

Executive Summary: Health Impact Review of SB 5140

Concerning uniform standard time for the state of Washington (2019 Legislative Session)

Evidence indicates that SB 5140 has the potential to improve health outcomes, particularly on days that would immediately follow a transition to or from daylight saving time. The evidence for the impact of implementing year-round daylight saving time on health inequities is not well researched.

BILL INFORMATION

Sponsors: Honeyford, Hunt, Van De Wege, Fortunato

Summary of Bill:

- Implements daylight saving time as the year-round standard time in Washington State, if authorized by the United States Congress.
- If year-round daylight saving time is not authorized by Congress, requires a review of the potential impact the time zone has on communities along the border between Washington and other states to determine whether the state should seek authorization through the U.S. Department of Transportation to change the state to Mountain Standard Time year-round.
- Requires the Department of Commerce to review impacts the state time zone and daylight saving time have on commerce in the state.
- Repeals RCW 1.20.051 (daylight saving time).

HEALTH IMPACT REVIEW

Summary of Findings:

This Health Impact Review found the following evidence regarding the provisions in SB 5140:

- Strong evidence that implementing year-round daylight saving time would likely improve health outcomes, particularly on days that would immediately follow a transition to or from daylight saving time.
- The evidence for the impact of implementing year-round daylight saving time on health inequities is not well researched.

FULL REVIEW

For review methods, logic model, strength-of-evidence analyses, and citations of empirical evidence refer to the full Health Impact Review at

https://sboh.wa.gov/Portals/7/Doc/HealthImpactReviews/HIR_2019-04-SB5140_.pdf

For more information:
Phone: (360) 628-7342
Email: hir@sboh.wa.gov
sboh.wa.gov/hir

