



Minnesota Youth Gambling Fact Sheet

Based upon the 2022 Minnesota Student Survey

What is Gambling?

Gambling refers to betting money or something else of value so that you can win or gain money or something else.

How many Minnesota youth gamble?

- The statistics below are computed from responses from Minnesota students in grades 8, 9, and 11.
- 32.5% have gambled in the past year (42.3% of boys, 23.2% of girls)
- 8.0% gambled frequently, that is once a week or more often (11.9% of boys, 4.3% of girls)

What forms of gambling are most popular?

- The most common form of betting was betting on informal games of skill such as cards, sports, or games of personal skill such as video gaming, pool, golf or bowling (24.2% of youth; 32.9% of boys and 15.9% of girls)
- 14.3% of youth engaged in betting on formal games of skill, such as formal sports events or games including esports¹ (20.6% of boys and 8.4% of girls)
- 7.3% of youth used lotto (7.6% of boys and 6.9% of girls)
- 4.6% of youth bet online (8.1% of boys and 1.3% of girls)
- 1.6% of youth bet at a casino (2.2% of boys and 1.0% of girls)

Which youth gamble?

- More boys gamble than girls (42.3% versus 23.2%)
- More boys gambled frequently than girls (11.9% versus 4.3%)
- More boys experience problem gambling than girls (1.0% versus .3%)

Trends (2019 to 2022)*

- Youth rates of any gambling increased slightly from 29.7% in 2019 to 32.5% in 2022.
- Youth lotto and casino betting rates were relatively similar in 2019 and 2022 (lotto: 7.5% in 2019 and 7.3% in 2022; casino: 2.0% in 2019 and 1.6% in 2022)

Rates of online gambling were 2.4% in 2019 and 4.6% in 2022. Of note, the assessment in 2022 included “loot boxes”² as an example of online gambling, but did not in 2019.

Rates of youth frequent gambling were 6.5% in 2019 and 8.0% in 2022 (boys: 9.8% in 2019 and 11.9% in 2022; girls: 3.4% in 2019 and 4.3% in 2022)

Rates of youth problem gambling were .5% in 2019 and .7% in 2022 (boys: .9% in 2019 and 1% in 2022; girls: .2% in 2019 and .3% in 2022)

In 2019, 2.3% of youth reported some gambling problems (subclinical) and in 2022 2.8% of youth reported some gambling problems.

What is Problem Gambling?

Problem Gambling is gambling that interferes with a person’s life including relationships and responsibilities. Cardinal signs are preoccupation with gambling, and loss of control of one’s gambling (e.g. continued gambling in spite of adverse consequences of gambling). Other signs of problem gambling include hiding the evidence of gambling, feeling bad about one’s gambling and skipping out on family and friends in order to gamble.

How many Minnesota youth experience problem gambling?

.7% (or seven tenths of one percent) experience Problem Gambling, with an additional 2.8% reporting problems associated with their gambling.

Impact of gambling on Minnesota youth

There is a small segment of the youth population that gambles frequently (8%, over 6,600 students) and experiences problems associated with gambling (3.5%, over 2,800 students) and these youth may need prevention and intervention services.

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¹Esports betting is defined as an “emerging gambling activity where individuals place bets on an organized video gaming competition (Marchica et al., 2021).”

²Loot boxes are defined as “virtual items embedded in video games that players can open with real-world money to get the chance of obtaining one or more virtual rewards (Primi et al., 2022).”

*There is not current evidence that the measured gambling behaviors in this study changed substantially from 2019 to 2022 in the MSS. However, measurement differences between items administered at the 2019 and 2022 assessments limited inferences that could be made.

References

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