

106TH CONGRESS  
2D SESSION

# S. RES. 323

Designating Monday, June 19, 2000, as National Eat-Dinner-With-Your-Children Day.

---

## IN THE SENATE OF THE UNITED STATES

JUNE 14, 2000

Mr. BIDEN (for himself, Mr. GRASSLEY, Mr. JEFFORDS, Mr. LEVIN, Mr. BRYAN, Mr. KENNEDY, Mrs. MURRAY, Mr. MOYNIHAN, Mr. SESSIONS, Mr. DEWINE, Mr. HELMS, Mr. THURMOND, Mr. SCHUMER, and Mr. INOUE) submitted the following resolution; which was considered and agreed to

---

## RESOLUTION

Designating Monday, June 19, 2000, as National Eat-Dinner-With-Your-Children Day.

Whereas the use of illegal drugs and the abuse of substances such as alcohol and nicotine constitute the single greatest threat to the health and well-being of American children;

Whereas surveys conducted by the National Center on Addiction and Substance Abuse at Columbia University have found for each of the past 4 years that children and teenagers who routinely eat dinner with their families are far less likely to use illegal drugs, cigarettes, and alcohol;

Whereas teenagers from families that seldom eat dinner together are 72 percent more likely than the average teenager to use illegal drugs, cigarettes, and alcohol;

Whereas teenagers from families that eat dinner together are 31 percent less likely than the average teenager to use illegal drugs, cigarettes, and alcohol;

Whereas the correlation between the frequency of family dinners and the decrease in substance abuse risk is well documented;

Whereas parental influence is known to be one of the most crucial factors in determining the likelihood of teenage substance abuse; and

Whereas family dinners have long constituted a substantial pillar of American family life: Now, therefore, be it

1       *Resolved*, That the Senate—

2               (1) recognizes that eating dinner as a family is  
3       a critical step toward raising healthy, drug-free chil-  
4       dren; and

5               (2) designates Monday, June 19, 2000, as Na-  
6       tional Eat-Dinner-With-Your-Children Day.

○