

## Experience of gambling-related harm

### Background

Although a relatively small proportion of the population are at risk of a serious gambling problem, the harm caused by gambling extends to families, friends, businesses and the community. The Health Promotion Agency (HPA) works towards strengthening society's response to gambling, and preventing and reducing gambling harm.

Participants in the HPA's 2010 Health and Lifestyles Survey (HLS) were asked questions about their experience of gambling-related harm in the past 12 months, including:

- personally spending more time or money on gambling than intended
- a friend or family member spending more time or money on gambling than intended
- arguments in the household about time or money spent on gambling
- money problems in the household because of gambling.

Findings were compared by ethnicity, neighbourhood deprivation (an indicator of socioeconomic status), gender, and age.

Further results on gambling-related harm from the 2010 HLS are available at:

<http://www.hpa.org.nz/research-library/research-publications>

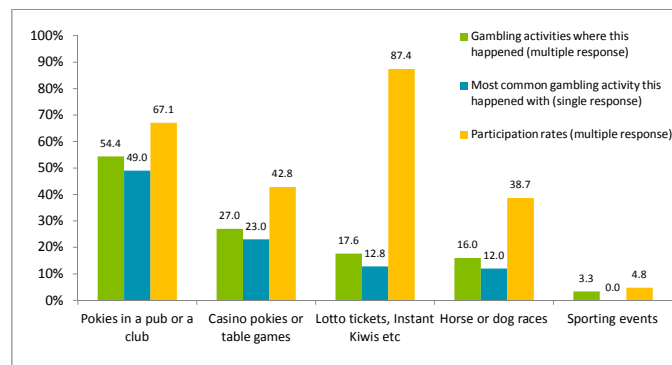
### Personally gambling more than intended in the past 12 months

- People who participated in any sort of gambling in the past year (81.4% of New Zealanders) were asked 'Over the last 12 months, have you had a day, or an outing, where at the end of it you looked back and thought to yourself – *I really overdid that. I spent more time or money gambling than I meant to?*'
- Around one in 14 (7.3%) people who had gambled in the past year said they had, at least once in the past 12 months, spent more time or money gambling than they had meant to ('overdone it').
- Of those people who had overdone it at least once, just over a third (36.4%) said this had happened once, nearly half (45.9%) said it had happened

between two and five times, and fewer than one in five (17.7%) said it had happened six or more times. These figures represent 2.7%, 3.4%, and 1.3% of all people who had gambled in the past year, respectively.

- Of those people who had overdone it at least once, around half (54.4%) said they had done so playing pokies in a pub or a club. This compares with less than one in five (17.6%) people in this group saying they had overdone it playing Lotto and Instant Kiwi. See Figure 1.
- The above rates did not differ significantly according to ethnicity (once individual gambling behaviour had been accounted for), neighbourhood deprivation, gender, or age.

**Figure 1: Gambling activities on which people gambled more than intended in the past 12 months and participation rates**



Base: Participants who had gambled more than intended at least once in the past 12 months (n = 104)

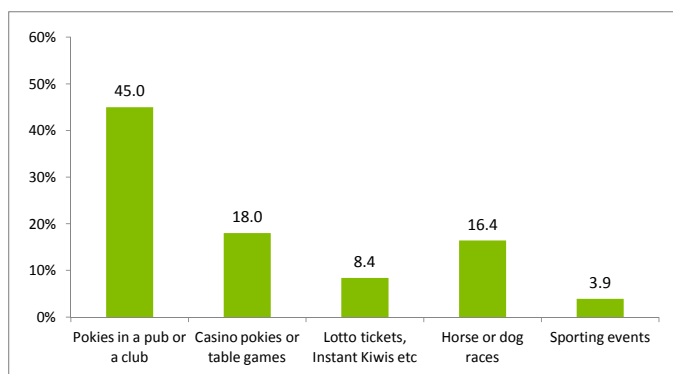
## Friends or family members gambling more than intended in the past 12 months

All participants were asked 'Over the last 12 months, do you feel that someone close to you, like a friend, family member, or partner, has had a day or occasion where they spent much more time or money than they meant to, on gambling? You don't need to say who'.

- Around one in five people (21.5%) said that someone close to them had spent more time or money gambling than they had meant to in the past 12 months.
- Māori (42.3%) and Pacific peoples (35.5%) were more likely than European/Other people (17.4%), and people from areas of high deprivation (29.8%) were more likely than people from areas of low deprivation (14.9%), to say that someone close to them had gambled more than intended in the past 12 months. No significant differences were found for gender or age.

Playing pokies in a pub or a club (45.0%) was the gambling activity most commonly associated with friends or family members gambling more than intended. See Figure 2.

**Figure 2: Gambling activity most commonly associated with friends or family members gambling more than intended in the past 12 months (single response)**



Base: Participants with friends or family members who had gambled more than intended at least once in the past 12 months (weighted n = 373)

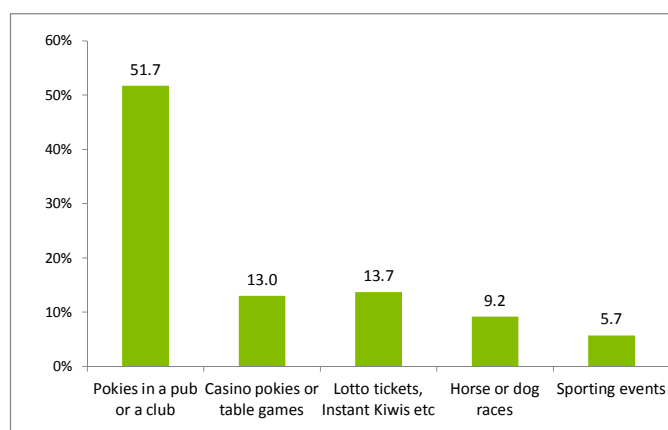
## Experience of harmful gambling in the household in the past 12 months

All participants were asked about experiences at a household level of problems caused by their own or someone else's gambling, including whether there had been 'some argument about time or money spent on betting or gambling in their wider family or household' and whether 'someone had to go without something they needed, or some bills weren't paid, because too much was spent on gambling by another person'.

- Overall, 6.4% of people said at least one of these two experiences had occurred in the past 12 months, with 3.5% saying both had occurred.
- Around one in 20 people (5.2%) said an argument related to someone's gambling had occurred in the past 12 months. Māori (12.1%) and Pacific peoples (10.8%) were more likely than European/Other (3.9%) people, and people from high deprivation areas (9.2%) were more likely than people from low deprivation areas (1.8%), to say that an argument related to gambling had occurred in the past 12 months. No significant differences were found for gender or age.
- About one in 20 people (4.7%) said there had been money problems related to someone's gambling in the past 12 months. Māori and Pacific peoples (13.2% and 14.7% respectively, compared with 3.1% for European/Other people), people from high deprivation areas (9.5% compared with 1.6% for low and 3.7% for medium deprivation areas), and females (6.4% compared with 2.8% for males) were more likely to say there had been money problems related to someone's gambling in the past 12 months. No significant differences were found for age.
- Playing pokies in a pub or club (51.7%) was the gambling activity most commonly associated with experience of gambling-related arguments or money problems in the past 12 months. See Figure 3.

Almost four times as many people in the total population played Lotto or Instant Kiwi compared with the proportion that played pokies in a pub or a club (63.2% compared with 16.0%). However, playing pokies was 3.5 times more likely to be associated with gambling-related arguments or money problems than playing Lotto and Instant Kiwi. See Table 1.

**Figure 3: Gambling activity most commonly associated with gambling-related arguments or money problems in the past 12 months (single response)**



Base: Participants who had experienced arguments or money problems related to gambling in the past 12 months (weighted n = 112)

**Table 1: Gambling activities most commonly associated with gambling-related arguments or money problems, and participation rates, for the total population (N = 1740)**

Gambling activity	Played %	Associated with arguments or money problems %
Pokies in a pub or a club	16.0	3.3
Casino Pokies or table games	10.5	0.8
Lotto tickets, Instant Kiwis etc	63.2	0.9
Horse or dog races	11.5	0.6
Sporting events	4.2	0.4

## Key points

- Around one in five New Zealanders have a close friend or family member who has gambled more than they intended at least once; around one in 20 New Zealanders have experienced arguments or money problems in their household because of gambling.
- Playing pokies in a pub or club is the gambling activity most commonly associated with gambling-related arguments and money problems and people gambling more than intended.
- Māori and Pacific peoples and people from more deprived neighbourhoods are more likely than European/Other people and people from less deprived neighbourhoods to have a friend or family member who has gambled more than intended, and to be affected by gambling-related arguments and money problems. This is likely to reflect the greater accessibility of gambling modes to these groups: pokie venues are present in higher concentrations in more deprived neighbourhoods (Wheeler et al., 2006) and Māori and Pacific people are over-represented in more deprived neighbourhoods (White et al., 2008).

## About the Health and Lifestyles Survey

- The HLS is a nationwide in-home face-to-face survey conducted every two years, starting in 2008. The 2010 HLS consisted of a sample of 1,740 New Zealanders aged 15 years and over, who provided information about their health behaviours and attitudes relating to tobacco, sun safety, healthy eating, gambling, and alcohol.
- In 2010, the main sample, with a response rate of 57%, included 866 people of European/Other ethnicity, 460 Māori, 301 Pacific peoples and 113 Asian people (prioritised Māori ethnic groups).
- Neighbourhood deprivation was measured using the New Zealand Deprivation Index 2006 (NZDep2006; White et al, 2008).
- The data have been adjusted (weighted) to ensure they are representative of the New Zealand population.
- A full description of the 2010 HLS survey methodology, questionnaire and further HLS publications can be found online at <http://www.hpa.org.nz/research-library/research-publications>

## About the HPA

The HPA is a Crown entity that leads and delivers innovative, high quality and cost-effective programmes and activities that promote health, wellbeing and healthy lifestyles, prevent disease, illness and injury, enable environments that support health and wellbeing and healthy lifestyles, and reduce personal, social and economic harm.

## References

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