



# Lake County Illinois

## Legislation Text

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Resolution proclaiming Monday, September 26, 2011 as Family Day - A Day to Eat Dinner with Your Children.

### **RESOLUTION**

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

**WHEREAS**, 16 years of 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;

**WHEREAS**, frequent family dining is associated with lower rates of teen smoking, drinking, illegal drug use and prescription drug abuse;

**WHEREAS**, the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented;

**WHEREAS**, parents who are engaged in their children's lives - through such activities as frequent family dinners - are less likely to have children who abuse substances;

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

**NOW, THEREFORE, BE IT RESOLVED**, by this County Board of Lake County, Illinois, that we do hereby proclaim Monday, September 26, 2011 as **Family Day - A Day to Eat Dinner with Your Children**, and we do hereby urge all citizens to recognize and participate in its observance.

**Dated, at Waukegan, Lake County, Illinois**, on this 13<sup>th</sup> day of September, A.D., 2011.