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NEWFOUNDLAND AND LABRADOR
Gambling Prevalence Study

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2005 Newfoundland and Labrador Gambling Prevalence Study

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Executive Summary

STUDY BACKGROUND

This report presents the findings of the *2005 Newfoundland and Labrador Gambling Prevalence Study*. This study is the first to address gambling issues specific to the province and provides current baseline information regarding the prevalence of gambling and problem gambling in Newfoundland and Labrador (NL). Specifically, the study provides important information measuring:

- The prevalence of gambling and problem gambling in the province
- Profiles of gambler sub-types and players of certain gambling activities
- The relationship between gambling and correlates of gambling including substance use and mental health
- Consequences related to gambling
- Awareness of support and treatment services

METHODOLOGY

For the *2005 Newfoundland and Labrador Gambling Prevalence Study*, sampling was conducted by health region, age, and gender. Disproportionate random sampling was employed to ensure that the sample size for each Regional Integrated Health Authority provided an acceptable margin of error. Data was weighted at the overall provincial level to accurately reflect the regional distribution of adults in Newfoundland and Labrador. In total, 2,596 adult residents of Newfoundland and Labrador completed the gambling prevalence survey (Eastern Region: 659, Central Region: 644, Western Region: 655, and Labrador-Grenfell Region: 638).

The questionnaire for the NL Gambling Prevalence Study was developed by the Department of Health and Community Services and is based on the Canadian Problem Gambling Index (CPGI). The questionnaire consisted of three major sections that were designed to assess gambling involvement, problem gambling, and the correlates of gambling. Nine items from the questionnaire were scored to create gambling sub-types (*non gambling, non-problem gambling, low-risk gambling, moderate-risk gambling, problem gambling*) and generate a prevalence rate for problem gambling. Other questionnaire items such as indicators and correlates of gambling behavior were used to develop profiles of gamblers and problem gamblers.

SUMMARY OF KEY FINDINGS

Gambling Behavior in Newfoundland and Labrador

- Overall, 84% of surveyed respondents have gambled at least once in the past 12 months. This percentage is similar to that found in other provincial gambling prevalence studies. Regionally, rates were similar, ranging from a low of 78% in Central to a high of 87% in Eastern.
- Gamblers were equally split between males and females. The typical gambler was between the ages of 35-54 (46%), married (62%), had completed at least

some post-secondary education (61%), and was employed full-time (42%). The typical income ranged from \$20,001 to \$60,000 (41%).

- The typical non-gambler tended to be female (57%) and over the age of 45 (63%). Non-gamblers were significantly more likely than gamblers to be retired (36% vs. 23%, respectively), have less than high school education (31% vs. 15%, respectively), and have incomes of \$20,000 or less (17% vs. 10%, respectively).
- Lottery tickets were the most popular gambling activity over the past 12 months (72%), followed by raffles or fundraising tickets (45%), scratch tickets (36%), breakopen/ pull tab/ Nevada strips (25%), VLT's, bingo, and poker (11% each). Findings were similar across regions.
- Lottery ticket players and raffle/fundraising ticket purchasers were most representative of the general gambling population, however:
 - o Breakopen/pull tab/Nevada strip players were most likely to be female (59%), married (56%), between the ages of 35 and 54 (50%), with post-secondary education (40%).
 - o Scratch ticket players were most likely to be female (59%), married (56%), between the ages of 25 and 54 (67%), with post-secondary education (44%).
 - o Bingo players were most likely to be female (72%), married (60%), between the ages of 25 and 54 (65%), with high school or less than high school education (53%).
 - o VLT players were most likely to be male (58%), married (49%), under the age of 54 (83%), with post-secondary education (50%).
 - o Poker players were most likely to be male (72%), married (46%), between the ages of 19 to 34 (54%), with post-secondary education (59%).
- Gamblers tended to spend an average of 7 hours a month participating in gambling activities. Gamblers typically spent an average of \$249.64 in the past 12 months (approximately \$21.00 per month), however, half of gamblers reported spending \$100.00 yearly or less. On average, gamblers reported winning an average of \$142.56 and losing an average of \$156.36 over the past 12 months.
- When asked why they gamble, gamblers most commonly reported that it was because they can win money (60%).

Problem Gambling in Newfoundland and Labrador

- 90.5% of survey respondents were placed in the non-gambler or non-problem gambler categories defined by the CPGI. Of the remaining respondents:
 - o 6.1% were low-risk gamblers

- o 2.2% were moderate-risk gamblers
 - o 1.2% were problem gamblers
- Based on a provincial adult population (ages 19+) of 386,782:
 - o Approximately 8,509 adult residents are moderate-risk gamblers.
 - o Approximately 4,641 adult residents are problem gamblers.
 - o Approximately 13,150 adult residents are moderate-risk or problem gamblers.
- These prevalence rates are similar to the rates found in other provincial gambling prevalence studies. Regionally, the problem gambling prevalence rate was similar to the provincial average, with the exception of Labrador-Grenfell, where the rate was 2.4%.
- The typical moderate-risk gambler was male (67%), between the ages of 35-44 (39%), and married (46%), with high school or less than high school education (51%). The moderate-risk gambler was most likely to be employed full-time (43%) and have an income in the \$20,001 to \$40,000 range (30%).
- The typical problem gambler was male (67%), between the ages of 25-34 (40%), living common-law (39%) or single (27%), with at least some post-secondary education (49%). Most problem gamblers were employed (36%) or unemployed (34%), with incomes in the \$20,001 to \$40,000 range (33%).
 - o 34% of problem gamblers were unemployed, notably higher than the unemployment rate for all other gambling subtypes. Problem gamblers also had the highest percentage of divorce/separation (12%) and homemakers (13%) when compared to all other gambling subtypes.
- Lottery tickets were popular among all gambling subtypes, however, breakopen/pull tab/ Nevada strips (88%), lottery tickets (85%), VLT's (80%), scratch tickets (78%), and poker (55%) were the most common among problem gamblers.
 - o Rates of moderate-risk and problem gambling for pull tab players were 4.3% and 4.2%, respectively. These rates are somewhat higher than the provincial rates.
 - o Rates of moderate-risk and problem gambling for scratch ticket players were 4.7% and 2.7%, respectively. These rates are double the provincial rates.
 - o Rates of moderate-risk and problem gambling for bingo players were 7.0% and 3.3%, respectively. These rates are notably higher than the provincial rates.
 - o 9.7% of VLT players were moderate-risk gamblers, while 8.6% were problem gamblers (18.3% combined). This combined rate is significantly higher than the combined provincial moderate-risk and problem gambling rate. Also of note, problem gamblers were significantly more likely (80%)

than all other gambling subtypes to have played VLT's in the past 12 months.

- o 8.2% of poker players were moderate-risk gamblers, while 6.0% were problem gamblers (14.2% combined). This combined rate is significantly higher than the combined provincial moderate-risk and problem gambling rate.
- The average number of hours spent gambling in a typical month increased for each gambling subtype, however, moderate-risk gamblers spent the most time gambling in a typical month (23 hours). Problem gamblers spent an average of 15 hours a month gambling.
- The average amount spent gambling in the past 12 months increased for each gambling subtype, with average yearly spending reaching over \$3,700 for problem gamblers (approximately \$310 per month). Similarly, the amounts won and lost also increased for each gambler subtype, with provincial winnings for problem gamblers averaging \$1,500 and losses averaging \$1,800.
 - o Given that problem gamblers spend the most money gambling, but not the most time, it may be the case that they spend larger sums that disappear faster.
- Problem gamblers were more likely than all other gambling subtypes to cite decreasing their boredom as a reason for gambling (36%) and the least likely to gamble as a way to support worthy causes/ charities (8%).
- Over 99% of non-problem gamblers reported experiencing no adverse consequences from gambling. However, this percentage dropped significantly for each gambling subtype, to a low of 22% for problem gamblers.
 - o 64% of problem gamblers have experienced income loss/debt, 47% have experienced relationship problems, and 33% have experienced mental health problems.
- Suicidal thoughts were most common among problem gamblers, as 12% of problem gamblers (n=4) had contemplated suicide in the past 12 months as a result of gambling. No gamblers reported actually attempting suicide as a result of gambling.

Correlates of Problem Gambling

- The average age in which respondents started gambling for money was 23 years. The majority of all gambling subtypes began gambling at age 19 or older, however a higher percentage of problem gamblers started gambling earlier in life than all other gambling subtypes (34% at 13 to 18 years of age, 17% at 6 to 12 years of age).
- The most common gambling activity that respondents first tried was purchasing lottery tickets (29%), followed by bingo (15%) and poker (13%). Among problem

- gamblers, the first gambling activities tried included poker (30%), VLT's (26%), and lottery tickets (15%).
- o Problem gamblers were significantly more likely to play VLT's as their first gambling experience (26%) than non-problem gamblers.
 - Generally, respondents did not remember their first big win or loss when they first started gambling. However:
 - o Problem gamblers were significantly more likely (59%) to remember their first big win than non-gamblers, non-problem gamblers, and low-risk gamblers.
 - o Problem gamblers were significantly more likely (45%) to remember their first big loss than non-problem and low-risk gamblers.
 - Generally, respondents disagreed that "while gambling, after losing many times in a row, you are more likely to win" (35% disagreed, 56% strongly disagreed) and that "while gambling, you could win more if you used a certain system or strategy" (32% disagreed, 50% strongly disagreed).
 - o Problem gamblers showed more agreement with the first statement (25%) than all other gambling subtypes.
 - 27% of respondents had family members with a history of alcohol or drug problems. However, problem gamblers were significantly more likely (61%) to have family members with an alcohol or drug problem than non-gamblers and non-problem gamblers.
 - 12% of respondents had family members with a history of gambling problems. Problem gamblers were significantly more likely (42%) to have a family member with a history of gambling problems than non-gamblers, non-problem gamblers, and low-risk gamblers.
 - Regarding substance use, problem gamblers were significantly more likely to smoke daily (61%) and consume more alcohol (87%) compared to non-gamblers. They were also more likely to use alcohol or drugs while gambling (53%) and to gamble while drunk or high (56%). There was generally not much illicit drug use, however problem gamblers were more likely to have used Marijuana or Hash in the past 12 months (39%) than all other gambling subtypes.
 - Problem gamblers were significantly more likely (50%) than non-gamblers, non-problem gamblers, and low-risk gamblers to have felt depressed in the past 12 months. Problem gamblers also expressed the urge to have a drink of alcohol (45%), use drugs or medication (13%), or gamble (50%) when something painful happened more frequently than all other gambling subtypes.

Awareness of Treatment and Support Services

- 71% of respondents were aware of the toll-free crisis help line for problem gamblers in Newfoundland and Labrador. Problem gamblers were the most likely to be aware among the gambling subtypes (89%).
- 51% of respondents were aware of the Recovery Centre for individuals with substance use and gambling problems in Newfoundland and Labrador. Awareness of the Centre increased with age. Respondents in Labrador-Grenfell were least aware of the Centre (41%), while respondents in Eastern were most aware (55%). Moderate-risk gamblers were generally not as aware of the Centre (53%) as low-risk or problem gamblers (59% each).
- Awareness of the Humberwood Treatment Centre was generally low (36% aware). Respondents in the Western region were most aware of the treatment center (44%), while respondents in Labrador-Grenfell were the least aware (26%). Awareness levels were similar among gambling subtypes, however, moderate-risk gamblers were the least aware (31%).
- Awareness of local gambling counseling services was also low (30% aware), and awareness generally decreased with age. Those in the Labrador-Grenfell region were the most aware (38%), while those in Central were the least aware (18%). There was a similar level of awareness among the gambling subtypes.

CONCLUSIONS

Gambling, in general, is common among Newfoundlanders and Labradorians. Moderate-risk and problem gambling prevalence rates are similar to those of other provinces.

Provincially, 84% of respondents have gambled at least once in the past year. Of these respondents, 6.1% were classified as low-risk gamblers, 2.2% as moderate-risk gamblers, and 1.2% as problem gamblers. In Labrador-Grenfell, the problem gambling prevalence rate was double the provincial rate, at 2.4%. Based on a provincial adult population of 386,782, approximately 8,509 adult residents can be considered moderate-risk gamblers and 4,641 can be considered problem gamblers (13,150 adult residents combined).

Moderate-risk and problem gamblers represent distinct segments of the general adult population that can be targeted.

Problem gamblers were mostly males (67%) between the ages of 25-34 (40%), with at least some post-secondary education (49%), and incomes of \$20,001 to \$40,000 (33%). Moderate-risk gamblers were mostly males (67%) between the ages of 35-44 (39%), with an education of high school or less (51%), and incomes of \$20,001 to \$40,000 (30%). These findings are comparable to other studies that identify young males as an at-risk population (Statistics Canada, 2003).

VLT use is extensive among problem gamblers in Newfoundland and Labrador.

VLT's have been referred to as the "crack cocaine" of gambling (Statistics Canada, 2003). Supporting this statement is the evidence of a close relationship between VLT use and problem gambling. Regarding VLT use, 80% of problem gamblers have played in the past 12 months, and 26% of problem gamblers remembered the VLT as their first gambling experience. In addition, 9.7% of VLT players can be considered moderate-risk gamblers and 8.6% problem gamblers. Combined, this rate is significantly higher than the provincial moderate-risk and problem gambling prevalence rate.

Poker is an increasingly frequent form of gambling among Newfoundlanders and Labradorians, and problem gamblers in particular.

Poker has become increasingly frequent among problem gamblers. For example, 55% of problem gamblers have played poker in the past 12 months, and 30% of problem gamblers reported poker as their first gambling experience. Further supporting the relationship between poker and problem gambling, 8.2% of poker players can be considered moderate-risk gamblers and 6.0% problem gamblers. This combined rate is significantly higher than the provincial moderate-risk and problem gambling prevalence rate.

Problem gamblers experience negative consequences as a result of gambling, such as financial difficulty, relationship problems, suicidal thoughts, and depression.

In this study, problem gamblers had the highest unemployment rate of all the gambling subtypes (34%). Furthermore, problem gamblers experienced income loss/debt (64%), reported relationship problems (47%) and mental health problems (33%), experienced serious depression in the past 12 months (50%), and had suicidal thoughts (12%) as a result of their gambling. Although time spent gambling by problem gamblers was not the highest (15 hours in a typical month) amounts spent were the highest (\$3,700 yearly or \$310 monthly), indicating that problem gamblers spend large sums of money that disappear quickly.

Early experiences play a role in later problem gambling behavior.

Thirty-four percent of problem gamblers started gambling at ages 13-18, while a further 17% started at ages 6-12. First gambling activities among problem gamblers were mostly poker (30%) and VLT's (26%), activities that have been shown in this study to be closely related to problem gambling. Furthermore, problem gamblers were also most likely to remember their first big win (59%) and loss (45%).

Substance use is closely related to problem gambling.

Confirming a relationship between substance use and problem gambling, problem gamblers were significantly more likely to smoke daily (61%) and consume more alcohol (87%) compared to non-gamblers. Problem gamblers were also more likely to use alcohol or drugs while gambling (53%) and to gamble while drunk or high (56%). Some illicit drug use was higher among problem gamblers: 39% have used Marijuana or Hash in the past 12 months, compared to 4% of non-gamblers, 8% of non-problem gamblers, 14% of low-risk gamblers, and 28% of moderate-risk gamblers.

Awareness of gambling support and treatment services varies among Newfoundlanders and Labradorians.

Overall, 71% of respondents were aware of the toll-free crisis help line. However, awareness of other support and treatment services such as the Recovery Centre, Humberwood, and local gambling counseling services varied (51%, 36%, and 30% respectively). Of note, moderate-risk gamblers showed generally low awareness of the Recovery Centre (53%), Humberwood (31%), and local gambling counseling services (32%).

1.0 Introduction

Gambling has become a popular past time for Canadians in recent decades. Recent estimates show that in Canada alone, there are 87,000 gambling machines, 33,000 lottery ticket centers, 60 permanent casinos, 250 race tracks, and 25,000 licenses for bingos, pull tickets, and charitable fundraisers (Azmier, 2005).

Gambling activities were not always as readily available in Canada as they are today. In 1892, all gambling activities were banned by the Canadian Criminal Code (Azmier, Jepson, & Patton, 1999), with the exception of charitable gambling activities, including bingos and raffles (Azmier, Jepson, & Patton, 1999). Widespread public support for these forms of gambling led the federal government to amend the Canadian Criminal Code in 1969, which allowed provincial government regulation over gambling activities (Azmier, Jepson, & Patton, 1999). Provincially run lotteries generated new revenues for governments, creating a desire among governments to expand gambling activities. A further amendment of the Canadian Criminal Code in 1985 allowed provincial level administration and operation of Electronic Gaming Machines [EGM's] (including Video Lottery Terminals [VLT's] and slot machines) and exclusive provincial control over gambling regulation (Addictions Treatment Services Association, 2005; Azmier, Jepson, & Patton, 1999).

Gambling in Newfoundland and Labrador experienced many changes as a result of the 1985 amendment to the Canadian Criminal Code. In 1991, the first VLT's were introduced to the province, though permitted only in licensed establishments (Addictions Treatment Services Association, 2005; Azmier, Jepson, & Patton, 1999). A ban on advertising of Atlantic Lottery Corporation lottery jackpots followed in 1992, though the ban was later lifted in 1996 (Azmier, Jepson, & Patton, 1999). Also in 1996, newly developed Video Lottery Regulations limited VLT installation to 5 terminals per site and a policy was passed preventing the introduction of permanent casinos in the province (Addictions Treatment Services Association, 2005; Azmier, Jepson, & Patton, 1999).

Recent estimates (Addictions Treatment Services Association, 2005; Azmier, 2005) show that today, Newfoundland and Labrador has:

- 1,289 lottery ticket sites;
- 3,605 charitable licenses;
- 2,369 VLT's (translating into the highest provincial per capita number of VLT's in Canada: 1 for every 155 adults¹); and
- 2.6% of its annual revenues generated from gambling shares.

The rapid rise of gambling activities in Newfoundland and Labrador, as well as the rest of Canada, has led to a subsequent concern regarding the prevalence of problem gambling among the general population. Problem gambling is defined as "gambling behavior that creates negative consequences for the gambler, others in his or her social network, or for the community" (Ferris & Wynne, 2001). Problem gambling is often associated with negative consequences such as financial difficulty, social/ relationship

¹ This per capita rate is a comparison of VLT machines only, as Newfoundland and Labrador does not have slot machines. When comparing per capita rates of EGM's (which includes slot machines), Newfoundland and Labrador has the 4th highest per capita rate.

problems, alcohol/ drug problems, stress/ anxiety, and depression and/or suicide (Statistics Canada, 2003).

In an effort to measure and track problem gambling rates, many provinces have undertaken their own gambling prevalence studies. The first provincial gambling study was conducted in Quebec in 1991 (Wynne, 2002). Since that time, gambling prevalence studies have emerged from every Canadian province, with the exception of Newfoundland and Labrador. Overall, these studies have shown problem gambling to be a major public health issue, with moderate-risk and problem gambling rates ranging from 2.1% in Nova Scotia to 5.9% in Saskatchewan (Focal Research, 2004; Wynne, 2002).

Nationally, the first gambling prevalence study was conducted by Statistics Canada in 2002 as a subcomponent of the comprehensive Canadian Community Health Survey (CCHS). Findings showed that almost 1.2 million adult Canadians (over 6% of gamblers) exhibited at least one indicator of problem gambling behavior (Azmier, 2005; Statistics Canada, 2003). Negative consequences of gambling were common, with half of all problem gamblers reporting relationship problems with family and/ or friends caused by their gambling, and 18% of problem gamblers contemplating suicide in the previous year (Statistics Canada, 2003). Overall, the CCHS indicated that problem gambling is indeed of critical public health importance, and that attention must be paid to the growing implications of gambling among our population.

To date, Newfoundland and Labrador is the only province that has not conducted its own provincial gambling prevalence study. Preliminary data from the CCHS has indicated that problem gambling is an issue of concern in our province. For example, findings from the CCHS (Statistics Canada, 2003) have shown that 4.2% of the Newfoundland and Labrador adult population are considered to be at-risk for future gambling problems (2.8% low-risk, 1.4% moderate-risk). However, a specific problem gambling prevalence rate could not be generated, due to extreme sampling variability (Statistics Canada, 2003).

Despite some preliminary data indicating that problem gambling is a concern for our province, there is still much that we do not know about problem gambling in Newfoundland and Labrador. Firstly, reliable data is needed providing a prevalence rate for at-risk and problem gambling among Newfoundlanders and Labradorians. Secondly, in order to address the growing concerns around problem gambling, there is a need for more information on problem gamblers. For example, who are problem gamblers? What are the demographics of problem gamblers? Are they more likely to be young males? Why do they gamble? What are the negative consequences surrounding problem gambling? Are there higher rates of unemployment among problem gamblers? More time and money spent gambling? More alcohol and drug use? More negative consequences such as debt, relationship problems, depression, and/ or suicidal thoughts? What is the relationship between VLT's and problem gambling? How aware are gamblers of support and treatment services? Questions such as these show the need for a provincial gambling prevalence study that provides reliable data measuring the nature and extent of gambling and problem gambling in our province.

This report presents the findings of the first gambling prevalence study for the province of Newfoundland and Labrador. The objective of the study is to assess the prevalence of gambling and problem gambling in our province. Specifically, the study will allow for the collection of baseline data measuring:

- The prevalence of gambling and problem gambling in the province
- Profiles of gambler sub-types and players of certain gambling activities
- The relationship between gambling and correlates of gambling including substance use and mental health
- Consequences related to gambling
- Awareness of support and treatment services

With this information, the Department of Health and Community Services, in conjunction with the Regional Health Authorities, can provide an assessment of issues relevant to this province and work towards enhancing programs and services to help problem gamblers in Newfoundland and Labrador.

2.0 Methodology

2.1 SAMPLE SELECTION

A total of 2,596 Newfoundland and Labrador residents (aged 19 years and older) completed the gambling prevalence survey. Based on a population size of 386,782 (www.communityaccounts.ca), this sample size results in a margin of error of ± 1.92 , 19 times out of 20.

To ensure a random and representative sample, sampling was conducted by health region, age, and gender. Quotas were established to ensure that the sample mirrored the population with regards to age and gender. Disproportionate random sampling was employed to ensure that the sample size for each Regional Integrated Health Authority provided an acceptable margin of error. The detailed sampling plan appears in Appendix A. Due to the use of disproportionate sampling, weights were developed to ensure that the sample was a proportionate representation of the population at the overall provincial level (See Appendix B for weights).

Table 1: Sampling Design

Strata	Population Size	Sample Size	Margin of Error*
Eastern Regional Integrated Health Authority	220,142	659	± 3.81
Central Regional Integrated Health Authority	76,359	644	± 3.85
Western Regional Integrated Health Authority	62,039	655	± 3.81
Labrador-Grenfell Regional Integrated Health Authority	28,242	638	± 3.84

* 19 times out of 20.

2.2 QUESTIONNAIRE DESIGN

The questionnaire for the Newfoundland and Labrador Gambling Prevalence Study was developed by the Department of Health and Community Services and is based on the Canadian Problem Gambling Index (CPGI) (Ferris & Wynne, 2001). The CPGI is an instrument that was designed to provide a meaningful measure of problem gambling in the general population, and was the first problem gambling instrument to be tested for reliability and validity prior to its inclusion in community based health surveys. The CPGI consists of three major sections that were designed to assess gambling involvement, problem gambling, and correlates of gambling. The 31-item instrument consists of 9 items which can be scored to create gambling sub-types (*non gambling, non-problem gambling, low-risk gambling, moderate-risk gambling, problem gambling*) and produce a prevalence rate for problem gambling. Other items are indicators and correlates of gambling behavior that can be used to develop profiles of gamblers and problem gamblers.

For this study, the language of the CPGI was modified to ensure relevance to the population of Newfoundland and Labrador (e.g. Using local terminology such as breakopen's). Gambling activity questions were adjusted for accuracy (e.g., Addition of local lottery tickets such as Atlantic Payday and Atlantic 49) and additional questions

were added to assess substance use, mental health and awareness of support and treatment services. The questionnaire was modified by Market Quest to ensure appropriate wording and format, as well as to ensure that it addressed all of the study objectives. Following final questionnaire review and approval, a pretest was conducted as a quality control procedure to confirm survey length, to ensure clarity of survey questions and instructions, to ensure an effective and efficient flow of information, and to ensure that the desired information was being obtained. A copy of the questionnaire is presented in Appendix C.

2.3 DATA COLLECTION AND ANALYSIS

A telephone survey of Newfoundland and Labrador residents was conducted from September 7th to October 20th, 2005, using a Computer-Assisted Telephone Interviewing System (CATI). The sampling frame included all households within Newfoundland and Labrador and the sampling unit was the adult household member, aged 19 years and older, with the next birthday (a method used to randomly select an individual within the household). Each questionnaire took approximately 20 minutes to administer.

To identify differences between various demographic and gambling segments, statistical tests of significance have been completed at the 95% confidence level. Essentially, when comparing two values obtained from different populations, a statistical test will guide us to be confident that any apparent difference between the values is *statistically real* or *significant*.² **Throughout this report, differences between segments that are statistically significant are noted.** Where this occurs, we can say that we are 95% confident that the difference between the values in question exists in the population and is not simply due to uncontrollable sampling error. It is important to note that the term 'significant' is used to denote *statistically significant* differences, and is not synonymous with 'important'.

It is important to note that, due to rounding, percentages presented throughout this report may not always add up to exactly 100%. Furthermore, results presented throughout this report at the overall provincial level are weighted, meaning that the n's for each response do not always add up to the total N's that are presented.

In addition to provincial analysis, regional analysis is also presented in various sections throughout this report. Though overall regional sample sizes provide an acceptable margin of error, segmentations of the regional data create low sample sizes within each regional segment. Therefore the findings within each regional segmentation analysis should be interpreted with caution.

² What may seem to be a difference between percentages may simply be the result of sampling error or the margin of error associated with the sample size, and not a real or significant difference in the population.

3.0 Gambling Behavior in Newfoundland and Labrador

This section of the report provides an overview of gambling behavior in Newfoundland and Labrador. Specifically, this section covers topics such as the prevalence rate of gambling in the province, the types of activities played most often, profiles of individuals who engage in various gambling activities, time and money spent gambling, and reasons for gambling.

3.1 PREVALENCE RATE

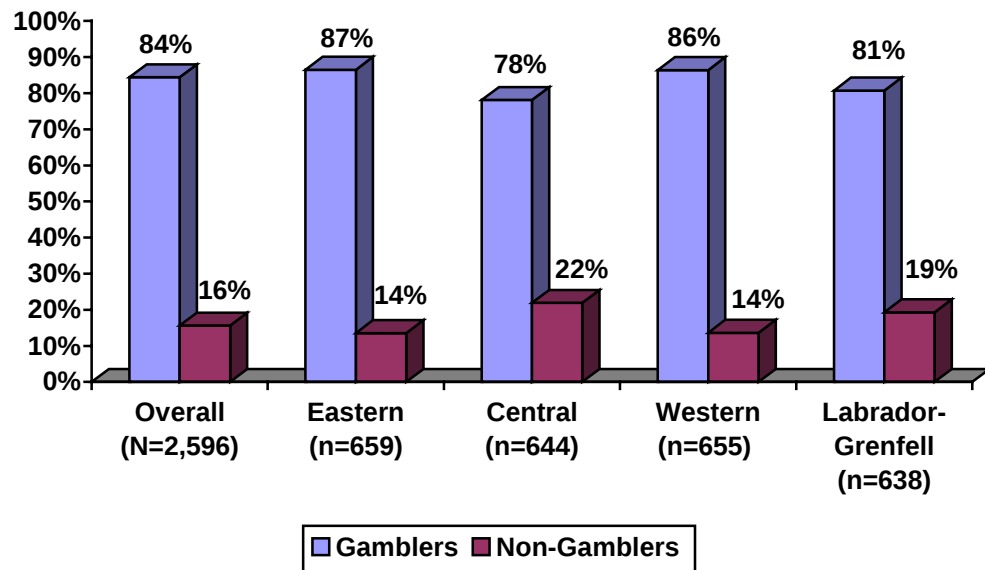
3.1.1 Provincial and Regional Prevalence Rates

Participation in gambling activities appears to be fairly common in Newfoundland and Labrador. Provincially, 84% of respondents (n=2,191) have bet or spent money on one or more of the following gambling activities in the past 12 months³:

- Lottery tickets such as Lotto 6-49, Super 7, Atlantic 49, Atlantic Payday or Keno
- Breakopen, Pull Tab, or Nevada Strips
- Scratch tickets such as Crossword, Bingo or Lucky 7
- Raffles or fundraising tickets
- Horse races, either live at the track or off track
- Bingo
- Video Lottery Terminals
- Pro-Line or Over/Under
- Sports Pools or the outcome of sporting events
- Cards (excluding poker) or board games at home, friends home or work
- Poker, either at home, friends home, at work or on the Internet
- Games of skill such as pool, bowling, golf or darts
- Arcade or video games
- Gambling on the Internet (excluding poker)
- Short Term Speculative Stock or Commodity Purchases such as say trading (excluding long-term investments such as mutual funds or RRSP's)
- Gambling at Casinos out of province
- Any other forms of gambling

Regionally, the prevalence rates of gambling ranged from 78% in Central (n=503) to 87% in Eastern (n=570) (See Figure 1).

³ Respondents who have gambled in the past 12 months are referred to as gamblers throughout the rest of this report. Respondents who have not gambled in the past 12 months are referred to as non-gamblers.

Figure 1: Provincial and Regional Gambling Prevalence Rates in Newfoundland and Labrador

3.1.2 Provincial Comparisons

As previously stated, 84% of respondents have participated in some form of gambling in the past 12 months. This percentage is consistent with prevalence rates from other provincial gambling prevalence studies, where gambling rates range from 81% in Quebec and New Brunswick to 89% in Nova Scotia (See Table 2).

Table 2: Gambling Prevalence Rates Across Canada

	Gambler	Non-Gambler
Newfoundland and Labrador	84%	16%
Nova Scotia (<i>Focal Research, 2004</i>)	89%	11%
New Brunswick (<i>Focal Research, 2001</i>)	81%	19%
PEI (<i>Doiron & Nicki, 1999</i>)	83%	17%
Quebec (<i>Ladouceur, Jacques, Chevalier, Sevigny, & Hamel, 2005</i>)	81%	19%
Ontario (<i>Wiebe, Single, & Falkowski-Ham, 2001</i>)	83%	17%
Manitoba (<i>Patton, Brown, Dhaliwal, Pankratz, & Broszeit, 2002</i>)	85%	15%
Saskatchewan (<i>Wynne, 2002</i>)	87%	13%
Alberta (<i>Smith & Wynne, 2002</i>)	82%	18%
British Columbia (<i>Ministry of Public Safety and Solicitor General, 2003</i>)	85%	15%

3.1.3 Demographic Profile of Gamblers

Gamblers and non-gamblers are profiled in Table 3. As shown in the table, gamblers were equally likely to be male and female. Close to half (46%) were between the ages of 35-54. The majority of gamblers were married (62%), had completed at least some post-secondary education (61%), and were employed full-time (42%). Forty-one percent of incomes were in the \$20,001 to \$60,000 range.

Compared to gamblers, non-gamblers tended to be female (57%) and over the age of 45 (63%). Non-gamblers were significantly more likely than gamblers to be over the age of 65 (29% vs. 14%, respectively). Non-gamblers were also significantly more likely than gamblers to be retired (36% vs. 23%, respectively), have less than high school education (31% vs. 15%, respectively), and have incomes of \$20,000 or less (17% vs. 10%, respectively).

Table 3: Demographic Profile of Gamblers and Non-Gamblers

	Gamblers (N=2,191)		Non-Gamblers (N=405)	
	f	%	f	%
Gender				
Male	1,062	48.4	174	43.0
Female	1,130	51.6	231	57.0
Age				
19-24	180	8.2	25	6.3
25-34	387	17.7	49	12.2
35-44	509	23.2	76	18.8
45-54	505	23.1	66	16.3
55-64	303	13.8	73	18.0
65+	306	14.0	116	28.6
Marital Status				
Married	1,360	62.1	258	63.7
Common law/ living with partner	217	9.9	19	4.6
Single	351	16.0	56	13.7
Widowed	107	4.9	44	10.9
Divorced or separated	146	6.7	26	6.5
Refused	9	<1	2	<1
Education				
Some high school/ junior high or less	330	15.1	125	30.9
Completed high school	513	23.4	78	19.3
Some post-secondary	264	12.1	35	8.5
Completed post-secondary	757	34.6	108	26.7
Completed post-graduate education	313	14.3	52	12.9
Don't know	3	<1	2	<1
Refused	10	<1	4	<1

	Gamblers (N=2,191)		Non-Gamblers (N=405)	
	f	%	f	%
Employment Status				
Employed full-time	930	42.4	99	24.4
Employed part-time	240	10.9	51	12.7
Unemployed	249	11.4	50	12.3
Student	97	4.4	17	4.2
Retired	502	22.9	147	36.3
Homemaker	148	6.8	39	9.5
Don't know	8	<1	1	<1
Refused	17	<1	2	<1
Income				
\$20,000 or less	207	9.5	68	16.7
\$20,001 to \$40,000	553	25.3	92	22.6
\$40,001 to \$60,000	341	15.6	39	9.4
\$60,001 to \$80,000	227	10.3	26	6.4
\$80,001 to \$100,000	129	5.9	15	3.8
More than \$100,000	157	7.1	18	4.5
Don't know	121	5.5	55	13.5
Refused	456	20.8	93	23.1

3.2 PREVALENCE RATES OF VARIOUS GAMBLING ACTIVITIES

Prevalence rates for the 16 gambling activities explored in this study are presented in Table 4. Lottery tickets were the most popular activity, with almost three quarters of gamblers (72%) having played in the past 12 months. Other popular past year gambling activities included raffles or fundraising tickets (45%), scratch tickets (36%), breakopen/pull tab/ Nevada strips (25%), VLT's, bingo, and poker (11% each).

Table 4: Prevalence Rates for Various Gambling Activities (Newfoundland and Labrador)

	<i>f</i>	% (N=2,596)
Lottery tickets	1,871	72.1
Raffles or fundraising tickets	1,175	45.2
Scratch tickets	921	35.5
Breakopen, Pull Tab or Nevada Strips	658	25.4
Video Lottery Terminals	295	11.4
Bingo	285	11.0
Poker	285	11.0
Cards or board games (excluding poker)	153	5.9
Gambling at Casino's out of province	131	5.0
Games of skill such as pool, bowling, golf or darts	98	3.8
Sports pools/ outcome of sporting events	89	3.4
Pro-Line or Over/Under	84	3.3
Short term speculative stock or commodity purchases	41	1.6
Arcade or video games	26	1.0
Horse races	11	<1
Gambling on the Internet (excluding poker)	3	<1
Any other forms of gambling	1	<1

Regionally, the findings mirrored the provincial results with a similar rate of past year play evident across all regions (See Table 5).

Table 5: Regional Prevalence Rates for Various Gambling Activities

	<i>Eastern (N=659)</i>		<i>Central (N=644)</i>		<i>Western (N=655)</i>		<i>Labrador- Grenfell (N=638)</i>	
	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>
Lottery tickets	483	73.3	423	65.7	502	76.6	445	69.7
Raffles or fundraising tickets	308	46.7	268	41.6	280	42.7	312	48.9
Scratch tickets	241	36.6	204	31.7	244	37.3	212	33.2
Breakopen, pull tab or Nevada strips	164	24.9	169	26.2	170	26.0	162	25.4
Video Lottery Terminals	82	12.4	59	9.2	64	9.8	80	12.5
Bingo	70	10.6	67	10.4	80	12.2	79	12.4
Poker	82	12.4	57	8.9	52	7.9	78	12.2
Cards or board games (excluding poker)	38	5.8	27	4.2	51	7.8	46	7.2
Gambling at Casino's out of province	41	6.2	19	3.0	27	4.1	23	3.6
Games of skill such as pool, bowling, golf or darts	31	4.7	11	1.7	19	2.9	27	4.2
Sports pools/ outcome of sporting events	26	3.9	17	2.6	14	2.1	28	4.4
Pro-Line or Over/Under	25	3.8	13	2.0	20	3.1	18	2.8
Short term speculative stock or commodity purchases	12	1.8	9	1.4	5	<1	12	1.9
Arcade or video games	9	1.4	1	<1	5	<1	5	<1
Horse races	4	<1	0	--	3	<1	2	<1
Gambling on the Internet (excluding poker)	1	<1	0	--	0	--	3	<1
Any other forms of gambling	0	--	1	<1	0	--	0	--

3.3 GAMBLING ACTIVITY PROFILES

3.3.1 Profile of Lottery Ticket Players (N=1,871)

Overall, lottery tickets were the most popular gambling activity, with 72% of gamblers having played at least once in the past 12 months. In terms of demographics (See Table 6), lottery ticket players were equally distributed by gender. By age, lottery ticket players were slightly skewed towards the 35-54 age category (47%). Lottery ticket players were most likely to be married (64%), have completed at least some post-secondary education (61%), and have incomes between \$20,001 and \$60,000 (42%). Generally, these characteristics tend to be fairly representative of the gambling population.

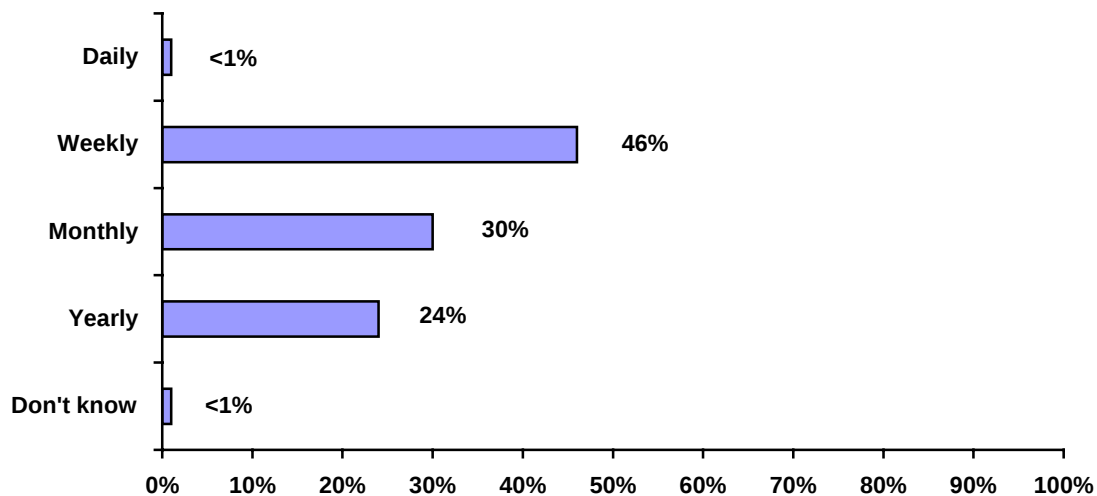
Table 6: Demographic Profile of Lottery Ticket Players

	Lottery Ticket Players (N=1,871)	
	f	%
Gender		
Male	934	49.9
Female	937	50.1
Age		
19-24	115	6.2
25-34	335	17.9
35-44	435	23.3
45-54	452	24.1
55-64	271	14.5
65+	262	14.0
Marital Status		
Married	1,191	63.7
Common law/ living with partner	187	10.0
Single	268	14.3
Widowed	87	4.7
Divorced or separated	129	6.9
Refused	9	<1
Education		
Some high school/ junior high or less	271	14.5
Completed high school	451	24.1
Some post-secondary	217	11.6
Completed post-secondary	657	35.1
Completed post-graduate education	262	14.0
Don't know	3	<1
Refused	10	<1

	Lottery Ticket Players (N=1,871)	
	f	%
Income		
\$20,000 or less	157	8.4
\$20,001 to \$40,000	484	25.9
\$40,001 to \$60,000	293	15.6
\$60,001 to \$80,000	200	10.6
\$80,001 to \$100,000	114	6.1
More than \$100,000	130	7.0
Don't know	101	5.4
Refused	391	20.9

Almost half of lottery ticket players tend to play on a weekly basis (46%), while 30% play monthly, and 24% play yearly (See Figure 2). On a typical occasion, lottery ticket players reported spending an average of \$6.00 during a typical gambling occasion (ranging from \$1.00 to \$200.00), winning an average of \$3.00 (ranging from \$0.00 to \$14,000.00), and losing an average of \$6.00 (ranging from \$0.00 to \$3000.00).

Figure 2: Frequency of Play for Lottery Ticket Players (N=1,871)



It is estimated that approximately 2.8% of lottery ticket players are moderate-risk problem gamblers, while 1.4% are problem gamblers. These rates are similar to the moderate-risk and problem gambling rates among all Newfoundlanders and Labradorians (2.2% and 1.2% respectively; See Section 4.0 for a more detailed explanation).

3.3.2 Profile of Pull Tab/ Nevada Strip Players (N=658)

Overall, 25% of gamblers have played pull tabs at least once in the past 12 months. In terms of demographics, pull tab players were more likely to be female (59%) as opposed to male (41%) and were also more likely to be between the ages of 35 and 54 (50%).

Pull tab players were most likely to be married (56%), have a post-secondary education (40%), and have incomes in the \$20,001 to \$60,000 range (51%) (See Table 7).

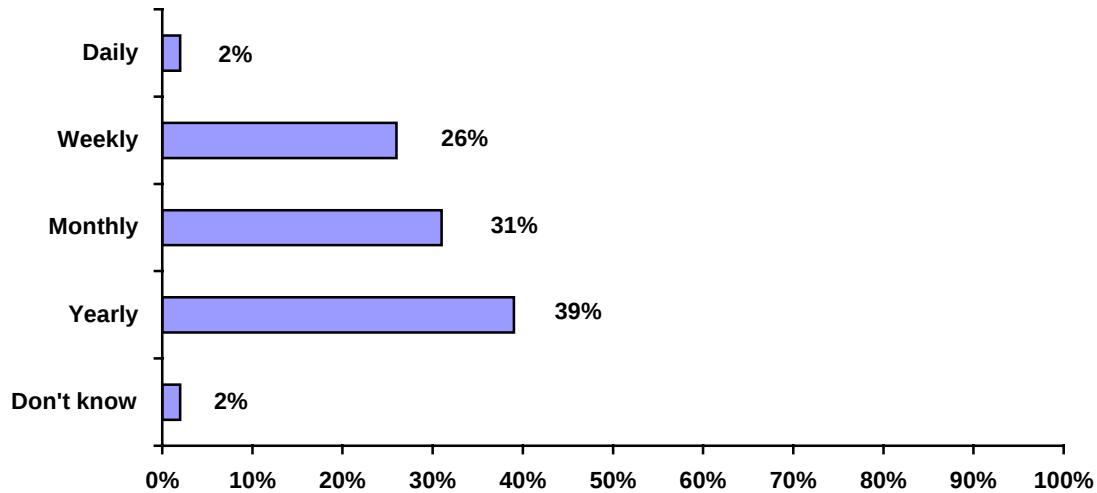
Table 7: Demographic Profile of Pull Tab/Nevada Strip Players

	<i>Pull Tab/Nevada Strip Players (N=658)</i>	
	<i>f</i>	<i>%</i>
Gender		
Male	273	41.4
Female	386	58.6
Age		
19-24	75	11.4
25-34	130	19.7
35-44	178	27.1
45-54	152	23.1
55-64	56	8.5
65+	67	10.1
Marital Status		
Married	370	56.2
Common law/ living with partner	95	14.5
Single	114	17.4
Widowed	30	4.6
Divorced or separated	48	7.3
Refused	1	<1
Education		
Some high school/ junior high or less	129	19.7
Completed high school	187	28.4
Some post-secondary	75	11.4
Completed post-secondary	212	32.2
Completed post-graduate education	51	7.7
Refused	4	<1
Income		
\$20,000 or less	75	11.4
\$20,001 to \$40,000	220	33.4
\$40,001 to \$60,000	114	17.3
\$60,001 to \$80,000	42	6.4
\$80,001 to \$100,000	34	5.2
More than \$100,000	23	3.5
Don't know	35	5.3
Refused	115	17.5

Over one-quarter of pull tab players tend to play weekly (26%), while 31% play monthly, and 39% play yearly (See Figure 3). On a typical occasion, pull tab players reported spending an average of \$3.00 during a typical playing occasion (ranging from \$1.00 to

\$50.00), winning an average of \$12.00 (ranging from \$0.00 to \$100,000.00), and losing an average of \$3.00 (ranging from \$0.00 to \$180.00).

Figure 3: Frequency of Play for Pull Tab/Nevada Strip Players (N=658)



It is estimated that approximately 4.3% of pull tab players are moderate-risk gamblers, while 4.2% are problem gamblers. These rates are somewhat higher than the moderate-risk and problem gambling rates among all Newfoundlanders and Labradorians (2.2% and 1.2% respectively; See Section 4.0 for a more detailed explanation).

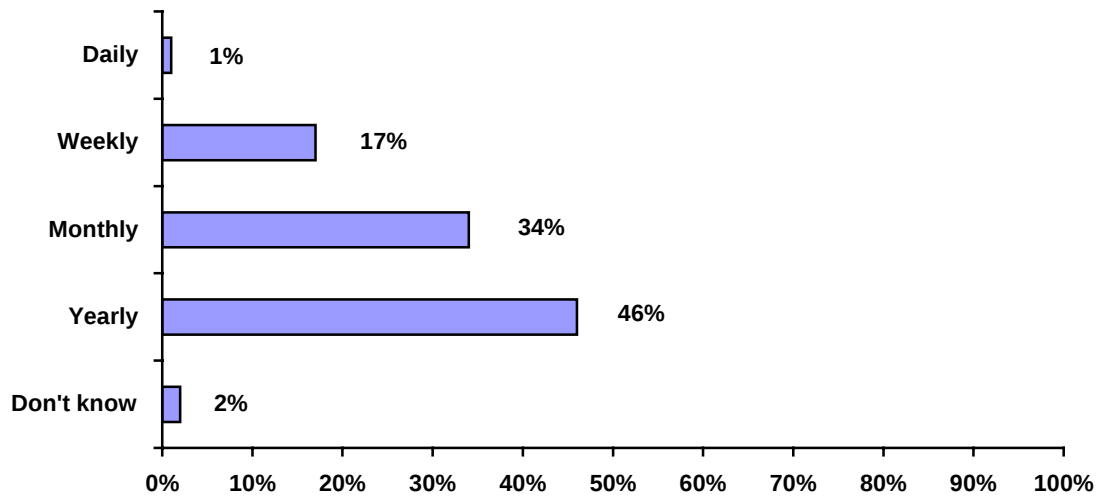
3.3.3 Profile of Scratch Ticket Players (N=921)

Overall, 36% of gamblers have played scratch tickets at least once in the past 12 months. In terms of demographics, scratch ticket players were more likely to be female (59%) as opposed to male (41%) and were also more likely to be between the ages of 25 and 54 (67%). Scratch ticket players were most likely to be married (56%), have a post-secondary education (44%), and have incomes in the \$20,001 to \$40,000 range (29%) (See Table 8).

Table 8: Demographic Profile of Scratch Ticket Players

	Scratch Ticket Players (N=921)	
	<i>f</i>	%
Gender		
Male	377	41.0
Female	543	59.0
Age		
19-24	107	11.6
25-34	205	22.3
35-44	210	22.8
45-54	198	21.5
55-64	105	11.4
65+	97	10.5
Marital Status		
Married	513	55.8
Common law/ living with partner	120	13.0
Single	176	19.1
Widowed	46	5.0
Divorced or separated	61	6.6
Refused	4	<1
Education		
Some high school/ junior high or less	139	15.1
Completed high school	241	26.2
Some post-secondary	132	14.3
Completed post-secondary	282	30.6
Completed post-graduate education	122	13.2
Refused	6	<1
Income		
\$20,000 or less	105	11.4
\$20,001 to \$40,000	270	29.2
\$40,001 to \$60,000	141	15.3
\$60,001 to \$80,000	87	9.4
\$80,001 to \$100,000	51	5.6
More than \$100,000	46	5.0
Don't know	55	5.9
Refused	167	18.1

Less than a quarter of scratch ticket players tend to play weekly (17%), while 34% play monthly, and 46% play yearly (See Figure 4). On a typical occasion, scratch ticket players reported spending an average of \$4.00 (ranging from \$1.00 to \$400.00), winning an average of \$4.00 (ranging from \$0.00 to \$10,000.00), and losing an average of \$3.00 (ranging from \$0.00 to \$50.00).

Figure 4: Frequency of Play for Scratch Ticket Players (N=921)

It is estimated that approximately 4.7% of scratch ticket players are moderate-risk gamblers, while 2.7% are problem gamblers. These rates are double the moderate-risk and problem gambling rates among all Newfoundlanders and Labradorians (2.2% and 1.2% respectively; See Section 4.0 for a more detailed explanation).

3.3.4 Profile of Raffle/Fundraising Ticket Purchasers (N=1,175)

Overall, 45% of gamblers have purchased raffle or fundraising tickets at least once in the past 12 months. In terms of demographics, raffle ticket purchasers were slightly more likely to be female (53%) as opposed to male (47%) and were also more likely to be between the ages of 35 and 54 (47%). Raffle ticket purchasers were most likely to be married (65%), have a post-secondary education (56%), and have incomes in the \$20,001 to \$60,000 range (40%) (See Table 9). Generally, these characteristics tend to be representative of the general gambling population.

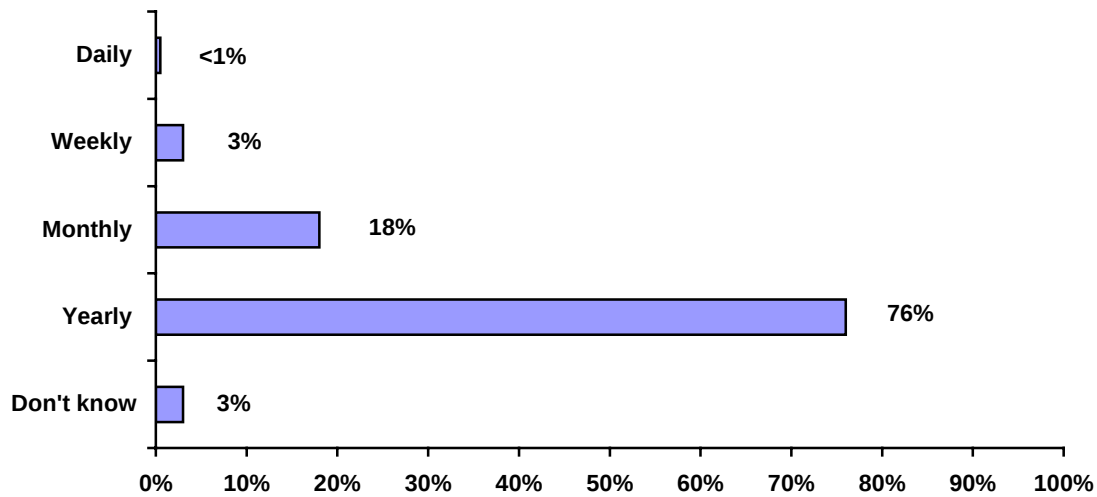
Table 9: Demographic Profile of Raffle/Fundraising Ticket Purchasers

	Raffle/Fundraising Ticket Purchasers (N=1,175)	
	f	%
Gender		
Male	546	46.5
Female	629	53.5
Age		
19-24	94	8.0
25-34	232	19.7
35-44	291	24.8
45-54	256	21.8
55-64	167	14.2
65+	135	11.5

	Raffle/Fundraising Ticket Purchasers (N=1,175)	
	f	%
Marital Status		
Married	765	65.1
Common law/ living with partner	114	9.7
Single	176	15.0
Widowed	54	4.6
Divorced or separated	61	5.2
Refused	5	<1
Education		
Some high school/ junior high or less	109	9.3
Completed high school	243	20.7
Some post-secondary	157	13.4
Completed post-secondary	453	38.6
Completed post-graduate education	209	17.8
Refused	4	<1
Income		
\$20,000 or less	90	7.6
\$20,001 to \$40,000	267	22.8
\$40,001 to \$60,000	201	17.1
\$60,001 to \$80,000	148	12.7
\$80,001 to \$100,000	88	7.4
More than \$100,000	110	9.4
Don't know	46	3.9
Refused	225	19.1

Very few raffle ticket purchasers tend to purchase weekly (3%), while 18% purchase monthly, and 76% purchase yearly (See Figure 5). On a typical occasion, raffle ticket purchasers reported spending an average of \$6.00 (ranging from \$1.00 to \$300.00), winning an average of \$1.00 (ranging from \$0.00 to \$1,600.00), and losing an average of \$6.00 (ranging from \$0.00 to \$300.00).

Figure 5: Frequency of Purchase for Raffle/Fundraising Ticket Purchasers (N=1,175)



It is estimated that approximately 2.5% of raffle ticket purchasers are moderate-risk gamblers, while 1.3% are problem gamblers. These rates are virtually the same as moderate-risk and problem gambling rates among all Newfoundlanders and Labradorians (2.2% and 1.2% respectively; See *Section 4.0 for a more detailed explanation*).

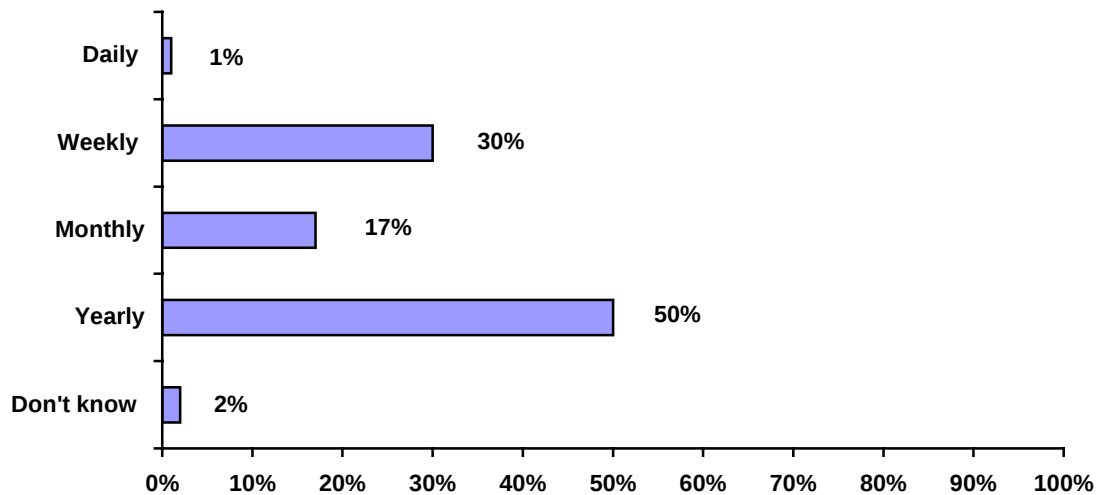
3.3.5 Profile of Bingo Players (N=285)

Overall, 11% of gamblers have played bingo at least once in the past 12 months. In terms of demographics, bingo players were more likely to be female (72%) as opposed to male (28%) and were also more likely to be between the ages of 25 and 54 (65%). Bingo players were most likely to be married (60%), have high school or less than high school education (53%), and have incomes less than \$40,000 (50%) (See Table 10).

Table 10: Demographic Profile of Bingo Players

	Bingo Players (N=285)	
	<i>f</i>	%
Gender		
Male	81	28.4
Female	204	71.6
Age		
19-24	26	9.1
25-34	56	19.7
35-44	64	22.6
45-54	65	22.9
55-64	34	12.1
65+	38	13.5
Marital Status		
Married	170	59.6
Common law/ living with partner	41	14.3
Single	34	12.0
Widowed	26	9.2
Divorced or separated	14	4.9
Education		
Some high school/ junior high or less	84	29.3
Completed high school	68	23.9
Some post-secondary	29	10.1
Completed post-secondary	81	28.4
Completed post-graduate education	24	8.3
Income		
\$20,000 or less	45	15.7
\$20,001 to \$40,000	98	34.2
\$40,001 to \$60,000	43	15.3
\$60,001 to \$80,000	17	6.2
\$80,001 to \$100,000	5	1.8
More than \$100,000	11	4.0
Don't know	11	3.8
Refused	54	19.0

One third of bingo players tend to play weekly (30%), while 17% play monthly, and 50% play yearly (See Figure 6). On a typical occasion, bingo players reported spending an average of \$20.00 (ranging from \$1.00 to \$200.00), winning an average of \$25.00 (ranging from \$0.00 to \$4,000.00), and losing an average of \$13.00 (ranging from \$0.00 to \$100.00).

Figure 6: Frequency of Play for Bingo Players (N=285)

It is estimated that approximately 7.0% of bingo players are moderate-risk gamblers, while 3.3% are problem gamblers. These rates are notably higher than the moderate-risk and problem gambling rates among all Newfoundlanders and Labradorians (2.2% and 1.2% respectively; See Section 4.0 for a more detailed explanation).

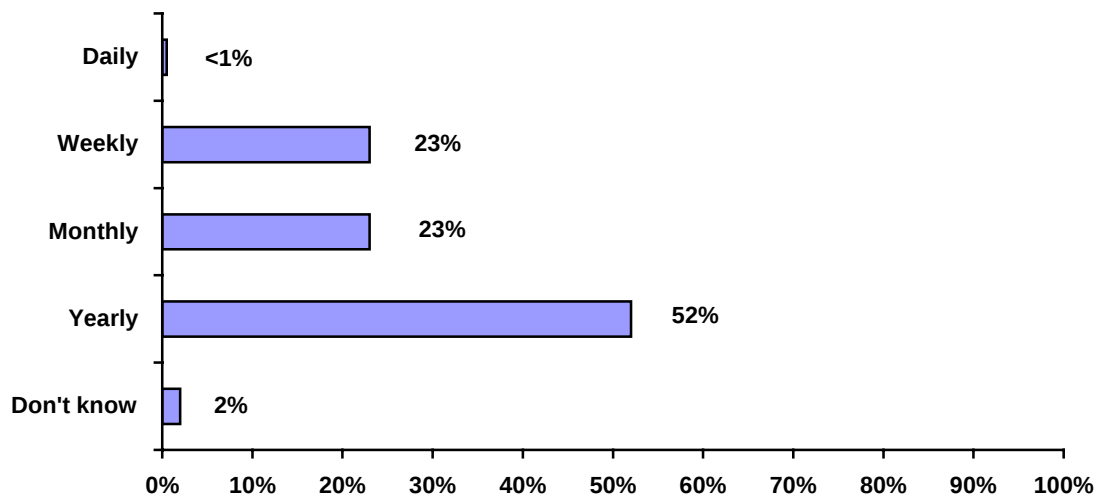
3.3.6 Profile of VLT Players (N=295)

Overall, 11% of gamblers have played VLT's at least once in the past 12 months. In terms of demographics, VLT players were more likely to be male (58%) as opposed to female (42%) and were also more likely to be under the age of 54 (83%). VLT players were most likely to be married (49%), have a post-secondary education (50%), and have incomes in the \$20,001 to \$40,000 range (28%) (See Table 11).

Table 11: Demographic Profile of VLT Players

	VLT Players (N=295)	
	<i>f</i>	%
Gender		
Male	170	57.7
Female	125	42.3
Age		
19-24	54	18.2
25-34	65	21.9
35-44	62	20.9
45-54	66	22.3
55-64	32	11.0
65+	17	5.8
Marital Status		
Married	145	49.0
Common law/ living with partner	56	19.0
Single	66	22.4
Widowed	3	<1
Divorced or separated	23	7.7
Refused	3	1.0
Education		
Some high school/ junior high or less	46	15.7
Completed high school	55	18.7
Some post-secondary	44	14.8
Completed post-secondary	96	32.4
Completed post-graduate education	51	17.4
Refused	3	1.0
Income		
\$20,000 or less	18	6.2
\$20,001 to \$40,000	82	27.6
\$40,001 to \$60,000	43	14.6
\$60,001 to \$80,000	24	8.2
\$80,001 to \$100,000	21	7.1
More than \$100,000	36	12.3
Don't know	16	5.5
Refused	54	18.5

Almost a quarter of VLT players tend to play weekly (23%), while 23% play monthly, and 52% play yearly (See Figure 7). On a typical occasion, VLT players reported spending an average of \$36.00 (ranging from \$1.00 to \$8,000.00), winning an average of \$36.00 (ranging from \$0.00 to \$4,200.00), and losing an average of \$28.00 (ranging from \$0.00 to \$4,800.00).

Figure 7: Frequency of Play for VLT Players (N=295)

It is estimated that approximately 9.7% of VLT players are moderate-risk gamblers, while 8.6% are problem gamblers (18.3% combined). This combined rate is significantly higher than the combined moderate-risk and problem gambling rate evident among all Newfoundlanders and Labradorians (3.4% combined, 2.2% and 1.2% respectively; See Section 4.0 for a more detailed explanation).

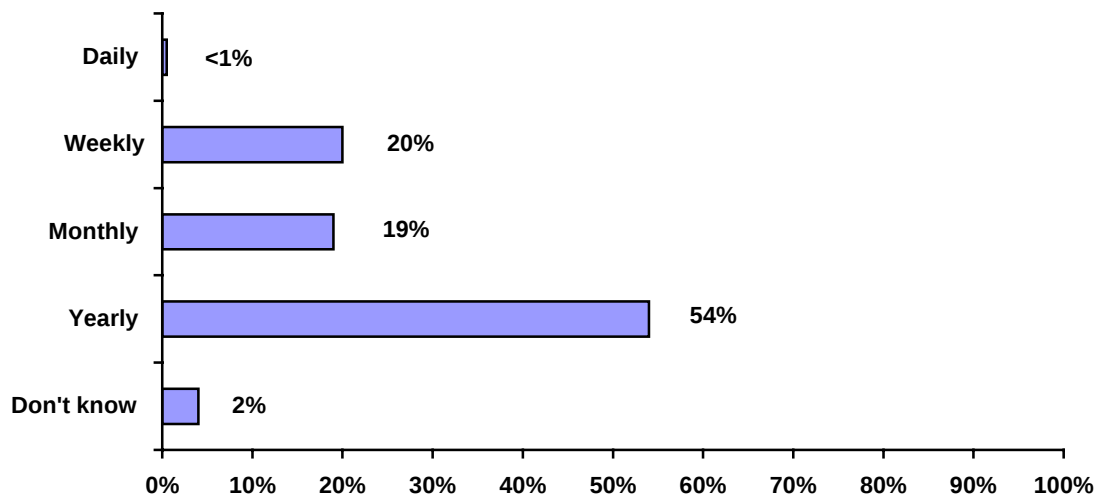
3.3.7 Profile of Poker Players (N=285)

Overall, 11% of gamblers have played poker at least once in the past 12 months. In terms of demographics, poker players were more likely to be male (72%) as opposed to female (28%) and were also more likely to be between the ages of 19 and 34 (54%). Poker players were most likely to be married (46%), have a post-secondary education (59%), and have incomes in the \$20,001 to \$40,000 range (21%) (See Table 12).

Table 12: Demographic Profile of Poker Players

	Poker Players (N=285)	
	f	%
Gender		
Male	206	72.2
Female	79	27.8
Age		
19-24	63	22.1
25-34	92	32.3
35-44	54	18.9
45-54	46	16.1
55-64	12	4.3
65+	18	6.4
Marital Status		
Married	131	45.8
Common law/ living with partner	48	16.9
Single	89	31.2
Widowed	7	2.3
Divorced or separated	11	3.8
Education		
Some high school/ junior high or less	14	5.0
Completed high school	56	19.7
Some post-secondary	43	14.9
Completed post-secondary	117	40.9
Completed post-graduate education	53	18.5
Refused	3	1.0
Income		
\$20,000 or less	17	5.9
\$20,001 to \$40,000	61	21.3
\$40,001 to \$60,000	40	14.0
\$60,001 to \$80,000	38	13.2
\$80,001 to \$100,000	27	9.3
More than \$100,000	37	13.1
Don't know	17	6.1
Refused	49	17.1

Two out of ten poker players tend to play weekly (20%), while 19% play monthly, and 54% play yearly (See Figure 8). On a typical occasion, poker players reported spending an average of \$21.00 (ranging from \$1.00 to \$200.00), winning an average of \$32.00 (ranging from \$0.00 to \$1,000.00), and losing an average of \$7.00 (ranging from \$0.00 to \$200.00).

Figure 8: Frequency of Play for Poker Players (N=285)

It is estimated that approximately 8.2% of poker players are moderate-risk gamblers, while 6.0% are problem gamblers (14.2% combined). This combined rate is significantly higher than the combined moderate-risk and problem gambling rate evident among all Newfoundlanders and Labradorians (3.4% combined, 2.2% and 1.2% respectively; See Section 4.0 for a more detailed explanation).

3.4 TIME AND MONEY SPENT GAMBLING

On average, gamblers spent a total of 7 hours participating in gambling activities in a typical month (ranging from 1 hour to 250 hours). For those who reported less than one hour per month, an average of 12 minutes during a typical month was reported (ranging from 1 minute to 59 minutes).

In the past 12 months, gamblers reported spending an average of \$249.64 on gambling activities (approximately \$21.00 per month), with spending ranging from \$1.00 to \$55,740.00. The majority of gamblers spent only a small amount over the past year, with 5% spending \$10.00 or less, 28% spending \$11.00-\$50.00, 17% spending \$51.00-\$100.00, and 17% spending \$101.00-\$200.00. On average, gamblers reported winning an average of \$142.56 (ranging from \$0.00 to \$35,000.00) and losing an average of \$156.36 (ranging from \$0.00 to \$54,240.00) over the past 12 months.

3.5 REASONS FOR GAMBLING

When asked to identify the main reasons why they gamble, gamblers most commonly reported that it was because they can win money (60%), to support worthy causes/ charities (30%), because it's exciting/ fun (22%) and because it's an opportunity to socialize (14%) (See Table 13).

Table 13: Main Reasons for Gambling*

	<i>f</i>	% (N=2,191)
I can win money	1317	60.1
To support worthy causes/ charities	648	29.6
It's exciting/ fun	480	21.9
It's an opportunity to socialize	314	14.3
It decreases my boredom	165	7.5
Out of curiosity	121	5.5
It's a hobby	92	4.2
Try luck/ take a chance/ hope to win	29	1.3
If the jackpot is high	23	1.1
I can forget about my problems	12	<1
Group activity at work	11	<1
Change leftover after purchase	11	<1
Entertainment	10	<1
Gifts	8	<1
It's always there, right in front of you at the stores	8	<1
To be alone	4	<1
Because I am good at it	3	<1
Other	29	1.3
Don't know	36	1.6
Refused	1	<1

*Multiple responses allowed.

4.0 Problem Gambling in Newfoundland and Labrador

Problem gambling is defined as “gambling behavior that creates negative consequences for the gambler, others in his or her social network, or for the community” (Ferris & Wynne, 2001). This section of the report explores the prevalence of problem gambling in Newfoundland and Labrador. Specifically this section classifies gambling behaviors according to CPGI classifications, profiles the gambler subtypes by demographics and gambling behavior, and explores the reasons for gambling and consequences of problem gambling for the gambler subtypes.

4.1 CLASSIFYING PROBLEM GAMBLING

As previously stated, 9 items from the CPGI are used to determine the prevalence rate for problem gambling. These questions are asked only of respondents who have gambled in the past 12 months, and are designed to assess how often gamblers have felt or acted a certain way in the past 12 months. These 9 items were included in the Newfoundland and Labrador questionnaire and were scored to create gambling subtypes and produce a prevalence rate for problem gambling. Scoring for the 9 items is as follows (Ferris & Wynne, 2001):

- *Never = Score of 0*
- *Sometimes = Score of 1*
- *Most of the time = Score of 2*
- *Almost always = Score of 3*

In order to develop gambling subtypes, scores for each of the 9 items are summed and individuals are placed into one of the following categories based on their total score (Ferris & Wynne, 2001):

- *Score of 0 = Non-problem gambler*
- *Score of 1-2 = Low-risk gambler*
- *Score of 3-7 = Moderate-risk gambler*
- *Score of 8 to 27 = Problem gambler*

According to the CPGI, respondents in each of the gambling subtypes will display some or all of the following characteristics (Ferris & Wynne, 2001):

Non-problem gambler:

Though respondents in this category have responded “never” to all 9 items, frequent gamblers or “professional” gamblers who invest large amounts of time and money may also be classified here. This category of respondents probably have not experienced any adverse consequences from gambling and are unlikely to agree with the gambler’s fallacies.

Low-risk gambler:

Respondents in this category have responded “never” to most of the 9 items, but will have responded “sometimes” or “most of the time” to at least one item. These gamblers may be at risk if they are heavily involved in gambling and if they

respond positively to at least two problem gambling correlates. This category of respondents probably have not experienced any adverse consequences from gambling.

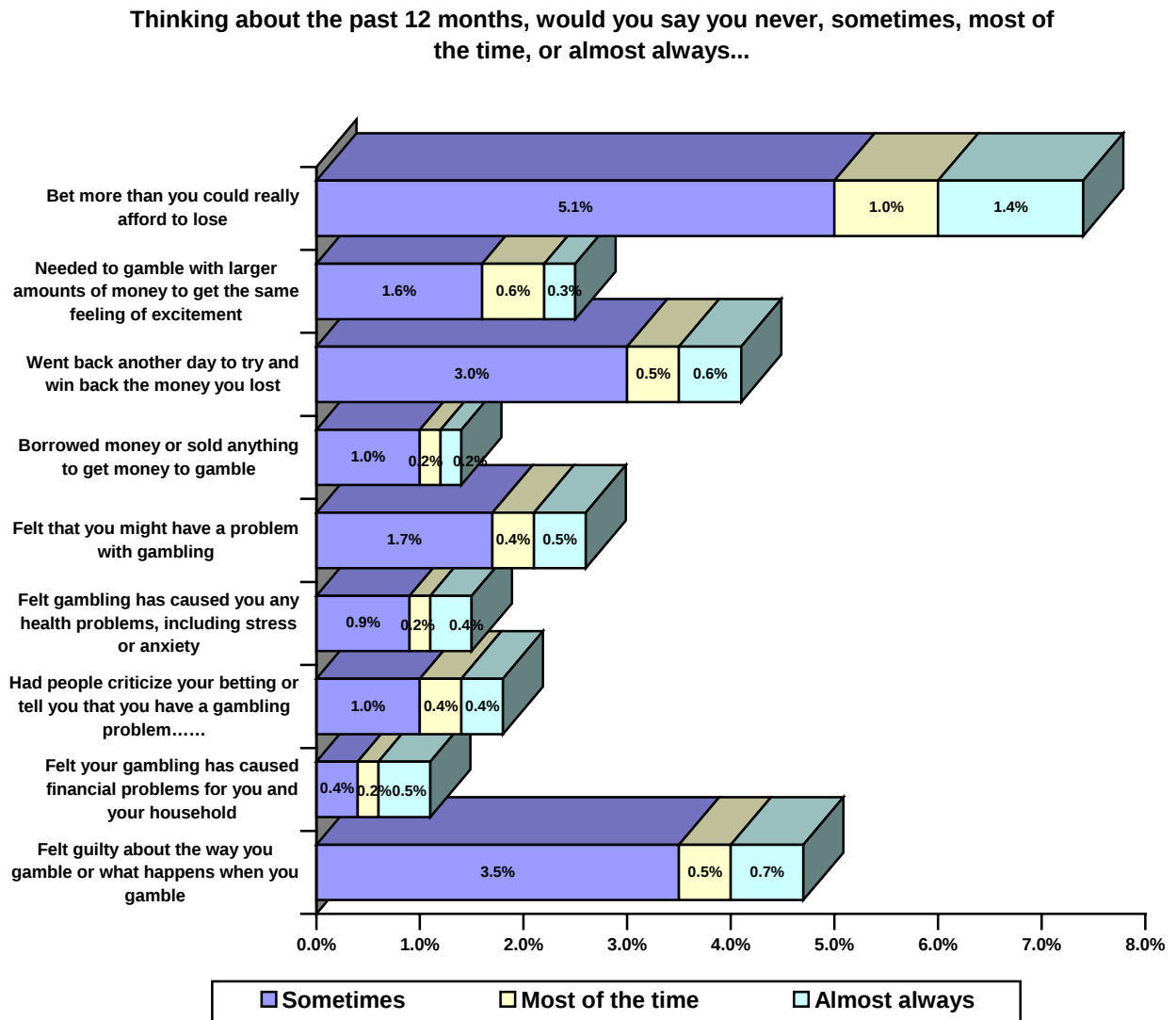
Moderate-risk gambler:

Respondents in this category have responded “never” to most of the 9 items, but will have responded “most of the time” or “almost always” to at least one item. These gamblers may be at risk if they are heavily involved in gambling and if they respond positively to at least three or four problem gambling correlates. This category of respondents may not have experienced any adverse consequences from gambling.

Problem gambler:

Respondents in this category have experienced adverse consequences from gambling and may have lost control of their behavior. Involvement in gambling is most likely to be heavy. Respondents in this category are most likely to agree with the gambler’s fallacies and respond most positively to more of the correlates than respondents from other categories.

“Sometimes”, “most of the time”, and “almost always” responses to these 9 items among gamblers in Newfoundland and Labrador are presented in Figure 9. Generally, the strong majority of respondents said “never” to each of the 9 scoring items. Therefore, “never” responses are not included in Figure 9.

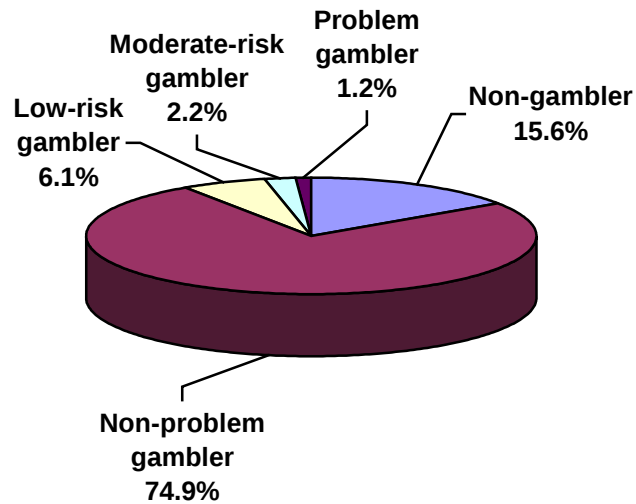
Figure 9: Answers to CPGI Questions (N=2,191)

4.2 PREVALENCE RATE

4.2.1 Provincial and Regional Prevalence Rates

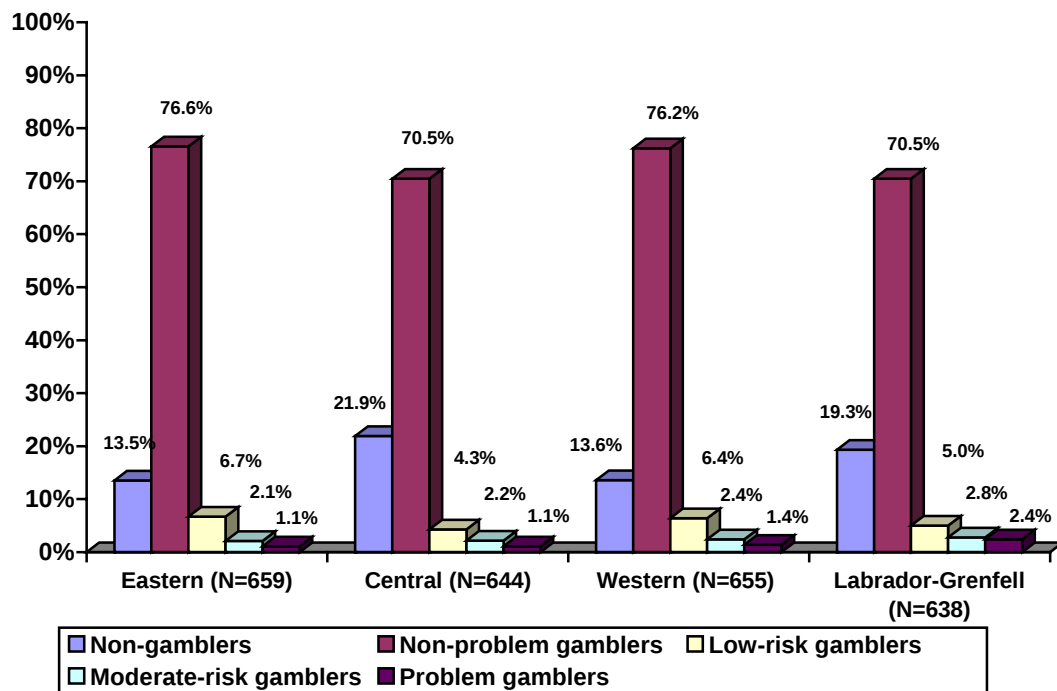
Generally, the majority of respondents (90.5%, n=2,349) were placed into non-gambler or no-risk categories. More specifically, 15.6% of respondents were classified as non-gamblers (having not gambled in the past 12 months), and 74.9% of respondents were classified as non-problem gamblers (overall score of 0). The remaining 9.5% of respondents (n=246) were placed into the at-risk or problem gambling categories, with 1.2% of respondents classified as problem gamblers (See Figure 10).

Figure 10: Provincial Problem Gambling Prevalence Rate in Newfoundland and Labrador (N=2,596)



Regionally, problem gambling prevalence rates were similar to the provincial rate, except for Labrador-Grenfell, where the problem gambling prevalence rate was over one percentage point higher than the provincial average. Figure 11 details the findings for each region.

Figure 11: Regional Problem Gambling Prevalence Rates in Newfoundland and Labrador



4.2.2 Provincial Comparisons

As previously stated, 3.4% of respondents were classified as moderate-risk or problem gamblers according to CPGI classifications. This percentage is consistent with prevalence rates from other provincial gambling prevalence studies where the CPGI was used to classify problem gambling rates, however, it does tend to be on the lower end of the scale (See Table 14).

Table 14: Problem Gambling Prevalence Rates Across Canada According to CPGI Classifications⁴

	Non-Gambler	Non-Problem Gambler	Low-Risk Gambler	Moderate-Risk or Problem Gambler ⁵
Newfoundland and Labrador	15.6%	74.9%	6.1%	3.4%
Nova Scotia (<i>Focal Research, 2004</i>)	10.7%	82.5%	4.8%	2.1%
New Brunswick (<i>Focal Research, 2001</i>)	19.0%	72.9%	4.9%	3.2%
Ontario (<i>Wiebe, Single, & Falkowski-Ham, 2001</i>)	16.8%	69.8%	9.6%	3.8%
Saskatchewan (<i>Wynne, 2002</i>)	13.4%	71.4%	9.3%	5.9%
Alberta (<i>Smith & Wynne, 2002</i>)	18.0%	67.0%	9.8%	5.2%
British Columbia (<i>Ministry of Public Safety and Solicitor General, 2003</i>)	15.0%	69.3%	11.1%	4.6%

4.2.3 Projection to the Adult Population of Newfoundland and Labrador

Using the CPGI, it is estimated that 74.9% of respondents are non-problem gamblers and 6.1% are low-risk gamblers. It is further estimated that 2.2% of respondents are moderate-risk gamblers and 1.2% are problem gamblers (3.4% combined). Based on a provincial adult population (ages 19+) of 386,782 (www.communityaccounts.ca), these percentages translate into:

- Approximately 289,700 adult residents who are non-problem gamblers.
- Approximately 23,594 adult residents who are low-risk gamblers.
- Approximately 8,509 adult residents who are moderate-risk gamblers.
- Approximately 4,641 adult residents who are problem gamblers.
- Approximately 13,150 adult residents who are moderate-risk or problem gamblers.

⁴ PEI and Quebec are excluded from this table because the most recent published studies use the SOGS classification system, making the data not directly comparable. Manitoba is excluded because the most recent published study did not provide detail on all gambling classification categories.

⁵ These categories are combined in other provincial studies, therefore cannot be separated in this table to provide a prevalence rate for each category.

4.3 PROFILE OF GAMBLING SUBTYPES

Each of the gambling subtypes are profiled provincially and regionally in the following section. Again, it is important to note that sample sizes within each regional segmentation analysis are low, therefore the findings should be interpreted with caution.

4.3.1 Demographic Profile of Gambling Subtypes

Newfoundland and Labrador

Table 15 provides a demographic profile of the gambling subtypes at the provincial level. Moderate-risk gamblers were mostly male (67%) and between the ages of 35-44 (39%). They were mostly married (46%), and just over half (51%) had high school or less than high school education. The majority of moderate-risk gamblers were employed full-time (43%) and most had incomes in the \$20,001 to \$40,000 range (30%).

Problem gamblers were mostly male (67%) and most were between the ages of 25-34 (40%). The majority of problem gamblers were common-law (39%) or single (27%), with almost half (49%) having at least some post-secondary education. Most problem gamblers were employed (36%), however, just over one-third of problem gamblers (34%) were unemployed. As with moderate-risk gamblers, most problem gamblers had incomes in the \$20,001 to \$40,000 range (33%).

When comparing across the gambler subtypes, non-problem gamblers were mostly female and the percentage of males increased with each risk category. Thirty-four percent of problem gamblers were unemployed, and this rate was notably higher than the unemployment rate for all other gambling subtypes. Also worth noting was the finding that problem gamblers had the highest percentage of divorce/separation (12%) and homemakers (13%) when compared to all other gambling subtypes.

Table 15: Demographic Profile by Gambling Subtype (Newfoundland and Labrador)

	Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)	
	f	%	f	%	f	%	f	%
Gender								
Male	920	47.3	82	52.3	39	66.7	21	66.5
Female	1,025	52.7	75	47.7	19	33.3	11	33.5
Age								
19-24	148	7.6	19	12.2	9	16.2	3	11.0
25-34	326	16.8	41	26.0	8	13.3	13	40.0
35-44	452	23.2	28	17.6	23	39.2	7	21.4
45-54	453	23.3	33	20.9	12	20.5	8	25.0
55-64	278	14.3	21	13.3	4	6.6	0	--
65+	287	14.8	16	10.0	2	4.1	1	2.5

	Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)	
	f	%	f	%	f	%	f	%
Marital Status								
Married	1,259	64.7	69	43.6	26	45.5	6	20.4
Common Law/ Living With Partner	173	8.9	16	9.9	16	28.4	12	38.6
Single	280	14.4	50	32.1	12	20.7	8	27.0
Widowed	98	5.0	8	5.3	1	1.4	0	--
Divorced or separated	128	6.6	12	7.7	2	4.1	4	11.9
Refused	7	<1	2	1.4	0	--	1	2.0
Education								
Some high school/ junior high or less	282	14.5	27	17.2	16	27.9	5	16.4
Completed high school	448	23.0	41	26.0	14	23.5	10	32.8
Some post- secondary	237	12.2	17	11.1	5	8.9	5	15.5
Completed post- secondary	682	35.1	48	30.8	19	33.4	8	25.3
Completed post- graduate education	288	14.8	19	12.0	4	6.3	3	8.1
Don't know	3	<1	0	--	0	--	0	--
Refused	5	<1	4	2.9	0	--	1	2.0
Employment Status								
Employed full-time	826	42.5	68	43.3	25	42.9	11	35.7
Employed part-time	206	10.6	21	13.6	11	19.5	1	3.9
Unemployed	207	10.6	23	14.3	10	16.4	11	33.6
Student	83	4.2	7	4.6	4	6.5	3	9.7
Retired	471	24.2	27	17.0	4	7.1	1	2.5
Homemaker	135	6.9	5	3.3	4	7.1	4	12.6
Don't know	6	<1	1	<1	1	<1	0	--
Refused	12	<1	4	2.9	0	--	1	2.0
Income								
\$20,000 or less	170	8.7	24	15.0	11	18.3	3	10.1
\$20,001 to \$40,000	480	24.7	46	29.0	17	30.1	10	32.8
\$40,001 to \$60,000	298	15.3	31	19.7	4	7.1	8	26.3
\$60,001 to \$80,000	203	10.5	15	9.6	7	11.7	2	4.9
\$80,001 to \$100,000	116	5.9	9	5.6	5	7.6	0	--
More than \$100,000	147	7.6	3	1.6	7	11.6	0	--
Don't know	108	5.5	8	5.1	2	3.9	3	10.6
Refused	422	21.7	23	14.5	6	9.9	5	15.5

Eastern Region

Table 16 provides a demographic profile of the gambling subtypes within the Eastern region. Generally, the characteristics of gamblers in this region tend to mirror the provincial profile. Moderate-risk gamblers were mostly male (71%) and between the ages of 35-44 (43%). They were mostly married (50%), and over half (57%) had high school or less than high school education. The majority of moderate-risk gamblers were employed full-time (50%) and most had incomes in the \$20,001 to \$40,000 range (29%), though 21% had incomes of \$100,000 or more.

Problem gamblers also consisted of mostly males (71%) and most were between the ages of 25-34 (57%). The majority of problem gamblers were common-law (71%), with just over seven in ten (72%) having at least some post-secondary education. Most problem gamblers were employed (43%) and had incomes in the \$20,001 to \$60,000 range (86%).

Again, as seen provincially, non-problem gamblers were mostly female and the percentage of males increased with each risk category.

Table 16: Demographic Profile by Gambling Subtype (Eastern Region)⁶

	Non-Problem Gambler (N=505)		Low-Risk Gambler (N=44)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Gender								
Male	236	46.7	23	52.3	10	71.4	5	71.4
Female	269	53.3	21	47.7	4	28.6	2	28.6
Age								
19-24	44	8.7	6	13.6	2	14.3	1	14.3
25-34	86	17.0	13	29.5	2	14.3	4	57.1
35-44	113	22.4	7	15.9	6	42.9	1	14.3
45-54	117	23.2	8	18.2	3	21.4	1	14.3
55-64	70	13.9	6	13.6	1	7.1	0	--
65+	75	14.9	4	9.1	0	--	0	--
Marital Status								
Married	316	62.6	16	36.4	7	50.0	0	--
Common Law/ Living With Partner	38	7.5	3	6.8	4	28.6	5	71.4
Single	90	17.8	17	38.6	3	21.4	2	28.6
Widowed	27	5.3	2	4.5	0	--	0	--
Divorced or separated	32	6.3	5	11.4	0	--	0	--
Refused	2	<1	1	2.3	0	--	0	--

⁶ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

	Non-Problem Gambler (N=505)		Low-Risk Gambler (N=44)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Education								
Some high school/ junior high or less	54	10.7	3	6.8	4	28.6	0	--
Completed high school	109	21.6	12	27.3	4	28.6	2	28.6
Some post-secondary	68	13.5	5	11.4	1	7.1	1	14.3
Completed post-secondary	181	35.8	15	34.1	4	28.6	3	42.9
Completed post-graduate education	91	18.0	7	15.9	1	7.1	1	14.3
Don't know	1	<1	0	--	0	--	0	--
Refused	1	<1	2	4.5	0	--	0	--
Employment Status								
Employed full-time	225	44.6	22	50.0	7	50.0	3	42.9
Employed part-time	44	8.7	5	11.4	3	21.4	0	--
Unemployed	48	9.5	5	11.4	2	14.3	2	28.6
Student	29	5.7	2	4.5	1	7.1	1	14.3
Retired	124	24.6	7	15.9	0	--	0	--
Homemaker	29	5.7	1	2.3	1	7.1	1	14.3
Don't know	2	<1	0	--	0	--	0	--
Refused	4	<1	2	4.5	0	--	0	--
Income								
\$20,000 or less	41	8.1	7	15.9	3	21.4	0	--
\$20,001 to \$40,000	180	23.4	11	25.0	4	28.6	3	42.9
\$40,001 to \$60,000	70	13.8	9	20.5	0	--	3	42.9
\$60,001 to \$80,000	52	10.3	5	11.3	1	7.1	0	--
\$80,001 to \$100,000	30	6.0	3	6.8	1	7.1	0	--
More than \$100,000	48	9.5	1	2.3	3	21.4	0	--
Don't know	29	5.7	3	6.8	3	6.8	1	14.3
Refused	117	23.2	5	11.4	5	11.4	0	--

Central Region

Table 17 provides a demographic profile of the gambling subtypes within the Central region. Generally, the characteristics of gamblers in this region tend to mirror the provincial profile. Moderate-risk gamblers were mostly male (71%) and between the ages of 35-44 (36%). They were mostly married (43%), and over half (57%) had at least some post-secondary education. The majority of moderate-risk gamblers were employed full-time (36%) and 57% had incomes in the \$20,001 to \$60,000 range.

Problem gamblers were also mostly male (57%) and most were between the ages of 25-34 (43%) and married (43%). In this region, problem gamblers were the least educated of all the gambling subtypes, with the majority (86%) having high school or less than high school education. Most problem gamblers were unemployed (43%) and had incomes in the \$20,001 to \$40,000 range (43%).

Table 17: Demographic Profile by Gambling Subtype (Central Region)⁷

	Non-Problem Gambler (N=454)		Low-Risk Gambler (N=28)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Gender								
Male	212	46.7	15	53.6	10	71.4	4	57.1
Female	242	53.3	13	46.4	4	28.6	3	42.9
Age								
19-24	27	5.9	1	3.6	2	14.3	0	--
25-34	71	15.6	5	17.9	1	7.1	3	42.9
35-44	108	23.8	8	28.6	5	35.7	1	14.3
45-54	102	22.5	8	28.6	3	21.4	2	28.6
55-64	73	16.1	3	10.7	2	14.3	0	--
65+	73	16.1	3	10.7	1	7.1	1	14.3
Marital Status								
Married	324	71.4	17	60.7	6	42.9	3	42.9
Common Law/ Living With Partner	45	9.9	4	14.3	4	28.6	0	--
Single	31	6.8	5	17.9	2	14.3	2	28.6
Widowed	18	4.0	2	7.1	1	7.1	0	--
Divorced or separated	35	7.7	0	--	1	7.1	2	28.6
Refused	1	<1	0	--	0	--	0	--
Education								
Some high school/ junior high or less	92	20.3	11	39.3	4	28.6	3	42.9
Completed high school	127	28.0	5	17.9	2	14.3	3	42.9
Some post- secondary	46	10.1	4	14.3	1	7.1	1	14.3
Completed post- secondary	141	31.1	6	21.4	6	42.9	0	--
Completed post- graduate education	47	10.4	2	7.1	1	7.1	0	--
Don't know	1	<1	0	--	0	--	0	--

⁷ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

	Non-Problem Gambler (N=454)		Low-Risk Gambler (N=28)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Employment Status								
Employed full-time	168	37.0	8	28.6	5	35.7	1	14.3
Employed part-time	65	14.3	6	21.4	3	21.4	0	--
Unemployed	50	11.0	8	28.6	2	14.3	3	42.9
Student	5	1.1	0	--	0	--	1	14.3
Retired	125	27.5	4	14.3	4	28.6	1	14.3
Homemaker	40	8.8	1	3.6	-	--	1	14.3
Don't know	0	--	1	3.6	0	--	0	--
Refused	1	<1	0	--	0	--	0	--
Income								
\$20,000 or less	38	8.4	4	14.3	1	7.1	2	28.6
\$20,001 to \$40,000	138	30.4	10	35.7	4	28.5	3	42.9
\$40,001 to \$60,000	88	19.4	5	17.8	4	28.5	0	--
\$60,001 to \$80,000	44	9.7	2	7.2	3	21.4	0	--
\$80,001 to \$100,000	25	5.5	1	3.6	0	--	0	--
More than \$100,000	17	3.7	0	--	0	--	0	--
Don't know	24	5.3	0	--	0	--	1	14.3
Refused	80	17.6	6	21.4	2	14.3	1	14.3

Western Region

Table 18 provides a demographic profile of the gambling subtypes within the Western region. Moderate-risk gamblers were evenly split between males and females, and most were between the ages of 35-44 (44%). They were mostly married (44%), and over half (56%) had at least some post-secondary education. The majority of moderate-risk gamblers were employed full-time (31%), however, one-quarter were unemployed (25%). Most had incomes in the \$20,001 to \$40,000 range (38%).

Problem gamblers consisted of mostly males (78%) and most were slightly older than problem gamblers provincially (44% between the ages of 45-54). The majority of problem gamblers were married (44%). Problem gamblers in this region tended to have high school or less than high school education (67%), and were equally likely to be employed or unemployed (33% each). Most incomes were \$20,000 or less (22%).

Table 18: Demographic Profile by Gambling Subtype (Western Region)⁸

	Non-Problem Gambler (N=499)		Low-Risk Gambler (N=42)		Moderate-Risk Gambler (N=16)		Problem Gambler (N=9)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Gender								
Male	249	49.9	20	47.6	8	50.0	7	77.8
Female	250	50.1	22	52.4	8	50.0	2	22.2
Age								
19-24	34	6.8	5	11.9	2	12.5	1	11.1
25-34	78	15.6	8	19.0	2	12.5	1	11.1
35-44	120	24.0	5	11.9	7	43.8	3	33.3
45-54	115	23.0	11	26.2	3	18.8	4	44.4
55-64	72	14.4	7	16.7	0	--	0	--
65+	80	16.0	6	14.3	2	12.5	0	--
Marital Status								
Married	312	62.5	24	57.1	7	43.8	4	44.4
Common Law/ Living With Partner	57	11.4	7	16.7	4	25.0	1	11.1
Single	61	12.2	7	16.7	3	18.8	1	11.1
Widowed	29	5.8	3	7.1	0	--	0	--
Divorced or separated	38	7.6	1	2.4	2	12.5	2	22.2
Refused	2	<1	0	--	0	--	1	11.1
Education								
Some high school/ junior high or less	104	20.8	14	33.3	4	25.0	2	22.2
Completed high school	113	22.6	12	28.6	3	18.8	4	44.4
Some post- secondary	52	10.4	3	7.1	1	6.3	1	11.1
Completed post- secondary	175	35.1	11	26.2	7	43.8	1	11.1
Completed post- graduate education	51	10.2	2	4.8	1	6.3	0	--
Refused	4	<1	0	--	0	--	1	11.1

⁸ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

	Non-Problem Gambler (N=499)		Low-Risk Gambler (N=42)		Moderate-Risk Gambler (N=16)		Problem Gambler (N=9)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Employment Status								
Employed full-time	190	38.1	12	28.6	5	31.3	3	33.3
Employed part-time	62	12.4	7	16.7	3	18.8	1	11.1
Unemployed	69	13.8	5	11.9	4	25.0	3	33.3
Student	19	3.8	3	7.1	1	6.3	0	--
Retired	113	22.6	11	26.2	1	6.3	0	--
Homemaker	41	8.2	3	7.1	2	12.5	1	11.1
Don't know	2	<1	1	2.4	0	--	0	--
Refused	3	<1	0	--	0	--	1	11.1
Income								
\$20,000 or less	63	12.6	6	14.3	3	18.8	2	22.2
\$20,001 to \$40,000	124	24.8	17	40.4	6	37.6	0	--
\$40,001 to \$60,000	74	14.8	8	19.1	1	6.3	1	11.1
\$60,001 to \$80,000	53	10.6	2	4.8	1	6.3	1	11.1
\$80,001 to \$100,000	25	5.0	1	2.4	2	12.5	0	--
More than \$100,000	22	4.4	0	--	0	--	0	--
Don't know	26	5.2	1	2.4	0	--	0	--
Refused	112	22.4	7	16.7	3	18.8	5	55.6

Labrador-Grenfell Region

Table 19 provides a demographic profile of the gambling subtypes within the Labrador-Grenfell region. In this region, moderate-risk gamblers were mostly male (61%) and between the ages of 19-24 (39%). Most were common-law or single (33% each), and evenly distributed in terms of education. The majority of moderate-risk gamblers were employed full-time (39%) and most had incomes in the \$20,001 to \$40,000 range (28%).

In this region, problem gamblers were mostly female (53%), with most between the ages of 35-44 (40%) and single (40%). Over half (53%) had high school or less than high school education. Problem gamblers in this region were equally likely to be employed and unemployed (40% each). Twenty-seven percent of incomes were in the \$20,001 to \$40,000 range.

Table 19: Demographic Profile by Gambling Subtype (Labrador-Grenfell Region)⁹

	<i>Non-Problem Gambler (N=450)</i>		<i>Low-Risk Gambler (N=32)</i>		<i>Moderate-Risk Gambler (N=18)</i>		<i>Problem Gambler (N=15)</i>	
	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>
Gender								
Male	214	47.6	20	62.5	11	61.1	7	46.7
Female	236	52.4	12	37.5	7	38.9	8	53.3
Age								
19-24	22	4.9	6	18.8	7	38.9	2	13.3
25-34	92	20.4	9	28.1	4	22.2	2	13.3
35-44	122	27.1	8	25.0	3	16.7	6	40.0
45-54	121	26.9	5	15.6	3	16.7	5	33.3
55-64	59	13.1	2	6.3	0	--	0	--
65+	34	7.6	2	6.3	1	5.6	0	--
Marital Status								
Married	317	70.4	13	40.6	5	27.8	5	33.3
Common Law/ Living With Partner	53	11.8	4	12.5	6	33.3	1	6.7
Single	51	11.3	13	40.6	6	33.3	6	40.0
Widowed	15	3.3	1	3.1	0	--	0	--
Divorced or separated	14	3.1	1	3.1	1	5.6	3	20.0
Education								
Some high school/ junior high or less	72	16.0	9	28.1	5	27.8	5	33.3
Completed high school	103	22.9	8	25.0	4	22.2	3	20.0
Some post- secondary	50	11.1	4	12.5	5	27.8	4	26.7
Completed post- secondary	176	39.1	10	31.3	4	22.2	2	13.3
Completed post- graduate education	48	10.7	1	3.1	0	--	1	6.7
Refused	1	<1	0	--	0	--	0	--

⁹ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

	Non-Problem Gambler (N=450)		Low-Risk Gambler (N=32)		Moderate-Risk Gambler (N=18)		Problem Gambler (N=15)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Employment Status								
Employed full-time	224	49.8	16	50.0	7	38.9	6	40.0
Employed part-time	54	12.0	3	9.4	1	5.6	2	13.3
Unemployed	52	11.6	6	18.8	3	16.7	6	40.0
Student	5	1.1	3	9.4	3	16.7	0	--
Retired	72	16.0	3	9.4	1	5.6	0	--
Homemaker	41	9.1	1	3.1	2	11.1	1	6.7
Don't know	1	<1	0	--	1	5.6	0	--
Refused	1	<1	0	--	0	--	0	--
Income								
\$20,000 or less	26	5.8	3	9.4	4	22.2	1	6.7
\$20,001 to \$40,000	91	20.2	7	21.9	5	27.8	4	26.6
\$40,001 to \$60,000	80	17.8	6	18.7	1	5.6	3	20.0
\$60,001 to \$80,000	61	13.6	3	9.4	5	27.8	3	20.0
\$80,001 to \$100,000	43	9.6	2	6.3	3	16.7	0	--
More than \$100,000	41	9.1	1	3.1	0	--	0	--
Don't know	24	5.3	2	6.3	0	--	1	6.7
Refused	84	18.7	8	25.0	0	--	3	20.0

4.3.2 Gambling Activities Played in the Past 12 Months

Newfoundland and Labrador (N=2,191)

At the provincial level, breakopen/ pull tab/ Nevada strips (88%), lottery tickets (85%), VLT's (80%), scratch tickets (78%), and poker (55%) were the most common gambling activities among problem gamblers (See Table 20).

Among moderate-risk gamblers, the most common gambling activities were lottery tickets (90%), scratch tickets (75%), raffles or fundraising tickets (51%), VLT's and breakopen/ pull tab/ Nevada strips (49% each).

Among low-risk gamblers, the most common gambling activities were lottery tickets (90%), scratch tickets (59%), raffles or fundraising tickets (52%), and breakopen/ pull tab/ Nevada strips (50%). Among non-problem gamblers, lottery tickets (85%) and raffles or fundraising tickets (54%) were the most popular.

As shown in the table, lottery tickets were popular among all gambling subtypes, however, there were some noteworthy differences regarding the popularity of other gambling activities among the gambling subtypes. Problem gamblers were significantly more likely (88%) than all other gambling subtypes to have played breakopen/pull tab/Nevada strips in the past 12 months.

With regards to VLT use, problem gamblers were significantly more likely (80%) than all other gambling subtypes to have played in the past 12 months. Regarding poker, non-problem gamblers were significantly less likely (10%) than all other gambling subtypes to have played in the past 12 months.

Table 20: Prevalence Rates for Various Gambling Activities by Gambling Subtype (Newfoundland and Labrador)

	<i>Non-Problem Gambler (N=1,944)</i>		<i>Low-Risk Gambler (N=157)</i>		<i>Moderate-Risk Gambler (N=58)</i>		<i>Problem Gambler (N=31)</i>	
	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>
Lottery tickets	1,650	84.9	142	90.3	52	90.3	27	85.0
Breakopen, pull tab or Nevada strips	524	26.9	79	50.0	29	49.2	28	88.2
Scratch tickets	760	39.1	93	59.3	43	74.7	25	78.4
Raffles or fundraising tickets	1,048	53.9	82	52.0	30	51.0	15	49.2
Horse races	10	<1	1	<1	0	--	1	3.0
Bingo	225	11.6	31	19.5	20	34.2	9	29.5
VLT's	184	9.5	58	36.6	29	49.4	25	80.4
Pro-line or Over/Under	64	3.3	12	7.9	5	9.2	3	9.2
Sports pools or the outcome of sporting events	69	3.5	9	5.5	7	11.5	5	16.8
Cards (excluding poker)	114	5.8	27	17.1	7	11.7	5	17.5
Poker	195	10.0	50	31.9	23	40.4	17	54.5
Games of skill such as pool, bowling, golf or darts	77	4.0	8	4.9	7	11.3	7	21.6
Arcade or video games	17	<1	4	2.4	3	5.0	2	7.1
Gambling on the Internet (excluding poker)	1	<1	3	1.6	0	--	0	--
Short-term speculative stock or commodity purchases	28	1.4	8	5.4	3	5.7	1	3.0
Gambling at casino's out of province	103	5.3	17	10.8	6	11.2	4	13.2
Any other forms of gambling	1	<1	0	--	0	--	0	--

Eastern Region

In the Eastern region, breakopen/ pull tab/ Nevada strips (100%), lottery tickets (86%), VLT's (86%), scratch tickets (71%), and poker (71%) were the most common gambling activities among problem gamblers (See Table 21).

Among moderate-risk gamblers, the most common gambling activities were lottery tickets (93%), scratch tickets (86%), breakopen/ pull tab/ Nevada strips, raffles or fundraising tickets, bingo, VLT's, and poker (43% each).

Among low-risk gamblers, the most common gambling activities were lottery tickets (93%), scratch tickets (61%), raffles or fundraising tickets (55%), and breakopen/ pull tab/ Nevada strips (48%). Among non-problem gamblers, lottery tickets (84%) and raffles or fundraising tickets (55%) were the most popular.

Table 21: Prevalence Rates for Various Gambling Activities by Gambling Subtype (Eastern Region)¹⁰

	Non-Problem Gambler (N=505)		Low-Risk Gambler (N=44)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Lottery tickets	423	83.8	41	93.2	13	92.9	6	85.7
Breakopen, pull tab or Nevada strips	130	25.7	21	47.7	6	42.9	7	100.0
Scratch tickets	197	39.0	27	61.4	12	85.7	5	71.4
Raffles or fundraising tickets	275	54.5	24	54.5	6	42.9	3	42.9
Horse races	4	<1	0	--	0	--	0	--
Bingo	56	11.1	6	13.6	6	42.9	2	28.6
VLT's	52	10.3	18	40.9	6	42.9	6	85.7
Pro-line or Over/Under	19	3.8	4	9.1	1	7.1	1	14.3
Sports pools or the outcome of sporting events	19	3.8	3	6.8	2	14.3	2	28.6
Cards (excluding poker)	27	5.3	8	18.2	2	14.3	1	14.3
Poker	54	10.7	17	38.6	6	42.9	5	71.4
Games of skill such as pool, bowling, golf or darts	27	5.3	1	2.3	1	7.1	2	28.6
Arcade or video games	6	1.2	1	2.3	1	7.1	1	14.3
Gambling on the Internet (excluding poker)	0	--	1	2.3	0	--	0	--
Short-term speculative stock or commodity purchases	8	1.6	3	6.8	1	7.1	0	--
Gambling at casino's out of province	34	6.7	5	11.4	1	7.1	1	14.3

Central Region

In the Central region, scratch tickets (86%), lottery tickets (71%), breakopen/ pull tab/ Nevada strips (71%), VLT's and raffles or fundraising tickets (57% each) were the most common gambling activities among problem gamblers (See Table 22).

¹⁰ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

Among moderate-risk gamblers, the most common gambling activities were lottery tickets (86%), raffles or fundraising tickets (64%), VLT's (64%), breakopen/ pull tab/ Nevada strips (57%), scratch tickets (50%), and poker (43%).

Among low-risk gamblers, the most common gambling activities were lottery tickets (89%), breakopen/ pull tab/ Nevada strips (71%), scratch tickets (64%), and raffles or fundraising tickets (46%). Among non-problem gamblers, lottery tickets (84%) and raffles or fundraising tickets (53%) were the most popular.

Table 22: Prevalence Rates for Various Gambling Activities by Gambling Subtype (Central Region)¹¹

	Non-Problem Gambler (N=454)		Low-Risk Gambler (N=28)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Lottery tickets	381	83.9	25	89.3	12	85.7	5	71.4
Breakopen, pull tab or Nevada strips	136	30.0	20	71.4	8	57.1	5	71.4
Scratch tickets	173	38.1	18	64.3	7	50.0	6	85.7
Raffles or fundraising tickets	242	53.3	13	46.4	9	64.3	4	57.1
Bingo	56	12.3	7	25.0	3	21.4	1	14.3
VLT's	37	8.1	9	32.1	9	64.3	4	57.1
Pro-line or Over/Under	11	2.4	2	7.1	0	--	0	--
Sports pools or the outcome of sporting events	16	3.5	0	--	0	--	1	14.3
Cards (excluding poker)	24	5.3	1	3.6	1	7.1	1	14.3
Poker	44	9.7	5	17.9	6	42.9	2	28.6
Games of skill such as pool, bowling, golf or darts	9	2.0	1	3.6	0	--	1	14.3
Arcade or video games	1	<1	0	--	0	--	0	--
Short-term speculative stock or commodity purchases	7	1.5	1	3.6	1	7.1	0	--
Gambling at casino's out of province	13	2.9	3	10.7	3	21.4	0	--
Any other forms of gambling	1	<1	0	--	0	--	0	--

¹¹ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

Western Region

In the Western region, lottery tickets (100%) were the most common activity among problem gamblers, followed closely by breakopen/ pull tab/ Nevada strips, scratch tickets and VLT's (89% each) (See Table 23).

Among moderate-risk gamblers, the most common gambling activities were lottery tickets (94%), scratch tickets (75%), breakopen/ pull tab/ Nevada strips (63%), raffles or fundraising tickets (56%), and VLT's (50%).

Among low-risk gamblers, the most common gambling activities were lottery tickets (86%), scratch tickets (50%), raffles or fundraising tickets (50%), and breakopen/ pull tab/ Nevada strips (43%). Among non-problem gamblers, lottery tickets (89%) and raffles or fundraising tickets (49%) were the most popular.

Table 23: Prevalence Rates for Various Gambling Activities by Gambling Subtype (Western Region)¹²

	Non-Problem Gambler (N=499)		Low-Risk Gambler (N=42)		Moderate-Risk Gambler (N=16)		Problem Gambler (N=9)	
	f	%	f	%	f	%	f	%
Lottery tickets	442	88.6	36	85.7	15	93.8	9	100.0
Breakopen, pull tab or Nevada strips	134	26.9	18	42.9	10	62.5	8	88.9
Scratch tickets	203	40.7	21	50.0	12	75.0	8	88.9
Raffles or fundraising tickets	245	49.1	21	50.0	9	56.3	5	55.6
Horse races	1	<1	1	2.4	0	--	1	11.1
Bingo	59	11.8	14	33.3	4	25.0	3	33.3
VLT's	36	7.2	12	28.6	8	50.0	8	88.9
Pro-line or Over/Under	15	3.0	1	2.4	3	18.8	1	11.1
Sports pools or the outcome of sporting events	10	2.0	2	4.8	2	12.5	0	--
Cards (excluding poker)	37	7.4	11	26.2	1	6.3	2	22.2
Poker	37	7.4	7	16.7	4	25.0	4	44.4
Games of skill such as pool, bowling, golf or darts	10	2.0	4	9.5	4	25.0	1	11.1
Arcade or video games	3	<1	1	2.4	1	6.3	0	--
Short-term speculative stock or commodity purchases	3	<1	1	2.4	0	--	1	11.1
Gambling at casino's out of province	18	3.6	4	9.5	2	12.5	3	33.3

Labrador-Grenfell Region

Findings in the Labrador-Grenfell region mirror those discussed thus far. Lottery tickets, scratch tickets, VLT's (80% each), and breakopen/ pull tab/ Nevada strips (67%) were the most common activities among problem gamblers in this region (See Table 24).

Among moderate-risk gamblers, the most common gambling activities were lottery tickets (78%), scratch tickets (61%), raffles or fundraising tickets (61%), VLT's (56%), poker (50%), and breakopen/ pull tab/ Nevada strips (44%).

¹² Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

Among low-risk gamblers, the most common gambling activities were lottery tickets (75%), scratch tickets (53%), raffles or fundraising tickets (44%), and breakopen/ pull tab/ Nevada strips (44%). Among non-problem gamblers, lottery tickets (88%) and raffles or fundraising tickets (62%) were the most popular.

Table 24: Prevalence Rates for Various Gambling Activities by Gambling Subtype (Labrador-Grenfell Region)¹³

	Non-Problem Gambler (N=450)		Low-Risk Gambler (N=32)		Moderate-Risk Gambler (N=18)		Problem Gambler (N=15)	
	f	%	f	%	f	%	f	%
Lottery tickets	395	87.8	24	75.0	14	77.8	12	80.0
Breakopen, pull tab or Nevada strips	130	28.9	14	43.8	8	44.4	10	66.7
Scratch tickets	172	38.2	17	53.1	11	61.1	12	80.0
Raffles or fundraising tickets	279	62.0	14	43.8	11	61.1	8	53.3
Horse races	1	<1	0	--	0	--	1	6.7
Bingo	58	12.9	9	28.1	5	27.8	7	46.7
VLT's	50	11.1	8	25.0	10	55.6	12	80.0
Pro-line or Over/Under	10	2.2	4	12.5	4	22.2	0	--
Sports pools or the outcome of sporting events	23	5.1	2	6.3	3	16.7	0	--
Cards (excluding poker)	35	7.8	4	12.5	3	16.7	4	26.7
Poker	51	11.3	12	37.5	9	50.0	6	40.0
Games of skill such as pool, bowling, golf or darts	11	2.4	7	21.9	6	33.3	3	20.0
Arcade or video games	2	<1	3	9.4	0	--	0	--
Gambling on the Internet (excluding poker)	2	<1	1	3.1	0	--	0	--
Short-term speculative stock or commodity purchases	9	2.0	1	3.1	1	5.6	1	6.7
Gambling at casino's out of province	18	4.0	3	9.4	2	11.1	0	--

¹³ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

4.3.3 Time Spent Gambling

Table 25 presents the average number of hours spent gambling in a typical month, and, for those who reported less than one hour per month, the average number of minutes spent gambling in a typical month. As shown in Table 25, moderate risk gamblers spent the most time gambling in a typical month (23 hours). Problem gamblers spent approximately 15 hours a month gambling.

Several significant differences did emerge provincially. For example, problem gamblers spent significantly more hours gambling in a typical month than did low-risk or non-problem gamblers. In addition, moderate-risk gamblers also spent significantly more hours gambling in a typical month than low-risk or non-problem gamblers.

Table 25: Time Spent Gambling In a Typical Month by Gambling Subtype

	<i>Non-Problem Gambler</i>		<i>Low-Risk Gambler</i>		<i>Moderate-Risk Gambler</i>		<i>Problem Gambler</i>	
	<i>Avg</i>	<i>Range</i>	<i>Avg</i>	<i>Range</i>	<i>Avg</i>	<i>Range</i>	<i>Avg</i>	<i>Range</i>
<i>Newfoundland and Labrador</i>								
Hours	6	1-250	7	1-200	23	1-100	15	1-200
Minutes	12	1-59	18	2-59	13	2-30	11	5-25
<i>Eastern Region</i>								
Hours	6	1-250	6	1-30	27	1-100	11	1-30
Minutes	11	1-59	19	2-45	13	5-30	5	--
<i>Central Region</i>								
Hours	5	1-100	5	1-12	10	1-30	30	2-50
Minutes	12	1-50	15	2-35	16	5-30	--	--
<i>Western Region</i>								
Hours	5	1-250	9	1-57	25	1-100	14	2-50
Minutes	12	1-59	20	5-59	7	2-15	25	--
<i>Labrador-Grenfell Region</i>								
Hours	5	1-100	33	1-200	24	3-100	39	1-200
Minutes	12	1-59	15	2-30	25	15-30	18	15-20

4.3.4 Money Spent/Won/Lost Gambling

Table 26 details the average amount of money spent, won, and lost while gambling in the past 12 months for each gambling subtype. As expected, the average amount spent gambling in the past 12 months increased for each gambling subtype, with average yearly spending reaching over \$3,700 for problem gamblers in this province (approximately \$310 per month). Similarly, the amounts won and lost also increased for each gambler subtype, with provincial winnings for problem gamblers averaging \$1,500 and losses averaging \$1,800.

Provincially, problem gamblers spent significantly more money in the past 12 months on gambling than all other gambling subtypes. Recall the previous finding that problem gamblers spent less time gambling than moderate-risk gamblers. Given that problem gamblers spend the most money, it may be the case that they spend larger sums that disappear quickly, contributing to the finding of more money but less time spent on gambling.

In terms of winnings over the past 12 months, problem gamblers in the province won significantly more money than all other gambling subtypes. In terms of losses over the past 12 months, problem gamblers in the province lost significantly more money gambling than all other gambling subtypes. Similarly, moderate-risk gamblers in the province lost significantly more money than low-risk and non-problem gamblers. (See Table 26).

Table 26: Money Spent/Won/Lost Gambling in the Past 12 Months by Gambling Subtype

	Non-Problem Gambler		Low-Risk Gambler		Moderate-Risk Gambler		Problem Gambler	
	Avg	Range	Avg	Range	Avg	Range	Avg	Range
Newfoundland and Labrador								
Amt spent	\$201.79	\$1-\$45,000	\$461.95	\$15-\$8,000	\$1,405.65	\$20-\$55,740	\$3,729.73	\$10-\$33,460
Amt won	\$112.74	\$0-\$35,000	\$239.21	\$0-\$15,000	\$283.67	\$0-\$10,100	\$1,538.74	\$0-\$25,000
Amt lost	\$109.53	\$0-\$10,000	\$276.80	\$0-\$2,500	\$654.55	\$0-\$54,240	\$1756.94	\$0-\$15,000
Eastern Region								
Amt spent	\$184.21	\$1-\$6015	\$466.95	\$30-\$1972	\$1,562.50	\$20-\$10,100	\$3,414.29	\$400-\$7,000
Amt won	\$114.93	\$0-\$25,000	\$178.13	\$0-\$15,000	\$223.33	\$0-\$10,100	\$2,245.71	\$0-\$5,000
Amt lost	\$107.07	\$0-\$2,000	\$296.00	\$0-\$1,600	\$633.64	\$0-\$4,900	\$1583.33	\$0-\$5,000
Central Region								
Amt spent	\$170.30	\$1-\$3,500	\$340.08	\$20-\$6,368	\$796.67	\$20-\$2,500	\$4,898.57	\$10-\$20,000
Amt won	\$80.24	\$0-\$4,000	\$255.00	\$0-\$1,800	\$333.33	\$0-\$2,000	\$937.14	\$0-\$3,000
Amt lost	\$101.17	\$0-\$2,769	\$170.83	\$0-\$960	\$634.55	\$0-\$2,500	\$3,682.86	\$10-\$15,000
Western Region								
Amt spent	\$188.15	\$1-\$4,500	\$556.08	\$20-\$5,054	\$1,554.62	\$20-\$55,740	\$2,625.00	\$500-\$8,000
Amt won	\$96.00	\$0-\$11,000	\$180.26	\$0-\$5,000	\$299.64	\$0-\$8,000	\$683.33	\$0-\$2,000
Amt lost	\$110.65	\$0-\$1,530	\$334.59	\$0-\$2,500	\$769.23	\$0-\$54,240	\$2,633.33	\$400-\$6,500
Labrador-Grenfell Region								
Amt spent	\$260.19	\$1-\$45,000	\$651.21	\$15-\$8,000	\$1,500.00	\$60-\$5,000	\$6,557.50	\$80-\$33,460
Amt won	\$169.22	\$0-\$35,000	\$501.50	\$0-\$8,000	\$335.38	\$0-\$3,000	\$281.67	\$0-\$25,000
Amt lost	\$142.50	\$0-\$10,000	\$154.23	\$0-\$1,855	\$582.50	\$0-\$2,000	\$1,890.00	\$0-\$4,800

4.4 REASONS FOR GAMBLING

Among problem gamblers, the most common reasons for gambling were that it decreases boredom (36%), it is exciting/ fun (33%), and they can win money (32%). Among moderate-risk gamblers, the most common reasons for gambling were that they can win money (60%) and it's an opportunity to socialize (24%) (See Table 27).

For low-risk gamblers, the most common reasons were that they can win money (57%), it's exciting/ fun (27%), it's an opportunity to socialize (26%) and to support worthy causes/ charities (24%). Non-problem gamblers cited winning money (61%), supporting worthy causes/charities (31%), and excitement/ fun (21%) as the main reasons for gambling.

Of note, problem gamblers were more likely to cite decreasing their boredom as the main reason for gambling (36%) than any other gambling subtype. Furthermore, problem gamblers were the least likely of all the gambling subtypes to gamble as a way to support worthy causes/ charities (8%).

Table 27: Main Reasons for Gambling by Gambling Subtype*

	Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)	
	f	%	f	%	f	%	f	%
I can win money	1,183	60.8	89	56.7	35	59.9	10	32.0
To support worthy causes/ charities	597	30.7	38	24.3	11	18.3	2	7.5
It's exciting/ fun	400	20.6	43	27.1	27	4.0	10	33.3
It's an opportunity to socialize	255	13.1	42	26.4	14	23.6	4	13.6
It decreases my boredom	121	6.2	25	16.2	7	12.0	11	35.6
Out of curiosity	116	5.9	5	3.4	0	--	0	--
It's a hobby	77	4.0	10	6.6	2	3.5	2	7.9
Try luck/ take a chance/ hope to win	25	1.3	3	1.8	1	1.9	0	--
If the jackpot is high	23	1.2			1	1.1	0	--
I can forget about my problems	5	<1	3	1.9	3	4.4	1	3.9
Group activity at work	11	<1	0	--	0	--	0	--
Change leftover after purchase	11	<1	0	--	0	--	0	--
Entertainment	7	<1	3	1.8	1	<1	0	--
Gifts	8	<1	0	--	0	--	0	--
It's always there, right in front of you at the stores	8	<1	1	<1	0	--	0	--
To be alone	0	--	1	<1	2	3.9	1	3.0
Because I am good at it	1	<1	1	<1	0	--	1	2.5
Other	18	<1	5	3.3	2	3.9	4	12.6
Don't know	36	1.8	0	--	0	--	1	<1
Refused	1	<1	0	--	0	--	0	--

*Multiple responses allowed.

4.5 CONSEQUENCES OF GAMBLING

Respondents who had engaged in gambling activities in the past 12 months were asked several questions to gauge the extent to which they have experienced problems as a result of their gambling behavior. Provincial and regional findings are presented below. Again, recall that sample sizes within each regional segmentation are low, therefore the findings should be interpreted with caution.

Newfoundland and Labrador

As shown in Table 28, over 99% of non-problem gamblers reported experiencing no adverse consequences from gambling. This percentage fell significantly for each gambling subtype, dropping to 92% for low-risk gamblers, 83% for moderate-risk gamblers, and 22% for problem gamblers. Conversely, adverse consequences became more common with each gambling subtype. For problem gamblers, 64% have experienced income loss/debt, 47% have experienced relationship problems, and 33% have experienced mental health problems.

Table 28: Adverse Consequences of Gambling by Gambling Subtype (Newfoundland and Labrador)*

	Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)	
	f	%	f	%	f	%	f	%
Income loss/debt	6	<1	7	4.5	4	6.2	20	64.3
Relationship problems	2	<1	7	4.1	5	8.1	15	46.7
Physical health problems	1	<1	2	1.4	1	2.2	7	22.1
Mental health problems	1	<1	2	1.4	2	3.3	10	32.8
Work problems	1	<1	2	1.4	0	--	6	18.6
Loneliness/ increased isolation	3	<1	5	3.0	3	5.0	10	32.4
Other	2	<1	1	<1	0	--	4	13.6
None	1,931	99.3	145	92.2	48	83.4	7	22.2
Don't know	3	<1	1	<1	0	--	0	--

*Multiple responses allowed.

When asked about further consequences of gambling such as engaging in petty crime or other criminal activity to support a gambling addiction in the past 12 months, there was little variation between gambling subtypes. In terms of engaging in petty crime or other criminal activity, only two gamblers reported doing so (one low-risk gambler and one problem gambler).

As can be expected, suicidal thoughts were most common among problem gamblers, as 12% of problem gamblers (n=4) had contemplated suicide in the past 12 months as a

result of gambling. Thoughts of suicide were not reported by any other gambling subtype. No gamblers reported actually attempting suicide as a result of gambling.

Eastern Region

As found provincially, over 99% of non-problem gamblers reported experiencing no adverse consequences from gambling (See Table 29). Again, this percentage fell significantly for each gambling subtype, dropping to 93% for low and moderate-risk gamblers, and 14% for problem gamblers. As expected, adverse consequences became more common with each gambling subtype. For problem gamblers, 71% have experienced income loss/debt, 57% experienced relationship problems, and 43% experienced mental health problems.

Table 29: Adverse Consequences of Gambling by Gambling Subtype (Eastern Region)*¹⁴

	Non-Problem Gambler (N=505)		Low-Risk Gambler (N=44)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Income loss/debt	2	<1	2	4.5	0	--	5	71.4
Relationship problems	0	--	2	4.5	0	--	4	57.1
Physical health problems	0	--	1	2.3	0	--	2	28.6
Mental health problems	0	--	1	2.3	0	--	3	42.9
Work problems	0	--	1	2.3	0	--	1	14.3
Loneliness/increased isolation	1	<1	2	4.5	1	7.1	2	28.6
Other	1	<1	0	--	0	--	1	14.3
None	501	99.2	41	93.2	13	92.9	1	14.3

*Multiple responses allowed.

No gamblers in the Eastern region reported engaging in petty crime or criminal activity in the past 12 months to support their gambling. One problem gambler did report thoughts of suicide in the past 12 months as a result of gambling, however, no gamblers reported actually attempting suicide as a result of gambling.

Central Region

In the Central region, almost all non-problem gamblers reported experiencing no adverse consequences from gambling (See Table 30). Again, this percentage fell significantly for each gambling subtype, dropping to 89% for low-risk gamblers, 79% for moderate-risk gamblers, and 57% for problem gamblers. As found previously, adverse consequences were more common among moderate-risk and problem gamblers.

¹⁴ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

Table 30: Adverse Consequences of Gambling by Gambling Subtype (Central Region)*¹⁵

	Non-Problem Gambler (N=454)		Low-Risk Gambler (N=28)		Moderate-Risk Gambler (N=14)		Problem Gambler (N=7)	
	f	%	f	%	f	%	f	%
Income loss/debt	0	--	2	7.1	1	7.1	2	28.6
Relationship problems	0	--	1	3.6	2	14.3	1	14.3
Physical health problems	0	--	0	--	0	--	1	14.3
Mental health problems	0	--	0	--	0	--	1	14.3
Work problems	0	--	0	--	0	--	1	14.3
Loneliness/increased isolation	0	--	0	--	0	--	1	14.3
Other	0	--	0	--	0	--	1	14.3
None	452	99.6	25	89.3	11	78.6	4	57.1
Don't know	2	<1	1	3.6	0	--	0	--

*Multiple responses allowed.

When asked about further consequences of gambling such as engaging in petty crime or other criminal activity to support a gambling addiction, there was little variation between gambling subtypes, as only two gamblers reported doing so in the past 12 months (one low-risk gambler and one problem gambler).

One problem gambler in the Central region reported seriously contemplating suicide in the past 12 months as a result of gambling. Thoughts of suicide were not reported by any other gambling subtype. No gamblers reported actually attempting suicide as a result of gambling.

Western Region

In the Western region, almost all non-problem gamblers reported experiencing no adverse consequences from gambling (See Table 31). This percentage fell significantly, however, for each gambling subtype, dropping to 93% for low-risk gamblers, 63% for moderate-risk gamblers, and 22% for problem gamblers. As found previously, adverse consequences were more common among moderate-risk and problem gamblers. For problem gamblers, income loss/debt was the most common consequence of gambling (78%).

¹⁵ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

Table 31: Adverse Consequences of Gambling by Gambling Subtype (Western Region)* ¹⁶

	Non-Problem Gambler (N=499)		Low-Risk Gambler (N=42)		Moderate-Risk Gambler (N=16)		Problem Gambler (N=9)	
	f	%	f	%	f	%	f	%
Income loss/debt	2	<1	1	2.4	3	18.8	7	77.8
Relationship problems	2	<1	1	2.4	4	25.0	4	44.4
Physical health problems	1	<1	0	--	2	12.5	2	22.2
Mental health problems	1	<1	0	--	3	18.8	3	33.3
Work problems	1	<1	0	--	0	--	3	33.3
Loneliness/increased isolation	1	<1	0	--	1	6.3	4	44.4
Other	0	--	1	2.4	0	--	1	11.1
None	496	99.4	39	92.9	10	62.5	2	22.2
Don't know	1	<1	0	--	0	--	0	--

*Multiple responses allowed.

No gamblers in the Western region reported engaging in petty crime or other criminal activity in the past 12 months to support gambling activities. Similarly no gamblers reported contemplating or attempting suicide in the past 12 months as a result of gambling.

Labrador-Grenfell Region

Ninety-nine percent of non-problem gamblers in Labrador-Grenfell reported experiencing no adverse consequences from gambling (See Table 32). However, this percentage fell significantly for each gambling subtype, dropping to 88% for low-risk gamblers, 78% for moderate-risk gamblers, and 7% for problem gamblers. As found previously, adverse consequences became increasingly common with each gambling subtype. For problem gamblers, income loss/debt was the most common consequence of gambling (67%), followed closely by relationship problems and loneliness/increased isolation (53% each).

¹⁶ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

Table 32: Adverse Consequences of Gambling by Gambling Subtype (Labrador-Grenfell Region)*¹⁷

	Non-Problem Gambler (N=450)		Low-Risk Gambler (N=32)		Moderate-Risk Gambler (N=18)		Problem Gambler (N=15)	
	f	%	f	%	f	%	f	%
Income loss/debt	2	<1	1	3.1	3	16.7	10	66.7
Relationship problems	2	<1	2	6.3	2	11.1	8	53.3
Physical health problems	2	<1	0	--	0	--	4	26.7
Mental health problems	0	--	0	--	0	--	3	20.0
Work problems	0	--	0	--	0	--	3	20.0
Loneliness/increased isolation	0	--	1	3.1	0	--	8	53.3
Other	0	--	0	--	0	--	2	13.3
None	446	99.1	28	87.5	14	77.8	1	6.7
Don't know	1	<1	1	3.1	0	--	0	--

*Multiple responses allowed.

In the past 12 months, no gamblers reported engaging in petty crime or other criminal activities to support their gambling. One problem gambler did report contemplating suicide as a result of gambling, however, no gamblers attempted suicide.

¹⁷ Within the regions, sample sizes for moderate-risk and problem gamblers are low, therefore, findings should be interpreted with caution.

5.0 Correlates of Problem Gambling

This section of the report provides an overview of the relationship between gambling subtypes and correlates of problem gambling behavior in Newfoundland and Labrador. Specifically, this section covers topics such as gambling experiences, beliefs, alcohol and drug use, and health-related issues. Questions regarding these topics were asked of gamblers and non-gamblers.

5.1 FIRST EXPERIENCES

Respondents reported the average age that they began gambling for money was 23 years, with ages ranging from 5 years or younger to 75 years of age. The majority of all gambling subtypes first gambled for money when they were 19 years of age or older. Seventeen percent of problem gamblers first gambled between the ages of 6 and 12 years, with a further 34% starting between the ages of 13 and 18 years (See Table 33).

Table 33: Age First Gambled for Money by Gambling Subtype

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Never tried gambling	230	56.8	0	--	0	--	0	--	0	--
5 years of age or younger	0	--	5	<1	0	--	0	--	0	--
6 to 12 years of age	7	1.6	96	4.9	20	12.9	3	4.3	5	16.5
13 to 18 years of age	25	6.3	461	23.7	44	27.9	25	43.0	11	34.4
19 years of age or older	106	26.3	1,130	58.1	89	56.9	27	46.0	15	46.5
Don't know	33	8.1	230	11.8	4	2.3	4	6.6	1	2.5
Refused	4	1.0	23	1.2	0	--	0	--	0	--

Among respondents, the most common gambling activities first tried were purchasing lottery tickets followed by bingo and poker (See Table 34). Most frequently, the first gambling activities among problem gamblers included poker (30%), VLT's (26%), and purchasing lottery tickets (15%).

Problem gamblers were significantly more likely (26%) to play VLT's as their first gambling experience than non-problem gamblers (3%).

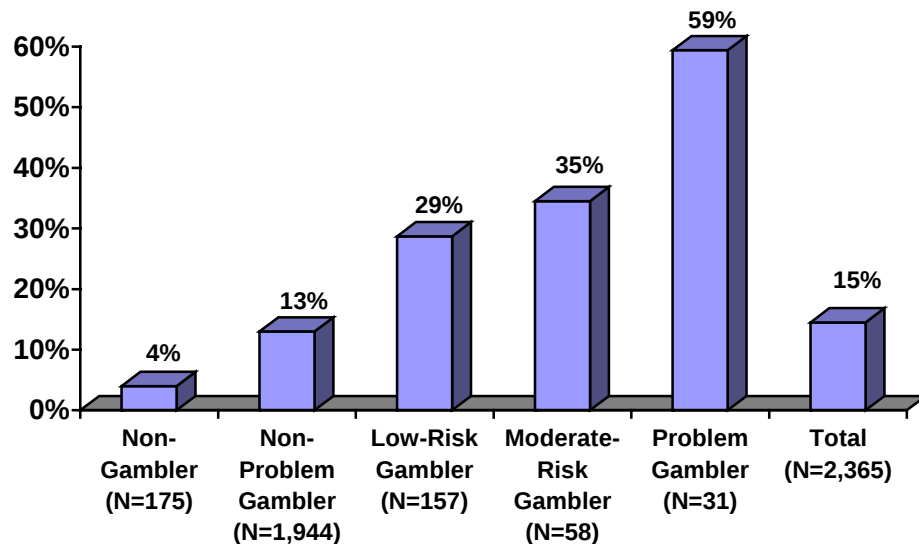
Table 34: First Gambling Activity Tried by Gambling Subtype

	Non-Gambler (N=175)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)		Total (N=2,365)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Lottery tickets	48	27.0	594	30.5	30	19.2	10	17.8	5	15.2	687	29.0
Breakopen, pull tab, or Nevada strips	7	3.7	122	6.3	20	12.5	6	9.6	1	4.0	155	6.6
Scratch tickets	15	8.8	157	8.1	18	11.5	5	9.3	2	7.1	198	8.4
Raffles or fundraising tickets	19	10.5	143	7.4	8	4.9	1	2.5	0	--	171	7.2
Horse races	0	--	11	<1	0	--	2	3.9	0	--	14	<1
Bingo	25	14.2	286	14.7	26	16.6	9	15.4	2	7.4	348	14.7
Video Lottery Terminals	6	3.3	48	2.5	14	8.7	7	11.8	8	25.6	83	3.5
Pro Line or Over/Under	1	<1	8	<1	3	1.6	1	<1	1	2.0	13	<1
Sports pools/ outcome of sporting events	0	--	11	<1	3	1.9	1	1.6	0	--	15	<1
Cards or board games (excluding poker)	13	7.4	145	7.5	9	5.4	2	2.6	2	6.0	170	7.2
Poker	20	11.3	244	12.5	23	14.5	12	20.2	9	30.2	308	13.0
Games of skill such as pool, bowling, darts or golf	1	<1	40	2.1	1	<1	1	1.0	0	--	42	1.8
Arcade or video games	0	--	3	<1	0	--	0	--	0	--	3	<1
Casinos out of province	7	3.8	20	1.0	1	<1	2	3.9	0	--	30	1.2
Games of chance	1	<1	9	<1	1	<1	0	--	0	--	10	<1
Other	1	<1	13	<1	3	1.8	0	--	0	--	16	<1
Don't know	11	6.2	82	4.2	1	<1	0	--	1	2.5	94	4.0
Refused	4	2.4	8	<1	0	--	0	--	0	--	12	<1

5.2 EARLY WINS AND LOSSES

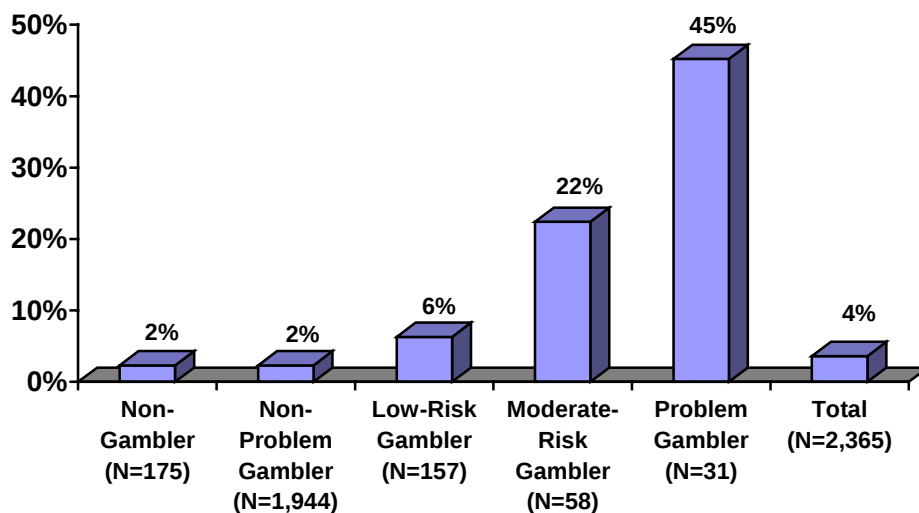
Generally, respondents did not remember a first big win or loss when they started gambling. However, problem gamblers (59%) were significantly more likely to remember their first big win compared to non-gamblers (4%), non-problem gamblers (13%) and low-risk gamblers (29%) (See Figure 12).

Figure 12: Percentage who Remember a First Big Win by Gambling Subtype



Ninety-four percent of surveyed respondents did not remember a first big loss when they started gambling. However, problem gamblers (45%) were significantly more likely to remember their first big loss compared to low-risk gamblers (6%) and non-problem gamblers (2%) (See Figure 13).

Figure 13: Percentage who Remember a First Big Loss by Gambling Subtype



5.3 GAMBLER'S FALLACIES

Respondents were asked to rate their agreement level with two different statements about gambling. First, respondents were asked if they agreed with the statement "while gambling, after losing many times in a row, you are more likely to win." Overall, 91% of respondents disagreed (35% disagreed, 56% strongly disagreed) that after losing many times in a row they are more likely to win. Generally, all gambling subtypes responded similarly to this statement (See Table 35).

Table 35: Belief that Winning Follows Losing by Gambling Subtype

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)		Total (N=2,596)	
	f	%	f	%	f	%	f	%	f	%	f	%
Strongly agree	0	--	6	<1	2	1.3	3	5.3	3	9.4	14	<1
Agree	10	2.5	82	4.2	17	10.9	6	10.5	5	15.6	120	4.6
Disagree	135	33.4	687	35.3	65	41.7	23	40.4	6	18.8	916	35.3
Strongly disagree	225	55.7	1,110	57.1	71	45.5	23	40.4	18	56.3	1,447	55.8
Don't know	33	8.2	59	3.0	1	<1	2	3.5	0	--	95	3.7
Refused	1	<1	0	--	0	--	0	--	0	--	1	<1

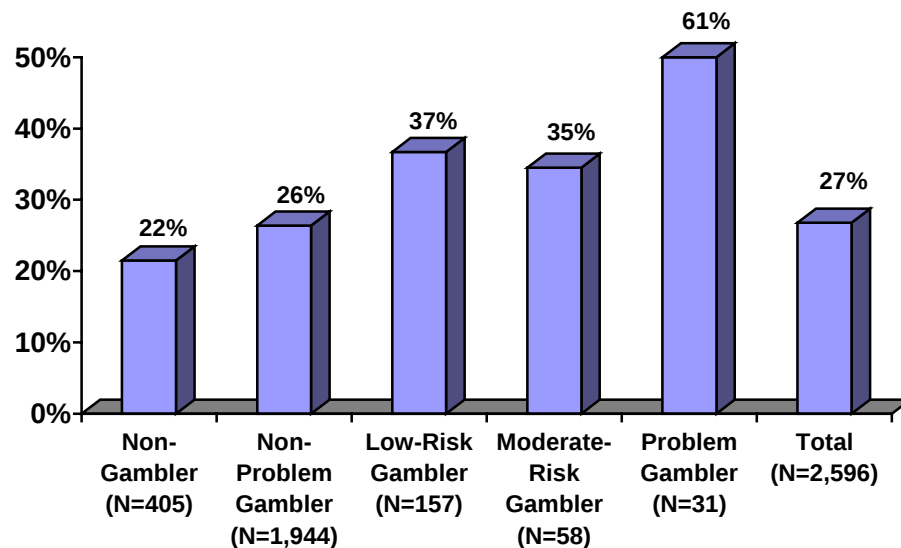
The second statement respondents evaluated was "while gambling, you could win more if you used a certain system or strategy." Overall, 82% of respondents disagreed (32% disagreed, 50% strongly disagreed) with this statement. However, 10% agreed that you can win if you use certain systems or strategies. Moderate-risk gamblers (30%) were significantly more likely to agree with the statement than non-gamblers (6%) (See Table 36).

Table 36: Belief in Gambling Systems by Gambling Subtype

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)		Total (N=2,596)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Strongly agree	5	1.2	13	<1	1	<1	3	5.3	1	3.1	23	<1
Agree	26	6.4	190	9.8	23	14.6	17	29.8	3	9.4	259	10
Disagree	123	30.4	635	32.6	63	39.9	12	21.1	7	21.9	840	32.3
Strongly disagree	194	47.9	993	51.1	63	39.9	25	43.9	20	62.5	1,295	49.9
Don't know	56	13.8	114	5.9	8	5.1	0	--	1	3.1	179	6.9
Refused	1	<1	0	--	0	--	0	--	0	--	1	<1

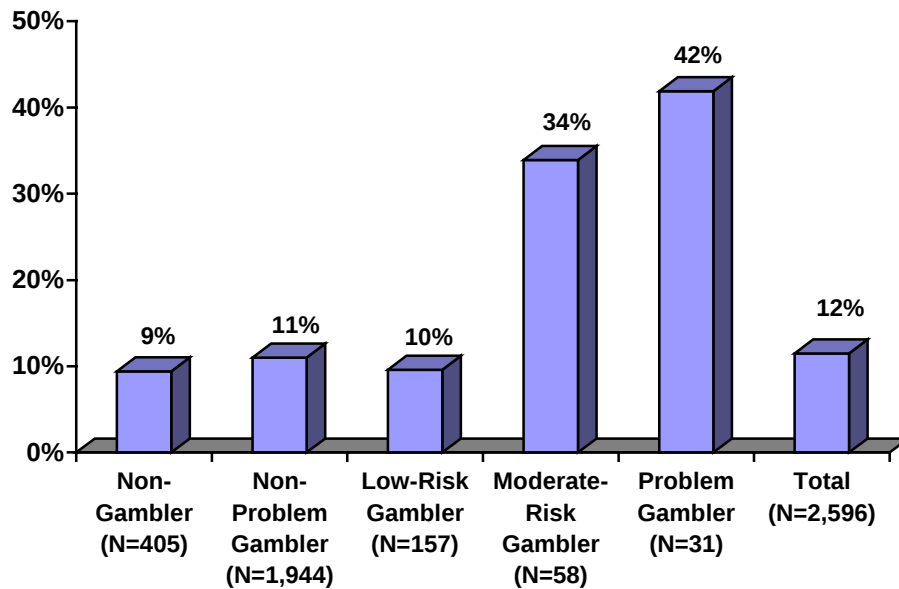
5.4 OTHER'S GAMBLING ACTIVITY

All respondents were asked to indicate whether anyone in their family had ever had an alcohol, drug, or gambling problem. Overall, 27% of respondents had a family member with a history of alcohol or drug problems. However, problem gamblers (61%) were significantly more likely to have someone in their family with an alcohol or drug problem than non-problem gamblers (26%) and non-gamblers (22%). Also, low-risk gamblers (37%) were significantly more likely to have a member of their family with an alcohol or drug problem than non-gamblers (22%) (See Figure 14).

Figure 14: Family History of Alcohol and Drug Problems by Gambling Subtype

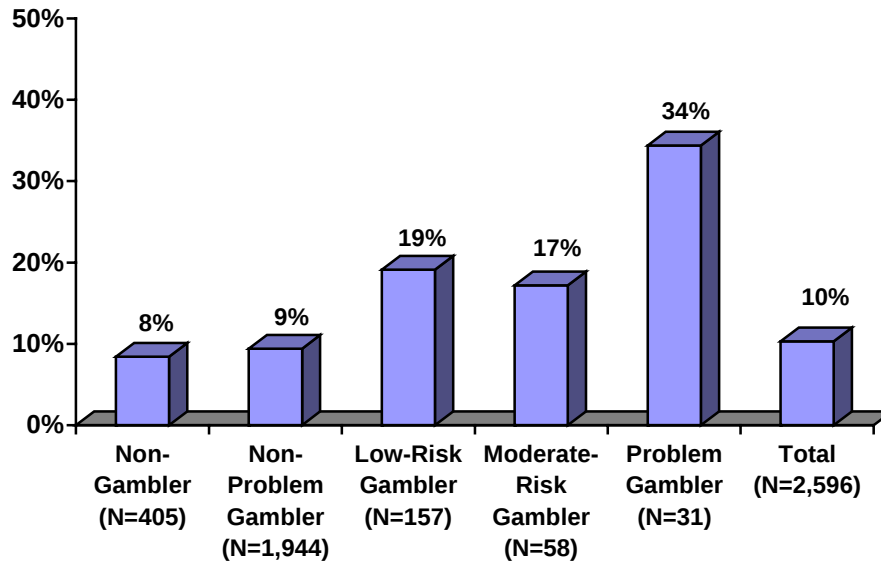
Overall, 12% of respondents had a family member with a history of gambling problems. Nevertheless, problem gamblers (42%) were significantly more likely to have a member of their family with a history of gambling problems than low-risk gamblers (10%), non-problem gamblers (11%) and non-gamblers (9%). Similarly, moderate-risk gamblers (34%) were significantly more likely to have had someone in their family with a gambling problem than non-problem gamblers (11%) and non-gamblers (9%) (See Figure 15).

Figure 15: Family History of Problem Gambling by Gambling Subtype



Respondents were also asked whether they had ever experienced problems as a result of someone else's gambling (See Figure 16). Ten percent of respondents had experienced problems because of someone else's gambling. Nevertheless, problem gamblers (34%) were significantly more likely to have experienced problems as a result of someone else's gambling compared to non-problem gamblers (9%) and non-gamblers (8%).

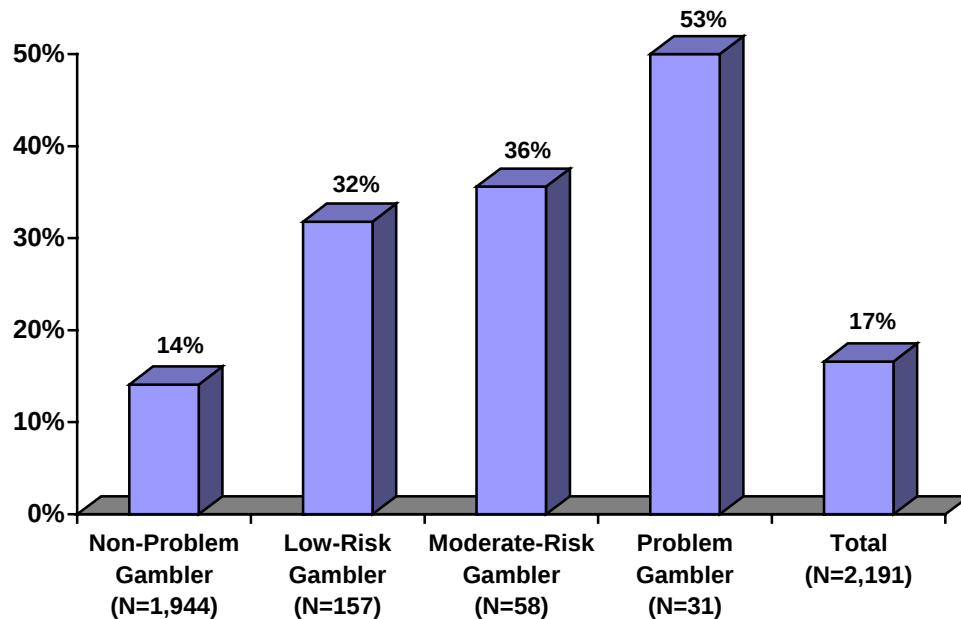
Figure 16: Problems Caused by Someone Else's Gambling by Gambling Subtype



5.5 SUBSTANCE USE

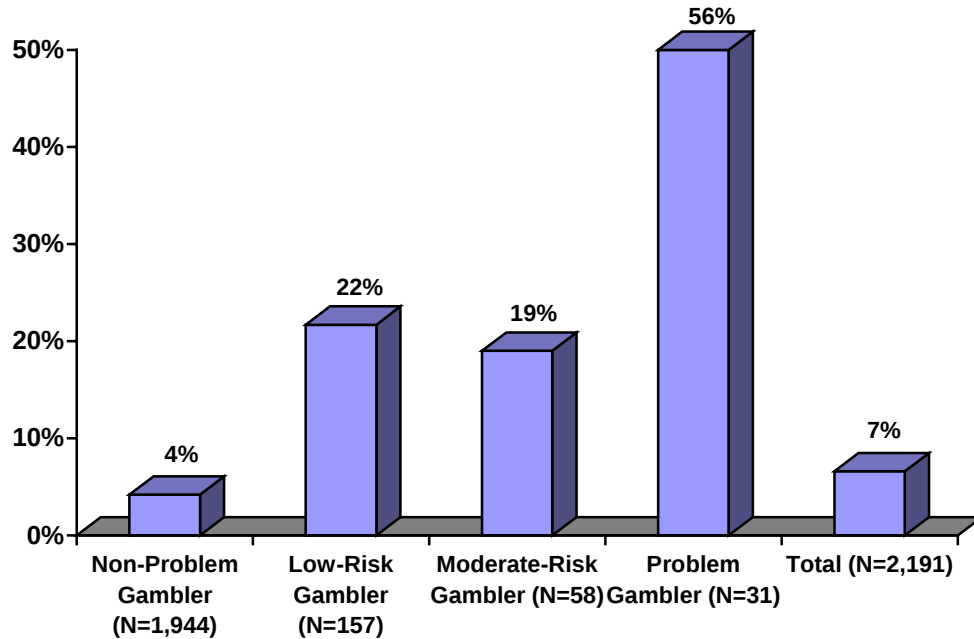
Questions regarding the use of substances while gambling were asked to gamblers. Overall, 17% of gamblers have used alcohol or drugs while gambling in the past 12 months. Problem gamblers (53%) were significantly more likely to use alcohol and drugs while gambling than non-problem gamblers (14%). Furthermore, moderate-risk gamblers (36%) were significantly more likely to use alcohol and drugs while gambling than low-risk gamblers (32%) and non-problem gamblers (14%) (See Figure 17).

Figure 17: Use of Alcohol or Drugs While Gambling in the Past 12 Months by Gambling Subtype



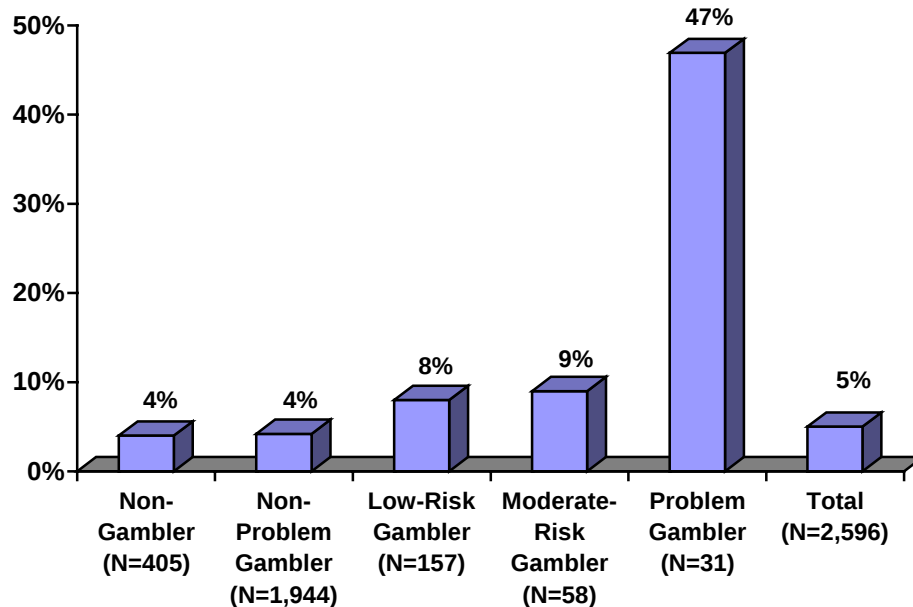
Overall, only a small percentage of gamblers have gambled while drunk or high in the past 12 months (7%) (See Figure 18). However, problem gamblers (56%) were significantly more likely to have gambled while drunk or high than all other gambling subtypes.

Figure 18: Gambling While Drunk or High in the Past 12 Months by Gambling Subtype



Respondents were also asked whether they ever felt they might have had an alcohol or drug problem. Overall, 95% of respondents have never felt that they might have an alcohol or drug problem. Nevertheless, problem gamblers (47%) were significantly more likely to have had an alcohol or drug problem in the past compared to low-risk gamblers (8%), non-problem gamblers (4%) and non-gamblers (4%). (See Figure 19).

Figure 19: Alcohol or Drug Problems by Gambling Subtype



5.5.1 Cigarette Use

All respondents were asked several questions about smoking. Overall, 72% of respondents have at some point in their life smoked cigarettes. When examined by gambling subtype, several relationships were evident. Problem gamblers (97%) were significantly more likely to have smoked cigarettes in their lifetime than all other gambling subtypes (62% non-gamblers, 73% non-problem gamblers, 83% low-risk gamblers, 81% moderate-risk gamblers).

At the time of the survey, 29% of respondents smoked cigarettes daily, 6% smoked cigarettes occasionally, while 65% did not smoke at all (See Table 37).

Table 37: Cigarette Smoking by Gambler Subtype

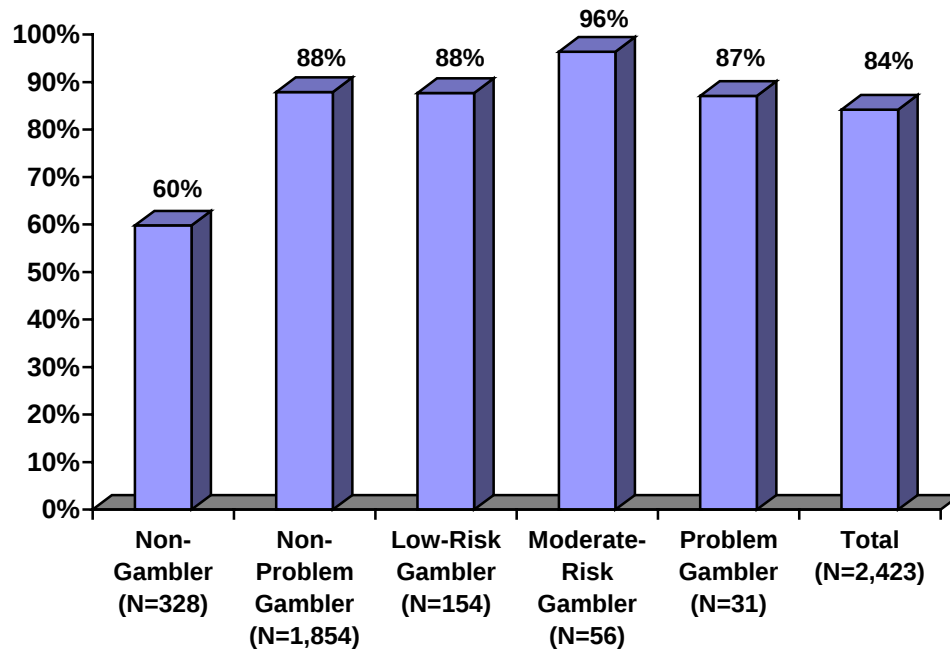
	Non-Gambler (N=250)		Non-Problem Gambler (N=1,416)		Low-Risk Gambler (N=130)		Moderate-Risk Gambler (N=47)		Problem Gambler (N=31)		Total (N=1,874)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Daily	55	22.0	385	27.2	62	47.7	26	55.3	19	61.3	547	29.2
Occasionally	10	4.0	87	6.1	7	5.4	5	10.6	1	3.2	110	5.9
Not at all	185	74.0	944	66.7	59	45.4	16	34.0	11	35.5	1,215	64.8
Refused	0	--	0	--	2	1.5	0	--	0	--	2	<1

Problem gamblers (61%), moderate-risk gamblers (55%) and low-risk gamblers (48%) were significantly more likely to smoke on a daily basis compared to non-problem gamblers (27%) and non-gamblers (22%).

5.5.2 Alcohol Use

Respondents were asked several questions regarding alcohol use. Overall, 93% of respondents reported ever having an alcoholic beverage. Gamblers from all subtypes were significantly more likely to have had an alcoholic beverage compared to non-gamblers (80%).

Furthermore, 84% of respondents have had an alcoholic beverage in the past 12 months. All gambling subtypes were significantly more likely than non-gamblers (60%) to have had an alcoholic beverage in the past 12 months (See Figure 20).

Figure 20: Consumption of Alcoholic Beverages in the Past 12 Months by Gambling Subtype

Respondents who consumed at least one alcoholic beverage over the past 12 months were asked how many drinks they consume on a typical day. On average, respondents consumed 3 alcoholic beverages on a typical day, ranging from less than one a day to 60 drinks per day. The amount of alcoholic beverages consumed on a typical day was similar among gambling subtype.

5.5.3 Drug Use

All respondents were asked if they had ever used various illicit drugs in their lifetime. Respondents who indicated that they used a particular drug were then asked if they had used that drug in the past 12 months (See Table 38). Overall, 68% of problem gamblers have used Marijuana or Hash in their lifetime and 39% have used it in the past year, the highest percentage of all the gambling subtypes. Indeed, problem gamblers were significantly more likely than non-gamblers, non-problem gamblers and low-risk gamblers to have ever used Marijuana or Hash.

Among moderate-risk gamblers, Marijuana or Hash was also the most popular illicit drug ever used (53%) and used in the past year (28%). Among low-risk, non-problem, and non-gamblers, Marijuana or Hash was also the most popular (14%, 8%, and 4% used in the past year, respectively). The use of other drugs such as Cocaine, LSD, Crystal Methamphetamine, Heroin, Ecstasy, and Oxycontin was relatively uncommon regardless of gambling subtype.

Table 38: Illicit Drug Use by Gambling Subtype¹⁸

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)		Total (N=2,596)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
<i>Marijuana or Hash</i>												
Ever used	64	15.8	554	28.5	67	42.7	31	53.4	21	67.7	737	28.4
Used in past 12 months	14	3.5	152	7.8	22	14.0	16	27.6	12	38.7	216	8.3
<i>Cocaine</i>												
Ever used	5	1.2	50	2.6	12	7.6	4	6.9	10	32.3	81	3.1
Used in past 12 months	0	--	14	<1	0	--	0	--	1	3.2	15	<1
<i>LSD or Other Psychedelics</i>												
Ever used	11	2.7	77	4.0	16	10.1	4	6.9	7	22.6	115	4.4
Used in past 12 months	0	--	7	<1	0	--	1	1.7	1	3.2	9	<1
<i>Crystal Methamphetamine</i>												
Ever used	0	--	8	<1	3	1.9	1	1.7	0	--	12	<1
Used in past 12 months	0	--	3	<1	0	--	0	--	0	--	3	<1
<i>Heroin</i>												
Ever used	0	--	2	<1	0	--	0	--	0	--	2	<1
Used in past 12 months	0	--	0	--	0	--	0	--	0	--	0	--
<i>Ecstasy</i>												
Ever used	2	<1	25	1.3	6	3.8	2	3.4	3	9.7	38	1.5
Used in past 12 months	0	--	12	<1	4	2.5	0	--	1	3.2	17	<1
<i>Oxycontin</i>												
Ever used	0	--	1	<1	2	1.3	2	3.4	0	--	5	<1
Used in past 12 months	0	--	1	<1	0	--	0	--	0	--	1	<1

¹⁸ Questions about the use of drugs in the past 12 months were only asked of respondents who indicated that they had used a given drug at least once in their lifetime.

5.6 PHYSICAL AND MENTAL HEALTH

Respondents were asked several questions about their physical and mental health. The majority of respondents (84%) rated their physical health as very good (42%) or good (42%). Problem gamblers (66%) were significantly more likely than non-problem gamblers (42%) and non-gamblers (39%) to rate their physical health as only good (See Table 39).

Table 39: Physical Health Status by Gambling Subtype

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)		Total (N=2,596)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Very good	169	41.7	840	43.2	57	36.3	14	24.1	5	15.6	1,085	41.8
Good	159	39.3	810	41.7	67	42.7	29	50.0	21	65.6	1,086	41.8
Fair	62	15.3	228	11.7	30	19.1	7	12.1	5	15.6	332	12.8
Poor	12	3.0	62	3.2	3	1.9	8	13.8	1	3.1	86	3.3
Very poor	3	<1	3	<1	0	--	0	--	0	--	6	<1
Don't know	0	--	1	<1	0	--	0	--	0	--	1	<1

Concerning mental health, 95% of respondents considered their mental health to be very good (54%) or good (41%). Problem gamblers were significantly less likely (20%) than non-problem gamblers to rate their health as very good (56%) (See Table 40).

Table 40: Mental Health Status by Gambling Subtype

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)		Total (N=2,596)	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Very good	230	56.8	1,080	55.5	71	44.9	19	32.8	6	20.0	1,406	54.1
Good	165	40.7	780	40.1	74	46.8	28	48.3	19	63.3	1,066	41.0
Fair	8	2.0	69	3.5	12	7.6	8	13.8	4	13.3	101	3.9
Poor	2	<1	11	<1	1	<1	2	3.4	1	3.3	17	<1
Very poor	0	--	3	<1	0	--	0	--	0	--	3	<1
Don't know	0	--	3	<1	0	--	1	1.7	0	--	4	<1

All respondents were asked whether they have been under a doctor's care because of physical or emotional problems brought on by stress in the past 12 months (See Table 41). The likelihood of having been under a doctor's care for stress was similar among all gambling subtypes.

Table 41 also examines depression by gambling subtype. As shown in the table, problem gamblers (50%) were significantly more likely than non-gamblers (4%), non-problem gamblers (7%) and low-risk gamblers (8%) to have felt seriously depressed in the past 12 months.

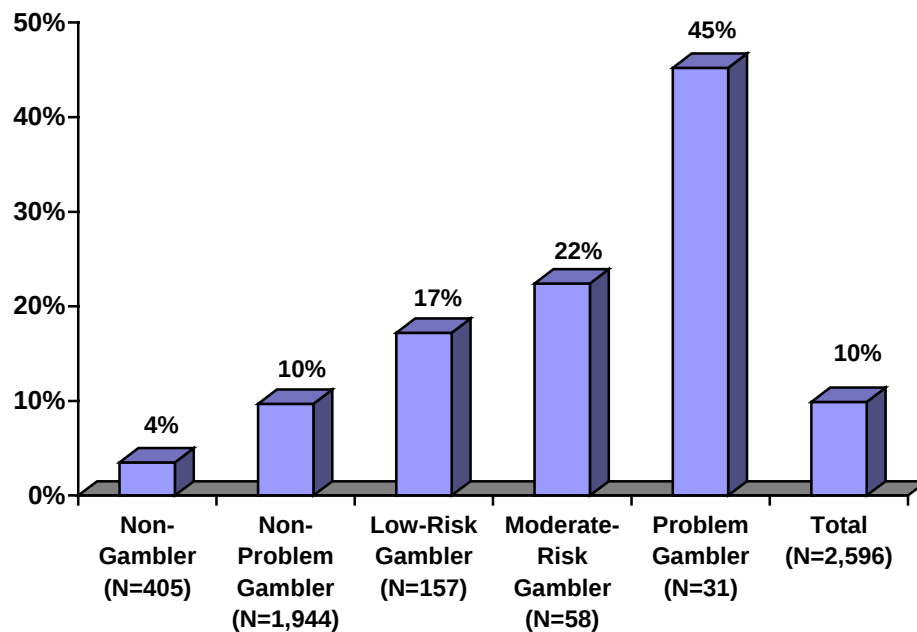
Table 41: Stress Indicators by Gambling Subtype

	Non-Gambler (N=405)		Non-Problem Gambler (N=1,944)		Low-Risk Gambler (N=157)		Moderate-Risk Gambler (N=58)		Problem Gambler (N=31)	
	f	%	f	%	f	%	f	%	f	%
Under a doctor's care for stress in the past 12 months	30	7.4	202	10.4	15	9.6	7	12.1	5	16.1
Feeling seriously depressed in the past 12 months	18	4.4	141	7.2	13	8.3	10	17.2	16	50.0

A number of other questions were asked related to how individuals have dealt with painful events in their lives over the past 12 months. Respondents were asked if they have had an urge to have a drink of alcohol when something painful happened in their life. The majority (90%) of respondents did not have the urge to drink when something painful happened in their life (See Figure 21).

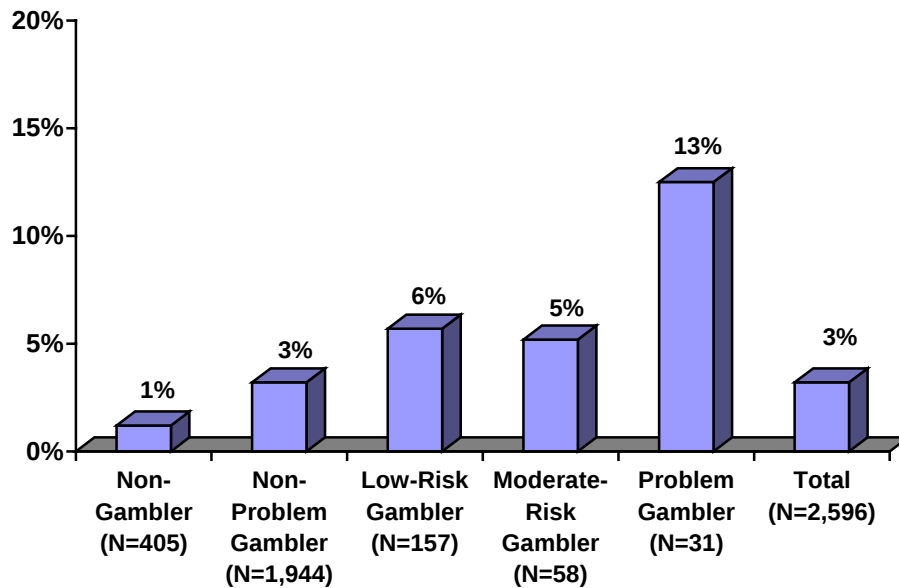
However, problem gamblers (45%) were significantly more likely to have had the urge to have a drink of alcohol when something painful happened in their life compared to non-problem gamblers (10%) and non-gamblers (4%). Similarly, non-gamblers were significantly more likely not to have had the urge to drink than all other gambling subtypes.

Figure 21: Urge to Have a Drink of Alcohol When Something Painful Happened in the Past 12 Months by Gambling Subtype



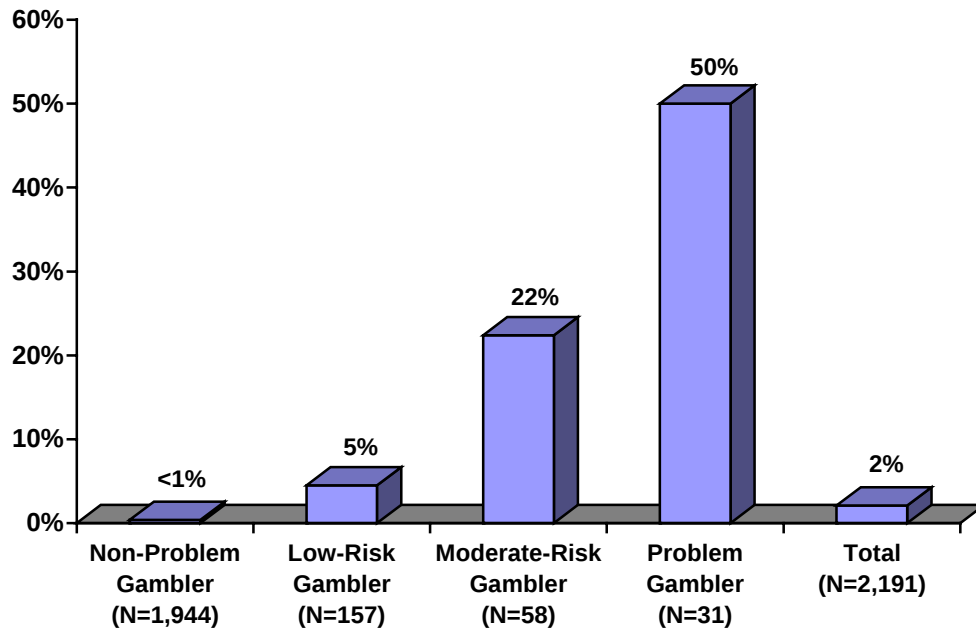
Respondents were also asked whether they have had the urge to use drugs or medication when something painful happened in their life over the past 12 months. Generally, the urge to use drugs or medication was low, however, problem gamblers were the most likely to have the urge to use drugs or medication compared to all other subtypes (See Figure 22).

Figure 22: Urge to Use Drugs or Medication When Something Painful Happened in the Past 12 Months by Gambling Subtype



Similar to the previous questions, gamblers were asked if they have had the urge to gamble if something painful happened in their life in the past 12 months (See Figure 23). Overall, problem gamblers (50%) were significantly more likely to have had the urge to gamble when something painful happened in their life in the past 12 months compared to low-risk gamblers (5%) and non-problem gamblers (<1%).

Figure 23: Urge to Gamble When Something Painful Happened in the Past 12 Months by Gambling Subtype



6.0 Awareness of Support and Treatment Services

6.1 PEOPLE TO TURN TO FOR HELP

Overall, respondents indicated that, on average, they could turn to 9 people for support or help if they had a serious personal problem. When asked to identify who they would turn to if they or someone close to them had a gambling problem, 58% of respondents said that they would turn to a family member, while 41% said that they would seek help from a friend (See Table 42).

Table 42: Sources of Help if Respondents or Someone Close to Them Had a Gambling Problem*

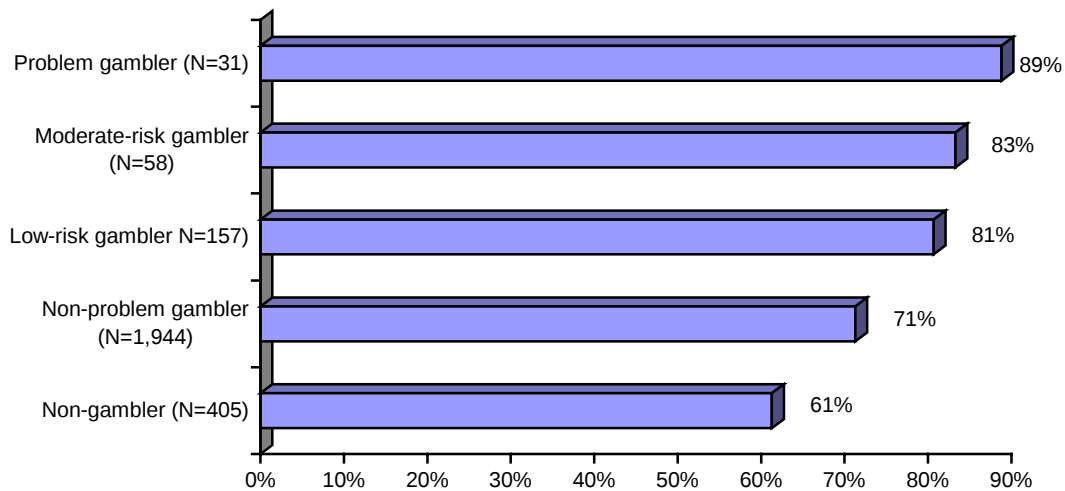
	<i>f</i>	% (N=2,596)
Family	1,515	58.4
Friend	1,071	41.2
Addictions counselor	842	32.4
Gamblers anonymous	726	28.0
Family doctor	719	27.7
Minister/ priest/ rabbi	528	20.3
Social worker/ psychologist/ psychiatrist	460	17.7
Employee/ family assistance program	298	11.5
Instructor/ teacher	207	8.0
Law enforcement official	193	7.4
Pharmacist	129	5.0
Go to person with problem themselves	11	<1
Call or give 1-800 number	7	<1
Other	23	<1
None	22	<1
Don't Know	207	8.0
Refused	1	<1

*Multiple responses allowed.

6.2 TOLL-FREE CRISIS HELP LINE

Just over seven in ten respondents (71%) said they were aware of a toll-free gambling help line in Newfoundland and Labrador. The awareness level of this help line was consistent across the regions, however problem gamblers were significantly more likely (89%) to be aware of this help-line than non-problem gamblers (71%) and non-gamblers (61%) (See Figure 24).

Figure 24: Awareness Levels of the Toll-Free Crisis Help Line by Gambling Subtype

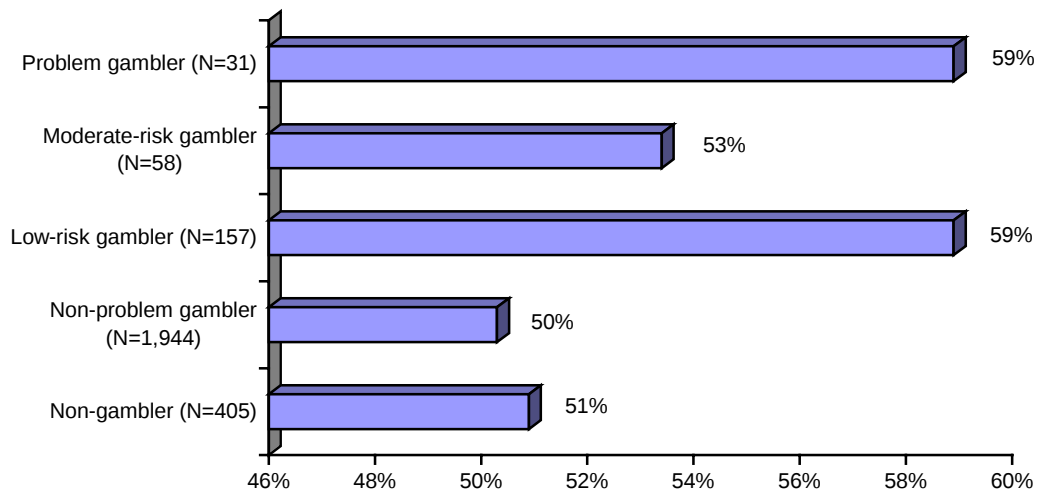


6.3 RECOVERY CENTRE

Slightly more than half of respondents (51%) reported awareness of the Recovery Centre, a detox center available for individuals with substance use and gambling problems in Newfoundland and Labrador. By region, respondents from the Labrador-Grenfell region were significantly less aware of the Centre (41%) compared to those living in the Eastern region (55%). In addition, awareness of the Centre tended to increase with age, with respondents ages 55-64 and 65+ significantly more likely to be aware of the Centre (57% and 60%, respectively) compared to those 19-24 years of age (41%). Males and females did not differ in their awareness of the Recovery Centre (52% and 50% respectively).

Awareness levels of the Recovery Centre were fairly similar among all of the gambling subtypes, although it is worth noting that problem gamblers were more aware of the Centre (59%) than moderate-risk gamblers (53%) (See Figure 25).

Figure 25: Awareness Levels of the Recovery Centre by Gambling Subtype

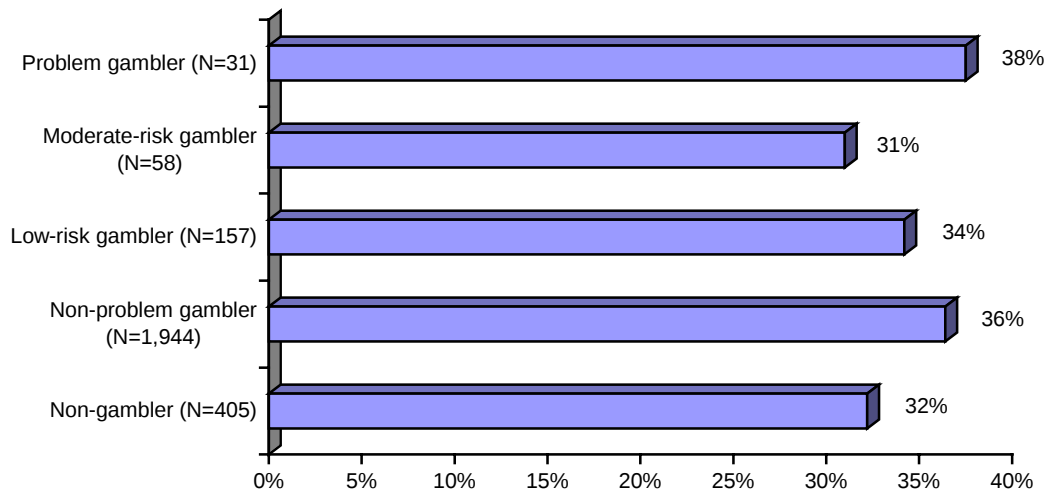


6.4 HUMBERWOOD TREATMENT CENTRE

Just over one-third of respondents (36%) were aware of Humberwood, the provincial treatment centre for problem gamblers. Perhaps due to the fact that Humberwood is located on the west coast of the province, respondents living in the Western region were significantly more aware of this treatment centre (44%) than those living in the Labrador-Grenfell and Central regions (26% and 28% respectively), however, there was no difference in awareness by age or gender.

Awareness of this treatment centre was similar across gambling subtypes (See Figure 26).

Figure 26: Awareness Levels of the Humberwood Treatment Centre for Problem Gamblers in Newfoundland and Labrador by Gambling Subtype

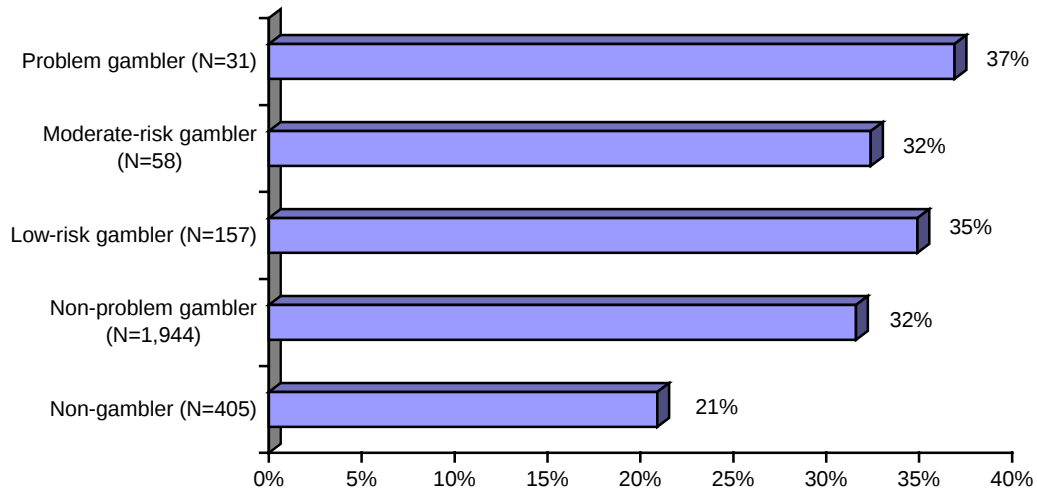


6.5 LOCAL GAMBLING COUNSELING SERVICES

Overall, 30% of respondents said that they were aware of gambling counseling services available in their community. Those living in the Labrador-Grenfell region displayed a greater awareness of counseling services in their communities (38%) compared to those living in the Western, Central, and Eastern region (29%, 18%, and 34%, respectively). Knowledge of local gambling counseling services was similar for males and females (31% and 30%, respectively), however, awareness of local counseling services generally decreased with age.

In terms of gambling subtypes, there was a similar level of awareness among gamblers, however non-gamblers were least likely to be aware of local gambling counseling services (See Figure 27).

Figure 27: Awareness Levels of Local Gambling Counseling Services in Newfoundland and Labrador by Gambling Subtype



7.0 Conclusions

This report presents the findings from the *2005 Newfoundland and Labrador Gambling Prevalence Study*. This study is the first to address gambling issues specific to the province and provides current baseline information regarding the prevalence of gambling and problem gambling in Newfoundland and Labrador. Furthermore, the study provides important information profiling the gambling subtypes and players of certain gambling activities, identifying correlates of gambling and problem gambling behavior, exploring consequences of gambling, and gauging awareness of support and treatment services. Presented below are some of the key conclusions that can be drawn from this study:

Gambling, in general, is common among Newfoundlanders and Labradorians. Moderate-risk and problem gambling prevalence rates are similar to those of other provinces.

Provincially, 84% of respondents have gambled at least once in the past year. Of these respondents, 6.1% were classified as low-risk gamblers, 2.2% as moderate-risk gamblers, and 1.2% as problem gamblers. Problem gambling was more prevalent in the Labrador-Grenfell region, where the problem gambling prevalence rate was double the provincial rate.

Based on a provincial adult population of 386,782, approximately 8,509 adult residents can be considered moderate-risk gamblers and 4,641 residents can be considered problem gamblers.

Moderate-risk and problem gamblers represent distinct segments of the general adult population that can be targeted.

The findings of this study indicate that problem gamblers were mostly males (67%) between the ages of 25-34 (40%). Most problem gamblers were well educated, with 49% having at least some post-secondary education, and incomes were moderate, with 33% in the \$20,001 to \$40,000 range.

Moderate-risk gamblers were mostly males (67%) between the ages of 35-44 (39%). Incomes were also in the \$20,001 to \$40,000 range (30%), however, moderate-risk gamblers were less educated (51% with high school or less than high school education).

These findings are comparable to other studies that identify young males as an at-risk population (Statistics Canada, 2003).

VLT use is extensive among problem gamblers in Newfoundland and Labrador.

Overall, 11% of survey respondents have played VLT's in the past 12 months. Among problem gamblers, the rate was much higher: 80% have played in the past 12 months. In addition, 26% of problem gamblers remembered the VLT as their first gambling experience.

It has been noted in the past that VLT's are the "crack cocaine" of gambling (Statistics Canada, 2003). The findings of this study support that statement, as 9.7% of VLT players can be considered moderate-risk gamblers and 8.6% problem gamblers.

Combined, this rate is significantly higher than the provincial moderate-risk and problem gambling prevalence rate.

Poker is an increasingly frequent form of gambling among Newfoundlanders and Labradorians, and problem gamblers in particular.

Eleven percent of survey respondents have played poker in the past 12 months. Poker appears to be most frequent however, among problem gamblers, as 55% reported having played in the past 12 months. Furthermore, 30% of problem gamblers reported poker as their first gambling experience.

As with VLT's, poker appears to have a close relationship with problem gambling. It is estimated that 8.2% of poker players can be considered moderate-risk gamblers and 6.0% problem gamblers. Again, this combined rate is significantly higher than the provincial moderate-risk and problem gambling prevalence rate.

Problem gamblers experience negative consequences as a result of gambling, such as financial difficulty, relationship problems, suicidal thoughts, and depression.

Consistent with past research (Statistics Canada, 2003), negative consequences were common among problem gamblers in this study. Problem gamblers had the highest unemployment rate of all the gambling subtypes (34%). Related to finances, 64% of problem gamblers reported experiencing income loss/debt. Although time spent gambling by problem gamblers was not the highest among the gambling subtypes (15 hours in a typical month) amounts spent were the highest (\$3,700 in the past 12 months or \$310 per month), indicating that problem gamblers spend large sums of money that disappear quickly.

Other negative consequences were also evident. Forty-seven percent of problem gamblers reported relationship problems and 33% reported mental health problems. Furthermore, 50% of problem gamblers reported experiencing serious depression in the past 12 months and 12% had suicidal thoughts as a result of gambling.

Early experiences play a role in later problem gambling behavior.

This study found that while most gamblers reported starting gambling at ages 19 or older, problem gamblers tended to start much younger. Thirty-four percent of problem gamblers started gambling at ages 13-18, while a further 17% started at ages 6-12. First gambling activities among problem gamblers were mostly poker (30%) and VLT's (26%), activities that have been shown to be closely related to problem gambling. Furthermore, problem gamblers were most likely to remember their first big win (59%) and loss (45%).

Substance use is closely related to problem gambling.

The findings of this study have identified a relationship between problem gambling and substance use. Problem gamblers were significantly more likely to smoke daily (61%) and consume more alcohol (87%) compared to non-gamblers. Further confirming this relationship, problem gamblers were more likely to use alcohol or drugs while gambling (53%) and to gamble while drunk or high (56%).

Some illicit drug use was higher among problem gamblers, for example, 39% have used Marijuana or Hash in the past 12 months, compared to 4% of non-gamblers, 8% of non-problem gamblers, 14% of low-risk gamblers, and 28% of moderate-risk gamblers. However, no relationship was found to exist between gambling and the use of drugs such as Ecstasy, Crystal Methamphetamine, LSD, Heroin, Cocaine, and Oxycontin.

Awareness of gambling support and treatment services varies among Newfoundlanders and Labradorians.

While awareness of the toll-free crisis help line reached 71% among respondents, awareness of other support and treatment services such as the Recovery Centre, Humberwood, and local gambling counseling services varied (51%, 36%, and 30% respectively). Of note, moderate-risk gamblers showed generally low awareness of the Recovery Centre (53%), Humberwood (31%), and local gambling counseling services (32%).

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Appendix A: Sampling Plan

Labrador-Grenfell Health Authority									
Age	Female	Prop. %	Prop. N	Male	Prop. %	Prop. N	Total	Prop. %	Prop. N
19-24	1,393	4.93	32	1,414	5.01	33	2,807	9.94	65
25-34	3,030	10.73	70	2,870	10.16	66	5,900	20.89	136
35-44	3,420	12.11	79	3,360	11.90	77	6,780	24.01	156
45-54	3,165	11.21	73	3,285	11.63	76	6,450	22.84	149
55-64	1,625	5.75	37	1,835	6.50	42	3,460	12.25	79
65+	1,410	4.99	32	1,435	5.08	33	2,845	10.07	65
Total	14,043	49.72	323	14,199	50.28	327	28,242	100.00	650
Western Health Authority									
Age	Female	Prop. %	Prop. N	Male	Prop. %	Prop. N	Total	Prop. %	Prop. N
19-24	2,593	4.18	27	2,511	4.05	26	5,104	8.23	53
25-34	4,990	8.04	52	4,280	6.90	45	9,270	14.94	97
35-44	7,065	11.39	74	6,560	10.58	69	13,625	21.97	143
45-54	6,980	11.25	73	6,900	11.12	72	13,880	22.37	145
55-64	4,615	7.44	48	4,600	7.41	48	9,215	14.85	96
65+	5,955	9.60	62	4,990	8.04	52	10,945	17.64	114
Total	32,198	51.90	336	29,841	48.10	312	62,039	100.00	648
Central Health Authority									
Age	Female	Prop. %	Prop. N	Male	Prop. %	Prop. N	Total	Prop. %	Prop. N
19-24	3,013	3.95	26	3,081	4.03	26	6,094	7.98	52
25-34	6,320	8.28	54	5,865	7.68	50	12,185	15.96	104
35-44	8,295	10.86	71	7,990	10.46	68	16,285	21.32	139
45-54	8,230	10.78	70	8,150	10.67	69	16,380	21.45	139
55-64	5,610	7.35	48	5,595	7.33	48	11,205	14.68	96
65+	7,515	9.84	64	6,695	8.77	57	14,210	18.61	121
Total	38,983	51.06	333	37,376	48.94	318	76,359	100.00	651
Eastern Health Authority									
Age	Female	Prop. %	Prop. N	Male	Prop. %	Prop. N	Total	Prop. %	Prop. N
19-24	11,066	5.03	33	10,881	4.94	32	21,947	9.97	65
25-34	20,445	9.29	60	18,755	8.52	55	39,200	17.81	115
35-44	25,220	11.46	74	23,295	10.58	69	48,515	22.04	143
45-54	23,475	10.66	69	22,790	10.35	67	46,265	21.01	136
55-64	14,660	6.66	43	14,490	6.58	43	29,150	13.24	86
65+	20,185	9.17	60	14,880	6.76	44	35,065	15.93	104
Total	115,051	52.27	339	105,091	47.73	310	220,142	100.00	649
Overall	200,275	52.26	1,331	186,507	47.74	1,267	386,782	100.00	2,598
Labrador-Grenfell n = 650 N = 28,242 Margin error = 3.80	Female n = 323 N = 14,043 Margin error = 5.39	Male n = 327 N = 14,199 Margin error = 5.36	All Regions - Female n = 1,331 N = 200,275 Margin error = 2.68						
Western n = 648 N = 62,039 Margin error = 3.83	Female n = 336 N = 32,198 Margin error = 5.32	Male n = 312 N = 29,841 Margin error = 5.52							
Central n = 651 N = 76,359 Margin error = 3.82	Female n = 333 N = 38,983 Margin error = 5.35	Male n = 318 N = 37,376 Margin error = 5.47	All Regions - Male n = 1,267 N = 186,507 Margin error = 2.74						
Eastern n = 649 N = 220,142 Margin error = 3.84	Female n = 339 N = 115,051 Margin error = 5.31	Male n = 310 N = 105,091 Margin error = 5.56							

Appendix B: Design Weights

Region	Pop N	Pop %	Sample n	Sample %	Weight
Labrador-Grenfell	28242	0.07301788	638	0.24576271	0.297107
Western	62039	0.16039785	655	0.25231125	0.635714
Central	76359	0.19742129	644	0.24807396	0.795816
Eastern	220142	0.56916299	659	0.25385208	2.242105
Total	386782		2596		

Appendix C: Questionnaire

**Government of Newfoundland and Labrador-Gambling Prevalence Study
Final- August 30, 2005**

INTRODUCTION

Hello, my name is _____ and I am calling from Market Quest Research, a professional survey research firm. We are conducting a survey on behalf of the Department of Health and Community Services, Government of Newfoundland and Labrador. Today/Tonight we are conducting a research survey on the gambling activities and attitudes of residents of Newfoundland and Labrador and we would like to include your views.

Your response will help researchers better understand gambling behaviour and develop programs and services for Newfoundlanders and Labradorians with a gambling problem. First of all, can you tell me how many adults 19 years of age or older live in this household?

_____ **(Record the number).**
99 Refused **(Terminate call and thank them for their time)**

INTERVIEWER:	If no one 19 or older in household, terminate interview. If only one person 19 years or older in household say:
---------------------	--

I would like to speak to that person--would that be you?

INTERVIEWER:	If more than one person 19 years or older in household say:
---------------------	--

I would like to speak to the person in your household 19 years of age or older who has the next birthday--would that be you?

INTERVIEWER:	If no, ask to speak to that person. If the person is not available, arrange call-back.
---------------------	---

Great! I would like to interview you and I'm hoping that now is a good time for you. The interview will take about 20 minutes, depending on how many of the questions apply to you.

Before we start, I'd like to assure you that your participation is voluntary and that any information you provide will be kept completely confidential. If there are any questions that you do not wish to answer, please feel free to point these out to me and I'll go on to the next question. You have the right to terminate the interview at any time. If you have any questions about the survey, you can phone Market Quest Research at 1-800-560-1360 for further information.

INTERVIEWER:	If the person never gambles, doesn't believe in it, etc. say:
---------------------	--

We understand that not everyone gambles, but your opinions are still very important to us.

1. Agreed to do interview **(Thank them and go to Q.1)**
2. Refused to do interview **(Terminate and thank them for their time)**

GAMBLING INVOLVEMENT AND ACTIVITIES

First, we'd like to ask some questions about gambling activities you may participate in. People spend money and gamble on many different things including buying lottery tickets, playing bingo, or card games with their friends. I am going to list some activities that you might have bet or spent money on.

1. In the past 12 months, have you bet or spent money on (_____)? **READ LIST**

1. Lottery tickets such as Lotto 649, Super 7, Atlantic 49, Atlantic Payday or Keno
2. Breakopen, Pull Tab or Nevada Strips
3. Scratch tickets such as Crossword, Bingo or Lucky 7
4. Raffles or fundraising tickets
5. Horse Races, either live at the track or off track
6. Bingo
7. Video lottery terminals (VLT machines)
8. Pro-Line or Over/Under
9. Sports Pools or the outcome of sporting events (through a bookie, charity, with friends or at work)
10. Cards (not including poker) or board games at home, friends home or at work
11. Poker, either at home, friends home, at work or on the Internet
12. Games of Skill such as pool, bowling, golf or darts
13. Arcade or Video Games
14. Gambling on the Internet (not including poker)
15. Short Term Speculative Stock or Commodity Purchases such as day trading, not including long-term investments such as mutual funds or RRSPs
16. Gambling at Casinos out of province

1b. Have you participated in any other forms of gambling? **(Please Specify)**

INTERVIEWER:	If respondent does not say "Yes" to any activity, or says "I do not gamble" twice, go to Q13.
---------------------	--

INTERVIEWER:	Repeat Q2 to Q5 for all activities selected in Q1
---------------------	--

2. In the past 12 months, how often did you bet or spend money on **[INSERT ACTIVITY FROM Q1]? READ LIST**

Daily	01
2 to 6 times per week	02
About once per week	03
2 to 3 times per month	04
About once per month	05
Between 6-11 times per year	06
Between 1-5 times per year	07
Don't Know	98
Refused	99

3. On a typical occasion when you spend money on **[INSERT ACTIVITY FROM Q1]**, how much money do you spend, not including winnings? **ENTER NUMBER OF DOLLARS- ROUND UP TO NEAREST DOLLAR.**

\$ _____

Don't Know	98
Refused	99

INTERVIEWER: If asked for clarification, we mean spending that is out of pocket, and doesn't include money won and THEN spent.

4. On a typical occasion when you spend money on **[INSERT ACTIVITY FROM Q1]**, how much money do you win? **ENTER NUMBER OF DOLLARS- ROUND UP TO NEAREST DOLLAR.**

\$ _____

Don't Know	98
Refused	99

5. On a typical occasion when you spend money on **[INSERT ACTIVITY FROM Q1]**, how much money do you lose? **ENTER NUMBER OF DOLLARS- ROUND UP TO NEAREST DOLLAR.**

\$ _____

Don't Know	98
Refused	99

Next, I would like you to think about all of the gambling activities we discussed.

6. During a typical month, how much time do you spend gambling? Please give the total amount of time spent gambling in a typical month. **USE MINUTES/HOURS TO RECORD EXACT TIME SPECIFIED BY RESPONDENT.**

_____ Minutes

_____ Hours

Don't Know	98
Refused	99

7. In the past 12 months, how much money have you spent gambling, not including winnings? **ENTER NUMBER OF DOLLARS- ROUND UP TO NEAREST DOLLAR.**

\$ _____

Don't Know	98
Refused	99

8. In the past 12 months, how much money have you won gambling?
ENTER NUMBER OF DOLLARS- ROUND UP TO NEAREST DOLLAR.

\$ _____

Don't Know	98
Refused	99

9. In the past 12 months, how much money have you lost gambling?
ENTER NUMBER OF DOLLARS- ROUND UP TO NEAREST DOLLAR.

\$ _____

Don't Know	98
Refused	99

10. What are the main reasons why you gamble? **IF NECESSARY READ TO PROMPT, ACCEPT ALL ANSWERS**

It's an opportunity to socialize	01
I can forget about my problems	02
It is exciting/fun	03
It decreases my boredom	04
I can win money	05
It's a hobby	06
To support worthy causes/charities	07
Out of curiosity	08
To be alone	09
Because I am good at it	10
Other: (Please Specify)	90
Don't Know	98
Refused	99

PROBLEM GAMBLING BEHAVIOUR AND ADVERSE CONSEQUENCES

The next questions are part of a standard measurement scale that was recently developed in Canada for use in gambling surveys similar to this one. Some of these questions may not apply to you but please try to answer as accurately as possible. Remember that all of your answers are strictly confidential.

11. Thinking about the past 12 months, would you say you never, sometimes, most of the time or almost always... **READ LIST**

	Never	Sometimes	Most of the Time	Almost Always	Don't Know	Refused
Bet more than you could really afford to lose	00	01	02	03	98	99
Needed to gamble with larger amounts of money to get the same feeling of excitement	00	01	02	03	98	99
Went back another day to try and win back the money you lost	00	01	02	03	98	99
Borrowed money or sold anything to get money to gamble	00	01	02	03	98	99
Felt that you might have a problem with gambling	00	01	02	03	98	99
Felt gambling has caused you any health problems including stress or anxiety	00	01	02	03	98	99
Had people criticize your betting or tell you that you have a gambling problem regardless of whether or not you think it is true	00	01	02	03	98	99
Felt your gambling has caused financial problems for you or your household	00	01	02	03	98	99
Felt guilty about the way you gamble or what happens when you gamble	00	01	02	03	98	99

12. Which, if any, of the following problems have you experienced from gambling? **READ LIST, CIRCLE ALL THAT APPLY**

Income loss/debt	01
Relationship problems	02
Physical health problems	03
Mental health problems	04
Work problems	05
Loneliness/Increased isolation	06
Other: Please Specify	90
None	96
Don't Know	98
Refused	99

PROBLEM GAMBLING CORRELATES

The next questions explore some of your gambling experiences, beliefs, alcohol and drug use, and health-related issues. Once again, all your answers will be kept strictly confidential.

13. How old were you when you first gambled for money? **(If “never tried gambling,” SKIP to Q17)**

_____ **ENTER AGE IN YEARS**

Never tried gambling	95
Don't Know	98
Refused	99

14. What type of gambling activity did you first try? **DO NOT READ LIST, ACCEPT ONLY ONE ANSWER**

Lottery tickets (e.g. Lotto 649, Super 7, Atlantic 49, Atlantic Payday, or Keno)	01
Breakopen, pull tabs or Nevada strips	02
Scratch tickets like Crossword, Bingo or Lucky 7	03
Raffles or Fundraising Tickets	04
Horse races (either live at the track or off track)	05
Bingo	06
Video Lottery Terminals (VLT's)	07
Pro Line or Over/Under	08
Sports pools/Outcome of sporting events (through a bookie, charity, with friends or at work)	09
Cards or board games (excluding poker)	10
Poker	11
Games of skill such as pool, bowling, darts or golf	12
Arcade or video games	13
Gambling on the internet (excluding poker)	14
Short-term speculative stock or commodity purchases such as day trading, not including long-term investments such as mutual funds or RRSPs	15
Casinos out of province	16
Other (Please Specify)	90
Don't Know	98
Refused	99

15. Do you remember a big WIN when you first started gambling?

Yes	01
No	02
Don't Know	98
Refused	99

16. Do you remember a big LOSS when you first started gambling?

Yes	01
No	02
Don't Know	98
Refused	99

17. Please tell me if you strongly agree, agree, disagree, or strongly disagree with the following statement: "While gambling, after losing many times in a row, you are more likely to win."

Strongly Agree	01
Agree	02
Disagree	03
Strongly Disagree	04
Don't Know	98
Refused	99

18. Please tell me if you strongly agree, agree, disagree, or strongly disagree with the following statement: "While gambling, you could win more if you used a certain system or strategy."

Strongly Agree	01
Agree	02
Disagree	03
Strongly Disagree	04
Don't Know	98
Refused	99

(If "non gambler" (Do not say "yes" to any activity in q1) or "never tried gambling" (q13=95), SKIP to Q26)

20. In the past 12 months, have you used alcohol or drugs while gambling?

Yes	01
No	02
Don't Know	98
Refused	99

21. In the past 12 months, have you gambled while drunk or high?

Yes	01
No	02
Don't Know	98
Refused	99

22. In the past 12 months, if something painful happened in your life, did you have the urge to gamble?

Yes (includes doing as well as having the urge)	01
No	02
Don't Know	98
Refused	99

23. In the past 12 months, have you engaged in petty crime or other criminal activities to support your gambling?

Yes	01
No	02
Don't Know	98
Refused	99

24. In the past 12 months, have you seriously thought about suicide as a result of your gambling?

Yes	01
No	02
Don't Know	98
Refused	99

25. In the past 12 months, have you attempted suicide as a result of your gambling?

Yes	01
No	02
Don't Know	98
Refused	99

Next, I would like to ask you some questions about cigarette smoking.

26. Have you EVER smoked cigarettes?

Yes	01
No	02 GO TO Q30
Don't Know	98 GO TO Q30
Refused	99 GO TO Q30

27. Have you smoked at least 100 cigarettes in your life?

Yes	01
No	02
Don't Know	98
Refused	99

28. At the present time, do you smoke cigarettes daily, occasionally or not at all?

Daily	01
Occasionally	02
Not at all	03 GO TO Q30
Refused	99 GO TO Q30

29. During a typical day, how many cigarettes do you smoke (1 pack=20 cigarettes)

_____ **RECORD NUMBER OF CIGARETTES**

Less than one cigarette a day	97
Don't Know	98
Refused	99

Now, I would like to ask you some questions about drinking alcohol. In these questions, when I use the word "drink", it means one 12 ounce bottle of beer, glass of draft, or cooler, one 5 ounce glass of wine or one straight or mixed drink with one and a half ounces of hard liquor.

30. Have you EVER had a drink of any alcoholic beverage?

- | | |
|------------|---------------------|
| Yes | 01 |
| No | 02 GO TO Q35 |
| Don't Know | 98 |
| Refused | 99 |

31. In the past 12 months, have you had a drink of any alcoholic beverage?

- | | |
|------------|---------------------|
| Yes | 01 |
| No | 02 GO TO Q35 |
| Don't Know | 98 GO TO Q35 |
| Refused | 99 GO TO Q35 |

32. In the past 12 months, how often did you drink alcoholic beverages. Would you say you drank alcoholic beverages.. **READ LIST**

- | | |
|------------------------|----|
| More than once a day | 01 |
| 6 to 7 times a week | 02 |
| 4 to 5 times a week | 03 |
| 2 to 3 times a week | 04 |
| Once a week | 05 |
| 2 to 3 times a month | 06 |
| Once a month | 07 |
| Less than once a month | 08 |
| Don't Know | 98 |
| Refused | 99 |

33. On a typical day when you have a drink of alcoholic beverage, approximately how many drinks do you consume?

RECORD NUMBER OF DRINKS

- | | |
|---------------------|----|
| Less than one drink | 97 |
| Don't Know | 98 |
| Refused | 99 |

34. In the past 12 months, how often did you have 5 or more drinks at the same sitting or occasion, would you say it was.. **READ LIST**

- | | |
|------------------------|----|
| More than once a day | 01 |
| 6 to 7 times a week | 02 |
| 4 to 5 times a week | 03 |
| 2 to 3 times a week | 04 |
| Once a week | 05 |
| 2 to 3 times a month | 06 |
| Once a month | 07 |
| Less than once a month | 08 |
| Never in the past year | 09 |
| Don't Know | 98 |
| Refused | 99 |

The next few questions deal with drug use. Some people use drugs in private, with friends or in other types of situations.

35. Have you EVER used...

	Yes	No	Don't Know	Refused
Marijuana or hash	01	02	98	99
Cocaine	01	02	98	99
LSD or other psychedelics	01	02	98	99
Crystal Methamphetamine, otherwise known as Crystal Meth.	01	02	98	99
Heroin	01	02	98	99
Ecstasy	01	02	98	99

INTERVIEWER: Repeat Q36 to Q37 for all drugs selected in Q35

36. In the past 12 months, have you used [INSERT DRUG FROM Q35]?

Yes	01
No	02
Don't Know	98
Refused	99

INTERVIEWER: If respondent has not used drug in the past 12 months/ Don't Know/ Refused, go to next drug or to Q38

37. In the past 12 months, how often have you used [INSERT DRUG FROM Q35] ? Would you say you have used it.. **READ LIST**

More than once a day	01
6 to 7 times a week	02
4 to 5 times a week	03
2 to 3 times a week	04
Once a week	05
2 to 3 times a month	06
Once a month	07
Less than once a month	08
Don't Know	98
Refused	99

38. Some people use the drug Oxycontin, more commonly known as “oxies” or “hillbilly heroine”, in ways other than those prescribed by a physician. Have you EVER used Oxycontin in ways other than those prescribed by a physician?

Yes	01
No	02 GO TO Q41
Don't Know	98
Refused	99

39. In the past 12 months, have you used Oxycontin?

Yes	01
No	02 GO TO Q41
Don't Know	98 GO TO Q41
Refused	99 GO TO Q41

40. In the past 12 months, how often have you used Oxycontin? Would you say you have used it.. **READ LIST**

More than once a day	01
6 to 7 times a week	02
4 to 5 times a week	03
2 to 3 times a week	04
Once a week	05
2 to 3 times a month	06
Once a month	07
Less than once a month	08
Don't Know	98
Refused	99

The next few questions deal with your mental and physical health...

41. How would you rate your current physical health? Would you say it is...**READ LIST**

Very Good	01
Good	02
Fair	03
Poor	04
Very Poor	05
Don't Know	98
Refused	99

42. How would you rate your current mental health? Would you say it is...**READ LIST**

Very Good	01
Good	02
Fair	03
Poor	04
Very Poor	05
Don't Know	98
Refused	99

43. Have you EVER felt you might have an alcohol or drug problem?

Yes	01
No	02
Don't Know	98
Refused	99

44. Has anyone in your family EVER had an alcohol or drug problem?

Yes	01
No	02
Don't Know	98
Refused	99

45. In the past 12 months, if something painful happened in your life, did you have the urge to have a drink of alcohol?

Yes	01
No	02
Don't Know	98
Refused	99

46. In the past 12 months, if something painful happened in your life, did you have the urge to use drugs or medication?

Yes	01
No	02
Don't Know	98
Refused	99

47. In the past 12 months, have you been under a doctor's care because of physical or emotional problems brought on by stress?

Yes	01
No	02
Don't Know	98
Refused	99

48. In the past 12 months, have you felt seriously depressed?

Yes	01
No	02
Don't Know	98
Refused	99

49. How many people, if any, could you turn to for support or help if you had a serious personal problem?

_____ **RECORD NUMBER OF PEOPLE**

Don't Know	98
Refused	99

The next questions deal with problem gambling.

50. Has anyone in your family EVER had a gambling problem?

Yes	01
No	02
Don't Know	98
Refused	99

51. Have you EVER experienced problems as a result of someone else's gambling?

Yes	01
No	02
Don't Know	98
Refused	99

52. If you or someone close to you had a gambling problem, whom might you go to for help?

READ LIST AND CIRCLE ALL THAT APPLY.

Family	01
Friend	02
Family Doctor	03
Minister/Priest/Rabbi	04
Social Worker/Psychologist/Psychiatrist	05
Addictions Counsellor	06
Gamblers Anonymous	07
Instructor/Teacher	08
Employees/Family Assistance Program	09
Law Enforcement Official	10
Pharmacist	11
Any other? (Please Specify)	90
None	96
Don't Know	98
Refused	99

53. Are you aware that there is a toll free crisis help line for problem gamblers in Newfoundland and Labrador?

Yes	01
No	02
Don't Know	98
Refused	99

54. Are you aware that there is a detox center available for problem gamblers in Newfoundland and Labrador called the Recovery Centre?

Yes	01
No	02
Don't Know	98
Refused	99

55. Are you aware that there is a provincial treatment center for problem gamblers in Newfoundland and Labrador called Humberwood?

Yes	01
No	02
Don't Know	98
Refused	99

56. To your knowledge, are there gambling counseling services available in your community?

Yes	01
No	02
Don't Know	98
Refused	99

Finally, I would like to ask you some demographic questions. All answers you provide to these questions will be kept strictly confidential.

57. Into which of the following age categories do you fall...**READ LIST**

19-24	01
25-34	02
35-44	03
45-54	04
55-64	05
65 or older	06
Refused	99

58. Which of the following best describes your marital status....**READ LIST**

Married	01
Common Law/Living with Partner	02
Single (never married and not living with partner)	03
Widowed (not remarried)	04
Divorced or separated (not remarried)	05
Refused	99

59. Which of the following best describes the highest level of education you have completed?
READ LIST

Some high school/junior high or less	01
Completed high school	02
Some post secondary school	03
Completed post secondary school	04
Completed post graduate education	05
Don't Know	98
Refused	99

60. Which of the following best describes your present job status? Are you... **READ LIST**

Employed full time (30 or more hours/week)	01
Employed part time (Less than 30 hours/week)	02
Unemployed	03 GO TO Q62
Student	04 GO TO Q62
Retired	05 GO TO Q62
Homemaker	06 GO TO Q62
Don't Know	98 GO TO Q62
Refused	99 GO TO Q62

61. What type of work do you do? Probe: What is your occupation? **RECORD RESPONSE**

62. Which of the following broad categories best describes how much income you and other members of your household received in the year ending December 31, 2004? Please include income from all sources such as savings, pensions, rent and employment insurance, as well as wages. **READ LIST**

\$20,000 or less	01
\$20,001 to \$30,000	02
\$30,001 to \$40,000	03
\$40,001 to \$50,000	04
\$50,001 to \$60,000	05
\$60,001 to \$70,000	06
\$70,001 to \$80,000	07
\$80,001 to \$90,000	08
\$90,001 to \$100,000	09
More than \$100,000	10
Don't Know	98
Refused	99

62. How many people under the age of 18 live in your household? _____ **RECORD RESPONSE**

63. To what ethnic or cultural group did you or your ancestors belong on first coming to this country? **IF RESPONDENT IS NOT CLEAR SAY "Are you Scottish, Chinese, Irish or something else?" IF RESPONDENT SAYS CANADIAN ASK "In addition to being Canadian, to what ethnic or cultural group did you or your ancestors belong on first coming to this country?" DO NOT READ LIST, CIRCLE ALL THAT APPLY**

Innu	01
Inuit	02
Bangladeshi	03
Black/African	04
English/British	05
Canadian	06
Chinese	07
East Indian	08
French	09
German	10
Greek	11
Irish	12
Italian	13
Japanese	14
Jewish	15
Korean	16

Metis	17
Pakistani	18
Polish	19
Scottish	20
Sikh	21
Sri Lankan	22
Welsh	23
Other: (Please Specify)	90
Don't Know	98
Refused	99

64. How important is religion in your life? Would you say it is... **READ LIST**

Very Important	01
Somewhat Important	02
Not Very Important	03
Not at all Important	04
Don't Know	98
Refused	99

65. What are the first three digits of your postal code? _____ **RECORD
RESPONSE**

Thank you for your time! Have a great day/evening!

Record Gender:

Male	01
Female	02

Appendix D: Demographic Profile

	Overall (N=2,596)	
	f	%
Gender		
Male	1,236	47.6
Female	1,360	52.4
Age		
19-24	206	7.9
25-34	437	16.8
35-44	585	22.5
45-54	571	22.0
55-64	376	14.5
65+	422	16.2
Marital Status		
Married	1,618	62.3
Common law/ living with partner	236	9.1
Single	407	15.7
Widowed	151	5.8
Divorced or separated	173	6.6
Refused	12	<1
Education		
Some high school/ junior high or less	455	17.5
Completed high school	591	22.8
Some post-secondary	299	11.5
Completed post-secondary	865	33.3
Completed post-graduate education	365	14.1
Don't know	5	<1
Refused	15	<1
Employment Status		
Employed full-time	1,028	39.6
Employed part-time	291	11.2
Unemployed	299	11.5
Student	114	4.4
Retired	649	25.0
Homemaker	187	7.2
Don't know	9	<1
Refused	19	<1

	Overall (N=2,596)	
	<i>f</i>	%
<i>Income</i>		
\$20,000 or less	275	10.6
\$20,001 to \$40,000	645	24.9
\$40,001 to \$60,000	380	14.6
\$60,001 to \$80,000	253	9.7
\$80,001 to \$100,000	144	5.6
More than \$100,000	175	6.7
Don't know	176	6.8
Refused	549	21.1