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12 March 2015

**Statement re: The impact of Shisha smoking on the health of children and young people prepared for the Sheffield Children's Safeguarding Board for the attention of Julie Hague.**

Traditionally Shisha contains tobacco, so like cigarettes it contains nicotine, tar, carbon monoxide and heavy metals, such as arsenic and lead. As a result, children and young people who smoke shisha are at risk of the same kinds of diseases as cigarette smokers. Child and adolescent smoking causes serious risks to respiratory health both in the short and long term. Children who smoke are two to six times more susceptible to coughs and increased phlegm, wheeziness and shortness of breath than those who do not smoke<sup>11</sup>. Smoking impairs lung growth and initiates premature lung function decline which may lead to an increased risk of chronic obstructive lung disease later in life. The earlier children become regular users of tobacco and persist in the habit as adults, the greater the risk of developing lung cancer or heart disease. Children are also more susceptible to the effects of passive smoking. Bronchitis, pneumonia, asthma and sudden infant death syndrome (cot death) are significantly more common in infants and children and young people who have one or two smoking parents.

It's difficult to say exactly how much smoke or toxic substances you're exposed to in a typical shisha session. People smoke shisha for much longer periods of time than they smoke a cigarette, and in one puff of shisha you inhale the same amount of smoke as you'd get from a smoking a whole cigarette. The average shisha-smoking session lasts an hour and research has shown that in this time you can inhale the same amount of smoke as from more than 100 cigarettes. Therefore the risk to children's health could be more significant for those who smoke Shisha as opposed to cigarettes.

Some people mistakenly think that shisha smoking is not addictive because the water used in the pipe can absorb nicotine. In reality, because only some of the nicotine is absorbed by the water, shisha smokers are still exposed to enough nicotine to cause an addiction.

As smoking becomes less visible and less socially acceptable it should reduce smoking uptake by young or new smokers.

### **Current activity in Sheffield to reduce smoking amongst Children and Young People**

Sheffield City Council commissions a comprehensive programme of tobacco control in order to reduce smoking amongst children and young people in the city.

ZEST deliver a citywide tobacco control related education, advice and early intervention programme for children and young people. This service targets schools in deprived areas of the city with high smoking prevalence and aims to reduce the number of young people who take up smoking (this includes all tobacco products) and encourage smokers to stop, by implementing a whole school approach to tobacco control and a schools-based Smokefree Peer Support Programme.

The Yorkshire Smokefree Service offers stop smoking support for children and young people across the city.

The Smokefree Spaces Service - aims to protect children and their families from harmful exposure to secondhand smoke by supporting these groups to make a Smokefree Homes and Cars pledge.

Furthermore the Sheffield Tobacco Control programme is in the process of developing a communication and marketing campaign aimed at reducing uptake of tobacco use amongst children and young people. The specific branding and messages for the programme are currently been developed. This will run during quarter one of 2015.

Yours sincerely



**Sarah Hepworth**  
**Health Improvement Principal**  
**Place Public Health Team**

Annex E (ii)

**Sheffield**  
City Council



**Business Strategy & Regulation**

Director of Business Strategy & Regulation: Mick Crofts  
**Health Protection Service**  
2-10 Carbrook Hall Road • Sheffield • S9 2DB  
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Officer: S Gibbons  
Ref: Breeze/rl

Tel: 0114 273 4616  
Date: 11 February 2015

Julie Hague  
Sheffield Safeguarding Children Board  
Licensing Project  
Floor 3  
Howden House  
Union Street  
Sheffield  
S1 2SH

Dear Ms Hague

I write further to your recent application to review the premises licence for Breeze, 110 John Street, Sheffield S2 4QU.

Whilst this service is not submitting a formal representation, I wish to bring the following to your attention.

During the joint enforcement visit to Breeze on 4th December 2014, the smoking of shisha pipes was witnessed taking place in a smoke free area of the premises. This is despite warnings to Mr Saqib Altaf Hussain previously. This service is now in the process of preparing a prosecution file to be sent to our legal team for allowing smoking to take place in a smoke free area.

Furthermore, on 15 January 2015, a prohibition notice was served on Mr Hussain, Breeze, 110 John Street to prohibit the misuse of medicinal and industrial gases at Breeze, 110 John Street. This was following the 4th December visit when members of the public were witnessed inhaling laughing gas (nitrous oxide) from balloons. Failure to comply with the legal notice served could result in a fine up to £20,000 and/or a custodial sentence.

If you require any further information please do not hesitate to contact me.

Yours sincerely

S Gibbons  
Environmental Health Officer

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Cardio Wellness have made two videos about shisha smoking and tobacco chewing. If you want to find out more information about how tobacco use could affect your body go to:  
<http://www.cardio-wellness.com/health-videos.html>

## Cardio Wellness

Registered Charity No: 1111244

<http://www.cardio-wellness.com>

Tel.: 0118 931 0361

Cardio Wellness works closely with hard to reach groups on a number of projects to help raise awareness of coronary heart disease, diabetes, obesity and to highlight the risks of smoking, shisha use and tobacco chewing.

THIS LEAFLET HAS BEEN PRODUCED BY SOLUTIONS4HEALTH  
IN SUPPORT OF CARDIO WELLNESS

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<http://www.solutions4health.co.uk>

...to smoke it when friends came  
air, and everyone sitting around  
together. When I got married  
friends around too for narghile -  
right - hospitality. When I got  
my baby so I read all the leaflets  
cold turkey. But then I started  
that another mum at the clinic

### Abid's Story

I used to love going to the shisha joints -- it was a real game finding the new place on Facebook when the old one had been raided -- I guess it adds to the thrill. But then one of my uncles got lung cancer, he's only 47 -- it was him that gave me my first shisha as it goes. It really made me think about what shisha was doing to me and I found out some information online -- funny in the old days I used to order my smokes online. I loved apple flavour -- used to joke it was one of my five a day. It wasn't good what I found out though. I can't believe I had been doing that to myself -- slowly poisoning myself with carbon monoxide. And look at uncle, it can



give you cancer. I'm glad now that I understand more about my body and taking care of myself. It means I can still play my football too -- I was really struggling before -- shisha takes the air out of your lungs. I still meet with my friends, still say Salaam, still on the scene. But these days we're on the move and it feels really good.

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