

TOBACCO
FREE
COLLEGES

Hookahs

WHAT IS A HOOKAH?

Hookah — also called narghile, shisha and goza — is a water pipe. The device has been used for centuries in the Middle East and Asia to smoke tobacco.

Hookahs vary in size and shape. It has a head with holes in the bottom to allow smoke to pass into the body, a metal body, a water bowl, and a flexible hose with a mouthpiece. Charcoal or some other heat source is used to heat the tobacco in the hookah. The mouthpiece may be shared by several other smokers. Sharing a hookah may increase the risk of getting TB (tuberculosis), viruses such as herpes or hepatitis, and other illnesses.¹

MYTH:

Hookah (or water pipe) smoking is safer than smoking cigarettes.

FACT:

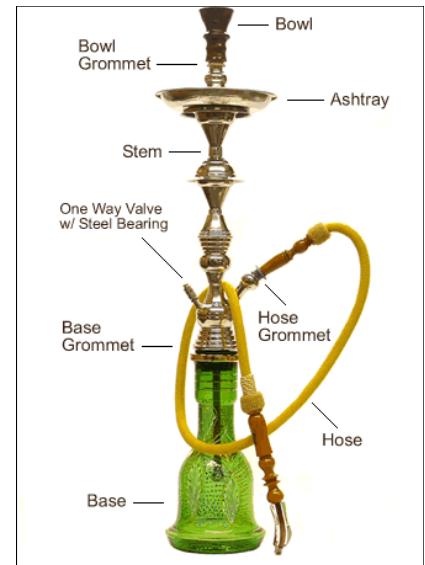
Hookah smokers actually inhale more tobacco smoke than do cigarette smokers.¹ In a regular 1-hour-long hookah smoking session, a smoker can inhale more than 100–200 times the amount of smoke compared to smoking a single cigarette.²

MYTH:

Water in the hookah filters out all the "bad stuff" in the tobacco smoke.

FACT:

After tobacco has passed through the water, the smoke produced by a hookah contains high levels of toxic chemicals.² Hookah tobacco and smoke contain poisons known to cause lung cancer, heart disease and other diseases. There is no proof that any device or accessory can make smoking using a hookah safer. Also, secondhand smoke from hookahs poses a serious risk for nonsmokers. Commonly used heat sources used to burn the tobacco such as wood cinders or charcoal can produce high levels of carbon monoxide, metals or other cancer-causing chemicals.²



THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

If you or someone you know wants to quit smoking or dipping, please call:



1-800-QUIT-NOW

References:¹Knis:hkwoy, B., Amitai, Y. Water-Pipe (Narghile) Smoking: An Emerging Health Risk Behavior. Pediatrics. 2005;116:113–119 [accessed 2007 April 13]. ²WHO study group on tobacco product regulation. Advisory note on water pipe tobacco smoking: health effects, research needs and recommended actions by regulators.(PDF–550 KB) [accessed 2007 April 13].

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTf)The NC Health and Wellness Trust Fund was created by the General Assembly in 2001 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.