

BE IN THE KNOW: WHAT IS A HOOKAH OR A WATER PIPE?

DID YOU KNOW THAT....



Hookah — also called narghile, shisha and goza — is a water pipe. The device has been used for centuries in the Middle East and Asia to smoke tobacco.

Hookahs vary in size and shape. A hookah has a head (with holes in the bottom to allow smoke to pass into the body), a metal body, a water bowl, and a flexible hose with a mouthpiece. Charcoal or some other heat source is used to heat the tobacco in the hookah.

The mouthpiece may be shared by several other smokers. Sharing a hookah may increase the risk of getting TB (tuberculosis), viruses such as herpes or hepatitis, and other illnesses.¹

It's a myth that Hookah (or water pipe) smoking is safer than smoking cigarettes. Hookah smokers actually inhale more tobacco smoke than do cigarette smokers.¹ In a regular on-hour-long hookah smoking session, a smoker can inhale more than 100–200 times the amount of smoke compared to

smoking a single cigarette.²

Although many believe that the water in the hookah filters out all the "bad stuff" in the tobacco smoke, this isn't true. Even after it has passed through water, the smoke produced by a hookah contains high levels of toxic chemicals.² Hookah tobacco and smoke contain poisons known to cause lung cancer, heart disease, and other diseases. There is no proof that any device or accessory can make smoking using a hookah safer.

Also, secondhand smoke from hookahs poses a serious risk for non-smokers. Commonly used heat sources used to burn the tobacco such as wood cinders or charcoal can produce high levels of carbon monoxide, metals or other cancer-causing chemicals.²

¹Knishkowsky, B., Amitai, Y. Water-Pipe (Narghile) Smoking: An Emerging Health Risk Behavior. *Pediatrics*. 2005;116:113–119 [accessed 2007 April 13].

²WHO study group on tobacco smoking: health effects, research needs and recommended actions by regulators. (PDF–550 KB) [accessed 2007 April 13].

IF YOU OR SOMEONE YOU KNOW WANTS TO QUIT SMOKING OR DIPPING PLEASE CALL:



1-800-QUIT-NOW

About the Tobacco Prevention and Control Branch (TPC)

The North Carolina Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles. Our goal is to build capacity of diverse organizations and communities to implement and carry out effective, culturally appropriate strategies to reduce deaths and health problems due to tobacco use and secondhand smoke.



About

TRU:

TRU is North Carolina's youth-led grassroots movement that has helped bring our state's teen smoking rates to the lowest on record. TRU stands for Tobacco.Reality.Unfiltered. And our name says a lot about us — we bring home the reality of tobacco use and are on our way to creating the state's first tobacco-free generation. The TRU movement rallies teens to take a stand against tobacco and get the message out there in any way possible, whether it's by working with the media, encouraging local businesses to go tobacco-free or holding a "cigarette butts pick-up" event.

To find out more about TRU, please visit:



TRU IS MAKING A DIFFERENCE. For more information about **TRU** in your community and how you can get involved, contact me to learn more:



State of North Carolina | Department of Health and Human Services
 Division of Public Health | Tobacco Prevention and Control Branch
www.ncdhs.gov | www.publichealth.nc.gov
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Join the movement

**WE ARE A
 FORCE OF
 TOBACCO-FREE
 GOODNESS**



WHAT WILL YOU DO AS A TRU TEEN?



It's official: teen smoking is now at an all-time low. Across the state, teens are making sweeping changes. And you can help. As a TRU teen you will:

- Encourage others to become tobacco-free,
- Educate your peers,
- Speak to community leaders and decision makers,
- Meet with other teens in your region and across the state, and
- Develop fun, creative activities.

Meet New People

Build Your Resume

Express Yourself

Show Your Care



TRU is making a difference. Contact me to learn more:
 CONTACT INFORMATION:
 INSERT COORDINATOR NAME
 INSERT AGENCY NAME and ADDRESS
 INSERT PHONE NUMBER
 INSERT EMAIL ADDRESS

BE TRU
 TAKE THE PLEDGE

STAY TRU
 SPREAD THE MESSAGE

LIVE TRU
 GET INVOLVED