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**Contact:**

**Date:**

Problem Gambling is a public health concern. Gambling becomes problematic when gambling behaviors continue despite personal, social, or financial consequences. Data show that many adults in Oregon gamble, and over 84,000 Oregon adults are estimated to meet the clinical diagnosis for a gambling disorder.[[1]](#footnote-1) Gambling disorders impact the lives of many including families, friends, and our society. Problem gambling in Oregon results in over $500 million in social costs impacting the criminal justice, corrections, and human service systems as well as our economic health.[[2]](#footnote-2)

Youth are not unaffected by these problems. It is estimated that over 5,800 Oregon youth are considered at risk or are already engaging in problem gambling.1 Oregon 11th graders who report gambling had higher rates of skipping school, being in a physical fight, experiencing sadness for two or more weeks, and using alcohol, marijuana, and other drugs.[[3]](#footnote-3)

While many concerns exist, there is hope. Problem gambling can be prevented, and many resources are available for Oregon residents including prevention, intervention, and treatment resources. Furthermore, MOST Oregon adults (87%) agree that if people choose to gamble, they should have their own personal guidelines for gambling responsibly.[[4]](#footnote-4) Also, MOST Oregon adults agree (76%) that people under the age of 21 should not gamble.4

The Oregon Health Authority, Health Systems Division has partnered with the Center for Health and Safety Culture at Montana State University to develop tools to keep gambling safe and prevent problem gambling from developing. The tools created help Oregonians reflect on their knowledge about safe and responsible gambling as well as their own behaviors and those of loved ones. Other resources help people take action to create guidelines for responsible gambling, learn the signs and symptoms of problem gambling, and get information about accessing help and intervening with a loved one. Problem gambling treatment is available and, through action, renewal of one’s life and relationships is possible.

For more information contact [XX]

1. Oregon Council on Problem Gambling: Gambling & Problem Gambling in Oregon, 2018​ [↑](#footnote-ref-1)
2. Oregon Problem Gambling Resource. Retrieved from www.OPGR.org, 2018 [↑](#footnote-ref-2)
3. Oregon Student Wellness Survey, 2016​ [↑](#footnote-ref-3)
4. Center for Health and Safety Culture. (2019). *Oregon Problem Gambling Survey on Guidelines*. Montana State
 University, Bozeman, Montana (n=734)  [↑](#footnote-ref-4)