SIGNS OF A PROBLEM SPORTS GAMBLER:

- Associating with other sports bettors
- Desire to bet again to win back losses
- Frequent borrowing of money from family and friends
- Having debts, unpaid bills and financial troubles
- Obsessing with point spreads or "fantasy" scores
- Unusual interest in obscure games

HOW TO GAMBLE RESPONSIBLY

- Balance gambling with other healthy activities
- Don't gamble when depressed or upset
- Gambling and alcohol are not a good combination
- Know that everyone loses over time
- Never chase your losses
- Only gamble with money set aside for entertainment
- Play for fun rather than just for money

IDPH Iowa Department of Public Health

No judging. Just helping.

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8/2019

IOWA GAMBLING TREATMENT PROGRAM

SPORTS BETTING

HAS YOUR SPORTS BETTING BECOME A PROBLEM?

1-800-BETS OFF

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SPORTS BETTING

For many people, betting on the outcome of different sports may seem like harmless entertainment. Watching the occasional game and placing a few dollars on the outcome can be an enjoyable experience. It's when sports betting begins to take on added importance in a person's life that problems can occur.

Some individuals experiencing problems with sports betting may accumulate debt, experience the loss of significant relationships, become involved in other illegal activities, and even become addicted.

WHO IS AT RISK FOR DEVELOPING A PROBLEM WITH SPORTS BETTING?

Anyone can develop a problem with sports betting; however, specific populations have been identified as at-risk for developing a problem.

YOUTH:

Sports betting is becoming more popular and reaching younger audiences. March Madness and fantasy sports make betting on sports attractive to younger audiences.

ATHLETES:

Athletes enjoy competition and sports, and feel a need for action and excitement, making sports betting popular among this group. According to the NCAA, 92% of male college athletes reported that they started gambling in high school or earlier.

MALES:

Various studies show males are more likely to develop a problem with sports betting in comparison to females.

SPORTS BETTING MYTHS

SPORTS BETTING IS A GAME OF SKILL:
WINNING IS DEPENDENT UPON KNOWING THE TEAMS AND THE PLAYERS, AND WHICH ONES ARE MORE LIKELY TO WIN.

Having knowledge of the teams and players may give you some advantage, but in any sport outcome, there is a degree of chance. How many times have you expected your team to win and they didn't?

SPORTS BETTING IS FAIR:
EACH PERSON BETTING HAS A 50/50 CHANCE OF WINNING DOUBLE THEIR ORIGINAL INVESTMENT.

Most sports bets are placed through a "bookie"—someone who facilitates the gambling by setting the odds and paying out the winnings; however, bookies come with a price. Whether you win or lose, you still pay to play.

SPORTS BETTING IS HARMLESS.

Any type of gambling can have the potential to hurt you and your relationships – even if it starts out as what you think is harmless fun. Sports betting is no exception.