

Submitted on Mon, 11/16/2020 - 14:23

**Application ID: 26211**

Submitted values are:

Bill or item of business: **Bill 214, Time Amendment Act, 2020**

## Choose a topic

**Do you know the bill title or business (e.g., pre-budget consultations) you'd like to speak or submit material about?**

Yes

## Choose an application

**Which application would you like to submit?**

Submit material only

**Which deadline would you like to submit your written material for?**

[Written Submission Deadline: 7:00 p.m. \(EST\) on Thursday, November 19, 2020](#)

## Add your information

**Are you submitting material as an individual or on behalf of an organization?**

I am submitting material as an individual

**Full name**

Ms Sarah Holden

**Contact phone number**

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**Paste submission**

I feel it is urgent to keep Daylight Saving Time (DST) permanent. The current return to Standard Time in November has a number of negative effects: Rates of depression, anxiety and other related mental health issues increase by 11% during the 10 weeks following the return to Standard Time according to a 2017 study conducted by the Journal of Epidemiology. A study published in the Journal of Sleep Medicine found a 10% increase in fatal collisions as a result of the time change. Various studies conducted in the USA found both a 24% increase in heart attacks, and an 8% increase in strokes following the time change. A study conducted by JPMorgan Chase revealed that consumer spending drops by about 3.5% when the nation makes

the switch back to standard time- a result of fewer daylight hours in the evening. In 2020 alone, 32 states in the USA have introduced bills to abolish the time change in November including Massachusetts and New York. Saskatchewan and The Yukon have abandoned the practice. This year, due to the pandemic, Canadians are already experiencing unprecedented challenges, we do not need the aforementioned suffering on top of it. It also presents an opportunity for you, as our premier, to make this change and help the citizens of Ontario during a time where we all need support from our leaders.

**Would you like to add any other information?**

In Quebec- MNA, David Birnbaum who is responsible for mental health, has agreed to sponsor a petition at the Quebec National Assembly to make DST permanent. Citizens of Canada have until February to sign it. We predict record breaking numbers in favour of abolishing the practice of changing our clocks and keeping the precious daylight in the evenings full time.