

Problem Gambling is a Women's Health Issue

Profile of Female Problem Gamblers

Highlights from the Connecticut Council on Problem Gambling's 2006 Helpline Report

Women constitute the fastest growing group of Connecticut residents seeking help for their gambling problems. Of the Connecticut residents who called the Helpline in 2006 about their own gambling problem, almost half (47%) were female, compared to 42% in 2005 and 38% in 2004.

While gambling remains a low risk activity for most women, for some, gambling is associated with substance abuse, family conflict and depression, and thoughts of suicide. Problem gamblers are often behind in paying household bills, borrow from credit cards to gamble and some report previous or pending bankruptcy.

The following information pertains to female problem gamblers who called the helpline in 2006

Top 5 Forms of Gambling

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|--------------------------------------|-----|
| 1. Slots | 62% |
| 2. Lottery - Scratch offs | 27% |
| 3. Blackjack | 14% |
| 4. Lottery - Lotto, Daily, Powerball | 11% |
| 5. Video Poker | 8% |
- 25% had a problem in two or more forms of gambling

Employment and Income

- 21% Unemployed (See Fig. 1)
- 29% Earned less than \$25K
- 34% Earned \$25K to \$49,999
- 29% Earned \$50K to \$99,999
- 8% Earned \$100K or more

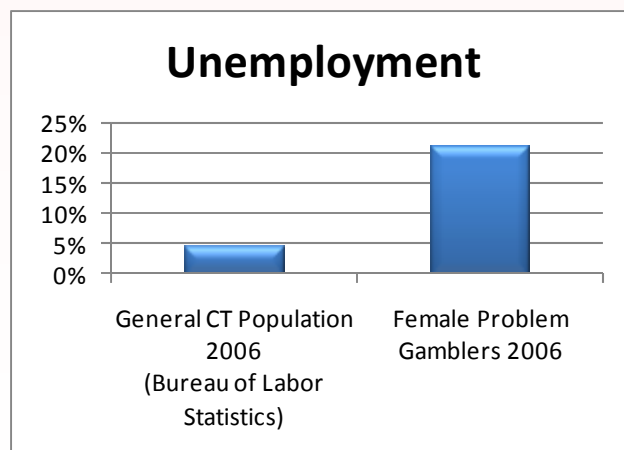


Figure 1

Religion

- 44% Catholic
- 20% Protestant
- 27% No religious affiliation

Marital and Family Status

- 33% Married
- 32% Single
- 20% Divorced
- 15% Other
- 41% reported there are children under the age of 18 living at home with them

Race/Ethnicity

- 70% Caucasian
- 13% African - American
- 4% Latin/Hispanic
- 3% Asian/Pacific Islander
- 4% Other Race/Ethnicity

Education Level

- 5% Less than high school
- 30% High school
- 33% Some college
- 15% Bachelor's degree
- 3% Master's degree or higher

Length of Time Gambling and the Gambling Problem

- On average, women began gambling at 36 years of age
- Women developed a problem on average after 7yrs. of gambling
- Women called the Helpline an average of 6 years after developing a problem

Age of female gambler (See Fig. 2)

- 51% were between the ages of 40 - 59
- 8% were 29 or younger
- Average age was 47 years

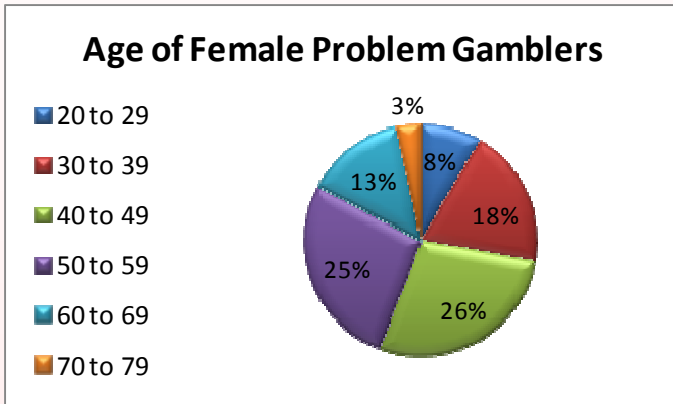


Figure 2

Gambling Related Financial Issues

- Women had lost an average of \$83,221 during their lifetime of gambling with \$27,929 of these losses in the last twelve months.
- The average current debt of women problem gamblers is \$33,106
- 35% of women used savings to gamble
- 40% borrowed from credit cards to gamble
- 20% borrowed money from family members
- 49% had difficulties paying bills
- 17% reported previous or pending bankruptcy

Problems from Gambling

- 61% of women stated feeling anxious/worried due to their gambling
- 60% experienced depression
- 11% had thoughts of suicide while 4% have attempted suicide
- 39% reported family or spouse conflict and 6% reported family neglect
- 9% have used alcohol in excess
- 1% have been arrested due to their gambling

Women are also impacted by the gambling problems of their partners, children, elderly parents and friends. See CCPG's fact sheet on characteristics of women impacted by another person's gambling problems.

There is Help!

If you believe that you or someone you care about has a problem, call the Connecticut Council on Problem Gambling's Helpline at **1-800-346-6238 (1-800-34 NO BET)**.

The Helpline offers toll-free, confidential assistance,
24 hours a day, 7 days a week.

Referrals are made to professional problem gambling counselors, Gamblers Anonymous, and Gam-Anon.

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For the full 2006 Helpline Report, problem gambling literature, information on prevention programs or presentations, please contact the Connecticut Council on Problem Gambling.

Website: [www.ccpg.org](http://www.ccpg.org) or [www.problemgambling.org](http://www.problemgambling.org)

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