

Hookah (Waterpipe) Use in Licensed Establishments

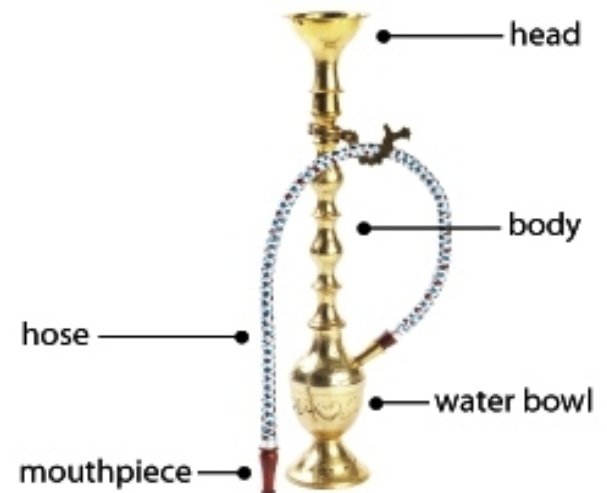
Re: LS7.2



Dr. David McKeown
Medical Officer of Health
October 22, 2015

- Hookahs are used to smoke tobacco or non-tobacco products called shisha.
- Also known as waterpipe, narghile, hubble bubble, ghelyoon, ghalyan, goza, argmile
- Usually heated by burning charcoal
- Often a collective activity
- Traditionally used to smoke tobacco in Iran, South Asian and Middle Eastern countries
- Use has recently increased in North America, especially among youth and young adults
- About 70 Toronto businesses allow hookah use on their premises, more than any other Ontario municipality

A typical hookah



Hookah (Waterpipe) Use in Licensed Establishments- June 1, 2015

- Responds to March 2014 request from the Board of Health to consult on measures, including prohibition to address the health risks of hookah use in Toronto commercial establishments.
- Summarizes results of consultations with hookah business owners, other local business owners, patrons, cultural and health organizations and universities and colleges.
- Reviews evidence of health risks from hookah use and second-hand smoke exposure and actions in other jurisdictions.
- **Identifies prohibition as the preferred option to address the health risks of hookah smoking and to discourage smoking, particularly among youth**

- Hookah smoking poses health risks to users and those exposed to the smoke, including employees
- Hookah use in licensed establishments normalizes smoking in public places
- 10% of Ontario students (grades 7-12) used a hookah in the past year in 2013
- 38% of Ontario students (grades 9-12) believe hookah use is less harmful than smoking cigarettes



Poor Air Quality at Toronto Hookah Businesses

A 2013 study conducted by the Ontario Tobacco Research Unit (OTRU) at hookah cafes in Toronto found:

- High levels of CO and PM_{2.5} (fine air pollutant particles) at levels that are considered harmful to human health
- Outdoor hookah cafes showed less harmful levels than indoors, but air quality levels were still poor
- High levels of air nicotine found in most locations suggest that tobacco shisha is smoked in contravention of the SFOA



Range of Stakeholders (including patrons and business owners) consulted - Fall 2014

Overall themes and key findings:

- Low awareness about the health risks of hookah smoking
- Visiting hookah establishments is a social and cultural practice for many
- Mixed views on a possible prohibition
- Nearly half of patrons would still visit the businesses even if they did not offer hookah smoking

A growing number of Canadian and American jurisdictions have addressed hookah use through various laws or bylaws.

- In Ontario: Peterborough, Orillia, Bradford, West Gwillimbury and Barrie
- Outside of Ontario: Quebec, Alberta, Nova Scotia and City of Vancouver
- In the United States: the states of Illinois, New Mexico, Michigan, New Jersey and Maine, and the City of Chicago and New York City

Why prohibition?

- Most health protective option to address health risks to hookah users, employees and non-smoking patrons
- Need to reduce visibility and acceptability of smoking in public places
- Follow trend of municipalities around the world which prohibit hookah use at commercial establishments
- Should be paired with public education to address misconceptions about health risks



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