

WHAT IS HOOKAH



WATERPIPE

AND WHY IS THERE AN URGENT NEED FOR HEALTH EDUCATION ABOUT PREVENTION, CESSATION AND SAFETY CONCERNS SURROUNDING THIS WORLDWIDE NEW PHENOMENON AMONG COLLEGE STUDENTS?

Smoking tobacco through waterpipes or hookah as it is referred to, is an increasingly popular pastime among youths. Its popularity among college students appears to be viewed as a harmless social activity. Hookah as it is referred to, is a very moist and sticky tobacco that has been soaked in honey or molasses and often times flavored with fruit pulp. Many college students are misinformed regarding the health consequences of hookah smoking and believe it is safer to use than cigarettes. Hookah smoking is often marketed as “natural” and while many hookah smokers may consider this practice less harmful than smoking cigarettes, hookah smoking carries many of the same health risks as cigarettes. (American Lung Association, 2007)

Did you know that smoking hookah for 45-60 minutes can be equivalent to smoking 100 or more cigarettes. (WHO, 2006). The idea that water in the bowl of the waterpipe, filters out the nicotine and toxins from the hookah smoke is a misnomer and in fact the opposite is true. Documented health risks exist, both chronic and acute. These risks include carbon monoxide poisoning, accidental fires, various cancers, respiratory diseases, heart diseases as well as other tobacco related ailments. The WHO Advisory Note also warned that sharing a waterpipe mouthpiece poses a serious risk of transmission of communicable diseases including tuberculosis, herpes and hepatitis. Secondhand smoke from hookahs poses a serious risk for nonsmokers, particularly because it contains smoke not only from the tobacco but also from the heat source (e.g., charcoal) used in the hookah. (CDC)

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Hookah smoking is **NOT** a safe alternative to smoking cigarettes. Fact is- tobacco is tobacco no matter how you look at it. Bottom line- smoking a hookah is smoking tobacco and one is exposed to tar, nicotine and smoke containing numerous carcinogens. QCC is committed to keeping our campus healthy. Initiatives such as having a smoke free campus is one way that QCC is continuing to do its part to ensure that those who go to school here and work here stay healthy. Programs aimed at education and prevention for hookah use is needed to address this growing health concern. Let's continue to strive to do our part and keep our community healthy by providing education surrounding this new unsafe social activity.

For more information about the dangers of smoking Hookah and for printable fact sheets please visit:

- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm
- <http://www.acscan.org/pdf/smokefree/hookah-facts.pdf>
- www.cdph.ca.gov/programs/tobacco/Documents/Hookah%20Fact%20Sheets.pdf

References

American Lung Association. An Emerging Deadly Trend: Waterpipe Tobacco Use, Washington: American Lung Association, 2007

Center for Disease Control and Prevention. <http://www.cdc.gov>

World Health Organization Study Group on Tobacco Product Regulation (TobReg). *Advisory Note: Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators*. 2005. Available at:
http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf