

**CITY OF BALTIMORE  
COUNCIL BILL 05-0088R  
(Resolution)**

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Introduced by: President Dixon, Councilmembers D’Adamo, Kraft, Young, Holton, Branch,  
Harris, Rawlings Blake, Spector, Conaway, Reisinger, Mitchell, Curran, Welch  
At the request of: CASA Family Day c/o Joseph A. Califano, Jr. Chairman and President  
Address: 633 Third Avenue, 19<sup>th</sup> Floor, New York, New York 10017  
Telephone: 212-841-5260  
Introduced and adopted: September 19, 2005

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**A COUNCIL RESOLUTION CONCERNING**

**September 26, 2005 – Family Day – A Day to Eat Dinner With Your Children**

FOR the purpose of proclaiming the 4<sup>th</sup> Monday in September as ***Family Day – A Day to Eat Dinner With Your Children*** and urging all citizens of Baltimore to recognize the importance of family dinners and to participate in the celebration of this day by eating dinner with their children.

**Recitals**

The use of illegal drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well being of America’s children. The State Department of Education reports that 6.5% of 6<sup>th</sup> graders, 18.1% of 8<sup>th</sup> graders, and 20.2% of 12<sup>th</sup> graders in Baltimore City admitted to smoking cigarettes; and 15.9% of 6 graders, 36.3% of 8<sup>th</sup> graders, and 57.5% of 12<sup>th</sup> graders in Baltimore City drank some form of alcoholic beverage in the 2002-2003 school year.

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.

Statistics show that teenagers who virtually never eat dinner with their families are 72% more likely than the average teenager to use illegal drugs, alcohol, and cigarettes, while teenagers who almost always eat dinner with their families are 31% less likely than the average teenager to use illegal drugs, alcohol, and cigarettes.

Other research shows that teenagers who eat dinner with their families are more likely to do well in school, be emotionally content, have positive peer relationships, develop healthier eating habits, and be at a lower risk for depression and thoughts of suicide.

The correlation between family dinners and the reduced risk for teen substance abuse are well documented. Parental influence has long been known to be one of the crucial factors in determining the likelihood of substance abuse by teenagers, and family dinners have long constituted a pillar of family life in America.

**EXPLANATION:** Underlining indicates matter added by amendment.  
~~Strike out~~ indicates matter deleted by amendment.

1       **NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF BALTIMORE**, That this  
2 Body proclaims the 4<sup>th</sup> Monday in September as *Family Day – A Day to Eat Dinner With Your*  
3 *Children* and urges all citizens of Baltimore to recognize the importance of family dinners and to  
4 participate in the celebration of this day by eating dinner with their children.

5       **AND BE IT FURTHER RESOLVED**, That a copy of this Resolution be sent to the Mayor, the  
6 Chairman and President of CASA Family Day, and the Mayor’s Legislative Liaison to the City  
7 Council.