

2023 Goals of the Health and Wellness Committee

Physical and Mental Health

- 1) Completion of an inventory of existing City open space, parks, outdoor assets.
- 2) Conduct four classes a year in conjunction with the Communities That Care coalition (CTC).
- 3) Completion of an inventory of school safe walking routes, trails, and pathways.

Emergency Preparedness

- 1) Social media outreach four times per year related to emergency preparedness and three times per year related to CERT training or as often as needed to educate residents about CERT training opportunities.

Personal Wellness

- 1) Once per quarter prepare a newsletter spotlight on an outdoor amenity available to residents.
- 2) Issue letters of support and encouragement to the Parks, Trails, Arts and Recreation Committee, Planning Commission and City Council related to the provision of personal wellness amenities and activities in the City.
- 3) Combine a Committee activity with the City's Night Out Against Crime.
- 4) Completion of the Wellness Survey by Utah State University.

Food and Housing Access

- 1) Provide letters of support and encouragement to the City Council, Youth City Council, City staff and the Parks, Trails, Arts and Recreation Committee for the creation of events such as food drives and support of existing food pantries.

Addiction

- 1) Creation of a resource document with links to be placed on the City's website related to addiction recovery resources as well as including addiction recovery materials in the Night Out Against Crime event.

Goals & Priorities					Notes
Category	2023 Committee Goals	Committee Member Ownership	Staff Assignment	Impacts	
Physical & Mental Health	1- Completion of an inventory of existing City open space, parks, outdoor assets.				Spring class planned for 2023 were cancelled by Davis Behavioral Health due to lack of instructors & other constraints. Danielle Kaiser is the contact for Davis Behavioral Health courses at daniellek@dbh.utah.org. Wendy emailed her 2/28/23 to see what courses could be scheduled and connected her with Committee Member Porter.
Physical & Mental Health	2- Conduct 3 classes a year in conjunction with the Communities That Care coalition (CTC).	Mary Kay Porter	Wendy Page		
Physical & Mental Health	3- Completion of an inventory of school safe walking routes, trails, and pathways.				
Emergency Preparedness	4- Social media outreach 4 times per year related to emergency preparedness and 3 times per year related to CERT training or as often as needed to educate residents about CERT training opportunities.				
Personal Wellness	5- Once per quarter prepare a newsletter spotlight on an outdoor amenity available to residents.		Linda Horrocks		
Personal Wellness	6- Issue letters of support and encouragement to the Parks, Trails, Arts & Recreation Advisory Board; Planning Commission, and City Council related to the provision of personal wellness amenities and activities in the City.	Markklach, Welsh & Porter - City Council; Welsh & Butterfield - Planning Commission meeting; Markklach and Van Langeveld - Parks & Arts Board meeting; and Markklach - Golf Course Oversight Committee meeting.	Linda Horrocks		This goal has been changed slightly to mean that members of the Committee will attend other committee meetings and discuss ways in which other committee tasks and roles could include principles of health and wellness. Valerie Walton offered to streamline the talking points from the discussions with the other Boards & Commissions and compare them to the existing goals. It would be good not only to meet but have dialog and a focus on the goal of an activity.
Personal Wellness	7- Combine a Committee activity with the City's Night Out Against Crime.	Janet Welsh	Chief Black		Completed on August 3, 2023
Personal Wellness	8- Completion of the Wellness Survey by Utah State University. Work with other City Board/Committee(s) for the creation of events such as food drives and support of existing food pantries.	Councilmember Van Langeveld	Linda Horrocks/Ken Leatham		
Food & Housing Access	Creation of a resource document with links to be placed on the City's website related to addiction recovery resources as well as including addiction recovery materials in the Night Out Against Crime event.	Van Langeveld	YCC & Advisors Audrey & Enos Beebe		
Addiction		Corey Markklach	Linda Horrocks		

Completed Goals or Yearly List of Accomplishments					Impacts
Date Completed	Goal or Accomplishment				
2/8/2022	Partnership with CTC & Davis Behavioral Health				
12/15/2022	Circle of Security Classes (April/May & October/November/December)				
8/11/2022	Everyday Strong Workshop (one event)				
8/4/2022	Health Fair during Night Out Against Crime				
9/17/2022	Participation in South Davis Emergency Preparedness Fair				
10/5/2022	Utah Healthy Communities Designation 2022-2025				
11/9/2022	Brainstorming Session with City's Senior Lunch Bunch				
12/14/2022	Handout distributed to the Senior Lunch Bunch regarding diabetes				
1/11/2023	Senior Lunch Bunch supplied with handout on Davis County senior services & programs and printed copies of newsletter were provided and help given for notifications from the City website on alerts, meetings, events, or newsletters				
1/9/2023	Health & Wellness Committee By-Laws Adopted				
2/21/2023	Annual Report during City Council meeting				
8/3/2023	Health and Wellness Fair with Night Out Against Crime				
8/15/2023	Presentation of Wellness Survey Results to City Council				