Developing Low-Risk Gambling Guidelines

Gambling Research Exchange Ontario

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About CCSA

• **Vision:** A healthier Canadian society where evidence transforms approaches to substance use.

• **Mission:** To address issues of substance use in Canada by providing national leadership and harnessing the power of evidence to generate coordinated action.

• **Value Proposition:** CCSA was created by Parliament to provide national leadership to address substance use in Canada. A trusted counsel, we provide national guidance to decision makers by harnessing the power of research, curating knowledge and bringing together diverse perspectives.
CCSA’s National Priorities and Areas of Action

Collective action for collective impact
Expertise in Gambling and Substance Use

• The only organization with a national mandate to reduce the harms of both gambling and substance use;
• CCSA expertise and leadership in the development of Low-Risk Alcohol Drinking Guidelines and Canada’s National Alcohol Strategy;
• Demonstrated track record with respect to gambling initiatives.
Expertise in Gambling and Substance Use (cont.d)

- 2000: co-hosted the first Symposium on the Social and Economic Impact of Gambling;
- 2001: launched the Canadian Problem Gambling Index with CCGR;
- 2001–2003: conducted analyses on Ontario problem gambling prevalence data with the CPGI.
Expertise in Gambling and Substance Use (cont.d)

- 2008: contributed to the development of the Socio-Economic Impact of Gambling (SEIG) Framework;
- 2009: contributed to the development of the Canadian Adolescent Gambling Index (CAGI);
- 2011: contributed to a report on gambling participation and problem gambling prevalence in Ontario ethnocultural communities with OPGRC.
The Need for Low Risk Gambling Guidelines

- Gambling is a legal behaviour that poses potential risks
- Problem gambling and problematic substance use are public health concerns

What are the safe gambling limits to prevent and reduce the harms associated with gambling and substance use?
The Need for Low-Risk Gambling Guidelines (cont.d)

• There is a lack of, and need for, evidence-informed Low-Risk Gambling Guidelines (LRGGs):
  — To help individuals who gamble make well-informed and responsible decisions about their gambling behaviours;
  — To help and support social networks to identify at-risk gambling.

• How we will achieve this?
  — Develop and implement training material and capacity building programs for professionals and primary care practitioners;
  — Support low-risk gambling public awareness campaigns.
Project’s Activities

- Establish a governance framework including co-chairing and hosting a National Low-Risk Gambling Advisory Committee and a Low-Risk Gambling Guidelines Scientific Working Group;
- Produce a research plan to develop the LRGGs;
- Conduct research to inform the development of LRGGs;
- Prepare a technical report aimed at a broad audience providing the best available evidence in support of LRGGs.
Project’s Governance Framework

Advisory Committee
Louise Nadeau
Rita Notarandrea

Scientific Working Group
David Hodgins
Matthew Young

guide and facilitate up-take and mobilization
provide expert advice and conduct research
LRGG-SWG Membership

Co-chairs
- David Hodgins, University of Calgary
- Matthew Young, CCSA

Members
- Shawn Currie, Alberta Health Services and University of Calgary
- Louise Nadeau, University of Montreal
- Catherine Paradis, CCSA

To change over the course of the project to include experts that will be conducting research activities.
Rationale for the Action Plan

The state of evidence on low-risk gambling is limited compared to low-risk alcohol drinking

• Inconsistencies and limitations in the definitions of gambling-related harms and means to measure them; for example:
  – In the conceptualization of the diversity of gambling harms
  – In their operationalization
  – In isolating the harms from their causes
Despite these knowledge gaps, there is widespread agreement that if an individual gambles too much money or too often, that individual has a greater likelihood of developing gambling problems.
Action Plan At A Glance

1. Determine harms
2. Develop inventory of datasets
3. Assess feasibility
4. Conduct targeted analyses
5. Derive & validate LRGGs

Consultation with peers, stakeholders & individuals who gamble
Project’s Progress

August 2016: Decision to adopt the Victoria Taxonomy of Gambling Harms

November 2016: Decision on datasets and methodological parameters to test feasibility of targeted analyses.

Next steps: Contract custodians of the identified datasets and begin testing the feasibility of using these sources of data.

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### Expected Outcomes

<table>
<thead>
<tr>
<th>Immediate and short-term outcomes</th>
<th>Medium-term outcomes</th>
<th>Long-term outcomes</th>
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| - Up-dated and increased knowledge about low-risk gambling  
  - Enhanced collaboration between CCSA and stakeholders  
  - Enhanced knowledge exchange between stakeholders and researchers  
  - Enhanced collaboration for consistent communications on LRGGs  | - Awareness, uptake and use of the evidence-based LRGGs by key stakeholders | - Contribute to reducing harms associated with gambling in the general population |

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Project’s Timelines and Next Steps

Research Activities
- Conduct preliminary assessments and analyses: ongoing
- Conduct targeted analyses: Q1 2017–2018 to Q4 2018–2019

Technical Report
- Draft and validate LRGGs: Q2 2018–2019 to Q1 2019–2020
- Draft and finalize the technical report: Q2–Q4 2019–2020
Questions & Comments
Save the Date / Dates à retenir

ISSUES of SUBSTANCE CONFERENCE 2017

Addiction matters • La dépendance, ça compte

November 13–15
Calgary, Alberta

Call for Abstracts Opens December 2016
Un appel de résumés sera lancé en décembre 2016

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