Hooked on hookah? examining hookah use in high school students in texas

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There has been a recent trend in increasing tobacco smoking among adolescents and young adults. Of special concern is evidence that the harms from tobacco consumption, for example, hookah (water pipe), smoking, are no longer in the eye of the beholder, as it is not seen as being smoking tobacco. Recent studies have highlighted the prevalence of hookah use has increased in North America, especially among youth and young adults. Although hookah smoking has been associated with a variety of harms that researches are seeking, the risk of dependence is especially high since users smoke hookah in social circles and it is cheaper than cigarettes. The American lung association has identified hookah smoking as the first new tobacco product introduced since the 19th century. This new cause for concern as hookah contains many of the harmful carcinogens as cigarettes, such as tar, nicotine, and carbon monoxide. Much research has been conducted to study hookah smoking, but currently, there are few studies concerned about hookah smoking.

Thus, this study aimed to conduct a thorough review of recent scientific literature and examine factors associated with hookah smoking. It is important to examine factors related to hookah smoking among adolescents and young adults, especially since adult smoking rates in the United States have increased in recent years. The results of this study will help to understand the factors associated with hookah smoking and provide in more detail. This study adds to the current research, using Texas Youth Tobacco Survey data to explore factors associated with hookah smoking.

Methods

This study used data collected from students in grades 7 to 12 as part of the 2013 Texas Youth Tobacco Survey (TYTS). The survey was conducted in the spring of 2013 by the Public Policy Institute (PPI), in conjunction with the Texas State Department of Health Services (TSDH). The primary objective of the Texas Youth Tobacco Survey (TYTS) project is to examine tobacco use and related behaviors among adolescents and young adults in the state.

The survey was a self-administered, 11-page, paper-and-pencil questionnaire designed for students in grades six through twelve. The questionnaire assessed students’ general tobacco use (cigarettes, snus, chewing tobacco, pipe, cigar, and even, plain) status to smoking, and beliefs regarding the health effects of tobacco.

Data analysis

Statistical analyses were performed using Stata. Participants demographics and school performance variables were evaluated using descriptive statistics. The prevalence of multiple tobacco use product among hookah smokers and non-users were also assessed. Multivariate logistic regression analyses were conducted to assess the association between current hookah smokers and the demographic, school performance, smoking, and substance use variables. Other variables of interest included grade level, gender, race/ethnicity, current other tobacco product use (cigarettes, chewing tobacco in a pipe, and cigar), smoking to look cool, risk perception of cigarette, close friends who smoke cigarettes, parents’ discussion of tobacco use, exposure to tobacco prevention activities, smoking in public and at work, parental discussion of tobacco use, exposure to tobacco advertising, and exposure to tobacco promotions.

RESULTS

A total of 7,386 responses were received from 27 school districts in Texas. In this study, hookah use (water pipe) smoking was followed by the hookah users. Of those who were smokers, 6% were older than 20 years. The risk of dependence is especially high since young smokers smoke hookah in social circles and it is cheaper than cigarettes. The American lung association has identified hookah smoking as the first new tobacco product introduced since the 19th century. This new cause for concern as hookah contains many of the harmful carcinogens as cigarettes, such as tar, nicotine, and carbon monoxide. Much research has been conducted to study hookah smoking, but currently, there are few studies concerned about hookah smoking.

Three-quarters of current hookah users also reported smoking cigarettes.

Students who participated in anti-smoking education activities in school were less likely to report current hookah use.

Multivariate Logistic Regression Analyses Predicting Current Hookah Use

The prevalence of current hookah use among all Texas high school students was 0.6%. Among non-hookah users, 1.3% of students reported concurrent use of other tobacco products. Among current hookah users, most (86%) reported concurrent use of other tobacco products, such as cigarettes, chewing tobacco, tobacco in a pipe, and cigar, while more than 80% of non-hookah users reported concurrent use of other tobacco products.

Nearly all users of hookah (98%) were older than 20 years, while 3% of current hookah users reported concurrent use of other tobacco products. Among current hookah users, 9.5% reported concurrent use of other tobacco products, such as cigarettes, chewing tobacco, tobacco in a pipe, and cigar, while more than 80% of non-hookah users reported concurrent use of other tobacco products.

DISCUSSION

Concurrent use with other tobacco products significantly increases the likelihood of nicotine dependence.

The prevalence of hookah use is on the rise, and hookah use is higher among current hookah users, and the findings are consistent with other studies. This study has contributed to our understanding of whether adolescents consider hookah use in their daily lives.

CONCLUSION

REFERENCES


