

# Executive Summary: Health Impact Review of SB 5329

## Exempting the State of Washington from Daylight Saving Time and Implementing Year-Round Pacific Standard Time (2017-2018 Legislative Session)

Evidence indicates that SB 5329 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 Pacific Standard Time on health disparities is not well researched.

### BILL INFORMATION

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**Sponsors:** Honeyford, Becker, Bailey, Angel, Rivers, Warnick, Rossi

**Summary of Bill:**

- Implements year-round Pacific Standard Time and exempts Washington State from daylight saving time.

### HEALTH IMPACT REVIEW

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**Summary of Findings:**

This Health Impact Review found the following evidence regarding the provisions in SB 5329:

- Strong evidence that implementing year-round Pacific Standard 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 Pacific Standard Time on health disparities is not well researched.

### FULL REVIEW

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

<http://sboh.wa.gov/Portals/7/Doc/HealthImpactReviews/HIR-2017-10-SB5329.pdf?ver=2017-02-16-094238-357>

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