Shaping interventions to address waterpipe smoking in an Arabic speaking community

Waterpipe smoking

- Prevalence is growing worldwide
- Perceived as less harmful than other tobacco use
- Health effects: toxicity, lung cancer, periodontal disease
- Limited evidence about use in Australia
Research aim
To explore perceptions held by Arabic speaking communities

Results
• Waterpipe smoking was widely practiced
• Connected with cultural identity and socialising
• A different meaning than cigarette smoking
• Misconceptions of harm existed about health effects
• Perceptions varied about the need for interventions
Implications for health promotion

• Consider community readiness
• Raising community awareness about health effects
• Debunking myths
• A culturally sensitive approach
• Inclusion in policy, legislation and campaigns