

Submitter: Molly McCracken
On Behalf Of: my family
Committee: Senate Committee On Rules
Measure: SB1548

For many factors, I am strongly against a permanent change to Standard Time in Oregon. Although it would be slightly better if the other Pacific States, WA and CA, would need to change as well in order for the law to trigger, I still urge the committee to keep the law passed in Oregon and other Pacific States to move to Daylight Saving Time in place and not pass this one.

It was less than 5 years ago that I was thanking former Governor Brown for signing the bill into law. It is beyond frustrating to know that the legislature has the time to spend limited time in the short legislative session instead of actual pressing matters like education and homelessness.

As a mental health professional, I see a sharp drop off in Seasonal Affective Disorder (SAD) amongst patients during the month of March, due in part to the time change that provides more sunlight hours in the evening time. Children are able to practice sports outdoors starting the day after the second Sunday in March, and are able to have outdoor games that can end as late at 7:30 starting the first of April because of Daylight Saving Time. If Daylight Saving Time were to end, we would not have those same sunset times until May 10. Furthermore, this same problem is felt in September and most of October.

It would be important to know the health impacts on childhood obesity and diabetes due to the increased sedentary life style and extended Standard Time would impose. It would be equally important to know if there are increased pedestrian and bicyclist injuries and fatalities during the daily increased evening hour of darkness. That extra hour would be spent in the early mornings when few are able to make use of it.

Lastly, in most of Oregon, the sun would rise at 4:30am in the summer months. Can we study what sleep pattern disruption would occur? Are there any long-term impacts on lack of vitamin D and other nutrients from decreased sunlight exposure?

The study from the Journal of Clinical Sleep Medicine that proponents often point to delineates the benefits of Standard Time in the winter months, but ignores the negative impact permanent Standard Time in the summer months, especially in a State as far north as Oregon.

Arizona and Hawaii are the only states with permanent Standard Time. Both are far closer to the equator and have more consistent daylight throughout the year, unlike Oregon that is at or above the 45th parallel.

The reality is that the health and safety benefits from Standard time in the winter months is going to be equally offset by the health drawbacks of standard time in the summer months. However, instead of causing harm to part of the population for 4 months of the year, terminating daylight saving would cause harm to the other part of the population for 8 months. This hardly seems fair.

Please vote "No" and get on with more pressing matters rather than something that was resolved in 2019. If you must move forward with this, please make sure certain data are being tracked:

Is there an increase pedestrian and bicyclist injuries/ fatalities during the months of March-October?

What is the impact on sleep pattern disruption during the months of May-August in particular when days when increased morning hours and decreased evening sunlight is most profound?

Is there a rise in childhood obesity and diabetes with more added sedentary months of the year when Daylight Savings no longer occurs?

Is the drop off in Seasonal Affective Disorder (SAD) in May or June rather than March or April with the lack of Daylight Savings Time?

Thank you for your consideration