# What is a Hookah?

**Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.**

***Hookah is also known as:***
*Waterpipe, Narghile, Argileh, Shisha, Hubble-Bubble, and Goza*

Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.

## Risks

- ✓ Many users think it is less harmful; however hookah smoking has many of the same health risks as cigarette smoking.
- ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease.
- ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs.
- ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookah.
- ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine.

# What is a Hookah?

**Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors.**

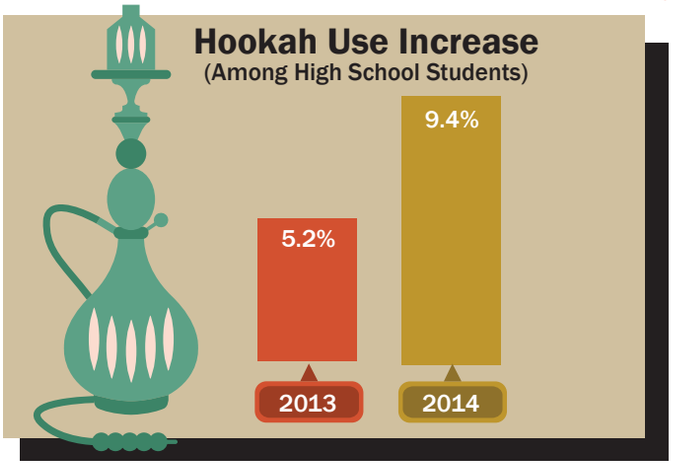
***Hookah is also known as:***
*Waterpipe, Narghile, Argileh, Shisha, Hubble-Bubble, and Goza*

Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person.

## Risks

- ✓ Many users think it is less harmful; however hookah smoking has many of the same health risks as cigarette smoking.
- ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease.
- ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs.
- ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookah.
- ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine.

In recent years, there has been an increase in hookah use around the world, most notably among youth and college students. Findings from the *2014* National Youth Tobacco Survey show hookah use rising from 5.2% in 2013 to 9.4% in 2014 among high school students.




***In Iowa, adults aged 18 to 34 are almost 7 times more likely to have ever smoked tobacco using a hookah compared to adults aged 55 and older (19% vs. 3%).***

If there is a hookah store in your area it is likely covered by the **Iowa Smokefree Air Act**. Call **1-888-944-2247** for more information about the law.

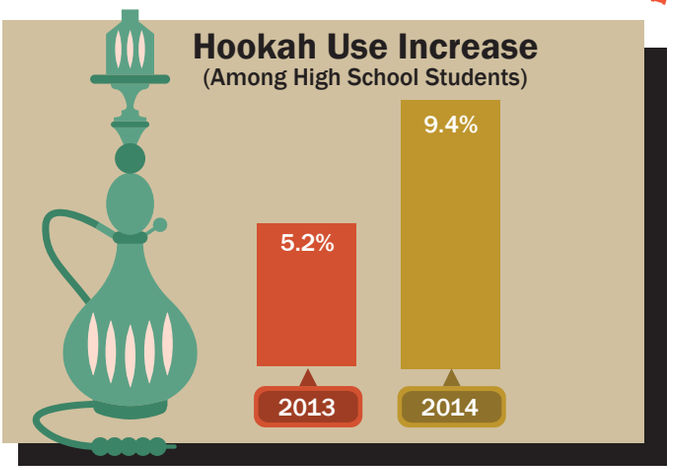
**Sources:**

- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm
- https://www.tobaccofreekids.org/press_releases/post/2015_04_28_obama
- http://www.cdc.gov/features/hookahsmoking/
- http://www.cdc.gov/pcd/issues/2012/12_0082.htm
- http://www.cdc.gov/pcd/issues/2012/12_0082.htm
- https://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive
- 2012 Iowa Behavioral Risk Factor Survey (BRFSS), Div. of Tobacco Use Prevention and Control

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.

IDPH Iowa Department of Public Health

In recent years, there has been an increase in hookah use around the world, most notably among youth and college students. Findings from the *2014* National Youth Tobacco Survey show hookah use rising from 5.2% in 2013 to 9.4% in 2014 among high school students.




***In Iowa, adults aged 18 to 34 are almost 7 times more likely to have ever smoked tobacco using a hookah compared to adults aged 55 and older (19% vs. 3%).***

If there is a hookah store in your area it is likely covered by the **Iowa Smokefree Air Act**. Call **1-888-944-2247** for more information about the law.

**Sources:**

- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/index.htm
- https://www.tobaccofreekids.org/press_releases/post/2015_04_28_obama
- http://www.cdc.gov/features/hookahsmoking/
- http://www.cdc.gov/pcd/issues/2012/12_0082.htm
- http://www.cdc.gov/pcd/issues/2012/12_0082.htm
- https://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive
- 2012 Iowa Behavioral Risk Factor Survey (BRFSS), Div. of Tobacco Use Prevention and Control

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.

IDPH Iowa Department of Public Health