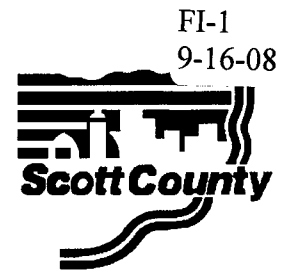


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September 9, 2008

TO: Board of Supervisors

FROM: Chris Berge, Administrative Assistant

SUBJECT: Family Day Proclamation

Launched by The National Center on Addiction and Substance Abuse (CASA) in 2001, *Family Day* is a national movement that encourages parents to frequently eat dinner with their kids and be involved in their children's lives. Last year the President, all 50 Governors and more than 750 Mayors and County Executives proclaimed and supported *Family Day - A Day to Eat Dinner with Your Children™*.

CASA's research consistently finds that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs. *Family Day* helps remind busy families of the invaluable role that parental involvement plays in steering children and teens away from cigarettes, drugs and alcohol. According to CASA's 2007 report, *The Importance of Family Dinners IV*, compared to teens who have five to seven family dinners per week, those who dine with their families fewer than three nights a week are three and half times likelier to abuse prescription drugs; three times likelier to try marijuana, more than two and a half times likelier to smoke cigarettes and one and a half times likelier to drink alcohol. The report also found that teens who have frequent family dinners are likelier to get better grades in school.

A sample proclamation is attached for your review.

THE COUNTY AUDITOR'S SIGNATURE CERTIFIES
THAT THIS RESOLUTION HAS BEEN FORMALLY
APPROVED BY THE BOARD OF SUPERVISORS ON

DATE

SCOTT COUNTY AUDITOR

RESOLUTION

SCOTT COUNTY BOARD OF SUPERVISORS

September 18, 2008

PROCLAIMING SEPTEMBER 22, 2008 AS FAMILY DAY – A DAY TO
EAT DINNER WITH YOUR CHILDREN

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;

WHEREAS, 13 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 family dinners and reduced risk for teen substance abuse are 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 the Scott County Board of Supervisors as follows:

- Section 1. That the Board proclaims the fourth Monday of in September as *Family Day – A Day to Eat Dinner With Your Children[™]*, and urges all citizens to recognize and participate in its observance.
- Section 2. This resolution shall take effect immediately.