

# HOOKAH SMOKING

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

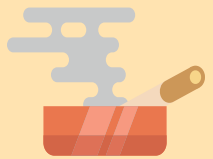


Smoking hookah carries many of the same or greater health risks as smoking cigarettes <sup>1,2</sup>

**1**  
**HOUR**   
of hookah smoking

=

smoking  
**100**  
cigarettes <sup>3</sup>



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

**Carcinogens**  
**Nicotine**  
**Carbon Monoxide**  
**Metals**



**6%**

of 12th graders in King County reported smoking hookah in 2016, almost double the rate of chewing tobacco use. <sup>5</sup>

**3.3%**

of high school students in the U.S reported using hookah in 2017. <sup>6</sup>

**16.5%**

of college students in the U.S. have smoked hookah in the past year. <sup>7</sup>

For more information visit: [www.kingcounty.gov/depts/health/smoking](http://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

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