



Gambling in College Students: Fact Sheet

Three-fourths of college students place a bet each year,¹ and common forms of gambling include:

- card games^{1,2}
- sporting events^{1,2}
- lottery and scratch tickets^{1,2}
- casino games²
- online gambling, including online poker and
- fantasy sports^{3,4}



Ten percent of college students have gambling problems.⁵

Rates of gambling problems are higher in college students than adults.^{5,6}

- Student athletes are prone to gambling and problem gambling.^{2,7}
- Students who smoke, drink, or use other drugs have high rates of gambling problems.^{2,8,9}
- Proximity to a casino is associated with rates of gambling problems in college students.¹⁰



Gambling problems in college students are associated with:

- Feelings of guilt and depression.^{2,11}
- Risky sexual behaviors.^{7,12}
- Low social support.¹³
- Debt.¹⁴
- Suicidal ideation. Up to 18% of college students with gambling problems attempt suicide.⁷



Although all colleges have policies for alcohol and other drugs, less than one in four colleges have policies on gambling.¹⁵

Only 15% of college counseling center websites post information about problem gambling.¹⁶

Just 7% of college administrators have received information about gambling.¹⁷

What can you do?

- Have the conversation! Talk with college students about gambling and its risks.
- Encourage students with concerns to call the gambling helpline (1-888-789-7777) or text (847-973-5684).
- Help those with problems get treatment (www.ct.gov/dmhas/pgs). Treatment for gambling works, and college students respond well to brief gambling interventions.¹⁸⁻²⁰
- Ask college administrators to raise awareness of and address gambling on campuses.