



Problem Gambling, Military and Veterans

Active duty military and veterans have a higher risk for gambling addiction than the general population, yet they are underserved.

Gambling, Military

- According to the National Council on Problem Gambling, the U.S. military operates slot machines overseas to raise funds for the Military Welfare and Recreation (MWR) programs with profits of \$100 million each year. Service members also play bingo, access casinos near bases and participate in social gambling in barracks in the U.S. and overseas. Bingo games bring in an estimated \$100,000 monthly to MWR programs. None of these funds are dedicated to treatment.

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- Risk factors for gambling addiction include young individuals who are male; ethnic minorities, individuals prone to risk taking or sensation seeking; individuals who use substances; and those who experience stress, depression and PTSD – all factors known to be more likely among military personnel.
- According to the National Council on Problem Gambling, veterans utilizing Veterans Affairs (VA) treatment services found 10 percent were problem gamblers. Among veterans hospitalized on a VA inpatient psychiatric unit, 40 percent met criteria for a problem gambling disorder.
- According to a study conducted at Brecksville VA Medical Center, among 111 veterans entering a gambling treatment program, 64 percent reported a history of emotional trauma, 40 percent physical trauma and 24 percent sexual trauma. Most trauma occurred during childhood.
- According to a Georgia State University study, problem gambling in the military may co-occur with substance use disorder, intimate partner violence, PTSD, depression and suicide.
- Six percent of recruits and 56,000 active duty US service members have a gambling problem.

Previous DOD large scale worldwide health studies of military personnel showing lifetime rates of gambling.

Year	Population	Combined Rate	At Risk/Moderate	Serious Problem
2002	Active Duty	9.8%	8.6%	1.2%
2006	Reserve/Guard	13%	10.5%	2.5%
2008	Air Force Recruits	8.1%	6.2%	1.9%

Problem Gambling Signs and Barriers to Treatment

- Problem gambling signs include: increasing preoccupation with gambling; a need to bet more money more frequently; restlessness or irritability when attempting to stop; and “chasing” losses and loss of control. Pathological gambling can result in financial ruin, legal problems, loss of career and family or even suicide.
- Screening for gambling addiction in the military was discontinued in 2009. In 2018, screening questions were added back into the DOD large scale worldwide health studies.
- In a 2017 Government Accountability Office (GAO) report involving the Coast Guard, less than .03 percent of service members were diagnosed with gambling disorder or seen from 2011 to 2015 in the military health system.
- The National Council on Problem Gambling lists a few barriers to treatment for the military that include: problem gambling not fitting into existing treatment model; lack of behavioral healthcare resources, concerns about confidentiality and promotion; stigma and shame; military using stricter definition of insanity; and problem gambling is often accompanied by crimes with risk of courts martial.

For more information on problem gambling, free screening and treatment options, training for clinicians and youth prevention grant opportunities, please visit morethanagamenc.com.

