

Nottingham City Health and Wellbeing Board
29 March 2023

Report Title:	Gambling related harm: health needs assessment
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<p>Executive Summary:</p> <p>Gambling describes an activity of uncertain outcome where a person risks money or other valuable for a possible gain. This covers a range of activities such as casino games, sports betting, as well as lotteries, bingo and scratchcards. A gambling problem is where a person gambles with negative consequences and possible loss of control.</p> <p>Gambling related harm is a highly prevalent public health problem with widespread and potentially long-lasting impacts. A health needs assessment was conducted to estimate the local impact and inform a public health approach to prevent gambling related harm in Nottingham City.</p> <p>The main findings are:</p> <ul style="list-style-type: none"> • Gambling has significant effects on the health and wellbeing of people with a gambling problem, as well as their social circle, communities, and society. • People are more likely to have a gambling problem if they are a young adult male, are unemployed, live in a deprived area, have mental ill health, high alcohol consumption, or smoke cigarettes. • Each person with a gambling problem has 6-10 affected others on average. • Gambling can adversely affect mental health, financial security, relationships, and crime, and is associated with substance use, homelessness, and suicide. • Information and support services in Nottingham include GamCare, Al-Hurraya, Gamblers Anonymous, and Time Out. A new NHS Gambling Clinic for the East Midlands is expected to open in 2023, in Derby. • National survey data estimates there are approximately 4,500 people aged 16 and over in Nottingham with a gambling problem or at moderate risk of a gambling problem. This is likely to be an underestimate. • National survey data estimates approximately 1,000 in-school 11-16-year-olds in Nottingham have or are at risk of having a gambling problem. This is likely to be an underestimate. • In contrast, there were 48 callers from Nottingham to the GamCare helpline in the most recently completed financial year. • The most common impacts for people in Nottingham are financial difficulties, poor mental health, and relationship strain. Over one fifth of helpline callers from Nottingham report current or past suicidal thoughts. 	

- GamCare callers predominantly reported gambling online, but also gambling in bookmakers, using casino games, and other products.
- Licensed in-person gambling premises are scattered throughout the City but are clustered in the city centre and some deprived areas.
- The resident populations of Bulwell, Clifton East, Bestwood, Bilborough, Aspley and St Ann's are estimated to have higher risk of developing a gambling problem.

The summarised recommendations are:

- To develop a public health approach to gambling related harm in Nottingham
- To develop our understanding of the local situation
- To learn from and work with stakeholders including people with lived experience of gambling harm
- To explore opportunities to embed gambling harm detection and prevention in support services for associated issues
- To consider options for local interventions
- To develop a strategy to prevent and reduce gambling related harm in Nottingham

Recommendation(s):

The Board is asked to:

- Receive and note the report
- Comment on report findings and recommendations

The Joint Health and Wellbeing Strategy

Aims and Priorities	How the recommendation(s) contribute to meeting the Aims and Priorities:
Aim 1: To increase healthy life expectancy in Nottingham through addressing the wider determinants of health and enabling people to make healthy decisions	Gambling harms physical and mental health and affects the determinants of health.
Aim 2: To reduce health inequalities by having a proportionately greater focus where change is most needed	People most typically affected by gambling harm are from disadvantaged groups, and gambling harm drives and exacerbates health and social inequality.
Priority 1: Smoking and Tobacco Control	Gambling harm is associated with cigarette smoking, substance use, high alcohol consumption, poor mental health, and financial insecurity. Taking action to prevent and reduce gambling related harm is an opportunity to co-
Priority 2: Eating and Moving for Good Health	intervene on associated health and social challenges, including the
Priority 3: Severe Multiple Disadvantage	aforementioned and suicide prevention,

Priority 4: Financial Wellbeing	homelessness, unemployment, crime, and social isolation.
<p>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health: Gambling harm adversely affects mental health and emotional wellbeing, and gambling harm accounts for at least one suicide per day in the UK. Local data has demonstrated clear impacts in this regard.</p>	

List of background papers relied upon in writing this report (not including published documents or confidential or exempt information)	Nottingham City Gambling related harm health needs assessment full report
Published documents referred to in this report	None