Compulsive Gambling and College Students: Is There An Issue?
Gambling is a Hot Topic

75% of U.S. adults have gambled at least once in the last year

48 states have some form of legalized gambling (Hawaii and Utah are the exceptions)

$95 billion in gaming revenue is generated by casinos, tracks and state lotteries

$7 billion is the annual social cost of gambling-related addiction, bankruptcy and crime

Source: National Center for Responsible Gaming
College Students and Gambling

Youth rates of being at-risk for compulsive gambling are two to three times higher than adults.

Researchers estimate that 75% of college students gambled during the past year, whether legally or illegally.

6% of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades.

Nearly all U.S. colleges and universities have policies on student alcohol use; however, only 22% have a formal policy on gambling.

Sources: National Center for Responsible Gaming and National Problem Gambling Council
Gambling: The Unaddressed Issue

“Unlike drug and alcohol education, there is no federal mandate requiring schools to educate students or parents about the dangers of excessive gambling. Combined with the lack of a policy response by administrators, this situation leaves an open door for student-related gambling disorders to emerge unchecked.”

- Harvard Medical School
What are the Odds?

Of a college player becoming a pro football player: 3,000 to 1

Of being struck by lightning: 280,000 to 1

Of winning a Powerball jackpot: 140,000,000 to 1

Source: National Problem Gambling Council
Who Gambles?

Students who had gambled in the past year had higher rates of …

- Binge drinking
- Marijuana use
- Cigarette use
- Illicit drug use
- Unsafe sex after drinking

Male college students are more likely to have gambled in the past year, gambled with more money and reported having gambling problems

Sources: National Center for Responsible Gaming and National Problem Gambling Council
Student Athletes are Even More at Risk

Both student athletes and students who are sports fans gamble more than other students.

67% of all college students bet on sports.

Nearly 30% of male athletes bet on sports; 26% of those started gambling prior to high school and 66% began in high school.

Sources: National Center for Responsible Gaming and National Problem Gambling Council
NCAA: Proportion of Student-Athletes Who Wager on Sports

Source: 2012 NCAA Student-Athlete Gambling Behaviors and Attitudes Study

<table>
<thead>
<tr>
<th>Division</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>Division I</td>
<td>19%</td>
<td>3%</td>
</tr>
<tr>
<td>Division II</td>
<td>26%</td>
<td>5%</td>
</tr>
<tr>
<td>Division III</td>
<td>32%</td>
<td>7%</td>
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Societal Influences

- Video games
- Powerful advertising
- Social acceptability
- More locations
- Attractive games
- Lack of prevention and awareness
- Internet gaming
- Sports betting
No group in the country has more readily available access to the Internet than college students.
What Do They Play?

Sports or fantasy pools

Slot machines or video poker

Cards for money with friends/family

Cards at a casino

Games of skill

Lottery ticket
Most Frequently Chosen Gambling Activities for College Students

- Lottery: 43%
- Card games: 38%
- Office pools, raffles, charitable small-stakes gambling: 38%
- Sports betting: 23%
- Games of skill (e.g., bowling, basketball, pool, golf, backgammon, darts): 20%
- Casino gambling: 15%
- Bingo: 13%
- Slot, poker and other gambling machines: 10%
- Dice games: 8%

Source: National Center for Responsible Gaming
A Perfect Storm

**Age:** College years associated with a wide range of at-risk behaviors

**Availability:** First generation to be exposed to wide-scale legal gambling; technological advances make placing bets easier than ever

**Acceptability:** Operated by governments, commonly endorsed by schools, integrated into mainstream culture

**Advertising/Media:** More than ever; promoted as sport, glamorized, winning bias

**Access to Cash:** The average college student receives about 25 credit card solicitations per semester *(National Public Radio)*

*Source: National Problem Gambling Council*
Is It Recreation or Obsession?

**RECREATION**
- Occasionally gambles
- Hopes to win, but expects to lose
- Sets limit of spending

**COMPULSIVE GAMBLING**
- Frequently gambles
- Expects to win; chases losses
- Bets more than can afford; borrows money
Signs/Symptoms of a Compulsive Gambler

- Spending more money than intended
- Playing for longer than planned
- Wanting to gamble when knowing one should be doing other things
- Not being able to stop thinking about gambling
- Preoccupation with gambling activities
- Asking for larger amounts of money or gambling more frequently
Displaying large amount of money or other unaccountable material possessions

Borrowing/stealing money

Thinking about, or committing, an illegal act to finance their gambling

Lying to friends and family about how much they gamble

Unexplained absences from school/work

Dropping grades, declining interest and performance in schoolwork

Alienation from family and friends
Mood swings

Personality changes such as irritability, restlessness and withdrawal

Anxious, stressed

Suicidal thoughts
Phases of a Compulsive Gambler

**Adventurous**: Increasing desire to gamble for excitement

**Losing**: Gambler bets increasing amounts of money “chasing” the money he or she has lost

**Desperation**: Gambling becomes a full-time obsession
Pathological Gambling Co-Occurring Issues

73%  Alcohol use disorder
61%  Personality disorder
60%  Nicotine dependency
50%  Mood disorder
41%  Anxiety disorder
38%  Drug use disorder

Source: SAMHSA
Impact of Compulsive Gambling

Source: Productivity Commission, Australia's Gambling Industries. AusInfo
There are resources available for Minnesota residents who can’t afford treatment
Visit us on Facebook at www.facebook.com/NoJudgment

1-800-333-HOPE

There's life beyond a gambling problem. Treatment works.

Problem Gambling Support

Non-Profit Organization
1-800-333-HOPE provides treatment free of charge to qualifying individuals throughout Minnesota.
Compulsive gambling can change your life. So can the right help.