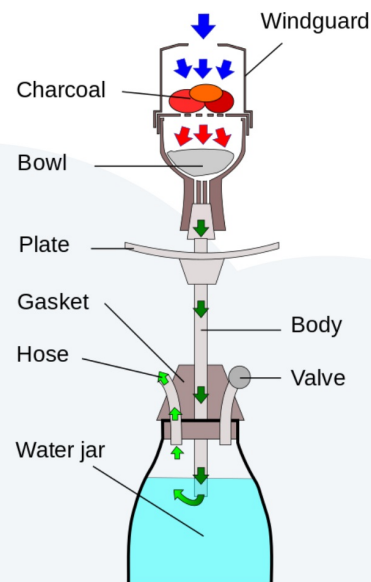


Waterpipes

a.k.a. Shisha a.k.a. Argileh a.k.a. Hookah

- ~ Hookah originates from the Middle East.
- ~ A typical modern hookah has a head (with holes in the bottom), a metal body, a water bowl, and a flexible hose with a mouthpiece.
- ~ Hookah smoking is typically done in groups, with the same mouthpiece passed from person to person.
- ~ Shisha is the product placed in the top of the pipe and covered with tinfoil.
- ~ Shisha can sometimes be a combination of tobacco and herbs.
- ~ Although many users think it is less harmful, hookah smoking has many of the same health risks as cigarette smoking.



the issue...

Waterpipe tobacco smoke is as toxic as cigarette smoke.

Hookah is often advertised as herbal which gives the impression that it is harmless.

Hookah smoking, like cigarette smoking is addictive.

Fruit flavours add to the image that hookah is not harmful.



Shisha can come in any number of flavours.

14% of Ontario highschool students have smoked a hookah.

30% of Ontario young adults have smoked a hookah.

1 hour. **= 2 x**

A typical hookah smoking session can last about an hour, instead of the 5-10 minutes it takes to smoke a cigarette. A one hour hookah session can be equal to smoking about 200 cigarettes.

what are the rules?



Hookah smoking is not regulated under Smoke-Free Ontario Act. The Act specifically prohibits the "smoking or holding of lighted tobacco" in any enclosed public place or enclosed workplace.

Many hookah bars claim that their product is heated, not lit - and so the law does not apply to them.

Some bars also create their own blend of shisha claiming it is herbal, not tobacco - and so the law does not apply to them.

Many Middle Eastern countries have put in place strict laws against public hookah smoking.

Because some hookah bars claim they use herbal products, they may be able to be smoked indoors.

Some towns and cities have passed bylaws banning the use of hookahs indoors and outdoors.

Examples include:

- Peterborough
- Bradford
- Barrie
- Orillia

More cities are considering introducing rules against hookah smoking.

Sources:
http://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hookahs/
https://www.nsr-a-adnf.ca/cms/file/files/OCAT_Hookahs_Shisha_Summary_Feb2014.pdf
<https://www.nsr-a-adnf.ca/cms/page/2269.cfm>