

ATTITUDES TOWARD HOOKAH USE AMONG YOUNG MUSLIM ADULTS

Eman El-Rowmeim, MPH Candidate
SUNY DOWNSTATE - SOPH



BACKGROUND

US Muslims are more likely to use tobacco than the US general population, as tobacco use is culturally accepted in some Muslim majority countries.¹ Unfortunately, 22.4% of US Muslims use waterpipes, whereas 1.3% of the US population use them.¹ Previous research has shown that positive attitudes toward hookah use were associated with lifetime hookah use, linking nicotine dependence.³

OBJECTIVE

The purpose of this study is to describe patterns of and attitudes and beliefs towards hookah use among young adult Muslims residing in New York City.

- The first objective is to describe knowledge of health risks associated with tobacco use.
- The second objective is to examine the prevalence of hookah use under specific settings.
- The third objective is to describe the level of awareness of the addictive properties of hookah.
- The fourth objective is to describe attitudes on the relative harm of hookah compared to other substances like cigarettes, marijuana, prescription drugs, alcohol.

Methods

A survey study was conducted. The survey was administered in the form of an online survey using Qualtrics. To recruit participants, an ad was circulated on WhatsApp and Instagram.

References

1. Attarabeen O, Alkhatieb F, Larkin K, Sambamoorthi U, Newton M, Kelly K. Tobacco use among adult Muslims in the United States. *Subst Use Misuse*. 2019;54(8):1385-1399.
2. Ahmed B, Jacob P 3rd, Allen F, Benowitz N. Attitudes and practices of hookah smokers in the San Francisco Bay Area. *J Psychoactive Drugs*. 2011;43(2):146-152.
3. Fevrier B, Nabors L, Vidourek RA, King KA. Hookah use among college students: Recent use, knowledge of health risks, attitude and reasons for use. *J Community Health*. 2018;43(6):1037-1043.
4. World Health Organization. Tobacco Regulation Advisory Note. Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators. Geneva (Switzerland): World Health Organization, Tobacco Free Initiative. 2005

Results

Total of **50** individuals participated in this survey: 15 males and 35 females.

Demographics: 76% of respondents identified as Middle Eastern, 10% North African, 6% South Asian, 6% Black/African American, and 2% Turkish.

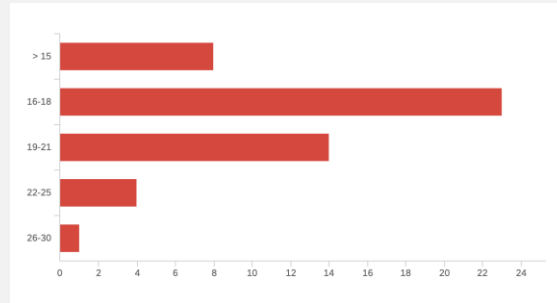
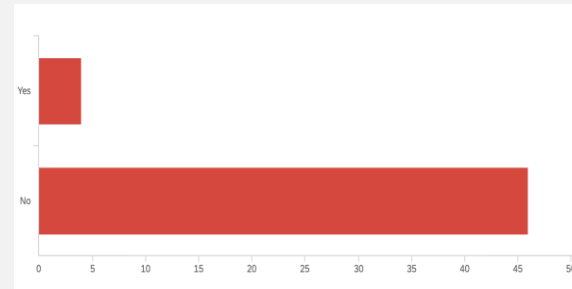
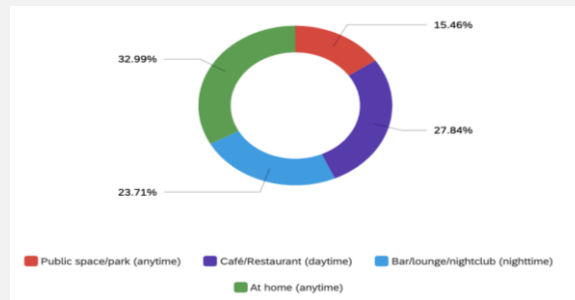


Table 1: At what age did you first start smoking hookah?



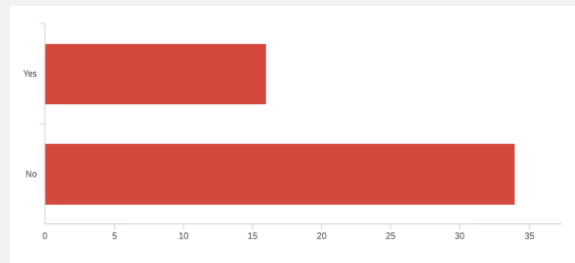
1st Objective

Table 2: Do you think using hookah would lead to you to experimenting with other drugs?



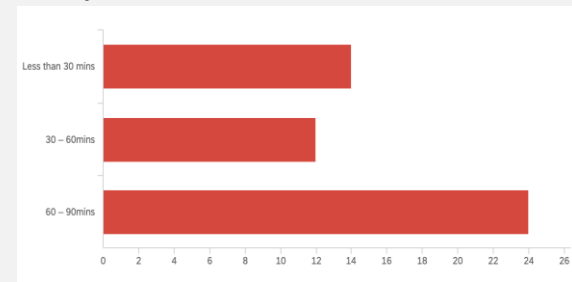
2nd Objective

Table 3: Where do you use hookah? (Check all that apply)



3rd Objective

Table 5: Do you feel like you could become addicted to Hookah?



2nd Objective

Table 4: If you selected Café/Restaurant or Bar/lounge/nightclub how long do you spend there?

Field	1	2	3	4	5
Marijuana	30.00% 15	8.00% 4	12.00% 6	16.00% 8	34.00% 17
Prescription Drugs	24.00% 12	28.00% 14	8.00% 4	22.00% 11	18.00% 9
Hookah	22.00% 11	18.00% 9	26.00% 13	22.00% 11	12.00% 6
Alcohol	14.00% 7	16.00% 8	36.00% 18	14.00% 7	20.00% 10
Cigarettes	10.00% 5	30.00% 15	18.00% 9	26.00% 13	16.00% 8

Showing rows 1 - 5 of 5

4th Objective

Table 6: Which do you think are more harmful to your health? [1 being most harmful to 5 being the least harmful]

Discussion/Conclusion

Most participants self-reported they first use hookah between their late teens to early twenty's. While 88% reported they have not smoked 100 cigarettes, a typical 1-hour hookah smoking session, users may inhale 100-200 times the amount of smoke they would inhale from a single cigarettes.⁴ Furthermore, 92% believed hookah would lead them to experiment with other drugs, however, a substantial amount also believed that you could NOT get addicted to hookah and that it is less addictive than the use of other tobacco products.

Miseducation and biased presumptions are often what lead to physical and psychological dependency on the drugs from the frequency of use.³ Hookah smokers are led by the belief that because hookah tobacco smoke is filtered by the water in the base of the smoking apparatus, many of the harmful substances are removed, making it less detrimental to health.² To combat it, more health workshops would be necessary in concentrated Muslim communities to educate and lift the burden of tobacco-related illnesses.

Have you smoked Hookah more than 10 times? Are you a Muslim from the NYC area?

Well, we are in need of your help! We are currently conducting research to understand the attitudes of Hookah use in the young adult Muslim community better and would love your participation. We'd like you to know this survey is entirely anonymous.

You must meet all of the 4 criteria for valid participation:

- A person who identifies as Muslim
- Between the ages of 18-30
- Reside in New York City (Brooklyn, Bronx, Manhattan, Queens, Staten Island)
- Have smoked Hookah 10 or more times

The link is attached below:
<https://tinyurl.com/Research-Survey-Participation>

Or scan the QR Code:

For questions or concerns contact
Eman-El-Rowmeim@downstate.edu or @ElRowmeim

Figure 1: Social Media Ad

Acknowledgment

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