

Web Letter



VOLUME 150 • JULY 2023



888-ADMIT-IT



GAMBLINGHELP.ORG



Raising Problem Gambling Awareness on National Lottery Day

Although we kicked off the month of July celebrating our independence, the truth is many Americans have become dependent on the rush of gambling on lottery tickets. **National Lottery Day is on July 17th**, and FCCG wants to take this opportunity to educate Floridians on the realities of the lottery and how you can reclaim freedom from compulsive gambling this summer with *Your One Sure Thing*, **888-ADMIT-IT**.

In recent years, Americans have purchased approximately 45 billion lottery tickets annually.^[1] Playing the lottery occasionally doesn't constitute an addiction, but just as with other forms of gambling, the thrill of a potential win activates the pleasure center of the brain and can quickly inspire addictive behaviors.^[2] **According to Florida's most recent HelpLine data, 11% of contacts reported the lottery as the primary gambling problem and an additional 21% indicated it was a secondary form, with scratch-off tickets being the most popular form of lottery play.**^[3] However, these numbers are likely underestimated, as many people don't consider the lottery a form of gambling.

One of the reasons lottery play, including scratch offs and Powerball, has become so popular is because of its accessibility — anyone going to a grocery store or gas station is faced with an opportunity to play. Lottery play is also commonly depicted and encouraged in commercials, on billboards, and throughout other forms of advertising, ensuring it is at the forefront of consumers' minds.^[4] **Studies show that about two out of three people who take part in the lottery will buy more than one ticket, and Florida tops the list of states with the highest lottery ticket sales, having spent nine billion dollars in 2021.**^[5] Overall, Florida accounts for about 8.6% of national lottery ticket sales.^[6]

Part of these sales come from people using lottery tickets and scratch offs as gifts to underage children, not knowing they may serve as a trigger. Florida's law says you must be 18 years old to play, so children should never be gifted lottery tickets as it not only sets a bad precedent, but it is also illegal.

All it takes is winning \$1 to spark the chase to win again and unknowingly head toward a possible gambling addiction in the future.

While these facts and figures may seem defeating, we're here to share hope and healing to those who are struggling with an addiction to the lottery and their loved ones. With 24/7 resources dedicated to helping those impacted by a gambling addiction, the road to recovery can start today.

Contact FCCG's confidential and multilingual 24/7 Problem Gambling HelpLine:

Call or Text: 888-ADMIT-IT
Email: fccg@gamblinghelp.org
Live Chat: [gamblinghelp.org](https://www.gamblinghelp.org)

Tap into the 888-ADMIT-IT App or reach out on social media, such as Facebook and Twitter.

References:

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2. "Why Playing the Lottery Is so Addictive." *Gateway Foundation*, 14 Dec. 2022, www.gatewayfoundation.org/addiction-blog/why-playing-lottery-is-addictive/#:-:text=While%20purchasing%20lottery%20tickets%20occasionally,to%20engage%20in%20it%20unhealthily.
3. "2021-2022 24-Hour Problem Gambling Annual HelpLine Report." Florida Council on Compulsive Gambling, February 2023.
4. Woodward, Matthew. "Lottery Statistics: How Many People Play Lottery in the U.S.?" *SearchLogistics*, 12 June 2023, [www.searchlogistics.com/learn/statistics/lottery-statistics/.](https://www.searchlogistics.com/learn/statistics/lottery-statistics/)
5. Ibid.
6. Ibid.