

Nottingham City Health and Wellbeing Board
26 July 2023

Report Title:	Gambling related harm strategy 2023 - 2028
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<p>Executive Summary:</p> <p>Gambling is an activity of uncertain outcome where a person risks loss of money or other valuable for a possible gain. Gambling related harm is a public health problem which is prevalent and stigmatised, with widespread long-lasting impacts. This disproportionately affects disadvantaged populations and has well evidenced connections to a range of other health and social challenges.</p> <p>A recent health needs assessment demonstrated that gambling related harm is occurring in Nottingham, with evidenced impacts on physical and mental health, relationships, personal finances, employment, education, and crime. National survey data when applied to Nottingham City, estimates that approximately 4,500 people aged 16 and over and 1,000 in-school 11-16-year-olds show signs of a gambling problem. Each person with a gambling problem has 6 to 10 affected others on average. The health needs assessment also demonstrated that support services are underutilised and there are parts of Nottingham which observe clustering of gambling premises and higher levels of characteristics which place resident populations at risk of gambling related harm.</p> <p>An alliance of groups, services and organisations has been formed to address gambling related harm in a partnership approach. The group have produced Nottingham's first Gambling related harm strategy, which takes a public health approach to preventing and reducing gambling related harm.</p> <p>The strategic vision is that Nottingham City will be a place where people are protected from gambling harm, and can access and receive support. The strategy aims to prevent and reduce gambling related harm in Nottingham City.</p> <p>This ambitious five-year strategy is organised into three themes, which reflect our best opportunities to effectively address this challenge:</p> <ul style="list-style-type: none"> • Regulation - of access to and the promotion of gambling products • Knowledge and Awareness - a focus on information, in two respects: <ul style="list-style-type: none"> ○ Knowledge – the evidence base and understanding of need ○ Awareness – of gambling risks, harms, and support • Support Pathways - working as a system to improve pathways to the support and recovery services which people need 	

Throughout the development of this strategy, we have been engaging with people affected by gambling related harm in Nottingham. This has been an essential component of strategy development, in generating ideas based on real stories, and in testing and verifying our evidence informed proposals.

The aims contained within this strategy are:

- **Strengthen the safeguards and regulation of in-person gambling** – by reviewing and updating local Council gambling licensing policy, and gaining assurances that gambling business are responsibly preventing and responding to gambling related harm
- **Prevent the promotion of gambling products in City Council owned spaces** – by reviewing and updating local Council advertising and sponsorship policy, including subcontracted advertising
- **Develop and improve the local evidence base regarding gambling related harm in Nottingham City** – by utilising opportunities to collect data on gambling and gambling related harm, understanding the experiences and support needs of people affected by gambling in Nottingham City, and addressing priority gaps in evidence through research and evaluation
- **Raise awareness of the risks and impacts of gambling with population-wide and targeted approaches** – by developing a public health information campaign, promoting training of staff in public facing roles in various services, and providing information on gambling risks and impacts to children, young people and their trusted adults
- **Build upon and improve pathways to support and recovery** – by newly introducing targeted screening for gambling related harm in a range of services and connecting people to support, and improving pathways to recovery by connecting the providers of gambling support to other services to promote ongoing wellbeing and help re-build lives
- **Help to make support available, visible, and accessible to people in Nottingham City** – by promoting the visibility of gambling harm support services to make it easier for people to find support, engaging with people with lived experience to understand equity and barriers to reaching support, and working with support services to promote equity of access, experiences and outcomes

We have developed new relationships with a range of partners and are already working together to prepare the delivery of the strategy aims and objectives. There is a strong sense of commitment from our partners to work together throughout the life of this strategy.

Where possible, evaluation has been built into intervention design and we have sought opportunities to build working relationships with others to facilitate this and draw on expertise in robust evaluations which relate to specific strategic objectives. Some of the actions we undertake as part of this strategy, will produce a baseline against which we can measure progress. We will also aim to hear from people affected by gambling in Nottingham to understand whether we have achieved the change we desire.

Many of the impacts of gambling related harm are also risk factors for harm. Taking action against gambling related harm will in turn contribute to the

prevention of mental ill health, suicidality, homelessness, tobacco-related harm, unemployment, financial insecurity, social isolation, domestic violence, and crime, and reduce associated service burdens and costs on society.

We are leading the way as one of the first local authorities to develop a strategy to address gambling related harm using a public health approach. We are ready to work together to address gambling related harm in Nottingham.

Recommendation(s):

The Board is asked to:

- Endorse the Nottingham City Gambling Related Harm Strategy 2023-28

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

Priority 2: Eating and Moving for Good Health

Priority 3: Severe Multiple Disadvantage

Priority 4: Financial Wellbeing

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-intervene on associated health and social challenges, including suicide prevention, homelessness, unemployment, crime, and social isolation.

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 evidence of people in Nottingham calling the national gambling helpline and reporting current or past suicidal thoughts.

List of background papers relied upon in writing this report (not

[Nottingham City Gambling related harm health needs assessment](#)

including published documents or confidential or exempt information)	
Published documents referred to in this report	None