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## House Bill 31 "Observe Daylight Saving Time All Year"

### Research Index

**1. Daylight Saving Time as a potential public health intervention: an observational study of evening daylight and objectively-measured physical activity among 23,000 children from 9 countries**

Goodman et al

*International Journal of Behavioral Nutrition and Physical Activity*

2014

Summary: Longer evening daylight is associated with a small increase in physical activity.

**2. Under the Cover of Darkness: How Ambient Light Influences Criminal Activity**

Jennifer L. Doleac and Nicholas J. Sanders

*The Review of Economics and Statistics*

December 2015

Summary: There is a 7% decrease in robberies following the shift to Daylight Saving Time with an estimated savings of \$59 million in annual social costs from avoided robberies.

**3. Shedding Light on Daylight Saving Time**

Farrell, Narasiman, and Ward Jr.

*JPMorgan Chase & Co. Institute*

November 2016

Summary: Credit Card spending, particular on goods, increases slightly in the 30 days following the start of DST and declines in the 30 days following the end of DST.

**4. Daylight Saving Time and Motor Vehicle Crashes: The Reduction in Pedestrian and Vehicle Occupant Fatalities**

Ferguson, Preusser, Lund, Zador, and Ulmer

*American Journal of Public Health*

January 1995

Summary: There are fewer fatal car crashes during daylight saving time.

**5. Daylight Saving Time: Americans want to stay permanently 'sprung forward' and not 'fall back'**

Conducted by YouGov

*The Economist*

November 2021

Summary: 63% of adult Americans would like to see the changing of the clocks eliminated. Of those 63%, 48% prefer Daylight Saving Time, 29% prefer Permanent Standard Time, 21% have no preference, and 3% are unsure