



Proclamation

The use of illegal drugs and abuse of alcohol and nicotine are among the most difficult challenges our young adults currently face. While many valuable programs perform important work to address these issues in our communities, preparing youth to abstain from these activities often begins at home.

Strong family bonds and parental encouragement are known to be important factors in reducing the likelihood of teenagers succumbing to the pressures of substance abuse. Family dinners have long constituted a chief pillar of family life in our nation. Thus, surveys conducted during the past 12 years 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 or use illegal drugs.

According to CASA's 2006 report "The Importance of Family Dinners III," youth who frequently eat with their families, compared to their peers who do so fewer than two times per week, are one-third less likely to try alcohol, half as likely to try cigarettes or marijuana and at a 70 percent lower risk for substance abuse.

Each year since 2001, CASA has sponsored the national initiative *Family Day – A Day to Eat Dinner With Your Children* on the fourth Monday of September in order to promote greater parental involvement in the lives of their children, specifically encouraging families to set aside this evening to eat dinner and spend time together as a family.

THEREFORE, I, LINDA LINGLE, Governor, and I, JAMES R. "DUKE" AIONA, JR., Lieutenant Governor of the State of Hawai'i, do hereby proclaim **September 24, 2007**, as

FAMILY DAY

A DAY TO EAT DINNER WITH YOUR CHILDREN

in Hawai'i, and encourage all of our families to sit down for a meal and enjoy each other's company this evening, and to continue on a regular basis throughout the year.

DONE at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-seventh day of July 2007.

Linda Lingle
Governor, State of Hawai'i

James R. "Duke" Aiona, Jr.
Lieutenant Governor, State of Hawai'i