

WEB LETTER

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Highlighting Gambling Disorder During National Minority Health Month

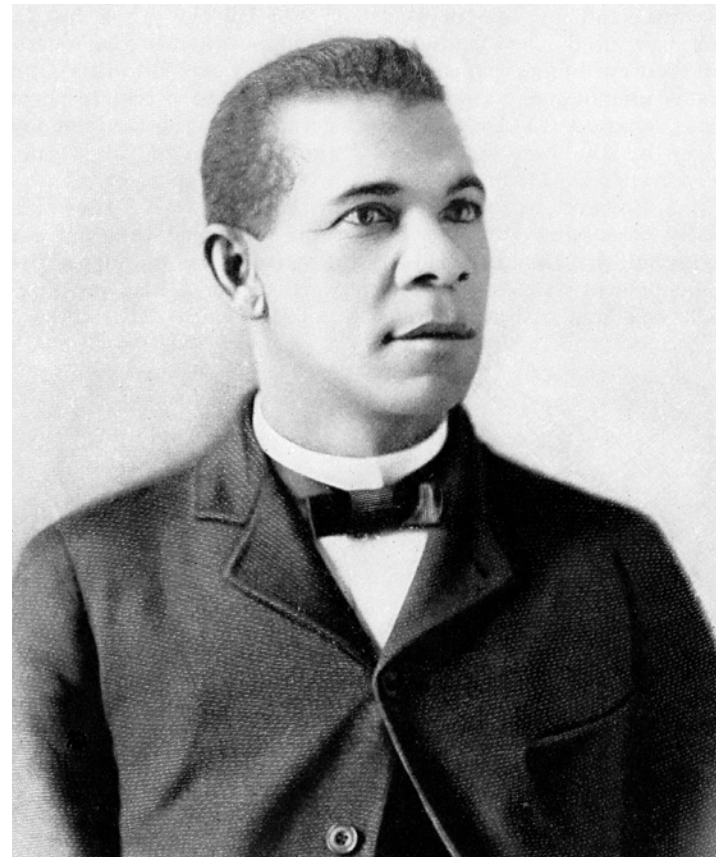
It is always a good time to check in on everyone around us to and ask if they are doing alright, both mentally and physically. Did you know that April is National Minority Health Month (NMHM)?¹ This annual event works to raise awareness about health disparities that continue to affect people from racial and ethnic minority groups and encourage action through health education, early detection, and control of disease complications.

You may be wondering what this has to do with problem gambling. Here at the Florida Council on Compulsive Gambling (FCCG), we believe wholeheartedly that anything related to health and well-being is an important part of helping those who may be prone to disordered gambling. Gambling addiction often goes undetected due to a lack of awareness and screening, even though it can be the root cause of anxiety, depression, family conflict and neglect, and even suicidal thoughts. **This is why the 888-ADMIT-IT HelpLine is 24/7, multilingual, and toll-free, removing barriers for anyone in need of assistance with problem gambling, anywhere in Florida.**

The idea behind NMHM started with Booker T. Washington, who was born a slave and rose to be the top African American educator of his time. He realized the connection between poverty and poor health care was holding back progress within African American and other minority communities. Because of what he stood for, he was able to shine the light on any disparities with the quality of health care, including mental health, due to economic, social, racial, and ethnic status.²

Significant stigma unfortunately persists with problem gambling due to a lack of awareness, which can prevent someone from getting the help

and support they need. While problem gambling does not discriminate and impacts people from all walks of life, there is another uphill battle at play with minority populations. Stigma associated with mental health disorders is even more apparent with minorities, due to factors including poverty, discrimination, inaccessibility of high-quality mental health care services, cultural stigma surrounding mental health care, and overall lack of awareness about mental health, according to the American Psychiatric Association.³



Highlighting Gambling Disorder During National Minority Health Month (Continued)

A study published in 2018 by Cunningham-Williams et al. found that while European Americans gamble at higher rates than African Americans across a lifetime, African Americans have a greater likelihood to develop gambling problems and suffer from a higher risk of gambling related consequences. Among gamblers, the study found that a higher proportion of African Americans suffered from loss of control, financial problems, illegal behaviors, and interference with daily activities associated with gambling.⁴ In a separate survey using a nationally representative sample, Alegria and Petry found that Asian Americans (2.3%) and African Americans (2.2%) had significantly higher overall prevalence of disordered gambling than European Americans (1.2%)!⁵



Can't walk away from gambling? Have a loved one who is suffering? Regardless of your background, the bottom line is that confidential and multilingual help and hope for problem gambling are available 24/7 in Florida through the 888-ADMIT-IT HelpLine, for anyone in need. It's never too late – or too early – to start a non-judgmental conversation about what you are going through and discover the free and local resources you need to start your recovery.

References

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5. Alegria AA, Petry NM, Hasin DS, Liu S-M, Grant BF, Blanco C. Disordered gambling among racial and ethnic groups in the US: results from the national epidemiologic survey on alcohol and related conditions. CNS Spectr. 2009;14(3):132–42. <https://doi.org/10.1017/s1092852900020113>.

Contact FCCG's 24/7, Confidential, and Multilingual Problem Gambling HelpLine:

888-ADMIT-IT