



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

APRIL 7, 2025

6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **April 7, 2025 at 6:30 p.m.** The meeting will be held in the Council Conference Room on the 2nd Floor of City Hall, 10 East Center Street, North Salt Lake, Utah. Some members may participate electronically.

The following items of business will be discussed; the order of business may be changed as time permits.

AGENDA ITEMS

1. Welcome
2. Citizen Comment
3. Approval of Minutes from March 10, 2025
4. Report on One Kind Act a Day Project in the City
5. Report on The Kindness Summitt
6. Discussion on Goals and Priorities of the Committee
7. Review Ideas for Newsletter or Social Media
8. Discussion and Review of Davis County's Community Health Improvement Plan
9. Discussion on Point in Time Count Report
10. Discussion on Feedback from Other Committees
11. Update on Federal Funds Related to Treatment/Prevention of Opioid Use
12. City Council Update
13. Committee Member Business
14. Discussion on Future Agenda Items and Schedule Date for Next Meeting
15. Adjourn

Health & Wellness Committee meetings are open to the public. If you need special accommodation to participate in the meeting, please call (801) 335-8709 with at least 24 hours' notice.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, certify that copies of the agenda for the Health & Wellness Committee meeting to be held **April 7, 2025** were posted on the Utah Public Notice Website: <https://www.utah.gov/pmn/>, City's Website: <https://www.nslcity.org>, and at City Hall: 10 E. Center St. NSL.

Date Posted: April 3, 2025


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
4 MARCH 10, 2025
5

6 **DRAFT**
7

8 Chair Bennett called the meeting to order at 6:33 p.m.
9

10 PRESENT: Mason Bennett, Chair
11 Yemi Arunsi via Zoom
12 Nicole Whetstone
13 Alisa Van Langeveld, City Council
14

15 EXCUSED: Sam Ball, Jeff Scroger
16

17 STAFF PRESENT: Ken Leetham, City Manager; Wendy Page, City Recorder.
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19 1. CITIZEN COMMENT
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21 There were no citizen comments.
22

23 2. APPROVAL OF MINUTES
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25 The Health and Wellness Committee minutes of February 10, 2025 were reviewed and approved.
26

27 **Committee Member Whetstone moved to approve the minutes of February 10, 2025.**

28 **Committee Member Bennett seconded the motion. The motion was approved by Committee**
29 **Members Arunsi, Bennett, and Whetstone.** Committee Members Ball and Scroger were
30 excused.
31

32 3. OPEN AND PUBLIC MEETINGS ACT TRAINING
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34 Wendy Page presented the annual training on the Open and Public Meetings Act which was
35 required training per State Code for all councils, boards, and commissions that were subject to
36 the Open and Public Meetings Act.
37

38 Councilmember Van Langeveld arrived at 7:00 p.m.
39
40

41 4. DISCUSSION ON GOALS AND PRIORITIES OF THE COMMITTEE

42
43 Mason Bennett reviewed the goals and priorities of the Committee with the following action
44 items:

45
46 • Promote and host no less than two classes per year in conjunction with CTC Coalition
47 Nicole Whetstone to attend CTC meeting and report back.

48
49 • Quarterly outreach publication to residents (City newsletter, social media, separate
50 newsletter)
51 Utilize the information per Sam and Jeff for a newsletter topic on air quality.

52
53 • Highlight of a trail with coordinating event three to four times per year (Strava app)
54 Ownership by the Trails Committee moving forward.

55
56 • Goal related to air quality (social media)
57 Ken Leetham to prepare newsletter item with information provided by Sam and Jeff with
58 Committee to review.

59
60 • Social media/newsletter items related to CERT training
61 Ken Leetham noted that the Fire Department was willing to provide training.

62
63 • Highlight outdoor amenity activities and events (newsletter)
64 This item would be done in conjunction with the Trails Committee.

65
66 • Share results from 2024 wellness survey by USU (newsletter)
67 Committee to review printable report and discuss at the next meeting .

68
69 • Explore “Health in All” policies in City ordinances, plans, and policies

70
71 • Work with other City committees on food drives & support food pantries
72 Ken Leetham mentioned incorporating a food drive into City events.

73
74 • Explore resources for/plans to address homelessness and housing stability (programs)

75
76 • Creation of resource document related to obtaining access to food, clothing, etc. for
77 homeless, also hygiene kits
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- Creation of resource document related to addiction recovery for City's website and at events (linked from County resources)

• Coordinate with other committees/boards to solicit feedback, share recommendations
Health and Wellness Committee members will attend other committee meetings and report back.
Nicole Whetstone volunteered to attend an Arts Committee and a Golf Committee meeting. Yemi Arunsi agreed to attend a Youth City Council meeting.

- Wellness Fair/Night Out Against Crime event
Councilmember Van Langeveld reported that this event would be held on August 7th. She suggested inviting the Center of Hope to host a booth. She also volunteered to invite the local school admins to host a booth at the Wellness Fair. She would also attend an Events Committee meeting to discuss the Unity in the Community and the Wellness Fair events.

5. EVALUATE HOW TO PROMOTE LADIES OF CHARITY

Councilmember Van Langeveld clarified that this included opportunities for the Ladies of Charity/Center of Hope outreach and a donation drive at a City event. She noted that the Center of Hope would be invited to participate in the Wellness Fair and the food truck nights.

6. REPORT ON ONE KIND ACT A DAY EFFORTS IN THE CITY AND LOCAL SCHOOLS

Mason Bennett volunteered to attend The Kindness Summit on April 11th. Nicole Whetstone commented that she would potentially like to attend as well.

7. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

The Committee discussed the next newsletter topic which would be air quality (Sam Ball) and topics for future newsletter and social media posts. Councilmember Van Langeveld proposed a topic for April to include some results from the USU survey. Nicole Whetstone offered to prepare a mental health newsletter for May.

8. CITY COUNCIL UPDATE

Councilmember Van Langeveld spoke on federal funds related to a settlement for the opioid epidemic. She said county funds were available if the City had a strategy for the use of these funds. She then mentioned community spaces/third place which promoted social connections and continuing to focus on this through City events and spaces.

9. COMMITTEE MEMBER BUSINESS

Nicole Whetstone mentioned an annual food drive for the Bountiful Food Pantry with a drop off at Lees Marketplace on Saturday March 15th.

10. DISCUSSION ON AGENDA AND SCHEDULE DATE FOR NEXT MEETING

The Committee determined that the next meeting would be held on April 7th. The following agenda items were discussed:

- Citizen comment
- Approval of minutes
- Discussion on goals and priorities of the Committee
- Review ideas for newsletter or social media
- Discussion and review of Davis County's Community Health Improvement Plan
- Discussion on Point in Time Count report
- Report on The Kindness Summit (Mason Bennett)
- Discussion on feedback from other committees
- Update on federal funds related to treatment/prevention of opioid use
- City Council update
- Committee member business
- Discussion on agenda and schedule date for next meeting

11. ADJOURN

The meeting was adjourned at 8:00 p.m.

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on April 7, 2025 by unanimous vote of all members present.

Wendy Page, City Recorder