

## **Facts About Hookahs**

### **Protecting Your Property from Damage and Yourself from Liability**

There is no longer any question that exposure to secondhand tobacco smoke is dangerous. (Secondhand smoke is the smoke that comes off the end of the cigarette or cigar combined with the smoke exhaled by the person who is smoking.) According to the U.S. Surgeon General report of December, 2010, cigarette smoke contains more than 7,000 chemicals and compounds. Hundreds are toxic and more than 70 can cause cancer. Also, the Surgeon General has stated *for some time* that there is no safe level of exposure to secondhand tobacco smoke.

In addition, air quality scientists are showing that secondhand tobacco smoke can actually move from one unit to another, even in high rise buildings. A recent study published by the American Academy of Pediatrics showed that children living in apartment buildings (where smoking is permitted) with parents who don't smoke showed evidence of exposure to tobacco smoke.

Apartment owners and condominium boards have the legal right to regulate the use of tobacco products in units, common areas inside and outside and on balconies and patios. So what else is new? How about HOOKAHS?

#### **What about Hookahs?**

Hookahs are glass or metal waterpipes. They are shaped somewhat like a bottle and have long, flexible hoses with tips that people put into their mouths to inhale tobacco smoke. Hookah use originated in India and is popular with some Middle Eastern populations.

In most hookahs, hot charcoal is placed in a bowl on top of the tobacco to heat it. The tobacco, (also called shisha), is usually flavored, and contains many of the same chemicals found in all tobacco, including nicotine.

- Hookah smoking in “hookah bars” has become popular in the U.S, especially among young adults because of the incorrect notion that using hookah is safer than smoking cigarettes.
- Since restaurants and bars in California, (and increasingly in many other states), are required to be non-smoking, the use of Hookahs has moved to outdoor patios. However, as outdoor patios are also becoming non-smoking, **apartment owners may discover that their tenants are using hookah in their units.**
- According to the California Department of Public Health, **secondhand hookah smoke**



**contains the same cancer-causing chemicals found in secondhand smoke from cigarettes and cigars.**

- **Smoking hookah for 45-60 minutes can be the same as smoking 100 or more cigarettes.** In addition, the charcoal used in the tobacco-heating process produces the toxin, carbon monoxide. The use of charcoal can also be a fire hazard if not disposed of properly.
- Research has shown that hookahs deliver three times more carbon monoxide and about the same amount of nicotine as cigarettes. Hookahs also expose their users to 40 percent more smoke by volume than cigarettes.
- Just as secondhand cigarette and cigar smoke can move from unit to unit, **hookah smoke will also move from unit to unit and attach to surfaces.** It also will become third-hand smoke.
- Just as landlords can prohibit use of cigarettes and cigars inside a unit and/or anywhere on the property, the same can be said for the use of hookahs. When used inside a unit or anywhere on a property, they can create a clean-up problem and a health hazard in the unit in which they are used, and a clean-up problem and health hazard in adjacent units.

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*This material was made possible by funds received from the California Department of Public Health under contract 10-10206-10.*

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