

THE BOARD OF SUPERVISORS, COUNTY OF SAN MATEO, STATE OF CALIFORNIA PROCLAIMS SEPTEMBER 26th, 2011 AS

**FAMILY DAY –
A DAY TO EAT DINNER WITH YOUR
CHILDREN**

PROCLAIMED, by the Board of Supervisors of the County of San Mateo, State of California, that

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

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; and

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

WHEREAS, family meals have long constituted a pillar of family life in America;

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of the County of San Mateo, State of California, hereby declares September 26th, 2011, as Family Day – A Day to Eat Dinner with Your Children in San Mateo County.

Dated: September 13, 2011

Supervisors:

Carole Groom, President

Dave Pine

Don Horsley

Rose Jacobs Gibson

Adrienne J. Tissier

Attest: Deputy Clerk of the Board of Supervisors