



THE MARYLAND HOUSE OF DELEGATES
ANNAPOLIS, MARYLAND 21401

Testimony for HB1013: General Provisions – Standard Time – Year–Round Daylight Saving Time
Education, Health, and Environmental Affairs Committee

Good afternoon Chair, Vice Chair, and distinguished members of the committee. I am Del. Brian Crosby and it's an honor to present House Bill 1013 entitled General Provisions – Standard Time – Year–Round Daylight Saving Time.

This bill would formalize Maryland's intent to remain on Daylight Saving Time, or "spring forward time," year-round, and is contingent upon similar legislation passing in each state that immediately surrounds Maryland. The federal government would also have to amend the uniform time code, which currently only permits states to remain in their respective time zone's Standard Time.

On Sunday, March 14th, our clocks moved forward an hour, and they will stay like that until November 7th. During the week after this change, emergency rooms across the country undoubtedly saw an increase in heart attack and stroke patients, workplaces saw lowered productivity and increased injuries, and first-responders saw a spike in suicides and fatal car accidents, just like they do every single year when we "spring forward." These are well-documented consequences of shifting our clocks, and they are entirely avoidable. The practice of shifting our clocks backwards during the winter was originally adopted during World War I to conserve energy, but recent research suggests that the conservation levels are negligible at best. An additional daylight hour in the evening, however, is correlated with lower crimes rates and increased levels of exercise.

Time changes are not universal. Most countries do not observe clock changes, and the EU voted in 2019 to abolish the practice by this year, 2021. Domestically, Arizona and Hawai'i do not observe clock changes, and California and Florida recently approved language to follow Daylight Saving Time year-round. In total, 42 states have considered, or are considering this change.

For these reasons, I urge the committee to offer a favorable report on HB1013, and I'm happy to take questions at this time.