

marri *Findings*

FAITH & FAMILY



"One of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners." - Joseph Califano, Columbia University

Family Meals Boost Emotional Well-Being Among New Zealand Youth



Family Meals Decrease Risk of Mental Disorders Among Iranian Youth



A [2017 study from New Zealand](#) found that secondary school students who shared family meals 7 or more times per week had higher levels of emotional well-being and lower levels of depressive symptoms.

A 2017 study using the [World Health Organization – Global School-based Student Health Survey of Iranian Adolescents](#) found that adolescents who shared family meals 5 or more times per week were less likely to suffer from all types of mental disorders, anxiety, insomnia, and confusion.

Family Meals Yield Positive Psychosocial Outcomes Among Adolescents



A [2015 systematic review](#) of the literature on the association of family meals and psychosocial outcomes among adolescents found that adolescents who had a higher frequency of family meals had lower levels of depressive symptoms and suicide, and higher levels of self-esteem.

Benefits of Family Meals Extend Beyond Adolescence and Into Parenthood



A [2018 longitudinal study](#) found that parents who shared family meals as an adolescent had fewer depressive symptoms and higher levels of self-esteem compared to parents who did not share family meals as an adolescent.



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