



2019 DELAWARE STATE EPIDEMIOLOGICAL PROFILE

SUBSTANCE USE AND RELATED ISSUES

CHAPTER 8: Gambling

prepared for

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&
The Delaware State Epidemiological Outcomes Workgroup*

with funding from the
Strategic Prevention Framework - Partnerships for Success Program

Introduction: The Role of the Delaware State Epidemiological Outcomes Workgroup and the Purpose of the Epidemiological Profile

All states, including Delaware, have received support from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP) to establish a Statewide Epidemiological Outcomes Workgroup (SEOW). Some SEOWs, including Delaware's, are incorporated as part of a SAMHSA Strategic Prevention Framework-State Incentive Grant (SPF-SIG) or Strategic Prevention Framework-Partnerships for Success (SPF-PFS) grant. The Division of Substance Abuse and Mental Health (DSAMH) in the Delaware Health and Social Services has been the recipient of an SPF-SIG grant and, more recently, of a SPF-PFS grant. The SEOW is a group of people and organizations in the state that have and use analytical data concerning drug and alcohol use and abuse and related behaviors and consequences; this information can be used to establish and monitor indicators related to substance abuse prevention. Formerly known as the Delaware Drug and Alcohol Tracking Alliance (DDATA), Delaware's SEOW mission is to bring data on substance abuse and related behavioral problems to the forefront of the prevention planning process by pursuing the following goals:

- To build monitoring and surveillance systems to identify, analyze, and profile data from state and local sources
- To provide current benchmarks, trends, and patterns of substance abuse consumption and consequences
- To create data-guided products that inform prevention planning and policies
- To train agencies and communities in understanding, using, and presenting data effectively

This report, the Delaware State Epidemiological Profile, was developed by the SEOW to disseminate data for strategic planning, decision-making, and evaluation. Using indicators that are available on an ongoing basis, the report briefly describes Delaware-specific patterns of consumption, context, consequences, and trends of substance use, especially among young people.

Chapter 8 describes the rate of gambling in Delaware. To review the complete Delaware Epidemiological Profile, other chapters, or SEOW data products, please visit the UD [Center for Drug and Health Studies Delaware Epidemiological Reports](#) page.

SEOW Collaborators

Thank you for your participation and commitment to data-driven prevention planning, practice, and evaluation! We are especially grateful for the support from Director Elizabeth Romero and the team at the Delaware Division of Substance Abuse and Mental Health for their guidance and collaboration.

atTAcK Addiction

Christiana Care Health System

Delaware Academy of Medicine

Delaware Afterschool Network

Delaware Criminal Justice Council

Delaware Coalition Against Domestic Violence

Delaware Council on Gambling Problems

Delaware Courts - Office of the Child Advocate

Delaware Criminal Justice Information System

Delaware Department of Education

Delaware Department of Services for Children, Youth and their Families

Division of Prevention and Behavioral Health Services

Delaware Health and Social Services

Division of Medicaid and Medical Assistance

Division of Public Health

Division of Services for Aging and Adults with Physical Disabilities

Division of Substance Abuse and Mental Health

Delaware Information and Analysis Center

Delaware Multicultural and Civic Organization

Delaware Prevention Coalition

Delaware State Police

Department of Safety and Homeland Security

Division of Alcohol and Tobacco Enforcement

Division of Forensic Science

KIDS COUNT in Delaware, University of Delaware Center for Community Research & Service

La Esperanza Community Center

Latin American Community Center

Mental Health Association in Delaware

Nemours Health and Prevention Services

Office of Controlled Substances

Delaware Division of Professional Regulation

Delaware Prescription Monitoring Program

Open Door Inc.

Wesley College

West End Neighborhood House

University of Delaware

Student Health & Wellness Promotion

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Delaware State Epidemiological Profile Overview

Each year, the Center for Drug and Health Studies at the University of Delaware, the facilitator of the State Epidemiological Outcomes Workgroup (SEOW), releases the Delaware State Epidemiological Profile, a project funded under the federal Strategic Prevention Framework-Partnerships for Success initiative. This report (2019) highlights the most recently available data on substance use among various populations across both Delaware and nationwide. Its information is intended to help decision-makers and stakeholders across the state accomplish goals related to needs assessments, strategic planning, and evaluation.

In its entirety, this report includes the following chapters:

1. State Demographic Background
2. Tobacco and Electronic Cigarettes
3. Alcohol
4. Marijuana
5. Opioid Use and Other Trends
6. Other Illegal Drugs
7. Substance-Exposed Infants
8. Gambling
9. Mental Health
10. Persons with Disabilities (new to the report this year)
11. Adverse Childhood Experiences
12. Lesbian, Gay, Bisexual, and Questioning Youth
13. Transgender Youth
14. Protective Factors

Chapter 8: Gambling

National Overview

Gambling is defined as risking money, or something else of value, on the outcome of an event that is at least partially determined by chance (Substance Abuse and Mental Health Services Administration [SAMHSA], 2014). While gambling can provide entertainment and function as a pleasurable pastime for many individuals, problem gambling and gambling disorders can present numerous challenges and negative consequences for others. A gambling disorder requires at least four of the following nine criteria: preoccupation with gambling; inability to cut back or control gambling; irritability or restlessness when attempting to cut back or control gambling; risking more money to achieve the desired level of excitement; gambling to cope with emotional problems; “chasing one’s losses” by gambling even more after losing; lying about gambling; jeopardizing relationships or employment due to gambling; and relying on others to solve financial issues caused by gambling (American Psychiatric Association, 2013).

Gambling disorders also correlate with other demographic and behavioral health factors, suggesting that certain populations are more at risk for developing gambling problems. According to a meta-analysis of gambling studies in the United States and Canada, researchers from Harvard reported that disordered gambling was most prevalent among young people rather than the general adult population, males rather than females, and among those with concurrent psychiatric disorders (Shaffer, Hall, & Built, 1997). An analysis of data from the National Epidemiologic Survey on Alcohol and Related Conditions found that among individuals who met the criteria for gambling disorder, roughly three-quarters had a co-occurring alcohol use disorder, nearly 40% had another substance use disorder, and the majority also had nicotine dependence. In this same sample, the majority of disordered gamblers also had a mood disorder, anxiety disorder, and/or a personality disorder (Petry, Stinson, & Grant, 2005).

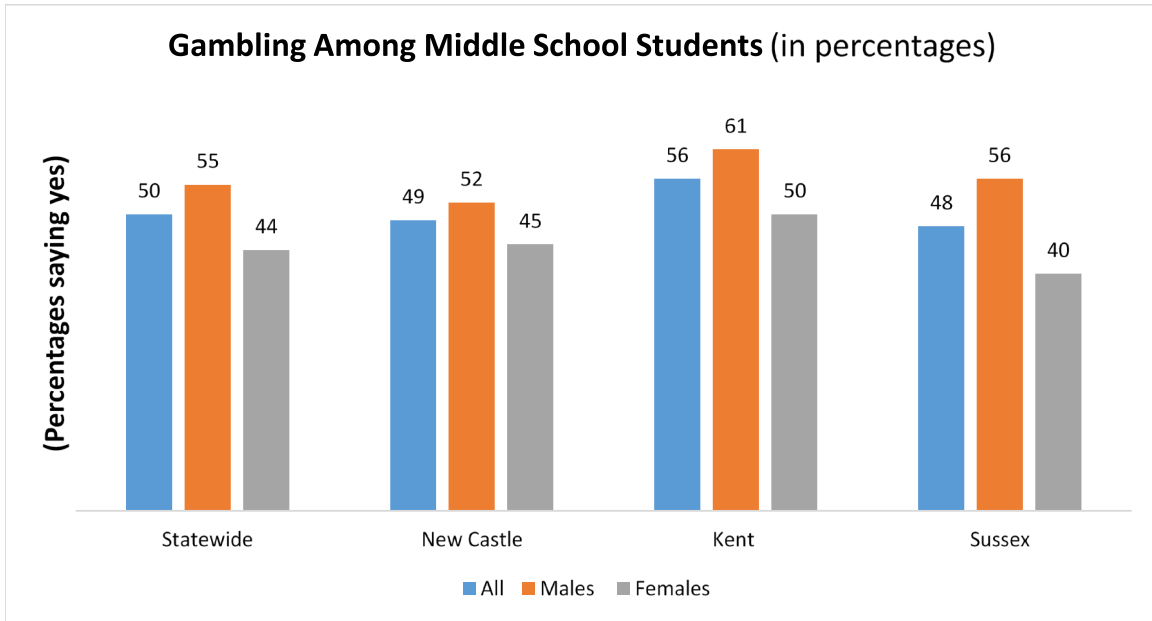
Gambling and problem gambling have been associated with heightened substance use and mental health disorders among younger populations. Studies focusing on the co-occurrence of substance use disorders, mental health disorders, and disordered or problem gambling in college student populations found that among the roughly 5% of students who met the criteria for problem gambling, there were much higher rates of problem drinking, anxiety, and depression compared to the general population of college students (Martin, Usdan, Cremeens, & Vail-Smith, 2014; Martens, Rocha, Cimini, Diaz-Myers, Rivero, & Wulfert, 2009).

Delaware Overview

In the United States, gambling regulations can vary from state to state; in the state of Delaware, most forms of gambling are allowed and there are multiple casinos. However, there are different age restrictions for certain gambling behaviors. Delaware residents must be 18 or older to play charity bingo, purchase lottery tickets or scratch-offs, or make a bet on horses. Individuals must be 21 or older to gamble in casinos or slot machines or on the internet (Delaware Council on Gambling Problems, 2018). In June 2018, Delaware became the second state to legalize all other sports gambling, following the May Supreme Court decision, *Murphy v. National Collegiate Athletic Association* (Domonoske, 2018). Previously, the only other state to allow sports gambling was Nevada, which had legalized the practice in the early 1990s.

Among youth surveyed in Delaware, half of all middle school students and approximately 40% of high school students reported that they gambled at least once in the past year. The Youth Risk Behavior Survey considers gambling to include gambling on a sports team; playing cards or playing a dice game; playing the lottery or scratch-off tickets; gambling on the internet; or betting on a game of personal skill such as pool or a video game. Students who report gambling in the past year also tend to report higher rates of substance use than their non-gambling peers at both the middle and high school levels.

2017 Youth Risk Behavior Survey
Gambling among Middle School Students
(in percentages)^a



	Gambled One or More Times in The Past Year^b
Statewide	50
Males	55
Females	44
New Castle	49
Males	52
Females	45
Kent	56
Males	61
Females	50
Sussex	48
Males	56
Females	40

Figure 129: Gambling, 1+ times in past year, by county, MS, 2017

Notes:

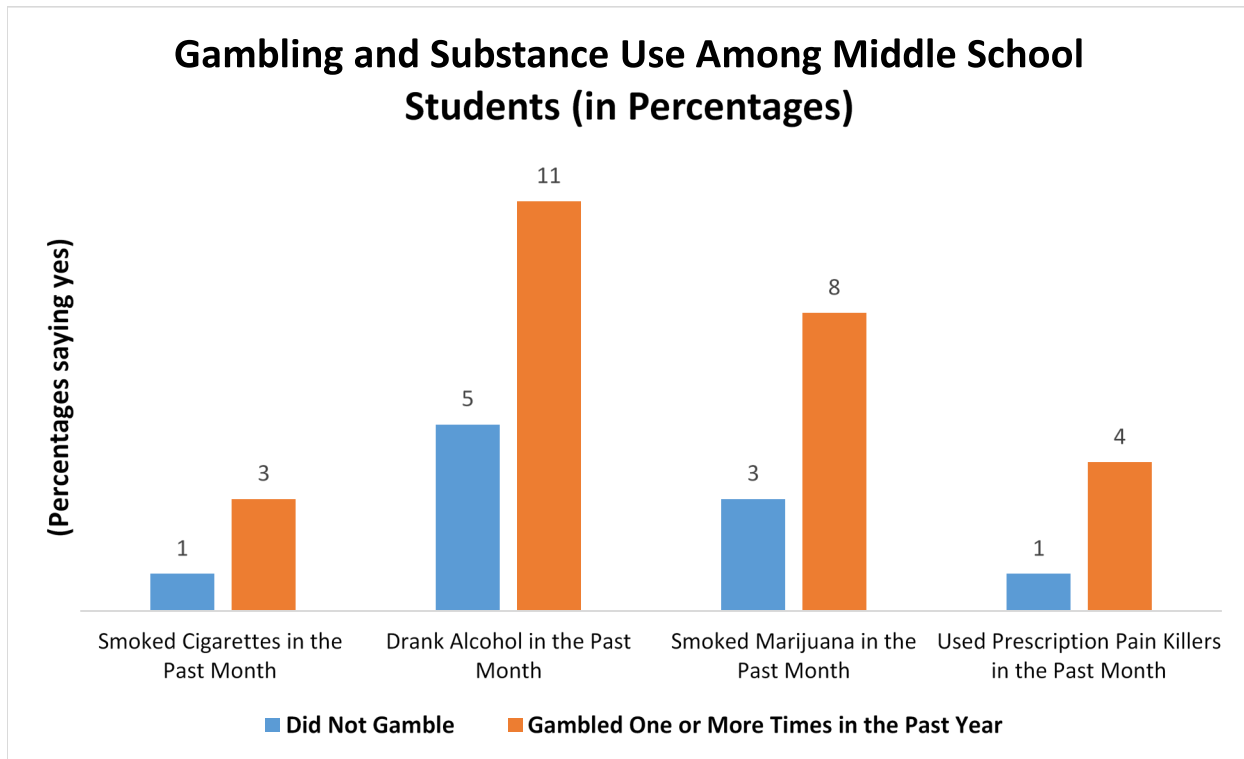
^a Percentages are from unweighted data from 2017 Middle School YRBS.

^b Gambling refers to one or more of the following activities: Gambling on a sports team; playing cards or playing a dice game; playing the lottery or scratch off tickets; gambling on the internet; betting on a game of personal skill such as pool or a video game.

Source: ["2017 Delaware Youth Risk Behavior Survey." Center for Drug and Health studies, University of Delaware.](#)

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2017 Delaware Youth Risk Behavior Survey
Gambling and Substance Use among Middle School Students
(in percentages^a)



	Did Not Gamble ^b	Gambled One or More Times in the Past Year
Smoked Cigarettes in the Past Month	1	3
Drank Alcohol in the Past Month	5	11
Smoked Marijuana in the Past Month	3	8
Used Prescription Pain Killers in the Past Month	1	4

Figure 130: Gambling and substance use, 1+ times in past year, MS, 2017

Notes:

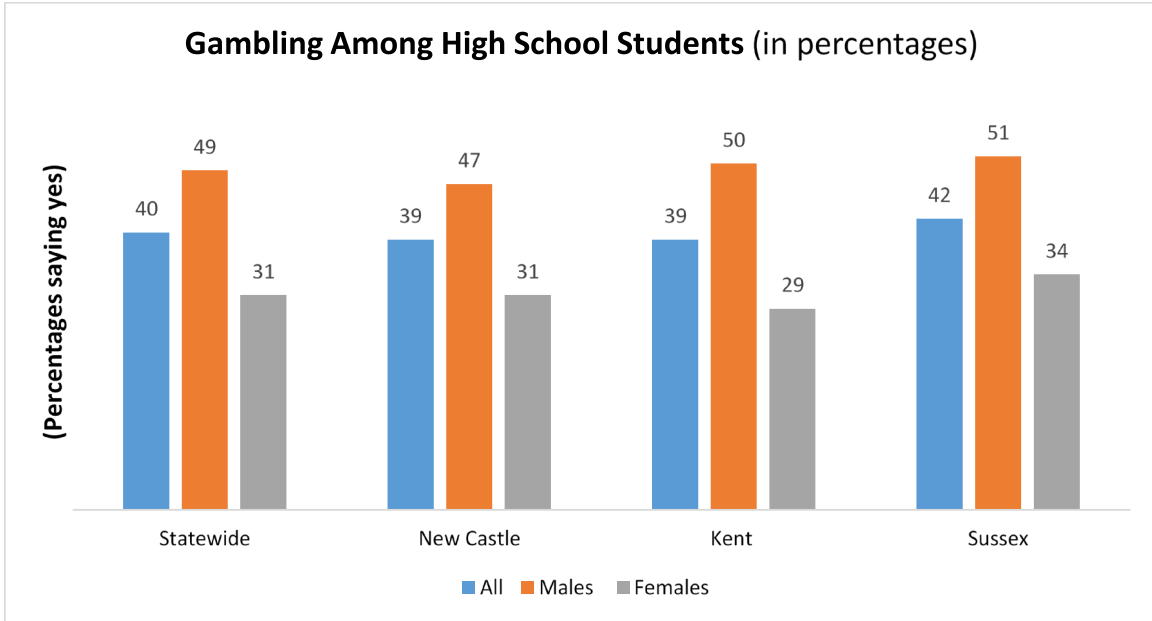
^a Percentages are from unweighted data from 2017 Middle School YRBS.

^b Gambling refers to one or more of the following activities: Gambling on a sports team; playing cards or playing a dice game; playing the lottery or scratch off tickets; gambling on the internet; betting on a game of personal skill such as pool or a video game.

Source: ["2017 Delaware Youth Risk Behavior Survey." Center for Drug and Health studies, University of Delaware.](#)

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2017 Delaware Youth Risk Behavior Survey
Gambling among High School Students
(in percentages^a)



	Gambled One or More Times in The Past Year^b
Statewide	40
Males	49
Females	31
New Castle	39
Males	47
Females	31
Kent	39
Males	50
Females	29
Sussex	42
Males	51
Females	34

Figure 131: Gambling, 1+ times in past year, by county and sex, HS, 2017

Notes:

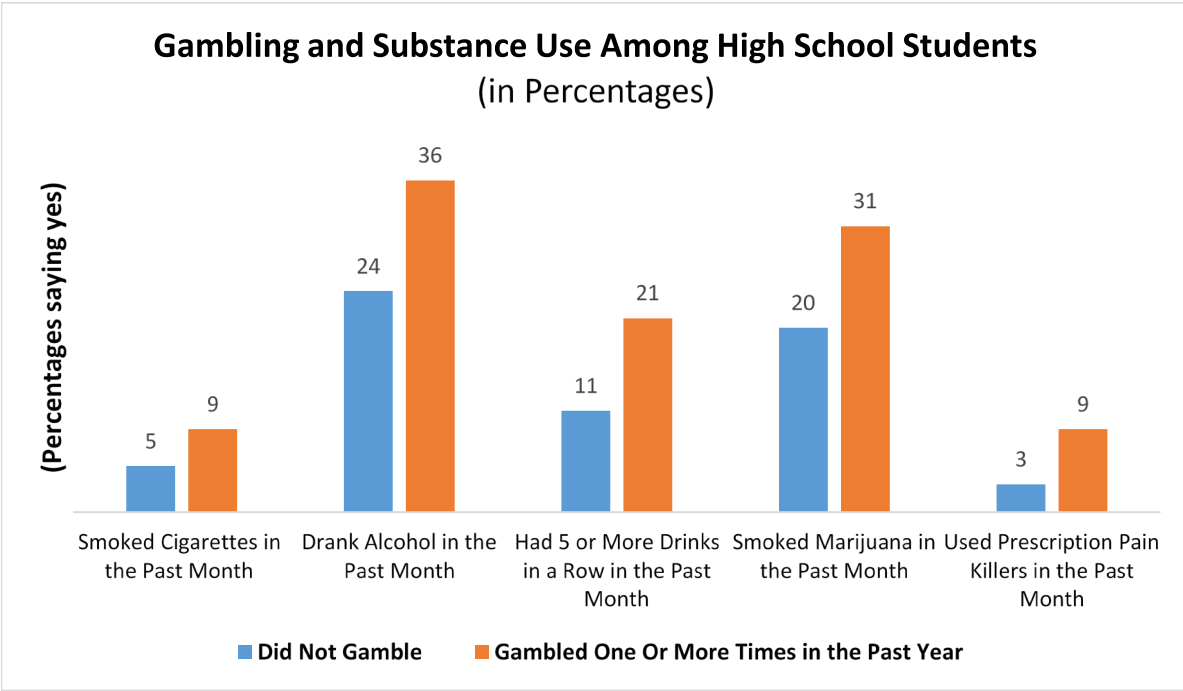
^a Percentages are from unweighted data from 2017 High School YRBS.

^b Gambling refers to one or more of the following activities: Gambling on a sports team; playing cards or playing a dice game; playing the lottery or scratch off tickets; gambling on the internet; betting on a game of personal skill such as pool or a video game.

Source: ["2017 Delaware Youth Risk Behavior Survey." Center for Drug and Health studies, University of Delaware.](#)

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2017 Delaware Youth Risk Behavior Survey
Gambling and Substance Use among High School Students
(in percentages^a)



	Did Not Gamble ^b	Gambled One or More Times in the Past Year
Smoked Cigarettes in the Past Month	5	9
Drank Alcohol in the Past Month	24	36
Binge Drank in the Past Month	11	21
Smoked Marijuana in the Past Month	20	31
Used Prescription Pain Killers in the Past Month	3	9

Figure 132: Gambling and substance use, 1+ times in past year, HS, 2017

Notes:

^a Percentages are from unweighted data from 2017 High School YRBS.

^b Gambling refers to one or more of the following activities: Gambling on a sports team; playing cards or playing a dice game; playing the lottery or scratch off tickets; gambling on the internet; betting on a game of personal skill such as pool or a video game.

Source: ["2017 Delaware Youth Risk Behavior Survey." Center for Drug and Health studies, University of Delaware.](#)

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Data Sources for the 2019 Delaware State Epidemiological Profile

Data Instrument	Administered/Compiled by	Most Recent Data	Trend Range
Data Base/ Diagnostics Plus	-	-	1989-1993
Delaware Annual Traffic Statistical Report	Delaware State Police/Delaware Statistical and Analysis Center	2015	-
Delaware Criminal Justice Information System (DELJIS)	DELJIS	2016	-
Delaware Behavioral Risk Factor Surveillance System (BRFSS)	DE Division of Public Health (sponsored by the CDC)	2017	-
Delaware Household Health Survey	Delaware Public Health Institute	2015	-
Delaware Prescription Monitoring Program (PMP)	Delaware Office of Controlled Substance, Division of Professional Regulation	2017	2013 - 2017
Delaware School Survey (DSS) – 5 th , 8 th , and 11 th grades	Center for Drug and Health Studies, UD	2018	1995 - 2016
Delaware Youth Risk Behavior Survey (YRBS) – High School	Center for Drug and Health Studies, UD (sponsored by DE Division of Public Health and the CDC)	2017	1999 - 2015
Delaware Youth Risk Behavior Survey (YRBS) – Middle School	Center for Drug and Health Studies, UD (sponsored by Nemours)	2017	1999 - 2015
Department of Public Instruction	-	1994	-
Monitoring the Future	University of Michigan	2018	-
National High School Youth Risk Behavior Survey	US Centers for Disease Control	2017	1995 - 2017
National Poisoning Data System	American Association of Poison Control Centers	2014	2012-2017
Performance Measures, Delaware	National Highway Safety Administration	2017	

National Survey on Drug Use and Health (NSDUH)	US Substance Abuse and Mental Health Services Administration	2017	2002 - 2017
Tobacco Free Kids Organization	Tobacco Free Kids Organization	2014	-
Treatment Admissions Data	US Substance Abuse and Mental Health Services Administration, collected by Delaware Division of Substance Abuse and Mental Health	2018	2002 - 2018

In addition to the data sources for the figures and tables in the 2019 report, the following data sources are also cited throughout the narrative:

- America’s Health Rankings
- Bureau of Labor Statistics
- Centers for Disease Control and Prevention
- Delaware Health Tracker
- Health Resources and Services Administration
- Kaiser Family Foundation
- PolicyMap
- Prescription Behavior Surveillance System at Brandeis University
- Tobacco21.org
- U.S. Department of Health and Human Services
- U.S. Census Bureau