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On Behalf Of:
Committee: Senate Committee On Rules
Measure: SB1548

Opposing SB 1548, the permanent abolition of Daylight Savings Time, is the healthful choice.

Lawmakers can and should confidently and adamantly argue in opposition of this bill based upon its harmful effects to what experts in Health Promotion term, “whole health.”

Whole health is comprised of five components:

1. Mental Health – our thoughts, feelings, and emotions
2. Social Health – our interpersonal relationships and support systems
3. Physical Health – our body
4. Community Health – how fair and equitable we treat different groups
5. Economic Health – meeting basic needs, stability, and growth

How well each side of this health pentagon is balanced determines how healthy we are as an individual and as a society.

Positive healthful choices balance their impact on all five health components.

It is clear, each health component is impacted by the amount, time of, AND access to daylight.

We all concede not changing our clocks, and in this case adopting standard time, has some positive physical health outcomes based upon research currently being presented to and influencing lawmakers.

But, how does adopting Standard Time impact the four other components of health?

Well, let’s consider that the majority of our society has indoor responsibilities between the hours of roughly 8 am to 5:30 pm – be it work, school, or travel between those and home, and that Daylight Savings Time affords an extra hour of daylight after these responsibilities are over.

Few of the healthful activities that Daylight Savings Time affords can be replicated before these responsibilities.

Without Daylight Savings Time, practically speaking...

We will spend less time in the sun, harmful to mental health.

Working families will have less time together walking to the park, gardening, riding bikes, shooting hoops, mowing the lawn, having a picnic -- harmful to social health.

Friends and neighbors will have less time to chat in the yard, go to the local Art Walk, or meet for a drink on the deck – harmful to social health.

Youth Sports and other after school activities will be missed or reduced – harmful to physical health.

Single parents, families where both parents work, or people that need to work two jobs or long shifts will be unfairly penalized – harmful to community health.

Local businesses, especially in our downtown cores, will see reduced shopping and activity – harmful to economic health.

Industries such as outdoor recreation, tourism, and restaurants will also see reduced operational hours – harmful to economic health.

In conclusion, permanently moving an hour of daylight from the end of the day to early in the morning has serious and harmful ramifications to the other four sides of our whole health.

These harmful ramifications far outweigh the potentially positive physical health outcomes of Standard Time, and must be considered and vetted much more closely to make such a drastic change to our lifestyle.

Would permanent Standard Time make us wholly healthier?

No, it would not.

I strongly urge lawmakers to reject this bill.