

Name:

Date:

Hookah Myth Activity  
“Don’t Inhale, Don’t get Hookahd”

Instructions: Do an Internet search to find answers to the questions. Then, fill out whether each statement is a myth or fact. Next, fill out the justification box explaining why a statement is correct or false.

<b>Statement</b>	<b>Myth/Fact</b>	<b>Justification/Source</b>
Hookah is less harmful than cigarettes.	<i>Myth</i>	Hookah exposes users to nicotine, an addictive chemical, heavy metals, and tar. The smoke produced by hookah may also contain higher levels of arsenic, lead, nickel, 36x more tar, and 15x more carbon monoxide than cigarettes  <u>Source:</u> <a href="http://www.health.umd.edu/sites/default/files/Hookah%20Brochure-%20Final_0.pdf">http://www.health.umd.edu/sites/default/files/Hookah%20Brochure-%20Final_0.pdf</a>
There are risks from sharing hookah in a group setting.	<i>Fact</i>	Hookah is typically used in groups with the same mouthpiece being passed around, so sharing a hookah in a group setting may increase the risk of contracting tuberculosis, Hepatitis C, Herpes, and H. Pylori.  <u>Source:</u> <a href="https://www.michigan.gov/documents/mdch/TheHookah-ACCESSandACC_481466_7.pdf">https://www.michigan.gov/documents/mdch/TheHookah-ACCESSandACC_481466_7.pdf</a>
The clouds made by hookah are water vapors.	<i>Myth</i>	By definition an aerosol is a suspension of fine solid or liquid particles in gas, smoke, fog, or mist. While water vapor is dispersion in air of molecules of water through evaporation. Hookah produces smoke that cannot simply be water vapors, but aerosols filled with toxins.  <u>Source:</u> <a href="https://www.merriam-webster.com/dictionary/water%20vapor">https://www.merriam-webster.com/dictionary/water%20vapor</a> <a href="https://www.merriam-webster.com/dictionary/aerosol">https://www.merriam-webster.com/dictionary/aerosol</a>
Smoking a Hookah carries less risk of tobacco-related diseases than smoking cigarettes.	<i>Myth</i>	Hookah contains many of the same toxins as cigarettes. Smoking either may still cause lung cancer or respiratory illnesses. Since hookah sessions allow users to smoke for prolonged amount of time they are exposed to high concentrations of toxins, increasing their risks to tobacco-related diseases.  <u>Source:</u> <a href="https://betobaccofree.hhs.gov/news/hookah-smoking.html">https://betobaccofree.hhs.gov/news/hookah-smoking.html</a>



<p>It's okay if I just go to a tobacco bar and do not smoke hookah.</p>	<p><i>Myth</i></p>	<p>Even if you are at a tobacco bar and not smoking hookah, you are still being exposed to second hand smoke. Second hand smoke can still cause coughing, respiratory infections, heart disease, stroke, or lung cancer.</p> <p><u>Source:</u>  <a href="http://www.health.umd.edu/sites/default/files/Hookah%20Brochure-%20Final_0.pdf">http://www.health.umd.edu/sites/default/files/Hookah%20Brochure-%20Final_0.pdf</a></p> <p><a href="https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.html">https://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.html</a></p>
<p>The water jar filters the harmful chemicals from the Hookah smoke.</p>	<p><i>Myth</i></p>	<p>Smoking tobacco through water does not clean the tobacco. The water is actually meant to cool the smoke, allowing users to take deeper inhalations for longer periods of time. All ingredients, along with their chemicals, are still present in the smoke.</p> <p><u>Source:</u>  <a href="https://www.michigan.gov/documents/mdch/TheHookah-ACCESSandACC_481466_7.pdf">https://www.michigan.gov/documents/mdch/TheHookah-ACCESSandACC_481466_7.pdf</a></p> <p><a href="http://www.health.umd.edu/sites/default/files/Hookah%20Brochure-%20Final_0.pdf">http://www.health.umd.edu/sites/default/files/Hookah%20Brochure-%20Final_0.pdf</a></p>
<p>A hookah session is more harmful than smoking a pack of cigarettes.</p>	<p><i>Fact</i></p>	<p>Hookah sessions are typically around an hour in length, which is an estimated 200-puffs per session. Hookah users would consume the equivalent of about 100 cigarettes from one of these sessions.</p> <p><u>Source:</u>  <a href="https://www.webmd.com/smoking-cessation/news/20100510/hookahs-safer-than-cigarettes-thats-a-pipe-dream#1">https://www.webmd.com/smoking-cessation/news/20100510/hookahs-safer-than-cigarettes-thats-a-pipe-dream#1</a></p> <p><a href="https://betobaccofree.hhs.gov/news/hookah-smoking.html">https://betobaccofree.hhs.gov/news/hookah-smoking.html</a></p>
<p>Hookah is addictive.</p>	<p><i>Fact</i></p>	<p>Hookah contains tobacco, which has a naturally occurring chemical known as nicotine. Nicotine stimulates the pleasure part of your brain but only for a short period, so continuous use is required to maintain that pleasure. This repetition is what leads smokers to addiction.</p> <p><u>Source:</u>  <a href="https://betobaccofree.hhs.gov/health-effects/nicotine-health/index.html">https://betobaccofree.hhs.gov/health-effects/nicotine-health/index.html</a></p>

