

Executive Summary: Health Impact Review of SB 5250

Concerning permanent daylight saving time in Washington state (2019 Legislative Session)

Evidence indicates that SB 5250 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: Mullet, Palumbo, Billig, Das, Hunt

Summary of Bill:

- Establishes the standard time for Washington State as permanent daylight saving time year-round, if authorized by the United States Congress.
- Requires the Department of Commerce to provide notice of the effective date to affected parties, the chief clerk of the House of Representatives, the secretary of the Senate, the Office of the Code Reviser, and others as deemed appropriate by the Department of Commerce.
- Requires the Secretary of State to submit this act to the people for their adoption and ratification, or rejection, at the next general election held in the State of Washington.

HEALTH IMPACT REVIEW

Summary of Findings:

This Health Impact Review found the following evidence regarding the provisions in SB 5250:

- 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_2019-05-SB5250_.pdf

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

