



Water pipe tobacco smoking

Did you know that:

- ⦿ Water pipe smoking is a source of heavy metal exposure, tar and carbon monoxide poisoning.
- ⦿ The water pipe smoke contains carcinogenic substances and increases the risk for serious illnesses.
- ⦿ Water pipes produces more smoke than cigarettes, and it has been estimated that smoke exposure per session is equivalent to 100-200 cigarettes.
- ⦿ Water pipe users are prone to infections due to the habit of sharing water pipes without changing the mouthpiece.
- ⦿ To make it more tasteful the water pipe tobacco is shaped and added with different kind of fruit flavours and honey.

(WHO Study Group on TobReb 2005)



- ⊙ Do you mind talking about tobacco in general and the use of tobacco?
- ⊙ In what way do you think tobacco use affects your health and teeth?
- ⊙ I can see that you know quite a lot about tobacco. Can I tell you a little bit more?
- ⊙ What do you think about all of this, and about your own use of tobacco?
- ⊙ Do you want any help to quit smoking?

Yes, I want to quit	I'm not sure, ambivalent
Inform about different ways of support and help like telephone support, Internet, brochures, books or personnel support	Prepared? How important is it for you to change....?
What would be suitable for you?	If I show you this scale, where do you think you are?
Short summary How do you feel about all of this?	Short summary
What's the next step?	Investigate the person's <u>capacity</u> .
Follow it up	If you decide to make a change. What is your capacity?
	Short summary What can help you to make a change?

Prepared

Not ready

Ambivalent

Ready

Capacity

0

10

Make a summary of the whole interview