

Excerpts from:

Gambling in Minnesota Report

Wilder Research, February 2020

Problem gambling

The survey included questions from the Problem and Pathological Gambling Measure (PPGM), a commonly used tool to screen for problem gambling behavior (Williams & Volberg, 2010, 2014). This tool classifies respondents who gambled within the past year as recreational, at-risk, problem, or pathological gamblers. In this report, we combine individuals who are classified as problem or pathological gamblers into a single “problem gambler” group. Problem gamblers are individuals who experience significant impaired control over their gambling and negative consequences for their health, finances, family and friends, or school and work as a result of their impaired control. At-risk gamblers exhibit several behaviors that put them at risk for problem gambling, such as gambling more than they intended, chasing their losses, or attempting and failing to cut down on their gambling (Volberg et al., 2015).

- According to this survey, 1.3% of adults in Minnesota are problem gamblers, which represents just over 56,000 adults.
 - An additional 3.8% (nearly 162,000 adults) are at-risk gamblers.
- 27% of adults know someone whose gambling may be causing them financial difficulties; impacting their physical or emotional health; or damaging their personal, family, or work relationships.
- 22% have themselves been negatively affected by the gambling behaviors of a friend, family member, coworker, or someone else they know personally.
- The prevalence of problem and at-risk gambling differs across some sociodemographic Groups:
 - Individuals with a high school diploma, GED, or less have rates of problem gambling that are at least three times higher than individuals with higher levels of educational attainment.
 - Although overall rates of gambling participation are higher in higher income households, the prevalence of problem gambling decreases among households with higher levels of income.
 - Males are more likely to be at-risk gamblers than females, but their rates of problem gambling are not significantly different.
 - Adults who are 35–64 years old are more likely than older adults (65+), and similarly likely to younger adults (18-34), to be problem gamblers. Rates of at-risk gambling do not significantly differ across age groups.
- Among all adults who ever thought they might have a gambling problem, only 14% wanted help or thought about getting help in the past year.

Figure 25. Problem and at-risk gambling by household income






	At-risk	Problem
Less than \$30,000	 4.5%	 2.7%
\$30,000 - \$49,999	 3.4%	 2.4%
\$50,000 - \$69,999	 3.7%	 2.2%
\$70,000 - \$99,999	 4.1%	 0.7%
\$100,000 - \$149,999	 3.3%	 1.1%
\$150,000 or more	 3.7%	 0.3%

Figure 28. Problem and at-risk gambling by race/ethnicity

	At-risk	Problem
White	 3.8%	 1.1%
People of color	 3.3%	 2.4%

Note. Survey respondents were allowed to select more than one race; their responses were recoded such that the totals for race/ethnicity groups reported here include individuals who indicated they were white only and non-Hispanic in the "White" category and individuals who selected one or more of the other race groups or indicated they were Hispanic in the "People of color" category.