

# Executive Summary: Health Impact Review of SB 5139

## Concerning daylight saving time in Washington State (2019 Legislative Session)

Evidence indicates that SB 5139 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:** Honeyford, Hunt, Van De Wege, Fortunato, Pedersen

#### Summary of Bill:

- Implements daylight saving time year-round 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 and to report findings and recommendations regarding a change in the state time zone to the appropriate committees of the Legislature.
- 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.

### HEALTH IMPACT REVIEW

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#### Summary of Findings:

This Health Impact Review found the following evidence regarding the provisions in SB 5139:

- 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\\_2019-03-SB5139\\_.pdf](https://sboh.wa.gov/Portals/7/Doc/HealthImpactReviews/HIR_2019-03-SB5139_.pdf)

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