

Submitter: Hannah Horton

On Behalf  
Of:

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

Measure: SB1548

I strongly oppose switching Oregon to standard time. I support the current daylight savings time. I am a health care professional and treat patients in Oregon. Making the proposed change will increase seasonal depression which can lead to worsening of chronic conditions, decrease quality of life, and can lead to increased suicide rates in Oregon. Oregon already has poor access to quality mental health services and psychiatry. Not only will this impact the mental health of Oregonians, it will also impact their physical health. You must also consider individuals who live in Oregon and commute to Washington or California for work. Making this change will decrease overall quality of life in Oregon. Residents will be unable to exercise and enjoy the outdoors if it is dark earlier during the day. I strongly oppose this bill and the legislators need to think about the community and everything they will be impacting with this proposed change.