

FACTS ABOUT HOOKAH

- 1 Smoking hookah carries many of the same or greater health risks as smoking cigarettes.
- 2 Water, type of tobacco used, or piping DOES NOT prevent toxic substances from entering the lungs.
- 3 Smoke inhaled during a typical hookah session is more than 100 times that of smoking a cigarette.
- 4 Poisons in hookah tobacco and smoke may cause oral, lung, stomach, and esophageal cancers. It can also lead to reduced lung function, heart disease, and decreased fertility.



For help quitting visit Maine Quit Link
1-800-784-8669
and request a translator or talk to your PCP

New Mainers, New Partnership

Summary

Based in Augusta, CANMP (pronounced "camp") embraces immigrants as "New Mainers" who bring much-needed diversity, energy, and vitality to our area. These New Mainers face two main tobacco-related challenges: Many have a cultural tradition of using hookah, and many are adopting a new American tradition of using cigarettes and e-cigarettes. Healthy Communities of the Capital Area, in connecting with the **Capital Area New Mainers Project (CANMP)**, learned of these concerns and partnered with CANMP to create materials that addressed the community's unique needs.

Challenge

HCCA partnered with CANMP to understand the community's needs regarding tobacco prevention and education.

We learned:

- Mainly from Iran, Iraq, and Syria, these New Mainers need materials in English and Arabic to be able to connect with Maine's free quitting resources
- Culturally, most tobacco users are men, although Syrian women also smoke. Young people are more likely to smoke than vape, but the community wanted to share information on both
- Hookah is an important cultural tradition, but many don't know the dangers of tobacco and secondhand smoke

Intervention

Volunteers from CANMP, including a translator, a physician, and a community member, began brainstorming the best ways to address tobacco use in the community. We learned that the community prefers to hand printed flyers to people as well as hanging posters to share information with each other.

Results

HCCA, in partnership with CANMP, created six messages intended for the New Mainer community. These messages, both in English and translated into Arabic by CANMP, address:

- Facts about Hookah
- Why Is Smoking/Nicotine Addictive?
- Smoking Myths and Facts
- The "Tea" on Vaping
- Harmful Effects of Smoking
- Quit Strategies

Dr. Salam Al-Omaishi (known as Dr. Sal) also created a PowerPoint presentation that included quit resources, which he has already shared at a community summer outing at Lake St. George. **In fact, due to his positive experience working with HCCA on this project, Dr. Sal joined our Board of Directors!**

We look forward to continuing to partner with CANMP more in the future.

الآثار الضارة للتدخين:

- 01 هناك 7000 مادة كيميائية في دخان التبغ ، 250 منها على الأقل معروفة بأنها ضارة ، 69 معروفة بأنها تسبب السرطان.
- 02 المدخنون أكثر عرضة للإصابة بسرطان الرئة بحوالي 15 إلى 30 مرة مقارنة بمن لا يدخنون.
- 03 حتى سيجارة واحدة يوميًا تزيد من خطر الإصابة بالسرطان.
- 04 يمكن أن يعبر المشيمة ويؤدي إلى الولادة المبكرة ، وانخفاض الوزن عند الولادة ، وفشل الجهاز التنفسي عند الولادة ، ومتلازمة موت الرضيع المفاجئ (SIDS).

للمساعدة في الإقلاع ، قم بزيارة
أو اتصل بالرقم 1-800-800-1230 أو www.mainequitlink.com
1230-207 واطلب مترجم



"Providing the refugee community with materials on education and resources on smoking cessation in their language will further help develop trust that they are cared and valuable members of our community."

DR.SALAM AL-OMAISHI, MD



Maine Center for Disease Control & Prevention
Department of Health and Human Services

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