

APRIL 2020

QUIT BRIEF



HOOKAH: GET THE FACTS

Have you heard chatter that smoking traditional tobacco hookah is healthier or less harmful than cigarettes? It's time to set the story straight with Service members: smoking hookah (also called water pipes or shisha) has many of the same negative health effects as smoking cigarettes. Make sure Service members know the full story by sharing these points:

- **Hookah is harmful to your health.** Hookah, like cigarettes, contains the addictive chemical nicotine. Nicotine also has other toxins that can cause respiratory illness, decreased lung function and oral health issues. The charcoal used to heat the tobacco in hookah is harmful too – it produces high levels of carbon monoxide and cancer-causing chemicals.
- **Hookah smokers expose themselves to more toxins than they might realize.** Because of the way hookah is used, users are exposed to more toxins while smoking it. For example, in a typical one-hour hookah session, the user may inhale the equivalent amount of smoke as smoking **nine packs** of cigarettes. Contrary to popular belief, the water in a hookah does not filter out any harmful toxins inhaled into your lungs.
- **Hookah can hurt a Service member's career.** Service members can pop positive from smoking unknown illegal and prohibited drugs in hookah. That tobacco you think you're smoking in the hookah bar could have other substances in it that may make you pop positive.
- **Social smoking is still harmful.** In fact, infectious diseases (including COVID-19) could be spread by sharing the hookah mouthpiece, which can happen even with one use. Remember to physical distance yourself from others during this COVID-19 pandemic.

Hookah bars and cafes are popular and expanding around the world, including in many countries where Service members deploy (think the Middle East and Europe). Let Service members know that there are safe ways to relax and spend time with their buddies when they're off-duty without smoking hookah.

The Campaign



April is Alcohol Awareness Month. Research shows that the amount of alcohol people drink in social settings can increase cigarette cravings. To reduce this trigger, encourage Service members to [limit the amount of alcohol](#) they drink during their quit. Check out the latest Own Your Limits [Buzz on Responsible Drinking](#) e-Newsletter for more tips on responsible drinking.

The Latest In Tobacco

The CDC recently released a new resource to support health care providers working with patients who use tobacco. The guide provides step-by-step techniques and language to support brief clinical intervention. Find and share the [CDC Tobacco Clinical Intervention Guide](#).

SMOKING & COVID-19

Smoking or vaping puts you at greater risk for **severe health effects** from [COVID-19](#). One reason could be that people who smoke have compromised lung tissue resulting in reduced capacity to clear inhaled viruses. Share this information with Service members to encourage quitting tobacco.



YOU CAN QUIT 2

ycq2.org

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