

**WHEREAS**, the use of illegal drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

**WHEREAS**, surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families, the less likely they are to smoke, drink and use illegal drugs; and

**WHEREAS**, teenagers who virtually never eat dinner with their families are 72 percent more likely than the average teenager to use illegal drugs, alcohol and cigarettes; however, teenagers who almost always eat dinner with their families are 31 percent less likely to use illegal drugs, alcohol, and cigarettes; and

**WHEREAS**, the correlation between family dinners and reduced risk for teen substance abuse are well documented since parental influence is known to be one of the most crucial factors in determining the likelihood of substance abuse by teenagers; and

**WHEREAS**, family dinners have long constituted a substantial pillar of family life in America.

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of the County of Santa Clara, State of California does hereby proclaim September 25, 2006 as

## **FAMILY DAY - A DAY TO EAT DINNER WITH YOUR CHILDREN**

and urge all citizens to recognize and participate in its observance.

**PASSED AND ADOPTED**, this Eighth Day of August, Two Thousand and Six by unanimous vote.

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James T. Beall, Jr., Chair  
Board of Supervisors

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Donald F. Gage  
Supervisor, District One

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Blanca Alvarado  
Supervisor, District Two

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Pete McHugh  
Supervisor, District Three

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Liz Kniss  
Supervisor, District Five

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Attest: Phyllis A. Perez  
Clerk, Board of Supervisors