

**BEFORE THE BOARD OF COUNTY COMMISSIONERS  
FOR MULTNOMAH COUNTY, OREGON**

**PROCLAMATION NO. 08-126**

Proclaiming the Fourth Monday of September as Family Day – A Day to Eat Dinner with Your Children™

**The Multnomah County Board of Commissioners Finds:**

- a. The use of illegal and prescription drugs and the abuse of alcohol and nicotine are great threats to the well-being of America's children.
- b. A child who gets through age 21 without smoking, abusing alcohol or using illegal drugs is virtually certain never to do so.
- c. No one has more power to prevent kids from using substances than parents.
- d. 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.
- e. Thirteen (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.
- f. Family Day – A Day to Eat Dinner with Your Children™ is a national effort to promote parental engagement as a simple, effective way to reduce youth substance abuse risk and raise healthier children.

**The Multnomah County Board of Commissioners Proclaims:**

The fourth Monday of every September as *Family Day – A Day to Eat Dinner with Your Children™* and urge all citizens to recognize and participate in its observance.

ADOPTED this 18<sup>th</sup> day of September, 2008.

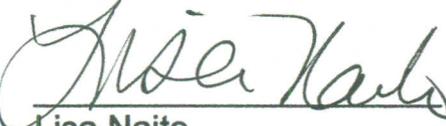
BOARD OF COUNTY COMMISSIONERS  
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SUBMITTED BY:  
Wendy Lebow, Director, Commission on Children, Families & Community