



**Representative Rodney Creech
40th House District**

House Concurrent Resolution 7 Sponsor Testimony

Chairman Wilkin, Vice Chair Schuring, Ranking Member DeMora, and members of the Senate General Government Committee, thank you for the opportunity to provide sponsor testimony on House Concurrent Resolution 7.

House Concurrent Resolution 7 aims to do one very simple thing: Make Daylight Savings Time permanent.

There are two sides to this argument, and it would be untruthful to say I haven't heard both sides from my constituents, and you will as well. Some of your constituents will want to have the United States and Ohio stay on Standard Time - which we observe from early November to March of each year. Others will want our clocks to stay on Daylight Saving Time, which we just moved to in March and will remain until November.

However, both sides agree on one thing: stop switching the clocks twice a year.

I'm not here to debate the reasons behind our longstanding practice of switching the clocks back and forth – which has been the practice for most of my life. Rather, I believe in 2024, we need to stop thinking that cutting off the top of a blanket and sewing it to the bottom... somehow lengthens the blanket. No matter what we do... there are still 24 hours in each day and the tilt of the earth still changes the length of time the sun shines in each season.

The main argument for choosing one or the other is that we simply no longer need the biannual tradition of changing our clocks. Each year from March to November our clocks set for daylight saving time. Meaning that for only a third of the year, over the winter, we use standard time.

Studies clearly show that moving our clocks forward in the Spring and back in the Fall cause a number of work, school, and sleep related issues.

Moving to Daylight Saving Time year-round will allow for more light in the evenings during the colder months. Studies show that more daylight in the evenings results in fewer car crashes and pedestrian accidents. It reduces the number of robberies by 27%. Continuing to change the time results in a higher number of cardiac issues and strokes and prolonged seasonal depression. More daylight in the evening increases physical activity and reduces childhood obesity.

One of the best arguments for not changing clocks that I have heard came from a school superintendent when a similar resolution was proposed in the last General Assembly. This superintendent raised the concern of state testing. Tests that are often administered in the 3rd or 4th week in March. High-impact, end-of-year tests.

Yet, when do we change the clocks forward each year, thus disrupting the sleep pattern of our students? The 2nd week in March.

A recent study revealed that sleep loss, even for as little as one hour, can decrease a child's quality of life, showing significant negative impacts on the children's physical well-being as well as their ability to cope with the school environment.

This is 2024. We need to stop doing this to our children and our students.

As of 2023, eighteen states — **Alabama, Colorado, Delaware, Florida, Georgia, Idaho, Kentucky, Louisiana, Maine, Minnesota, Mississippi, Montana, Oregon, South Carolina, Tennessee, Utah, Washington, Wyoming** — have passed laws, resolutions or voter initiatives for permanent DST, and dozens of others are considering the same.

Chairman Wilkin, Vice Chair Schuring, Ranking Member DeMora, and members of the Senate General Government Committee, thank you again for the opportunity to provide sponsor testimony on House Concurrent Resolution 7. We'd be happy to answer any questions at this time.