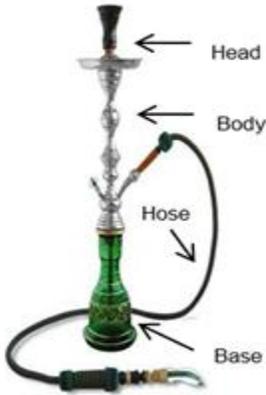


Hookah Smoking: Dangers and Policy Implications

WHO uses Hookah?

- Hookah is a popular method of smoking flavored tobacco among adolescents and young adults. Some believe this form of smoking tobacco is less harmful than smoking cigarettes; however, research shows otherwise.^{1,2}

WHAT is Hookah?



- The hookah, or waterpipe, indirectly heats tobacco using burning embers or charcoal. The smoke is filtered through a *base* full of water and then drawn through a rubber *hose* to a mouthpiece.¹
- Flavor is created in one of two ways:
 1. Pre-packaged 'shots' of flavored tobacco¹
 2. Mixing the water with other liquids such as wine¹
- Hookah bars, cafés, and lounges have become more popular in recent years with the rise in smoke-free laws. Marketing targets young adults, professionals, and college students.¹

WHY is Hookah Smoking So Dangerous to the User?

- A typical hour-long hookah smoking session involves breathing in 100-200 times the volume of smoke inhaled in a single cigarette. This amount is roughly equivalent to smoking 100 cigarettes.²
- Mainstream smoke from waterpipes contains a significant amount of tar, nicotine, carbon monoxide, and heavy metals.^{3,4}
- Compared to cigarettes, waterpipe users inhale higher carbon monoxide levels and 1.7 times the dose of nicotine.⁴



WHY is Secondhand Smoke from Hookah So Dangerous?

- Waterpipe smoking emits dangerous levels of fine particle air pollution,⁵ and carbon monoxide from the heat source (often charcoal).
- In a study of a Hookah lounge in Lexington, KY, secondhand smoke from waterpipe smoking created high fine particulate concentrations (116 $\mu\text{g}/\text{m}^3$ - 199 $\mu\text{g}/\text{m}^3$), 3- 6 times the National Ambient Air Quality Standard for outdoor air (35 $\mu\text{g}/\text{m}^3$).⁶

HOW to Address Hookah Bars in Smoke-free Laws

- Hookah bars or lounges are often exempt from smoke-free laws. For example, hookah bars may qualify for a "retail tobacco establishment" exemption by meeting the definition related to percent of total annual revenues generated by the sale of tobacco for consumption on the premises.¹ Hookah smoking may also be outside the law's definition of smoking.
- Public health advocates need to address hookah bars in new laws, regulations, and if possible, amend current laws to strengthen definitions and eliminate loopholes such as tobacco retailer exemptions.¹ Use the Americans for Nonsmokers' Rights model ordinance definition of smoking.⁷

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