

## New Jersey State Laws

### Smoking Ban in Hookah Bars & Lounges

- In 2011, the NJ Office of Local Public Health issued Administrative Advisory 2011-001, stating that the NJSFAA smoking exemptions are NOT applicable to hookah bars, and non-tobacco shisha/smoking products are not to be smoked at hookah bars.
- SFAA allows a cigar bar lounge only if it existed as of 12/31/04, not changed in size or location, meets strict enclosure and ventilation requirements, etc. See NJSA 26:3D-59; NJAC 8:6-3.1 et.seq., Rule Comment #101.
- 2007 Rules state that a tobacco retail establishment (TRE) waiver is not for indoor smoking lounges. TRE waivers are for sampling of products purchased for consumption off premises. Sales of other products, including food and beverages, must be incidental. NJAC 8:6, response to comments #106-7.
- Municipal or county laws may further restrict smoking lounges.

### State law bans all smoking in college dormitories.

- Under 2005 NJ Smokefree College Housing Act, all college owned or operated housing on and off campus must be smokefree. NJSA 26:3D-17.
- Some NJ colleges have 100% smokefree policies that cover outdoor campus areas.

### State law bans selling or giving tobacco to a person under age 19

- State law prohibits the selling, furnishing or giving of tobacco in any form to a person under age 19. NJSA 2A:170-51.4.



### About Us

**Global Advisors on Smokefree Policy (GASP)** is a 39-year old nonprofit resource center dedicated to smokefree air & tobacco-free lives. Our Tobacco Control Policy & Legal Resource Center offers informational materials and technical assistance on emerging trends and issues in tobacco control, including outdoor smokefree policies and the economic and health benefits of smokefree multi-unit housing. Learn more at [www.njgasp.org](http://www.njgasp.org)

For information on how smoking and second- and third-hand smoke increases your risk of developing chronic disease including diabetes, and the difficulty in managing preexisting diabetes, visit [njgasp.org/diabetes.htm](http://njgasp.org/diabetes.htm).

Want to quit tobacco? Find resources at [njgasp.org/quit\\_tobacco.htm](http://njgasp.org/quit_tobacco.htm). Talk to your doctor, workplace, school and health insurer about programs to quit tobacco. NJ adults can call New Jersey Quitline for free help:

**NEW JERSEY  
QUITLINE**  
1-866-NJ-STOPS

**Tobacco-Free for a Healthy New Jersey** is a statewide tobacco control effort under the New Jersey Department of Health and Senior Services' Office of Tobacco Control.

**Tobacco-Free**  
FOR A HEALTHY NEW JERSEY

**Please note:** The information in this brochure is not intended as, nor to be construed, or used, as legal advice, and should not be used to replace the advice of your legal counsel.

## HAZARDS OF HOOKAH SMOKE



### Learn About the Health Dangers of Hookah Use and Exposure



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GASP is funded by the New Jersey Department of Health and Senior Services' Office of Tobacco Control, the U.S. Centers for Disease Control and private donations.  
07/13

## What is Hookah Smoking?

Hookah (shisha, goza, narghile) is a water pipe used to smoke maassel (flavored tobacco). Maassel is heated with charcoal, creating smoke that passes through an ornate water vessel and is inhaled via a hose.

Water pipes are often used communally, with several people sharing a single pipe. Some pipes have multiple hoses to facilitate group smoking. Otherwise, smokers pass the mouthpiece from one person to the next.

In the United States, commercial hookah smoking establishments, or hookah lounges, have become more common in recent years.

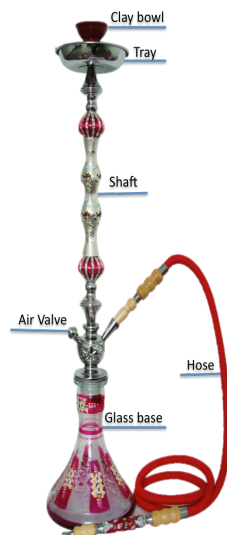
## Is Hookah Smoking Harmful?

- Hookah smoke contains toxins known to cause lung cancer and heart disease, and have adverse effects on pregnancies. (2005 World Health Organization WHO Advisory Note) Also impairs lung function and may cause Chronic Obstructive Pulmonary Disease (COPD).
- Hookah smoke contains nicotine (the addictive component of tobacco) tobacco-related carcinogens, tar, carbon monoxide (CO) and heavy metals.
- Heat sources like charcoal or wood cinders release CO, heavy metals and carcinogens that may increase health risks. (BACCHUS Network White Paper)
- Non-tobacco herbal hookah smoking is also harmful: the inhalation of any burned matter causes damage to the lungs, whether or not it contains tobacco.
- Blood CO levels are 1.5 times higher in hookah smokers than in heavy cigarette smokers. Nonsmoker CO levels are 3 ppm versus 40-70 ppm for hookah smokers.

## Hookah Use by Young Adults

### 2010 NJ Youth Tobacco Survey (NJDHSS)

- 11.4% of NJ high school students reported smoking tobacco or flavored tobacco hookah, an 18% increase from the 2008 finding of 9.7%.
- The 2008 survey found 4.1% of middle school students had smoked tobacco or flavored tobacco hookah.



### 2007 American Legacy Foundation Survey (ages 18-24)

- 42% surveyed believe hookah smoking is less dangerous than cigarette smoking.
- 32% believe hookah smoking is less addictive than cigarette smoking.

### 2008 University of Pittsburgh survey

- 40.5% of 647 students smoked hookah.
- 88% of those would smoke hookah again.
- 52.1% believed smoking from a water pipe was less addictive than smoking cigarettes.

### Reducing Hookah Use (BACCHUS Network)

- Hookah users tend to be social smokers and like to smoke with friends in bars, cafes and other public places.
- Early hookah use may lead to addiction and a transition to cigarette smoking.

## Hookah Use Creates Hazardous Second- and Third-Hand Smoke

- Secondhand hookah smoke (SHS) has the same disease risks associated with secondhand cigarette smoke. (WHO).
- There is no known safe level of exposure to SHS, a known Class A human carcinogen.
- SHS aggravates and increases chronic disease risks, such as asthma, allergies, lung cancer, pneumonia, chronic bronchitis, heart disease, emphysema and diabetes. SHS increases the risk of miscarriage.
- SHS levels in hookah lounges can be more than twice those in smoky bars.
- Hookah smoking at home produces SHS that enters adjoining rooms, hallways, and even other apartments by seeping through lighting fixtures, wall cracks, shared ventilation and around plumbing and doors.
- Third-hand smoke is residual SHS that is embedded into upholstery, rugs, walls and other surfaces. New studies indicate that third-hand smoke may be more dangerous than SHS, since third-hand smoke does not dissipate, and continuously emits toxins.

## Risk of Infectious/Gum Disease

- A hookah pipe is warm, moist, non-sterile and communally shared. It can be a growth medium for germs. 17% of tuberculosis cases in eastern Mediterranean areas have been attributed to water pipe smoking. Hookah sharing can also transmit herpes, hepatitis and other viruses and bacteria. Personal or disposable mouthpieces or hoses attached to the hookah do not eliminate the risk of transmitting disease.
- Hookah use increases the risk of periodontal disease five-fold (gum, bone).