Hookah is a water pipe used to smoke flavored tobacco called shisha, marijuana, and other substances.

Smoking hookah carries many of the same or greater health risks as smoking cigarettes. 1,2

1 HOUR of hookah smoking = 100 cigarettes 3

Poisons in hookah tobacco and smoke may cause oral, lung, stomach, and esophageal cancer, reduced lung function, heart disease, and decreased fertility. 1,2,4

6% of 12th graders in King County reported smoking hookah in 2016, almost double the rate of chewing tobacco use. 5

3.3% of high school students in the U.S. reported using hookah in 2017. 6

16.5% of college students in the U.S. have smoked hookah in the past year. 7

For more information visit: www.kingcounty.gov/depts/health/smoking

Sources:
1. American Lung Association
2. International Journal of Epidemiology
3. World Health Organization
4. American Journal of Health Behavior
5. Healthy Youth Survey 2016
6. Centers for Disease Control & Prevention
7. National College Health Assessment 2017