

Submitter: Nathaniel Suter

On Behalf Of:

Committee: Senate Committee On Veterans, Emergency Management, Federal and World Affairs

Measure, Appointment or Topic: SB566

I wish to urge you to vote no on SB 566, and reject making Standard Time permanent.

My entire career has been spent in Health and Health promotion as a public school teacher, coach, small college professor, and I currently run an organization focused on social connection, physical activity, and promotion of locally owned businesses.

I have seen first hand throughout my career just how precious having daylight hours between 5:30 and 8:45 pm is to the overall health and happiness of working families, professionals, and our communities.

I have also recently seen an unfortunate and misguided narrative creep into the conversation and debate surrounding Standard Time and Daylight Saving Time, where ST is described as "healthy", while DST is described as the more "popular" or "happy" time.

Standard Time is neither healthier, nor more aligned with modern life than Daylight Saving Time, and remains the least popular choice

In my professional health training, we learn about the concept of whole health.

The whole health of an individual is comprised of their physical, mental, social, community, and economic health.

Taken in totality, we determine the health of an individual, and the community at large.

And while permanent Standard Time would "ditch the switch", and may slightly improve sleep for some, it's overall impact on the WHOLE HEALTH of individuals and communities would be devastating

Taking an hour of daylight from after school and work would, and placing that hour between 4:30 am and 6:30 am would...

- greatly reduce opportunities for healthful physical outdoor activities
- make after school activities much more difficult, increasing screen time
- negatively impact opportunities for social connections between friends,

neighbors and communities

- and hurt local businesses, especially those in our precious downtown cores among other things

This is not an arbitrary choice between two time standards, nor an opportunity to "ditch the switch".

To make this more personal, my wife and I just celebrated the first birthday of our third child.

I did a little math, and implementation of permanent Standard Time would remove 4,200 hours of daylight after school and work from his 18 years of childhood, and place that hour between 4:30 and 6:30 am.

I can confidently say that we as a family, and Oregon as a whole, will not be healthier with permanent Standard Time.

Lastly, I appreciate Senator Thatcher's work on this issue over the years.

I would like to emphasize that the momentum to "ditch the switch" is NOT a desire from the community for Standard Time, but growing impatience with the US Congress to not allow permanent Daylight Saving Time.

The efforts and energy to "ditch the switch" would best be used to further pressure the US Congress to make Daylight Saving Time the time of the land

I strongly urge you again to vote no on SB 566.

Thank you