



USING PAUSE BEFORE YOU PLAY DATA & FACTS

Data and facts for the *Pause Before You Play* campaign have been collected from the State of Ohio Department of Behavioral Health (ODBH) and National Council on Problem Gambling (NCPG). This information serves as a foundation for informed, community-level prevention planning and helps move conversations beyond general awareness and toward a shared understanding of who is most impacted and why.

CAMPAIGN OVERVIEW

Ohio for Responsible Gambling's campaign, *Pause Before You Play*, aims at increasing awareness and educating Ohioans about adult problem gambling prevention. With support from partners and community members, we hope to continue sharing campaign messaging that improves prevention and reduces gambling-related harms.



USING CAMPAIGN DATA TO INFORM AUDIENCES

The statistics and risk information provided through the campaign can help partners and target audiences better understand the scope and impact of gambling in their communities. Consider:

- Sharing statewide and population-specific data to build awareness of gambling-related harm.
- Highlighting groups at higher risk (e.g., young adults, individuals with co-occurring mental health or substance use concerns) to guide targeted outreach.
- Using data to challenge misconceptions (e.g., that gambling harm only affects certain populations).
- Framing discussions around risk and protective factors, helping partners see where prevention efforts can have the greatest impact.

Presenting this information throughout campaign advertising and outreach helps establish an accurate understanding of gambling and spreads effective messaging to motivate urgency around prevention. See [Campaign Advertising and Outreach Overview](#) for a guide to getting started.

WHO IS AT RISK IN OHIO?



Men Ages 18-44

Males 18-44, of any race or ethnicity, are the largest group at risk for disordered gambling.



Women Ages 50+

Women over age 50 and women who live in rural areas are more likely to be at risk for disordered gambling.



Teenagers

About 15% of Ohio youth ages 12-17 gamble, and 3% of them experience negative consequences from gambling.



Family Members of Individuals Experiencing a Gambling Disorder

About 25% of people at risk are the family members of people already experiencing a gambling disorder. Nearly half have a family member who misuses alcohol or drugs.



Minorities

In a recent survey, 19% of African-Americans, 15% of Hispanics, and 12% of people identifying as other races were at risk or experiencing a gambling disorder.



People Who Experience Addiction

People who experience one addiction are at a higher risk of developing other addictions.



People with Depression

About 26% of Ohioans with serious depression were at risk for developing a gambling disorder.



Children

Children introduced to gambling before age 12 are four times more likely to develop a gambling disorder.



People Not in a Relationship

Of Ohioans who are at risk for a gambling disorder, about 29% are separated from their spouses and 24% are widowed.

CONSEQUENCES OF A GAMBLING DISORDER

2X

People experiencing a gambling disorder are twice as likely to experience mood disorders like depression.

3X

People experiencing a gambling disorder are three times as likely to experience alcohol or drug dependency.

~80%

of people experiencing a gambling disorder never seek treatment.

32%

of people experiencing a gambling disorder consider dying by suicide, the highest rate amongst all known addictive disorders.

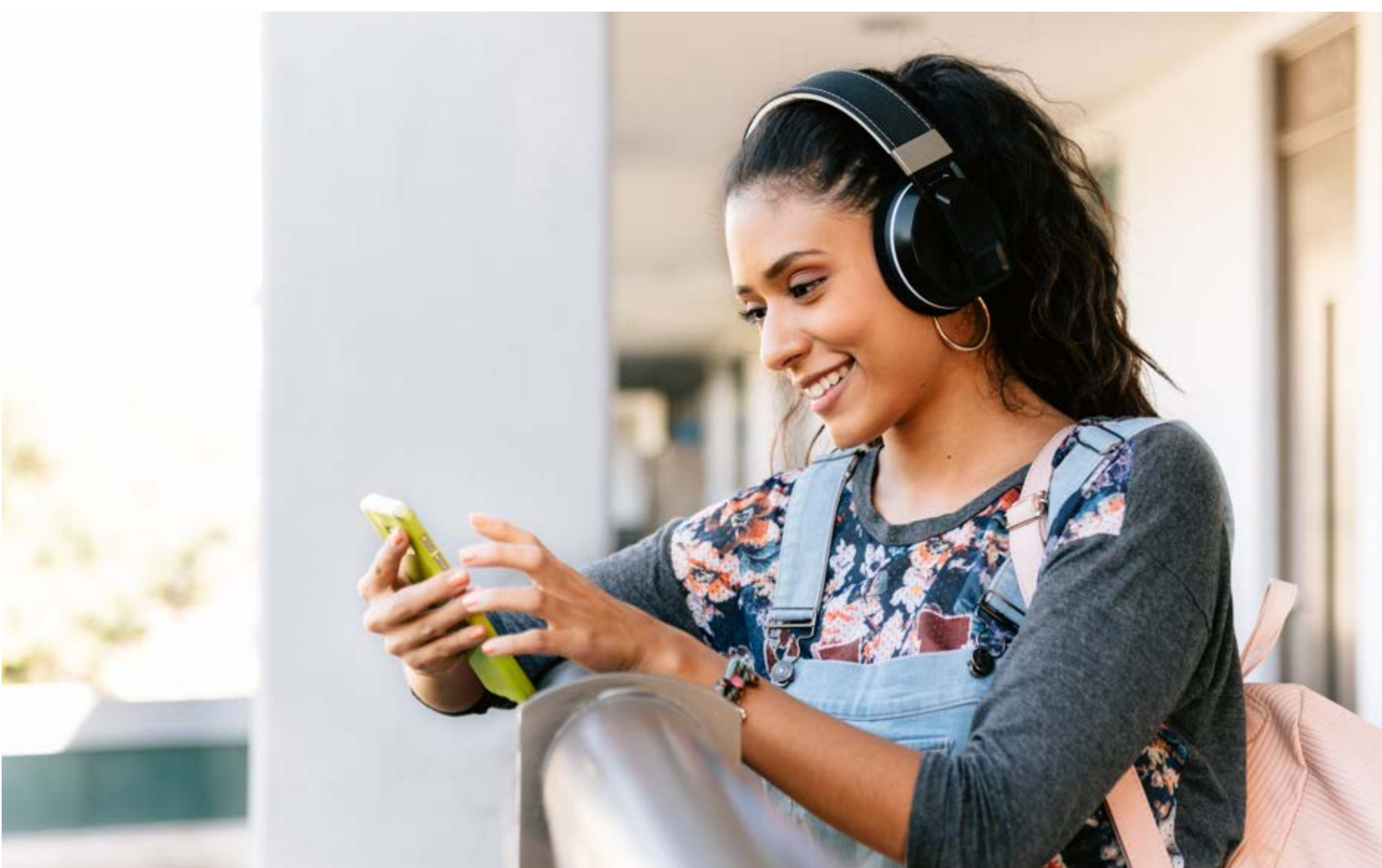
OTHER DEMOGRAPHICS AND STATISTICS



Veterans

Veterans are at a higher risk for experiencing problem or disordered gambling, and it often coincides with other pressing issues.

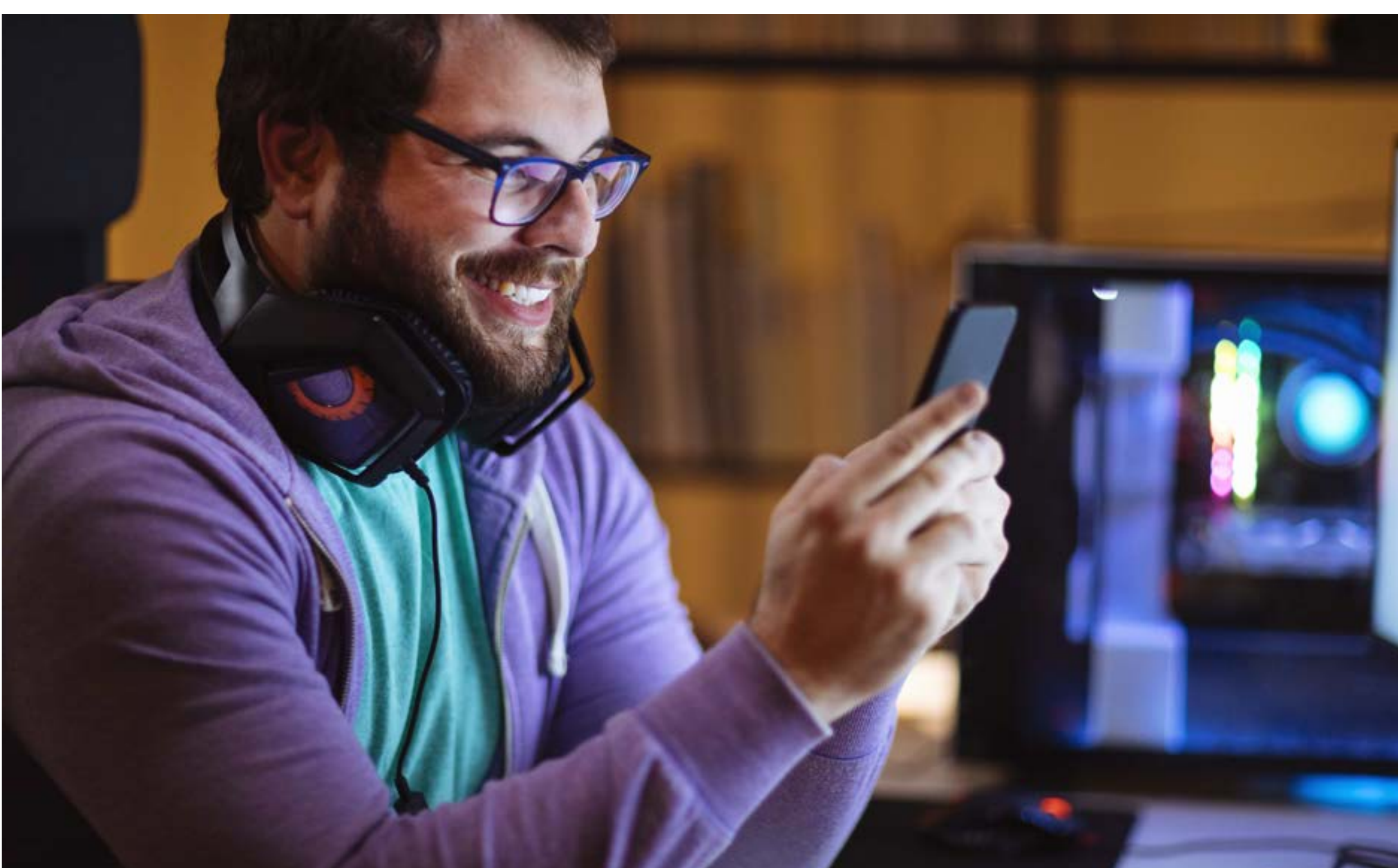
- **10%** of veterans in Ohio experience gambling disorders.
- Veterans with PTSD are up to **60%** more likely to struggle with at-risk gambling.
- Depression among veterans who experience disordered gambling is as high as **76%**.
- Among veterans seeking treatment, those who have reported attempting to take their own life is as high as **40%**.



College Students

College students make up a large population for at-risk gambling nationwide.

- **6%** of college students experience gambling disorders — more than double the general population.
- **3 out of 4** college students have reported engaging in some form of betting.



Online Gaming

Many online games operate with the same mechanics found in gambling activities. Larger amounts of money spent on online gaming indicate individuals at risk for disordered gambling. These are the average amounts of online gaming spending based on generations:

- Millennials (ages 27-42) spend **\$86** per month.
- Gen Z (ages 11-26) spend **\$80** per month.
- Gen X (ages 43-58) spend **\$62** per month.



DATA FROM THE OHIO GAMBLING SURVEY 2022

This data has been collected by the Ohio Department of Behavioral Health, in partnership with Ohio for Responsible Gambling, and is designed to gather information about how adults are gambling; how often they are gambling, what characteristics they have; and what characteristics may relate to gambling behaviors.

Please Note: This survey is taken every five years. The most recent survey was conducted in 2022, prior to the launch of legal sports betting in Ohio in January 2023. This data thus reflects a pre-sports betting landscape, but remains vital for organizations in our state.

PREVALENCE OF GAMBLING

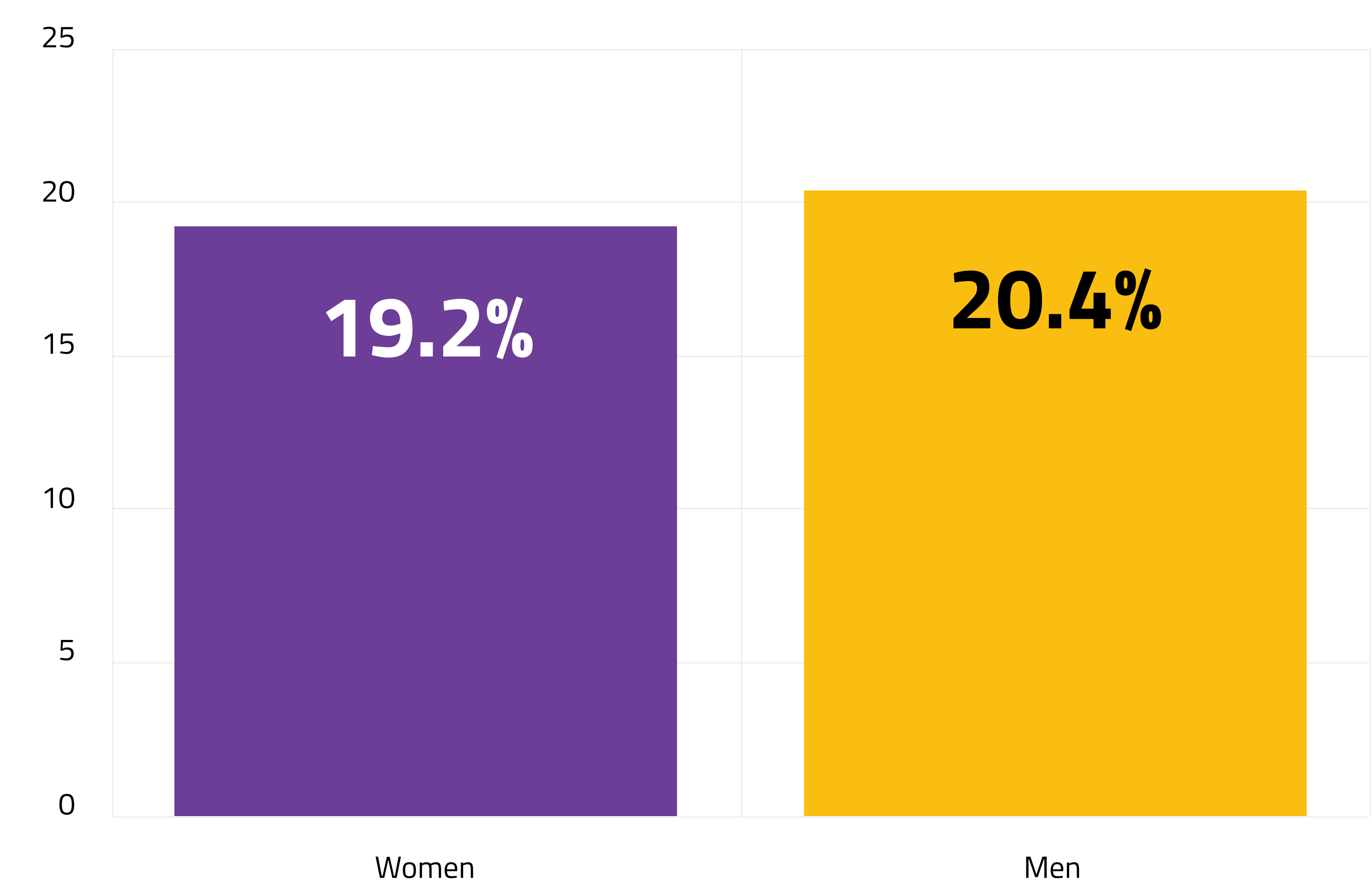
- **19.8%** of adult Ohioans are categorized as low-risk, moderate-risk, or experience disordered gambling.
- **2.8%** of Ohio adults experience gambling disorders.
- **32.1%** of African Americans are at risk or experience disordered gambling, the highest rate among racial groups.
- Those ages 18-24 are **2x** at higher risk to develop a gambling disorder compared to the general adult population.



RISK PROFILE BY TYPE OF GAMBLING/BETTING ACTIVITY

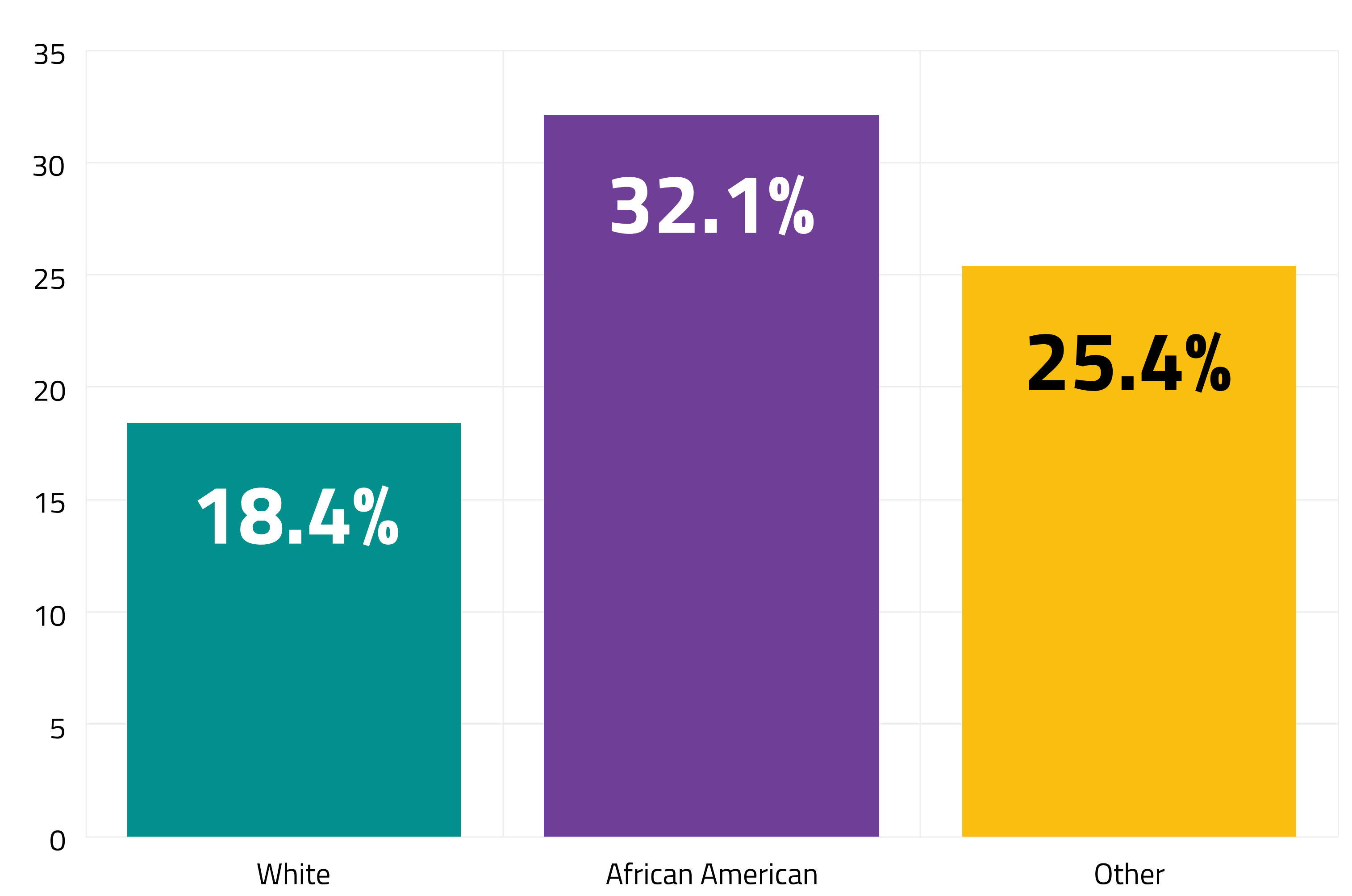
GAMBLING TYPE	AT-RISK	DISORDERED GAMBLING
Online (Phones, Computers, or Tablets)	40.6%	10.4%
Gaming (Video, Computer, or Mobile)	32.2%	7.6%
Casino (Physical Casinos)	34.8%	6.6%
Financial (Stock or Prediction Markets)	28.6%	6.0%
Sports (Fantasy or Sports Betting)	30.7%	5.5%
Lottery (Tickets or Scratch Offs)	26.1%	4.6%

AT-RISK/ DISORDERED GAMBLING PERCENTAGES BY DEMOGRAPHIC



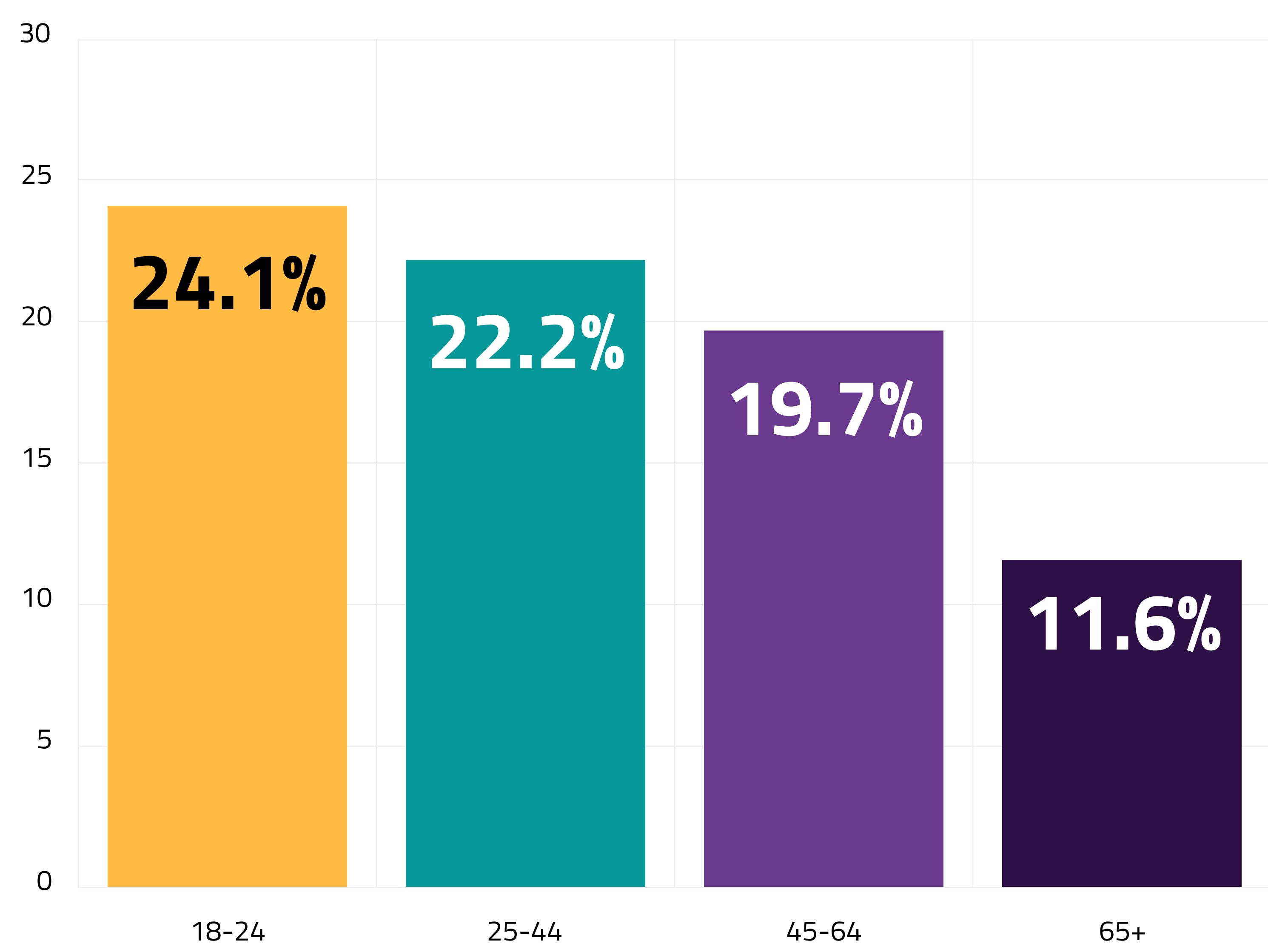
SEX

- Women
- Men



RACE

- White
- African American
- Other



AGE

- 18-24
- 25-44
- 45-64
- 65+

