

How Modern Sports Betting Apps Are Designed and Why They Carry Higher Risks



WORKPLACE
WELLBEING

Today's sports betting apps are engineered to keep you wagering. Knowing how they work makes it easier to recognize when their design is working on you.

RECOGNIZE THE RISK OF DESIGN FEATURES

- In-play micro-bets that let you wager **hundreds of times during a single game**
- **Push notifications and free-bet promotions** that pull you back in after losses
- Near-miss feedback that makes losses **feel close to wins**
- Social proof in advertising that makes **constant betting feel normal**

Source: NCPG Sports Wagering & Gambling Addiction Review; Sports Betting in Missouri: Responsible Gambling Policy 2025

HOW IT CAN SPILL INTO WORK AND HOME

- Distraction during meetings, **calls, and focus time**
- **Financial stress** that follows you into the workday
- Sleep loss from late-night **wagering and chasing losses**
- Tension at home that **carries over to work**

Source: Sports Betting in Missouri: Responsible Gambling Policy 2025; Child Mind Institute

PROBLEM-GAMBLING RATES BY ACTIVITY (MISSOURI PLAYERS)

ACTIVITY	MEETS GD CRITERIA	PLAYS WEEKLY+
League / season fantasy sports	19.3%	59.0%
Daily fantasy sports	17.5%	81.4%
Casino table or dice games	13.3%	48.1%
Slot or video card machines	12.8%	39.6%
Stock trading(as gambling)	14.0%	58.1%

Source: 2022 Missouri Gambling Prevalence Study

YOUNG PEOPLE ARE WATCHING, TOO

Many teens find their way around age limits using VPNs or older friends' accounts. Watch for:



Sudden interest in stats for sports your kid never followed before



Money or new gear appearing without a clear source



Strong emotional reactions to games that should not feel personal



Hidden online accounts or unusual phone-screen behavior

Source: Child Mind Institute; NY Council on Problem Gambling

MAKE THE FRICTION WORK FOR YOU

Employees who feel safe disclosing are far more likely to follow through on support. Lead with confidentiality, present options rather than mandates, and confirm next steps before the conversation ends.

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