



MICAP RECAP

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Compulsive gambling competes with alcohol, tobacco and other drugs as America's addiction choice in the new Millennium



LANSING . . . Americans are not known for their moderation. As a society, we eat too much, drink too much and work longer hours than those in any other nation in the Western world.

So it hardly came as a surprise that one in ten of us has some kind of an addiction disorder, according to a study published in the August issue of the *Archives of General Psychiatry*.

Traditionally, when we think of addiction, most of us link this to alcohol or other drugs, but in recent years doctors have pointed out that obesity is rampant in our society, at all age levels.

Will overeating become the chief challenge for medical science in this new millennium?

It may turn out that way, but compulsive gambling is also emerging as the addiction of choice, as state after state relaxes anti-gambling laws in a never-ending search for new revenues to pay for government programs.

New Hampshire opened the door for America's

mad rush to legalize gambling in 1964 when state residents approved the nation's first modern-day state lottery. Other states soon followed, but the push to relax anti-gambling laws got a major boost when New Jersey joined Nevada twenty years later in legalizing casinos.

Then when the courts ruled that local laws could not ban casinos on Indian reservations, legalized gambling took a giant step forward. But when Pennsylvania lawmakers approved licensing of slot machines at 61,000 locations across the state, it appeared as though there was no stopping.

Here in Michigan, revenue from the state lottery has become an essential element in balancing the state budget, along with taxes from three Detroit casinos and nineteen casinos on Indian reservations throughout the Upper and Lower Peninsulas. Add to that the availability of keno in bars and taverns across the state and Michigan is

indeed in the contest to become the nation's gambling capital.

When Michigan horse tracks moved to acquire slot machines, turning their sites into "Racinos," it inspired the political cartoon shown here, suggesting that the state may as well go all the way increasing the availability of slot machines, by installing them in restrooms as "Urinos."

Just as it appeared Michigan had totally lost control of gambling, opponents gathered nearly a half million signatures to place a proposal on the November ballot requiring voter approval for any new gambling in the state.

While there is abundant data to document the incidence of addiction to alcohol and other drugs, such figures are hard to find when it comes to gambling problems. However, Creighton University in Omaha, Nebraska recently released a study that found bankruptcy rates are twice as high in counties with gambling casinos than in those without.

The relationship between gambling addiction and addiction to alcohol was first documented in a study conducted at the federal correctional facility in Danbury, Connecticut in the early 1990s. Treatment professionals were impressed by the number of prisoners at their alcohol unit who turned out to have problems with gambling as well.

Then at a Veteran's Administration Hospital where patients were being treated for pathological gambling, researchers found that 47% met the criteria for alcohol or other drug addiction at some point in their life. The researchers also found that alcoholics who gambled were more likely to relapse. Gambling did not replace alcohol abuse, but merely joined it.

Dr. Sheila Blume pioneered the effort to test compulsive gambling by developing a program at South Oaks Hospital where she was medical director for alcoholism, drug addiction and compulsive gambling, using the same addiction model for gambling addiction as for alcohol and other drugs.

It wasn't until 1980 that physicians were provided criteria for diagnosis of compulsive gambling in DSM III. Revised in 1987, the criteria are now almost parallel to the criteria for diagnosing alcohol and other drug dependence.

According to survey data, somewhere between three and five percent of the U.S. population can be classified as compulsive gamblers. Henry Lesieur worked with Dr. Sheila Blume and the South Oaks professional staff in a research project that resulted in the South Oaks Gambling Screen, SOGS, which is included with this issue of *Monday Morning Report*.

Those concerned with alcohol and other drug problems should be aware of the relationships of these addictions to compulsive gambling, and the SOGS should be helpful in this regard.

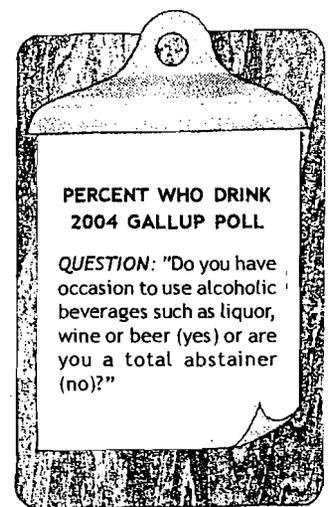
AMERICAN DRINKING HABITS . . .

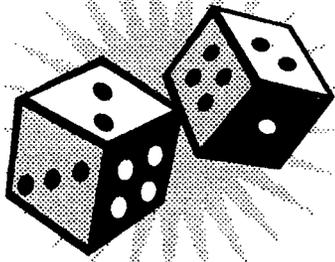
have been documented by Gallup Polls for the past 65 years. The latest Gallup survey reports that 126.5 million American adults, on occasion, may consume alcoholic beverages, such as beer, wine and liquor, representing 63 percent of the U.S. population 18 years of age and older.

Surveys by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) classify as drinkers those who have consumed an alcoholic beverage in the 30-day period prior to being surveyed, while the Gallup standard identifies as drinkers those who on any occasion might down an alcoholic drink.

By including in its classification as drinkers those whose only experience with alcohol might be at a wedding or a toast to welcome in the New Year, Gallup more accurately identifies total abstainers as those for whom alcohol plays any significant part in their lifestyle.

In a society where some \$2 billion a year in alcohol advertising suggests that almost everyone drinks, the most recent Gallup Poll identifies 74.4 million American adults who are total abstainers.





South Oaks Gambling Screen (SOGS)

1. Please indicate which of the following types of gambling you have done in your lifetime. For each type, mark the answer: "not at all," "less than once a week," or "once a week or more."

	Not At all	Less than once a week	Once a week or more
a. Played cards for money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Bet on horses, dogs or other animals (at OTB, the track or with a bookie)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Bet on Sports (parlay cards, with bookie or at Jai Alai)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Played dice games (including craps, over and under or other dice games) for money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Went to casino (legal or otherwise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Played the numbers or bet on lotteries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Played bingo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Played the stock and/or commodities market	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Played slot machines, poker machines or other gambling machines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Bowled, shot pool, played golf or some other game of skill for money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. What is the largest amount of money you have ever gambled with on any one day?

- | | |
|---|---|
| <input type="checkbox"/> Never have gambled | <input type="checkbox"/> More than \$100 up to \$1,000 |
| <input type="checkbox"/> \$1 or less | <input type="checkbox"/> More than \$1,000 up to \$10,000 |
| <input type="checkbox"/> More than \$1 up to \$10 | <input type="checkbox"/> More than \$10,000 |
| <input type="checkbox"/> More than \$10 up to \$100 | |

3. Do (did) your parents have a gambling problem?

- | | |
|---|---|
| <input type="checkbox"/> Both my father and mother gamble(d) too much | <input type="checkbox"/> My mother gambles (gambled) too much |
| <input type="checkbox"/> My father gambles (gambled) too much | <input type="checkbox"/> Neither one gambles (gambled) too much |

4. When you gamble, how often do you go back another day to win back money you lost?

- | | |
|---|--|
| <input type="checkbox"/> Never | <input type="checkbox"/> Most of the time I lose |
| <input type="checkbox"/> Some of the time
(less than half the time I lose) | <input type="checkbox"/> Every time I lose |

5. Have you ever claimed to be winning money gambling but weren't really?

In fact, you lost?

- | | |
|--|--|
| <input type="checkbox"/> Never (or never gamble) | <input type="checkbox"/> Yes, most of the time |
| <input type="checkbox"/> Yes, less than half the time I lost | |

6. Do you feel you have ever had a problem with gambling?

- No Yes, in the past, but not now Yes

7. Do you ever gamble more than you intend to?

- Yes No

8. Have people criticized your gambling?

- Yes No

9. Have you ever felt guilty about the way you gamble or what happens when you gamble?

- Yes No

10. Have you ever felt like you would like to stop gambling but didn't think you could?

- Yes No

11. Have you ever hidden betting slips, lottery tickets, gambling money, or other signs of gambling from your spouse, children or other important people in your life?

- Yes No

12. Have you ever argued with people you live with over how you handle money?

- Yes No

13. If you answered "yes" to question 12: Have money arguments ever centered on your gambling?

- Yes No

14. Have you ever borrowed from someone and not paid them back as a result of your gambling?

- Yes No

15. Have you ever lost time from work (or school) due to gambling?

- Yes No

16. If you borrowed money to gamble or to pay gambling debts, who or where did you borrow from? (check "yes" or "no" for each)

- | | | |
|--|------------------------------|-----------------------------|
| a. From household money | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| b. From your spouse | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| c. From other relatives or in-laws | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| d. From banks, loan companies or credit unions | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| e. From credit cards | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| f. From loan sharks ("Shylocks") | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| g. You cashed in stocks, bonds or other securities | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| h. You sold personal or family property | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| i. You borrowed on your checking accounts
(passed bad checks) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| j. You have (had) a credit line with a bookie | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| k. You have (had) a credit line with a casino | <input type="checkbox"/> Yes | <input type="checkbox"/> No |



South Oaks Gambling Screen Score Sheet

Scores on the SOGS are determined by adding up the number of questions which show an "at risk" response:

- Questions 1, 2 and 3 not counted _____
- Question 4: Most of the time I lose or every time I lose _____
- Question 5: Yes, less than half the time I lose or every time I lose _____
- Question 6: Yes in the past but now, or yes _____
- Question 7: Yes _____
- Question 8: Yes _____
- Question 9: Yes _____
- Question 10: Yes _____
- Question 11: Yes _____
- Question 12: Not Counted _____
- Question 13: Yes _____
- Question 14: Yes _____
- Question 15: Yes _____
- Question 16: _____
 - a. Yes _____
 - b. Yes _____
 - c. Yes _____
 - d. Yes _____
 - e. Yes _____
 - f. Yes _____
 - g. Yes _____
 - h. Yes _____
 - i. Yes _____
 - j. Yes _____
 - k. Yes _____
- TOTAL** _____

There are 20 questions which are counted. Scoring is as follows:

- 0 No Problem
- 1-4 Some Problem
- 5 or More Probable Pathological Gambler

The first Gallup survey in 1939 identified 42% as abstainers. During the decade of the 1940s the abstinence rate ranged from 33% to 37%, hitting a high of 42% in 1949.

By 1950 abstainers comprised 40% of the population and remained in the fortieth percentile for the decade, reaching an all-time high of 45% in 1958 before dropping to the range of 35% to 38% in the decade of the 1960s.

In the years following repeal of national Prohibition, per capita alcohol consumption in the United States for the drinking age population remained under two gallons until World War II, when it began to steadily rise. In the decade of the 1970s, per capita alcohol consumption went from 2.52 gallons in 1970 to 2.75 gallons in 1979. At the same time, the abstinence rate dropped to an all-time low of 29%.

Then in the 1980s, with the tightening of drunk driving laws and raising the legal drinking age back to 21, Americans began a trend away from this high level of beer, wine and liquor consumption. Not only did per capita alcohol consumption drop from 2.76 gallons to 2.42 gallons, the abstinence rate increased to a high of 44% by 1989.

During the decade of the 1990s, the abstinence rate ranged from 35% to 43% before settling in at 36% in 2000. The latest Gallup survey puts abstainers at 37% of the American adult population, which represents 126.5 million adults.

Gallup noted that there were some 20,000 alcohol-related deaths in 2001, the most recent year for which data are available from the National Center for Health Statistics, adding that these numbers do not include deaths resulting from unintentional injuries or homicides, many of which are indirectly related to alcohol use.

Survey data from the National Institute on Alcohol Abuse and Alcoholism identify 17.6 million American adults as either problem drinkers or alcoholics, but how many drinkers admit to consuming more alcohol than they should? In its most recent survey, Gallup Pollsters asked this question, and nearly a quarter (23%) of those

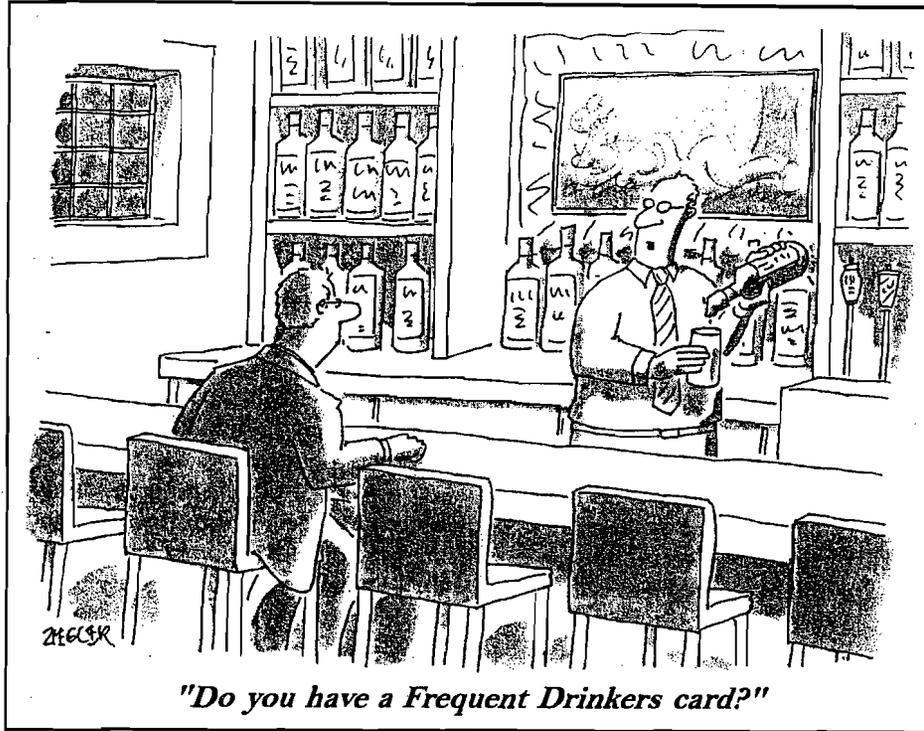
who admitted drinking said they sometimes drank more than they should.

Alcohol problems affect not only the drinkers, but also their families and others around them. In its 2004 survey, Gallup pollsters asked individuals who admitted to drinking if that drinking had been a cause of trouble in their families. Nearly one third (32%) responded in the affirmative.

Year	Drinkers	Abstainers
2004.....	63%	37%
2002.....	66%	34%
2000.....	64%	36%
1997.....	61%	39%
1996.....	58%	42%
1994.....	65%	35%
1992.....	64%	36%
1990.....	57%	43%
1989.....	56%	44%
1988.....	63%	37%
1987.....	65%	35%
1985.....	67%	33%
1984.....	64%	36%
1983.....	65%	35%
1982.....	65%	35%
1981.....	70%	30%
1979.....	69%	31%
1978.....	71%	29%
1977.....	71%	29%
1976.....	71%	29%
1974.....	68%	32%
1969.....	64%	36%
1966.....	65%	35%
1964.....	63%	37%
1960.....	62%	38%
1958.....	55%	45%
1957.....	58%	42%
1956.....	60%	40%
1952.....	60%	40%
1951.....	59%	41%
1950.....	60%	40%
1949.....	58%	42%
1947.....	63%	37%
1946.....	67%	33%
1945.....	67%	33%
1939.....	58%	42%

Source: *The Gallup Poll*

Would what works for "Frequent Flyers" work for "Frequent Drinkers?"



Long ago the airlines recognized the importance of finding a way to reward their best customers. As a result, Frequent Flyers can earn bonus points that enable them to book future flights free.

If it works for the airlines, wouldn't the same policy work for the alcohol industry, where frequent drinkers are even more important to the economic success of the beer, wine and liquor business?

The airlines industry could still prosper without the repeat business that comes from frequent flyers, but it's different with the alcohol industry where, according to research data, most of

the beer, wine and spirits are consumed by a relatively few drinkers.

According to Thomas Greenfield of the Alcohol Research Group in Berkeley, the top two and one-half percent of drinkers consume a third of all the alcohol sold, and the top ten percent are responsible for 64 percent of all the alcoholic drinks consumed.

If the Frequent Drinkers idea catches on, the regulars who belly up to the bar could collect points toward a free bottle of Jack Daniels or a case of Budweiser.

Or, better still, a free large size bottle of Bayer Aspirin.