

# Wanna Bet.....

## FAST FACTS ON GAMBLING

- ♣ 7% of adult Manitobans have never participated in any form of gambling in their lifetime.
- ♦ It is estimated that 2.4% of the adult population in Manitoba are currently experiencing gambling problems and that 1.9% of the adult population are currently probable pathological gamblers.
- ♥ Among those Manitobans who gamble, the most preferred activities are lotto type games (22%), VLTS (18%) and Bingo (10%).
- ♠ Manitobans are most likely to say they gamble for entertainment or fun (71%), to win money (60%), to support worthy causes (60%), and for excitement or as a challenge (42%).
- ♣ In 1997/98, 10.2% of AFM problem gambling clients spent over 80% of their household income on gambling in the past year, while 24.4% of clients spent 21 to 40% of their household income.
- ♦ In a 1999 study, conducted to determine the prevalence of gambling and problem gambling among Manitoba youth, 8% were identified as at risk for problems and 3% were identified as problem gamblers. (*Caution: Adult and student rates are not comparable as different screening instruments are used.*)
- ♥ Only 25% of adolescents perceive gambling as “potentially dangerous” compared with alcohol (60%), tobacco (64%), marijuana (71%), stimulants (75%), and narcotics (75%). (Shaffer, 1996)
- ♣ Based on the Addictions Foundation of Manitoba’s 2001 Youth Survey, close to 50% of students surveyed had gambled or bet on something during the past year. Gambling activities played by these youth include: scratch tickets (29.7%), bingo (18.2%), lottery tickets (16.6%), Sports Select games (14%), VLT’s (11.3%), and slot machines (10.3%).

Source: *FastFacts on Gambling*, AFM, 1999; *2001 Youth Survey*, AFM.

### Gambling may be a problem for you if:

- ⌘ You have felt at any point over the past year that you would like to stop gambling but you didn’t think that you could.
- ⌘ In the past year, someone has criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true.
- ⌘ You have felt bad at any time over the past year about the amount you bet, or about what happens when you gamble.
- ⌘ In the past year you have borrowed money to bet and have not paid it back.
- ⌘ You have gambled more than you had planned to at any point in the past year.

### Here are some other signs that you may have a gambling problem:

- ⌘ You try to keep your friends and your family from knowing how much and/or how often you gamble.
- ⌘ You tell people you didn’t gamble or that you won money when you actually lost.
- ⌘ You find gambling to be the most exciting activity you do.
- ⌘ You get upset or irritable if you are unable to gamble.
- ⌘ It’s hard for you to stop gambling after you lose money because you want to win back what you lost.
- ⌘ You lose track of time and forget about everything else when you are gambling.