

TOBACCO USE UPDATE – HOOKAH AND E-CIGARETTES

Hookah or Water Pipes

Hookah Use Among Utah High School Students

Recent school surveys show that experimentation with smoking tobacco in hookahs is alarmingly high among Utah high school students, especially among high school seniors:

- In 2011, Utah students in grades 8, 10, and 12 were as likely to have smoked tobacco in hookahs in the past 30 days as cigarettes.¹
- One in five Utah high school seniors (19.5%) reported that they had tried hookah smoking and 7.5% had smoked tobacco in hookahs in the past 30 days.²

Hookah smoking among Utah youth is associated with cigarette smoking:

- In tobacco use surveys conducted at youth-oriented events, 10-18 year olds who had smoked tobacco in hookah in the past 30 days were significantly more likely to be current cigarette smokers (or to have tried cigarettes) than not ($p < .001$).³

Youth who reside in Utah's urban areas are more susceptible to hookah use than youth who youth who live in rural areas:

- Youth who live in urban areas are significantly more likely than youth from rural areas to have heard of hookah; to have seen it sold or advertised; to think that smoking hookah is safe for the users; to express the intention to smoke hookah in the next year; to have tried hookah smoking; and to have smoked hookah in the past 30 days.⁴
- Hookah-focused businesses are mostly found in urban areas.

Hookah Use Among Utah Young Adults

Young adults report that smoking tobacco in hookah is the second most popular form of tobacco use after cigarette smoking:

- In tobacco use surveys conducted at youth-oriented events, more than one third (36%) of 19-24 years olds reported that they had tried smoking tobacco in hookahs; one in ten (11%) reported that they smoked tobacco in hookah in the past 30 days.

As noted for youth, hookah smoking among young adults is associated with cigarette smoking:

- Young adults (19-24 year olds) who had smoked tobacco in hookah in the past 30 days were significantly more likely to be current cigarette smokers (or to have tried cigarettes) than not ($p < .001$).

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Electronic Cigarettes (E-cigarettes)

Current cigarette smokers are significantly more likely to use e-cigarettes than former smokers or never smokers. The long-term health risks for dual use of cigarettes and e-cigarettes are unknown. Many Utahns report that they are not aware of addiction causing nicotine and other toxic substances in e-cigarettes:

- In a survey conducted at youth-oriented events across Utah in 2010, current cigarette smokers were significantly more likely to report use of e-cigarettes than those who had tried cigarette smoking in the past or never smokers. These differences were significant for youth (10-18), young adults (19-24), and older adults (25+).⁵
- In the same survey, 63% of respondents reported that they had heard of e-cigarettes. Of those, 21% thought they were safe for the person using them; 61% believed e-cigarettes contained no toxins, while 53% believed they contained no addictive substances.⁶

Use of electronic cigarettes in Utah:

- In 2011, 8% of high school seniors reported that they had tried e-cigarettes and 3% were current users.⁷
- Among young adults (19-24 year olds) surveyed at youth oriented events, 25% reported that they had tried e-cigarettes and 9% reported that they were current users.⁸

¹ Utah Prevention Needs Assessment (2011). Utah Division of Substance Abuse and Mental Health. Salt Lake City: Utah.

² Ibid.

³ Tobacco Products Survey (2010). Utah Department of Health. Tobacco Prevention and Control Program. Salt Lake City: Utah.

⁴ Ibid.

⁵ Ibid.

⁶ Ibid.

⁷ Utah Prevention Needs Assessment (2011). Utah Division of Substance Abuse and Mental Health. Salt Lake City: Utah.

⁸ Tobacco Products Survey (2010). Utah Department of Health. Tobacco Prevention and Control Program. Salt Lake City: Utah.