

## Signs there may be a problem with gambling <sup>4</sup>:

Have any of the following happened in the past 12 months:

- Have you become restless, irritable or anxious when trying to stop or cut down on gambling?
- Have you tried to keep your family or friends from knowing how much you gamble?
- Did you have to get help from family or friends due to financial trouble?

If more than one of these describe you or a loved one, call 1-800-BETS OFF today. We are here to help, anytime you need it.

**NO JUDGMENT. JUST HELP.**

**Call, text or chat now.**

**CALL 1-800-BETS OFF**

**TEXT (855) 895-8398**

**CHAT [YourLifeIowa.org/Gambling](https://YourLifeIowa.org/Gambling)**



**1-800-BETS OFF**

Iowa HHS

Sources:

1. Iowa Department of Health and Human Services
2. NCAA Sports Betting Activities Survey, April 2023
3. 2021 Iowa Health, Wellbeing, Use of Substances and Gambling Survey
4. Gebauer, L., LaBrie, R., & Shaffer, H. J. (2010). Optimizing DSM-IV-TR classification accuracy: a brief biosocial screen for detecting current gambling disorders among gamblers in the general household population. *Canadian Journal of Psychiatry. Revue Canadienne de Psychiatrie*, 55(2), 82-90



## Gambling Responsibly

Learn responsible gambling tips and how to get help.



**1-800-BETS OFF**

Iowa HHS

It is estimated around 14% of adult Iowans are at risk of developing a problem with gambling.<sup>1</sup> Learning more about responsible gambling can help prevent a gambling disorder. If you or a loved one needs someone to talk to, call 1-800-BETS OFF from Your Life Iowa. We are here for you 24/7 and offer free, confidential help.

### **Get tips for responsible gambling.**

#### **Here are some tips to help gamble responsibly:**

- Balance gambling with healthy activities like going for a walk or spending time with friends.
- Do not gamble when feeling depressed or upset.
- Do not gamble when drinking.
- Know that everyone loses money over time.
- Never chase your losses and only gamble with money set aside for entertainment.
- Play for fun rather than money.



## **Who is at risk for developing a problem with sports betting?**

Nearly 23% of adult Iowans who bet on sports or play fantasy sports are at risk of developing problem with gambling.<sup>1</sup> Anyone can have a problem with sports betting, but these groups are at higher risk:

### **Young Adults**

As sports betting is becoming more popular, it reaches younger people along the way. Tournaments and fantasy sports can make sports betting appealing to younger audiences.

A survey from the NCAA found that 58% of 18 to 22-year-olds have engaged in at least one sports betting activity. Forty-one percent of college students who bet on sports have placed a bet on their college teams.<sup>2</sup>

### **Males**

Various studies show males are more likely to develop a problem with sports betting. It was found that 11% of Iowa men are more likely to wager on sports than Iowa women at 2%.<sup>3</sup>