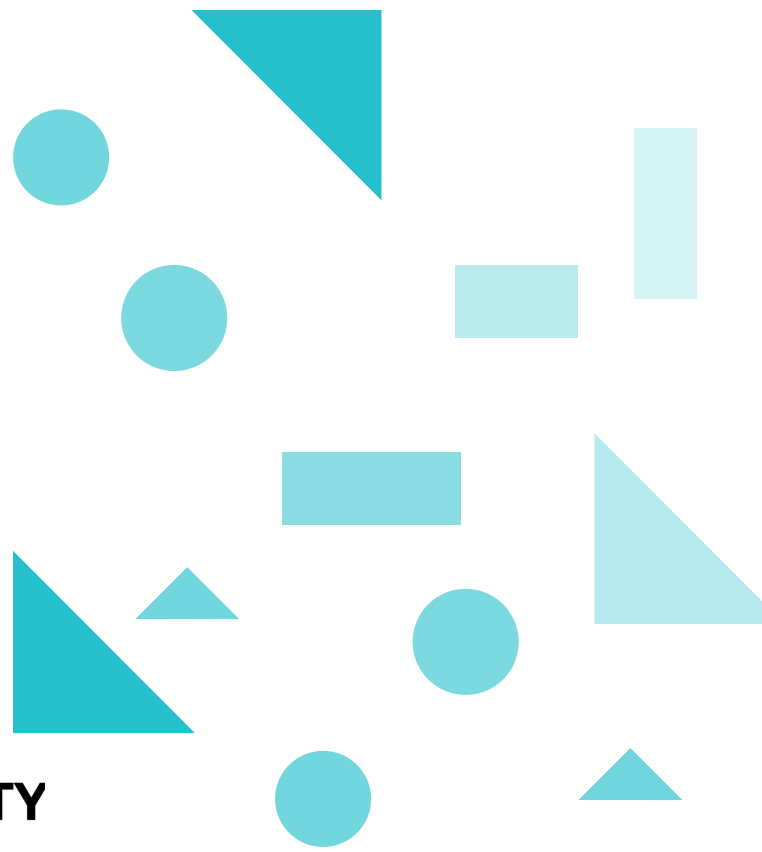




ACHIEVING THE SDGS THROUGH TIME USE POLICIES



**BARCELONA
TIME USE INITIATIVE
FOR A HEALTHY SOCIETY**

How can Time Use Policies contribute to the Sustainable Development Goals?

1. Ending Time Poverty, which mainly affects women

First of all, time policies can contribute to Sustainable Development Goals (hereinafter SDGs) 1 (end of poverty), which includes the concept of time poverty. We understand time poverty as a situation in which the person works long hours and has no option to work fewer hours (including hours of paid work and hours needed for household tasks and care). Some of the most successful time poverty policies, which disproportionately affects women, are policies to support domestic and care work, paid leave for care, policies of co-responsibility and work-life balance, and changes in the work schedules towards a more compact schedule, in order to free up hours for rest, leisure and civic activities.

2. Reorganizing schedules, following our internal clock

One of the main demands that time policies can support is about achieving healthy time habits from the point of view of chronobiology, which involve eating in healthy time slots, enjoying enough hours of sleep and receiving enough natural light to regulate our circadian rhythm.

From this point of view, a key policy is the reorganization of schedules and meals in the educational and employment fields.

This reorganization involves compacting the working day, allowing a degree of flexibility in schedules, to allow adaptation to the circadian rhythm of each individual and their personal and family circumstances, as well as rethinking meal breaks, reducing them and moving them to a healthier time slot.

Such policies contribute to SDG 3, health and wellness, by reducing disruptions in our circadian rhythm and its associated health problems. They also help in SDG 4 (quality education), as better sleep quality and better alignment with the circadian rhythm of children and teenagers is related to improvements in school performance, learning ability, and memory. In addition, it allows parents to have more hours to be with their children, which has been shown as a successful strategy to increase school success rates. . Finally, this policy is related to SDG 8 (economic growth), due to many chronobiology studies that demonstrate that following our internal clock, the labour productivity increases, and therefore, the economic growth too.

3. Reducing unnecessary travel and promoting "15-minute cities"

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The COVID-19 pandemic has increased the number of remote workers by more than 70%. Remote working and other measures that encourage proximity and digital services help free up travel time that people can use for other more relevant tasks or simply to rest

Improving public transportation routes, implementing mechanisms to sort-out the traffic at peak hours and reducing the unnecessary working-trips helps achieving SDG 10, by reducing inequalities, as people with lower incomes are usually the ones who spend the most time commuting to work and main services; SDG 13 (full climate action) and; finally, they contribute to goal 11, sustainable cities and communities

SDG 11 has been conceptualized in several cities through the idea of the 15 minutes-city, which rethinks urbanism and the availability of basic services to ensure they are all at a maximum distance of 15 minutes from each point of the city by foot or bike.

4. Consuming more responsibly

If we have more time, we will also be able to go shopping for fresher, local food and consume in healthier time slots, actions that contribute to achieving SDG 12 (responsible production and consumption).

5. Ending DST changes

Eliminating Daylight Saving Time (DST) and choosing the most appropriate time zone can also help us align with the natural time schedule, making it easier for our circadian rhythm to function properly, and reaping the benefits associated with it.

It is for these reasons that the Barcelona Time Use Initiative for a Healthy Society (BTUI) defends that it is necessary to accomplish these individual and collective actions. We encourage citizens to carry out those actions that are in their hands and at the same time, we call on the global and European institutions to endorse the Barcelona Declaration on Time Policies, that will allow us to have a global framework for action at international and European level to implement time policies. This Declaration will be used as a framework for coordinating policies, programs and actions in the fields of employment, education, leisure, public services and mobility, among others. By promoting such policies we can accelerate the achievement of the 2030 Agenda and improve the health and well-being of all people.

Ariadna Guell i Marta Junqué, co-coordinadores de la Barcelona Time Use Initiative for a Healthy Society (BTUI)

1 NO POVERTY



Time Poverty defines a situation where people do not have time for themselves, because if they stop doing the hours of paid work and care work, their home would fall into poverty. This implies that if we only measure economic poverty we may not achieve the end of poverty as a whole.

How can Time Policies help?

Home-care and homework support policies
– Home care or outsourcing programs to improve people's time availability



Compact working hours, reducing unnecessary long breaks



Co-responsibility Policies in home-care tasks balancing the existing inequality in time poverty between men and women due to care activities



Read more....

[Vickery, Clair. "The Time-Poor: A New Look at Poverty." The Journal of Human Resources, vol. 12, no. 1, 1977, pp. 27-48. JSTOR, .](#)

[How Time Deficits and Hidden Poverty Undermine the Sustainable Development Goals](#)

3 GOOD HEALTH AND WELL-BEING



Time policies aim to reduce the dysfunctions of our circadian rhythm and thus improve our health and well-being. A synchronised circadian rhythm results in lower risk of disease and better well-being. That's why we need good sleep quality and healthy time habits.

How can Time Policies help?

Reorganizing meal schedules at work and in schools so that they correspond as closely as possible to the circadian rhythm of the majority of the population.



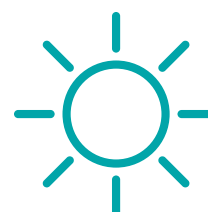
Flexible working hours to allow employees to adapt their schedule to their own circadian rhythm and personal needs



Reorganizing school' hours of entry and exit, in order to facilitate the adaptation to the circadian rhythm of children and teenagers



Establishing a time zone that facilitates a circadian rhythm alignment, aligned with natural time.



Read more....

[Eurostat - The Harmonised European Time Use Survey statistics \(HETUS\) \(2019\)](#)

[Why time use data matters for gender equality—and why it's hard to find](#)

4 QUALITY EDUCATION



Children and teenagers' rest, along with a regular meal schedule, improves their ability to learn, concentrate and remember. All policies that facilitate this will therefore contribute to better academic performance. The fact that parents can spend time with their children has also been shown to play a key role in school success and reduce early school drop-out. Therefore, time policies that help to have this time available indirectly contribute to the quality of education of children and teenagers.

How can Time Policies help?

Reorganizing meal times so that they correspond as much as possible to the circadian rhythm of children and teenagers (usually late chronotypes).



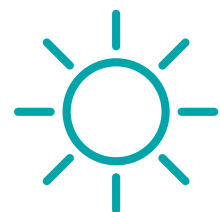
Reorganizing entry and exit hours, in order to facilitate the adaptation to the circadian rhythm of children and teenagers



Compact working hours of parents, freeing up hours to be with their children
Establishing a time zone that facilitates alignment with their circadian rhythm, aligned with natural time.



Establishing a time zone that facilitates a circadian rhythm alignment, aligned with natural time.



Read more...

[Silla, referente europeo de los hábitos saludables del sueño \(Spanish\)](#)

5 GENDER EQUALITY



There is a basic inequality in the way men and women dispose of their time. Time poverty has a clear impact on gender poverty. In general, women spend more time on care and household chores than men. According to INE (2016) more than 60% of the time spent on care and family tasks falls on women and this has consequences on their ability to develop professionally, personally and politically.

This same phenomenon of time poverty is repeated in other lines of inequality, such as social classes and between migrants.

How can Time Policies help?

Homework support policies - home care or outsourcing programs to improve people's time availability



Compaction of working hours, freeing up hours for rest and leisure.



Policies of co-responsibility in domestic and care tasks, balancing the existing inequality in time poverty between men and women



Paid leave policies for care tasks that require men and women to participate (paternity leave, sick leave, etc.)



Read more....

[Why time use data matters for gender equality—and why it's hard to find](#)

8 DECENT WORK AND ECONOMIC GROWTH



The global regularization of the working day to 8 hours and the growing trends that demand to reduce it, helps to define one of the key parameters of a decent work. On the other hand, scientific evidence suggests that workers who sleep well, have time to do activities outside of work, are satisfied with their job, increase productivity, and therefore contribute to economic growth.

How can Time Policies help?

Reduction of the working day and / or compact daily schedules, which increase job satisfaction, promote healthier habits of workers and free up hours for leisure, all contributing to the configuration of decent work and economic growth



Conciliation and co-responsibility measures at the state level or at the level of each company, which favor the individual organization of employees and lead the way to more decent work.



Regulation of the temporary work organization including maximum and minimum hours, leave, rest periods, etc.



Establishing a time zone that facilitates alignment with their circadian rhythm, aligned with natural time.



Read more...

[Overview -Worktrends](#)

[Productivity and wellbeing_](#)

11 SUSTAINABLE CITIES AND COMMUNITIES



In order to be sustainable, cities and communities must be livable. The distance (in kilometers and time) to the services that a person needs throughout their week largely determines the habitability of a city.

How can Time Policies help?

Regulating the mobility of towns and cities taking into account the habits of the people who inhabit them, with the aim of saving unnecessary travel and reducing the distance of those needed.



Establishing projects of local towns and cities, such as the concept of the **15 minutes-city**



Rethinking the schedules of public facilities and services in order to promote sustainable and healthy schedules for the people who use them.



Establish rules for the timetable and organization of meetings of political decision-makers such as plenary sessions, meetings with entities, etc. to ensure that the communities involved can participate due to their schedules and that they are sustainable over time.



Read more...

[Ted talk Paris 15-minute city.](#)

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



There is a clear link between consuming consciously and transformatively and having time to do so. The more time available, the more capacity to be able to buy fresh, seasonal and local products. In addition, it is proven that the food we eat has a great impact on our health.

How can Time Policies help?

Compaction of working hours, freeing up hours for consuming more consciously.



Reorganizing meal schedules at work and in schools so that they correspond as closely as possible to the circadian rhythm of the majority of the population.



Read more...

[American Psychology Association - Does a healthy lifestyle matter? A daily diary study of unhealthy eating at home and behavioral outcomes at work](#)

[Por qué debemos adaptar nuestra dieta al teletrabajo \(spanish\)](#)



Our daily activities have a climate impact, from noise and light pollution to our carbon footprint. If we reduce the time we spend on mobility, we can reduce the harmful effects of climate change. Also, saving water and energy is a key element to achieving OSDs 6 and 7.

How can Time Policies help?

Compaction of working hours - which reduce the water and energy expenditure of offices and companies and reduce non-essential mobility.



Promoting remote work, reducing mobility and therefore noise and air pollution and spending on electricity and other sources of polluting energy.



Flexible working hours, allowing people to regulate their mobility according to their vital needs and reducing unnecessary travel.



Establishing projects of local towns and cities, such as the concept of the 15 minutes-city



Establishing a time zone that facilitates alignment with their circadian rhythm, aligned with natural time.



Read more...

[The Ecological Limits of Work: on carbon emissions, carbon budgets and working time](#)

[Reduced Work Hours as a Means of Slowing Climate Change](#)

