

Oregon Problem Gambling Speaking Points

We are concerned...

- Many adults (65%) have participated in some form of gambling in the past year.¹
- Gambling carries risk and, if it develops into problem gambling, can have serious impacts on individuals and families.
- It's estimated that 88,000 adults in Oregon meet the clinical diagnosis of a gambling disorder.²
- Oregon 11th graders who reported gambling had higher rates of:
 - Skipping school
 - Being in a physical fight
 - Being sad for two or more weeks
 - Using alcohol, marijuana and other drugs³

And, we are hopeful...

- The project's assessment of Oregon adults completed in early 2018 revealed important protective attitudes and beliefs relating to problem gambling:
 - MOST Oregon adults (87%) agree that if people choose to gamble, they should have their own personal guidelines for gambling responsibly.⁴ Guidelines like:
 - If people choose to gamble, they should do it for entertainment.
 - People should set a dollar limit on how much they will gamble and stick to it.
 - People should expect to lose when they gamble.
 - People should not gamble using borrowed money or credit.
 - People should not drink alcohol and gamble at the same time.
 - MOST Oregon adults (73%) would want someone to intervene if they themselves had a problem with gambling.¹
 - MOST Oregon adults (78%) believe trying to get help for someone who has a gambling problem is the right thing to do.¹
 - MOST Oregon high school students (76%) don't gamble in a typical month.⁵
 - Most Oregon adults (76%) agree people under the age of 21 should not gamble.⁴
- Problem gambling can be prevented.
 - Adults who choose to gamble should establish their own personal guidelines for gambling responsibly.
 - People under the age of 21 should not gamble.

- Services are available in Oregon including:
 - Prevention and outreach
 - 24-hr Helpline
 - Intervention (phone counseling)
 - Crisis respite care
 - Outpatient, individual, group, and family therapy
 - Residential treatment services

References

- 1 Center for Health and Safety Culture. (2018). *Oregon Problem Gambling Survey*. Montana State University, Bozeman, Montana (n=1225)
- 2 Oregon Council on Problem Gambling: Gambling & Problem Gambling in Oregon, 2018
- 3 Oregon Student Wellness Survey, 2016
- 4 Center for Health and Safety Culture. (2019). *Oregon Problem Gambling Survey on Guidelines*. Montana State University, Bozeman, Montana (n=734)
- 5 Oregon Student Wellness Survey, 2018