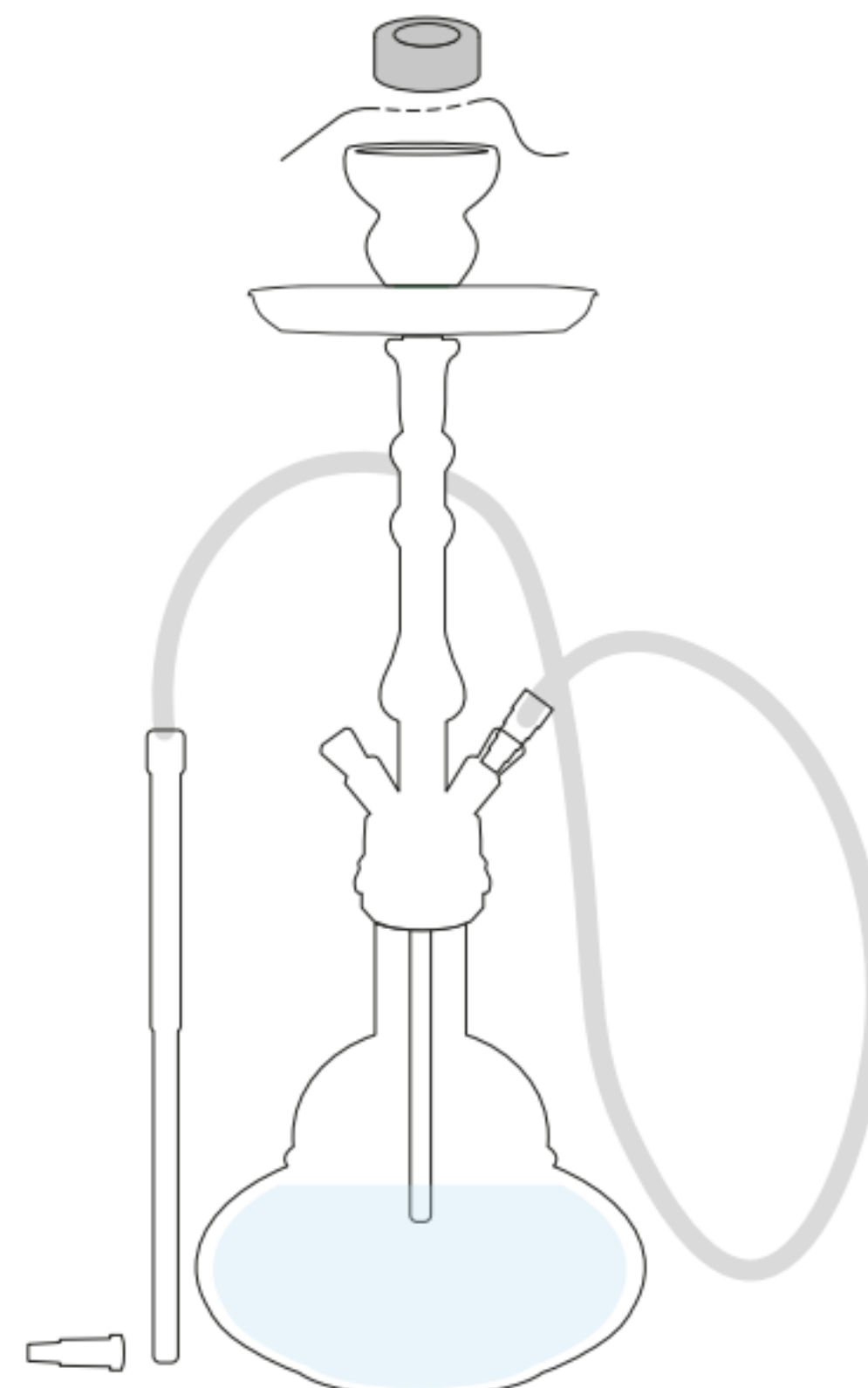


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Waterpipe use in Germany: trends in prevalence, co-use of further nicotine-containing inhalation products, and perceived health risks of consumption (DEBRA Study)

What did we investigate?

- I. Prevalence trends in current waterpipe (WP) use in Germany from 2018-2023
- II. Co-use of further nicotine-containing inhalation products (cigarettes, heated tobacco products, and/or e-cigarettes)
- III. Perceived health risk of WP use compared to cigarette smoking.



How did we investigate?

- German-wide, representative face-to-face survey (DEBRA Study): 
- 32 survey waves; 67,579 respondents, aged ≥14
- 1,415 current WP user
- Descriptive analyses

I. Prevalence trends

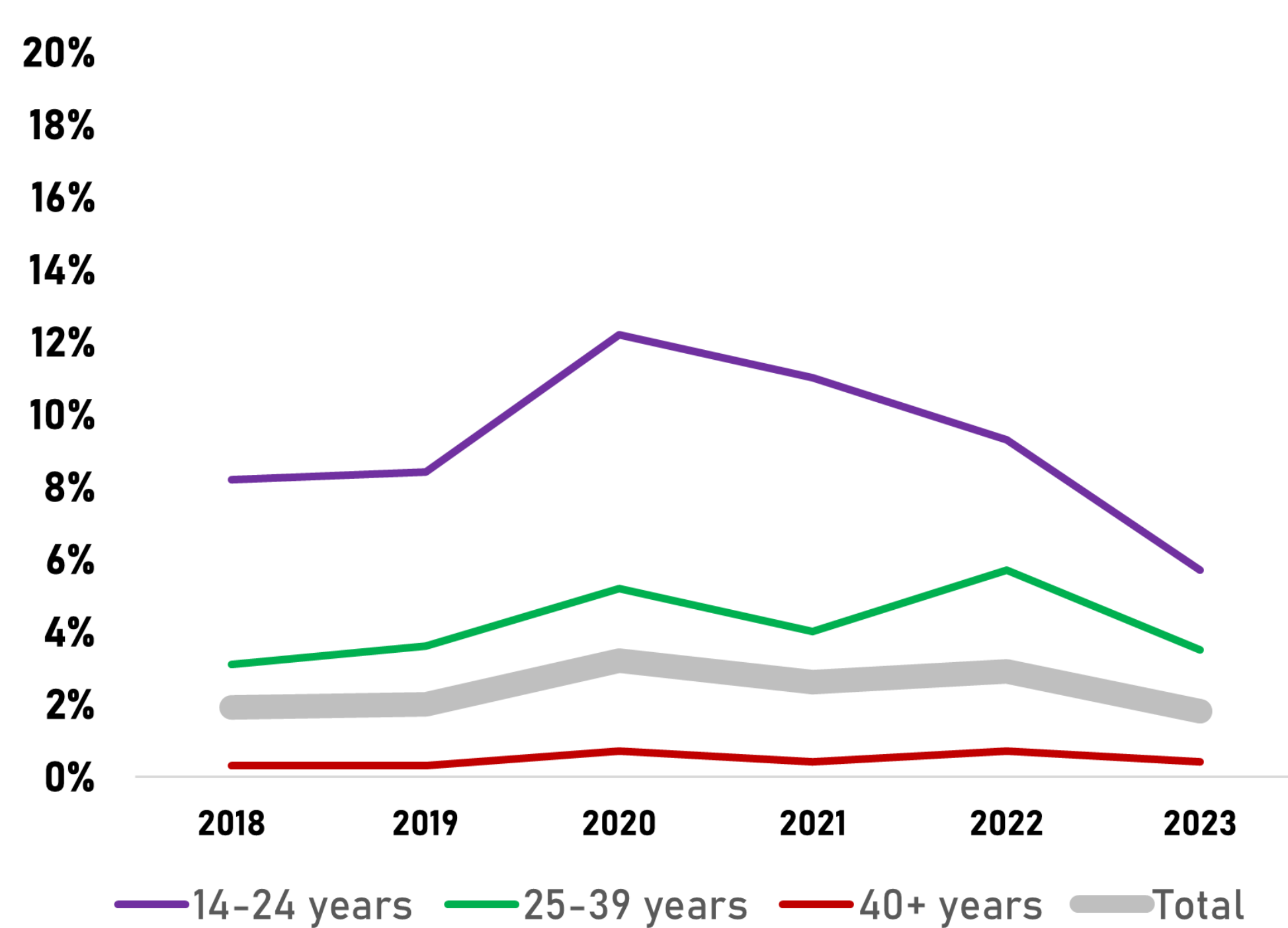


Fig 1) Prevalence of current WP users by age groups and year of data collection (N=1,415)

II. Co-use

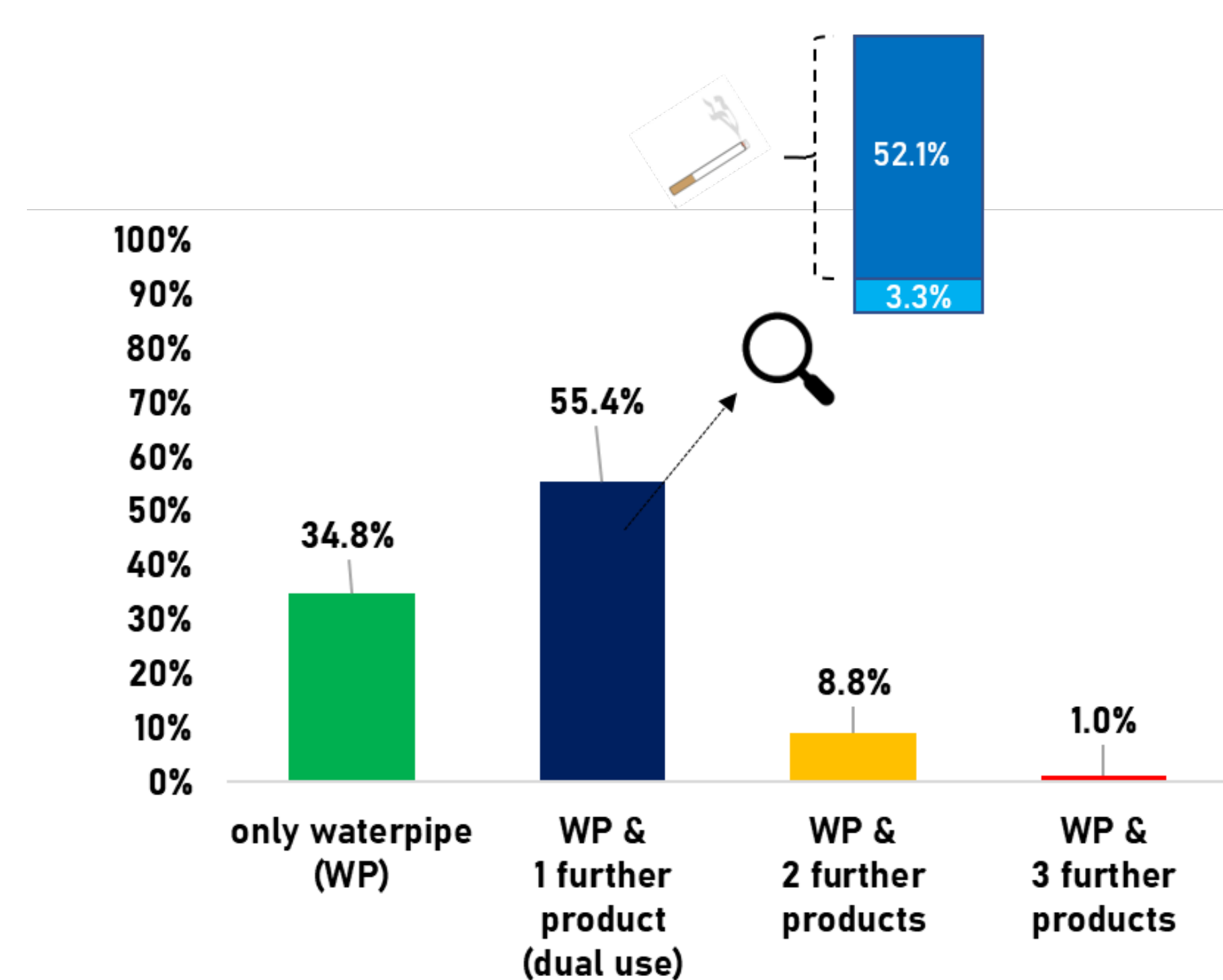


Fig 2) Co-use of WP and further products (cigarettes, heated tobacco products, and/or e-cigarettes) in current WP user (N=1,415)

III. Perceived health risk (WP vs. cigarette)

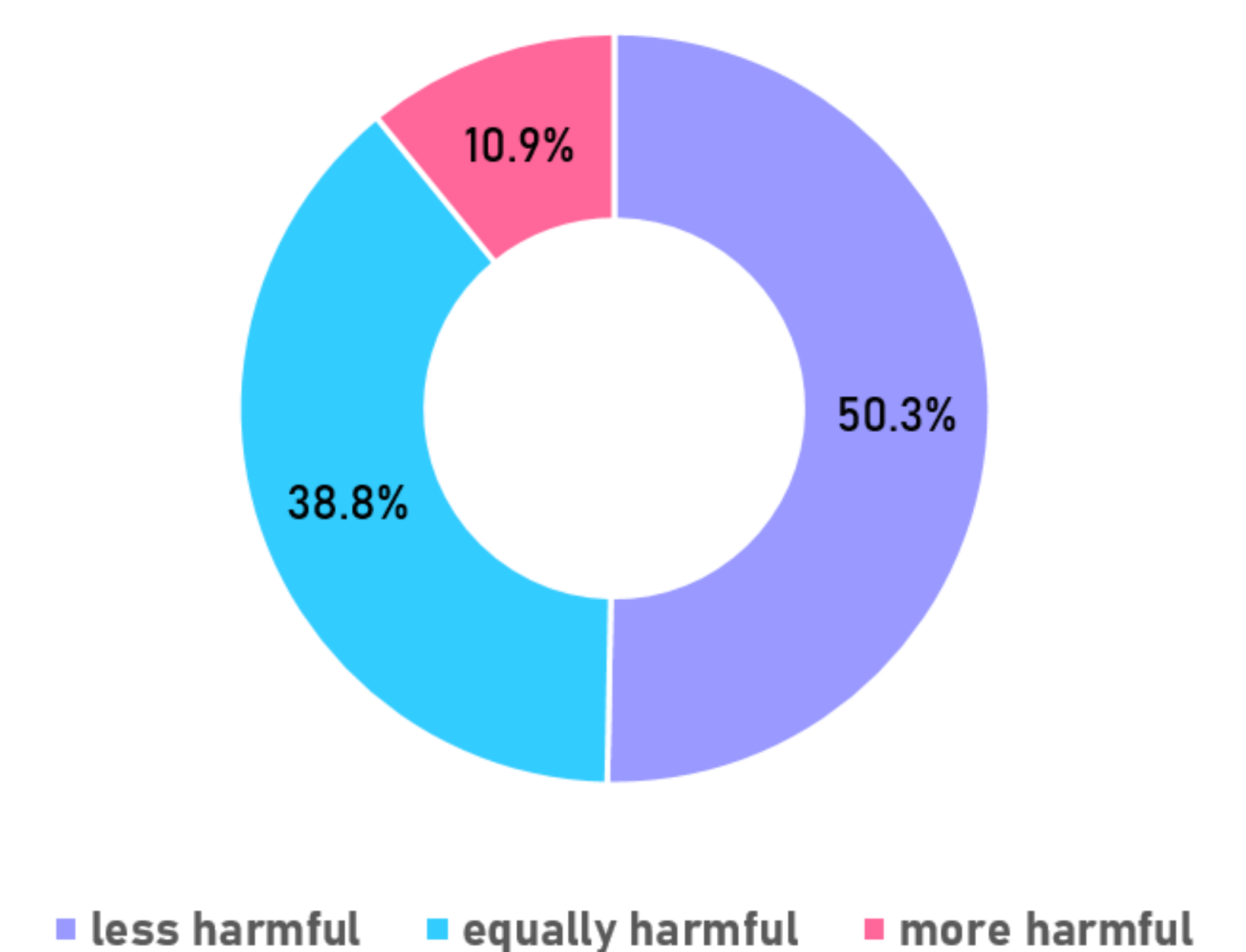


Fig 3) Perceived health risk of WP compared to cigarettes in current WP user (N=183, question added in the last six waves)

What does this mean?

After the prevalence of current waterpipe users in Germany increased from 1.9% in 2018 to 3.2% in 2020, this percentage dropped to only 1.8% in 2023. Still 5.7% of young people use WP, which is of concern, because of the associated health risks. Dual use of WP and cigarettes is most prevalent. The vast majority of current WP users underestimate the health risks of WP compared to cigarettes.

What should be done?

It is important to inform especially young users about the health risks of WP consumption, and to continue monitoring the use of WPs.