**Hookah and Water Pipe Fact Sheet**

American College of Chest Physicians

**Facts**

* Hookah smoking, related to water-pipe smoking, is associated with higher rates of COPD and lung cancer than conventional cigarette smoking,1 yet it is allowed to continue relatively unchecked in 90% of the American cities that have enacted cigarette smoking bans.2
* Hookah is also called narghile, argileh, shisha, hubble-bubble, and goza.3,4
* In 2010, the Monitoring the Future survey found that among high school seniors in the United States, about 1 in 5 boys (17%) and 1 in 6 girls (15%) had used a hookah in the past year.5
* The charcoal used to heat hookah tobacco raises health risks by producing high levels of carbon monoxide, metals, and cancer-causing chemicals.3,6
* Hookah tobacco and smoke contain toxic agents known to cause lung, bladder, and oral cancers.3,6
* Secondhand smoke from hookahs can be a health risk for nonsmokers because it contains the same smoke from the tobacco and the heat source (eg, charcoal) .3,6,7
* More than one-third of water-pipe smokers in one US study reported past 30-day use of alcohol (80%) or marijuana (35.8%), suggesting a non-risk-averse water-pipe smoking population.8
* There is evidence that occasional or regular water-pipe smokers are more likely to become regular cigarette smokers, suggesting that water-pipe smoking may be a potential gateway for regular cigarette use.9

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