



CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
AUGUST 11, 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 **August 11, 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 July 14, 2025
4. Review of the City's Wellness Survey Results
5. Review of Davis County's Community Health Improvement Plan
6. Report on Health and Wellness Fair / Night Out Against Crime Event
7. Review Draft Policy and Criteria for Involvement with Non-City Organizations
8. Davis Continuing Education Update Related to Classes and Vendor Booths at City Events
9. Review Ideas for Newsletter or Social Media
10. Point in Time Count Report
11. Discussion on Feedback from Other Committees
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 **August 11, 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: August 7, 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 JULY 14, 2025

5
6 **DRAFT**
7

8 Chair Bennett called the meeting to order at 6:30 p.m.
9

10 PRESENT: Mason Bennett, Chair
11 Sam Ball
12 Christine Seamons
13 Jeff Scroger, Vice Chair
14 Alisa Van Langeveld, City Council
15

16 EXCUSED: Nicole Whetstone
17

18 STAFF PRESENT: Ken Leetham, City Manager.
19

20 1. CITIZEN COMMENT
21

22 There were no citizen comments.
23

24 2. APPROVAL OF MINUTES
25

26 The Health and Wellness Committee minutes of April 7, 2025 were reviewed and approved.
27

28 **Committee Member Seamons moved to approve the minutes of April 7, 2025. Committee**
29 **Member Ball seconded the motion. The motion was approved by Committee Members Ball,**
30 **Bennett, and Seamons.** Committee Members Scroger and Whetstone were excused or not
31 present for the vote.
32

33 Councilmember Van Langeveld arrived at 6:31 p.m.
34

35 3. REVIEW OF CITY'S WELLNESS SURVEY RESULTS
36

37 Councilmember Van Langeveld requested that this item be continued to the next Health and
38 Wellness Committee meeting.
39

40 4. UPDATE ON DAVIS CONTINUING EDUCATION RELATED TO CLASSES AND
41 VENDOR BOOTHS AT CITY EVENTS

42
43 Mason Bennett summarized an email from Nicole Whetstone related to Davis Behavioral Health
44 regarding the opioid settlement funds which were currently not available for prevention efforts as
45 well as options for dates related to future prevention community classes in the City.

46
47 Sam Ball mentioned he was also working on water efficiency related to landscaping, gardening,
48 and similar classes.

49
50 Ken Leetham spoke on a City staffed booth at City events and said this had been implemented at
51 the Kite Festival and two Unity in the Community events. He said overall it was important for
52 the City to have a presence at major events for public interaction.

53
54 Jeff Scroger arrived at 6:34 p.m.

55
56 Sam Ball asked about vendor booths at events. Ken Leetham clarified that vendors signed up for
57 booths at the car show, Liberty Fest, and other events. He also noted that there were sponsors,
58 such as Chevron and Lees Marketplace, for some events including Liberty Fest and Arbor Day.

59
60 5. DISCUSSION ON A COMMUNITY BASED MENTAL HEATH INITIATIVE AND
61 INVOLVEMENT WITH NON-CITY ORGANIZATIONS

62
63 Ken Leetham reported on The Healing Initiative with the focus of improving mental health for
64 women and girls. He shared the four core program elements including nature therapy, art therapy,
65 mindful movement through yoga, and community training. He continued that the total cost for
66 the program was \$50,000 for the workshops, training, and a coordinator fee. He said the origin of
67 this presentation was through a City staff member associated with the organization.

68
69 Councilmember Van Langeveld spoke on involvement with non-City organizations and
70 mentioned the organizations Circle USA and Open Doors. She said the Health and Wellness
71 Committee did not have a budget but could request funding from the City Council to partner with
72 certain organizations to provide programs. She noted that this would require establishing criteria
73 to determine which organizations/programs to utilize.

74
75 Sam Ball was in favor of requesting a budget from the City Council. He said there were grant
76 programs that the Committee could apply for as well.

77

78 Councilmember Van Langeveld asked about the process in applying for grants that would then be
79 used to partner with other organizations. Ken Leetham replied that it would depend on the
80 program. He explained that the Committee could use the grant funds and potentially City funds
81 to participate in programs. He suggested that in other circumstances to encourage organizations
82 to apply for grants which would then allow them to come to the City and provide services.

83
84 Ken Leetham spoke on determining where to spend resources and which needs in the community
85 to address.

86
87 Christine Seamons commented that it was important to further vet these organizations, especially
88 when there was a significant cost, and obtain feedback and more information on how the
89 program would work in the community. Ken Leetham noted that the City had to cancel several
90 classes due to low participation in the past and the need to heavily advertise and inform the
91 public of available services.

92
93 Sam Ball suggested better utilization of the survey results from the community to determine
94 which classes to offer or organizations to partner with. Councilmember Van Langeveld was in
95 agreement and mentioned the community based health initiative through becoming A Bolder
96 Way Forward City and offering services related to mental health.

97
98 Sam Ball questioned what a budget might look like. Ken Leetham replied that the City Council
99 had approved \$800-\$1,000 per Committee. He said the City Council expected the committees to
100 present well reasoned and fact based proposals related to meeting the needs of residents. He felt
101 the Council would be open to solutions that would make an impact in the community.

102
103 Councilmember Van Langeveld spoke on the Open Doors initiative and if this met a community
104 need. She said they requested help in recruiting volunteers and did not initially request funding.
105 She did not feel like this Committee was offering that level of volunteer and groundwork. She
106 was not in favor of the Committee receiving sales pitches as a grant awarding group. She
107 suggested establishing a review process with criteria for when organizations contacted the
108 Committee/City.

109
110 Councilmember Van Langeveld recommended the following criteria:

- 111
- 112 1) Clear identification for a stated need in the City which needed to be addressed (Wellness
113 Survey)
 - 114 2) Presenting a clear ask from the Committee (money, time, etc.)
 - 115 3) Showing evidence based success

116 4) Setting a deadline to evaluate programs before December 31st each year with a review in
117 January (for Council budget requests)

118
119 Jeff Scroger suggested an additional condition related to a baseline price threshold and taking
120 into account potential attendance.

121
122 Christine Seamons noted that the Committee could host yoga or art classes for less than the cost
123 of the program.

124
125 Jeff Scroger reviewed the wellness survey and said residents determined that the City was
126 lacking in cultural opportunities and environmental quality. He noted that residents also
127 mentioned connection with nature, physical health, and mental health. He suggested events that
128 might cover multiple results such as hosting an exercise class in the park.

129
130 Councilmember Van Langeveld spoke on pre-screening organizations as a Committee. She
131 requested an agenda item for the October meeting to review of potential partner organizations.
132 She asked that the Committee begin to compile a list. Ken Leetham commented that he would
133 prepare a draft policy for the Committee.

134
135 Councilmember Van Langeveld was excused at 6:49 p.m.

136
137 6. DISCUSSION ON THE NATIONAL FITNESS CAMPAIGN AND PARTNERSHIP
138 PROGRAMS AVAILABLE

139
140 Ken Leetham reported on the National Fitness Campaign and partnership program. He said that
141 several other cities, including Spanish Fork, were partnering with this company to place outdoor
142 fitness locations in public parks. He continued that the City would need to provide a location,
143 cement area, and potentially individuals that could be trained to provide classes. He shared a
144 video from National Fitness Campaign (NFC) showcasing the different types of equipment that
145 the City could purchase.

146
147 Mr. Leetham said if the City wanted to partner with NFC this would include choosing a location,
148 determining whether to add The Fitness Court Studio option, and then equipment installation. He
149 mentioned that the City would maintain and repair/replace the equipment as necessary. He
150 suggested Legacy Park in Foxboro or Hatch Park. He asked for feedback from the Committee.

151
152 Sam Ball commented that he appreciated how this would help to make fitness accessible to all
153 residents. He was in favor of pursuing this option in Hatch Park.

154

155 Mason Bennett spoke on the benefit of equipment that did not have a lot of moving parts. He felt
156 this dedicated community space would help to get people outside and active.

157
158 Christine Seamons mentioned City liability if children or teenagers were injured on the
159 equipment. Ken Leetham replied that the City had liability insurance for the playgrounds, etc. He
160 said there were requirements for soft fall at the playgrounds which may be similar to the
161 proposed fitness equipment.

162
163 The Committee also discussed the addition of shade or a covering depending on how well the
164 equipment was utilized for year round use.

165
166 Jeff Scroger felt the name and messaging was off putting as it presented itself as a quasi-
167 governmental entity. He also mentioned liability issues with the equipment. He noted that
168 maintenance could be a significant cost and referenced the expensive resurfacing of the City's
169 tennis courts.

170
171 Ken Leetham said the City's obligation was concrete install, property, and maintenance.

172
173 The Committee had several questions including:

- 174
175 1) How the organization was funded and able to offer the equipment at no cost to cities.
176 2) If there was a cost or paid subscription to utilize the training app
177 3) Increased insurance costs
178 4) Any additional commitments (NFC advertising)
179 5) Long term maintenance costs
180 6) What was needed for the setup including the concrete pad and other surfacing (cost)
181 7) Research any lawsuits (municipalities or NFC)

182
183 Ken Leetham replied that the concrete pad would cost \$120,000. He commented that he would
184 reach out to the cities in Utah who had already installed the equipment. He would follow up with
185 NFC and provide the Committee with answers to these questions.

186
187 Councilmember Van Langeveld returned to the meeting at 7:40 p.m.

188
189 7. DISCUSSION ON THE HEALTHY UTAH DESIGNATION APPLICATION DUE
190 AUGUST 1, 2025

191
192 Ken Leetham reported that the Healthy Utah Designation required recertification every two
193 years. He said staff had prepared the application but spoke on the requirement for two additional

194 health strategies to qualify for recertification. He shared several ideas including the creation or
195 updating of an active transportation plan, trail series events, developing a new or add to a
196 walking/biking trail, and adding wayfinding signage to trails (providing time and distance for
197 routes).

198
199 Mr. Leetham suggested that the Committee review these strategies bi-annually to determine
200 future projects. He shared strategies or ideas related to the three major categories which were
201 active living, access to healthy food, and mental health.

202
203 Jeff Scroger suggested activities that worked in conjunction with items from the Wellness Survey
204 such as cooking classes at Lee's.

205
206 Councilmember Van Langeveld mentioned the access to healthy food and that the partnership
207 with Center of Hope Food Pantry and Youth City Council food distribution may meet the
208 requirements for that strategy.

209
210 Ken Leetham concluded that the Committee should review this item again in the fall to
211 determine strategies associated with any budget requests. He also mentioned setting 2026
212 Committee goals related to these strategies.

213

214 8. DISCUSSION ON THE HEALTH AND WELLNESS FAIR JULY 31, 2025

215
216 Jeff Scroger reported that he sent emails to the participants from last year and had not yet
217 received any responses. He commented that he would reach out to the organizations individually
218 and also invite the mental health providers who participated in the Juneteenth and Pride Night
219 events. He clarified that the event would be held on July 31st in conjunction with the Night Out
220 Against Crime event.

221
222 Ken Leetham mentioned following up with Davis County Health Department and Davis
223 Behavioral Health.

224
225 Sam Ball commented that he received some vendor confirmations forwarded from the police
226 department. He asked about assigning spaces or directing vendor setup.

227
228 The Committee discussed which vendors were invited and who was confirmed to participate (fire
229 department, a local hospital, medical organizations), coordinating with the police department,
230 location (Legacy Park), activities, advertising, and free food.

231

232

233 9. DISCUSSION ON GOALS AND PRIORITIES OF THE COMMITTEE

234
235 Ken Leetham presented the goals and priorities document for review. He suggested a renewed
236 focus on the social media postings and specified the air quality item could be shared in the City's
237 newsletter.

238
239 The Committee discussed social media posts and the Healthy Utah designation with an emphasis
240 of setting goals and priorities related to active living, access to healthy food, and mental health.

241
242 Christine Seamons mentioned determining ways to better utilize the Golf Course clubhouse for
243 residential use.

244
245 Ken Leetham spoke on the difficulties the Committee had experienced in finding effective ways
246 to address some of its goals and determine the main focus. He encouraged the Committee
247 members to share their ideas.

248
249 Mason Bennett commented that some of difficulties stemmed from the position that the Health
250 and Wellness was an advisory board, overlap with other committees, turnover, and a small
251 budget. Ken Leetham replied that ideas could be presented to the City Council for potential
252 funding.

253
254 Ken Leetham asked that any Health and Wellness items be sent to him for inclusion on the
255 agenda.

256
257 10. REPORT ON POINT IN TIME COUNT

258
259 Councilmember Van Langeveld requested that this item be continued to the next Health and
260 Wellness Committee meeting.

261
262 11. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

263
264 Mason Bennett commented that he would try to attend the Trails Committee next month. Jeff
265 Scroger said that he could attend this meeting if necessary.

266
267 Mason Bennett suggested that the Committee members attend their assigned alternate committee
268 meeting once or twice per year.

269
270

271 12. UPDATE ON FEDERAL FUNDS RELATED TO TREATMENT/PREVENTION OF
272 OPIOID USE

273

274 Ken Leetham said that nationally there was a large settlement related to opioids and every state
275 received funds to be distributed to each county. He said Chief Black had noted that he was
276 unaware of any program where Davis County had offered to distribute opioid settlement funds.
277 He spoke on potential uses for these funds including prevention, education, and treatment but
278 mentioned that the County and the Health Department had a core function in place to address
279 this.

280

281 Mason Bennett questioned if there was a location in the City that offered Narcan (Naloxone).
282 Ken Leetham replied that the police department used to offered this medication and would ask if
283 this was still the case.

284

285 Sam Ball commented that it may be important for the Committee to be aware of where these
286 resources were in the County (Health Department, Davis Behavioral Health) to help direct
287 residents. Ken Leetham replied that staff could research this item.

288

289 13. CITY COUNCIL UPDATE

290

291 Ken Leetham had nothing to report.

292

293 14. COMMITTEE MEMBER BUSINESS

294

295 There was no committee member business discussed.

296

297 15. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT
298 MEETING

299

300 Christine Seamons asked how the Wellness Survey was distributed and how many residents
301 responded. Ken Leetham replied that 600 responses were received the first year and around 400
302 responses were received during the second year.

303

304 The Committee discussed having a dedicated Health and Wellness booth and branded signage at
305 events. They mentioned obtaining resident feedback on goals and priorities at these events as
306 well. Ken Leetham replied that staff could prepare signage if advanced notice was given.

307

308 The Committee determined the following items would be discussed at the next Health and
309 Wellness meeting on August 11th:

- 310 • Citizen Comment
- 311 • Approval of Minutes
- 312 • Review of City Wellness Survey Results and Davis County’s Community Health
- 313 Improvement Plan
- 314 • Report on Health and Wellness Fair/Night Out Against Crime event
- 315 • Review draft policy and criteria for involvement with non-City organizations
- 316 • Davis Continuing Education Update (classes, vendor booth at events)
- 317 • Review Ideas for Newsletter or Social Media
- 318 • Point in Time Count report
- 319 • Discussion on feedback from other committees
- 320 • City Council Update
- 321 • Committee Member Business
- 322 • Discussion on Future Agenda Items and Schedule Date for Next Meeting
- 323
- 324 Future Agenda Items (October)
- 325
- 326 • Discussion on Goals and Priorities
- 327 • Review strategies and goals related to Healthy Utah Designation (active living, access to
- 328 healthy food, and mental health)
- 329 • Determine any potential partners/organizations for budgetary requests to the City Council
- 330 • Determine 2026 Committee Goals
- 331 • Review of Committee’s questions/answers related to the National Fitness Campaign
- 332

333 16. ADJOURN

334
335 The meeting was adjourned at 8:10 p.m.

336
337 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
338 *Lake on August 11, 2025 by unanimous vote of all members present.*

339
340
341 _____
342 *Mason Bennett, Chair*

Wendy Page, City Recorder