



City of Woodland

REPORT TO MAYOR AND CITY COUNCIL

AGENDA ITEM

TO: THE HONORABLE MAYOR
AND CITY COUNCIL

DATE: September 15, 2009

SUBJECT: Proclamation – Family Day

Report in Brief

The National Center on Addiction and Substance Abuse at Columbia University has requested that city councils throughout the Nation adopt a Proclamation recognizing September 28, 2009 as “Family Day – A Day to Eat Dinner with Your Children™”.

Staff recommends that the City Council adopt the attached Proclamation recognizing September 28, 2009 as “Family Day – A Day to Eat Dinner with Your Children™”.

Background

The National Center on Addiction and Substance Abuse at Columbia University research has shown that children who share dinner nightly with their families are less likely to smoke, drink, or use illegal drugs. The research was undertaken in 2001 and has been indicative of the success this type of family interaction has provided to prevent children from becoming involved in smoking, drinking or taking drugs. Any method that shows some success in these areas should be appropriately recognized.

Recommendation for Action

Staff recommends that the City Council adopt the attached Proclamation recognizing September 28, 2009 as “Family Day – A Day to Eat Dinner with Your Children™”.

Prepared by: Sue Vannucci, Director of
Administrative Services

Mark G. Deven
City Manager

Attachment: Proclamation

City of Woodland

Proclamation

Family Day – A Day to Eat Dinner with Your Children™
September 28, 2009

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

WHEREAS, 14 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, the correlation between frequent family dinners and reduced risk for teen substance abuse is well documented; and,

WHEREAS, 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; and

WHEREAS, family dinners have long constituted a substantial pillar of family life in America.

NOW, THEREFORE, the City Council of the City of Woodland does hereby proclaim Monday, September 28, 2009 as Family Day – A Day to Eat Dinner with Your Children™, and urges all citizens to recognize and participate in its observance.

Dated this 15th day of September, 2009

Marlin H. Davies, Mayor

Artemio Pimentel, Vice-Mayor

Martie L. Dote, Council Member

William L. Marble, Council Member

Jeff W. Monroe, Council Member