

**TOPIC: IN SUPPORT OF INCREASED AWARENESS AND EDUCATION OF THE  
DETRIMENTAL EFFECTS OF WATER-PIPE/HOOKAH SMOKING**

**SUBMITTED BY: The Florida Nursing Students' Association (FNSA) Board of Directors  
and New Jersey Nursing Student, Inc. Board of Directors**

WHEREAS, the water-pipe smoking apparatus consists of a head, body, bowl, and hose, with the charcoal placed directly on the moistened tobacco to heat the tobacco in each puff of air that is drawn; and

WHEREAS, water-pipe smoking is an emerging trend in tobacco use, with an estimated 100 million daily users worldwide and goes by other names including “narghile, hookah, argileh, goza, hubblebubble, and shisha”; and

WHEREAS, the American Lung Association published that between 2005 and 2008 there was a 40% increase in hookah use; it is most used among 18-24 year olds, men, Caucasians, and college students primarily as a social activity; and

WHEREAS, the Centers for Disease Control states that water-pipe smoking “is at least as toxic as cigarette smoke; that a 1-hour-long hookah session involves inhaling 100-200 times the volume of smoke inhaled from a single cigarette” and water-pipe smokers “may absorb higher concentrations of the toxins found in cigarette smoke” and are at risk for all of the same diseases; and

WHEREAS, this is a tobacco product entirely unregulated by the U.S. Food and Drug Administration, which corresponds to no regulation in the manufacture, advertisement, or distribution of tobacco product used for water-pipe smoking; and

WHEREAS, carbon monoxide reduces the blood’s ability to carry oxygen to tissues and a field study conducted by Dr. Tracy Barnett et al. indicated patrons of hookah bars had significantly higher carbon monoxide levels at 30.8 ppm than those of traditional bars at 8.9 ppm and a secondhand water-pipe smoker is exposed to an average carbon monoxide level of 11.5ppm, which is comparable to that of a regular cigarette smoker; and

WHEREAS, nicotine content of water-pipe tobacco is 2-4%, which averages more than the cigarette nicotine content of 1-3%, leading to addiction and cotinine levels, a measurement for tobacco content, in saliva and blood plasma after a 45-minute water-pipe session is equivalent to that of smoking 15 cigarettes; and

WHEREAS, there are many misconceptions associated with water-pipe smoking such as the water used in water-pipe smoking filters out tobacco toxins and that there is less nicotine in water-pipe smoking, which makes this activity non-addicting; and

WHEREAS, water-pipe smoking produces a “smoother” quality smoke, which is less irritating to the respiratory tract leading to the misconception that it is less toxic and different flavors of the tobacco in water-pipe smoking are fruit additives, which can be mistaken as a healthy choice; and

- WHEREAS, hookah’s cultural significance over the past four centuries for indigenous peoples and their ancestors of Africa, Asia, and the Middle East is acknowledged, the need still exists to increase awareness of the negative health effects of hookah to accurately inform users and correct previous misconceptions based on early cultural practices; therefore be it
- RESOLVED, that the National Student Nurses’ Association (NSNA) encourage its members to increase their awareness of the negative health effects of water-pipe smoking, utilizing the initiatives of the World Health Organization’s (WHO) Study Group on Tobacco Product Regulations (TobReg) regarding water-pipe smoking; and be it further
- RESOLVED, that the NSNA encourage its constituents to advocate for the education and inclusion of hookah education into the current nursing curricula by publishing an article on this topic in its journal, *Imprint*, providing an informational document and presenting it as a focus session at MidYear Conference and Annual Convention, if feasible; and be it further
- RESOLVED, that the NSNA send a copy of this resolution to the American Nurses Association, the National League for Nursing, the American Association of Colleges of Nursing, the National Organization for Associate Degree Nursing, the National Association of School Nurses, the American Lung Association, the American Heart Association, the Association for Professionals in Infection Control, the Association of Clinical Nurse Specialists, the American Academy of Nurse Practitioners, the Emergency Nurses Association, the Academy of Medical-Surgical Nurses, the U.S. Food and Drug Administration, the American Cancer Society and all others deemed appropriate by the NSNA Board of Directors.