Hookah Smoking: Ancient History or Current Epidemic?

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February 27, 2014
1. What is a hookah?
AL FASHER

STRAWBERRY FLAVOUR

STRAWBERRY FLAVOUR

Al Fasher
Regular $7.00  
Large $10.00  
Arabic Coffee, Apple, Apple Alex, Double Apple, Apricot, Banana, Candy, Cappuccino, Cherry, Carmel, Coconut, Cola, Grape, Jasmine, Lemon, Mint, Mango, Mandarin, Mixed Fruit, Orange, Pistachio, Peach Rose, Salloum, Strawberry, Vanilla, Zaghououl Light, Zaghououl, Licorice
HookaH-HookaH Tobacco Banana
Price: $1.30

HookaH-HookaH Tobacco Blackberry
Price: $1.30

HookaH-HookaH Tobacco Blueberry
Price: $1.30

HookaH-HookaH Tobacco ButterScotch
Price: $1.30

HookaH-HookaH Tobacco Chai Tea
Price: $1.30

HookaH-HookaH Tobacco Champagne
Price: $1.30

HookaH-HookaH Tobacco Cherry

HookaH-HookaH Tobacco Chocolate

HookaH-HookaH Tobacco Cinnamon
Apple Shaped
$35

Silver Crane
$120
Baby Hookah

$50 $35
$600
2. Is this bad?
“A typical 1-hour long hookah smoking session involves inhaling 100-200 times the volume of smoke inhaled with a single cigarette.”

– WHO, 2005
– Shihadeh, 2004
## Smoking Topography

<table>
<thead>
<tr>
<th>Variable</th>
<th>Hookah(^1) (N = 80)</th>
<th>Cigarette(^2) (N = 87)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puff Number (N)</td>
<td>101.1</td>
<td>11.4</td>
</tr>
<tr>
<td>Puff Volume (mL)</td>
<td>503</td>
<td>49.4</td>
</tr>
<tr>
<td>Puff Duration (s)</td>
<td>2.7</td>
<td>1.5</td>
</tr>
<tr>
<td>Interpuff Interval (s)</td>
<td>22.7</td>
<td>26.0</td>
</tr>
</tbody>
</table>

\(^1\)Shihadeh 2003; Shihadeh 2004  
\(^2\)Breland 2005; Djordjevic 2000
## Smoke Contents

<table>
<thead>
<tr>
<th>Compound</th>
<th>Hookah/Cigarette Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoke Volume</td>
<td>125</td>
</tr>
<tr>
<td>Tar</td>
<td>25</td>
</tr>
<tr>
<td>Nicotine</td>
<td>2</td>
</tr>
<tr>
<td>CO</td>
<td>10</td>
</tr>
<tr>
<td>PAHs</td>
<td>20</td>
</tr>
</tbody>
</table>
Other Nicotine Research

Blood nicotine after one session was the same as a 10-cigarette-per-day smoker (Shafgoj 2002)
COMPONENTS: Tobacco - Molasses - Preservatives - Natural Flavour

Health Warning: Smoking is a main cause of Lung cancer, Lung diseases and of Heart and arteries diseases.
Preliminary Studies Associate Hookah Smoking with:

• Cancer
  – Lung
  – Bladder
  – Oral
  – Esophageal
• Cardiovascular disease
• Decreased pulmonary function
• Nicotine dependence
• Low birth weight infants
3. Do people actually do this in the US?
hookah bars Pittsburgh, PA

Browse Category: Hookah Bars

1. Mint Hookah Bar & Lounge
   - Rating: ★★★★★
   - Location: Oakland
   - Address: 416 Semple St
   - City: Pittsburgh, PA 15213
   - Phone: (412) 681-4040
   - Reviews: 3
   - Type: Hookah Bars, Cafes, Lounges

   This is probably one of the better hookah bars in Pittsburgh. I would give it 3 1/2 if i could. The DJ is great and usually places pretty great tunes. The gyro stand outside the place

2. Sphinx Cafe
   - Rating: ★★★★★
   - Location: Oakland
   - Address: 401 Atwood St
   - City: Pittsburgh, PA 15213
   - Phone: (412) 621-1153
   - Reviews: 23
   - Type: Coffee & Tea, Middle Eastern, Hookah Bars

   A hookah joint that’s an excellent alternative to the bar scene if you’re either underage or want something else to do in the Oakland area that isn’t alcohol-related. Really cool atmosphere

3. Hookah Bookah Cafe
   - Rating: ★★★★★
   - Location: South Side
   - Address: 2506 E Carson St
   - City: Pittsburgh, PA 15203
   - Phone: (888) 381-8803
   - Reviews: 13
   - Type: Coffee & Tea, Middle Eastern, Hookah Bars

   on the strip in southside which makes easy to get to when you are hitting up the bars on the strip. The Bad  I have been to Hookah bars in the past that are much more luxurious. Low seating
TODAY'S SPECIAL

GROUP SPECIAL

Have a group of friends and planning on coming to Mint? Buy any (2) 2-hose or 3-hose hookahs at full price and receive a One-Hose Hookah absolutely FREE. Offer Valid EVERYDAY.

EVENTS

DJ TWEAK FRIDAYS @ MINT

13 SEP 2013
FRIDAY
- 10:00 PM -
<table>
<thead>
<tr>
<th>Business</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>HKAN Hookah Bar and Lounge</td>
<td>2210 East Carson Street</td>
<td>Pittsburgh</td>
<td>Pennsylvania</td>
<td>15203</td>
</tr>
<tr>
<td>Om Shiva</td>
<td>731 Filbert Street</td>
<td>Pittsburgh</td>
<td>Pennsylvania</td>
<td>15213</td>
</tr>
<tr>
<td>Sphinx Cafe</td>
<td>901 East Carson Street</td>
<td>Pittsburgh</td>
<td>Pennsylvania</td>
<td>15203</td>
</tr>
<tr>
<td>Sphinx Cafe</td>
<td>401 Atwood Street</td>
<td>Pittsburgh</td>
<td>Pennsylvania</td>
<td>15213</td>
</tr>
</tbody>
</table>
Also Have

- Fruit Smoothies
- Ice Cream
- Coffee and Tea
- Milk Shakes
- Desserts
- Games (Mancala, Dominoes)
- Free WiFi
A UNIQUE CAFÉ EXPERIENCE

HOOKEH

FREE WiFi

2506 E Carson Street • Pittsburgh
412-307-5236
HookahBookah.com
Tobacco Types in College (N = 105,012)

* Includes little cigars, cigarillos

Primack BA et al. NTR, 2012.
4. So is it just a college thing?
Hookah Smoking by Grade Level

Primack BA et al., *Pediatrics* 2009
ALL U CAN SMOKE 14.99

HOOKAH NITE CAFE
MTF data in 2012

• 18.5% past year hookah tobacco smoking among nationally representative set of 12th graders
5. Do people think of hookah and cigarette smoking differently?
London 2012 Olympics: UK's tallest sculpture completed on Olympic Park

Construction on the Olympic Park reached another landmark as the final steel loop was put into place on the ArcelorMittal Orbit sculpture, which at 114.5 metres is the tallest sculpture in the United Kingdom.
Among 30-Day Hookah Smokers

Primack BA, *NTR* 2012
Trevor said on Mar. 16, 2008 at 6:37am

This place is great. Way more mellow than a bar or club, and you don't need to be 21 to get in. I had never even heard of hookah bars before my roommate told me about this place. We went with his girlfriend and smoked four bowls for over three hours. And it's not like you have to be a smoker to enjoy hookah; I've never smoked a cigarette in my life and I really enjoyed it. The social atmosphere is what really makes a hookah bar a great place to hang out. The group of people next to us just started up a conversation like they'd known us forever. Plus, the belly dancer's were great. You don't get anything like that at a bar.
Join Hillel as we celebrate SUKKOT, a Jewish agricultural holiday! There will be hummus, pita, and Hookah! If you are planning on smoking please bring $3!

Wednesday, October 3rd at 6:30 pm

HOOKAH in the SUKKAH

Outside Harkness Chapel

Come shake your lulav and etrog with us!

If it rains the event will be postponed

ALL are welcome!

Brought to you by Connecticut College Hillel
Hookah, social time offered to students

Caleb Taylor

Issue date: 9/7/10  Section: News

Henderson students often complain of the lack of social activities offered in Arkadelphia. The Smoke of Our Offering, a new hookah lounge located off of Clinton Street, is one option for Henderson students to consider. Moreover, the The Smoke of Our Offering has a slightly different objective than previous hookah lounges in Arkadelphia.

The Smoke of Our Offering opened its doors on Aug. 16. Owner Jordan French’s previous experience in the hookah lounge business includes two years at the Nara Café in Little Rock, Ark.

French says that it was at Nara where he first got the idea to combine his passion for social justice and smoking.

"I always wanted to combine social justice and smoking, and my Christian belief has a large influence on my work. I’m not just out to make a profit," said French.

In addition to smoking, many Monday nights at The Smoke of Our Offering will feature a guest speaker who will talk about religious or social activism ideas.
Welcome to Fumari’s Hookah Tobacco Flavor Guide. Where, all in one place, you can view flavors, their descriptions, ratings, customer comments and mixing compatibilities.
Relative Safety

“Hookah tobacco contains no tar and the trace amount of nicotine is filtered out by the water in the base.”
<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>States age requirement to view site</td>
<td>1</td>
</tr>
<tr>
<td>Requires age verification</td>
<td>0</td>
</tr>
<tr>
<td>States age requirement to enter establishment</td>
<td>15</td>
</tr>
<tr>
<td>Tobacco warning</td>
<td>4</td>
</tr>
</tbody>
</table>
Mentions the Word “Tobacco”

• Entire site: 58%
• First page: 26%
• Examples:
  – “We offer only top quality imported tobacco flavors”
  – “Discover the hookah’s mystery with over 25 flavors of Egyptian herb containing fruit, molasses, tobacco, and honey”
Search results for cigarette smoking

Quit Smoking Video - Quitting Smoking Is Possible.
Learn About A Fresh Approach To Quit.
by PfizerHealth | 31,772 views

Smoking is Nasty - Quit by Using Your Mind Power
5X Higher Success Rate. Free Trial
by MindMasterhd | 1,347,266 views

Drinking Beer and Smoking Cigarettes
by jonlapie | 1 week ago | 553,022 views

E-Cigarettes Under Fire At Legislature
Trendy electronic cigarettes could soon be taxed under a new new bill moving through the legislature.
by techtv | 5 days ago | 41 views

Stephen Marley feat. Melanie Fiona - No Cigarette Smoke [In My Room]
Stephen Marley's new single "No Cigarette Smoke [In My Room]" with Melanie Fiona featuring.
by RootsReggaeDub | 11 months ago | 300,540 views

No Cigarette Smoking (In My Room)
Music video by Stephen Marley performing No Cigarette Smoking (In My Room). (C) 2011 Universal Republic Records, a division of UMG Recordings, Inc.
by StephenMarleyVEVO | 5 months ago | 91,554 views

Smoking cigarettes!
<table>
<thead>
<tr>
<th></th>
<th>Cigarette (%)</th>
<th>Hookah (%)</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Portrayal</td>
<td></td>
<td></td>
<td>&lt;.001</td>
</tr>
<tr>
<td>Positive</td>
<td>24</td>
<td>92</td>
<td></td>
</tr>
<tr>
<td>Natureal</td>
<td>33</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Negative</td>
<td>42</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

Carroll MV, TC 2012
6. Is this legal?
Smoke Indoors. Legally.

by Clubplanet
07.13.2006

-Erin DeJesus Since New York passed its indoor smoking ban in 2003, duck outside for a quick Camel fix. But for an excuse to light up inside – or maybe to try a different cultural side of nightlife or avoid alcohol abuse for the fourth straight night- one of the city’s many hookah bars may be the place to go. HOOKAH FOR DUMMIES Contrary to popular belief, the hookah, a
Selection of Municipalities
Summary

• 73 of the largest 100 cities in the U.S. disallow cigarette smoking in bars
• 69 of these cities seem to allow HTS via exemptions

Primack BA, AJPH 2012
7. Ack! What do we do from here?
Surveillance

- YRBS still does not assess hookah use
- MTF just started
Trajectory and Abuse Potential

- Increasing use over time?
- Transitioning to other types of tobacco?
- Transitioning to other types of drug use?
Education and Policy

• Uphill climb in terms of knowledge gap
• Very complex in terms of policies (exemptions, private clubs, interpretations)
Clinical Issues: “Choosing Wisely”

• Know that your patients do this: Pilot data on non-college adults suggests high usage in that population as well
• First of the 5 A’s is “Assess”: Should include hookah, although this may be a challenge
• Apply other 5 A’s to HTS: advise, assess, assist, arrange
Suggestions? Questions?

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