

1 **JOINT RESOLUTION SUPPORTING THE DAYLIGHT ACT**

2 2019 GENERAL SESSION

3 STATE OF UTAH

4 **Chief Sponsor: Marsha Judkins**

5 Senate Sponsor: Wayne A. Harper

7 **LONG TITLE**

8 **General Description:**

9 This joint resolution urges Congress to pass the Daylight Act.

10 **Highlighted Provisions:**

11 This resolution:

- 12 ▶ discusses states' limited ability to take action on daylight saving time;
- 13 ▶ describes negative effects of daylight saving time; and
- 14 ▶ urges Congress to pass the Daylight Act.

15 **Special Clauses:**

16 None

18 *Be it resolved by the Legislature of the state of Utah:*

19 WHEREAS, 27 states and the District of Columbia have active legislation to make
20 changes to their observance of daylight saving time, which is a strong indicator that states are
21 displeased with the practice;

22 WHEREAS, notwithstanding state-level interest on the subject, states have limited
23 authority to change whether or how they observe daylight saving time;

24 WHEREAS, current federal law prohibits a state from electing to observe daylight
25 saving time year-round;

26 WHEREAS, multiple states have enacted legislation to observe daylight saving time
27 year-round, including Florida and California, but that legislation requires congressional action
28 to take effect;

29 WHEREAS, the United States Congress has the power to change daylight saving time

30 and has exercised that power repeatedly;

31 WHEREAS, on March 7, 2019, Representative Rob Bishop introduced H.R. 1601, the
32 Daylight Act, in the United States House of Representatives to "allow States to elect to observe
33 daylight savings time for the duration of the year";

34 WHEREAS, states should have power to determine whether and how they observe
35 daylight saving time and the Daylight Act would grant them that power;

36 WHEREAS, extensive studies over time have exposed several negative impacts from
37 changing clocks twice each year, including:

38 (1) an increased risk of deadly cardiovascular conditions, as evidenced by one study
39 that found a 24% increase in the number of heart attacks on the Monday following a daylight
40 saving time change;

41 (2) increased workplace injuries -- especially in occupations that involve physical labor
42 -- induced by sleep deprivation and decreased cognitive function;

43 (3) a 6.3% increase in fatal car accidents in the six days immediately following a
44 daylight saving time change;

45 (4) a substantial increase in mental health problems, including an 11% increase in
46 hospitalizations over depressive episodes in the weeks following a daylight saving time
47 change; and

48 (5) a decrease in overall mental wellness, as evidenced by a substantial decrease in
49 individuals' self-reported well-being immediately following a daylight saving time change; and

50 WHEREAS, the Daylight Act would empower states to address the aforementioned
51 problems by allowing them to disband daylight saving time in the way they best see fit:

52 NOW, THEREFORE, BE IT RESOLVED that the Legislature of the state of Utah
53 urges the United States Congress to enact H.R. 1601, 116th Cong. (2019), the Daylight Act.

54 BE IT FURTHER RESOLVED that the members of Utah's congressional delegation
55 are urged to support the Daylight Act.

56 BE IT FURTHER RESOLVED that a copy of this resolution be mailed to each member
57 of Utah's congressional delegation.