

CONCEPT  
EXPLAINER



WHAT IS

# Problem gambling

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# Problem gambling is

characterised by a loss of control and the continuation of gambling behaviour despite clear financial, emotional and psychological harm. Public health professionals increasingly recognise it not as a personal issue or weakness, but as a structural and societal issue with wide reaching consequences.



# Evidence supports

that betting companies disproportionately target deprived communities, where poverty and financial insecurity heighten vulnerability to gambling-related harm, creating cycles of debt, stress, and social harm.



## Young men are

particularly at risk, with research and evidence indicating high levels of problem gambling within this group. This vulnerability is heightened by peer pressure, aggressive advertising strategies, and the 24/7 availability of online platforms.



# The evidence base

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on problem gambling is growing but, in the past, many studies were paid for by betting companies - raising concerns about how ethical, trustworthy and reliable they are.

Independent research is vital to understand the harm gambling can cause today, to create better support and prevention systems, and to help protect public health.

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# Thanks for reading

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