

Hookah

What is hookah?¹

Hookah is a water pipe used to smoke tobacco (shisha).

- Shisha is sweet and comes in flavors like apple, cherry, and mint.
- Hookahs vary in size, shape, and style.
- They can have one to four hoses.

How it Works

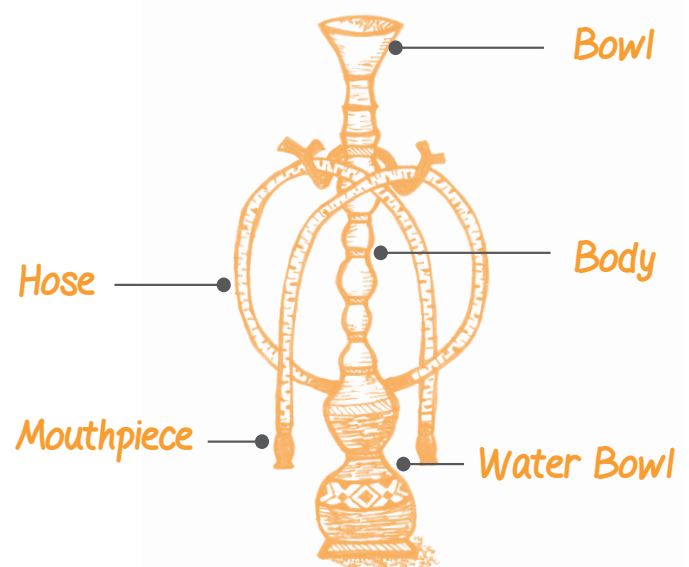
- Shisha is put in the bowl at the top.
- The shisha is covered with foil that has holes.
- Hot coals are put on the foil to heat the shisha.
- Users breathe in from a hose that connects to the water bowl.
- Smoke goes down the body of the pipe, into the water bowl, and to the smoker.

Hookah and Health^{1,2}

- Hookah smoke has many of the same health risks as cigarette smoke.
- Even after it goes through water, the smoke has high levels of toxins.
- It can cause lung, bladder, oral, and stomach cancers.
- The smoke can also cause heart disease, lung problems, and fertility issues.
- Smoke from hookah is risky for non-users too.
- Diseases like hepatitis, flu, and herpes can be passed among users who share hoses.²
- Like tobacco in cigarettes, shisha has nicotine and can get hookah users hooked.

Fast Facts^{1,2}

- Also called narghile, goza, and hubble-bubble
- Most popular among young adults (ages 18-24)
- Often used in special bars or cafes
- Mostly done in groups where users share hoses
- A one hour hookah session has about 200 puffs (one cigarette is about 10 puffs)



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¹ CDC (2018). Hookahs.

² American Lung Association (2018). Hookah Smoking: A Growing Threat to Public Health