

Agenda Item # 5

DISTRIBUTION

County Board
National Center on
Addiction and Substance
Abuse at Columbia
University

STATE OF ILLINOIS)
) SS
COUNTY OF LAKE)

COUNTY BOARD, LAKE COUNTY, ILLINOIS
REGULAR SEPTEMBER, A.D., 2007 SESSION
SEPTEMBER 11, A.D., 2007

TO THE MEMBERS OF THE COUNTY BOARD:

Your Chairman presents herewith a Resolution proclaiming Monday, September 24, 2007 as *Family Day - A Day to Eat Dinner With Your Children*, and requests its adoption.

Respectfully submitted,



Suzi Schmidt, Chairman
Lake County Board

PROCLAMATION

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; and

WHEREAS, 12 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; and

WHEREAS, teenagers who eat dinner with their families two times a week or less are twice as likely to drink alcohol and smoke cigarettes, compared to teens who have frequent family dinners; and

WHEREAS, teenagers who eat dinner with their families are half as likely to smoke cigarettes, smoke marijuana and drink alcohol; and

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

WHEREAS, parental engagement 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, by this County Board of Lake County, Illinois, that we do hereby proclaim Monday, September 24, 2007 as *Family Day - A Day to Eat Dinner With Your Children*, and urge all citizens to recognize and participate in its observance.

DATED, at Waukegan, Lake County, Illinois on this 11th day of September, A.D., 2007.