



Swedish National Institute
of **Public Health**

SWELOGS – a population study on Gambling and Health 2008/09

A presentation of keyfindings from the first data
collection

**Breakfast seminar
World Trade Center. Stockholm
November 24. 2009**

Key findings

- 2.2 percent of the Swedish population aged 16-84 have gambling problems and an additional 5.4 percent are considered at risk of developing gambling problems
- The problems for every seventh person with gambling problems are severe enough to call for treatment
- Gambling problems are found in all segments of the population and in all gambling forms but are unevenly distributed
- Minors gamble in all forms in spite of age limits of 18



Contents

- Introduction
- Gambling and health
- Gambling in Sweden
- Gambling problems
- Comparisons
- Conclusions



Introduction



Swedish National Institute
of **Public Health**

National aim for the public health policy

“The overarching aim of Sweden’s national public health policy is to create social conditions that will ensure good health, on equal terms for the entire population”



SWELOGS – a study on gambling and health

- SWELOGS – Swedish longitudinal gambling study
- Goal: to gain knowledge which can be used to prevent gambling problems in Sweden
- Data collection from 2008 until 2014
- The study is assisted by an international team of researchers and experts
- The study is coordinated and financed by the Swedish National Institute of Public Health by commission of the Swedish government



Study objectives

- To describe gambling patterns
- To measure the extent of existing gambling problems in Sweden
- To identify the most affected groups in society
- To investigate how gambling problems correlate with other factors such as gambling patterns, social situation, health and economy
- To develop enhanced measuring instruments for gambling problems



Sampling and methods for data collection

- The sample consists of 15 000 individuals, aged 16-84, representative for the population
- Data collection
 - Telephone interviews from October 2008 until April 2009
 - Questionnaires sent by post to those not reached by telephone until August 2009
- Around 8 300, or 63 percent, responded



This is how we measure gambling problems:

Items PGSI - Problem Gambling Severity Index How often...	Women	Men	Total
1. ...have you bet more than you could really afford to lose...	2.4%	3.3%	2.8%
2. ...have you needed to gamble with larger amounts of money to get the same feeling of excitement ...	1.0%	4.3%	2.6%
3. ...have you gone back another day to try to win back the money you lost ...	2.1%	5.6%	3.8%
4. ...have you borrowed money or sold anything to get money to gamble for...	0.6%	1.4%	1.0%
5. ...have you felt you might have a problem with gambling... Imputation	<0.1%	0.7%	0.3%
6. ...has your gambling caused you any health problems. including stress or anxiety...	0.8%	1.9%	1.3%
7. ...have people criticized your betting or told you that you had a gambling problem. regardless of whether or not you thought it was true...	1.0%	2.6%	1.8%
8. ...has your gambling caused any financial problems for you or your household...	0.6%	1.3%	0.9%
9. ...have you felt guilty about the way you gamble or what happens when you gamble...	0.9%	2.2%	1.6%
...during the past 12 months?			



Gambling problems in Sweden

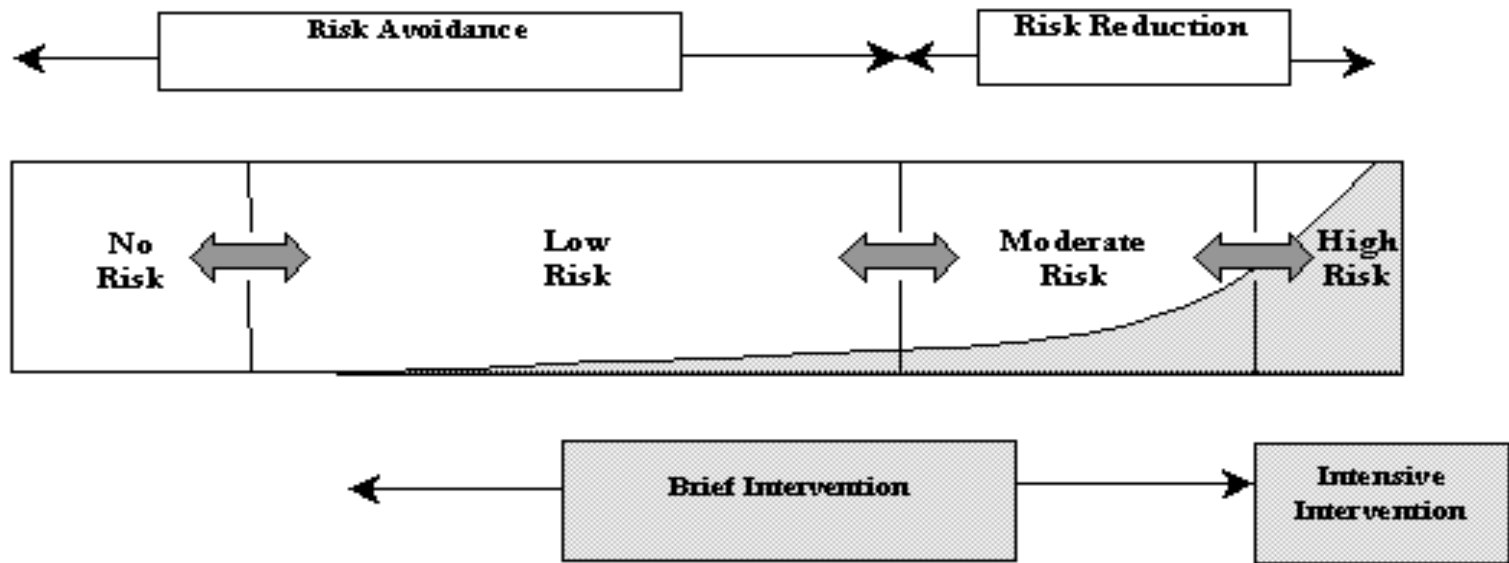
Type of gambler	Proportion in the sample	Estimated number in the population aged 16-84
No gambling problem 0 points	92.4%	6742900
Low risk 1-2 points	5.4%	393700
Moderate risk 3-7 points	1.9%	140100
Problem gambling 8+ points	0.3%	23700

The categories *Moderate risk* and *Problem gambling* will in this presentation sometimes be combined and presented as *Gambling problems*



Gambling problems as a continuum

Figure 6
Response Strategies



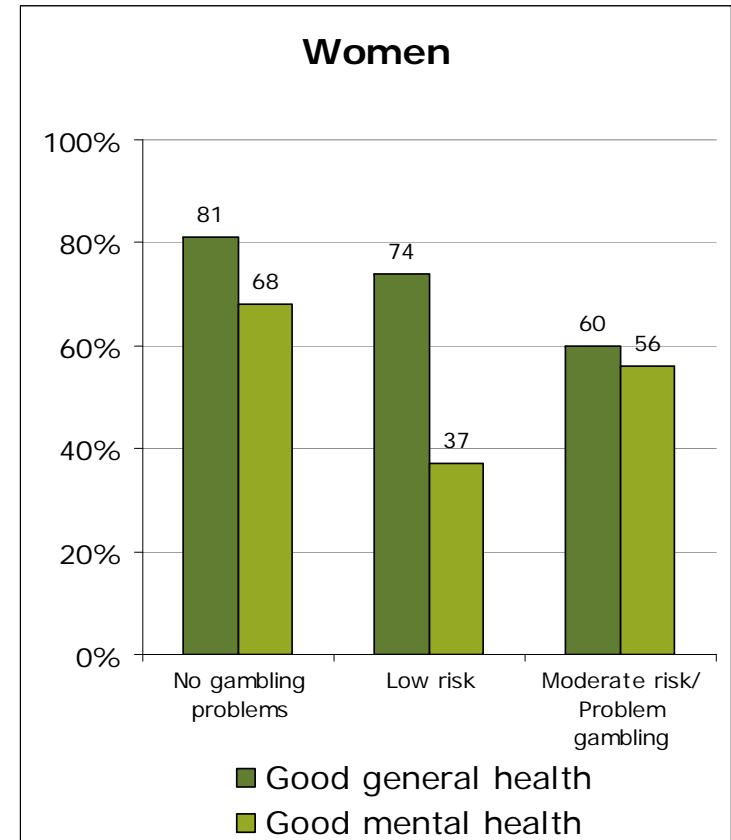
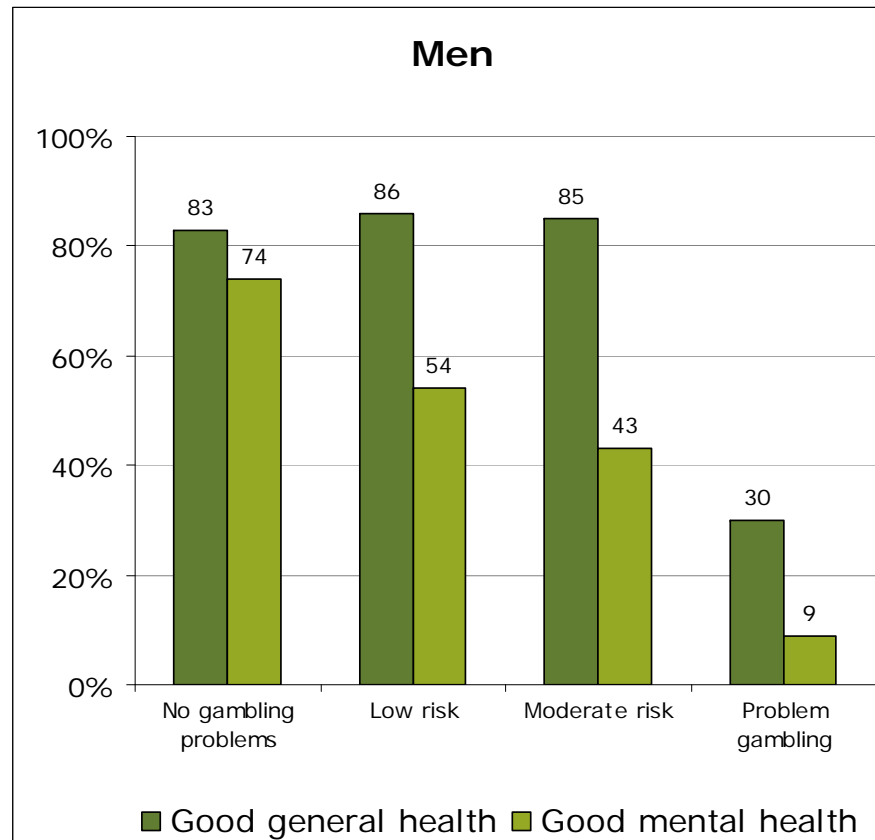
Ontario Problem Gambling Research Center, Framework www.gamblingresearch.org



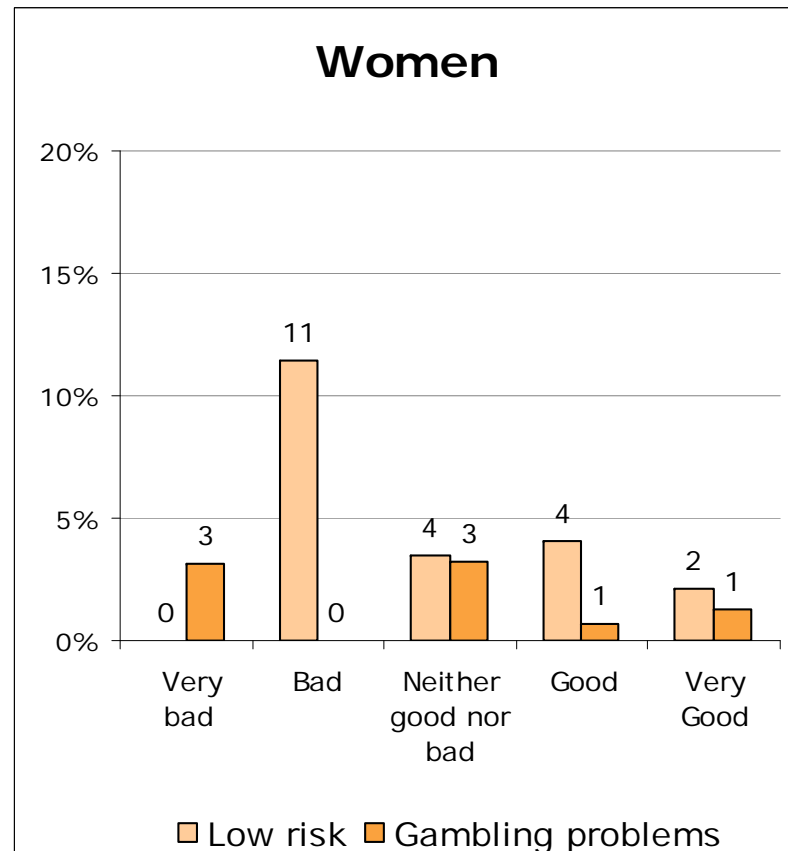
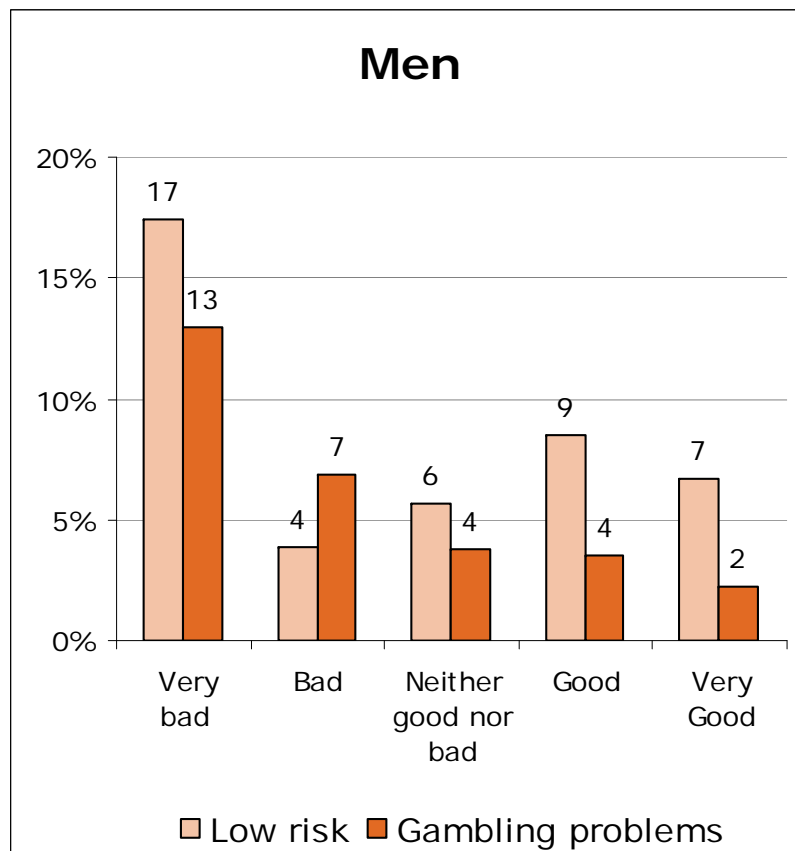
Gambling and health



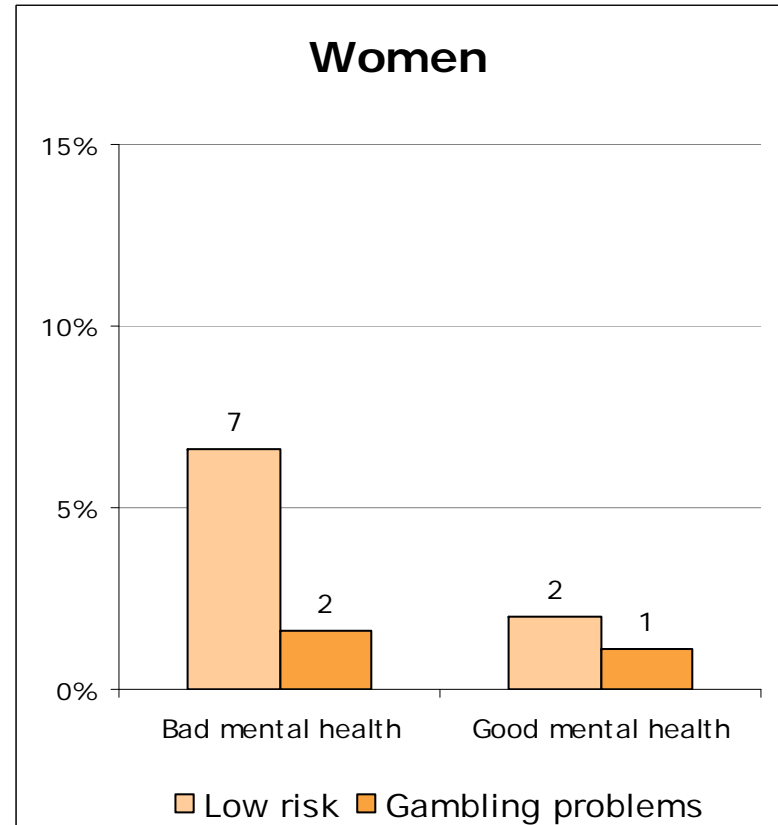
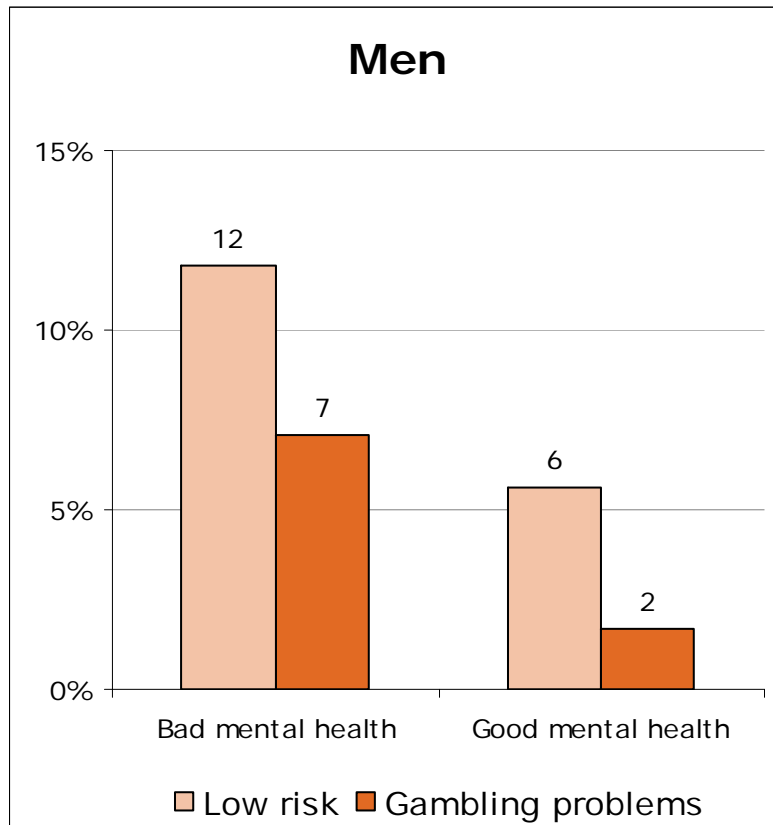
Health in relation to gambling problems



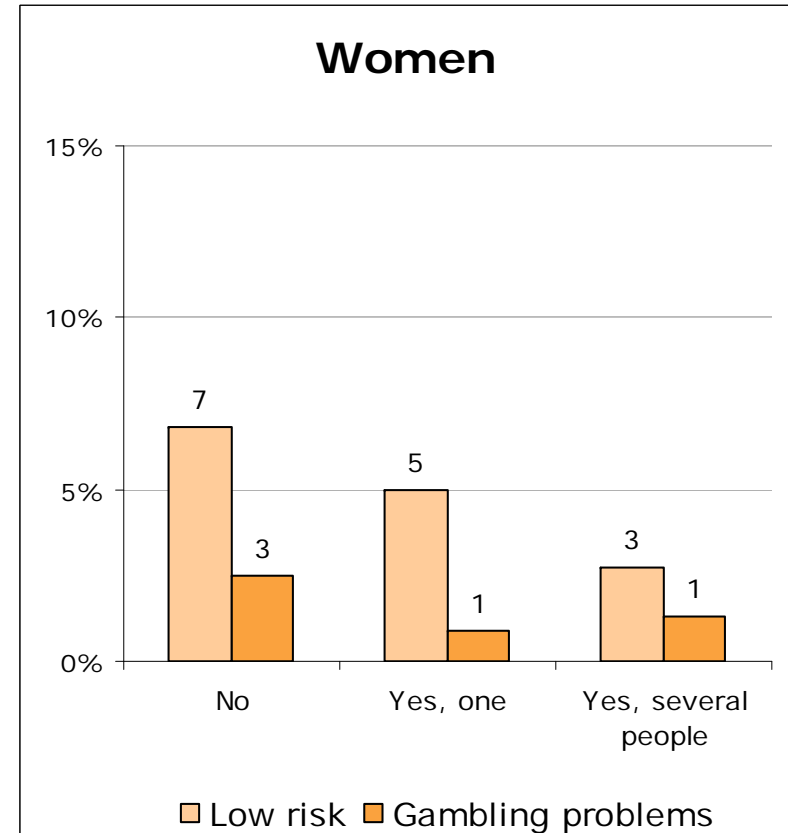
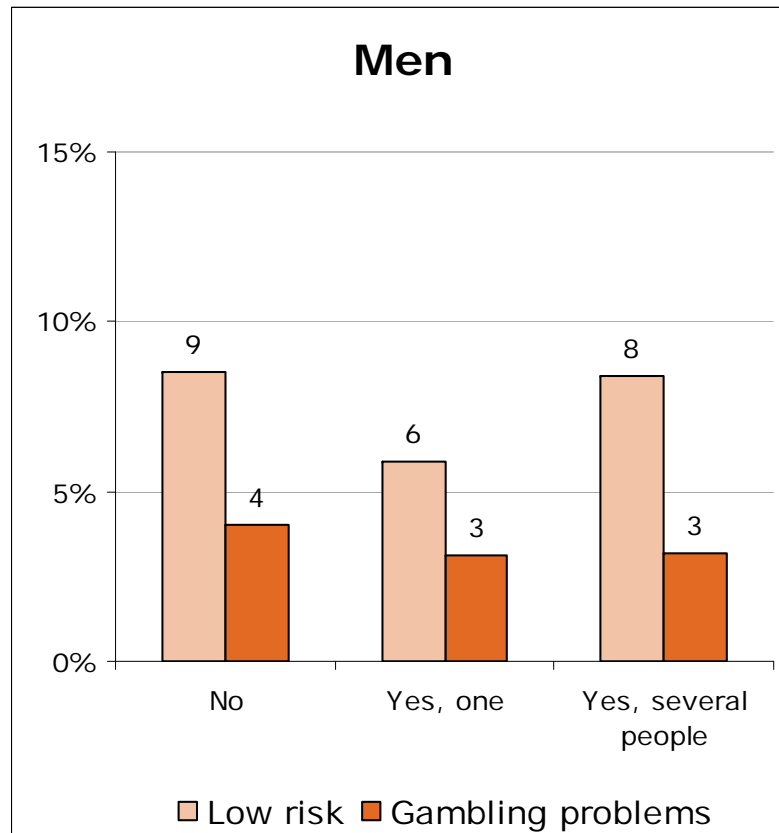
General health and gambling problems



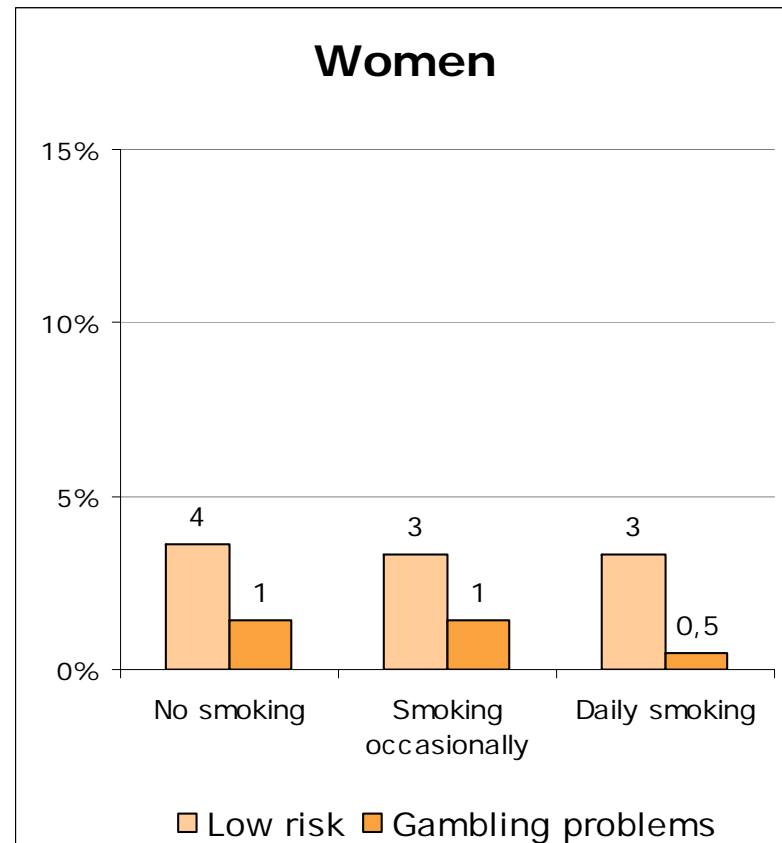
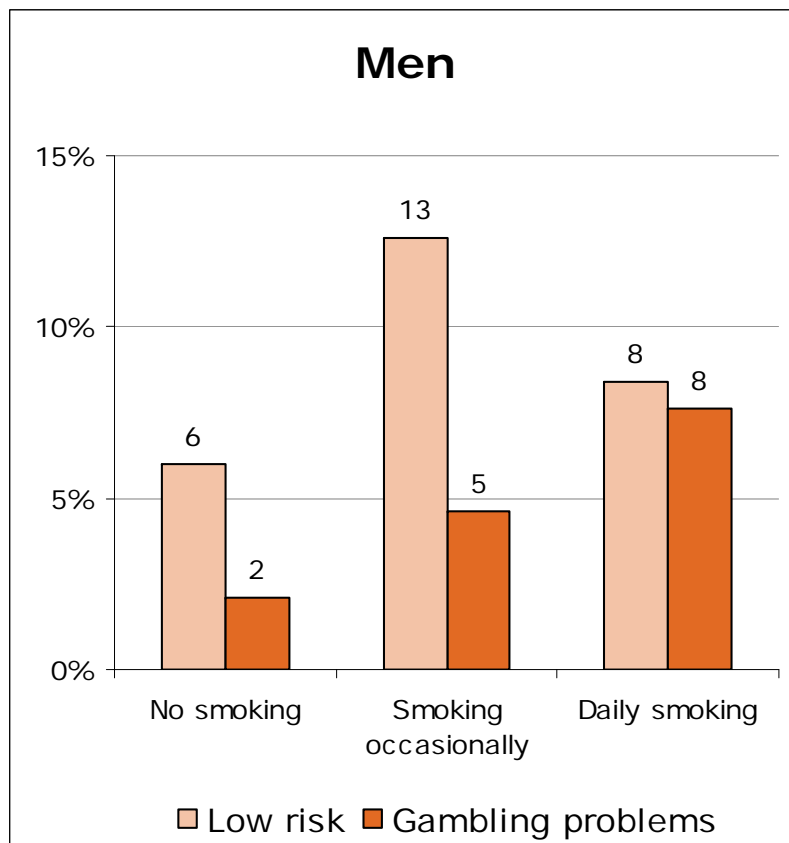
Mental health and gambling problems



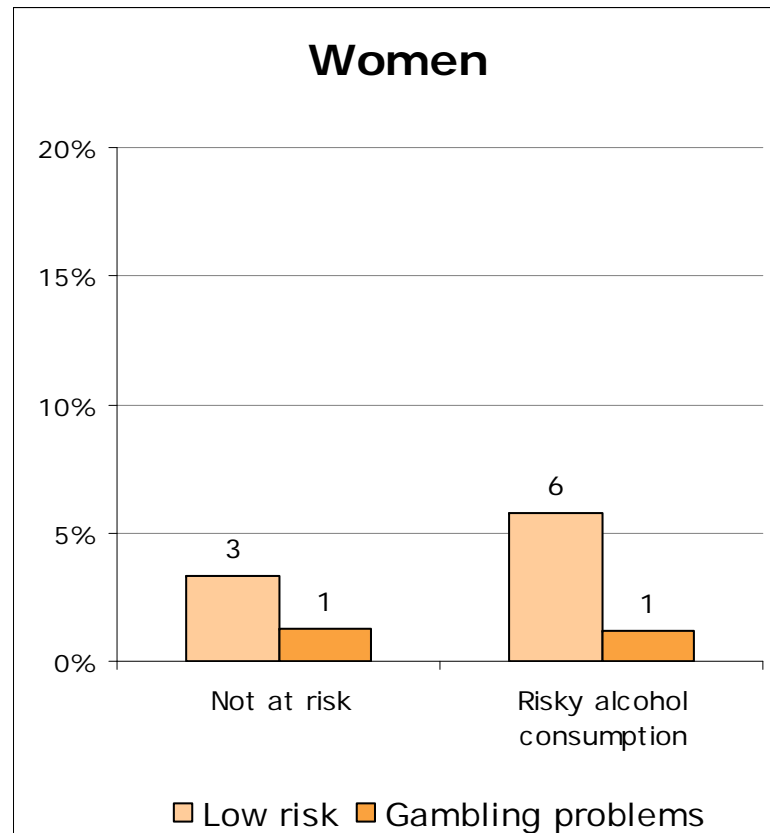
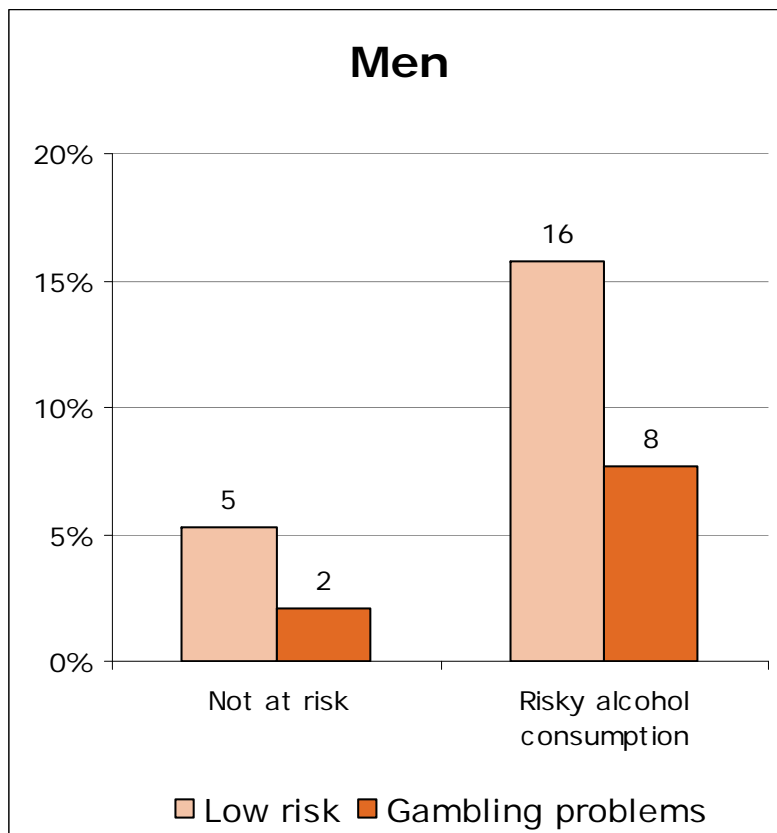
Someone to share innermost thoughts or feelings with



Smoking and gambling problems



Alcohol consumption and gambling problems



Key findings gambling and health

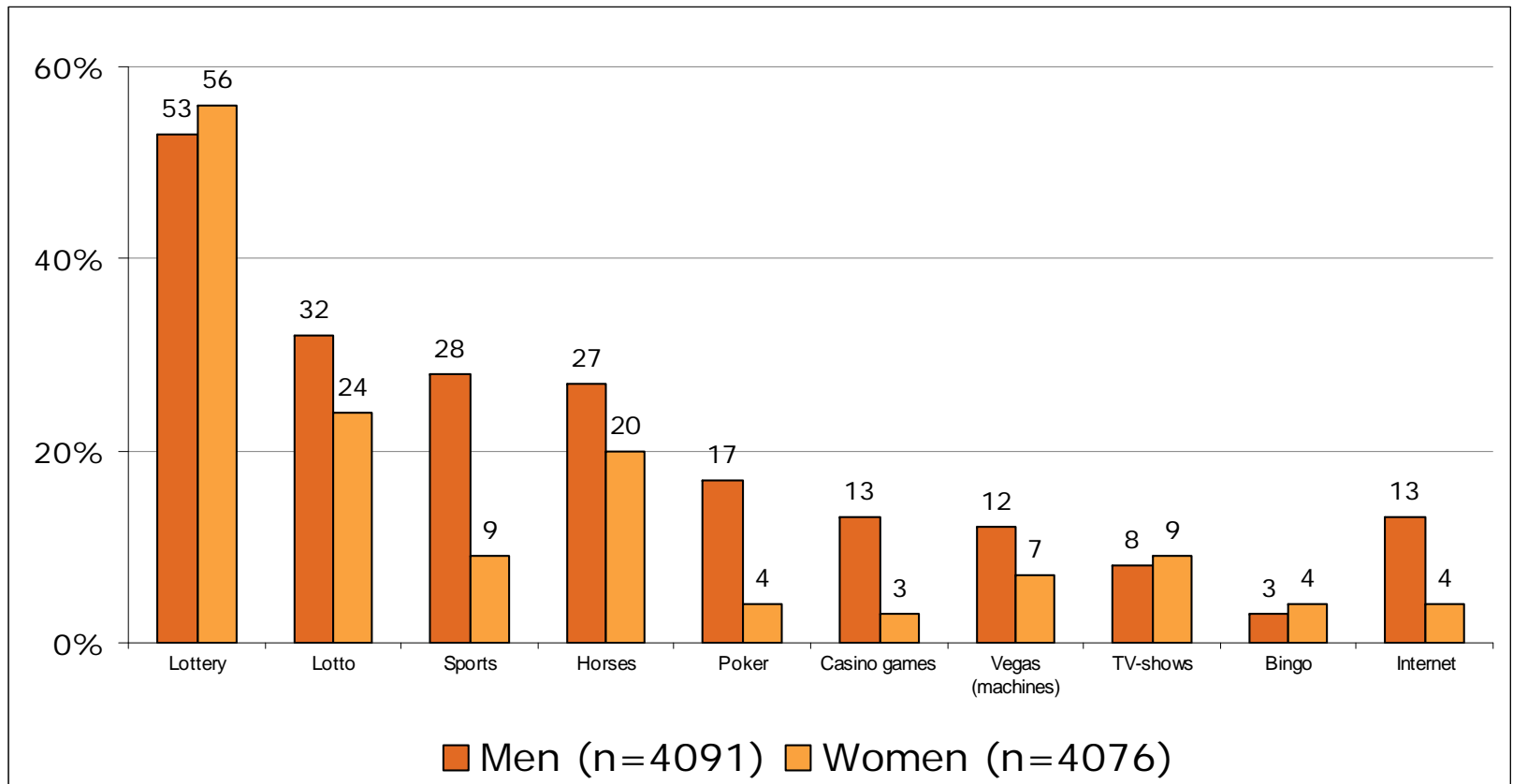
- The mental health is worse among people with gambling problems compared to those without gambling problems
- Men with gambling problems have worse health, drink and smoke more than men without gambling problems
- Women with gambling problems are more lonely than women without gambling problems
- Internet gamblers have a somewhat better health but smoke and drink more than those not gambling on the Internet. Some of the differences can probably be explained by the lower average age among the Internet gamblers.

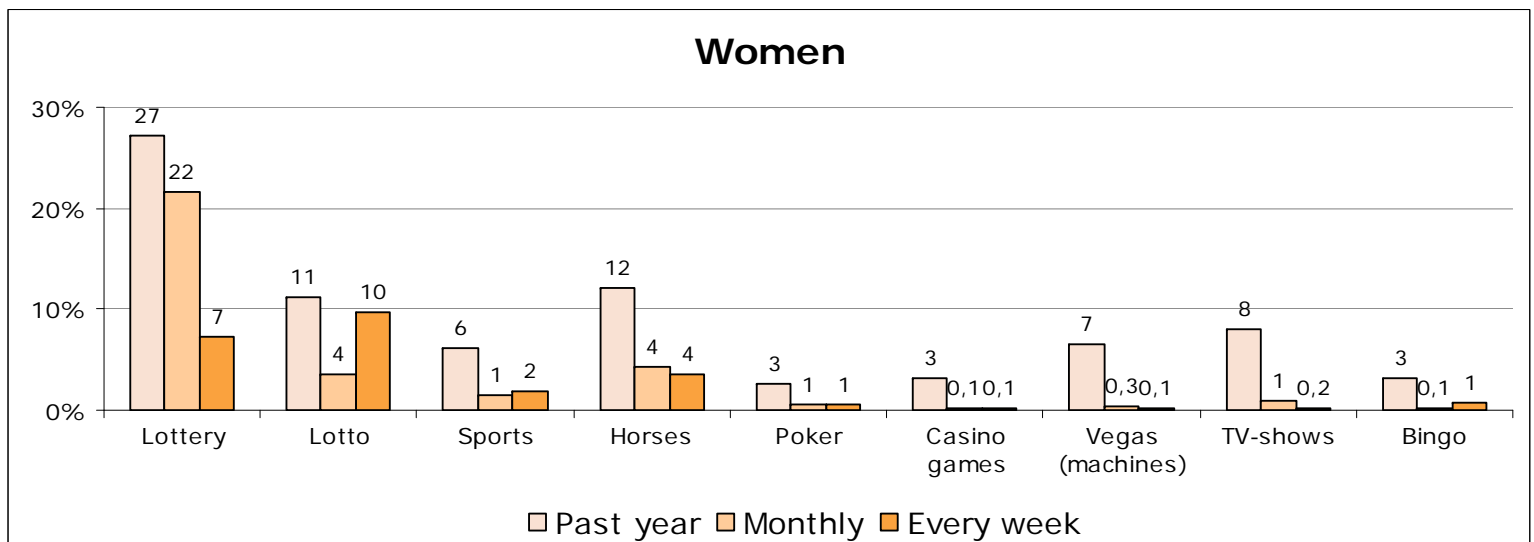
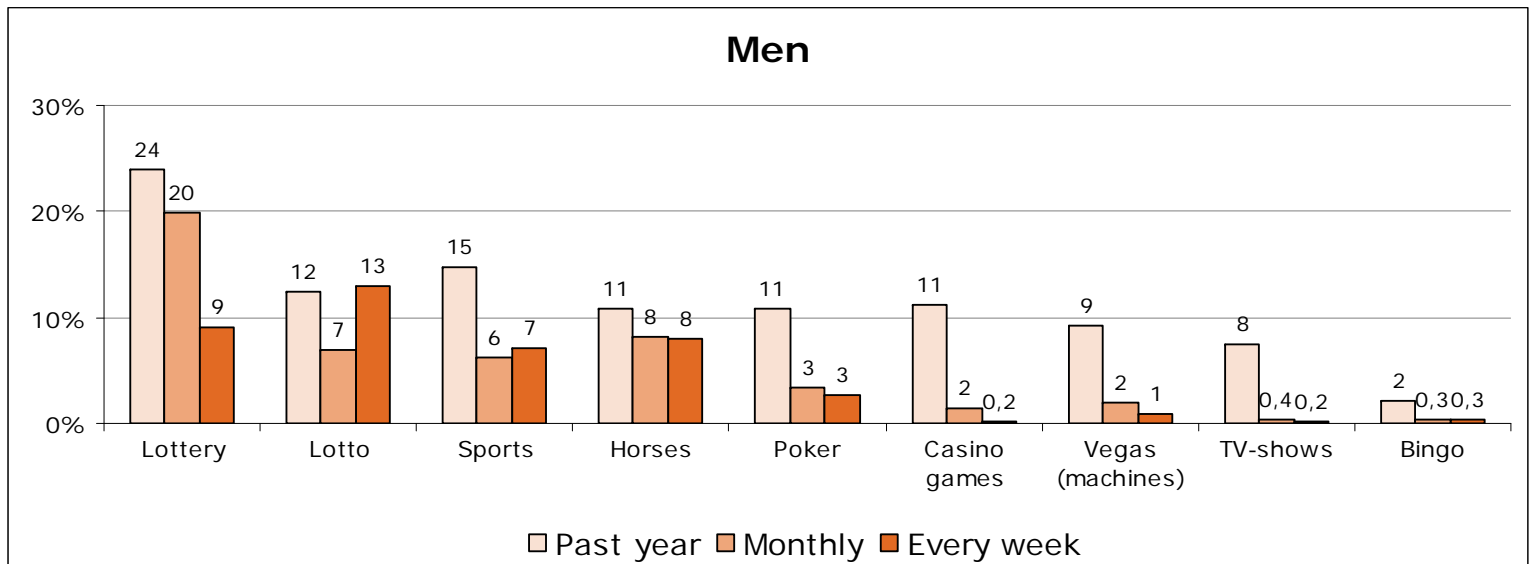


Gambling in Sweden

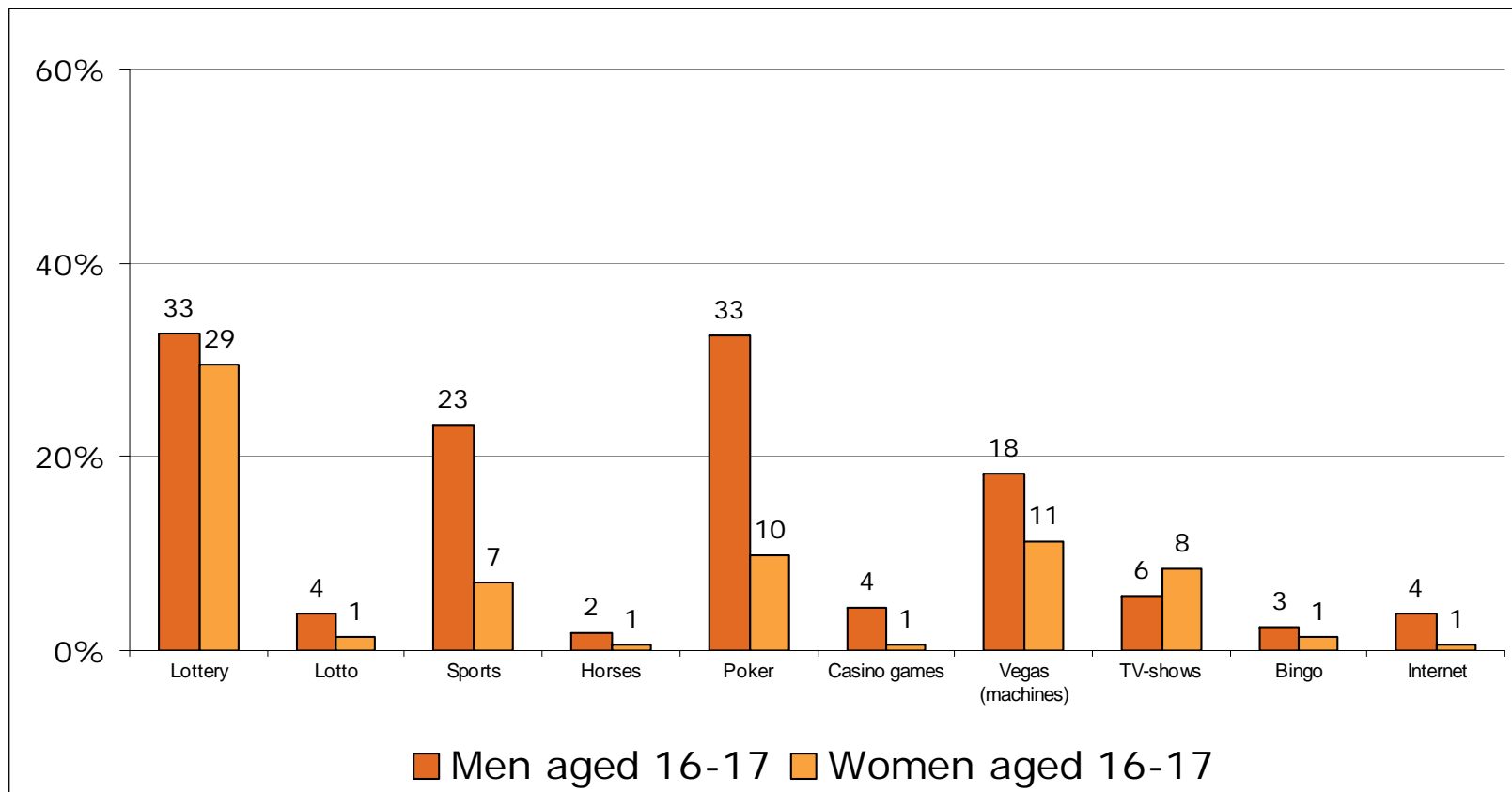


Male and female gambling in different gambling forms

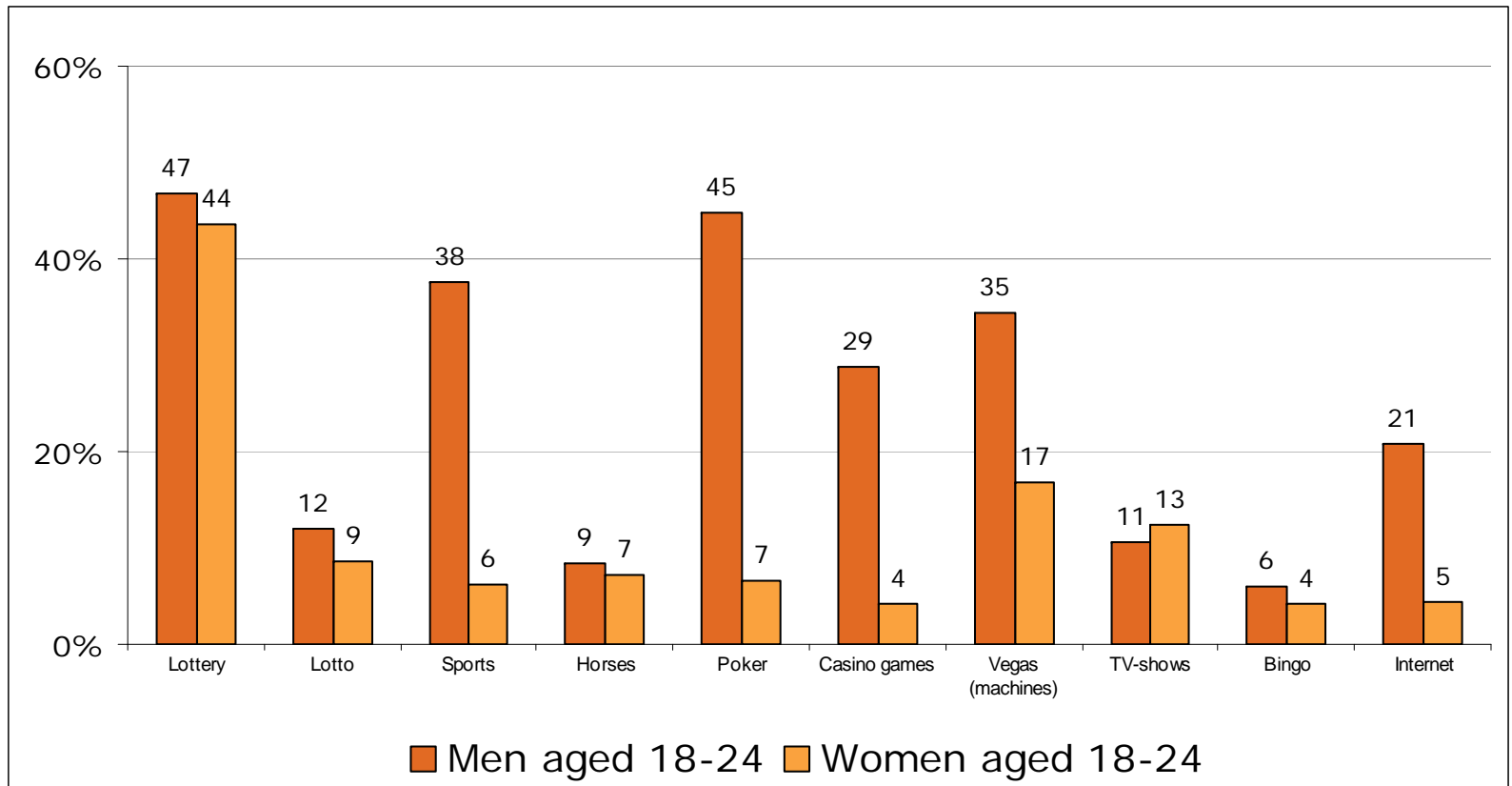




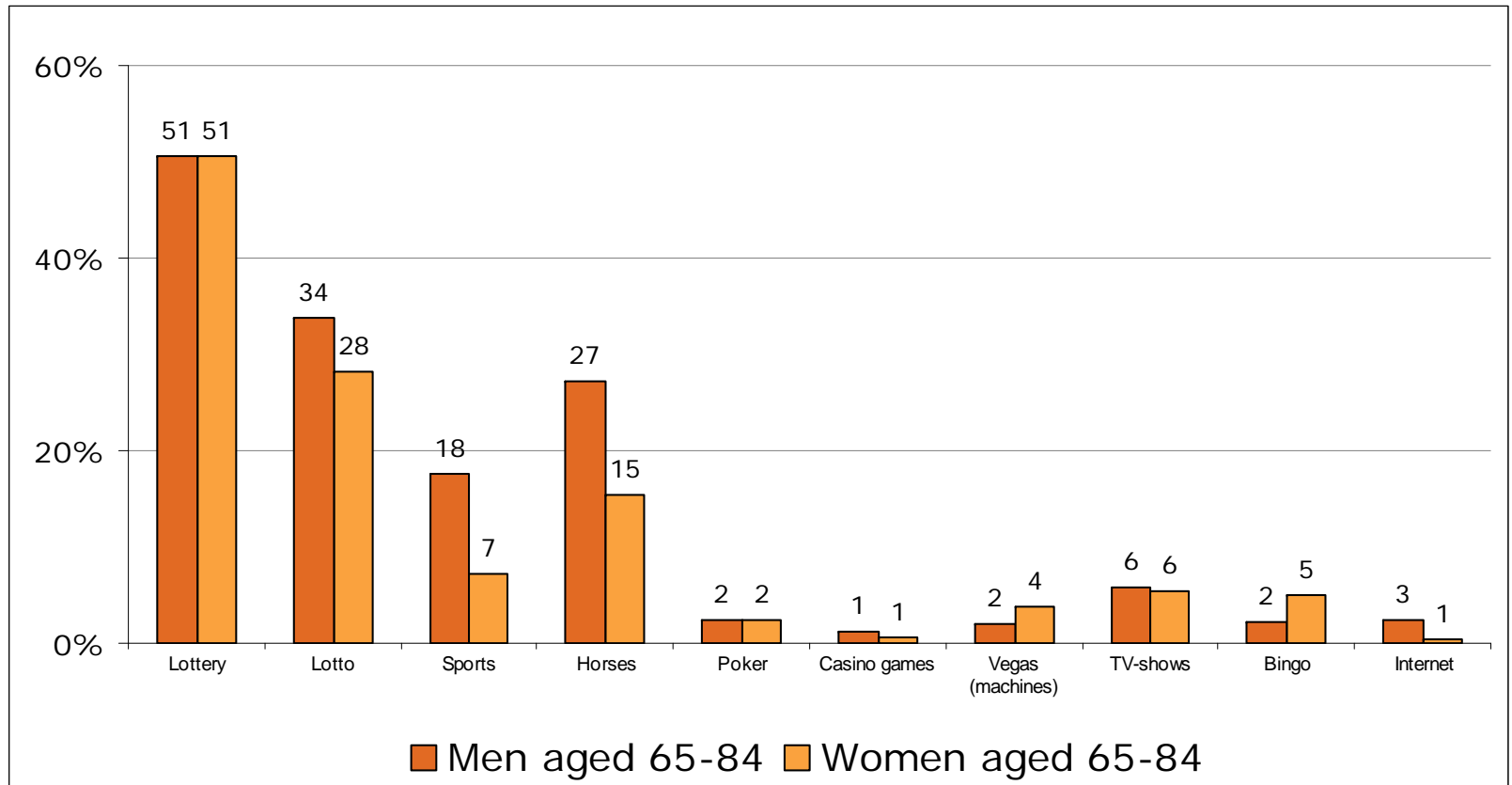
Gambling among the minors



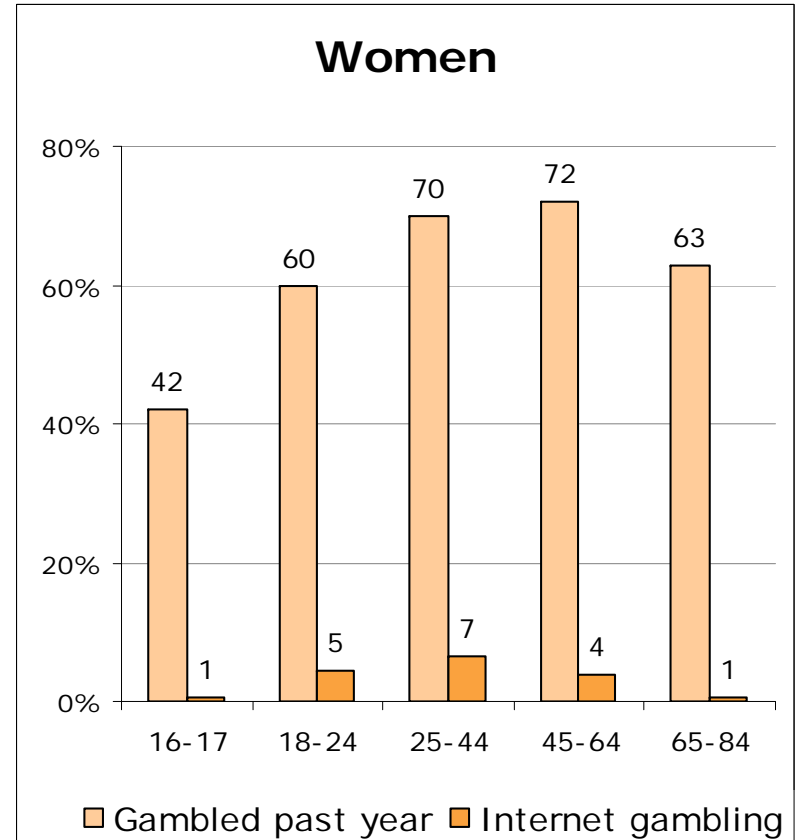
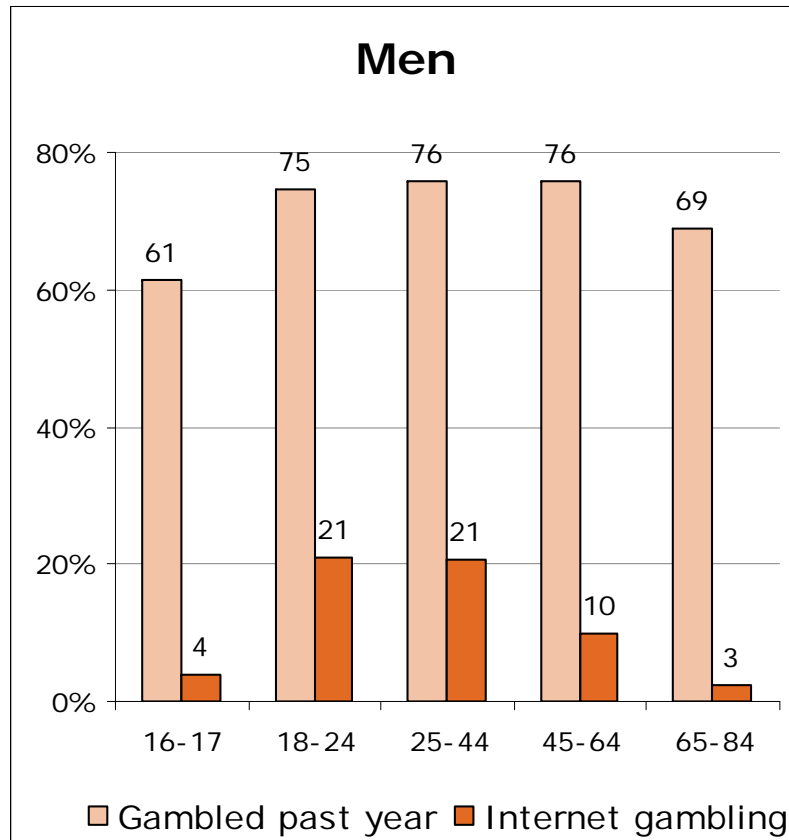
Gambling among young adults



Gambling among the eldest



Total gambling and Internet gambling in different age groups



Gambling in Sweden

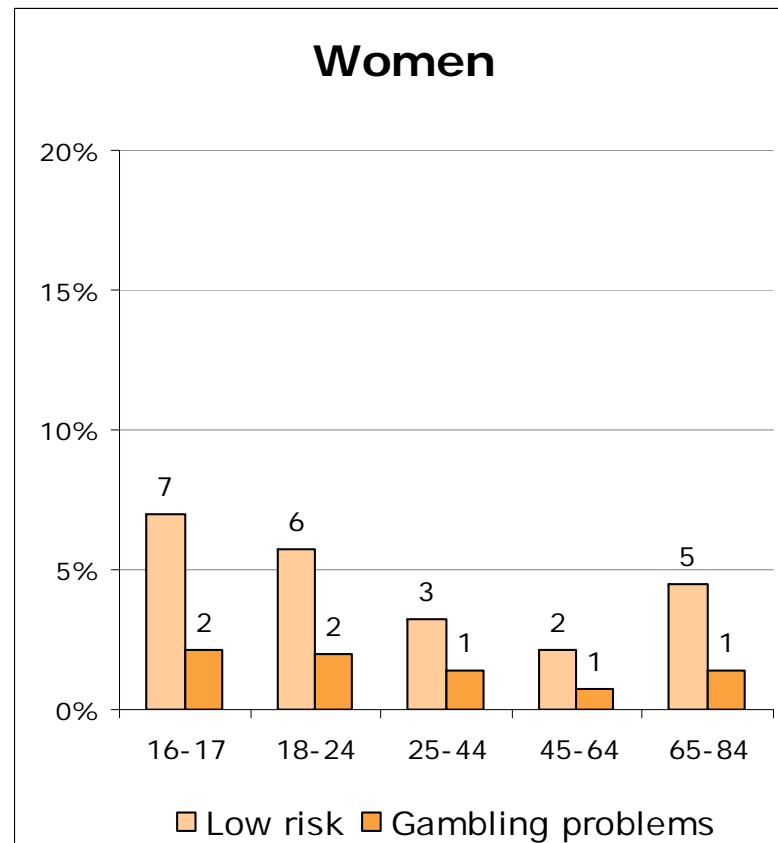
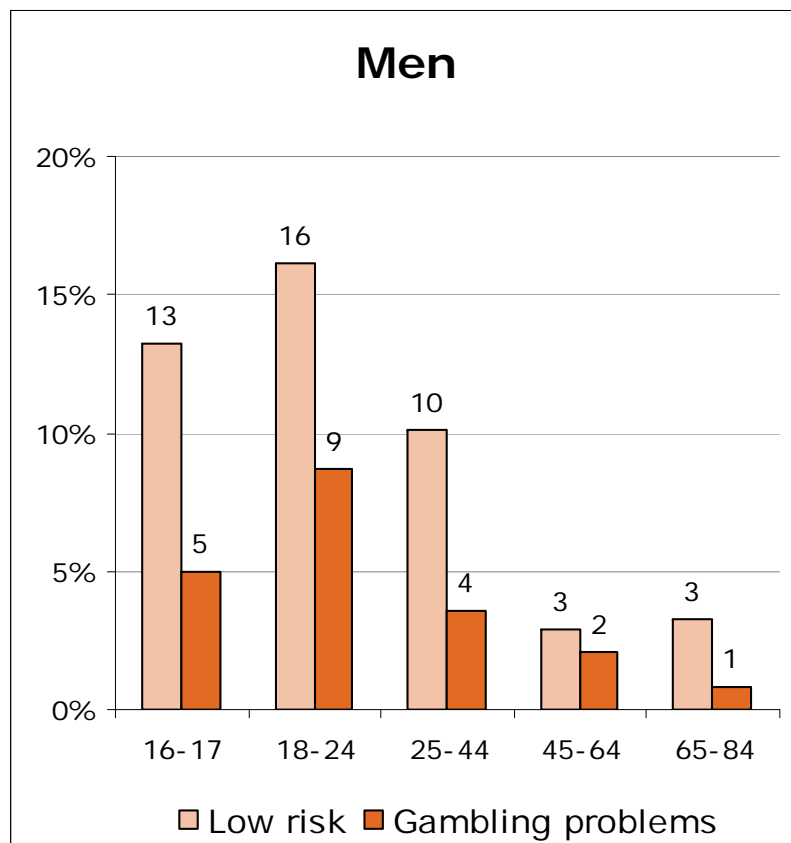
- 70 percent of the population aged 16-84 has gambled in the past 12 months, 44 percent gamble regularly
- Minors gamble in all forms including gambling machines
- Gambling on casino games, poker and sports are more frequent among men than women
- Elderly people, aged 65-84, gamble on lotteries, lotto and horses more often than young people
- A third of those who gambled during the past 12 months only gambled in one form



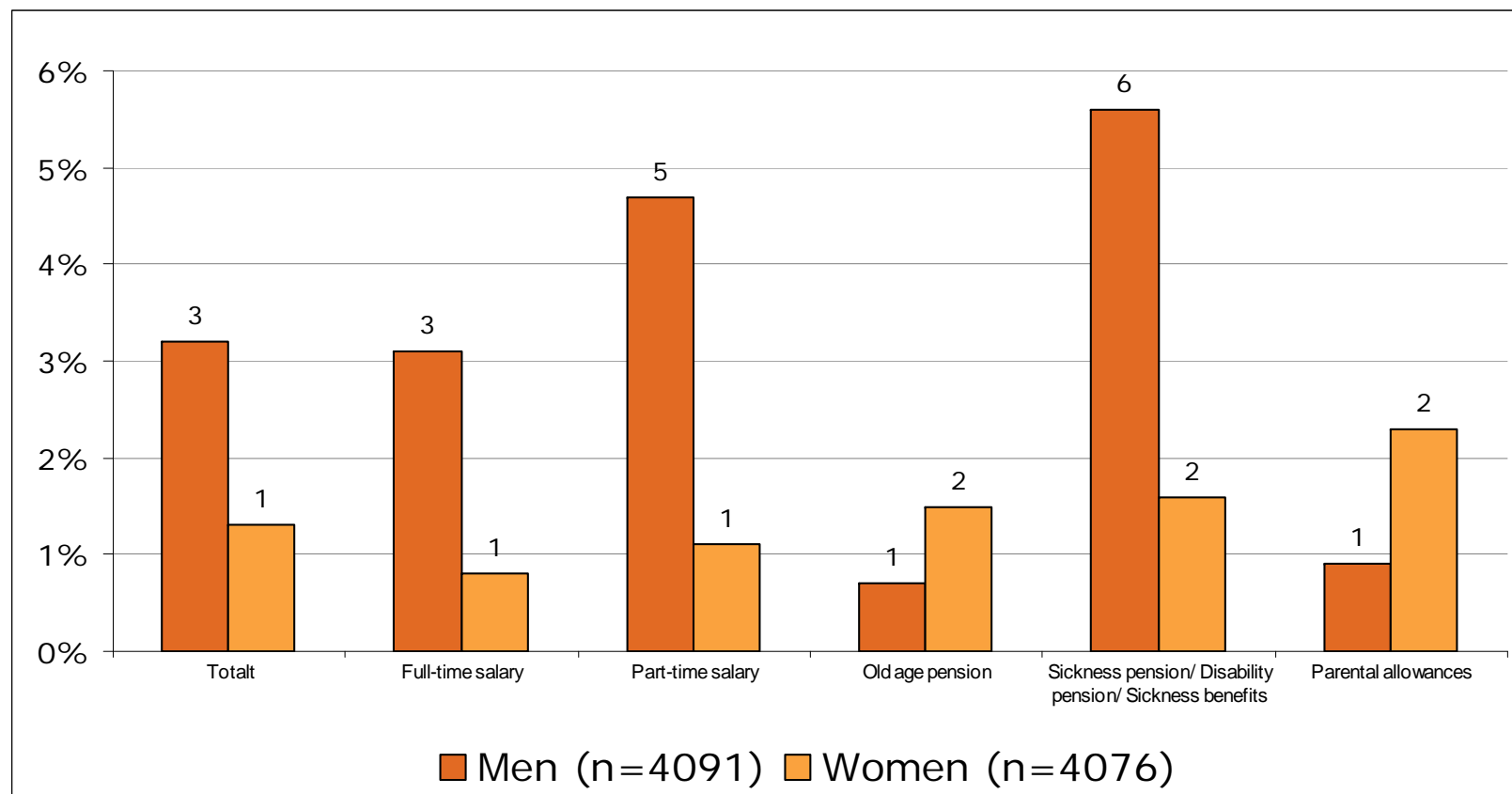
Gambling problems



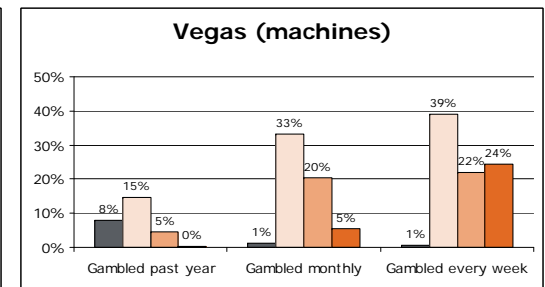
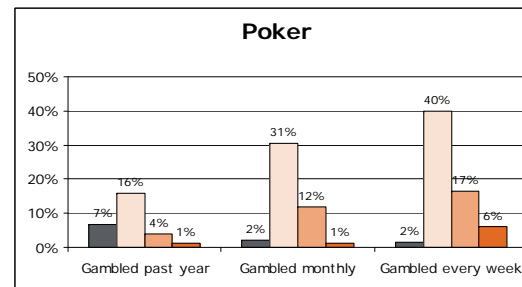
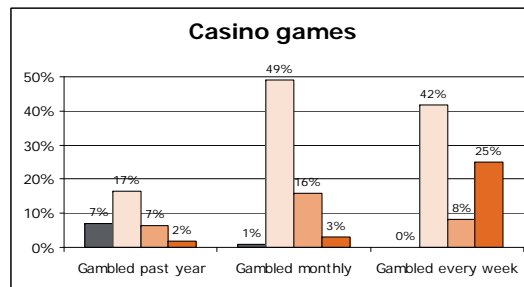
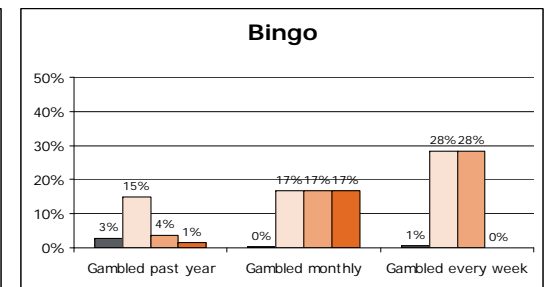
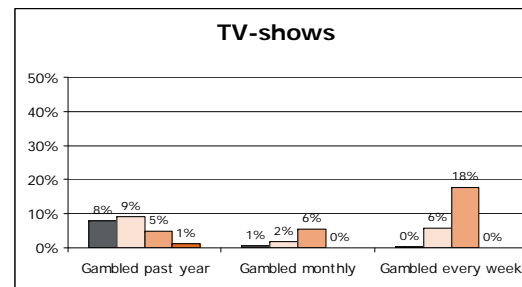
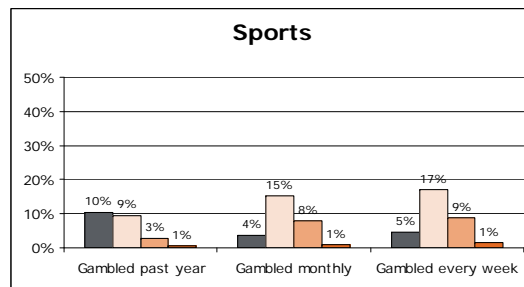
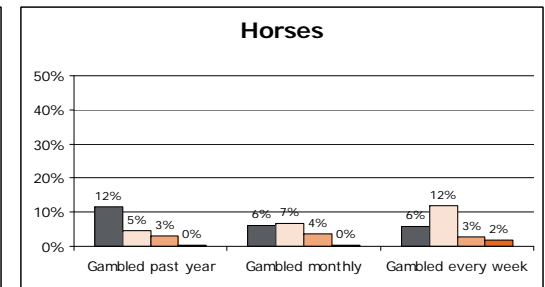
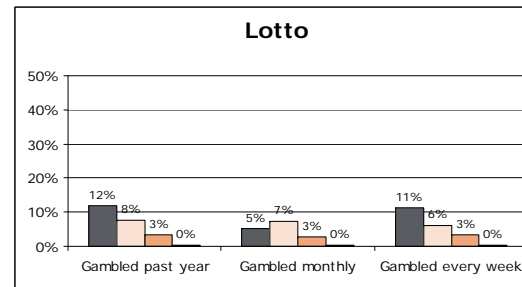
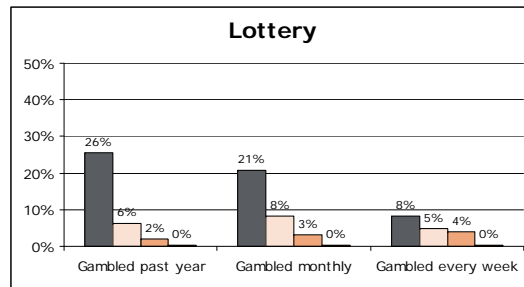
Gambling problems by gender and age



Gambling problems by gender in some socio-economic categories



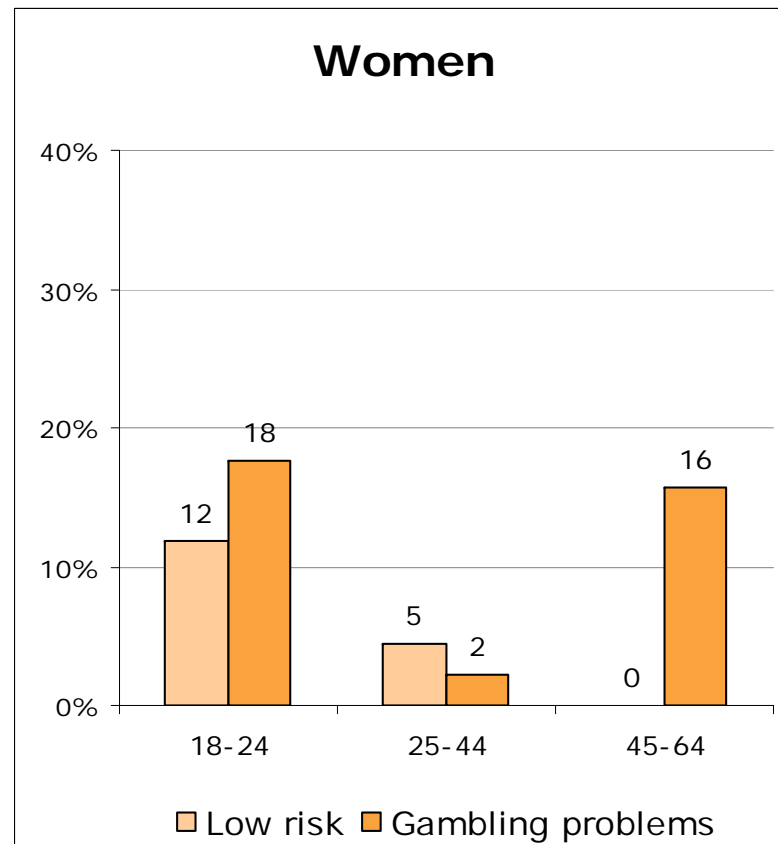
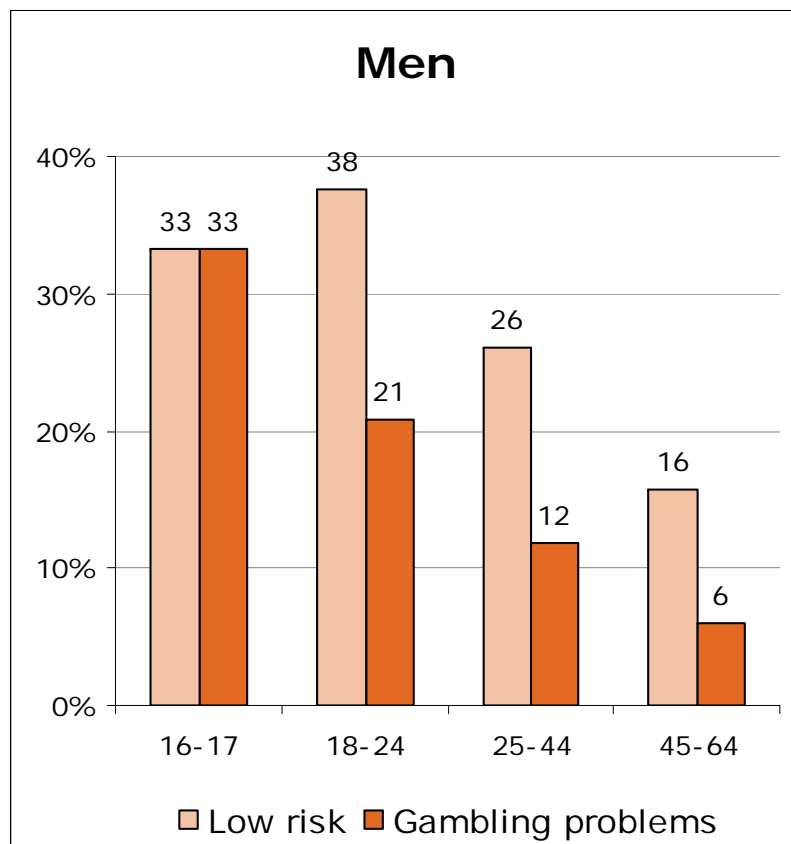
Gambling and gambling problems



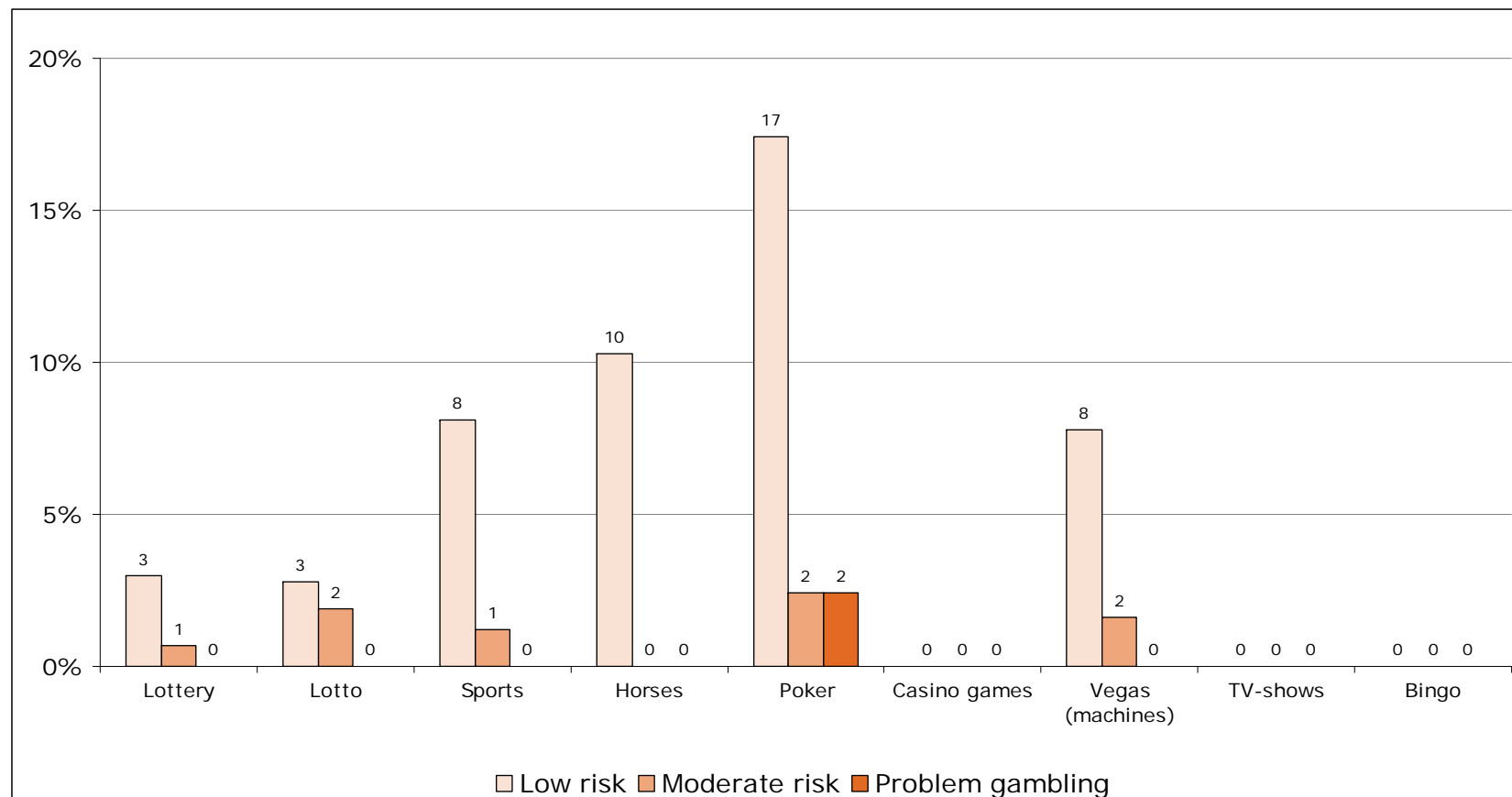
Gambling
 Low risk
 Moderate risk
 Problem gambling



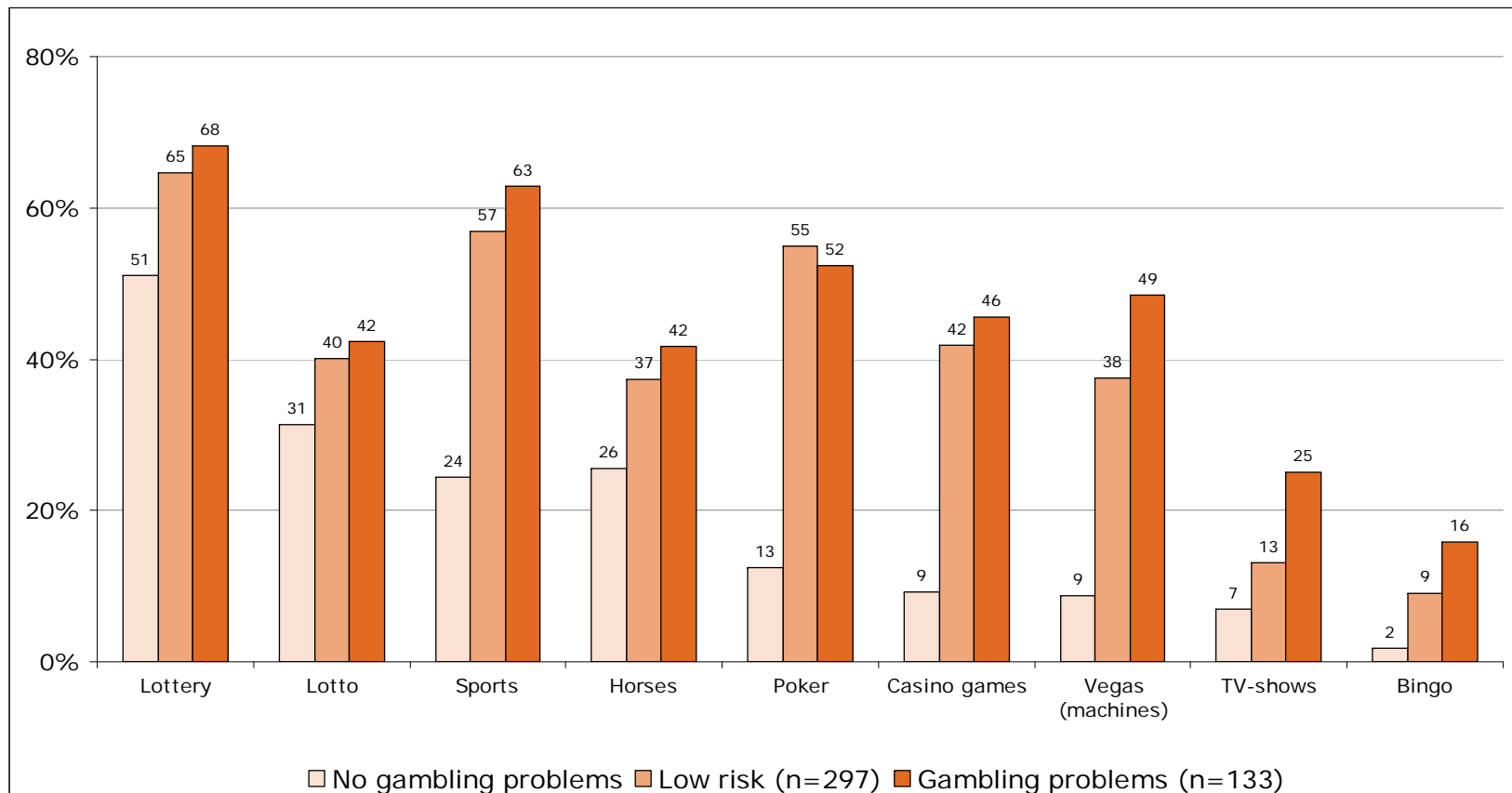
Gambling problems among Internet gamblers



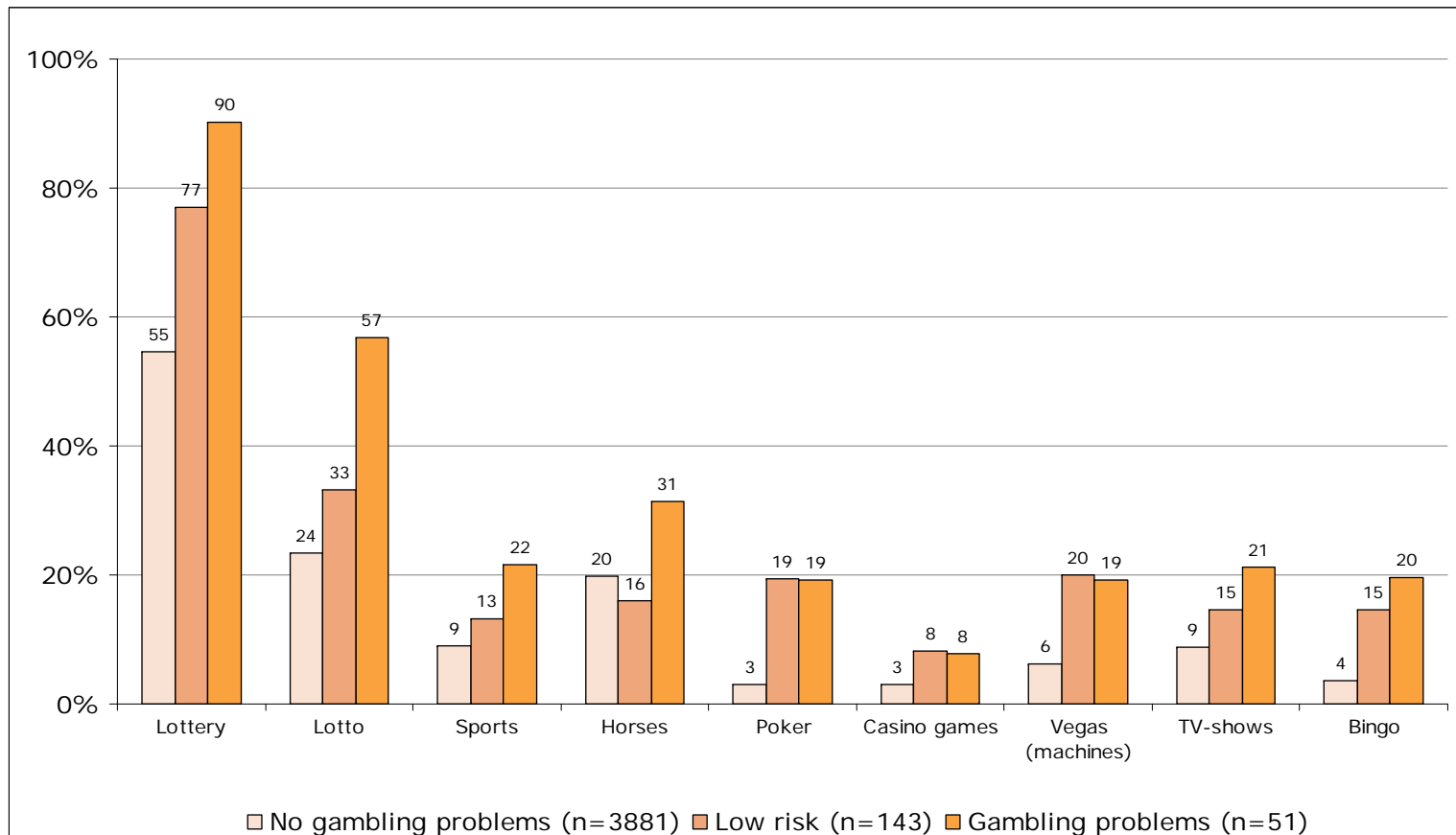
Gambling problems for those only gambling in one form

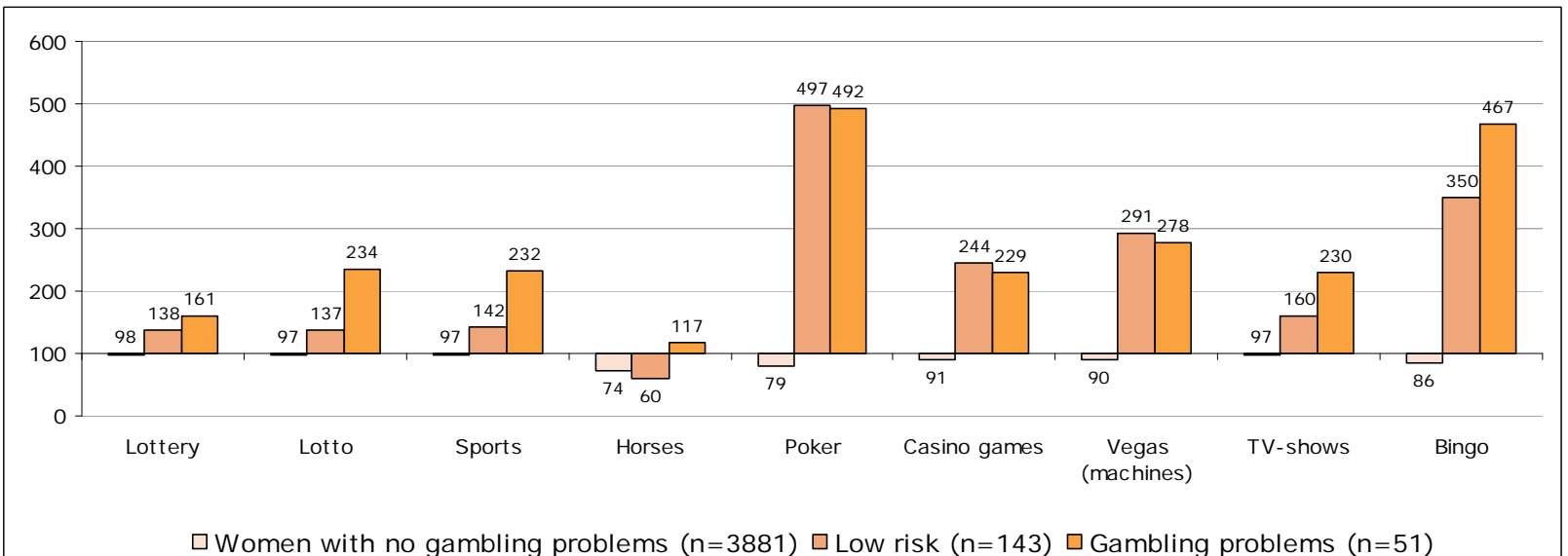
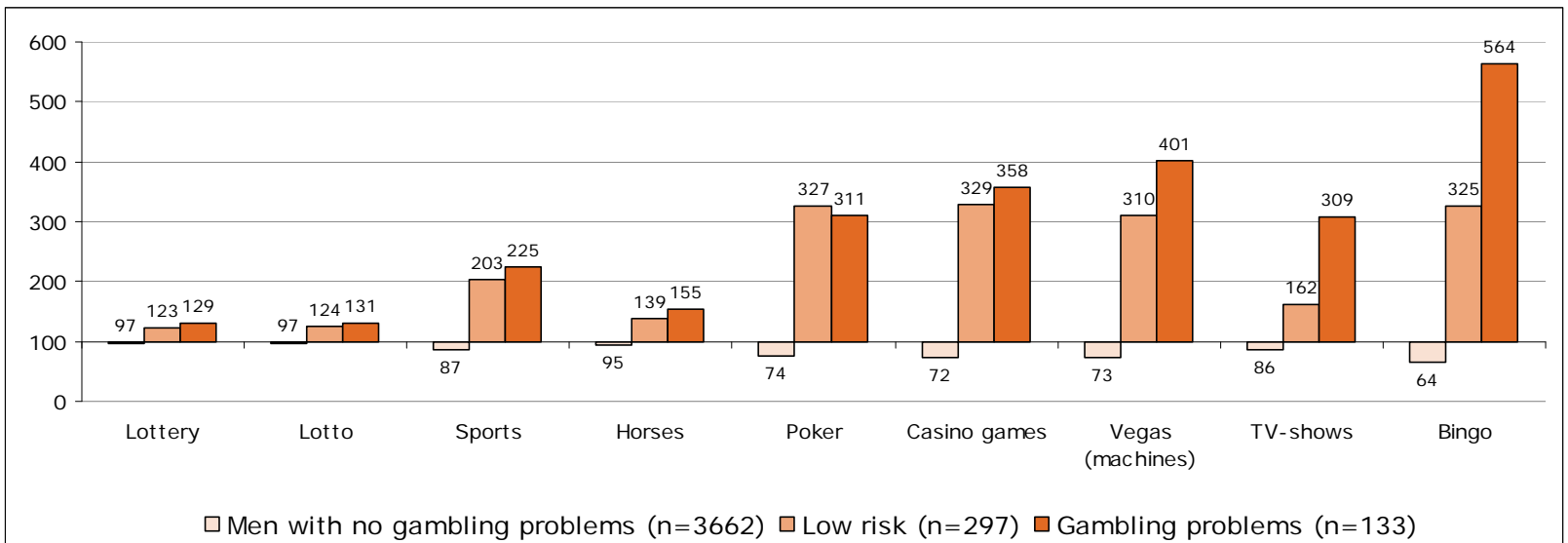


Male gambling in different forms and levels of gambling problems



Female gambling in different forms and levels of gambling problems





Potential risk for gambling problems?

		Risk for any level of gambling problems		Gambling problems	
		Odds ratio	P-value	Odds ratio	P-value
Gamblingform	Lottery	1.3	0.005	1.3	0.148
	Lotto	1.3	0.018	1.4	0.073
	Sports	1.3	0.016	1.3	0.145
	Horses	1.2	0.145	1.4	0.053
	Poker	2.8	<0.001	1.7	0.015
	Casino games	1.9	<0.001	1.6	0.025
	Vegas (machines)	2.3	<0.001	2.2	<0.001
	TV-shows	1.5	0.002	2.2	<0.001
	Bingo	2.6	<0.001	2.3	0.001
	Internet gambling	2.8	<0.001	3.1	<0.001
Gender	Men (compared to women)	1.2	0.045	1.3	0.126
Age	16-17	2.4	<0.001	3.2	0.005
	18-24	1.4	0.047	2.0	0.038
	25-44	0.8	0.135	1.0	0.894
	45-64	0.5	<0.001	0.5	0.819
	65-84	1.0		1.0	



Gambling problems

- 2.2 percent of the Swedish population aged 16-84 have gambling problems and an additional 5.4 percent are considered at risk of developing gambling problems
- Gambling problems can be found in all segments of the population but are unevenly distributed in respect to gender, age and socio-economic background
- The problems for every seventh person with gambling problems are severe enough to call for treatment
- Gambling problems are less frequent among those only gambling in only one form the past 12 months
- Gambling problems are most frequent among people gambling over the Internet and gambling on bingo, machines, poker or casino games
- Men and women with similar patterns of gambling are at almost equal risk of having gambling problems



Main results from the study

- 2.2 percent of the population aged 16-84 have gambling problems and another 5.4 percent are at risk of developing gambling problems
- The problems for every seventh with gambling problems are severe enough to call for treatment
- Gambling problems can be found in all segments of the population and in all gambling forms but are unevenly distributed
- The most affected are young and middle-aged men and men with part-time employment or sickness benefits
- Gambling problems are correlated with worse health, risky alcohol consumption and smoking
- Gambling problems are correlated with gambling in more gambling forms than one, gambling over the Internet and gambling on bingo, machines, poker or casino games
- Internet gamblers, in all forms of gambling, have more gambling problems forms compared to those gambling at shops, tracks or privately
- Minors gamble in all gambling forms in spite of an age limit of 18 years
- 3 percent of the population aged 16-84 have winnings from gambling for money as their main income. A sixth of those have gambling problems and another fifth are at risk of developing gambling problems
- The proportion with gambling problems in the population aged 16-74 remains unchanged compared to ten years ago but the proportion with gambling problems among men aged 18-24 has increased from 5 to 9 percent
- The proportion of gambling problems in Sweden is neither high nor low in an international perspective



Comparisons



A comparison of people with gambling problems and those calling the Helpline

	Calling the Helpline 2008	People with gambling problems SWELOGS 08/09
Proportion women	17%	28%
Proportion men	83%	72%
- 17 years old	1%	6%
18-24 years old	26%	27%
25-44 years old	56%	37%
45-64 years old	14%	20%
65 years or older	3%	10%
Sickness benefits/-pension	14%	13%
Vegas (machines)	37%	40% (24% every month)
Internet gambling	36%	44%
Casino games	18%	35% (9% every month)

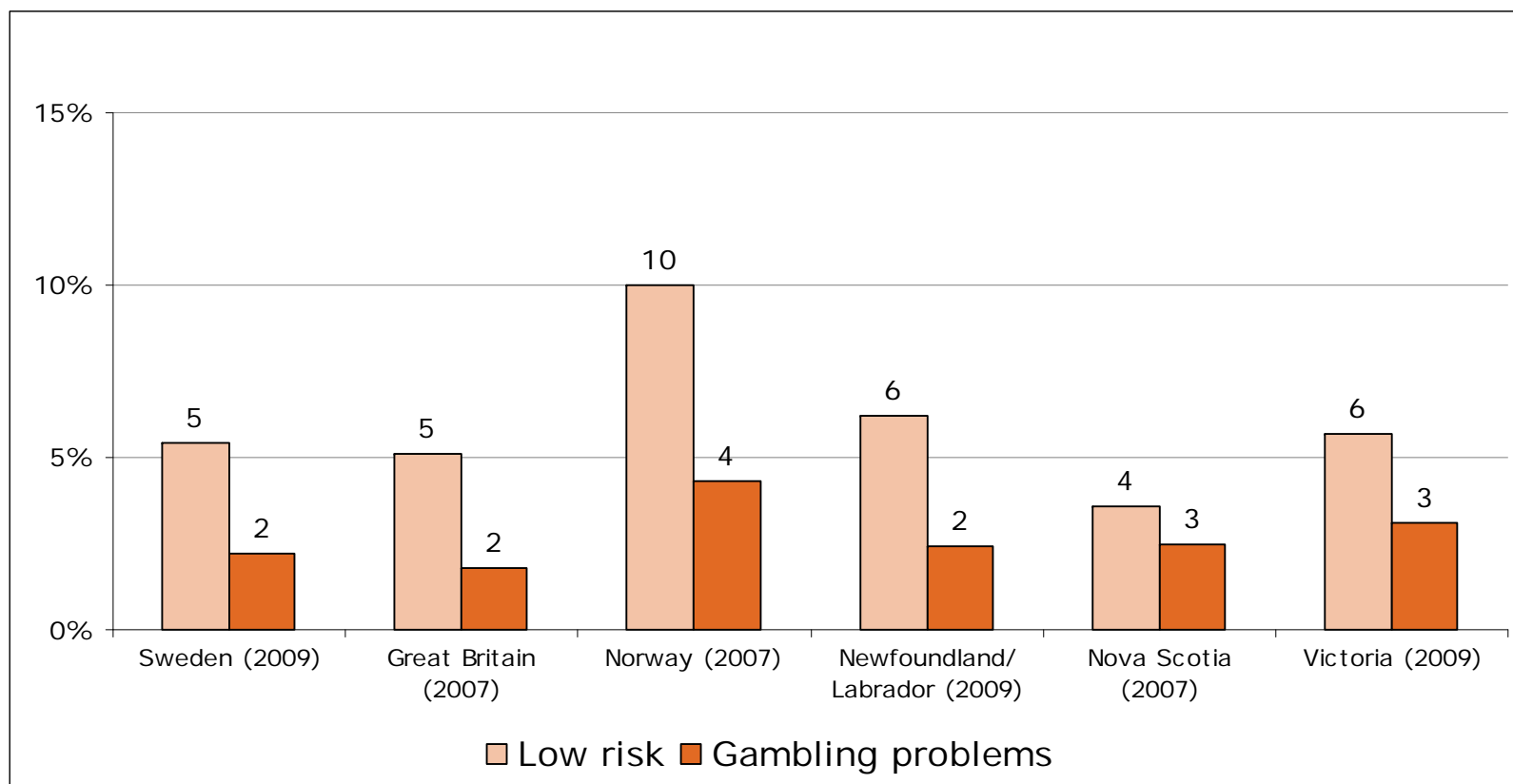


Main differences and similarities compared to SWEGS

- The proportion of people gambling during the past 12 months has decreased from 88% to 70%
- The decrease is evident in all gambling forms except card games for men and horses for women
- There are still more men than women gambling and developing gambling problems
- Minor gambling is less frequent, but young people are still a target group for gambling problems even though they gamble less than the adult population
- Gambling problems remain at the same level
- The proportion of young men, 18-24 years old, with gambling problems has doubled
- The proportion of men aged 24-44 years old with severe gambling problems has doubled



An international comparison



Conclusions



Need for problem gambling prevention

- Problem gambling treatment is needed all over the country
- Continuous need for information and educational measures
- One target group is young men without secure footing on the labour market
- Improved control of age limits
- Extended responsible gaming for casino, poker, machines and Internet gambling



Need for research

- Regular surveys of gambling problems and problem gambling in different groups
- Research to identify risk and protective factors
- Evaluation of preventive measures including gambling liability



What is next for SWELOGS?

- EP1-report spring 2010
- 1 year follow-up of EP 1 December 2009- May2010
- In-depth study begins 2011
- Two dissertations – one focusing on gambling and gender and the other one on gambling and young people
- GIS-analysis to investigate the correlation of geographical closeness (to gambling venues) and gambling problems
- Evaluation of FORS – a short measuring instrument for risky gambling used in the Swedish National Survey of Public Health



Thank you for your time!

www.fhi.se/swelogs

