



THE MARYLAND HOUSE OF DELEGATES  
ANNAPOLIS, MARYLAND 21401

**Testimony for HB1013: General Provisions – Standard Time – Year–Round Daylight Saving Time**  
**Health and Govt. Operations 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 is entirely located within the Eastern Time Zone, plus the District of Columbia. The federal government would also have to amend the uniform time code, which only permits states to remain in their respective time zone's Standard Time.

On Sunday, March 14th, our clocks will move forward an hour until November 7th. During the week after this change, emergency rooms across the country will see an increase in heart attack and stroke patients, workplaces will see lowered productivity and increased injuries, and first-responders will see a spike in suicides and fatal car accidents. These are all well-documented consequences of shifting our clocks forward, 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 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.