

5 FACTS

Gambling and Associated Health Risks in California

Nearly

1 in 4 (24.4%)

adults who reported any gambling in the past year also reported binge drinking, compared with **15.7%** who did not report gambling

1 in 4 (7.2 million)

California adults gambled in the past year

Of those who reported gambling in the past year:

6.7%
(488,000)

reported they had symptoms of problem gambling

Nearly

1 in 20 (4.7%)

adults who gambled in the past year reported feeling restless, irritable, or anxious when trying to quit or cut down on gambling



1 in 4 (24.9%)

gambling adults with symptoms of problem gambling experienced serious psychological distress (SPD) in the past year, nearly

2 times

the **13.5%** of adults without symptoms of a gambling problem who experienced SPD