

107TH CONGRESS
1ST SESSION

H. CON. RES. 191

Expressing the sense of the Congress regarding the importance of parents
and children eating dinner together as a family.

IN THE HOUSE OF REPRESENTATIVES

JULY 23, 2001

Mr. RANGEL submitted the following concurrent resolution; which was referred
to the Committee on Education and the Workforce

CONCURRENT RESOLUTION

Expressing the sense of the Congress regarding the importance of parents and children eating dinner together as a family.

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 surveys conducted by the National Center on Addiction and Substance Abuse have consistently found that children and teenagers who routinely eat dinner with their parents are far less likely to use illegal drugs, alcohol, and cigarettes;

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;

Whereas the correlation between family dinners and reduced risk for teen substance abuse is well documented;

Whereas 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;

Whereas a National Family Day, A Day to Eat Dinner With Your Children, on Monday, Septemeber 24, 2001, would encourage families to eat together: Now, therefore, be it

1 *Resolved by the House of Representatives (the Senate*
2 *concurring)*, That it is the sense of the Congress that—

3 (1) eating dinner together as a family is an im-
4 portant step toward preventing drug, alcohol, and
5 cigarette use by children; and

6 (2) a National Family Day, A Day to Eat Din-
7 ner With Your Children, should be established to en-
8 courage parents and children to eat dinner together
9 regularly as a family.

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