

# HOOKAH SMOKING IN LATINX COMMUNITIES

The number of Latinx youth and young adults smoking hookah is increasing. It is time to talk about it.

## Hookah is **NOT** Safe

A single hookah smoking session **is like smoking 100 or more cigarettes.**<sup>1</sup>



Hookah smoking is harmful to the health of Latinx adolescents and young adults.



Latinx adolescents and young adults are two times more likely to start and become regular users of hookah compared to non-Hispanic White adolescents.<sup>2</sup>



***“California has the highest amount of hookah lounges.”***



**Latinx individuals who identify as Lesbian, Gay or Bisexual are more likely to smoke hookah than their heterosexual counterparts.**<sup>3</sup>

# Increased Dangers

**Hookah lounges are a growing industry especially near community colleges.<sup>4</sup> This is concerning, considering that almost half (46%) of community college students identify as Hispanic/Latino, and there is evidence that exposure to marketing and access to tobacco products lead to tobacco initiation.<sup>5,6</sup>**



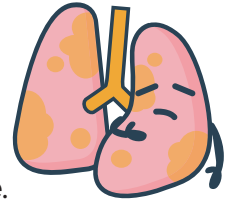
California has the highest amount of hookah lounges, and many jurisdictions are creating exemptions for hookah and shisha when adopting ordinances that restrict the sale of flavored tobacco products.

Hookah smoking is sometimes done in groups and the same mouthpiece is passed from person to person.<sup>1</sup> As younger people go to hookah lounges; they are more likely to develop a nicotine addiction, be exposed to bacterial lung infections, and have a higher

risk of developing other diseases like periodontal (gum) diseases.<sup>1</sup>

Unfortunately, Latinx people report having a harder time quitting nicotine.

Some of the reasons are a lack of access to support for quitting smoking and having the lowest rate of health insurance coverage among racial/ethnic groups.<sup>7</sup>



## What can you do to keep your community safe?

You can talk to your elected officials and ask them to consider including hookah in ordinances restricting flavor and menthol tobacco products, as well as smoke-free laws.<sup>1</sup> Reducing the accessibility of hookah/shisha has the potential to reduce the initiation of hookah among Latinx adolescents and young adults.

### Sources:

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