

A Weekly FAX from the Center for Substance Abuse Research

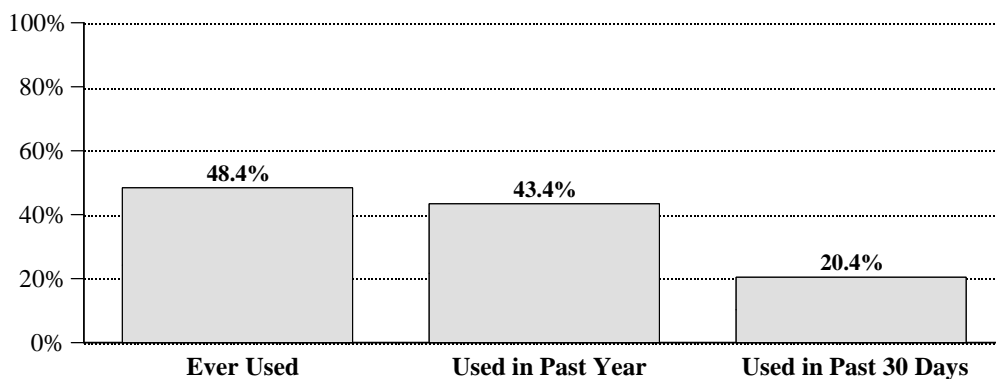
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***One-Fifth of College Freshmen at One University Report
Smoking Tobacco in a Waterpipe in the Past Month***

Nearly one-half (48%) of college freshmen have ever smoked tobacco through a waterpipe (also known as a hookah), according to a survey of students attending a Virginia university. Slightly less reported using in the past year (43%) and one-fifth reported waterpipe use in the past month (see figure below). The study also found that, compared with nonusers, those who had used waterpipes in the past month were less likely to believe that waterpipe use is as harmful as cigarette smoking or could be addictive (data not shown). The authors believe that these results, along with reports from other states, suggest that “waterpipe tobacco smoking seems common on U.S. college campuses and the potential health risks of this behavior suggest that it may become a significant public health problem” (p. 529). The next issue of the *CESAR FAX* will summarize the available data on waterpipe use, including who is using it, where it is being used, and the health risks.

Percentage of Freshmen Reporting Waterpipe Tobacco Use

(N=744 Introduction to Psychology students at a Virginia university)



NOTE: Data are from a cross-sectional internet survey conducted among the 1,194 students enrolled in a Virginia Commonwealth University Introduction to Psychology course from March 8 through May 4, 2006. The response rate was 62%, resulting in 744 responses.

SOURCE: Adapted by CESAR from Eissenberg, T., Ward, K.D., Smith-Simone, S., Maziak, W. “Waterpipe Tobacco Smoking on a U.S. College Campus: Prevalence and Correlates,” *Journal of Adolescent Health* 42(5):526-529, 2008.

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