

New Jersey State Laws

- **2006 NJ Smoke-Free Air Act (NJSFAA)** prohibits smoking in any indoor public place and workplace, including a "public area in an otherwise private building; or a passenger elevator in a building other than a single-family dwelling." NJSA 26:3D-57.
- New Jersey Department of Health and Senior Services (NJDHSS) adopted the 2007 Smoke-Free Air Rules (Rules) to clarify NJSFAA implementation. The Rules restate that common or shared areas of otherwise private buildings must be smokefree. NJAC 8:6, NJDHSS response to comment #29, p.26.

New hookah lounges in New Jersey are not permitted to have indoor smoking.

- NJSFAA allows a smoking lounge only if the lounge was already established as of 12/31/04, strict enclosure and ventilation requirements are met, any food service is "incidental" (minor and occasional) and a smoking lounge waiver has been obtained every year.
- 2007 Rules state that a Tobacco retail establishment (TRE) waiver cannot be used for an indoor smoking lounge. TRE waivers are intended solely for sampling of products purchased at an establishment for consumption off the premises. No food/beverage may be served if granted a TRE waiver.

There is no hookah smoking permitted within college dormitories.

- NJ Smokefree College Residential Housing Act requires all college-owned or operated residential housing on and off-campus to be 100% smokefree.
- State law prohibits the selling, furnishing or giving of tobacco in any form to a person under age 19.



GASP

About Us

Global Advisors on Smokefree Policy (GASP) is a 35-year old nonprofit resource center, dedicated to promoting smokefree air and tobacco-free lives.

Our Tobacco Control Policy & Legal Resource Center offers informational materials and technical assistance on emerging trends and issues in tobacco control, including outdoor smokefree policies and the economic and health benefits of smokefree multi-unit housing.

Learn more about outdoor smokefree policies at njgasp.org/outdoors.htm, and smokefree housing at njgasp.org/housing.htm.

For information on how smoking and second-hand smoke exposure increase your risk of developing diabetes and your difficulty managing preexisting diabetes, go to our website at njgasp.org/diabetes.htm.

If you or someone you know wants to quit tobacco, go to njgasp.org/quit_tobacco.htm for resources.

Talk to your doctor, workplace, school and health insurer about programs to quit tobacco, and call the New Jersey Quitline for free help:

**NEW JERSEY
QUITLINE
1-866-NJ-STOPS**

Please note: The information in this brochure is not intended as, nor to be construed, or used, as legal advice, and should not be used to replace the advice of your legal counsel.

HAZARDS OF HOOKAH SMOKE



Learn about the Health Dangers of Hookah Use and Exposure



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GASP is funded by the New Jersey Department of Health and Senior Services' Office of Tobacco Control, the U.S. Centers for Disease Control and private donations.

01/12

What is Hookah Smoking?

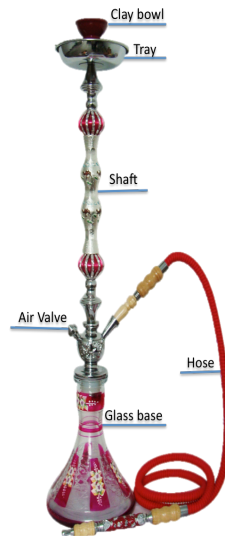
Hookah (shisha, goza, narghile) is a water pipe used to smoke maassel (flavored tobacco). Maassel is heated with charcoal, creating smoke that passes through an ornate water vessel and is inhaled via a hose.

Water pipes are often used communally, with several people sharing a single pipe. Some pipes have multiple hoses to facilitate group smoking. Otherwise, smokers pass the mouthpiece from one person to the next.

In the United States, commercial hookah smoking establishments, or hookah lounges, have become more common in recent years.

Is Hookah Smoking Harmful?

- Hookah smoke contains numerous toxins known to cause lung cancer and heart disease and have adverse effects on pregnancies. 2005 World Health Organization (WHO) Advisory Note.
- Hookah smoke contains nicotine (the addictive component of tobacco) tobacco-related carcinogens, tar, carbon monoxide (CO), and heavy metals.
- Commonly used heat sources like charcoal or wood cinders may increase health risks because they release CO, heavy metals and carcinogens. (BACCHUS Network White Paper)
- Non-tobacco herbal hookah smoking is also harmful: the inhalation of any burned matter causes damage to the lungs, whether or not it contains tobacco.
- Blood CO levels are 1.5 times higher in hookah smokers than in heavy cigarette smokers. Nonsmoker CO levels are 3 ppm versus 40-70 ppm for hookah smokers.



Hookah Use by Young Adults

2008 NJ Youth Tobacco Survey (NJDHSS)

- 9.7% of NJ high school students reported smoking tobacco or flavored tobacco hookah.
- 4.1% of middle school students have smoked tobacco/flavored tobacco hookah.

2007 American Legacy Foundation Survey (ages 18-24)

- 42% surveyed believe hookah smoking is less dangerous than cigarette smoking.
- 32% believe hookah smoking is less addictive than cigarette smoking.

2008 University of Pittsburgh survey

- 40.5% of 647 students smoked hookah.
- 88% of those would smoke hookah again.
- 52.1% believed smoking from a water pipe was less addictive than smoking cigarettes.

BACCHUS Network White Paper: Reducing Hookah Use

- Hookah users tend to be social smokers and like to smoke with friends in bars, cafes and other public places.
- Early hookah use may lead to addiction and a transition to cigarette smoking.

Hookah Use Creates Hazardous Second- and Third-Hand Smoke

- Secondhand hookah smoke (SHS) has the same disease risks associated with secondhand cigarette smoke. (WHO).
- There is no known safe level of exposure to SHS, a known Class A human carcinogen.
- SHS aggravates and increases chronic disease risks, such as asthma, allergies, lung cancer, pneumonia, chronic bronchitis, heart disease, emphysema and diabetes. SHS increases the risk of miscarriage.
- SHS levels in hookah lounges can be more than twice those in smoky bars.
- Hookah smoking at home produces SHS that enters adjoining rooms, hallways, and even other apartments by seeping through lighting fixtures, wall cracks, shared ventilation and around plumbing and doors.
- Third-hand smoke is residual SHS that is embedded into upholstery, rugs, walls and other surfaces. New studies indicate that third-hand smoke may be more dangerous than SHS, since third-hand smoke does not dissipate, and continuously emits toxins.

Risk of Infectious Disease

- A hookah pipe is warm, moist, non-sterile and communally shared. It can be a growth medium for germs. 17% of tuberculosis cases in eastern Mediterranean areas have been attributed to water pipe smoking. Hookah sharing can also transmit herpes, hepatitis and other viruses and bacteria.
- Personal or disposable mouthpieces or hoses attached to the hookah do not eliminate the risk of transmitting disease.