

106TH CONGRESS
2D SESSION

H. CON. RES. 343

Expressing the sense of the Congress regarding the importance of families eating together.

IN THE HOUSE OF REPRESENTATIVES

MAY 25, 2000

Mr. RANGEL (for himself and Mr. McCOLLUM) 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 families eating together.

Whereas the use and abuse of illegal drugs, nicotine, and alcohol are the greatest threat to the health and well-being of American children;

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

Whereas family dinners have long been a pillar of American family life;

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

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, according to these surveys, teenagers from families that seldom eat dinner together are 72 percent more likely than the average teenager to use illegal drugs, cigarettes, and alcohol, and teenagers from families that eat dinner together are 31 percent less likely than the average teenager to use illegal drugs, cigarettes, and alcohol;

Whereas one method for families to eat dinner together more often would be for them to select a recurring occasion for doing so, such as the third Monday of each month; and

Whereas a National Eat-Dinner-With-Your-Children Day on Monday, June 19, 2000, 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 is a critical step for
 4 a family in raising healthy, drug-free children; and
 5 (2) a National Eat-Dinner-With-Your-Children
 6 Day should be established in order to encourage
 7 families to eat together as often as possible.

○