



Hookah

Hookah is a water pipe used to smoke tobacco. Shisha, the moist and sticky tobacco used in hookah, is heated by charcoal in a bowl and the smoke is filtered through water before being inhaled through a hose.

A recent study showed that about

40%

of college students have ever smoked hookah¹

Small studies of young adults find that between

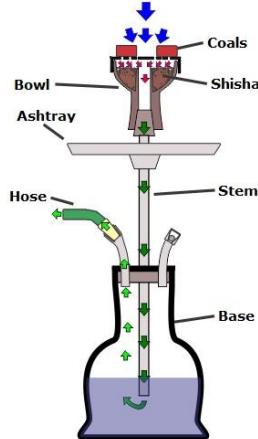
9.3% & 17%

report smoking hookah in the last 30 days¹

More college students use hookah than both those that use cigarettes alone and nonsmokers. **Hookah is attracting young adults that may not otherwise use tobacco.**¹

Tobacco is tobacco, and **hookah is not a safe alternative to cigarettes**, but surveys conclude that young adults wrongly believe there are fewer health effects.²

While water in a hookah cools the smoke, making it feel less harsh, it **does not filter out cancer-causing chemicals.**³



Charcoal, unique to hookah, has its own health effects, including increased exposure to carbon monoxide.¹

Hookah smoke contains the same toxic chemicals as cigarette smoke:

- Carbon monoxide
- Tar
- Heavy metals, like arsenic, chromium, cobalt, cadmium, nickel and lead¹

The World Health Organization estimates that hookah users inhale as much smoke during one hookah session as a cigarette smoker would inhale consuming

100 or more cigarettes.⁴



Like all tobacco, shisha contains nicotine –

less than 5%

of that is filtered through the water.²

Nicotine is highly addictive, but

97%

of students believe they could quit smoking hookah easily.¹

¹Youn OK Lee PhD, Sarah Bahreinifar MPH & Pamela M. Ling MD MPH (2014) Understanding Tobacco-Related Attitudes Among College and Noncollege Young Adult Hookah and Cigarette Users, Journal of American College Health, 62:1, 10-18, DOI: 10.1080/07448481.2013.842171

²American Lung Association. Hookah Smoking: A Growing Threat to Public Health. (PDF), 2011 [Retrieved February 11, 2014 from <http://www.lung.org/stop-smoking/tobacco-control-advocacy/reports-resources/cessation-economic-benefits/reports/hookah-policy-brief-updated.pdf>]

³The Bacchus Network. Top Facts: Hookah. (PDF), 2007 [Retrieved February 11, 2014 from <http://www.tobaccofreeeu.org/pdf/Hookah.pdf>]

⁴World Health Organization. Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators. Geneva, World Health Organization, 2005.