



# GAMBLING BELIEFS & BEHAVIORS AMONG OREGON ADULTS

## BRIEF REPORT



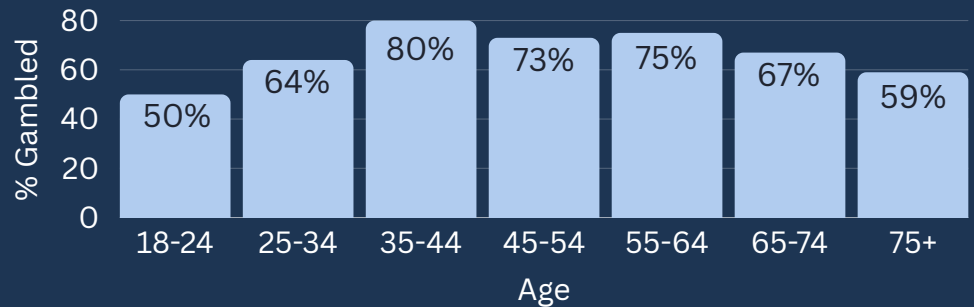
This report summarizes key findings from the 2024 Panel Survey. Study information can be found in the full report, available here: [oregoncpg.org/oregon-research](https://oregoncpg.org/oregon-research).

# Gambling in Oregon



## More Oregon Adults are Gambling

68% of survey respondents reported gambling in the past 12 months, compared to 46% in 2021. Gambling was more common among middle-aged adults, compared to younger and older age groups.



## The Motivation to Gamble is Impacted by Age and Income

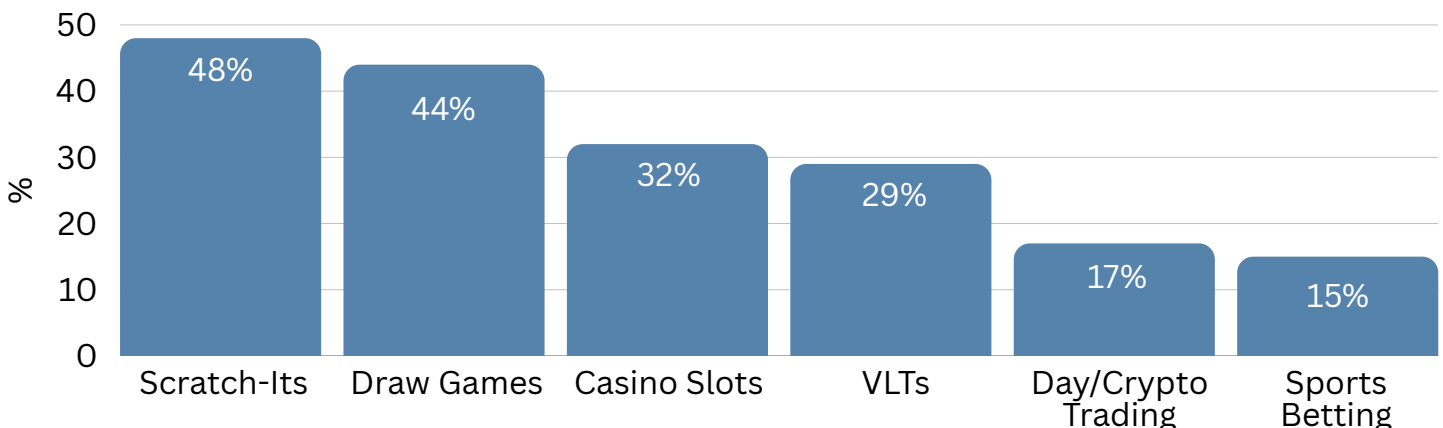
The most common reasons for gambling include:



- **Younger adults** and those with **lower household incomes** gambled more for **financial gain**.
- **Older adults** and those with **higher household incomes** gambled more to **socialize**.

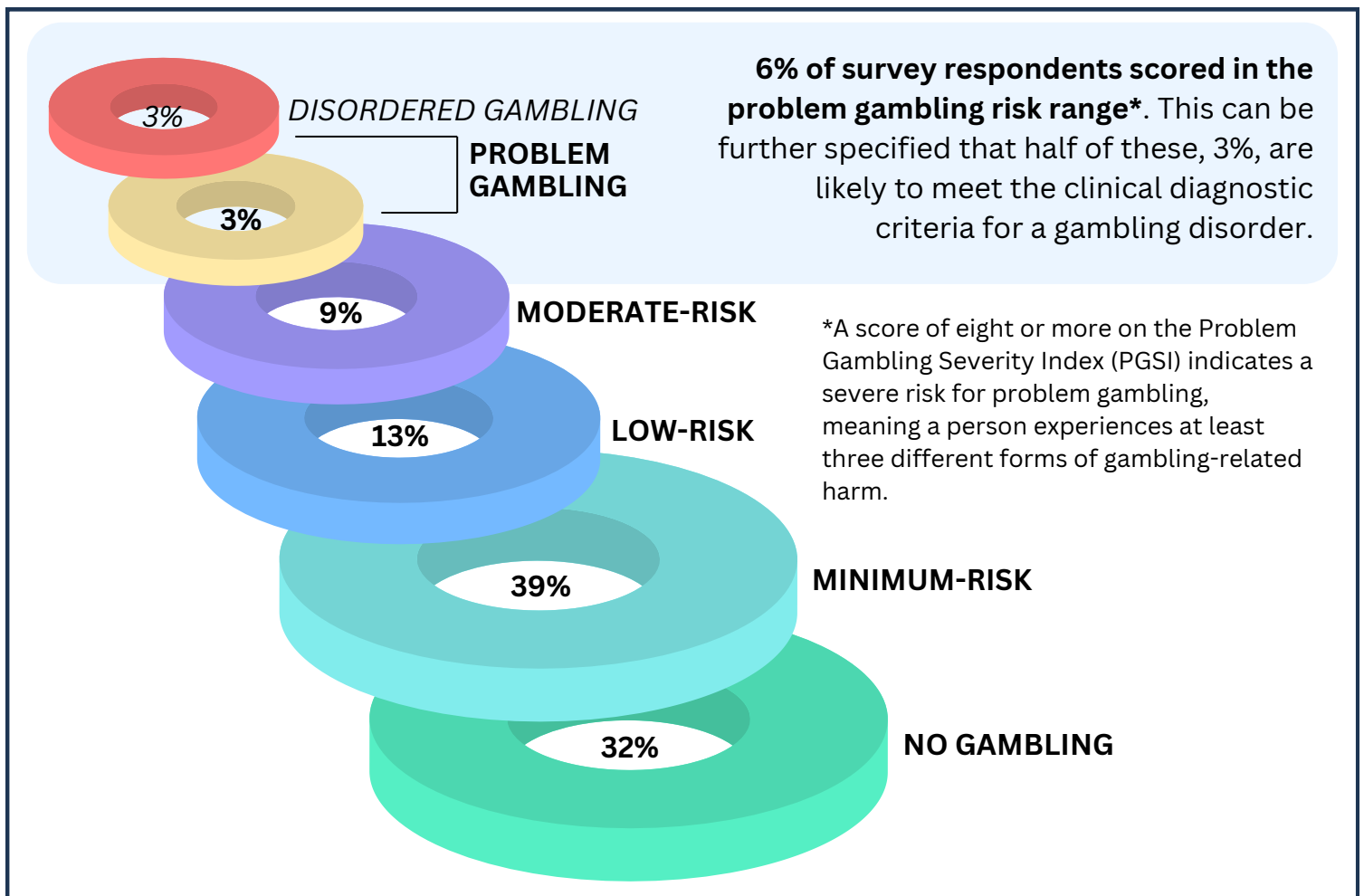
Lower-income Oregonians spend *most* on gambling; higher-income Oregonians spend the *least*.

## Oregon Lottery Scratch-its, Draw Games, Casino Slot Machines, and Video Lottery Terminals (VLTs) are Most Popular

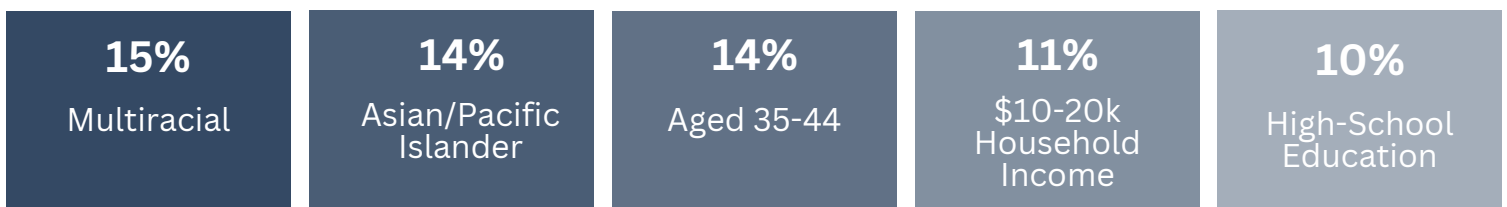


# Problem Gambling in Oregon

## 6% of Oregon Adults Reported 3+ Forms of Gambling-Related Harms



## Certain Demographics Presented With Higher Rates of Problem Gambling



Males had double the rate of problem gambling (8%) compared to females (4%).

## Participating in Multiple Sports Betting Activities Increases Risk



The gambling activity with one of the most pronounced associations with problem gambling was sports betting. As the number of sports betting activities an individual engages in increases, so does the risk level for problem gambling.

## ▶ Certain Beliefs and Attitudes are Correlated with Problem Gambling Risk

Holding common gambling-related cognitive distortions and misconceptions was related to the highest risk rates for problem gambling.

**33%** of people who agreed or strongly agreed with the statement:

*“When you almost win, it’s a good sign that you are due to win soon.”*

were classified as **high risk**.

Perceiving problem gambling as stigmatizing or having been personally affected by someone else's gambling behavior also results in high-risk rates that are higher than the average.

**16%** of people who agreed or strongly agreed with the statement:

*“I would be embarrassed if a family member needed help for a gambling problem.”*

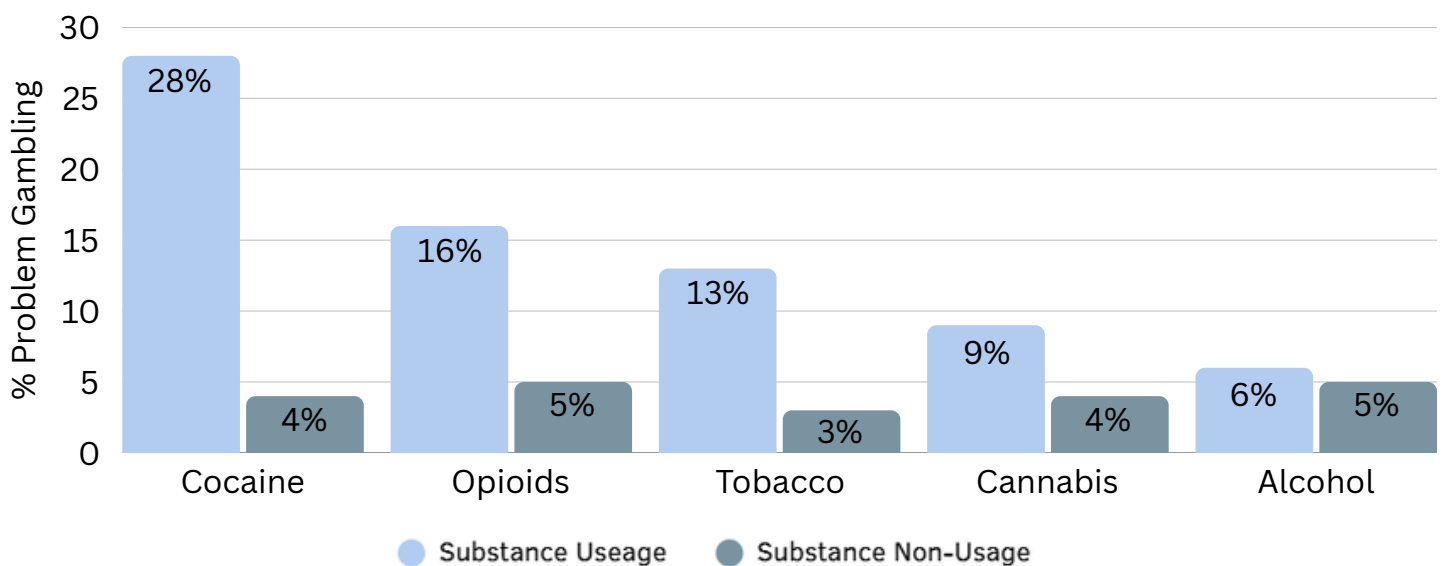
were classified as **high risk**.



Those with a better understanding and awareness of problem gambling and its treatment report lower rates of gambling-related harm.

## ▶ Substance Use Increases Problem Gambling Risk

Rates of problem gambling were significantly higher among those who use tobacco/nicotine, cannabis, opioids, and stimulants. Within the survey, respondents who reported consuming alcohol were not at significantly higher risk for problem gambling compared to those reporting not drinking alcohol.



## ► Poor Physical and Mental Health are Related to Problem Gambling

Oregonians who rate their physical health as poor have more than double the high-risk problem gambling rate compared to those with more positive health assessments. Specifically, the following are associated with greater rates of gambling harm:



Frequent **sleep**  
problems



Diagnosed **liver**  
disease



Diagnosed **ADHD**



Impulsivity

## ► Those Struggling with Gambling Most Often Reach out to Friends

Among those who screened high risk for problem gambling, the most common resource used in the past year was a friend or peer (48%). Some also reached out to a family member (29%).

Only 29% reached out to a mental health provider, and even fewer reached out to a healthcare provider (11%).



## Conclusion

The 2024 Panel Survey offers critical insights into the interconnectedness of gambling with various facets of health and well-being, and highlights specific risk factors for gambling-related harms for adult Oregonians. Key findings indicate that gambling behaviors have increased since 2021, and younger and lower-income individuals are most negatively impacted by the amount spent on gambling. This survey observed a rate of positive screening for problem gambling in Oregon at 6%, calling attention to the need for additional prevention and intervention services. Identified risk factors for problem gambling include specific demographic characteristics, sports betting engagement, endorsement of misconceptions and stigma, frequent substance use, and poor health.