

More Than a Game: Youth Gambling in Indiana



Addressing issues of youth gambling behavior in Indiana

This photo by Unknown Author is licensed under [CC BY-NC](#)

Today's Presenters

Mary Lay, MPH, MCHES, CPS

Indiana Problem Gambling Awareness Program

Project Manager

Prevention Insights

maholtsc@indiana.edu

Amy Louise Frederick, MEd., CPS

Prevention Insights

Project Management Specialist

Prevention Insights

amyfred@iu.edu



**How much money was wagered during
the 2022 March Madness Nationwide?**

In Indiana?



In March 2022 it's estimated over 3 Billion Dollars in Wagers were placed during the NCAA Basketball Tourney

In Indiana over 400 million wagered

45 million placed bets

36.5 million completed brackets

In this session

- Discuss Basic Gambling Information
- Look at Indiana Adult Gambling Behaviors
- Indiana Youth Gambling and Substance Use Data
- Prevention Strategies
- Questions

What is gambling?



- Putting money or something of value at risk
 - Once risked, the money/valuable cannot be taken back
 - Outcome is determined by chance
 - Hope of winning something of greater value
 - “Never-minds” or “redo’s” not allowed
-
- *Note: The current research and treatment terminology is Disordered Gambling. For the purposes of this presentation, I will use Problem and Disordered Gambling interchangeably as a more general approach to the presentation.*

Ways to Gamble Include

- **Bingo**
- **Cards**
- **Dominos**
- **Casino games**
- **Dice**
- **Flipping coins or cards**
- **Games of skill**
- **Lotteries**
- **Racing- horses, dogs, cars**
- **Raffles**
- **Pull Tabs**
- **Day Trading**
- **Online Sports Betting**

Why do people gamble?

- Excitement
- Entertainment
- Escape
- Economics
- Ego



What is disordered gambling?



- It is an addiction (DSM-V)
- Common signs
 - Lying about amount of time spent gambling
 - Lying about money
 - Unable to stop even with negative impacts
 - Preoccupation with thought of gambling
- It can disrupt:
 - Work
 - Relationships
 - Health (physical and psychological)
 - Financial wellbeing

<https://www.psychiatry.org/patients-families/gambling-disorder/what-is-gambling-disorder>

DSM-V

A. Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:

- a. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- b. Is restless or irritable when attempting to cut down or stop gambling.
- c. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- d. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
- e. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- f. After losing money gambling, often returns another day to get even ("chasing" one's losses).
- g. Lies to conceal the extent of involvement with gambling.
- h. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- i. Relies on others to provide money to relieve desperate financial situations caused by gambling.

B. The gambling behavior is not better explained by a manic episode.

Specify if:

Episodic: Meeting diagnostic criteria at more than one time point, with symptoms subsiding between periods of gambling disorder for at least several months.

Persistent: Experiencing continuous symptoms, to meet diagnostic criteria for multiple years.

Specify if:

In early remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met for at least 3 months but for less than 12 months.

In sustained remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met in a period of 12 months or longer.

Mild=4 to 5 criteria Moderate=6 to 7 criteria Severe=8 to 9 criteria

Gambling Facts in the U.S. & Indiana

- 48 states have some form of legalized gambling
- 85% of Americans have gambled at least once
- 80% of Americans have gambled within the past year
- 6 - 9 million Americans are problem gamblers
- Estimated cost to families and communities from problem gambling related bankruptcy, divorce, crime and job loss within a year is **\$7 Billion**
- 20 - 25% of those with substance use disorder are also diagnosed with disordered gambling
- 42% of those seeking gambling treatment are female
- Disordered gambling runs in families
- Earlier onset of gambling increases the risk of problem gambling
- 19.5% of Indiana high school seniors participated in the lottery
- FY 2020 Indiana enrolled and provided treatment to over 1,000 disordered gamblers



Survey Says

Male online and sports gaming

18-34 years old

Easy access to gambling and money

Family history of addiction

Belief in luck/superstition

Women Slots and Table Games

All income levels

Prevention Insights Indiana Adult Gambling Behavior Survey, 2021

Indiana Prevalence

Highlights from Adult Gambling Behaviors in Indiana Survey

- 84.8% of Hoosiers had gambled at least once in past year
 - 71.7% Lottery
 - 20.5% Sports Gambling
 - 46.2% visited a Casino
- Statistical difference found
 - Men gambled more than women
 - Young adults (18-34) more likely to report less negative impacts than older adults
- 44.8% of Indiana adults were aware of the gambling helpline 1-800-9WITHIT. (1-800-994-8448)
- 1.2% of Indiana adults had ever sought treatment for a gambling problem.
- Prevalence of problem gambling in Indiana is estimated at less than 5% of the adult population.
- 61% of respondents reported playing lottery drawings
- 59% scratch tickets
- 49.9% raffle tickets
- Younger Individuals (18 - 34) overall were more likely to play multiple games
 - Including dice games, other sports betting, card games, games of personal skill, fantasy sports, online gambling and high-risk trading

Health Risk Behaviors Findings

- 100% of the respondents who were classified as having a gambling disorder (DSM-V) used Alcohol in the last month
- As level of severity for gambling increased rate of substance use increased for the last month
- Younger Adults (18 - 34) had statistically higher rates of use for alcohol, vaping and marijuana than older age groups
- Misuse of Prescription Drugs was reported by 11.4% of respondents

Gambling Revenues and Treatment Funds

- Gambling in Indiana is a multi billion-dollar business
 - In 2021, Indiana sportsbooks generated: **\$3.8 billion** in online and retail wagers
 - IN 2021 Indiana Casinos reported revenue of **\$2.3 billion**
- SFY 2020 (7.1.2019 – 6.30.2020): 1097 individuals treated
(4th Quarter of SFY 2020 was start of the Pandemic)
- SFY 2021 (7.1.2020 – 6.30.2021): 786 individuals treated (Pandemic is in full force)
- Funding for State Sponsored treatment services for both SFY 2020 and SFY 2021 was **\$1.1 million**.
- Funding for Prevention services for both SFY 2020 and SFY 2021 was **\$447,660**.
(IPGAP, Hotline, Indiana Council on Problem Gambling, VEP at IN Gaming Commission)

Indiana Youth Survey

Source Citation: Jun, M., Gassman, R., Agley, J. D., King, R., Samuel, S., & Lee, J (2020). Indiana Youth Survey – 2020. Bloomington, IN: Institute for Research on Addictive Behavior.

What is the INYS?

- All public and private schools in Indiana are invited to participate at no charge.
- The survey is administered to grades 6 - 12.
 - The 6th grade instrument is shorter.
 - The questions on gambling behaviors are included only in the 7-12th grade form.
- The survey is offered in an online format.
- It can be administered from January through April in even-numbered years only.

INYS Spring of 2020

- Formerly known as the Annual Survey of Alcohol, Tobacco, and Other Drug Use by Indiana Children and Adolescents
- Prevention Insights has been collecting Data since 1991
- 90,794 participants public and non-public schools
- Currently collecting data for 2022

Gambling Behaviors in the Past Year

17. During the past 12 months, how often have you gambled (bet money or valuables on an uncertain outcome) in the following ways?

	Never	Less than once a month	1-3 times per month	Once a week or more
Casino	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lottery, including scratch-off tickets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Horse track betting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Card games (not at a casino)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pools (such as March Madness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fantasy sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Video game (in game purchases, e.g. skins, loot boxes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other sports betting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Online gambling games (e.g., poker, casino-style games)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Competitive video gaming (Esports)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Charitable gambling (raffle tickets, bingo, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Gambling Behaviors in the Past Year (7 - 12th Grade Combined)

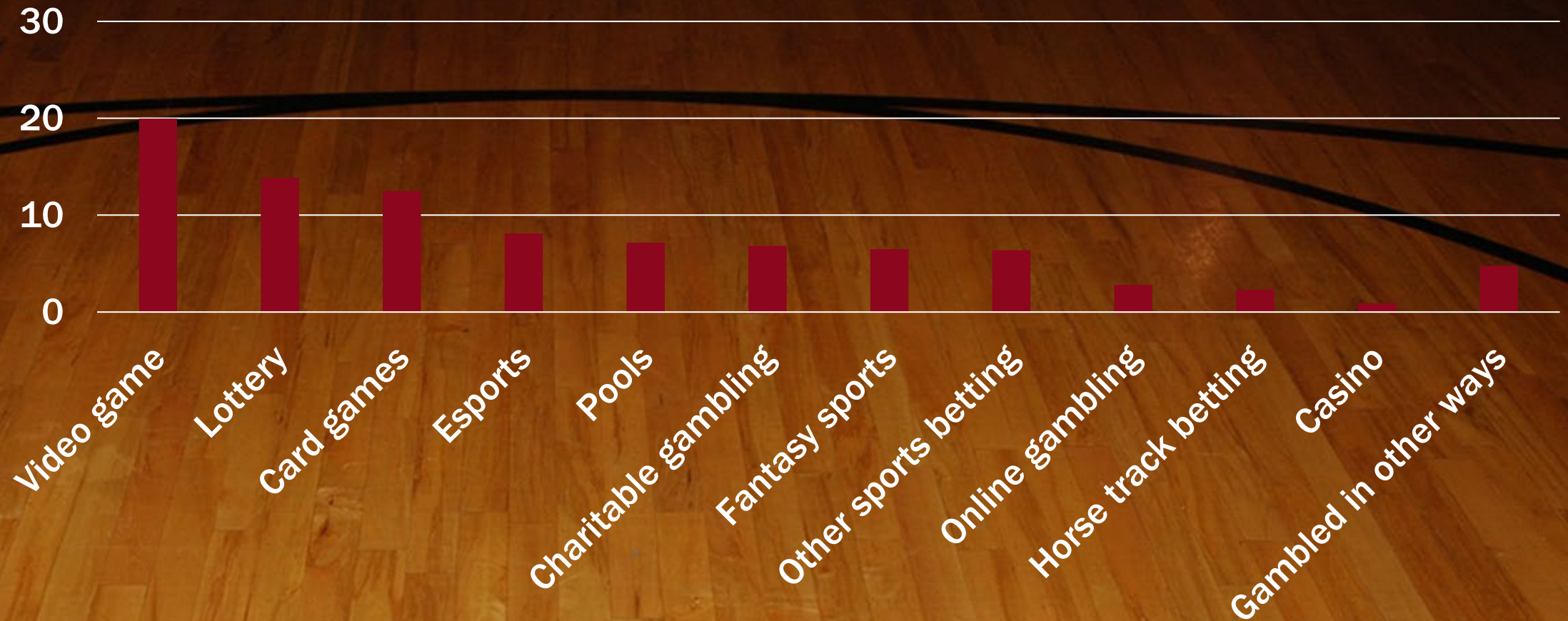
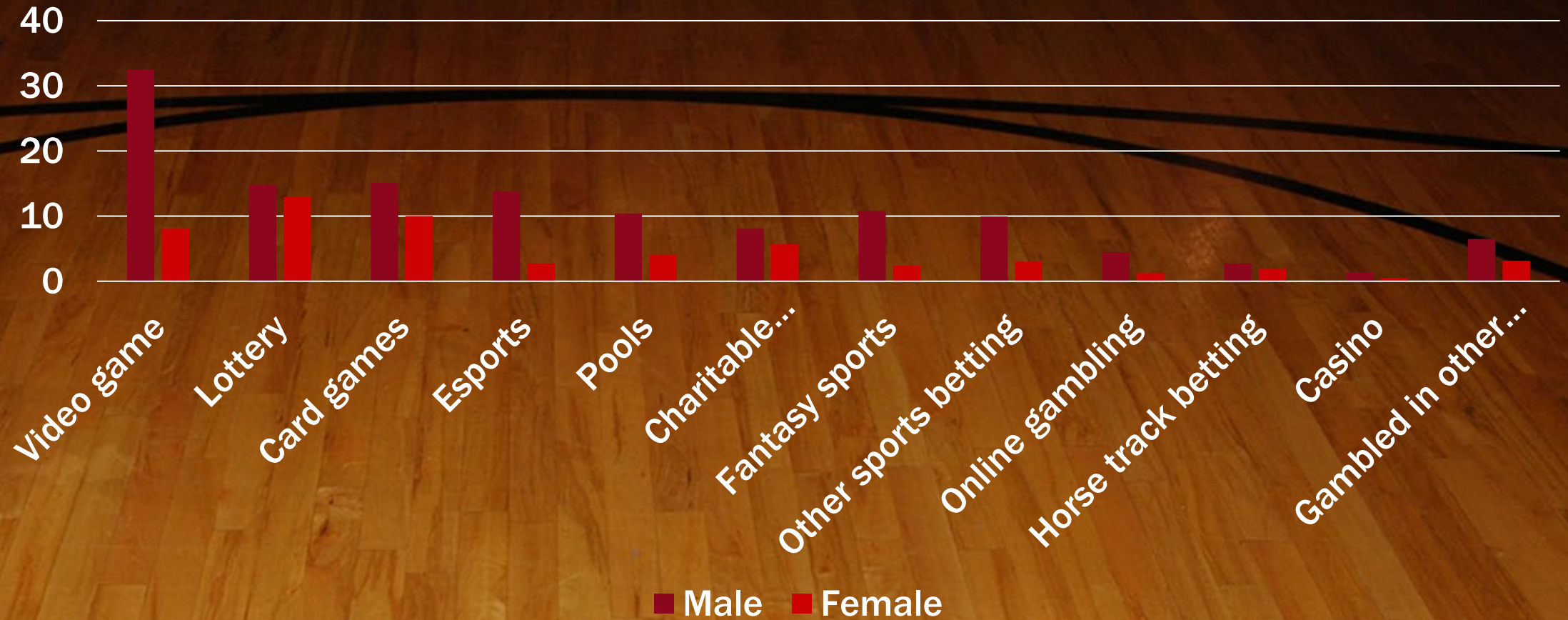


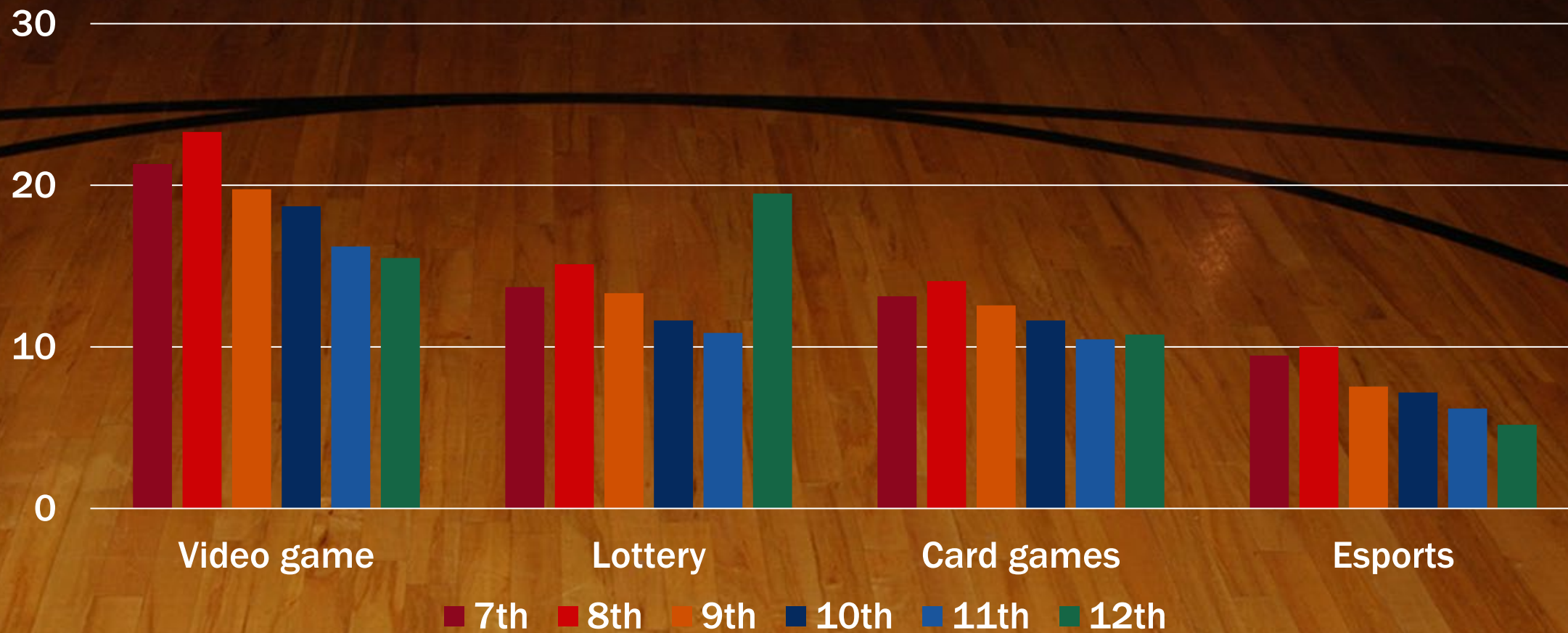
Table 18. *Gambling behavior by Indiana adolescents in the past year (percentages)*

	Grade					
	7	8	9	10	11	12
Casino	0.6	0.8	0.9	0.9	1.2	1.6
Lottery	13.7	15.1	13.3	11.6	10.9	19.5
Horse track betting	1.9	2.5	2.2	2.6	1.9	2.7
Card games	13.1	14.1	12.6	11.6	10.5	10.8
Pools (e.g., March Madness)	6.0	7.4	7.7	7.3	7.1	7.8
Fantasy sports	6.2	7.0	6.8	6.1	6.0	6.5
Video game (e.g., skins, loot boxes)	21.3	23.3	19.8	18.7	16.2	15.5
Other sports betting	6.9	7.5	6.6	5.6	5.1	4.8
Online gambling (e.g., poker, casino-style games)	3.0	3.2	2.7	2.6	2.3	2.6
Competitive video gaming (Esports)	9.5	10.0	7.5	7.2	6.2	5.2
Charitable gambling	7.3	7.5	6.6	6.3	6.0	6.4
Gambled in other ways	5.8	6.0	4.3	4.2	2.8	3.2

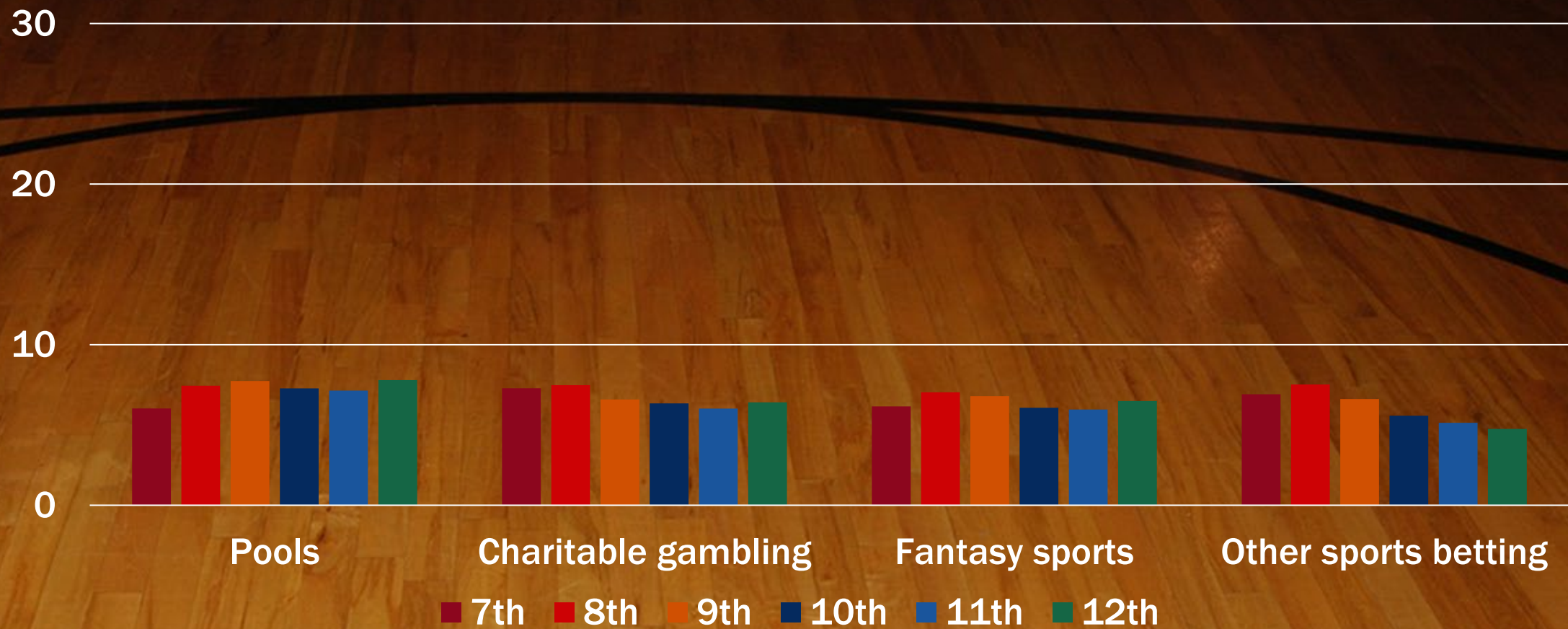
Gambling Behaviors in the Past Year by Gender (7 - 12th Grade Combined)



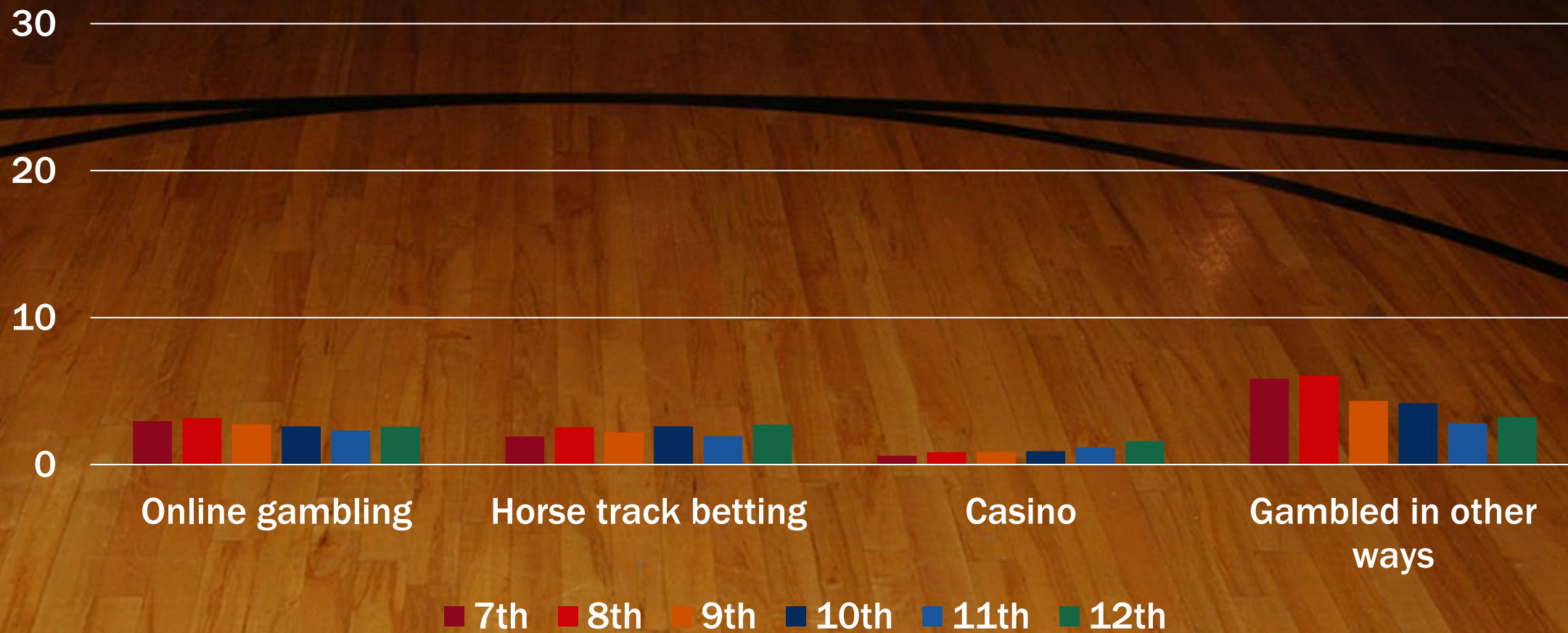
Gambling Behaviors in the Past Year by Grade



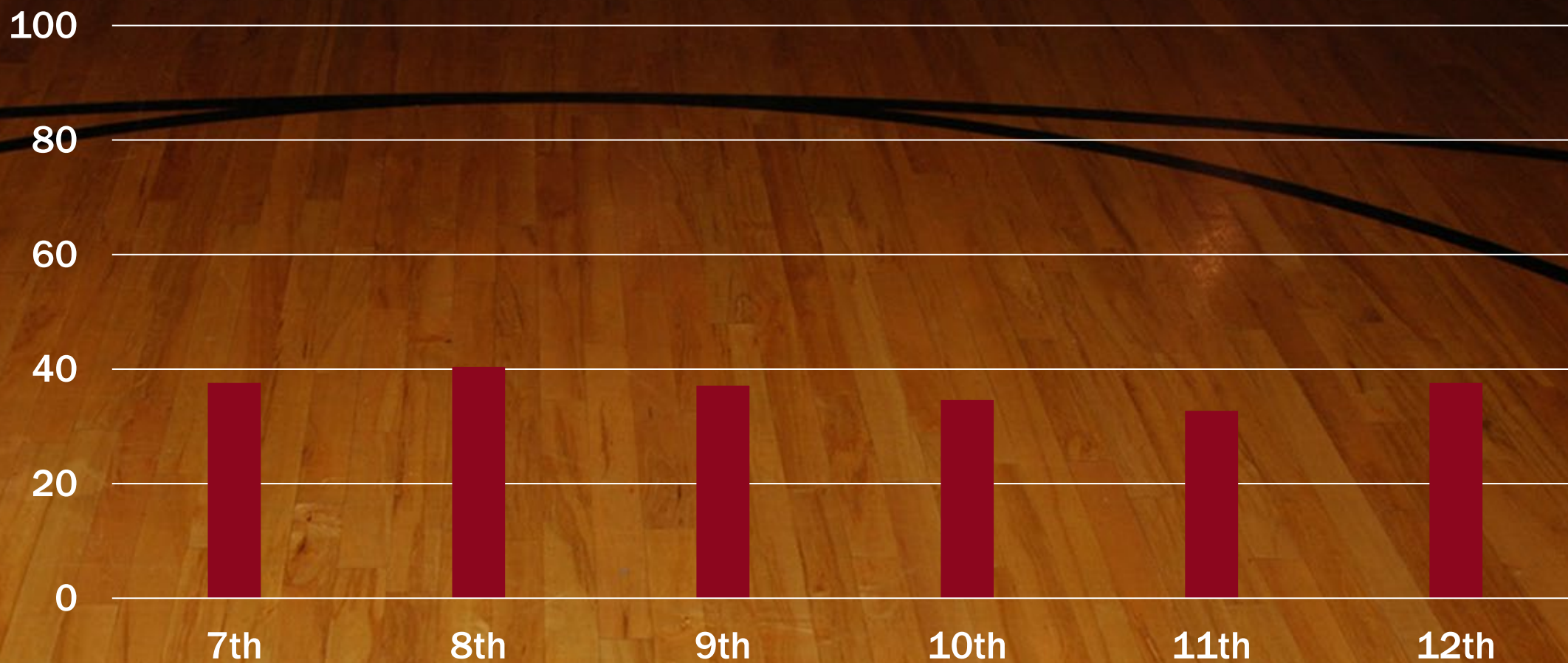
Gambling Behaviors in the Past Year by Grade



Gambling Behaviors in the Past Year by Grade

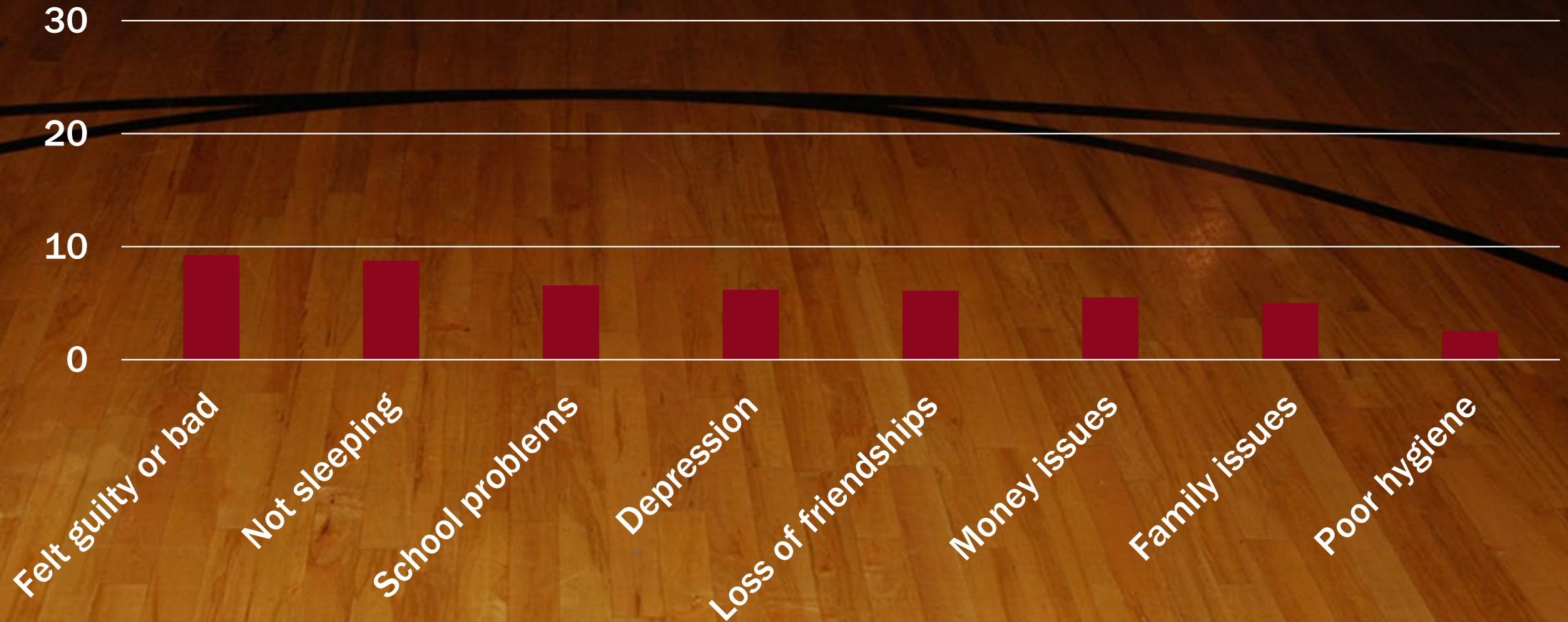


Any Gambling Behaviors in the Past Year



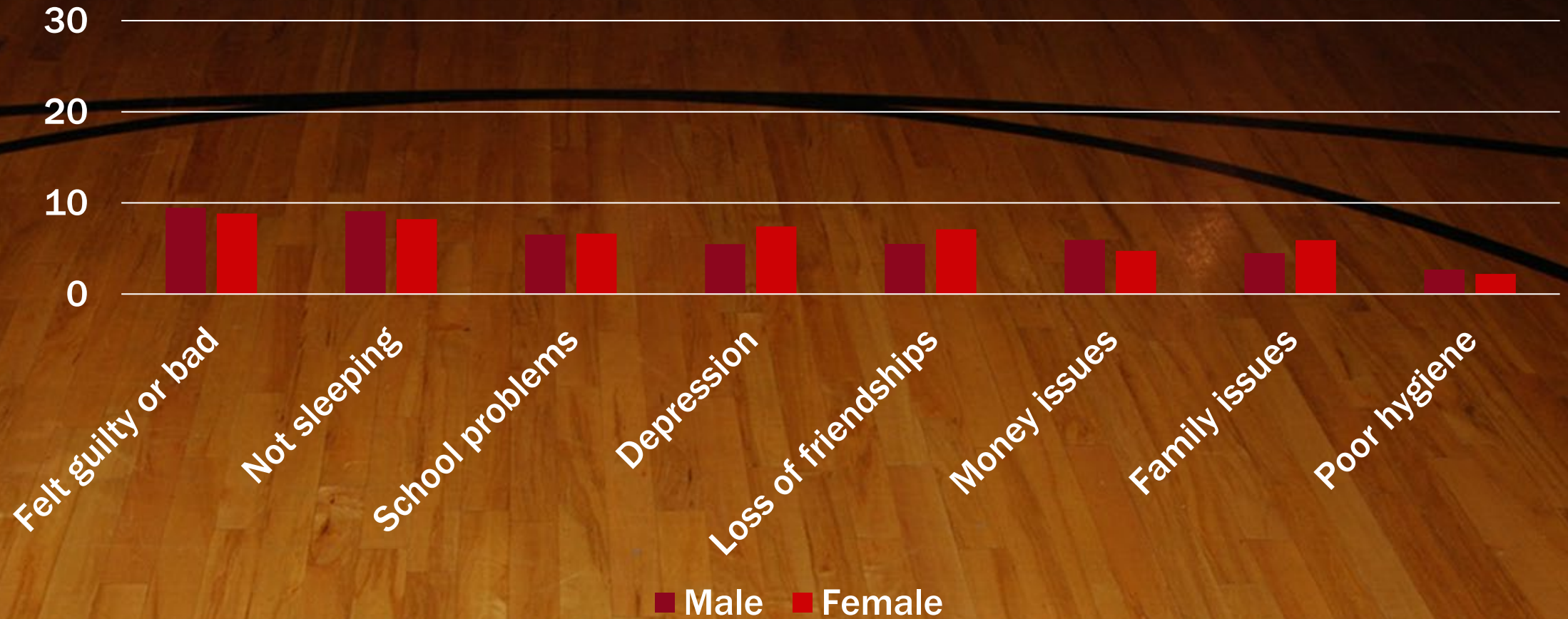
Consequences of Gambling

(7 - 12th Grade Combined, Any Gamblers Only, $n = 24,127$)

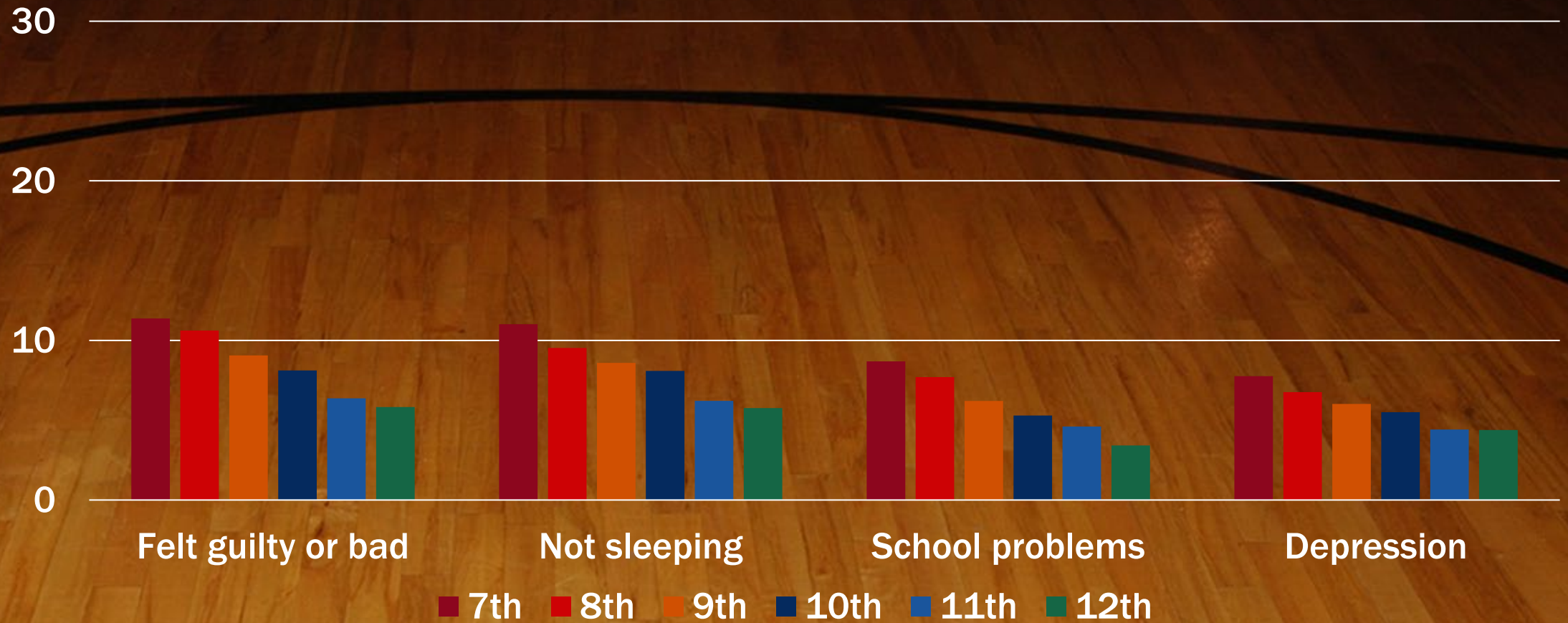


Consequences of Gambling by Gender

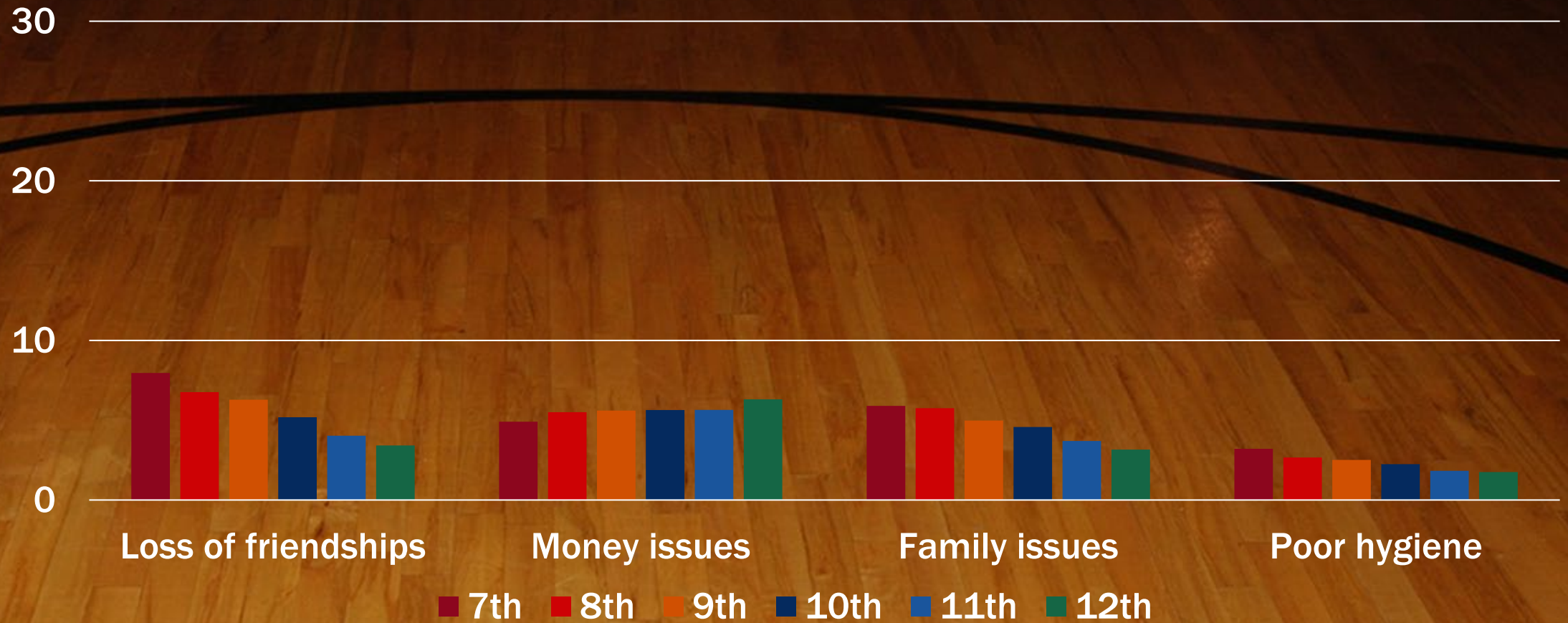
(7 - 12th Grade Combined, Any Gamblers Only, $n = 24,127$)



Consequences of Gambling by Grade (Any Gamblers Only, $n = 24,127$)



Consequences of Gambling by Grade (Any Gamblers Only, $n = 24,127$)



Monthly Use of Various Substances by 7 - 12th Grade Students, 2020

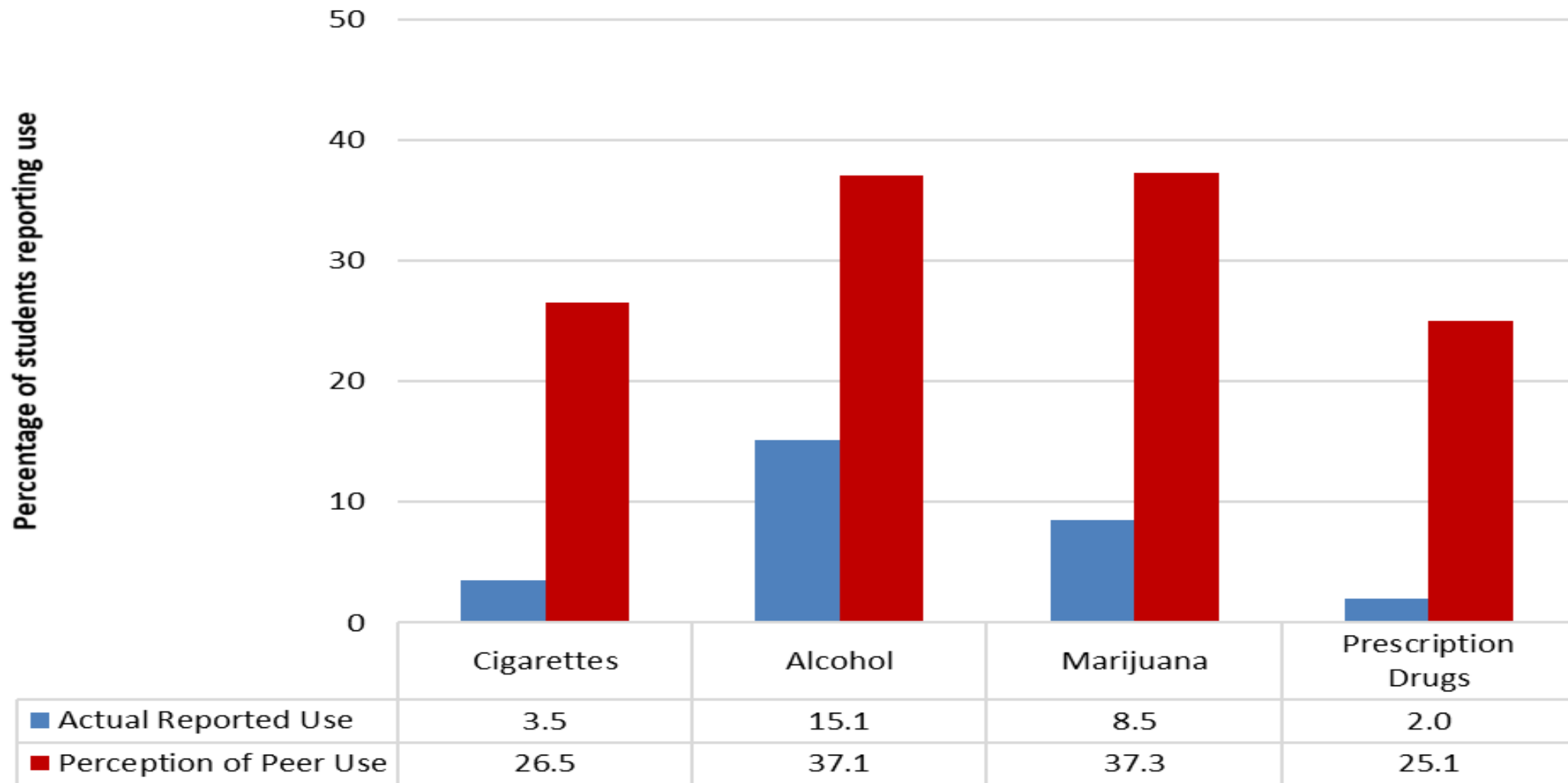


Figure 8. Comparison of perceived and actual substance use rates, 7th – 12th grade combined, 2020

Any Gambling Behavior among 7th - 12th Graders, 2020

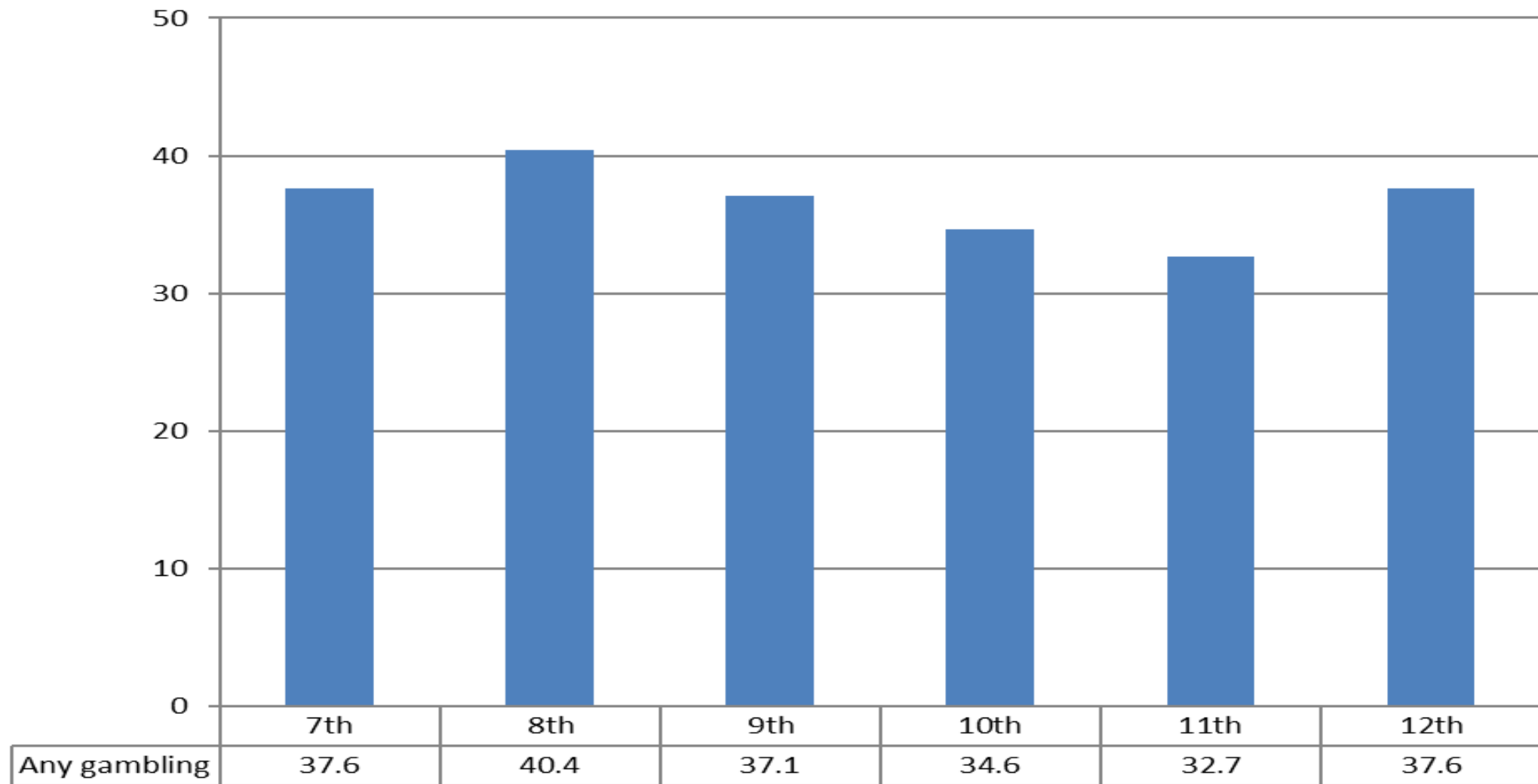
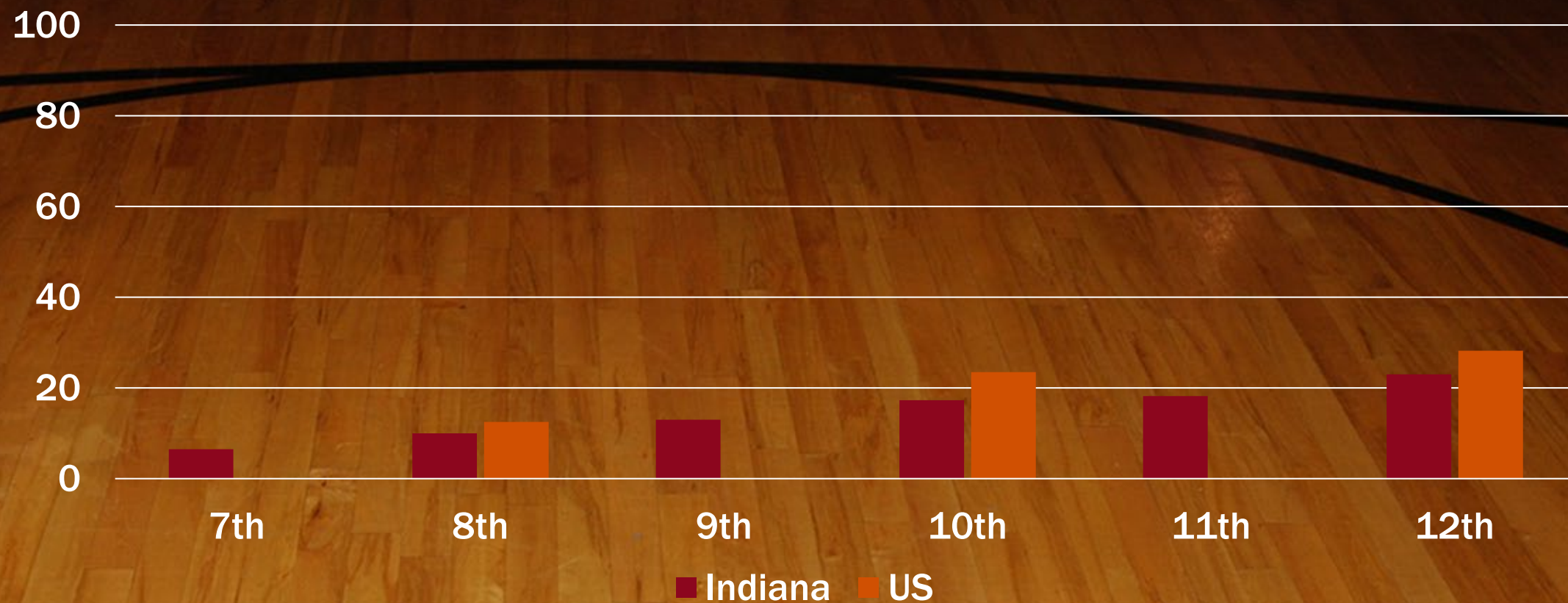


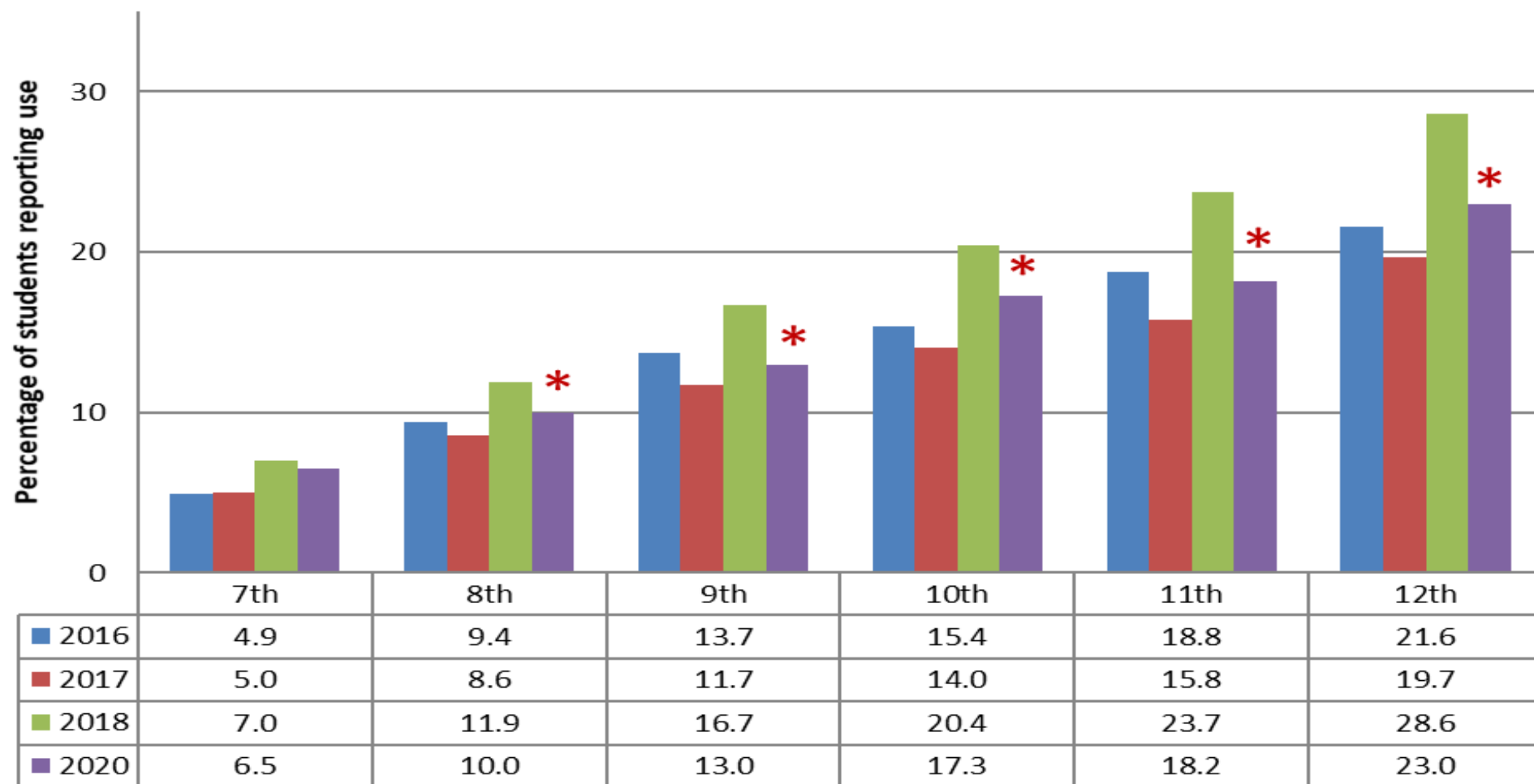
Figure 16. Prevalence rates of any gambling behavior, grades 7 to 12, expressed as a percentage

Substance Use Behaviors

Electronic Vapor Product Use During the Past Month



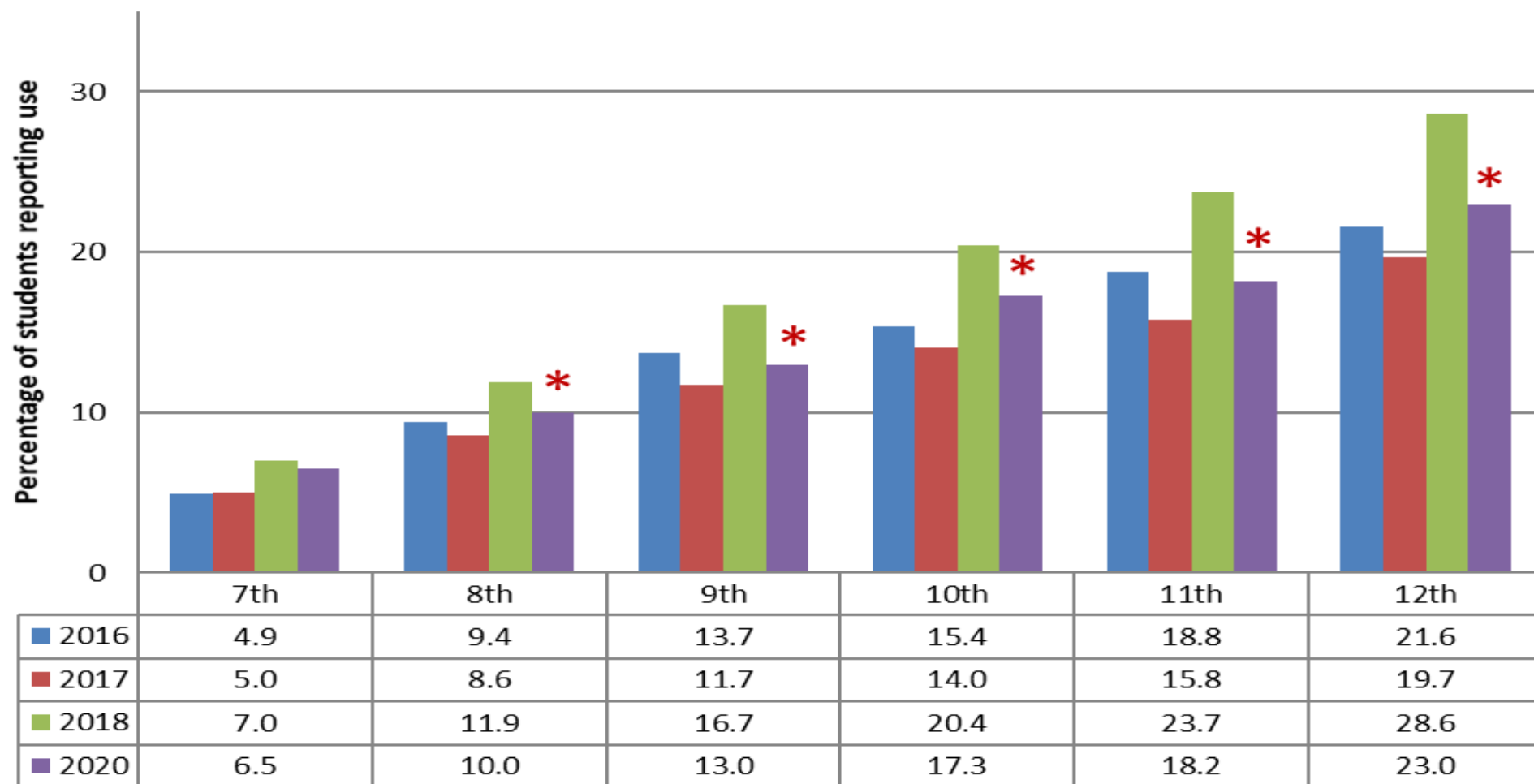
Monthly Use of Electronic Vapor Products By Indiana 7th - 12th Graders, 2016 - 2020



Indicates statistically significant decrease from 2018 to 2020 ($p < .05$)

Figure 1. Comparison of monthly use of electronic vaping products by Indiana 7th - 12th grade students

Monthly Use of Electronic Vapor Products By Indiana 7th - 12th Graders, 2016 - 2020

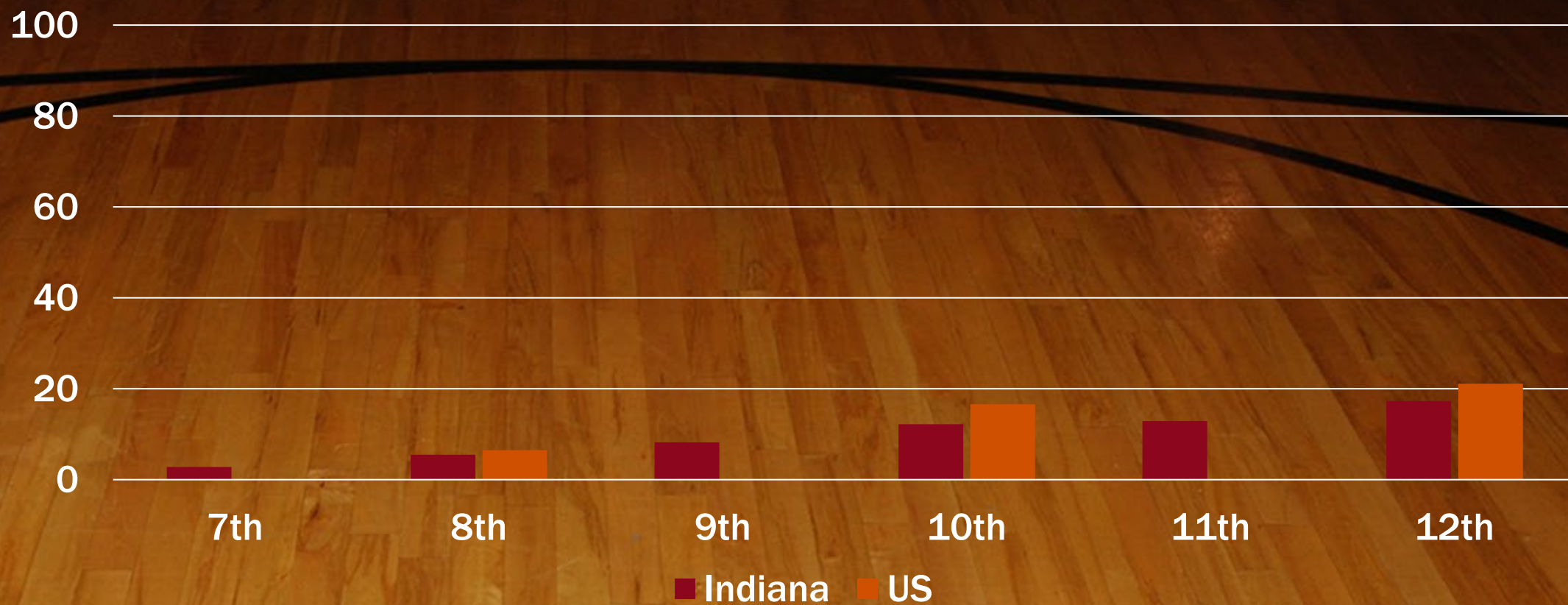


Indicates statistically significant decrease from 2018 to 2020 ($p < .05$)

Figure 1. Comparison of monthly use of electronic vaping products by Indiana 7th - 12th grade students

Substance Use Behaviors

Marijuana Use During the Past Month



Monthly Use of Marijuana and Synthetic Marijuana, 2020

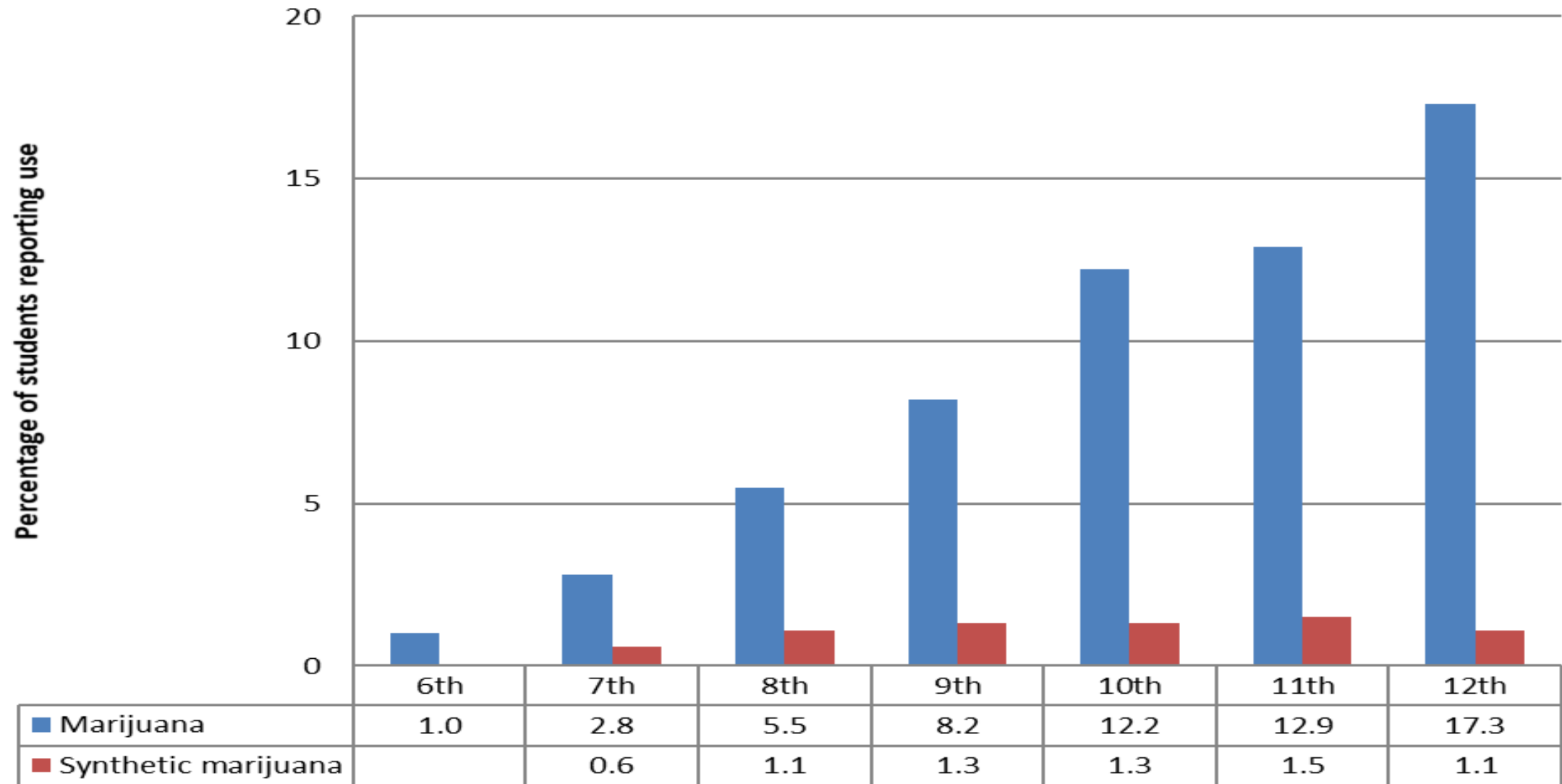
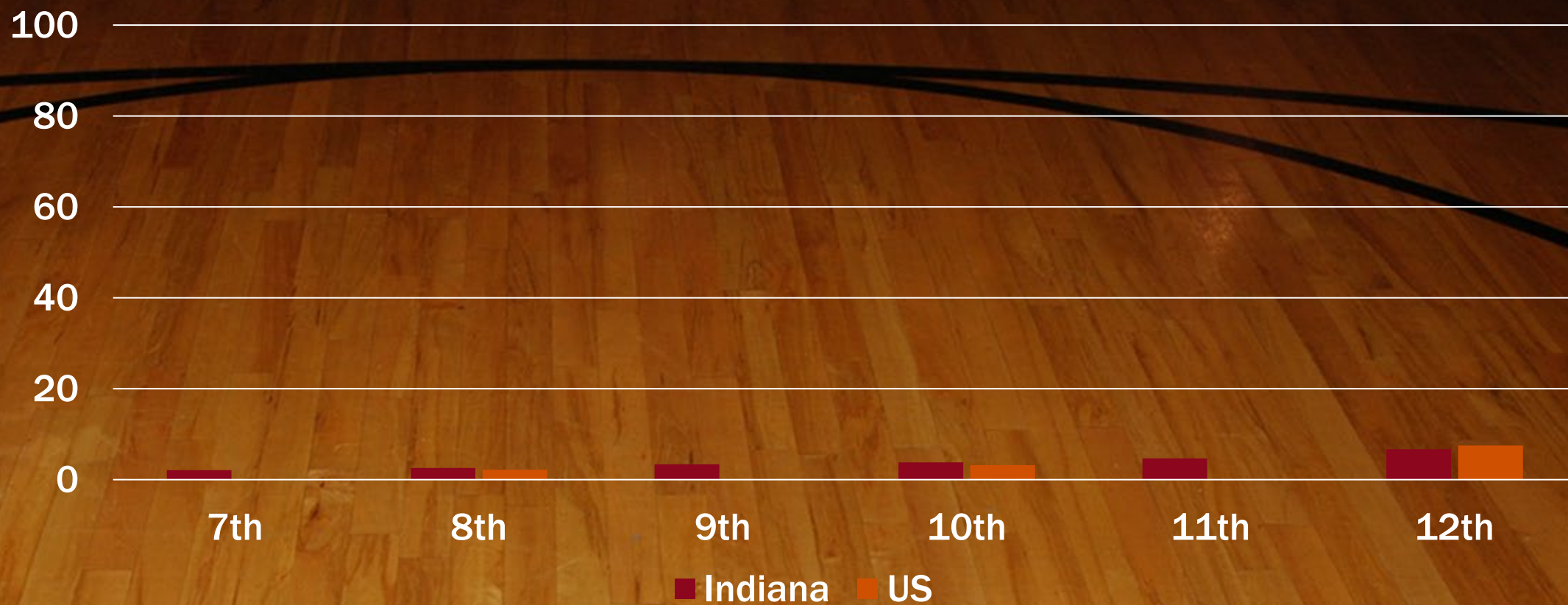


Figure 4. Monthly synthetic marijuana and marijuana use by Indiana 6th-12th grade students

Substance Use Behaviors

Cigarette Use During the Past Month



Monthly Use of Tobacco Products By Indiana 7th - 12th Graders, 2020

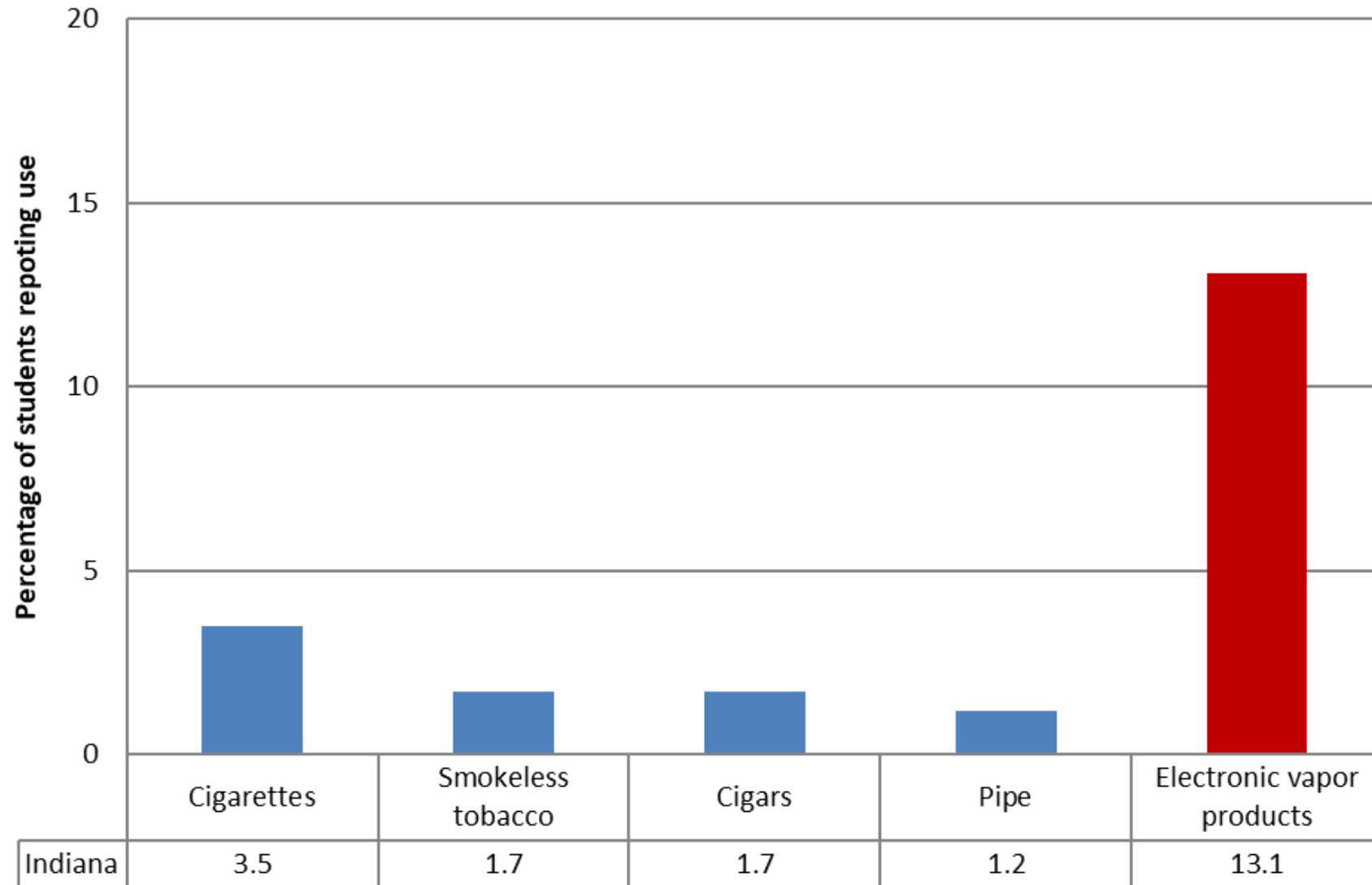
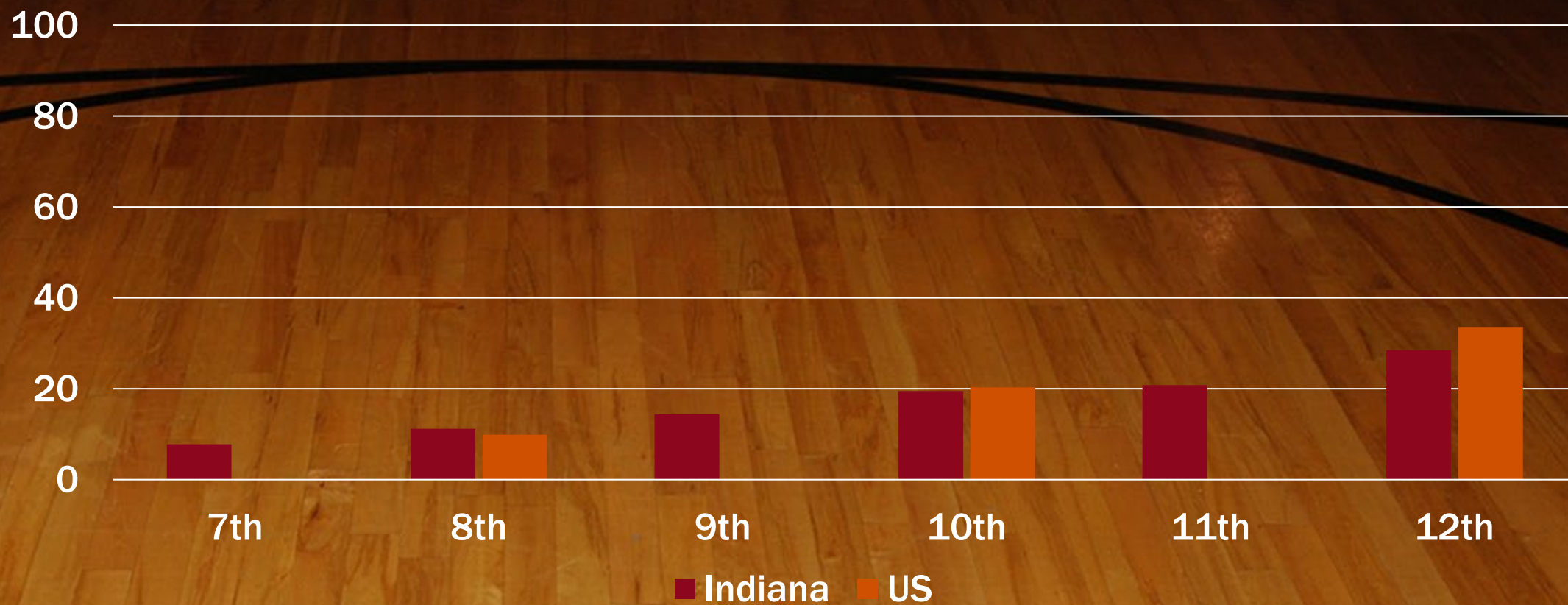


Figure 2. Monthly use of tobacco products by a combined sample of all survey respondents.

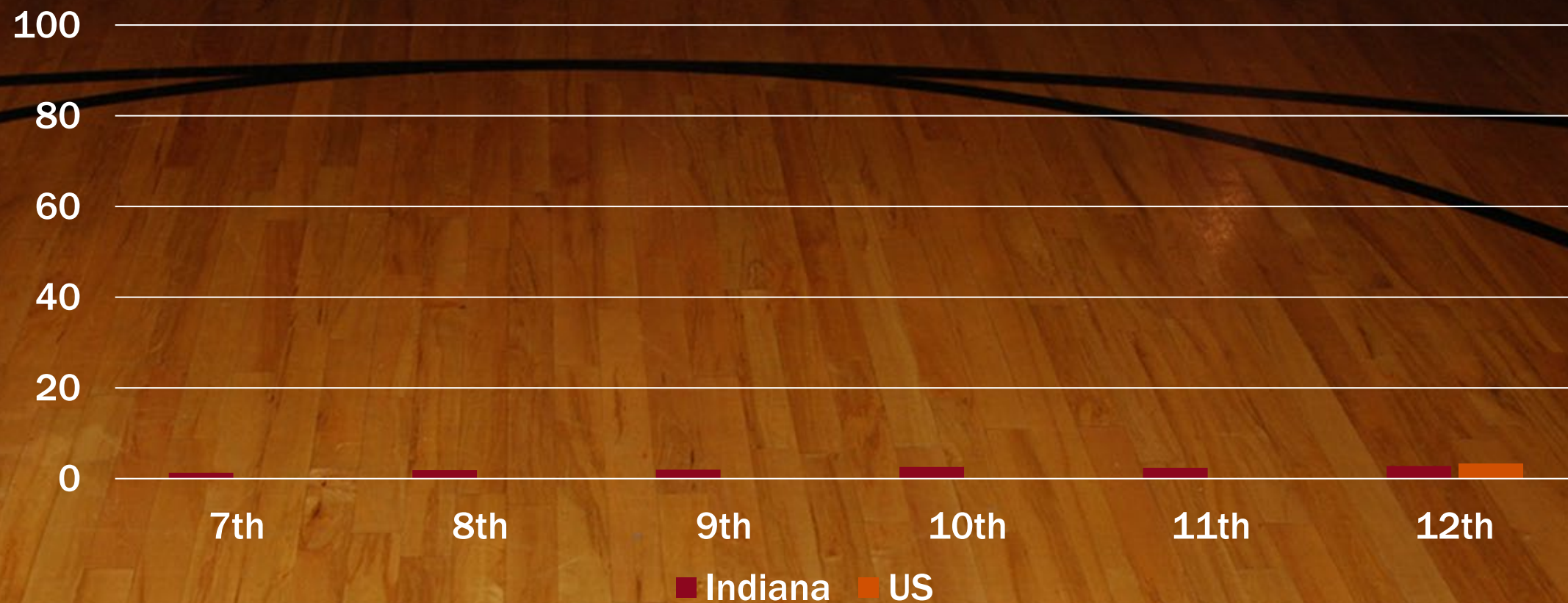
Substance Use Behaviors

Alcohol Use During the Past Month



Substance Use Behaviors

Any Prescription Drug Use During the Past Month



Monthly Use of Any Prescription Drugs By Indiana 6th - 12th Graders, 2020

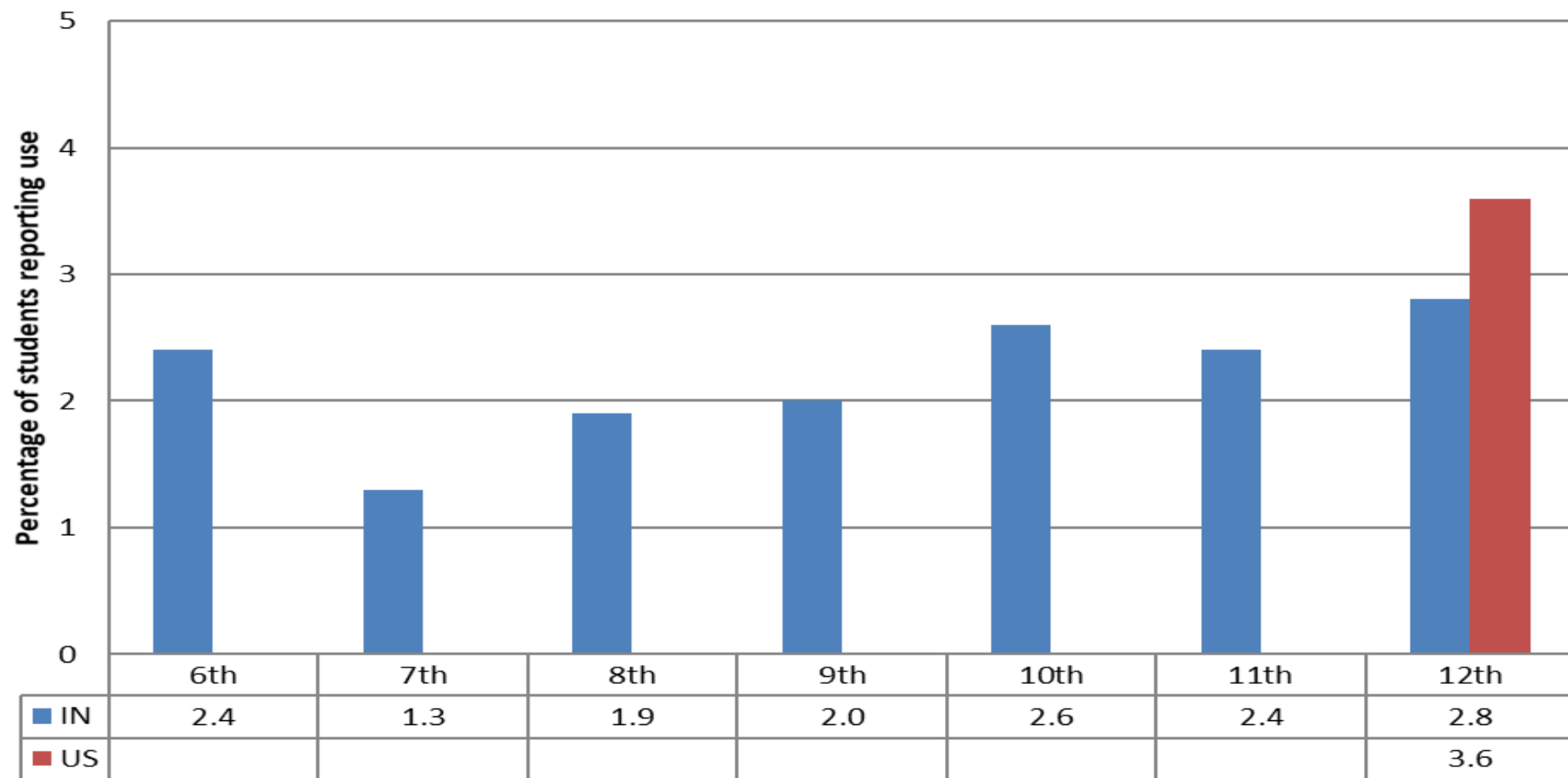
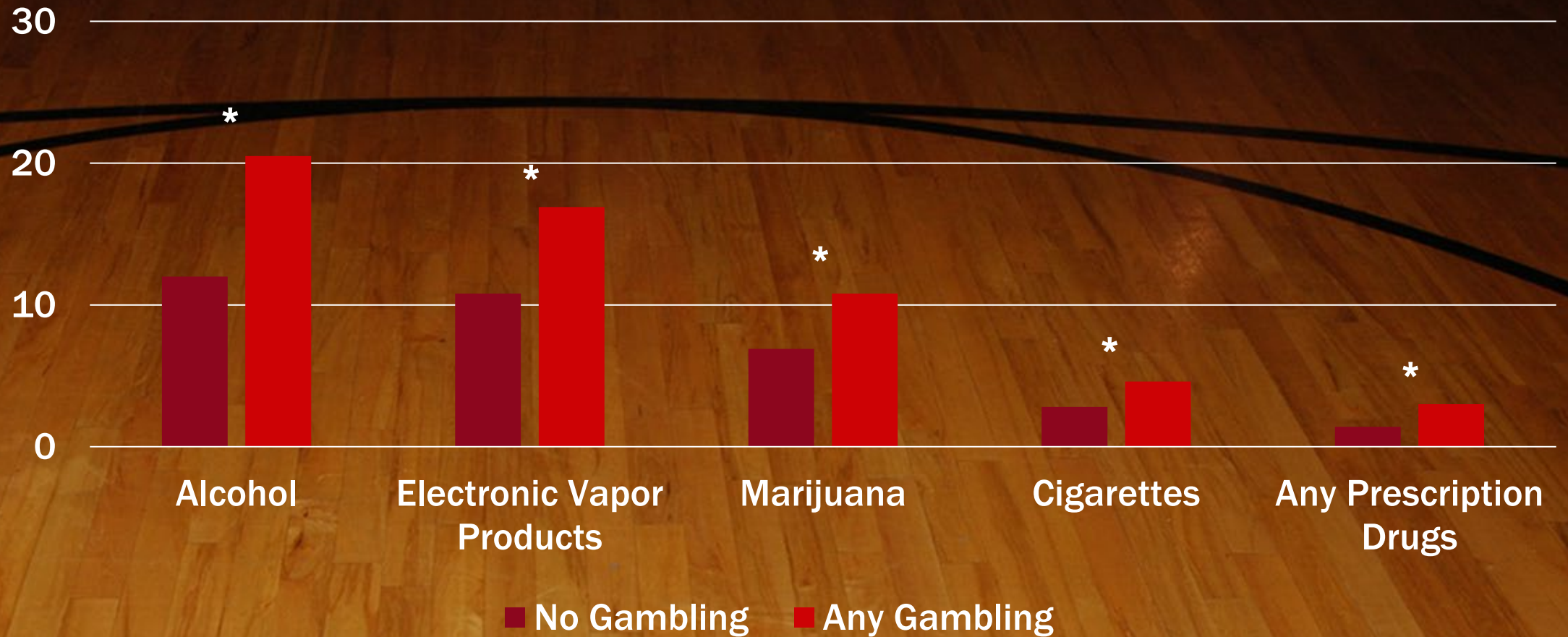


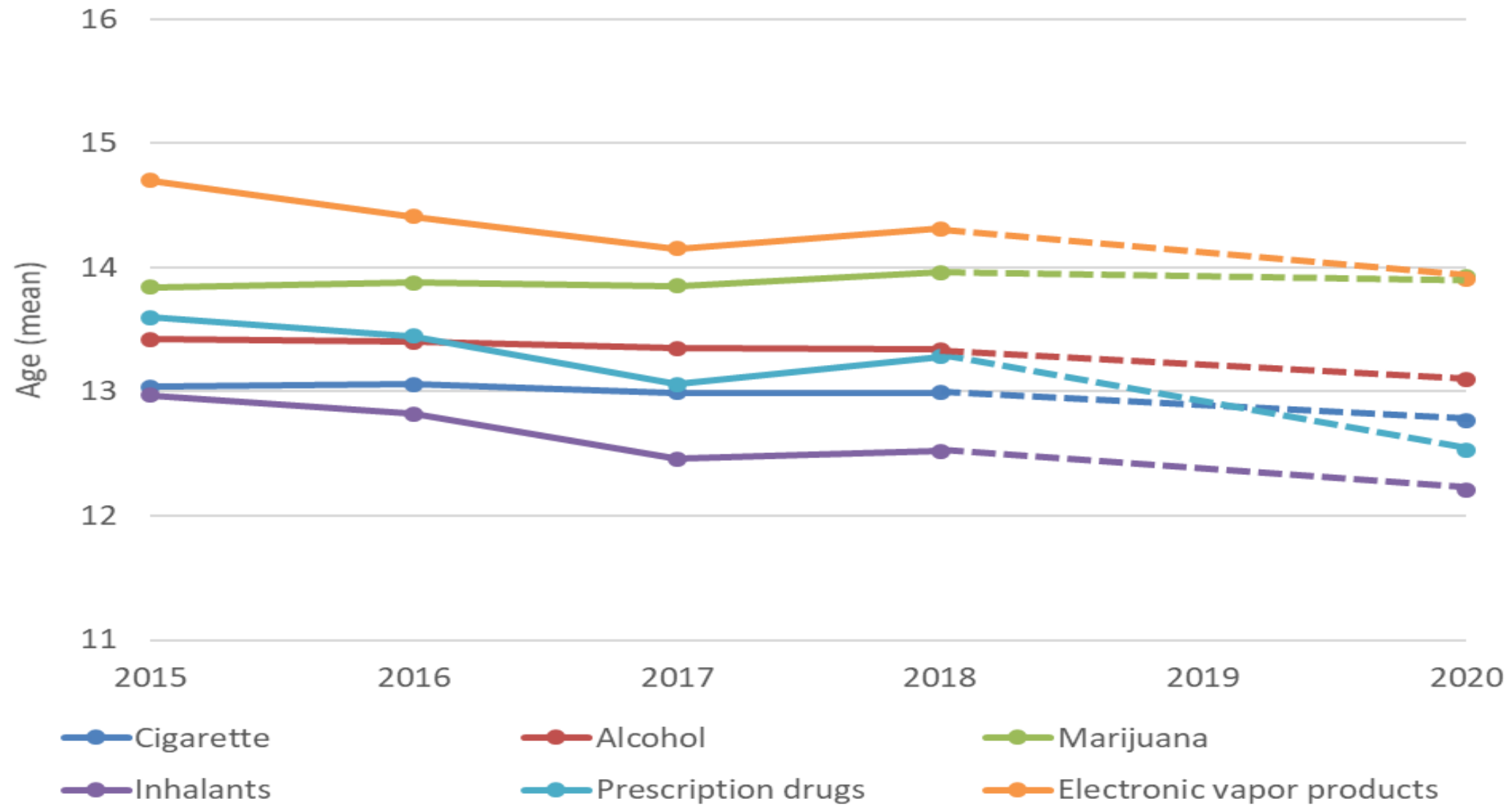
Figure 5. Monthly Use of Prescription Drugs without a Prescription by Indiana 6 - 12th Grade Students, 2020

Gambling and Substance Use (7 - 12th Grade Combined)



* $p < .05$

Mean Age of First Time Use

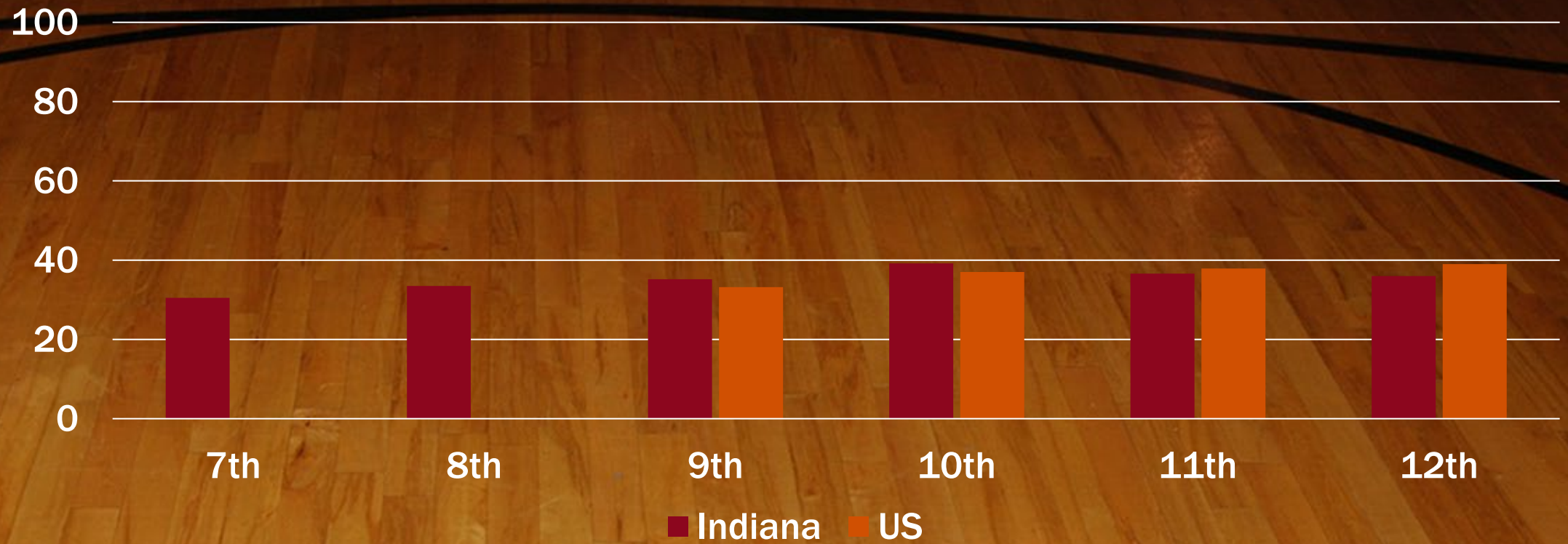


Note. Electronic vapor products were not measured among 6th graders.

Figure 7. Trends in average reported age of first use of various substances

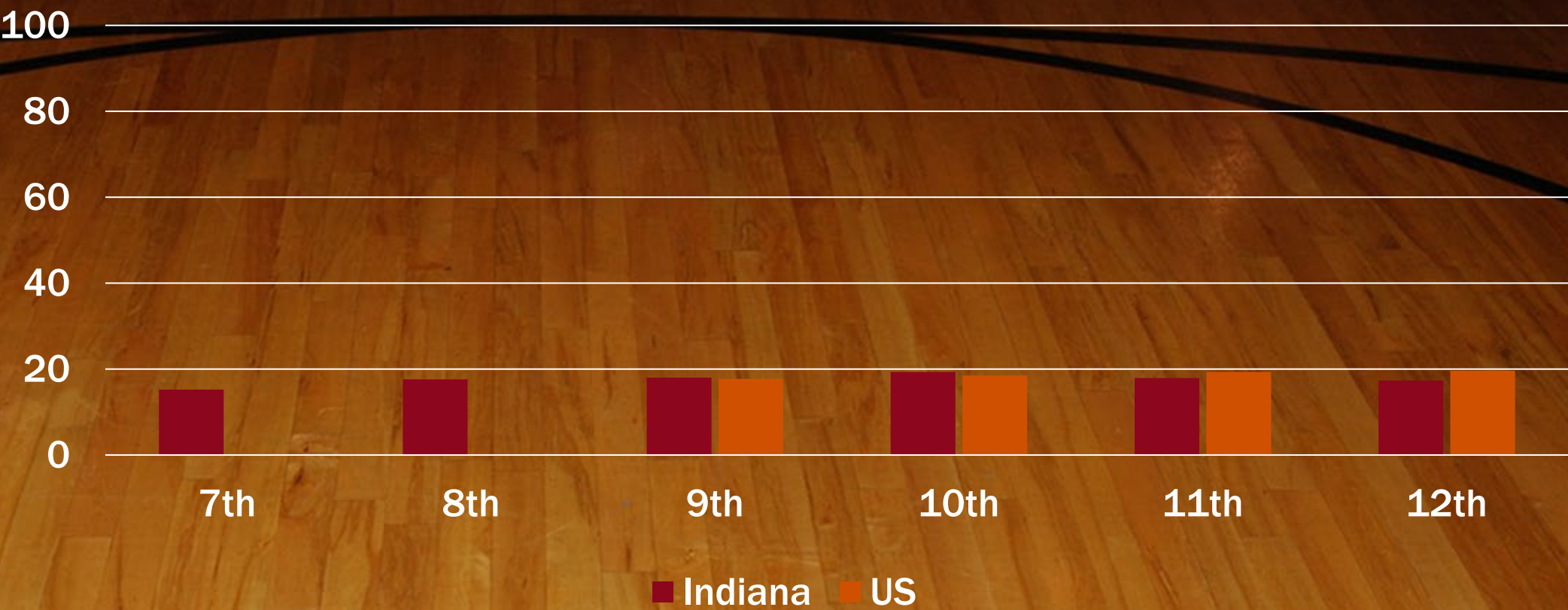
Mental Health

Felt sad or hopeless for 2+ weeks in a row in the past 12 months



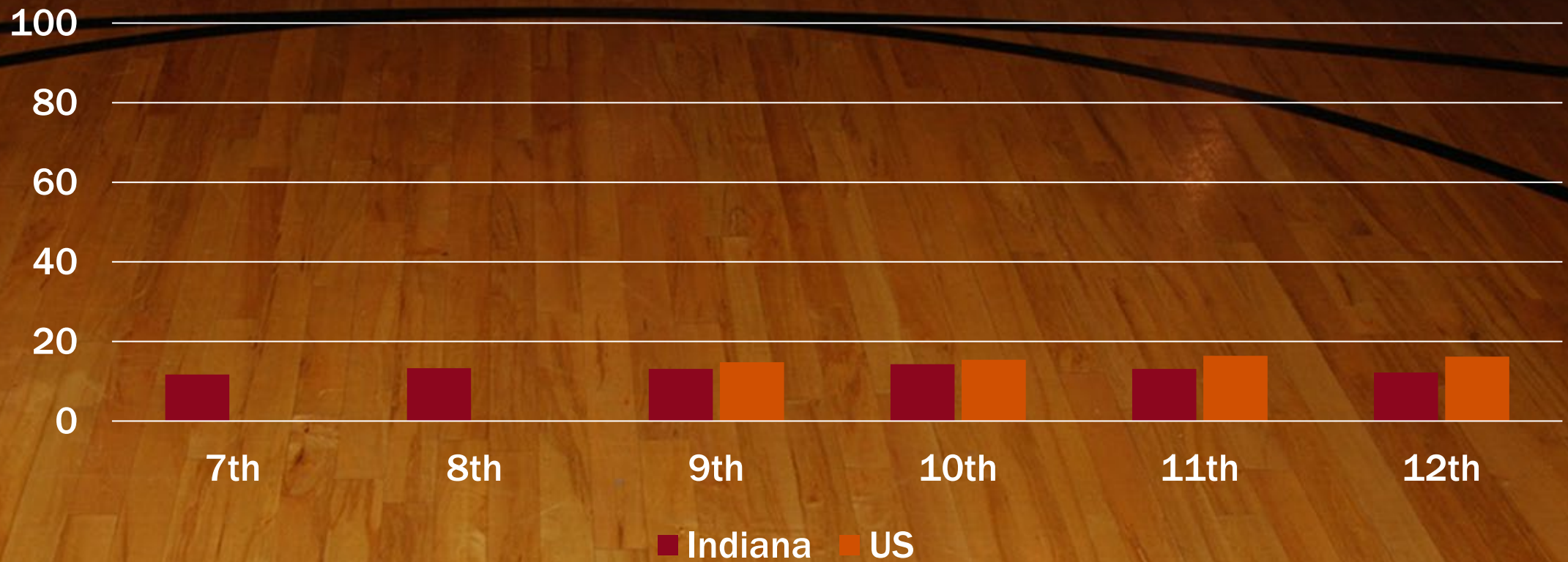
Mental Health

Considered attempting suicide in the past 12 months



Mental Health

Made a plan about attempting suicide in the past 12 months



Gambling and Mental Health (7 - 12th Grade Combined)



* $p < .05$

Table 20. Consequences of gambling by Indiana adolescents in the past year (n = 24,127)

	Grade					
	7	8	9	10	11	12
Not sleeping	11.0	9.5	8.6	8.1	6.2	5.8
Poor hygiene	3.2	2.7	2.5	2.2	1.8	1.7
Loss of friendships	8.0	6.8	6.3	5.2	4.0	3.4
Family issues	5.9	5.8	5.0	4.6	3.7	3.2
School problems	8.7	7.7	6.2	5.3	4.6	3.4
Money issues	4.9	5.5	5.6	5.6	5.6	6.3
Felt guilty or bad	11.4	10.6	9.1	8.1	6.4	5.8
Depression	7.8	6.8	6.0	5.5	4.4	4.4

Table 20. Consequences of gambling by Indiana adolescents in the past year (n = 24,127)

Most Common Reasons for Gambling

(7 - 12th Grade Combined, Any Gamblers Only, $n = 24,127$)

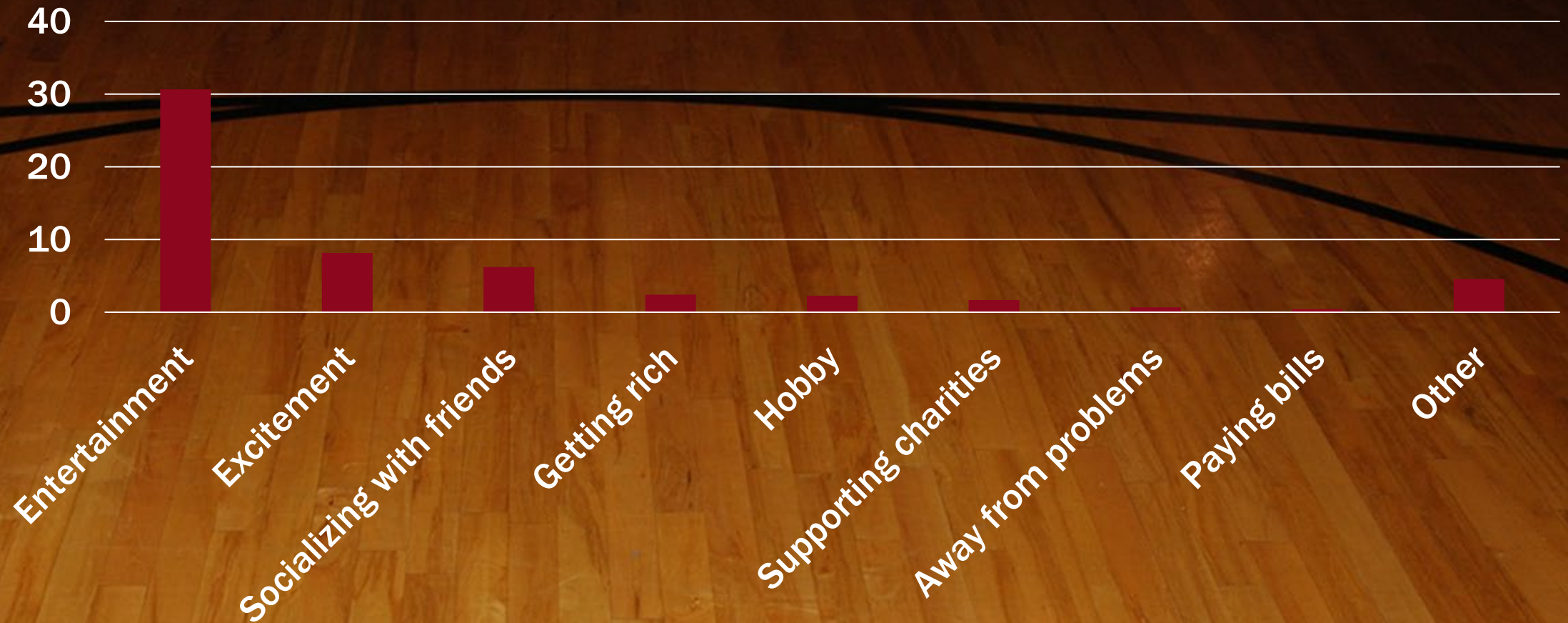


Table 19. *Most common reason for gambling (n = 24,127)*

	Grade					
	7	8	9	10	11	12
A source of entertainment	26.9	30.1	30.2	32.4	32.2	36.8
A source of excitement	8.3	8.4	8.3	8.3	7.5	7.2
A way to socialize with friends	6.1	5.9	6.3	6.4	7.6	5.6
A way to get rich	2.1	2.4	2.4	2.5	2.6	2.9
Money for paying bills	0.2	0.5	0.4	0.4	0.4	1.1
Money for supporting charities	1.7	1.4	1.7	1.6	2.4	2.0
A hobby	2.0	2.0	1.9	2.8	2.7	3.0
An escape from everyday problems	0.7	0.7	0.6	0.6	0.6	0.6
Other	5.5	4.7	4.6	4.3	3.7	3.6

Most Common Reasons for Gambling by Gender (7 - 12th Grade Combined, Any Gamblers Only, $n=24,127$)

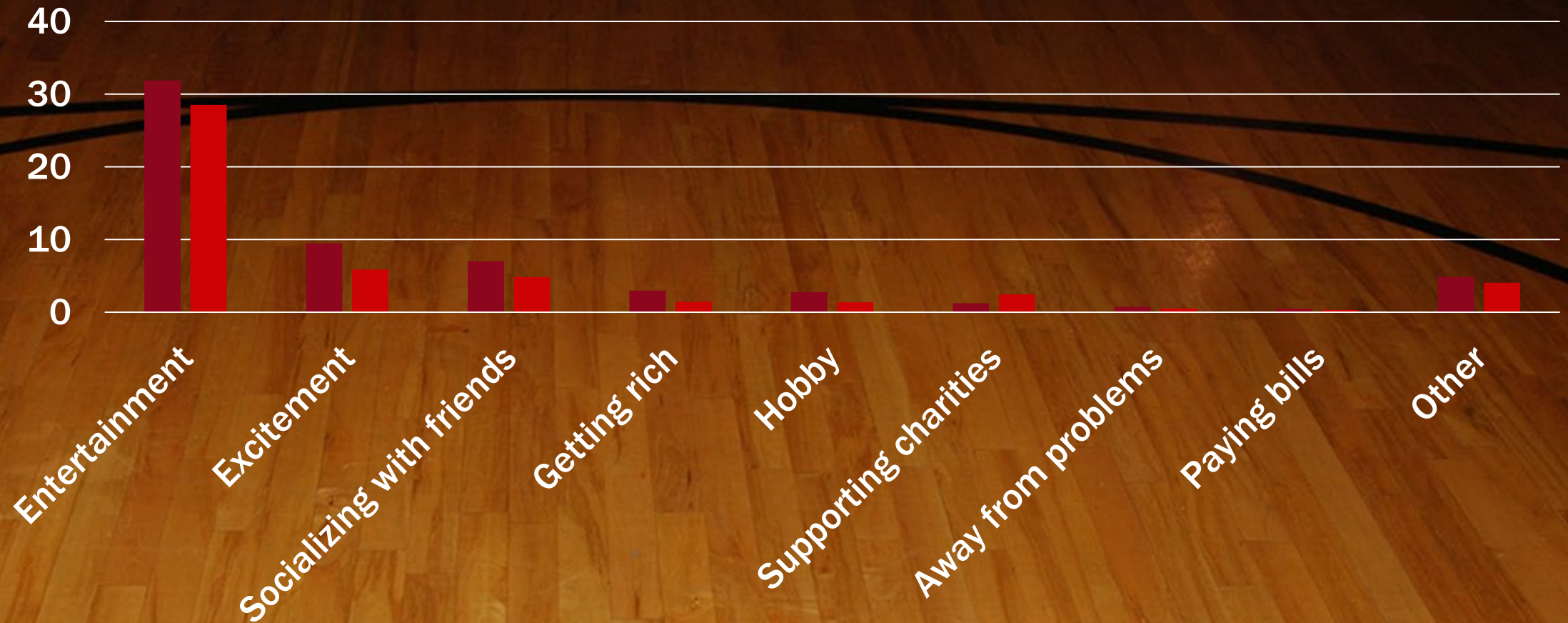


Table 17. *Mental health (percentages)*

		Grade						
		6	7	8	9	10	11	12
Felt sad or hopeless for 2+ weeks in a row	IN	28.9	30.5	33.5	35.2	39.2	36.6	36.0
	US	--	--	--	29.8	32.5	32.5	31.0
Considered attempting suicide	IN	11.8	15.2	17.6	18.0	19.3	17.9	17.3
	US	--	--	--	16.3	17.3	17.5	17.4
Made a plan about attempting suicide	IN	9.0	11.7	13.3	13.1	14.3	13.1	12.2
	US	--	--	--	12.8	14.1	14.2	12.9

Notes.

IN = 2020 *Indiana Youth Survey* (Gassman et al., 2020).

US = 2019 *Youth Risk Behavior Survey (YRBS)* (Underwood et al., 2020).

Social vs Problem Gambling

Social Gambling

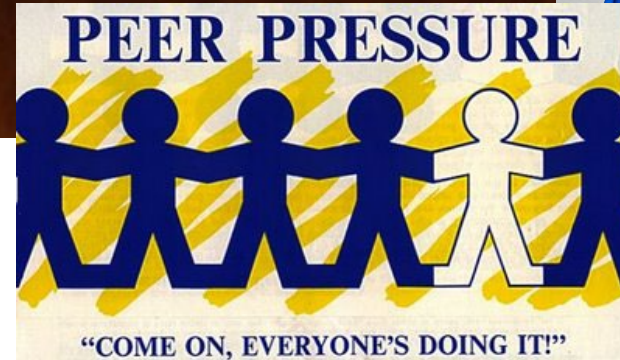
- Play with a set amount of money, and when it's gone, they are done.
- No IOUs to friends.
- Just want to have fun, doesn't get worried about the money.
- Avoids high-stakes games with large pots.
- May play regularly, but limits playing to once or twice a week, and does so only with friends.

Problem Gambling

- Likes the rush felt when gambling.
- Takes money, but then makes desperate attempts to stay in the game by writing IOUs.
- Will try almost anything to stay in the game.
- Really wants to win "the big one," but will keep playing even when losing a great deal.
- Plays online and has no qualms about using a credit card to gamble.

List from ncpgambling.org

Reasons Youth Gamble



Youth Problem Gambling Facts

- Increased Delinquency and Criminal Behavior
- Poor Academic Performance
- High Rates of School Truancy and Drop Out
- Disrupted Family and Peer Relationships
- Estimated 4-5% of those 12-17 meet one or more of the criteria for a gambling problem
- Multiple Studies have found youth engage in multiple High-Risk Behaviors—including underage drinking, Smoking, other drug use and gambling
- The younger high-risk behaviors begin the greater likelihood of addiction
- Most adults view youth gambling as harmless...resulting in encouraging it or turning a blind eye
- Youth experience gambling problems at rates 2 to 3 times higher than adults

Red Flags of Teen Gambling

- Begins to sell personal belongings.
- Borrows money from friends and family and does not repay it.
- Steals and lies.
- Has large amounts of cash that cannot be explained or Has a great deal of debt that cannot be explained.
- Strangers call on the phone with increasing frequency.
- Withdraws from his or her regular social groups and activities.
- Makes "900" number calls to gambling numbers.
- Appears distracted and anxious; can be moody or depressed.
- Unexplained absences from school or work.
- Breaks curfew regularly.
- Spends hours on online gaming sites.
- Obsession with sports scores can indicate a sports gambling habit.

List from ncpgambling.org

Risk Factors for Developing Problems

- Access to Gambling Options
- Begin Gambling at a young age
- Low Perceived Harm
- Smokes, Drinks or uses Other Drugs
- Experiences Stress, Depression and Anxiety
- Family Conflict

raisingchildren.net.au

Video Games and Gambling

- 40% of youth play video games
- Loot Boxes
- Video Game Predictability
- Access
- Social Activity
- Low supervision levels
- Little Regulation

Prevention

- Avoid providing easy access to gambling (Scratch Offs as Gifts, Poker Nights at Home)
- Collecting Data to Identify Scope of the Problem
- Clear School Policies on In School Gambling Behaviors
- Include Information in Health and Life skills Classes
- Train School Personnel on the Warning Signs of a Gambling Problem
- Avoid mixed messages—Casino Night Fund Raisers or After Prom Parties
- Hotline 800-994-8448

Resources

www.ipgap.Indiana.edu

<https://www.gambleaware.nsw.gov.au/>

www.prevention.indiana.edu

www.youthgambling.com

<https://www.ncpgambling.org/>

<https://www.evergreencpg.org/awareness/know-the-signs/>

<https://inys.indiana.edu/>

<https://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth>

Ide S, Nakanishi M, Yamasaki S, Ikeda K, Ando S, Hiraiwa-Hasegawa M, Kasai K, Nishida A. Adolescent Problem Gaming and Loot Box Purchasing in Video Games: Cross-sectional Observational Study Using Population-Based Cohort Data. JMIR Serious Games. 2021 Feb 9;9(1):e23886. doi: 10.2196/23886. PMID: 33560241; PMCID: PMC7902198.

Messerlian, C. Byrne, A. M., & Derevensky, J. L. (2004). Gambling, youth and the internet: should we be concerned?. *The Canadian child and adolescent psychiatry review* = *La revue canadienne de psychiatrie de l'enfant et de l'adolescent*, 13(1), 3–6.

Applying Addiction Science for Healthier Communities

We strive to bring together research and practice and thereby ensure that individuals and communities receive state of the art prevention technology.

Services-

- Training and Education
- Technical Assistance
- Evaluation
- Data and Analysis
- Program Initiatives
- Research

Let's start a conversation. Contact us at previnsights@iu.edu

**PREVENTION
INSIGHTS**

AT THE INDIANA UNIVERSITY SCHOOL OF PUBLIC HEALTH

Applying
Addiction
Science
for Healthier
Communities



Thank you for participating.

For more information on this and other Disordered Gambling Trainings

Contact:

Indiana Problem Gambling Awareness Program

812-856-4885

www.igap.indiana.edu



SCHOOL OF PUBLIC HEALTH

INDIANA UNIVERSITY BLOOMINGTON

FULFILLING *the* PROMISE