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Checklist of Best Practices to Prevent Problem Gambling

Gambling can have many negative consequences on the gambler, their family, and for society in general. Policy makers are in a unique position to proactively minimize harm from gambling.

This checklist ensures policy makers follow best practices when developing policies to minimize problem gambling.



Collaborate with researchers.

This optimizes the use of evidence when designing new initiatives to enhance their effectiveness.



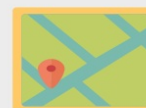
Use multiple initiatives to get synergistic effects.

Both political and educational strategies will have some effect on behaviour. Policy has been more effective in preventing addictive behaviour, but education provides the knowledge for policies. Make sure the core messages of all the initiatives are consistent and are tailored appropriately to community contexts to create greater buy-in.



Decrease gambling availability.

Limiting the number of gambling venues, locating them away from vulnerable populations, and reducing venue hours of operation, have all shown to prevent harmful gambling.



Use loyalty cards to reward responsible behaviours.

Reward players who stay within their pre-committed limit, or who decide to view educational resources between games.



Up the legal age to gamble.

Young adults have the highest rates of 'at-risk' behaviour for problem gambling. Raising the legal age for gambling could delay young people's exposure to gambling and give them more time to learn about responsible gambling.



Limit high-risk forms of gambling.

Electronic Gaming Machines (EGMs), racing, and casino table games are the most dependency-prone forms of gambling. Limiting these games and controlling game parameters like speed of play, maximum bet size, maximum win size, and reducing availability of seating on EGMs have been shown to reduce harm.



Designate areas for smoking and drinking.

Making these areas away from games would encourage gamblers to take breaks; leading to better decision making and enable gamblers to stick to their time limits.



Eliminate immediate access to cash.

Locating ATMs outside of gambling venues can help players stick to their spending limits. It can provide a time buffer reducing impulses that may lead to over-spending.



Teach gamblers about their own gambling habits.

Educational initiatives and interventions are beneficial in teaching gamblers about their risky behaviours and correcting inaccurate beliefs about gambling. They can be used to provide the appropriate skills to aid behaviour change.



Give it time.

Sustain effective prevention initiatives including educational resources and health-oriented policy. Behaviour change takes a long time!



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