

Hookah in Multi-unit Housing



Hookahs, also known as water pipes, are used to smoke specially made tobacco that comes in different flavors, such as apple, mint, cherry, and chocolate.¹

Hookah originated as a cultural tradition and is growing in popularity among teens and young adults. Smoking hookah is often a group activity.¹

Secondhand smoke (SHS) from hookahs contains smoke from the tobacco as well as smoke from the heat source, which is typically charcoal.¹



As Dangerous as Cigarettes

A typical hookah session lasts 45–60 minutes and can have the same health impact as smoking 100 or more cigarettes.²

1 hour = 100 cigarettes

Because hookah sessions last longer than the time it takes to smoke a cigarette, there is more chance for others to be exposed to the hookah smoke.¹



Serious Health Risks

Smoking tobacco using a hookah poses **serious health risks** to smokers and to those exposed to the smoke.¹

The charcoal used to heat the tobacco produces high levels of **carbon monoxide and cancer-causing chemicals**.¹

The World Health Organization advises that people who smoke hookahs, or who are exposed to hookah smoke, are at risk for the same diseases that are caused by smoking cigarettes, including:

- **Lung cancer**¹
- **Heart disease**¹
- **Respiratory disease**¹
- **Problems during pregnancy**¹



Why Include Hookah in Smoke-Free Housing Policies?

Hookah smoke, like cigarette smoke, **drifts from one room to another**. Toxic chemicals, including nicotine, were found in the air and on surfaces in the homes of hookah smokers.³

Restricting smoking, including use of hookah, will **protect your most vulnerable tenants** including children, pregnant women and those with disabilities.



References: Hookah in Multi-Unit Housing

1. U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. *Hookahs Fact Sheet*. 2016. Available from: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/.
2. American Lung Association. *An Emerging Deadly Trend: Waterpipe Tobacco Use*. Washington: American Lung Association, 2007. Available from: http://www.lungusa2.org/embargo/slati/Trendalert_Waterpipes.pdf.
3. Society for Research on Nicotine and Tobacco, *Children's exposure to secondhand and thirdhand smoke carcinogens and toxicants in homes of hookah smokers*, *Nicotine and Tobacco Research Journal*, Oxford University Press, 2014 Jul;16(7):961-75.