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Where to draw the line. Development of Low risk gambling guidelines

People who gamble are advised to set personal gambling limits to avoid gambling-related harm to themselves and others. Increasingly, tools are available to help gamblers to set limits. However, compared to other public health areas (drinking alcohol, diet guidelines), this limit-setting advice is general and non-quantitative. A common responsible gambling slogan is: “set a limit and stick within it”. In this presentation, I will be review research that has attempted to quantify the association between increasing gambling involvement- frequency, time spent gambling, expenditure - and the experience of gambling-related harms. The risk curve methodology for identifying cut-off for riskier gambling will be described, including strengths and limitations. Current work to develop Canadian limits, collaborating with international partners, will be presented.