

Hookah use: Could Families be a risk factor for future addiction?

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Abstract

Research indicates that smoking a hookah has health and addiction risks. In substance abuse research the family is often a protective factor in reducing youth substance use. However, this may not be the case for smoking a hookah. The aim of the current study was to examine the use of the hookah in the family. This was a cross-sectional descriptive study of 837 South African adult participants, 51.7% males and 48.3% females. The mean age of participants was 35.29 (SD D 15.11) years. The results indicate that families not only expose children younger than 18 years to using the hookah in the family, but children also experience the use of the hookah. Participants also indicated that other substances were used in the hookah. The findings of this study have implications for policy and intervention programs.

Introduction

Smoking tobacco is a global health epidemic and poses a particular risk for children and youths, and therefore countries are encouraged to adopt a plan for prevention and intervention as indicated by the World Health Organization (WHO, 2013). Previous research suggests that early age of onset of tobacco use is problematic for later substance use (Nelson, Van Ryzin, & Dishion, 2015) and that families pose a risk factor for adolescent use (Miller & Volk, 2002; WHO, 2013). Due to countries implementing tobacco control policies (WHO, 2013), tobacco smokers find alternative ways of smoking tobacco. One such way is smoking tobacco through the hookah, which is also known as the waterpipe.

A recent study review by the World Health Organization (2015) provides an overview of the health hazards of smoking the hookah as well as the research focus areas conducted on the hookah. In addition, the WHO review also highlights the need to study the hookah in different contexts. From a global perspective, we know that the majority of studies have been conducted with university students and youths (WHO, 2015). There have also been studies that compared male and female use, explored cultural contexts, as well as identified the health risks (El-Setouhy et al., 2008; Mohammad, Kayak, & Mohammad, 2008; Noonan & Kulbok, 2009). These health risks include lung diseases, cancer, tuberculosis, low birth weight, heart disease, and periodontal disease (Akl et al., 2011; Munckhof, Konstantinos, Wamsley, Mortlock, & Gilpin, 2003). A global trend has been that the hookah has become a social instrument rather than the cultural instrument it was originally designed for. In addition, there is the common belief that the water filters out the harmful chemicals of the

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