

Prevent the Sale!

Newsletter for Idaho Tobacco Retailers

Newsletter for Idaho Tobacco Retailers Sponsored by Idaho Department of Health & Welfare

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Hookahs and E-Cigarettes: Devices that Offer Something Different, but Dangerous

By Cheryl Dudley

Facts and Stats

“A” Average for NOVEMBER

According to Idaho Code 39-5701, the Idaho Department of Health and Welfare must inspect each business that sells tobacco to ensure that it does not sell tobacco to minors.

NOVEMBER 2011

- ❖ 215 Vendors were inspected.*
- ❖ 13 Vendors sold to the inspecting minor.
- ❖ The compliance rate for the month of November 2011 was 93.95%

*Inspections where purchase attempts were made.

Prevent the Sale Web site

preventthesale.
com/idaho

- Learn about the law
- Take the tobacco quiz
- See what the ID's look like
- Play the Game "Would You Sell to This Person?"

A New Cigarette Trend: Roll Your Own

Roll-your-own cigarette machines have become popular in more than 40 U.S. states, including Idaho. The benefit of rolling your own is the cost: stores charge taxes at the rate set for loose tobacco, which is a fraction of the taxes charged for a commercial package of cigarettes.

The high-speed cigarette rolling machines function like mini factories, spitting out 200 cigarettes in just 8 minutes. The customer adds loose tobacco and empty filtered tubes, presses a button and waits.

There are major concerns over roll-your-own machines. Health officials fear that cheaper cigarettes will result in more people smoking. The feds question the legality of the machines. In New York City, one lawsuit has already been filed against a store, stating that it is engaging in blatant tax evasion.

But health officials are focusing on the potential increase in smoking that the cheaper cigarettes may encourage. In Washington State, smoking this year increased after a seven-year decline, and authorities are wondering if roll-your-own machines are the reason.

In Idaho, the Attorney General's Office keeps a list of all cigarettes and roll your own tobaccos that comply with Idaho's Master Settlement Agreement act, and has the authority to seize illegal roll your own tobacco that is not listed. Be sure to check and make sure you are in compliance.

Renew Tobacco Permits Now!

Your tobacco permit will expire on December 31, 2011. You can renew your permits right now online for free at:
<http://www.tobacopermits.com/Idaho>

Be sure to renew your permit before it expires to avoid penalties.

The Hidden Dangers of Hookah

A hookah pipe is also known as a water pipe or a narghile—a single or multi-stemmed instrument used for smoking flavored tobacco in which the smoke, called shisha, is cooled by water. Many hookah smokers are under a misconception that flavored tobacco isn't harmful.

The origin of the hookah can be traced back to India. Smoking the hookah has gained popularity in the U.S., and is most popular in college towns where it is regarded as a chic way to socialize and embrace multiculturalism. Hookah lounges typically offer patrons places to smoke and usually are akin to a bistro.

A surprising high number of college students use hookahs, and according to a survey by Wake Forest Baptist Medical Center, 17.4 percent of college students in North Carolina used hookah pipes regularly.

The mistaken impression, says the survey, is that smoking the flavored tobacco through a water pipe is less harmful than inhaling the acrid smoke of a cigarette. In fact, according to a 2005 World Health Organization study, because a typical hookah session lasts an hour or more (with smokers inhaling deeply), a session can be the equivalent to *smoking 100 cigarettes*.

A recent New York Times article cited that study, which also found that hookah smoke contains tar, heavy metals and other cancer-causing chemicals, as well as a University of Florida study that points to the charcoal (which you use to heat the tobacco for the pipe) as a culprit in dangerously high carbon monoxide levels, even for people who spend time in the lounges without actually smoking.

“And because hookahs are meant to be smoked communally – hoses attached to the pipe are passed from one smoker to the next – they have been linked with the spread of tuberculosis, herpes and other infections,” writes the Times’ writer Douglas Quenqua.

But now state legislators in California, Connecticut and Oregon are taking the lead in introducing bills that would ban or limit hookah lounges.

As you might expect, the news of anti-hookah legislation has drawn plenty of criticism, with complaints about limitations on personal freedom. Some have suggested that hookah smokers should pay a premium for health care.

For some reason, hookah smokers still harbor a misconception that flavored tobacco isn’t harmful. Many college students who would never touch a cigarette are avid hookah smokers. But the truth is, while the water does absorb some of the nicotine, water pipe smokers are still exposed to a sufficient dose of nicotine to cause addiction.

There is no controversy about the facts on smoking. Thousands of careful studies have documented them. No major medical or health agency questions them: Smoking is a destructive habit.

Hookah Pipe



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- Possible Ban on E-Cigarettes
- Renew Tobacco Permits!

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