

Society at Risk: Booze, Drugs, Sex, & Gambling... *(Who's Bringing the Chips & Dip?)*

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Introduction

- Substance abuse and other addictions have significantly increased since the pandemic.
- It's had an impact on the world at large
- What's currently happening and what can we do about it?

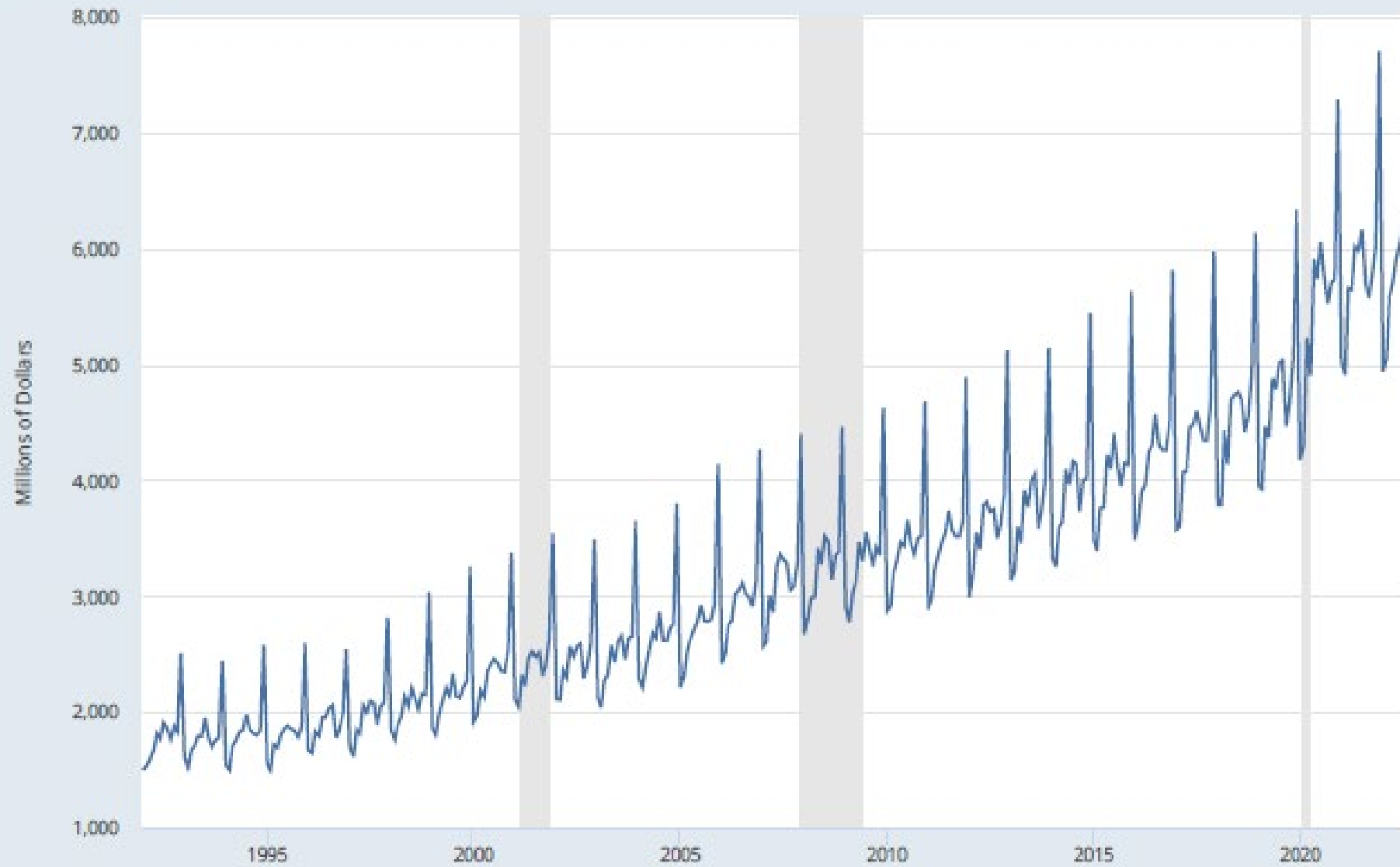
So How Much worse Has It Gotten as a Result of the Pandemic?

- Let's face it, it ain't good...



Alcohol

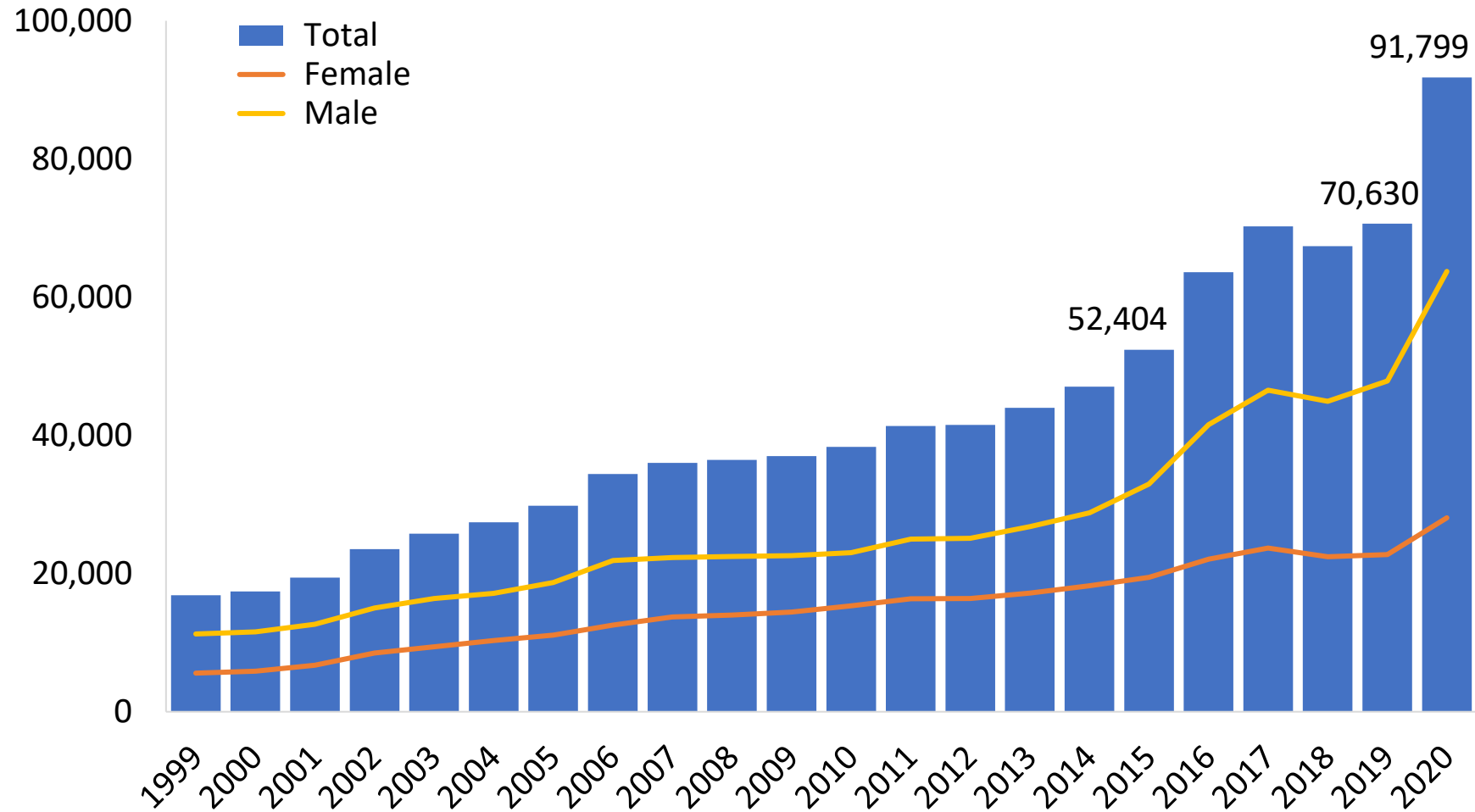
- 54% increase in national sales of alcohol the week the ending March 21, 2020, compared to the same week in 2019.
 - Online sales increased 262% in 2020 from 2019
- Sales of liquor, wine, and beer have continued to rise in 2022
 - From 2000 to 2019, monthly retail sales had a slow but steady rise
 - In Dec 2020 monthly retail sales increased over a billion dollars from the previous year (\$6.3B Dec 2019 to \$7.2B Dec 2020)
 - In Dec 2021 monthly retail sales rose to \$7.7B
 - In Dec 2022 the remained at \$7.8B
 - In Dec 2023 retail sales rose to \$8B



Drug overdoses

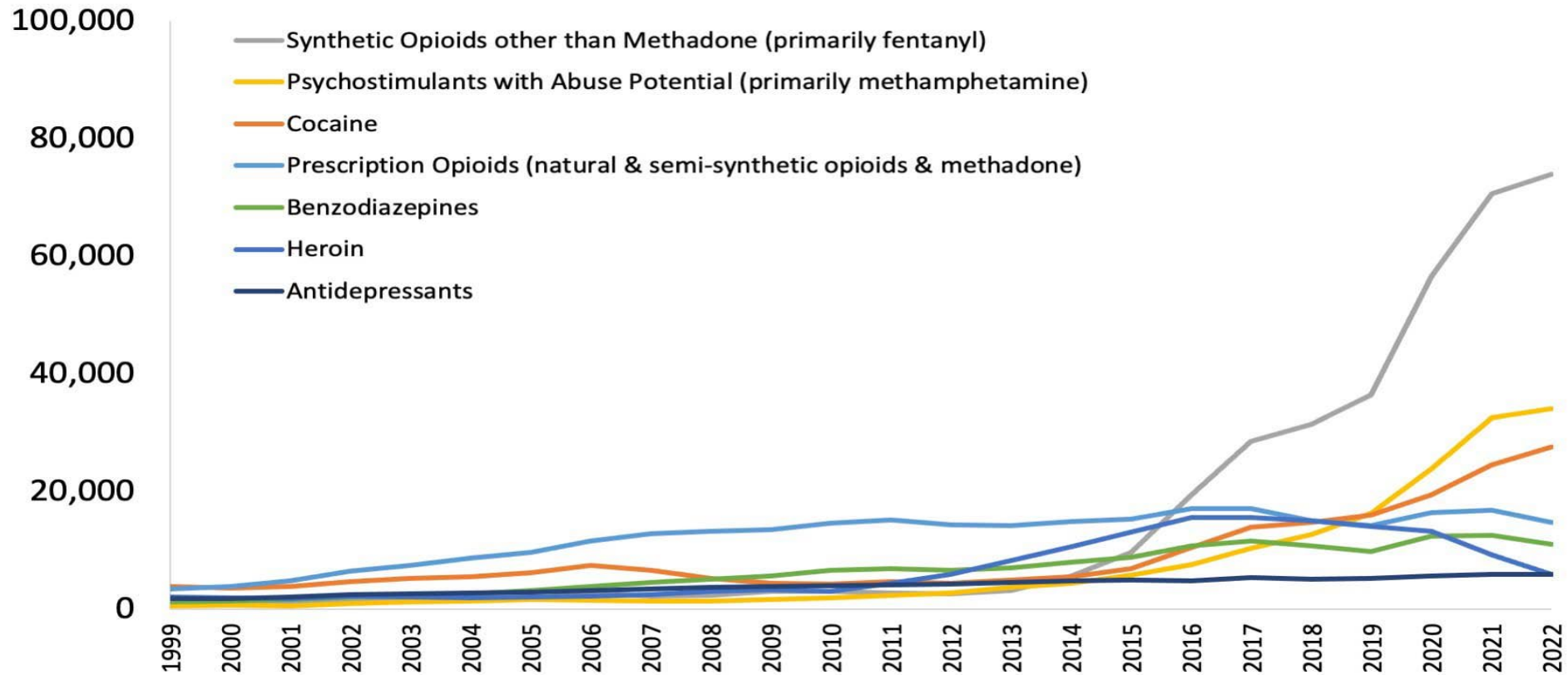
- Provisional data from CDC's National Center for Health Statistics indicate that there were an estimated 100,306 drug overdose deaths in the United States during 12-month period ending in April 2021, an increase of 28.5% from the 78,056 deaths during the same period the year before.
- The new data documents that estimated overdose deaths from opioids increased to 75,673 in the 12-month period ending in April 2021, up from 56,064 the year before. Overdose deaths from synthetic opioids (primarily fentanyl) and psychostimulants such as methamphetamine also increased in the 12-month period ending in April 2021. Cocaine deaths also increased, as did deaths from natural and semi-synthetic opioids (such as prescription pain medication).

**Figure 1. National Drug-Involved Overdose Deaths*
Number Among All Ages, by Gender, 1999-2020**



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2020 on CDC WONDER Online Database, released 12/2021.

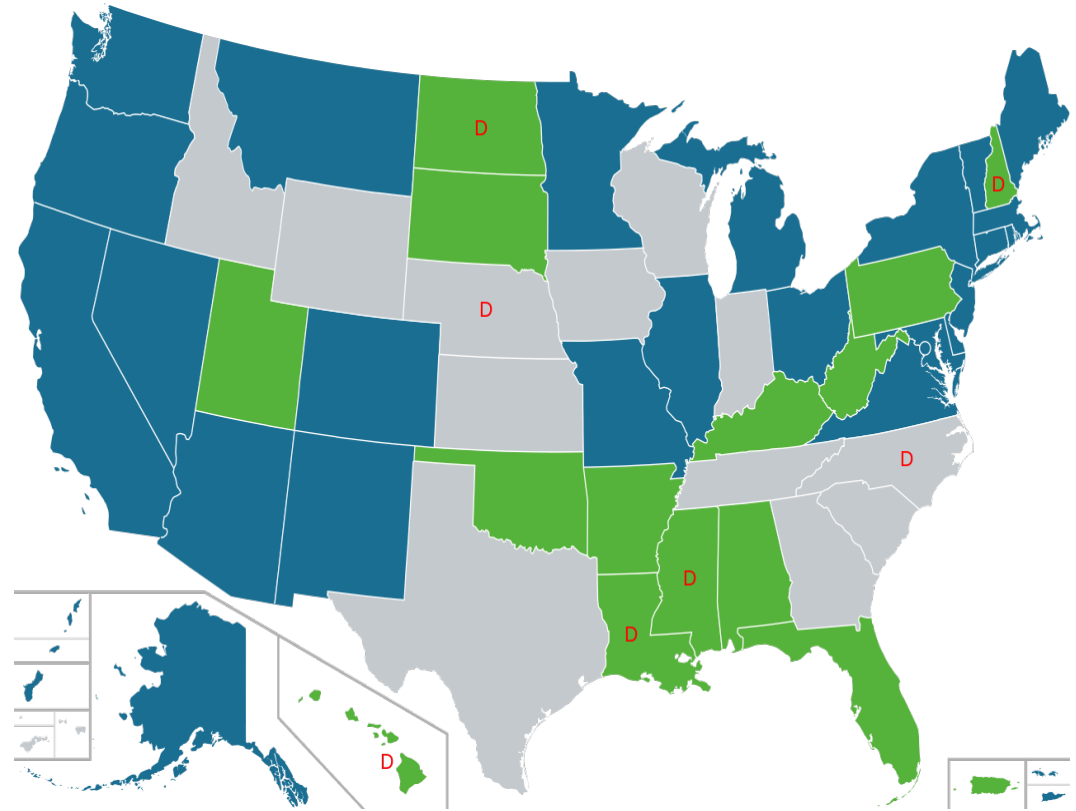
Figure 2. U.S. Overdose Deaths*, Select Drugs or Drug Categories, 1999-2022



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2022 on CDC WONDER Online Database, released 4/2024.

Cannabis State of the Union (as of Spring 2024)

- Federal
 - Continues to be classified as a Schedule I controlled substance by the Federal government***
- State to State
 - Fully legal in 24 states
 - Fully illegal in 4 states (Idaho, Wyoming, Kansas, S. Carolina)
 - Varied forms of availability / legality in other 21 states



Agent of Mind Alteration

- THC: percentages (MJ) vs milligrams (edibles)
 - Prior to 1990s, <2%
 - In the 1990s, grew to 4%
 - Presently, ranging from 15-30+%

Sex

- Literature reviews indicate that most sexual behavior declined overall in 2020.
 - Birth rates indicate less sexual activity at the start of the pandemic
 - Condom sales were down 4% in 2020, rose 23% in 2021
- Syphilis rates jumped 26 percent in 2021— reaching the highest number of cases since the Truman administration
 - Additionally, in 2021, opioid and methamphetamine use — which increased significantly during the pandemic — both lead to more HIV and hepatitis infections among people who share needles and to the spread of other STDs as more people traded sex for drugs and engaged in unprotected sex

Sex and Pornography

- Online pornography use increased significantly in each country across the world as those countries closed down to quarantine in 2020, starting with Italy.
 - Typical increase was from 4%-24% (as measured the last week in February 2020 until the third week in March 2020).
 - In areas where Pornhub made its premium services free, increases were significantly higher: 57% in Italy, 38% in France, and 61% in Spain.
- US pornography traffic changes started to spike significantly around the end of March 2020, typically up 18%-21%. Broken down by day, there was more pornography traffic Tuesday through Saturday with dips in traffic Sunday and Monday.
- On Aug 24, 2020, Zoom experienced a major outage in the UK and East Coast of the US. Pornhub traffic increased in both of those areas by 5.6-6.2% during that time. (Likewise, in March 2019 both Facebook and Instagram were down for several hours, during which time Pornhub saw a 19% surge in traffic)
- Interestingly, pornography use has since returned to pre-pandemic rates of usage since the world opened up again...

Gambling



On the National Stage

- The gross gaming revenue of the gambling industry in the United States exceeded \$66.5 billion USD in 2023. (up from \$60b in 2022)
 - Casino slots and table games generated 75-80% that revenue on average.

(Statista.com)



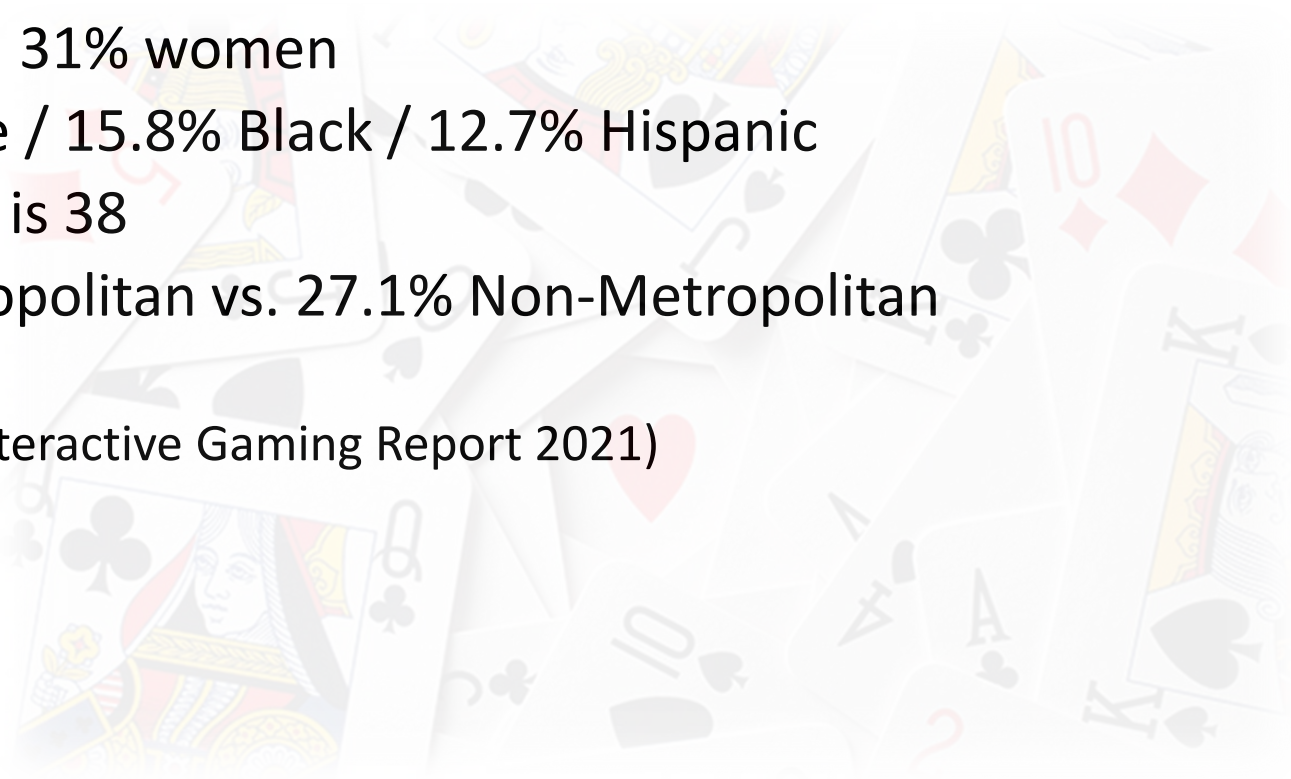
Gambling in North Carolina

- The new Sports Wagering and Horse Racing Wagering was signed into law by Gov. Roy Cooper on June 14, 2023 and became operational mid-2024. The law authorizes eight retail sportsbooks and 12 online sportsbooks. Each will be licensed and regulated by the North Carolina State Lottery Commission.
- North Carolina failed to pass a casino bill this year that would have authorized four new casinos, one each in Anson, Nash, and Rockingham counties, and a Lumbee tribal casino.
- House Speaker Tim Moore says the casino push will continue in 2024.

Current State (PA) of Gambling

- Who is gambling?
 - 68% men vs. 31% women
 - 73.4% White / 15.8% Black / 12.7% Hispanic
 - Average age is 38
 - 72.9% Metropolitan vs. 27.1% Non-Metropolitan

(Pennsylvania Interactive Gaming Report 2021)



Gambling

- In NJ, reported online gaming revenue increased over 100% each month from 2019 compared to 2020.
- The following are reported revenues for online gaming/gambling as reported for tax purposes by casinos in New Jersey. Numbers are increments of a million dollars.

NJ Internet Gambling Revenue in \$Millions

June	Borgata	Caesar's	Golden Nugget	Hard Rock	Tropicana
2016	3.7	3.0	3.5	N/A	3.3
2017	3.8	3.6	5.6	N/A	3.5
2018	4.0	3.3	8.3	N/A	3.6
2019	6.0	4.9	13.6	2.4	3.7
2020	16.9	8.8	29.0	5.7	6.0
2021	34.3	9.3	27.6	5.7	6.2
2022	40.5	9.3	35.7	6.0	6.9
2023	39.4	9.0	41.8	5.5	6.4

Gambling

- Advertising revenue:
 - In 2019, the online gambling industry spent \$15.5 million total.
 - In 2020, the online gambling industry spent \$154 million.
 - By fall of 2021, FanDuel, Draft Kings, and Caesars each spent more than \$15 million in a month on advertising (\$540 million/year).
 - In 2023, sports betting alone spent \$1.9 billion in advertising.
- The National Problem Gambling helpline received more than 22,500 calls per month in 2021, as opposed to an average of 14,800 calls a month the previous year.
 - The number of online chat requests went from 13,344 in 2021 to 13,143 in January 2022 alone.

Gaming

- Gaming addiction is the uncontrollable habit of engaging in video games that interfere with many areas of life.
- The symptoms of gaming addiction include preoccupation with game-playing, increased irritability when unable to play a game, extreme tiredness due to lack of sleep, spending increasing amounts of time playing games, and isolation from family and friends.
- The causes of gaming addiction include the addictive game design, a strong desire for escapism, the need for social approval, and underlying mental health problems.
- The effects of gaming addiction include sleep deprivation, poor eating habits, lack of social skills, damaged personal relationships, and financial distress.

Internet Addiction

- The first thing that exposes internet users to addiction is income.
 - According to Pew Research, 34% of people with an annual income of \$75,000 or more use the internet more constantly and thus are at risk of getting addicted, compared to 23% of people earning less than \$30,000.
 - 36% of people with college or university education are online almost constantly.
 - Only 23% of people with high school education go online constantly.
- Internet addiction symptoms
 - Some of the most common emotional symptoms include anxiety, depression, a feeling of guilt, isolation, dishonesty, agitation, mood swings, and defensiveness.
 - Also, internet addiction has physical symptoms, such as headaches, insomnia, carpal tunnel syndrome, backache, neck pain, poor nutrition, and dry eyes.

Nicotine

- Cigarettes: sales have fallen consistently in past 20 years
- Cigars: had a boom in 2010-2012, steady decline since
- Smokeless tobacco: has been on a slow but steady rise, with a slight decline in past five years
- Vaping: in 2011, est 7 million users; in 2021, est 55 million users.

Addiction Interaction Disorder

- Looking at the complexity of how addictions interact and complicate recovery.
- Addictions do more than coexist. They in fact interact, reinforce, and become part of one another.

Addiction Interaction Disorder

Types:

- Cross Tolerance
- Withdrawal mediation
- Replacement
- Rituals and patterns of behavior
- Fusion



Behavioral Assessments

- Sex – SAST, SDI
- Gambling – SOGS, Lie/Bet Q
- Internet - IAT

Q & A

- Questions, comments, thoughts?

Thank you

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