

# Not Too Much, Not Too Often, and Not Too Many: The Results of the First Large-Scale International Project to Develop Lower-Risk Gambling Guidelines

September 6, 2023 | 11:00am – 12:30pm (PT)

## About the webinar

Advice about how to gamble “responsibly” is widely promoted in many jurisdictions. However, until now, there has been no evidence-based, specific advice for people who gamble who want to reduce their risk of gambling harms. In 2016, the Canadian Centre on Substance Use and Addiction began the first large scale international, comprehensive, multimodal project to develop evidence based Lower-Risk Gambling Guidelines (LRGGs). Borrowing the same collaborative, evidence-driven approach used to develop the nation’s Low Risk Alcohol Drinking Guidelines, the LRGG initiative produced a set of workable, evidence-based quantitative limits on gambling behavior to help people make informed decisions about their gambling. This project included collaboration with researchers in eight other countries, analysis of epidemiological data from over 60,000 people who gamble, consultation with a pan-Canadian, multi-sectorial advisory committee made up of over 20 members, input from over 10,000 regular people who gamble via a national online survey, and qualitative data obtained from focus groups and interviews. This presentation from **David Hodgins, PhD** and **Matthew Young, PhD** will describe key deliverables from the LRGG project including the lower-risk limits for expenditure, frequency and number of types of games. It will also present a self-assessment quiz, a suite of posters and other knowledge mobilization tools that are freely available to those who wish to use or promote the guidelines (<https://www.gamblingguidelines.ca>).



## Learning objectives

At the end of this webinar, attendees will be able to:

- Describe at least three (3) key elements of the Lower-Risk Gambling Guidelines (LRGGs) and how they were developed.
- Explain how LRGGs can be used in at least two (2) public health promotional activities.
- Specify at least three (3) resources that are available to support the guidelines and where to find those resources.

**1.5 CME or CE credits available. See credit types below.**

***Sponsored by the Northwest and Pacific Southwest Addiction Technology Transfer Centers (ATTCs) and the Western States Node of the NIDA Clinical Trials Network.***

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In support of improving patient care, this activity has been planned and implemented by Stanford Medicine and the Northwest Addiction Technology Transfer Center (ATTC). Stanford Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Credit Designation

#### American Medical Association (AMA)

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#### American Nurses Credentialing Center (ANCC)

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#### American Psychological Association (APA)

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

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This webinar meets the qualifications for the provision of one and one-half (1.5) continuing education credits/contact hours (CEs/ CEHs). UCLA ISAP is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs (Provider #64812). UCLA ISAP maintains responsibility for this program/course and its content. Course meets the qualifications for one and one-half (1.5) hours of continuing education credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. UCLA ISAP is also an approved provider of continuing education for RADTs I/II, CADCs-CASS, CADCs I/II, CADCs-CSs, and LAADCs (CCAPP, #2N-00-445-1123), CATCs (ACCBC/CAADE, #CP40 872 C 0825), and CAODCs (CADTP, #151). CE credit will be awarded at the conclusion of the webinar. **Partial credit will not be available for those participants who arrive late or leave early.**