

# Executive Summary: Health Impact Review of HB 1196

Allowing for the year round observation of daylight saving time  
(2019 Legislative Session)

Evidence indicates that HB 1196 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

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**Sponsors:** Riccelli, Steele, Stonier, Fitzgibbon, Ortiz-Self, Tarleton, Doglio, Schmick, Eslick, Lovick, Fey, Shea, Tharinger, Goodman

### Summary of Bill:

- If authorized by the United States Congress, the time of the State of Washington is Pacific daylight saving time throughout the calendar year, as determined by reference to coordinated universal time.
- States no code city shall adopt any provision for the observance of daylight saving time other than as authorized by section 2 of this act.
- Repeals RCW 1.20.050 (Standard time—Daylight saving time), RCW 1.20.051 (Daylight saving time), and RCW 1.20.--- (section 1 of this act).
- Requires the Governor to provide written 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 Governor.
- Requires the Secretary of State to submit this act to the people for their adoption and ratification, or rejection, at the next general election to be held in Washington State.

## HEALTH IMPACT REVIEW

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### Summary of Findings:

This Health Impact Review found the following evidence regarding the provisions in HB 1196:

- 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

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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 at

[https://sboh.wa.gov/Portals/7/Doc/HealthImpactReviews/HIR\\_2019-06-HB1196\\_.pdf](https://sboh.wa.gov/Portals/7/Doc/HealthImpactReviews/HIR_2019-06-HB1196_.pdf)

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