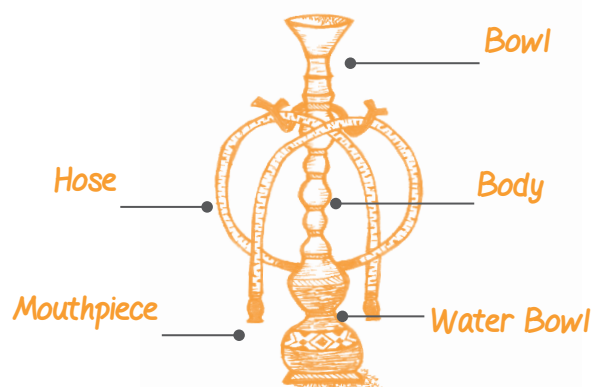


Hookah

Hookahs are water pipes typically used to smoke shredded tobacco. The tobacco is sweetened with molasses, dried fruit, or honey. It comes in flavors like mint, apple, and chocolate.

How It Works

- Tobacco is placed in the bowl at the top of the hookah and covered by pierced aluminum foil.
- Hot coals are placed on top of the foil and heat the tobacco.
- Smoke passes through the body of the pipe and into the water bowl.
- Smoke is inhaled through a mouthpiece on the hose that is connected to the water bowl.



Hookah Fast Facts¹

- Also known as water pipes, narghile, goza, and hubble-bubble
- Vary in size, shape, and style and have one to four hoses attached to the water bowl
- Most popular and increasing among young adults (ages 18-24 years old)
- Often used in special bars or cafes
- Typically done in groups where each person takes a turn inhaling through the mouthpiece
- A one-hour hookah session involves about 200 puffs, while an average cigarette involves about 20 puffs
- The specially made tobacco used in hookahs is often called shisha
- Like tobacco in cigarettes, shisha contains nicotine and carries the risk of addiction

Health Risks¹

- Smoke from the hot coals and tobacco has many of the same health risks as cigarette smoke.
- Hookah smoke has high levels of toxins, like carbon monoxide, metals, and cancer-causing chemicals.
- Hookah users may be at risk for health problems, like lung cancer, reduced lung function, and decreased fertility.
- Secondhand smoke from hookahs can be a health risk for nonsmokers as well.
- Infections like hepatitis, flu, and herpes can be transmitted through shared mouthpieces.²

Quit Tips

- Think about why you want to quit hookah
- Choose a method
- Set a quit date
- Get support
- Avoid hookah bars

Call 1-800-NO-BUTTS for help to quit!

¹Centers for Disease Control and Prevention (2015). Hookahs. Retrieved 9/22/17 from http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs

²Hookah Smoking: A Growing Threat to Public Health. Retrieved 9/22/17 from <http://www.lung.org/assets/documents/tobacco/hookah-policy-brief-updated.pdf>