

SHISHA, HOOKAH, AND WATERPIPE TOBACCO SMOKING: HEALTH EFFECTS, PATTERNS OF USE AND POLICY IMPLICATIONS

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WHAT IS WATERPIPE TOBACCO? A waterpipe (also called hookah, shisha, nargileh), is a device consisting of a bowl, water jar and hoses. Flavored tobacco (or mu'assel) is heated by charcoal, and users inhale tobacco smoke through the water and into their lungs. Since the smoke is cooled by the water, it feels less irritating to the trachea and is thus easier to use and to become addicted to. Thus, waterpipe tobacco smoking is perceived to be less harmful than combustible cigarettes, yet TRDRP-funded researchers have discovered that waterpipe smoking shares the toxicity profile and adverse health effects of combustible tobacco. California residents of Middle East and North African descent may use hookah, but young adults of other backgrounds have proven to be the primary users of hookah lounges and bars. Since waterpipe products and use is not well covered in state and local flavor bans, an understanding of its health effects, and usage patterns are crucial to formulating science-driven policy.

Join us for a 90-minute webinar examining research on the health effects, usage patterns and health policy implications of waterpipe tobacco use. If you would like to know more about this topic or have questions about other commercial tobacco control topics, please contact trdrp@ucop.edu.



When: Thursday November 10, 2022

Time: 10:30AM-12:00PM Pacific

Register in advance for this webinar:

https://UCOP.zoom.us/webinar/register/WN_zDhJObOrRTabwG7bqpul4w

When registering, you will be asked to confirm that you are not affiliated with the commercial tobacco industry or an organization that accepts commercial tobacco industry funding. Commercial tobacco industry means any organization involved in the manufacture, distribution, or marketing of nicotine products other than FDA-approved cessation treatment.

After registering, you will receive a confirmation email containing information about joining the webinar.