

Waterpipe Tobacco Smoking: An Emerging Health Crisis in the United States

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Objective: To examine the prevalence and potential health risks of waterpipe tobacco smoking.

Methods: A literature review was performed to compile information relating to waterpipe tobacco smoking. **Results:** Waterpipe tobacco smoking is increasing in prevalence worldwide; in the United States, 10-20% of some young adult populations are current waterpipe users. Depending on the toxicant measured, a single

waterpipe session produces the equivalent of at least 1 and as many as 50 cigarettes. Misconceptions about waterpipe smoke content may lead users to underestimate health risks. **Conclusion:** Inclusion of waterpipe tobacco smoking in tobacco control activities may help reduce its spread.

Key words: waterpipe tobacco smoking, prevention, adolescent behavior

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