

AMERICAN MEDICAL ASSOCIATION HOUSE OF DELEGATES

Resolution: 204
(I-22)

Introduced by: Missouri

Subject: Elimination of Seasonal Time Change

Referred to: Reference Committee B

1 Whereas, Multiple studies have demonstrated an increased risk for heart attacks, strokes, and
2 fatal car crashes as negative health consequences of moving the clock forward in Spring for
3 Daylight Savings Time; and

5 Whereas, The American Academy of Sleep Medicine officially recognizes Daylight Savings
6 Time as a public health problem; and

8 Whereas, A survey of 2,000 adults found that 63% of people supported or strongly supported
9 the elimination of a seasonal time change in favor of a national, fixed, year-round time, and only
10 11% opposed; and

12 Whereas, Thirteen states in the past two years have written or enacted legislation to stay on
13 one year-round time zone; therefore be it

15 RESOLVED, That our American Medical Association work with state medical associations to
16 enact state legislation in support of remaining in the Standard Time Zone year-round (Directive
17 to Take Action); and be it further

19 RESOLVED, That our AMA urge Congress to repeal the federal law establishing the annual
20 advancement of time known as "Daylight Saving Time" and leave the U.S. on standard time
21 year-round. (Directive to Take Action)

Fiscal Note: Modest - between \$1,000 - \$5,000

Received: 09/07/22