



FACT SHEET 8: GAMBLING FREQUENCY AND HARM

Victorian Population Gambling and Health Study (2018–2019)

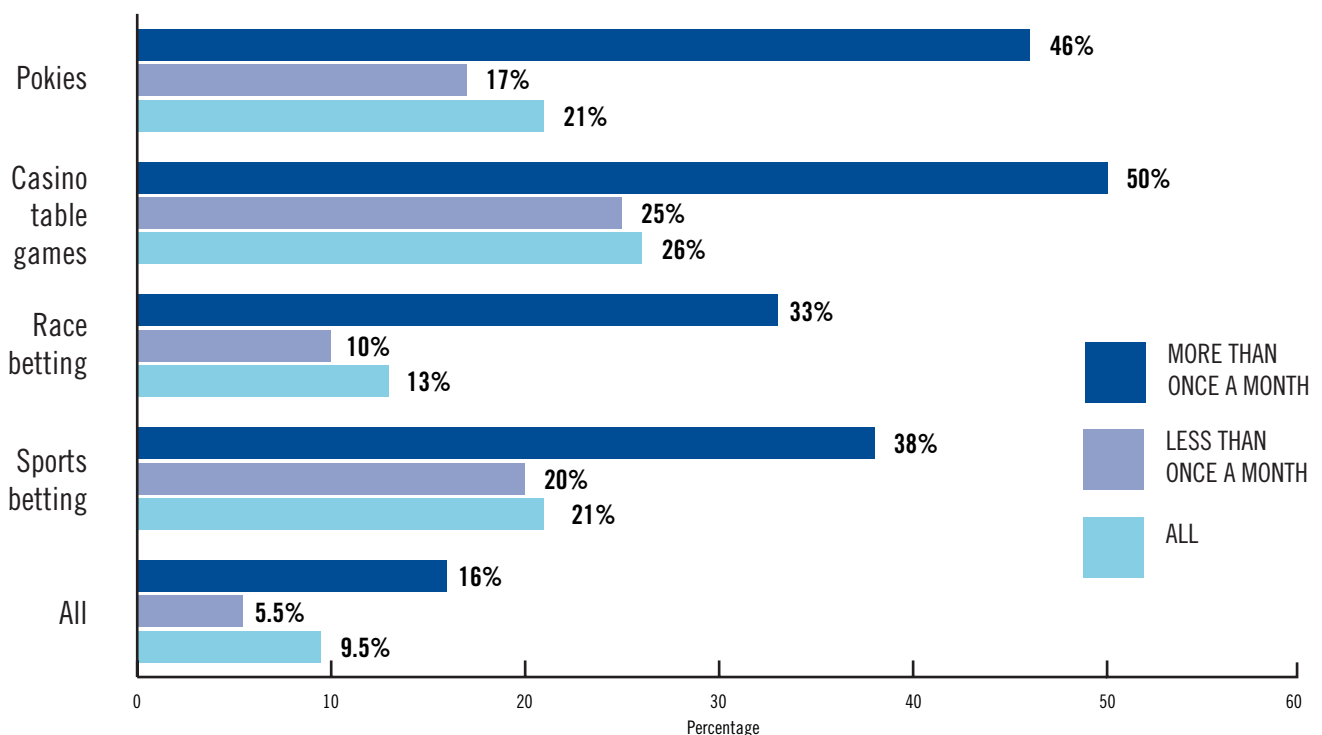
Gambling frequency and harm

The *Victorian Population Gambling and Health Study 2018–2019* found that the more frequently a person gambles, the more likely it is that they will experience gambling harm.

Gambling harm refers to any negative consequence or side effect that comes from gambling and leads to the reduced wellbeing of the person who gambles, as well as people around them, including family members, friends and community.

Main products by frequency

LIKELIHOOD OF EXPERIENCING HARM



The risk of experiencing gambling harm triples when a person gambles more than once a month, regardless of the product they use.

POKIES

- Pokies are among the most harmful gambling products in Victoria.
- The risk of experiencing gambling harm almost triples when a person gambles on the pokies more than once a month.
- 21 per cent of Victorian adults who gamble on the pokies experience gambling harm.

CASINO TABLE GAMES

- In general, people who participate in casino table games, such as roulette and poker, are at high risk of experiencing gambling harm.
- 50 per cent of Victorian adults who gamble on casino table games more than once a month experience gambling harm.
- For people who gamble on casino tables games less than once a month, 25 per cent experience harm.

RACE BETTING

- A third of Victorian adults who bet on horse, harness or greyhound races more than once a month experience gambling harm.
- One in 10 people who bet on races less than once a month experience gambling harm.
- Among all race bettors, 13 per cent experience gambling harm.

SPORTS BETTING

- 38 per cent of Victorian adults who bet on sport more than once a month experience gambling harm.
- One in five people (20 per cent) who bet on sport less than once a month experience gambling harm.
- Across all sports bettors, 21 per cent experience harm.