



- **Non gamblers (10%):** Do not gamble at all.
- **Recreational/occasional gamblers (72%):** Do not spend more than they intend to spend on gambling and gamble as a form of entertainment.
- **Frequent/heavy gamblers (10%):** Do not have severe problems related to their gambling but may gamble more money than they intend, lose track of time while they are gambling, or hide the amount they gamble from others.
- **People with Gambling Disorder (1-2%):** develop severe financial problems and also frequently experience employment, legal, and family problems related to their gambling.

What are risk factors for Gambling Disorder?

- People with a history of alcohol or drug misuse are at greater risk of developing gambling problems.
- People with some psychiatric conditions (e.g., depression, anxiety, bipolar disorder, attention deficit disorder) may be at greater risk of developing gambling problems.
- People who gamble frequently or heavily may be at risk for developing gambling problems.
- People who report strong superstitious behaviors, such as a preferred slot machine(s), lucky numbers, or a feeling of "knowing" when they are "due" a win may be at greater risk for developing gambling problems.
- Major life changes (e.g., divorce, death in the family, retirement, children leaving home) may be associated with development of gambling problems.

What can you do to reduce the risk of developing gambling problems?

- Limit the amount of money you spend gambling. Set a budget and when the money runs out, stop gambling whether you are winning or losing.
- Limit the amount of time and days you gamble. If you buy scratch or lottery tickets, don't buy them everyday. If you bet on sports, watch some games without betting on them. When the time runs out, stop gambling whether you are winning or losing.
- Don't look to gambling as a way of making money. Remember that the house is guaranteed to win in the long run.
- Spend time doing other recreational activities. Find other activities that you enjoy and that relieve stress and boredom.