

# Benefits of Family Dinner

Teens that often have family dinners  
(5-7 per week) are

- 4 times less likely to use tobacco
- 2 times less likely to use alcohol
- 2.5 times less likely to use marijuana
- 4 times less likely to say they may try using drugs in the future

Then teens that rarely have family dinners  
(fewer than 3 per week).

The National Center on Addiction and Substance Abuse at Columbia University,

*The Importance of Family Dinners VII*, September 2011:

<http://www.casacolumbia.org/upload/2011/2011922familydinnersVII.pdf>

What do kids think about  
family dinners?

"I like eating with my family because we  
tell jokes and laugh a lot."

- 6<sup>th</sup> Grader @ Clark Middle School

"We're all really busy and having dinner  
together gives us a chance to find out  
what happening with each other."

- 12<sup>th</sup> Grader @ West High School

"I like eating and get the chance to hang  
out with my mom."

- 8<sup>th</sup> Grader @ Mears Middle School

"I like dinner with my family because it's  
the one thing we do as a family almost  
every day."

- 10<sup>th</sup> Grader @ East High School