

hookah hoax



Did you know? ⁶

- Infections may be passed to other smokers by sharing a hookah.
- The charcoal used to heat the tobacco can raise health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals

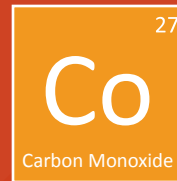


88% of students at UVA have not smoked tobacco using a water-pipe/hookah in the past 30 days.⁵

Quick Facts

100

Hookah users may inhale as much smoke during one hookah session as a cigarette smoker would inhale consuming 100 or more cigarettes.¹



A recent University of Florida study shows that patrons leaving hookah cafes had carbon monoxide levels more than 3 times higher than patrons exiting bars where cigarette smoking is prohibited.²



It puts non-users, workers and patrons alike, involuntarily at risk for the same types of diseases as second-hand smoke from cigarettes, including cancer, heart disease, and respiratory illnesses.³



“Tar free” or “0% tar” tobacco does not eliminate tar from hookah smoke because tar is produced during combustion.⁴

Toxin Content of Smoke*

A single hookah session compared to smoking a single cigarette

Chemical	Hookah	Cigarette	Comparison
Tar	802.0mg	22.3mg	36x
Nicotine	2.96mg	1.74mg	1.7x
Carbon Monoxide	145.0mg	17.3mg	8.4x

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¹World Health Organization. “Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators” 2005. 8 June 2009. http://who.int/tobacco/global_interaction/tobreg/waterpipe/en/index.html.

²Barnett, T., Curbow, B., Soule, E., Tomar, S., Thombs, D. (2011) Carbon Monoxide Levels Among Patron’s of Hookah Cafes. American Journal of Preventative Medicine, 324-328.

³World Health Organization. Ibid.

⁴Virginia Commonwealth University Wellness Resource Center (The Well). The Great Hookah Hoax. Retrieved from: http://www.thewell.vcu.edu/docs/hookah_compare_chart.pdf.

⁵2013 Health Survey, with responses from 654 UVA undergraduate students.

⁶http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs.

