

## In Future

Access to this “new” form of tobacco use continues to grow, especially in hookah cafes targeting 18-to-24-year olds.

Water pipes are among the most recognizable symbols of popular Middle Eastern cultures and the fact that the demand is ever growing from locals, residents and tourists bears testimony to the modern-day appeal of the ancient water pipe.

While it is important to share and appreciate these unique traditional practices, it is equally important to be aware of the potential health risks associated with their use.

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or email us at [carletonwellness@gmail.com](mailto:carletonwellness@gmail.com).



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# Water Pipe Smoking



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## What is it?

Water pipe smoking, also known as hookah, nargile, narghila, shisha, sheesha, hubbly bubble, goza and argileh, is an alternative tobacco-smoking device that originated from middle-eastern tradition.

It consists of a bowl where the tobacco is heated, a base that is filled with water, a pipe that connects the bowl to the base, and a mouthpiece or hose where the smoke is drawn from.

Water pipe smoking is increasing in North America, especially among the university student and young adult population.

Some studies show that a typical water pipe session is comparable to inhaling the same amount of smoke as from 100 cigarettes.



## Is water-pipe smoking bad for my health?

1. Chemicals are absorbed into your body. The smoke from water-pipes contains chemicals and toxins including carbon monoxide, carcinogens, heavy metals and tar.
2. You can catch an infectious disease. As water pipe smoking is social in nature, there is a risk of contracting viruses and infectious diseases such as tuberculosis, hepatitis or herpes from the sharing of the hose/mouthpiece.
3. It damages your lungs. Second hand smoke from water pipes carries the same risk as second hand smoke from cigarettes.
4. It can be addictive. The tobacco used in water-pipes contains nicotine, the same highly addictive drug found in cigarettes.



## Are university students using hookah?

In a sample of Ontario university students aged 17-24:

- 27% reported trying hookah at least once
- 15% used hookah in the past 12 months
- 4% used hookah in the past 30 days
- Hookah use in the past 12 months was associated with using other substances; cigarettes, alcohol and/or marijuana.
- 2/3rds of students reported that they did not plan to quit or think that quitting hookah was important.

## Safety Tip

Be aware the risk of spreading saliva borne infections such as meningitis, cold sores or flu/cold germs. Germs will remain in the tubing, but using your own mouthpiece will decrease some risk.