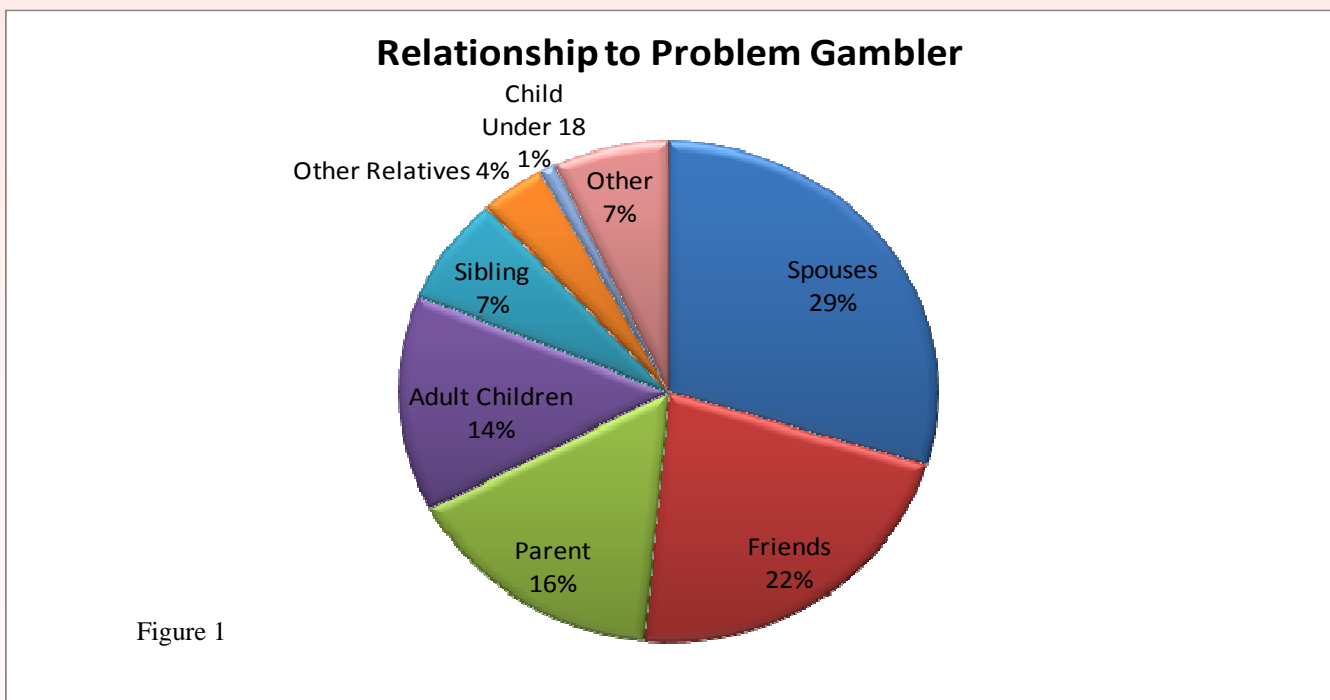


# Problem Gambling is a Women's Health Issue

## Profile of Female Significant Others of 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 and account for almost half (47%) of those calling the Problem Gambling Helpline for themselves in 2006, compared to 42% in 2005 and 38% in 2004. However, the other side of problem gambling is the negative impacts upon the physical, emotional and social health and well-being of **the significant others of problem gamblers**. Of those who called the helpline about someone they care about, 62% were women. These affected women encompassed the spouses, adult and younger children, parents, friends, siblings, and other relatives of problem gamblers (See Fig. 1). The data below are illustrative of these women.



### Race/Ethnicity

- 64% Caucasian
- 13% African - American
- 13% Latino/Hispanic
- 2% Asian/Pacific Islander
- 7% Other Race/Ethnicity

### Religious Affiliations

- 49% Catholic
- 18% Protestant
- 3% Muslim
- 12% Other
- 18% No Religious Affiliation

### Employment and Income

- 7% Unemployed
- 18% Less than \$25,000 per year
- 14% \$50,000 or more per year

### Age

- 17% 29 or younger
- 45% 30 to 49
- 28% 50 to 69
- 7% 70 or older
- The average age was 45 years

## **38% of Calls to the Helpline Were Seeking Help for Someone Else's Problem, 62% of Those Were Females**

For many female significant others of problem gamblers, the predicament led to worry, depression, debt and difficulty paying household bills, and family conflict. Though less frequent, even more serious consequences such as bankruptcy, eviction, substance abuse, and thoughts of suicide occurred.

### **Problems from Gambling**

- 42% anxious/worried
- 41% family or spouse conflict
- 10% family neglect
- 3% family violence
- 20% depression
- 2% thoughts of suicide, none attempted
- 3% used alcohol in excess

### **Gambling Related Financial Issues**

- 27% difficulties paying bills
- 20% borrowed money
- 19% used savings
- 4% previous or pending bankruptcy
- 2% eviction

### **Education Level**

- 24% Less than high school
- 27% High school
- 13% Some college
- 11% Associates degree
- 13% Bachelor's degree
- 18% Master's degree or higher

### **Marital and Family Status**

- 65% Married
- 23% Single or Cohabiting
- 9% Divorced
- 70% reported there are children under the age of 18 living at home with the significant other

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## **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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