

Quick Hookah Facts

Prevalence

- Middle School: An Arizona-specific study found 2%¹ and a Florida-specific survey found 2%.²
- Adolescents: 5 to 17%³
- College students: 10- 20%⁴, however at certain universities it's been seen as high as 40%.⁵

Attitudes

- Many studies have indicated that a sizable amount of hookah smokers surveyed believed waterpipe usage was not as harmful or addictive, and had less nicotine than standard cigarettes.⁶

Health Effects

- A hookah smoker has double the chance of getting lung cancer, low birth weight and respiratory disease and an increased chance of periodontal disease.⁷
- On average, a typical hookah session lasts 40-45 minutes, which means the smoker is exposed to those harmful carcinogens over a longer period of time.⁸
- A study showed that a typical hookah session yields 2.94 milligrams of nicotine, compared to 0.88 milligrams in a typical cigarette.⁹
- Due to the longer, more sustained period of inhalation and exposure, a waterpipe smoker may inhale as much smoke as consuming 100 or more cigarettes during a single session.¹⁰

Air Quality

- A study found that during a typical hookah session, the particulate matter in rooms reaches higher levels compared to cigarette smoke.¹¹

Note: *Much of the research regarding hookah in the U.S. is in a preliminary stage. Most of the cited studies only analyze certain populations in certain areas (i.e. states, universities), and it might not be appropriate to expand the results to all U.S. populations. Many of the cited studies call for more specific research.*

¹ Primack, B.A. et al. Water-pipe tobacco smoking among middle and high school students in Arizona. *Pediatrics*. 2009. 123: 282-288.

² Barnett, T. E. Water pipe tobacco smoking among middle and high school students. *American Journal of Public Health*. Nov. 2009. 99(11): 2014-2019.

³ Maziak, W. Commentary: The waterpipe – a global epidemic or a passing fad. *International Journal of Epidemiology*. 2010. 39: 857-859.

⁴ Ibid.

⁵ Primack, B.A. et al. Prevalence of and associations with waterpipe tobacco smoking among U.S. university students. *Annals of Behavioral Medicine*. 2008. 36: 81-86.

⁶ Smith-Simone, S. et al. Waterpipe tobacco smoking: Knowledge, attitudes, beliefs, and behavior in two U.S. samples. *Nicotine & Tobacco Research*. Feb. 2008. 10(2): 393-398.

⁷ Akl, E.A. et al. The effects of waterpipe tobacco smoking on health outcomes: a systematic review. *International Journal of Epidemiology*. 2010. 39: 834-857.

⁸ Shafagoj YA, Mohammed FI, Hadidi. KA. Hubble-bubble (waterpipe) smoking: levels of nicotine and cotinine in plasma, saliva and urine, *International Journal of Clinical Pharmacology and Therapeutics*. Jun 2002. 40(11): 249-255.

⁹ Neergaard, J. et al. Waterpipe smoking and nicotine exposure: A review of the current evidence. *Nicotine & Tobacco Research*. Oct. 2007. 9(20): 987 – 994.

¹⁰ World Health Organization. WHO Advisory Note: Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended actions by Regulators. WHO, 2005.

¹¹ Maziak, W. et al. Waterpipe-associated particulate matter emissions. *Nicotine & Tobacco*. Mar 2008. 10(3): 519-523.