



SCR-73 Blue Light Awareness Day. (2019-2020)

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Senate Concurrent Resolution No. 73

CHAPTER 158

Relative to Blue Light Awareness Day.

[Filed with Secretary of State September 19, 2019.]

LEGISLATIVE COUNSEL'S DIGEST

SCR 73, Pan. Blue Light Awareness Day.

This measure would designate October 10 of each year as Blue Light Awareness Day in California.

Fiscal Committee: no

WHEREAS, There are over 80 million electronic devices with digital screens in the State of California; and

WHEREAS, Screen time viewing with electronic devices exceeds over nine hours per day; and

WHEREAS, The increased usage of, and access to, digital devices by young children and adolescents is an acute area of concern, as ophthalmologists, optometrists, and medical researchers continue to learn more about the short-term effects of increasing and cumulative exposure to artificial blue light on the developing human eye and mental health at a young age, along with long-term potential cumulative effects on adult eye health and mental development; and

WHEREAS, The scientific community and recent studies have identified growing concerns over potential long-term eye and health impacts for all age groups from digital screen usage and cumulative blue light exposure emitted from digital devices; and

WHEREAS, Blue light has been reported to cause visual discomfort in 65 percent of Americans; and

WHEREAS, Blue light has been associated with possible harmful effects on retinal cell physiology linked to the high-energy, short wavelength in the narrow range of 415–455 nanometers; and

WHEREAS, Cumulative blue light exposure from digital devices has been shown to disrupt sleep cycles by suppressing the natural release of melatonin and has also been linked to premature aging of the retina, which could accelerate potential long-term vision problems such as age-related macular degeneration, decreased alertness, and memory and emotional regulation impacts; and

WHEREAS, Screen time can take a toll on vision health and comfort, leading to symptoms of digital eye strain and dry, irritated eyes; and

WHEREAS, Given the growing body of research around the breadth and scope of potential eye and systemic health impacts related to blue light exposure, the State of California encourages citizens, particularly children, to consider taking protective safety measures in reducing eye exposure to high-energy visible blue light; now, therefore, be it

Resolved by the Senate of the State of California, the Assembly thereof concurring, That the Legislature hereby designates October 10 of each year as Blue Light Awareness Day in California; and be it further

Resolved, That the Secretary of the Senate transmit copies of this resolution to the author for appropriate distribution.