

Reducing and Preventing Gambling Harms in Scotland

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Aberdeen City Health & Social Care Partnership
A caring partnership



63% of Scottish adults gambled in the last year.... excluding National Lottery only gamblers, **46%**

National Lottery, other lotteries & scratchcards were the most popular activities

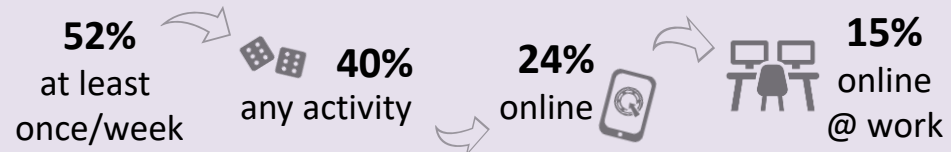


1 in 10 participate
in **≥ 4** activities



Participation, risks & harms more common in men & younger people

Participation in gambling in Britain in the last 4 weeks



0.6% 'problem gamblers'  **≅ 36,000 adults**

3.6% 'at risk' **≅ 162,000 adults**

People in Britain think...

73% gambling is dangerous for family life



82% there are too many opportunities to gamble nowadays

43% gambling is associated with crime



55% protecting children from gambling is the most important policy issue

Young people (11 to 16 years) in Britain

Spent their own money in the last week on...



11%



16%



6%

5%



67% who gamble are with their parents

1.7% 'problem gamblers'



2.2% 'at risk'

Only **23%** of parents set rules for their children around gambling



£14.2bn lost by people gambling in Britain (2019/20), **40%** in online markets



£20m - £60m Estimated costs to Scottish public services



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Participation, risks & harms more common in men & younger people

Big proportions

Participation in gambling in Britain in the last 4 weeks

52% at least once/week
40% any activity
24% online
15% online @ work

0.6% 'problem gamblers'

≅ **36,000** adults

3.6% 'at risk'

≅ **162,000** adults

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Big £££s



Relatively big proportions

Lack of parental boundaries

Small proportions

Big proportions

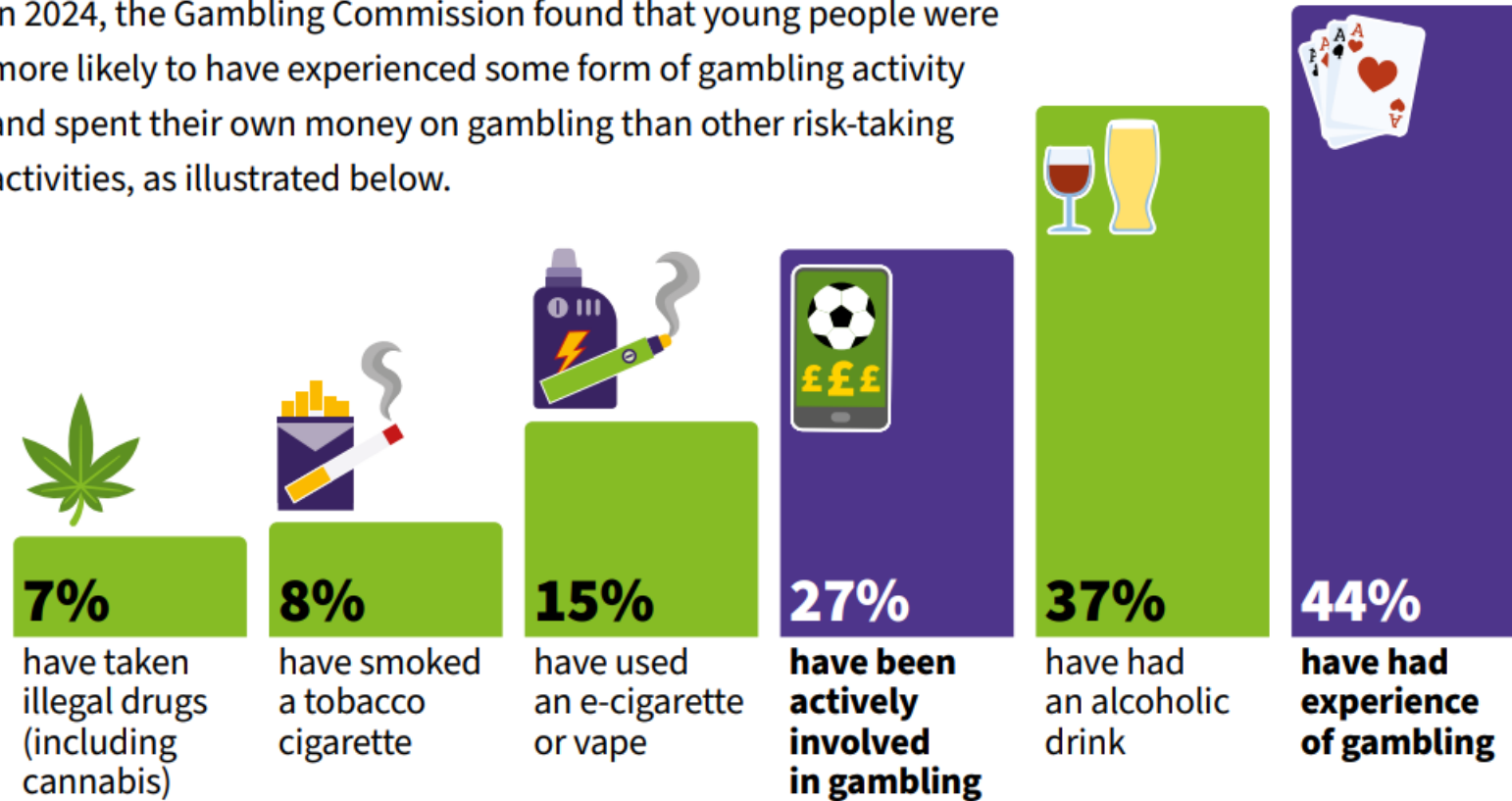
Small proportions

Big numbers

Very big proportions

Comparison of gambling with other risk-taking behaviours in CYP

In 2024, the Gambling Commission found that young people were more likely to have experienced some form of gambling activity and spent their own money on gambling than other risk-taking activities, as illustrated below.

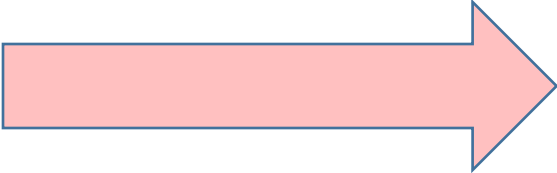
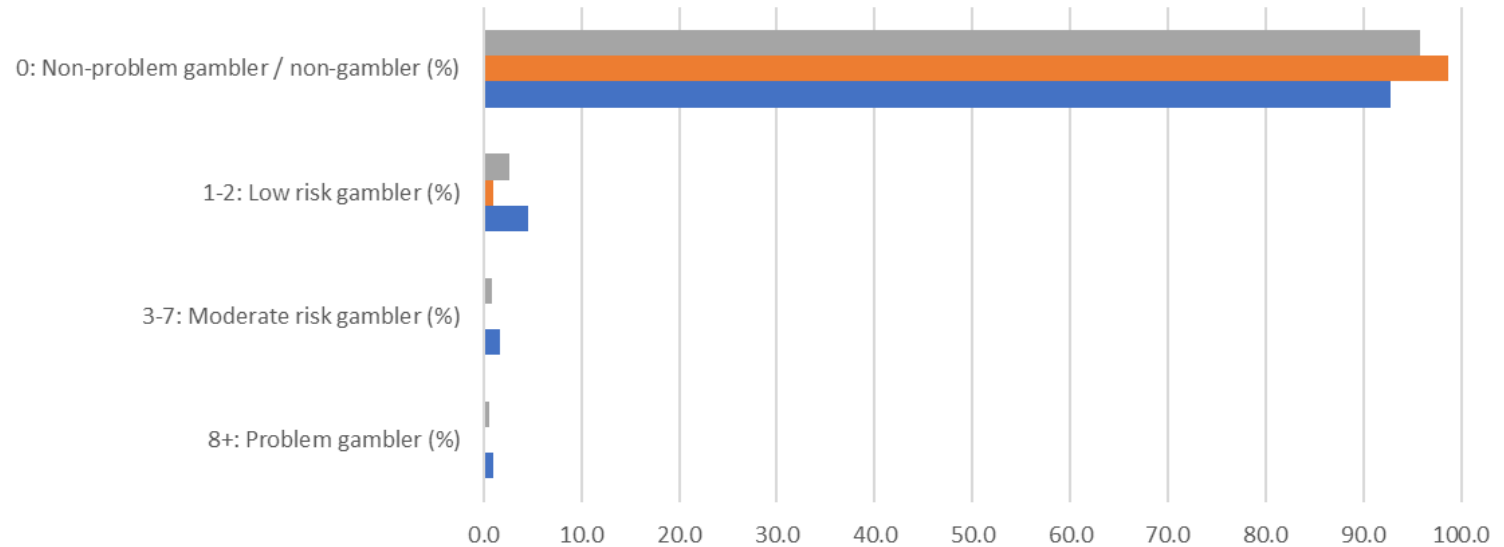


Source: [Gambling Commission](#), 2024.



Interpreting the numbers a bit more closely...

At risk and problem gambling among adults aged 16 years and over,
by gender, Scotland 2017.
(Based on problem gambling severity index (PGSI) score)



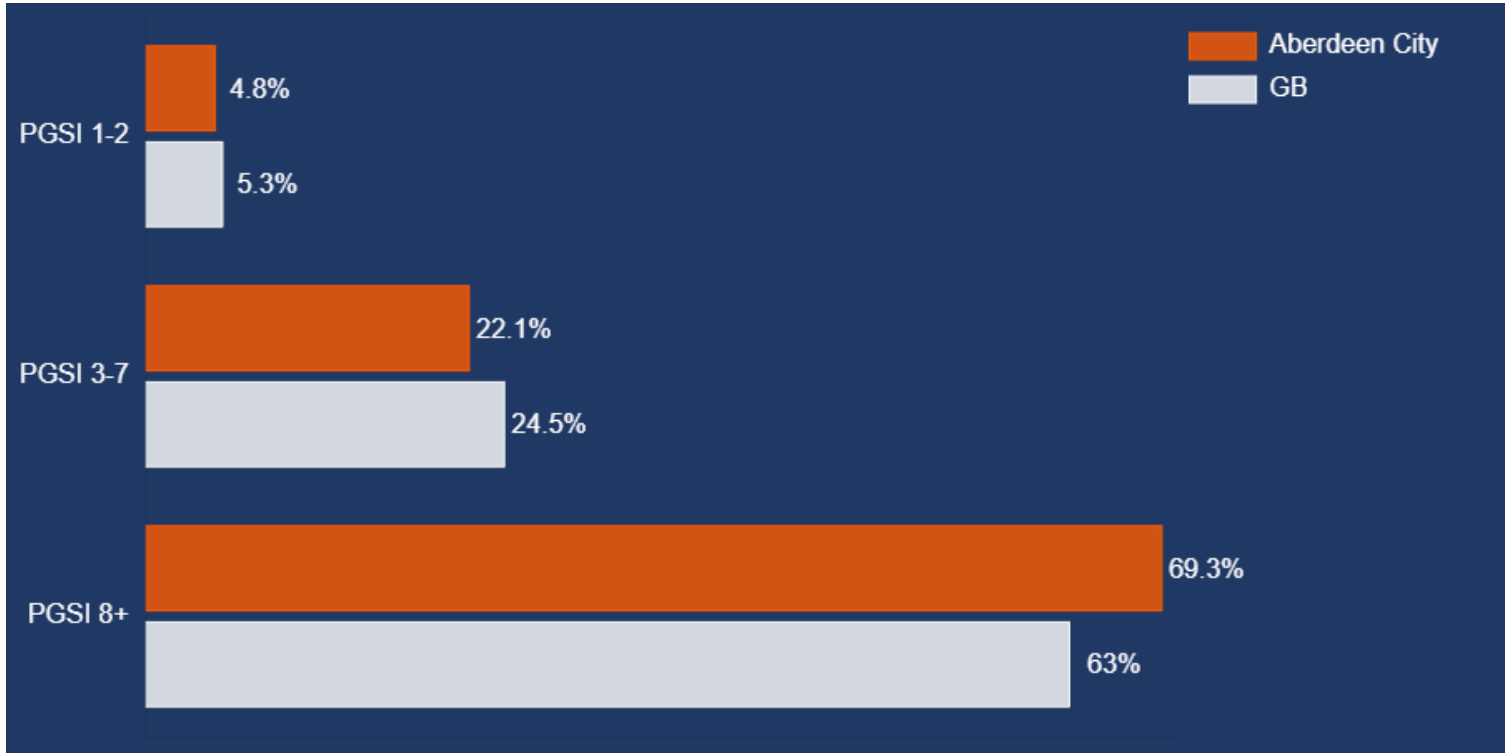
	8+: Problem gambler (%)	3-7: Moderate risk gambler (%)	1-2: Low risk gambler (%)	0: Non-problem gambler / non-gambler (%)
■ All	0.6	0.9	2.7	95.8
■ Female	0.2	0.2	1.0	98.7
■ Male	1.0	1.7	4.5	92.8

Source: 2017 Scottish Health Survey

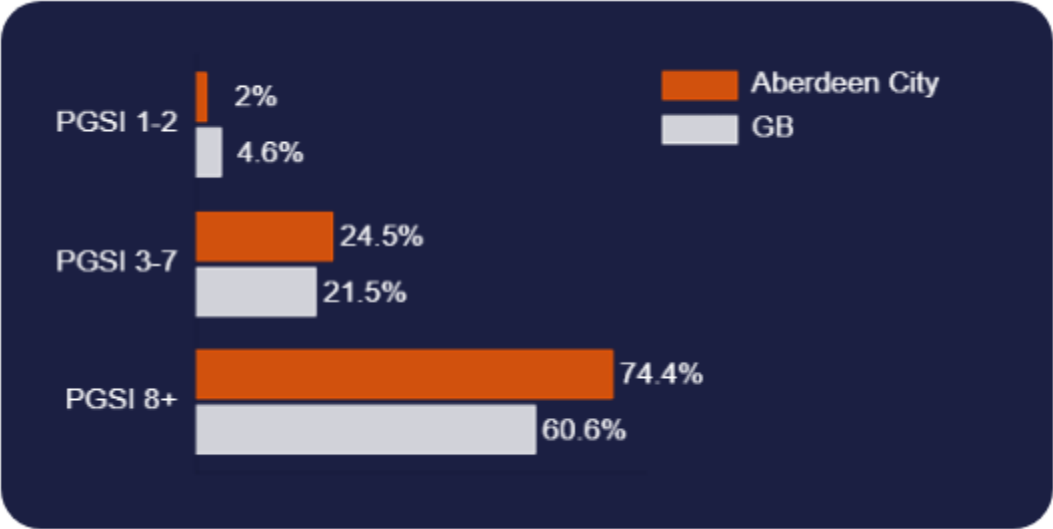


Estimated % Adults who accessed
Treatment or Support in the last year by PGSI

£4.7 million
Estimated cost associated
with 'problem gambling' per
year



Estimated % Adults who would
like access to treatment by PGSI

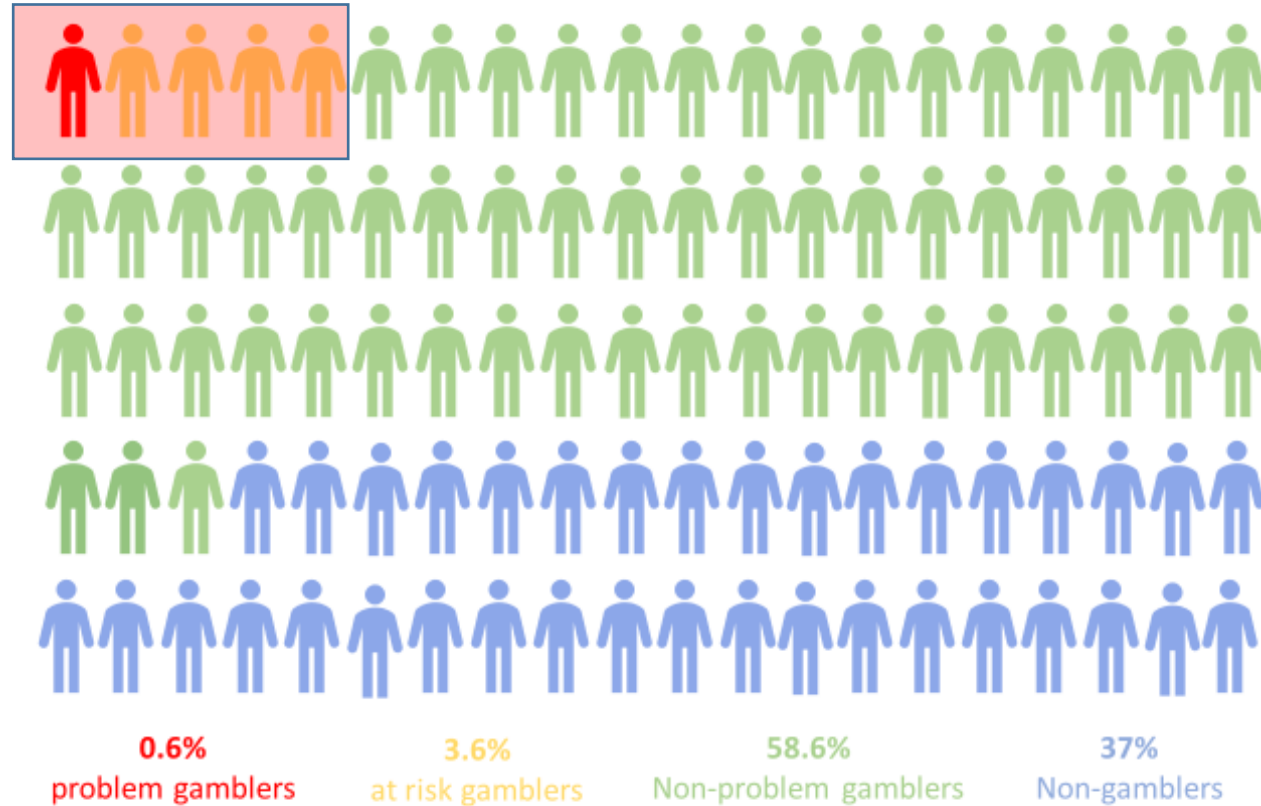
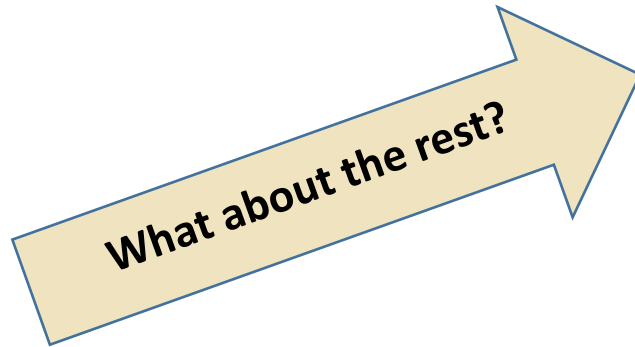


Gambling Harms in
Aberdeen City



Estimates based on GambleAware/YouGov
GB Treatment and Support Survey 2023

What about the wider population?



People move in and out of being at risk of or experiencing harm.

Up to half of all problem gamblers identified in surveys will be 'new' problem gamblers.

We need help, support and treatment services for those experiencing problems.

We also need actions to *prevent* those at risk and non-problem gamblers from developing problems.

Scottish Health Survey 2017; Billi R, Stone CA, Marde P, Yeung K. The Victorian gambling study: a longitudinal study of gambling and health in Victoria 2008–2012. Victorian Responsible Gambling Foundation, 2014; Participation in Gambling and Rates of Problem Gambling – Scotland 2017. Statistical report on data from the Scottish Health Survey. Gambling Commission, Birmingham, UK. 2018.

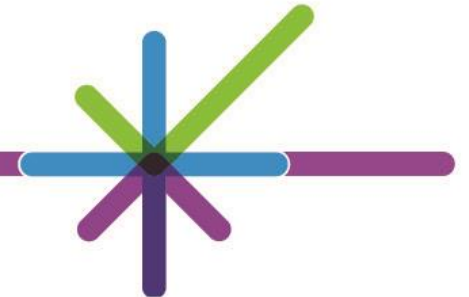


Problem Gamblers or Gambling harms?

Gambling related harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society”



Wardle H et al. *Measuring gambling-related harms: a framework for action*. Gambling Commission. 2018.
Goodwin BC et al. *A typical problem gambler affects six others*. *International Gambling Studies* 2017.



Problem Gamblers or Gambling harms?

Gambling harms are **not** experienced equally. People experiencing gambling problems may face multiple disadvantages that can mask gambling as a problem; gambling can exacerbate disadvantage.

 **Anyone** can experience harm at **any time**, but some people and groups are more vulnerable to harm than others^[8,9]:

- Children, young people
- Students
- People who have had ACE
- Black and minority ethnic groups
- People who are immigrants
- Military veterans
- People who are homeless
- People who are unemployed
- People in financial hardship
- People living in deprived areas
- People with offending behaviours
- People with intellectual impairment
- People with mental health issues
- People with substance/alcohol misuse
- Gamblers seeking support

Health and wellbeing

Anxiety
Depression
Sleep problems
Shame and stigma
Suicide
Physical ill-health
Substance misuse
Alcohol misuse
Early death



Relationships

Strained / exploited
Loss of trust
Separation / divorce
Domestic violence
Neglect
Adverse childhood experiences
Social isolation
Cultural harm

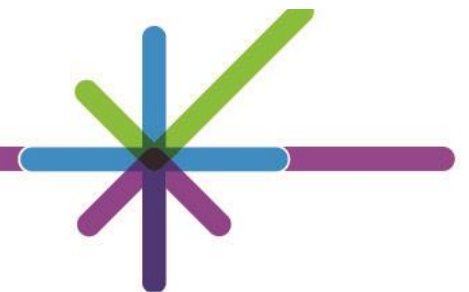


Resources

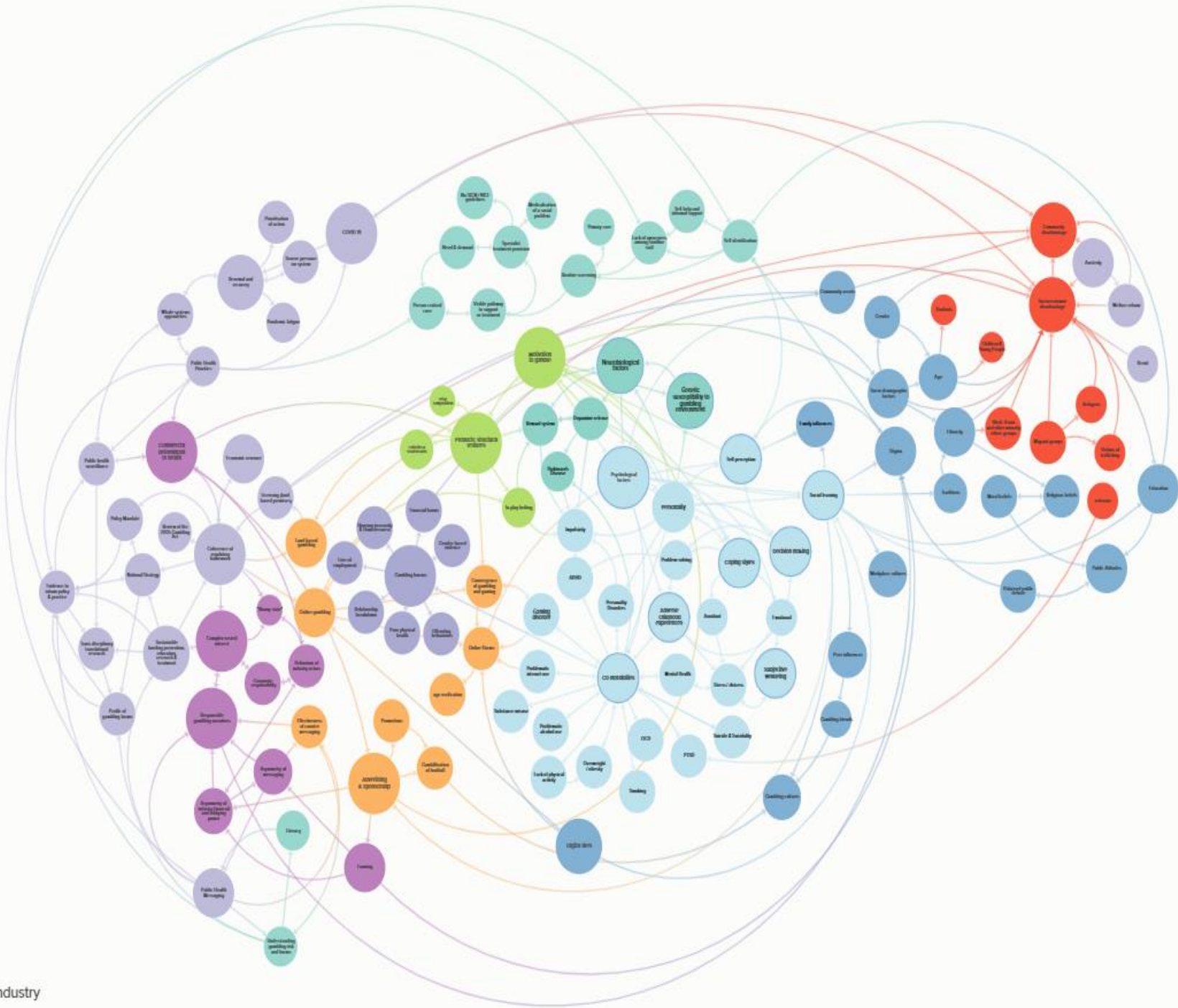
School drop out
Work absenteeism
Job loss and unemployment
Financial insecurity
Debt / bankruptcy
Use of food banks
Rent arrears
Homelessness
Criminality



At population level, the burden of harm lies with people affected by someone else's gambling.

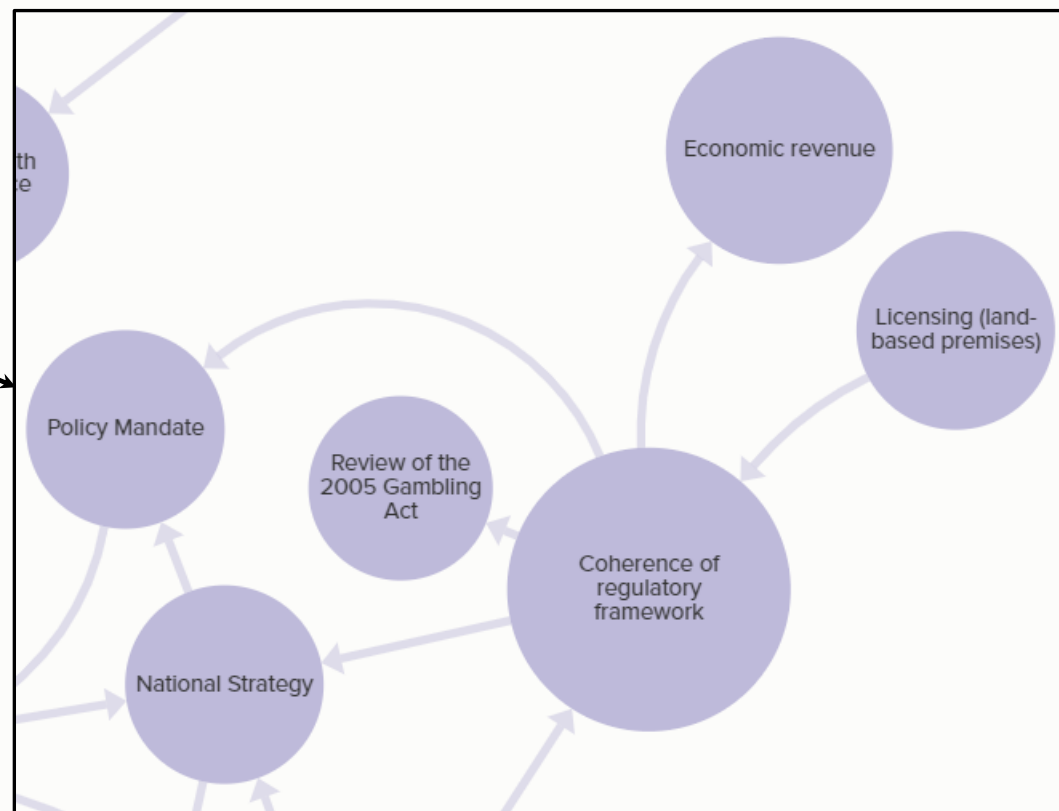
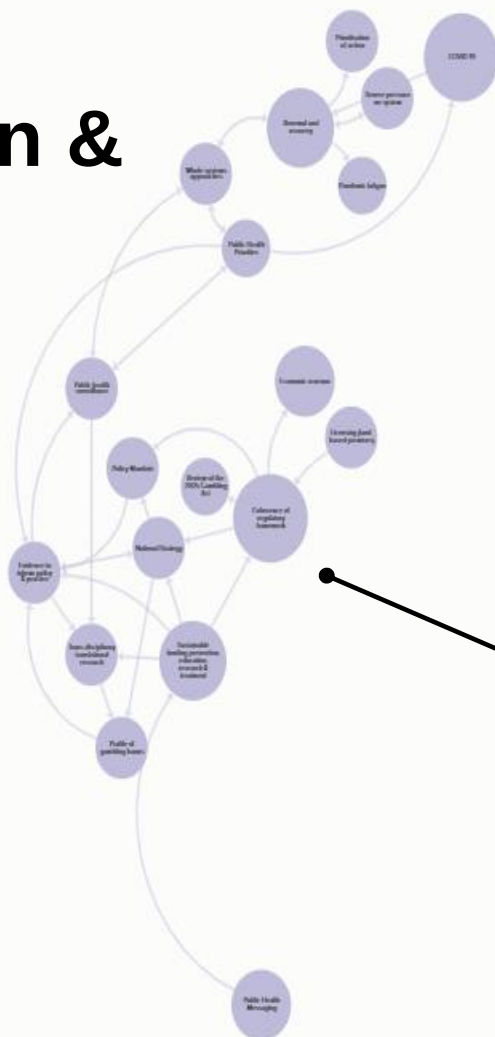


A Whole System Map



- Legend**
- Opposite
 - Biological
 - Psychological
 - Legislation & Policy
 - Vulnerable group
 - Socio-cultural
 - Gambling environment
 - Gambling products
 - Social and economic impact
 - Support & treatment
 - Strategies & approaches of gambling industry

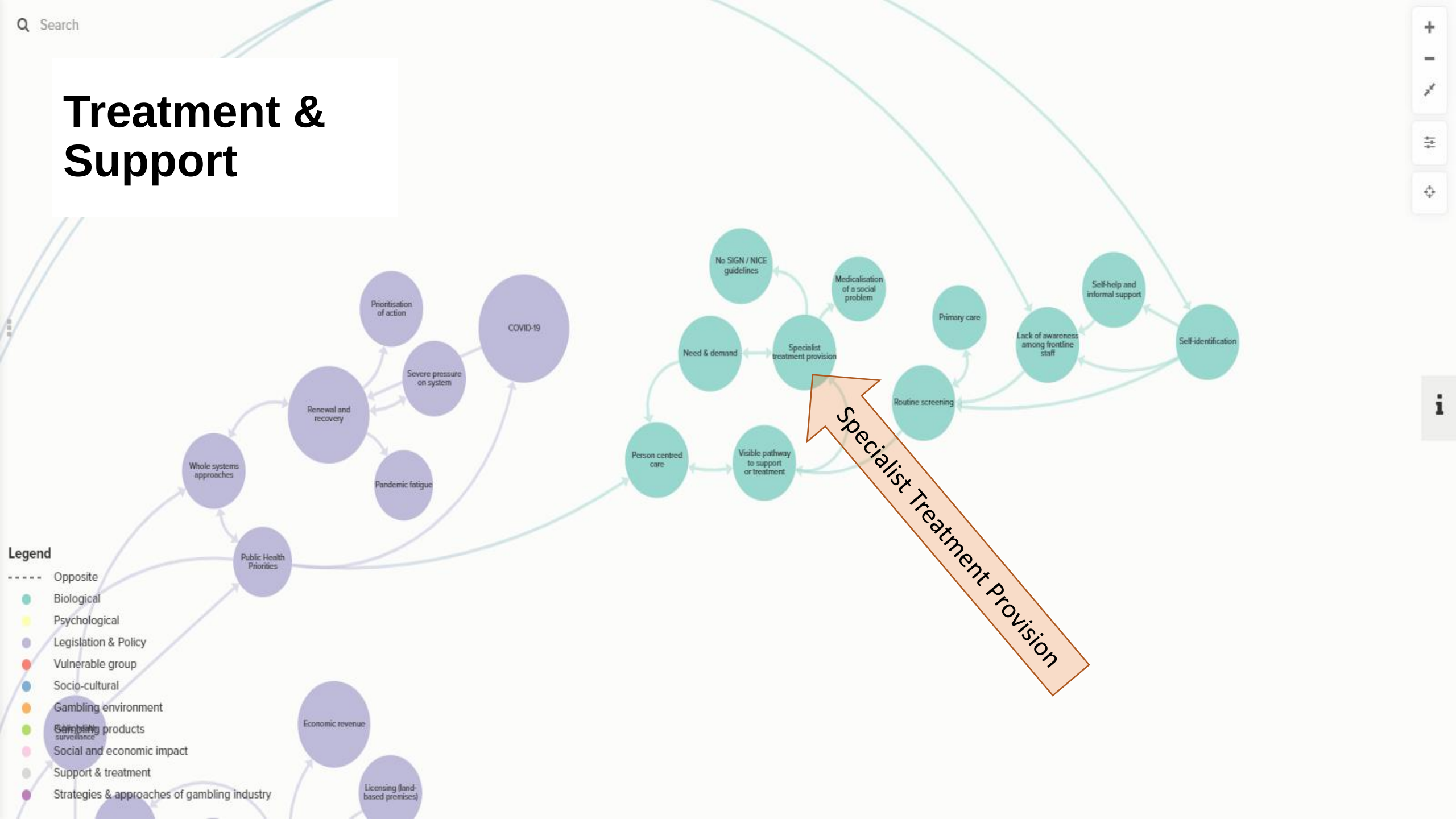
Legislation & Policy



Legend

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Treatment & Support

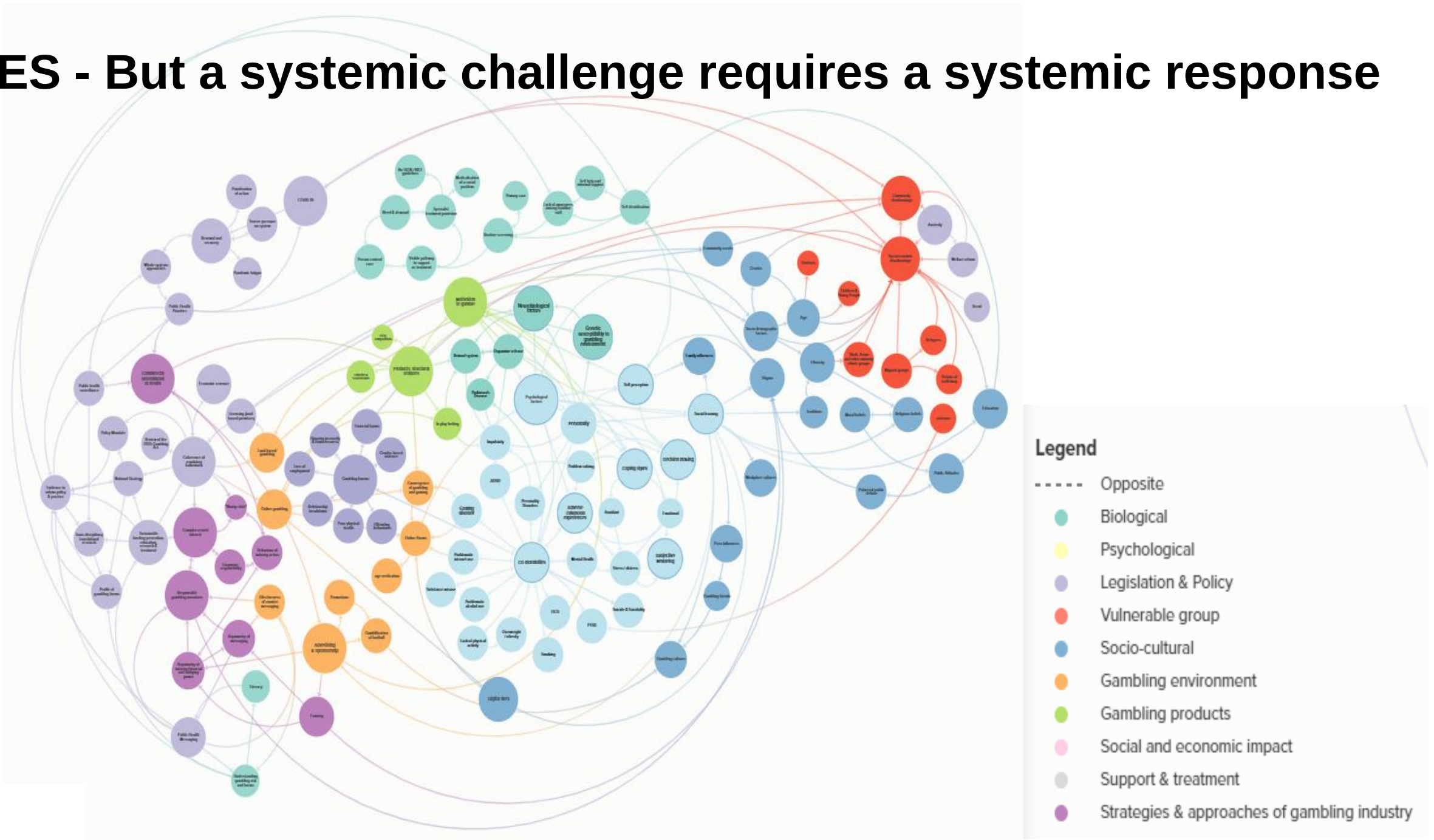


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Do we really start from here and here?

YES - But a systemic challenge requires a systemic response





Tackling gambling related harm: A whole council approach



Harmful gambling is increasingly cited as a public health issue which requires a response; that is to say, traditional approaches that focus on single interventions need to work at a population level.

Community safety

Licences, regulations and trading standards

19 Oct 2023

LGA

10.71

Foreword

[Executive summary](#)[Understanding gambling related](#)

Foreword

There is increasing awareness about the harms that can be caused by gambling, and its impact on families and communities, as well as the individuals directly affected.

[Privacy settings](#)

Gambling-related harms: identification, assessment and management

NICE guideline
Published: 28 January 2025
www.nice.org.uk/guidance/ng248

Public health and gambling

Summary recommendations

- Local public health teams recognise gambling-related harm as a public health issue and its relevance in assessing risk to the wellbeing of their communities.
- Public health engages strategically to inform the work of their licensing authorities and in particular ensures that the current Statement of Policy for gambling reflects current risks and knowledge.
- Awareness of gambling problems and their symptoms are raised with frontline health professionals and other agencies where problem gamblers may present themselves eg debt advice, mental health and homelessness services, student support agencies.
- Develop pathways to accredited agencies for gambling support services.
- Given multiple and interrelated areas of interest public health works with Safeguarding Boards (young and vulnerable) and Child Protection Committees in Scotland to maximise effective delivery.

The national perspective

We are working with Public Health England, Public Health Wales and the Scottish Government as well as the Responsible Gambling Strategy Board to promote the importance of problem gambling being recognised as a public health issue. The UK Government has published its priorities for Public Health England 2018/19 which for the first time includes problem gambling.

Further information

There are a number of examples of local public health and licensing teams working together in exciting and innovative ways. Our website contains a [look at public health and safeguarding](#) which is continually being updated to provide you with the latest information.