,<sup>10</sup> and 40% of Veterans seeking treatment for a gambling problem have attempted suicide.<sup>11</sup>
- 57.5% co-occurrence of gambling disorder and substance addiction.<sup>12</sup>

The risk of gambling addiction grew by **30%** following the U.S. Supreme Court's 2018 decision to overturn PASPA, which paved the way for expanded sports betting nationwide.<sup>13</sup>

### STATE MAP OF LEGALIZED SPORTS BETTING

39 states have legalized sports betting



## THE SOLUTION

Support resources for individuals and families impacted by gambling addiction.

## ENDNOTES

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5. Ibid
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12. Lorains FK, Cowlishaw S, Thomas SA. Prevalence of comorbid disorders in problem and pathological gambling: systematic review and meta-analysis of population surveys. *Addiction*. 2011;106:490–8. doi: 10.1111/j.1360-0443.2010.03300.x.
13. National Council on Problem Gambling. (2021). National Detail Report: National Survey on Gambling Attitudes and Gambling Experiences 1.0. Washington, D.C.: National Council on Problem Gambling.



[ncpgambling.org](https://ncpgambling.org)

The National Council on Problem Gambling (NCPG) is the only national nonprofit organization that seeks to mitigate gambling-related harm. The organization works to improve health and wellness by reducing the personal, social and economic costs of problem gambling. NCPG is neutral on legalized gambling.

If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame. Call 1-800-GAMBLER, text 800GAM, or visit [www.1800gamblerchat.org](http://www.1800gamblerchat.org). Help is available 24/7 – it is free and confidential.