



We are winning the battle against tobacco addiction. A new trend threatens to change the progress we've made.

What kids need to know about Hookahs (Water-pipes)

The appeal:

- The flavored tobacco smoked does not taste as harsh
- Social experience - as those who partake go to "Hookah bars" and smoke with friends
- It costs less than cigarettes
- There is a false belief that water-pipe smoking is less dangerous than cigarettes

The Truth:

- Carbon monoxide concentrations found in the blood of water-pipe smokers has been found to be quadruple the levels in cigarette smokers
- Nicotine content in water-pipe tobacco tends to be higher than that found in cigarettes
- Concentration of cancer-causing and addictive substances in tobacco blends smoked in water-pipes can be higher than those found in cigarettes and added carcinogens are inhaled from charcoal chips for lighting the hookah.
- Individuals smoking water-pipes may start out doing it in a hookah bar but because of the nicotine level they can become addicted. The way to satisfy that addiction is to begin to smoke cigarettes

Learn the facts so you can make an informed decision.

Water-pipe or hookah smoking is known by various names including narghile, aggileh, goza, hubble-bubble, and shisha. Common for centuries in the Arabian Peninsula, Turkey, India, Pakistan, and some regions in China, water-pipe smoking had been on the decline. Now hookah bars seem to be springing up everywhere.

It is illegal to smoke until you're 18 and community coalitions are working with local law enforcement to make sure that the law is obeyed and everyone knows the facts.

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