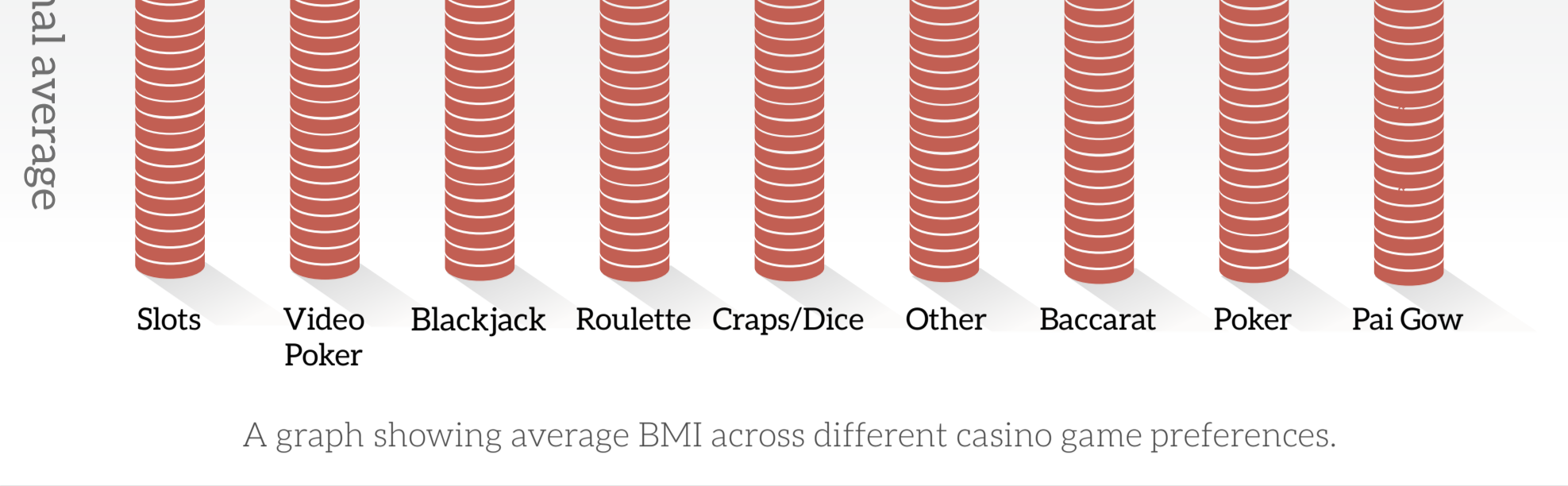


Booze, Bets and BMI

Health and lifestyle trends based on casino game preference

Body Mass Index (BMI)

We calculated the average BMI of casino players, categorising them into their preferred games.



A graph showing average BMI across different casino game preferences.



With an average Body Mass Index (BMI) of 31, slots players had the largest average BMI of all the casino game preferences.

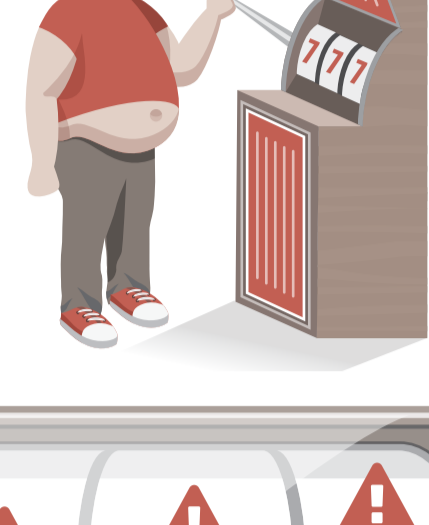


A BMI of 31 is outside of what is considered to be healthy.



BMI of 31 is well above the average in the UK which is currently 27.

SLOTS PLAYERS ARE categorised as OBESE!



Obesity leads to an INCREASED RISK OF:



Calculate your BMI

Your BMI (Body Mass Index) can help you find a healthy target weight range.

$$BMI = \frac{\text{Weight (kg)}}{\text{Square Height (m}^2\text{)}}$$

Underweight
BMI: <18.5

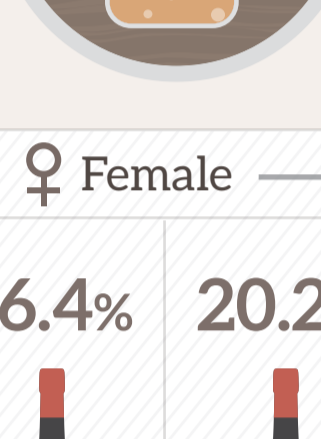
Normal Weight
BMI: 18.5-24.9

Overweight
BMI: 25-29.9

Obese
BMI: 30-34.9

Severely Obese
BMI: 35-39.9

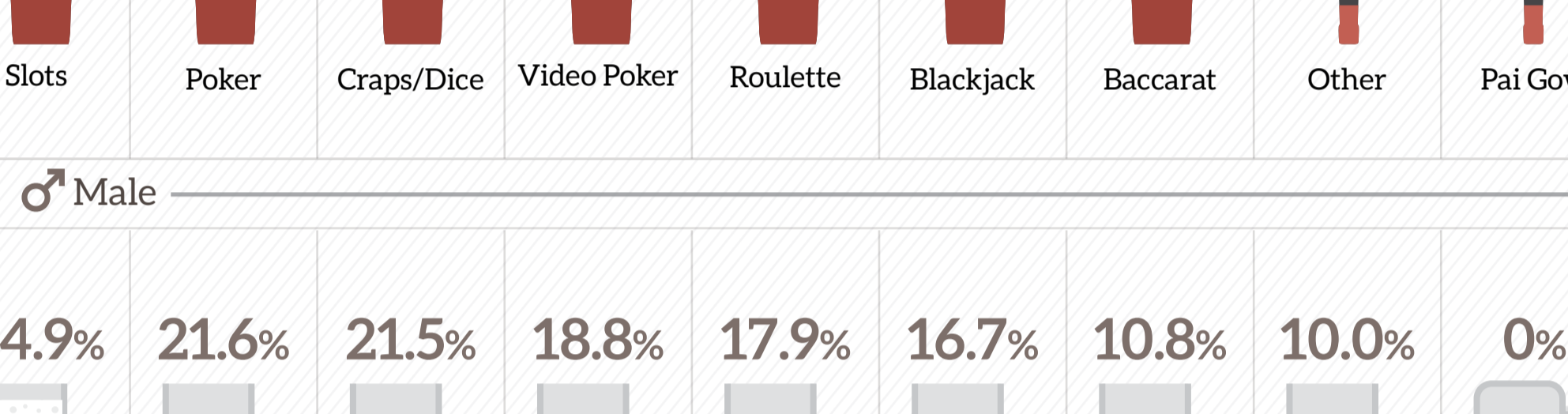
Morbidity Obese
BMI: >40



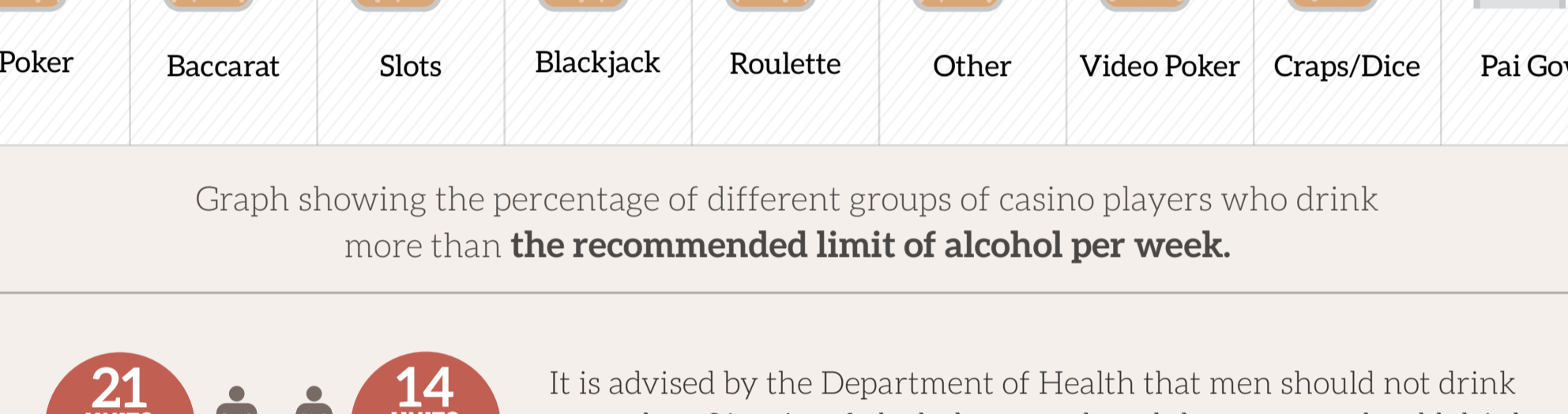
Alcohol

Percentage of respondents who regularly exceed weekly alcohol intake recommendations (21 units for men and 14 units for women)

♀ Female

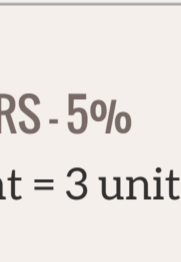


♂ Male



Graph showing the percentage of different groups of casino players who drink more than the recommended limit of alcohol per week.

21 UNITS WEEK



14 UNITS WEEK

It is advised by the Department of Health that men should not drink more than 21 units of alcohol per week and that women should drink no more than 14 units per week.



BEERS - 5%
1 Pint = 3 units

3 UNITS



WINES - 13.0%
175 ml = 2 units

2 UNITS



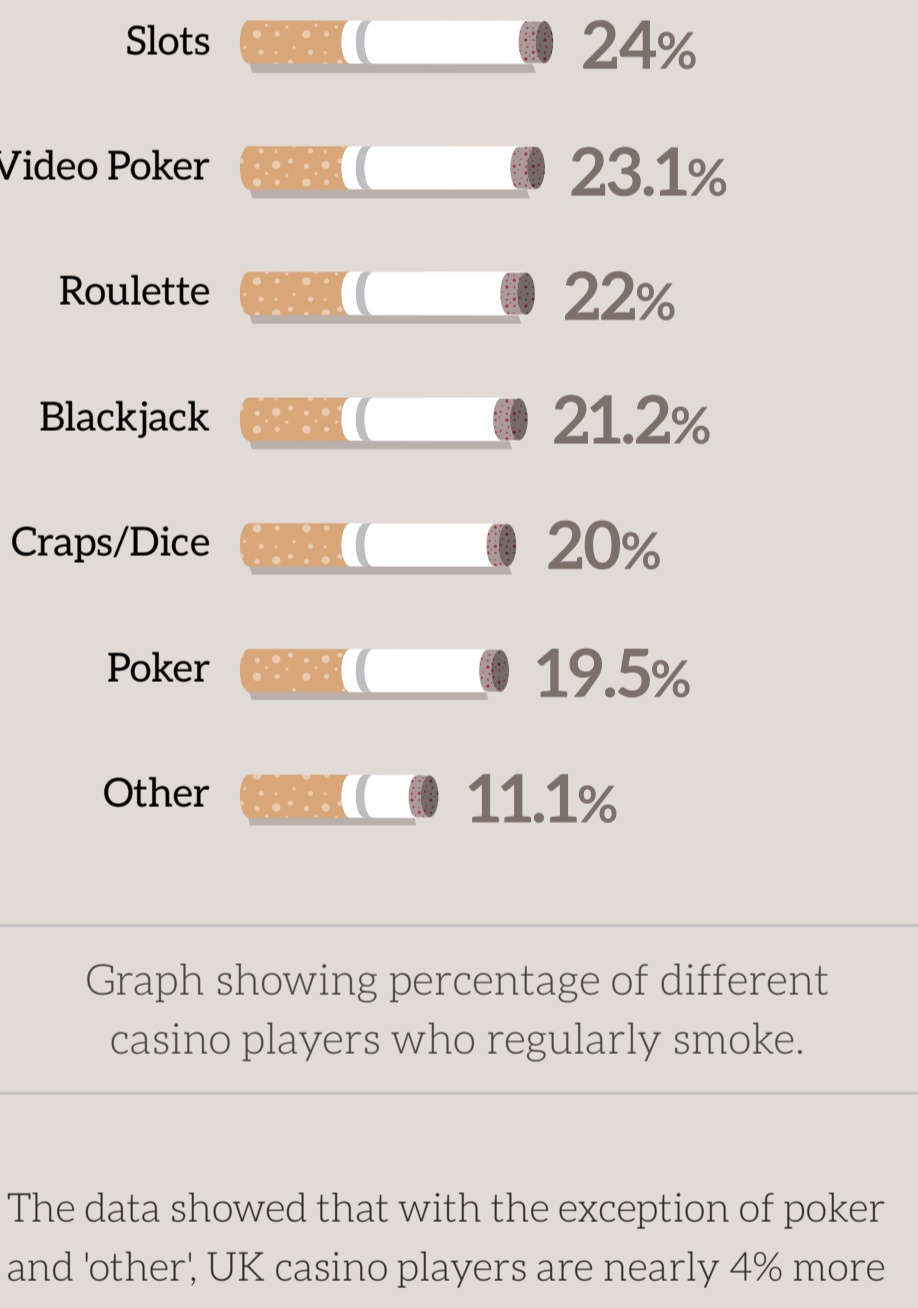
SPIRITS 40%
25ml = 1 units (Single)

1 UNITS



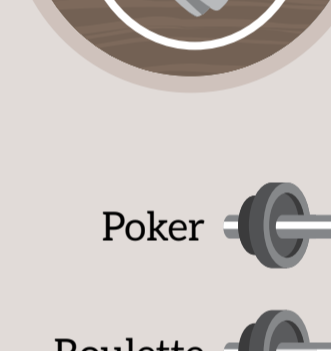
Smoking

Percentage of different casino players who regularly smoke.



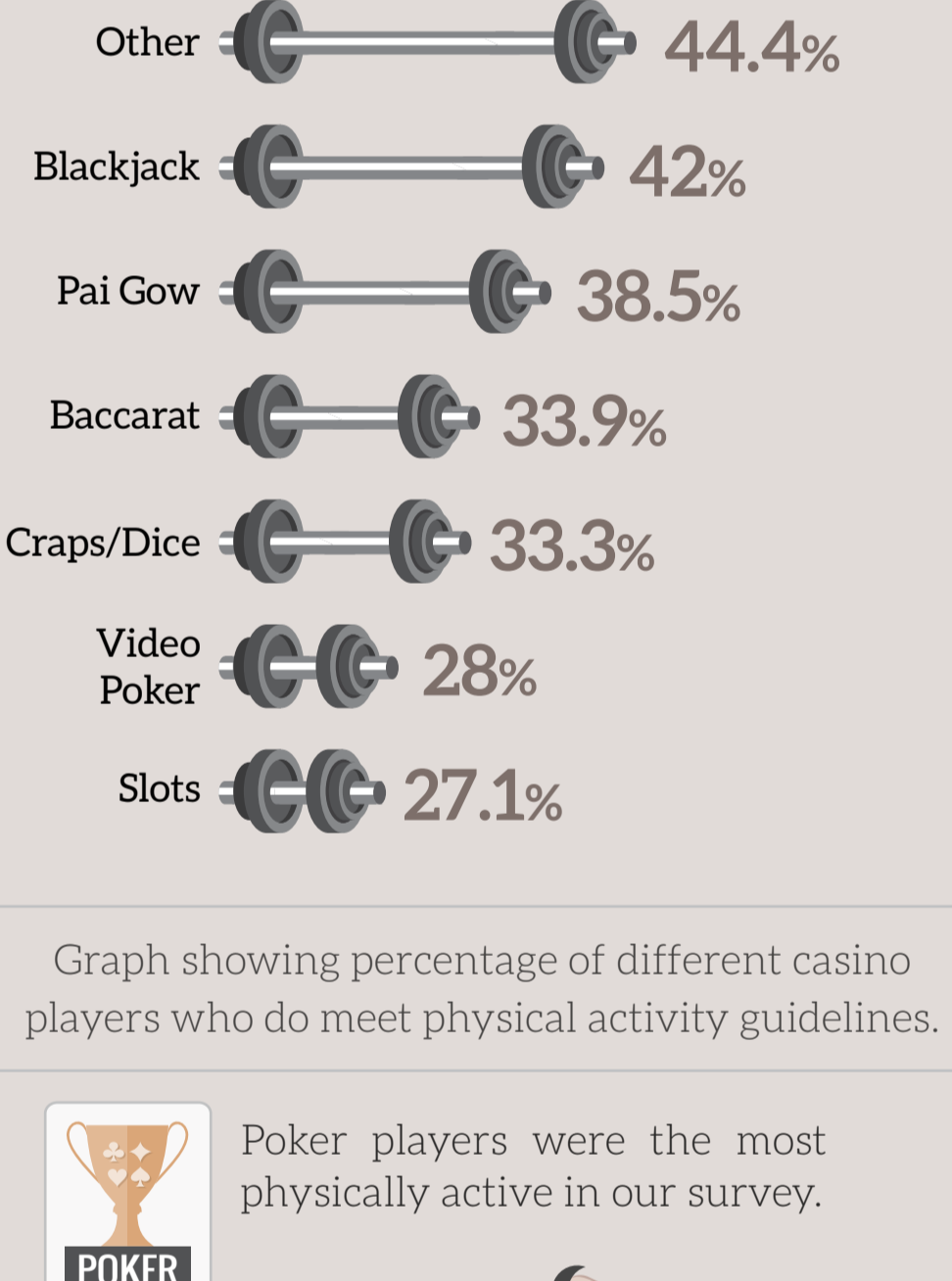
Graph showing percentage of different casino players who regularly smoke.

The data showed that with the exception of poker and 'other', UK casino players are nearly 4% more likely to smoke than the average UK citizen.



Exercise

Respondents who engage in at least 30 minutes of physical activity, 5 times per week.

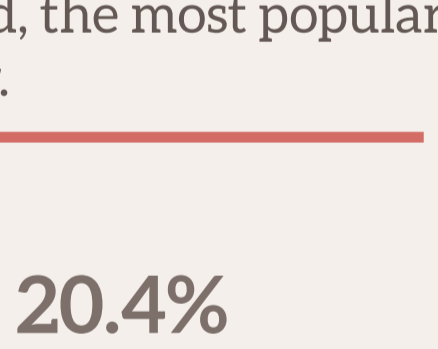


Graph showing percentage of different casino players who do meet physical activity guidelines.



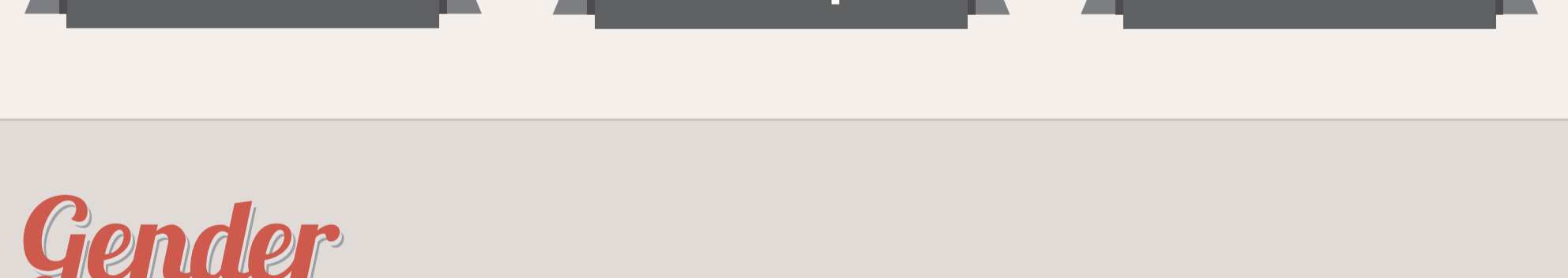
Poker players were the most physically active in our survey.

Conversely, slots players were the least likely to meet the government guidelines for exercise.



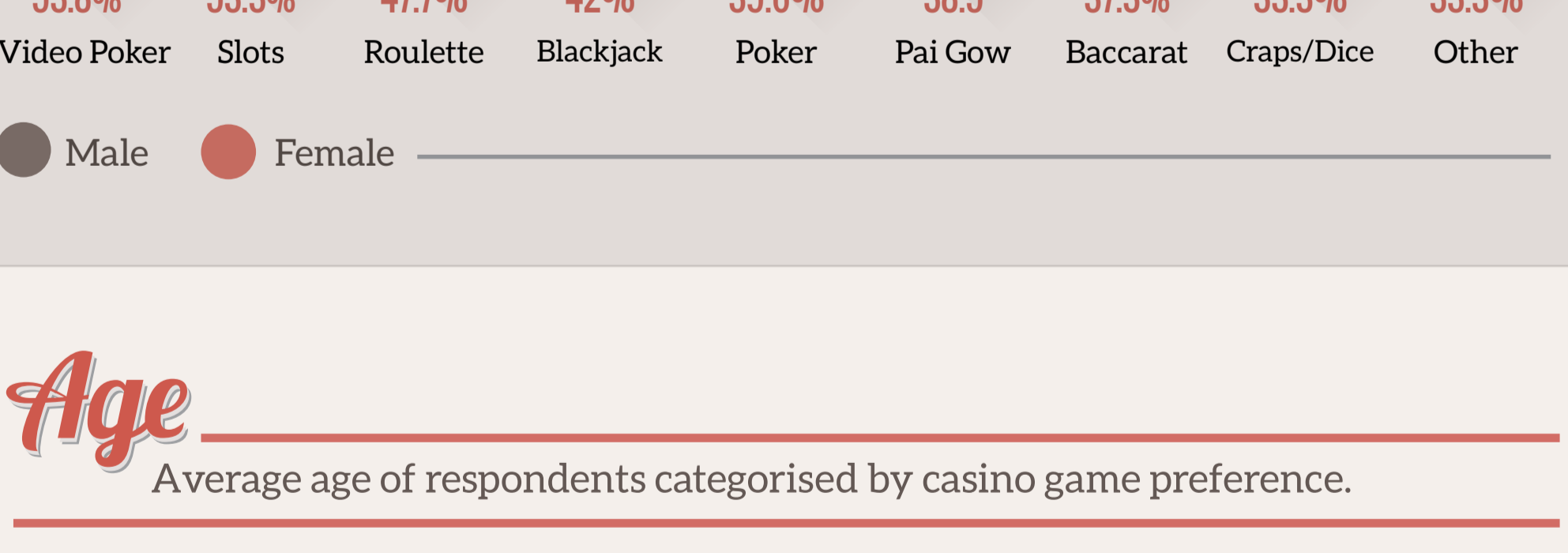
Where are casino games played?

Regardless of what games our respondents played, the most popular way to play games was using a desktop computer.



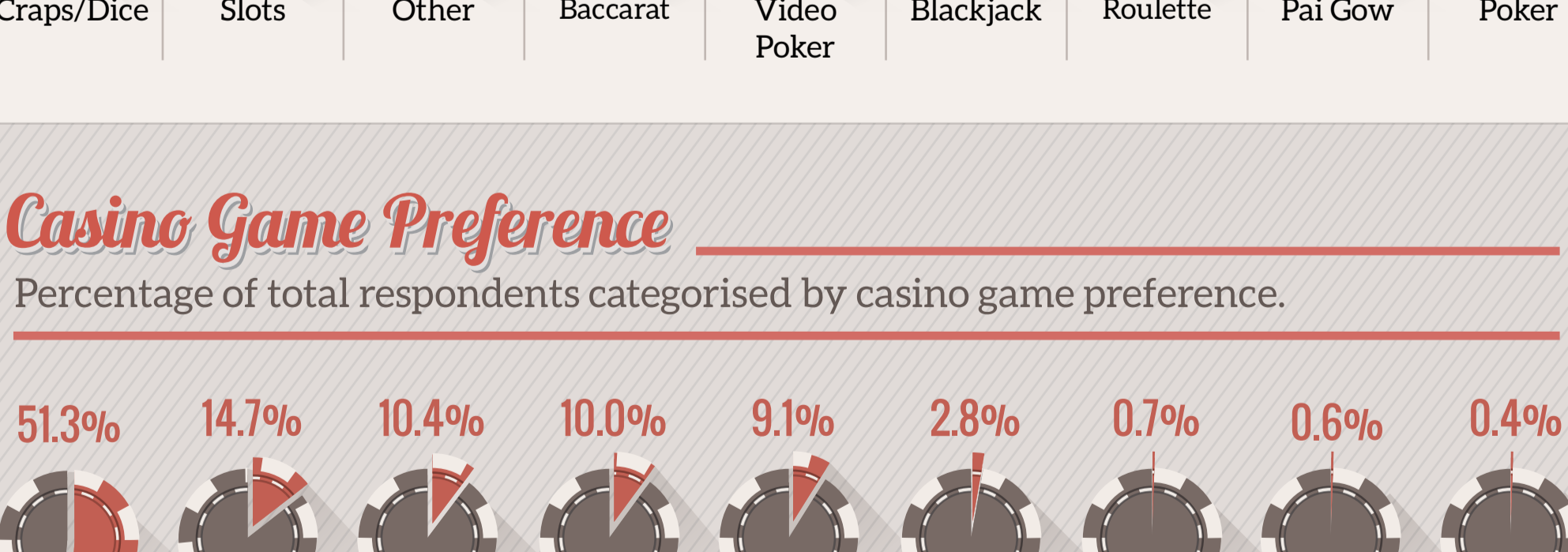
Gender

Gender split of respondents categorised by casino game preference.



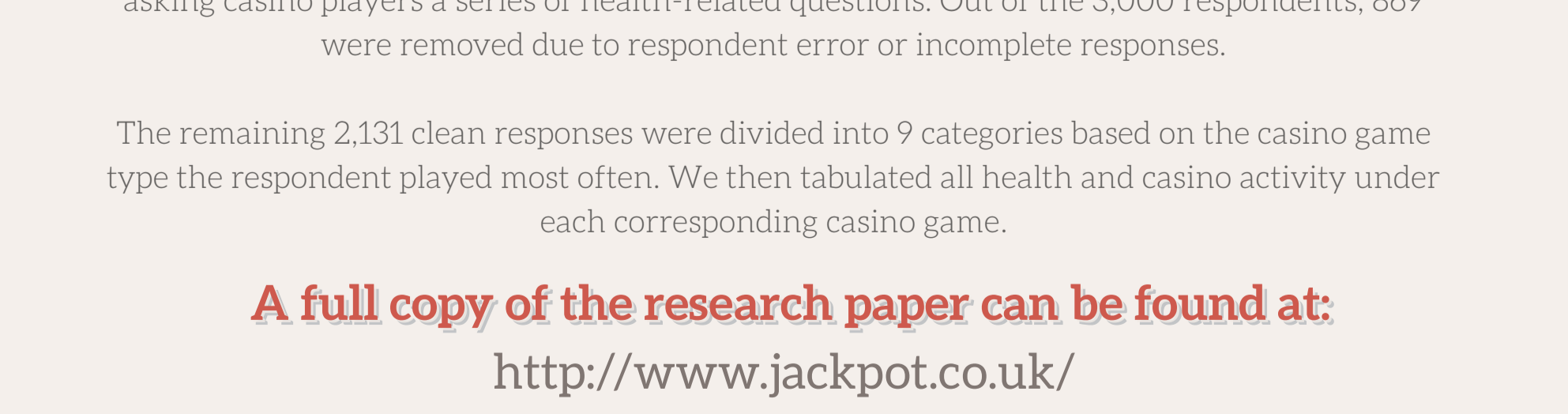
Age

Average age of respondents categorised by casino game preference.



Casino Game Preference

Percentage of total respondents categorised by casino game preference.



About the survey

On the Jackpot.co.uk website and its associated network of gaming sites, we ran a questionnaire asking casino players a series of health-related questions. Out of the 3,000 respondents, 869 were removed due to respondent error or incomplete responses.

The remaining 2,131 clean responses were divided into 9 categories based on the casino game type the respondent played most often. We then tabulated all health and casino activity under each corresponding casino game.

A full copy of the research paper can be found at:

<http://www.jackpot.co.uk/>

Sources

- <http://www.nhs.uk/Tools/Pages/Alcohol-unit-calculator.aspx>
- http://apps.who.int/bmi/index.jsp?introPage=intro_3.html
- http://gamapserver.who.int/gho/interactive_charts/ncd/risk_factors/bmi/atlas.html
- <http://bma.org.uk/news-views-analysis/news/2012/may/obesity-engulfs-the-nation>
- <https://www.gov.uk/government/policies/reducing-harmful-drinking>
- http://ash.org.uk/files/documents/ASH_106.pdf
- <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

Infographic based on a survey by:

JACKPOT.co.uk

About Jackpot.co.uk:

Jackpot.co.uk is a UK based online casino information and directory site. Launched in 2002, the site provides objective reviews of a select few online casinos that pass its stringent review process. As such Jackpot.co.uk has helped thousands of British gamblers have a safe and enjoyable time playing online.