

Cigarette and Nargileh Smoking Practices Among School Students in Beirut, Lebanon

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Objectives: To determine the prevalence and predictors of smoking nargileh and/or cigarettes among school students in Greater Beirut, Lebanon. **Methods:** A proportionate random sample of 2443 students from 13 public and private schools was selected and asked to complete self-administered anonymous questionnaires. **Results:** The prevalence of smoking cigarettes only, nargileh only, and both was 2.5%, 25.6%, and

6.3%, respectively. Stepwise regression analyses revealed that the predictors of smoking for either type are different, whereby nargileh smoking is more culturally accepted than cigarette smoking. **Conclusions:** Design interventions to increase awareness towards the hazards of the misconceived harmless effects of nargileh smoking.

Key words: smoking, cigarette, nargileh, adolescents, tobacco
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