



# CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE  
MEETING NOTICE & AGENDA  
SEPTEMBER 8, 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 **September 8, 2025 at 6:30 p.m.** The meeting will be held in the Council Conference Room on the 2<sup>nd</sup> 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 August 11, 2025
4. Review of City Wellness Survey Results
5. Review of Davis County's Community Health Improvement Plan
6. Discussion on City Sponsored Block Parties
7. Discussion on "What Does Connection to Community Look Like"
8. Update on Davis Behavioral Health Classes and Vendor Participation at Events
9. Review Ideas for Newsletter or Social Media
10. Update on Homeless Resources or Proactive Efforts
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 **September 8, 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: September 4, 2025

  
Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE  
2 HEALTH AND WELLNESS COMMITTEE MEETING  
3 CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE  
4 AUGUST 11, 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 Sam Ball via Zoom  
12 Christine Seamons  
13 Alisa Van Langeveld, City Council  
14 Nicole Whetstone  
15

16 EXCUSED: Jeff Scroger  
17

18 STAFF PRESENT: Wendy Page, City Recorder.  
19

20 Ken Leetham, City Manager, and Craig Black, Police Chief, were not present at the meeting.  
21

22 1. CITIZEN COMMENT  
23

24 There were no citizen comments.  
25

26 2. APPROVAL OF MINUTES  
27

28 The Health and Wellness Committee minutes of July 14, 2025 were reviewed and approved.  
29

30 Christine Seamons requested the following amendment to her comments on Line 242: from  
31 “determining ways to better utilize the Golf Course clubhouse for residential use” to  
32 “determining ways to better utilize the Golf Course clubhouse for community uses.”  
33

34 She also noted that not all of her comments were in the meeting minutes. Wendy Page said the  
35 Committee Members could suggest any relevant corrections or edits by noting the line number in  
36 the meeting minutes in conjunction with the proposed changes.  
37

38 Councilmember Van Langeveld added that if a comment was not related to decision making it  
39 may not be included in the meeting minutes.  
40

41 **Committee Member Whetstone moved to approve the minutes of July 14, 2025 as amended.**  
42 **Committee Member Seamons seconded the motion. The motion was approved by**  
43 **Committee Members Ball, Bennett, Seamons, and Whetstone.** Committee Member Scroger  
44 was excused.

45  
46 3. REVIEW OF CITY'S WELLNESS SURVEY RESULTS

47  
48 Councilmember Van Langeveld requested that the Committee review the City's Wellness Survey  
49 report over the course of several meetings. She spoke on using the findings of this survey to  
50 review whether the programs the City was investing in reflected what mattered to residents. She  
51 said air/environmental quality was the highest concern for a majority of the respondents to the  
52 survey. She reviewed a summary of the report including:

- 53
- 54 • 439 survey responses in 2024 (2% of the City's population)
  - 55 • 605 survey responses in 2023
  - 56 • City's adult population at 15,600
  - 57 • Resident notification through social media, newsletter, text
  - 58 • Overview of demographics of respondents (good sampling of areas, ages, incomes)
- 59

60 Christine Seamons commented that she did not receive notification of the survey even though  
61 she was signed up to receive City text. She spoke on improving the response rate through better  
62 notification for residents including seniors. Councilmember Van Langeveld shared that staff  
63 provided paper and digital devices at the Senior Lunch Bunch to enable them to participate. She  
64 suggested that the next survey could include mailing copies to residents.

65  
66 Mason Bennett said the survey provider had noted that 300 responses was considered a good  
67 response to this survey.

68  
69 Sam Ball said in his experience with surveys that while this was not a large percentage of the  
70 population that this was a good sampling across the demographics. He was also in favor of  
71 increasing responses in the future. He noted that the decreased number of responses from the  
72 midtown area may be due to the number of rental units and commercial property in that area.

73  
74 Councilmember Van Langeveld noted that this survey was sent out in 2023 and 2024 which may  
75 have contributed to the decreased number of responses in 2024.

76  
77 Councilmember Van Langeveld provided an overview of the first section of the survey:

78

- 79 • Overall Personal Wellbeing in the City: average score of 4.08
- 80 • Community Wellbeing: average score was 3.75
- 81 • East section (east of Orchard Drive) had higher scores on both these sections than the
- 82 midtown and Foxboro areas
- 83 • Graphs detailing these statistics

84

85 She spoke on recognizing ways to help those in the midtown and Foxboro areas feel more  
86 connected to their community while also not forgetting those on the east side. She noted there  
87 were different lived experiences depending on where residents lived in the City.

88

89 Councilmember Van Langeveld then reviewed comparing wellbeing across Utah cities:

90

- 91 • City close to personal and community wellbeing to the average but ranking lower than
- 92 adjacent cities (Bountiful, West Bountiful)
- 93 • Connection to community also ranked average but ranking lower than adjacent cities
- 94 (Bountiful, West Bountiful)

95

96 She noted efforts could be made in being mindful and purposeful in reaching out to residents and  
97 connecting them with resources. She requested that the subsequent section would be reviewed  
98 during the next Committee meeting.

99

100 Christine Seamons provided feedback and said that the Committee should have a better presence  
101 in the community including a booth at the Health and Wellness Fair. She said the Committee  
102 could attend more events to obtain feedback on assisting the community, promoting the survey,  
103 and raising awareness of the Health and Wellness Committee.

104

105 Nicole Whetstone noted that there was a City booth at the Health and Wellness Fair. Sam Ball  
106 said he and Jeff Scroger volunteered at the event and mentioned how the City table was  
107 overshadowed by the Night Out Against Crime activities. He suggested that the Health and  
108 Wellness Committee could provide something to draw in more participants next year including  
109 activities/games, prize giveaways, or an improved booth.

110

111 Christine Seamons envisioned a separate Health and Wellness Fair in the future with healthy  
112 food options, cooking classes, educational, and relevant vendors (holistic, naturopathy, nutrition,  
113 bike shops, etc.). She offered to chair this event next year. Councilmember Van Langeveld  
114 suggested preparing a plan in January for a Health and Wellness Fair in August. Mason Bennett  
115 recommended creating a subcommittee of volunteers to assist with the fair.

116

117 4. REPORT ON HEALTH AND WELLNESS FAIR/NIGHT OUT AGAINST CRIME  
118 EVENT

119

120 Mason Bennett commented that there had been a good response from participating groups. Sam  
121 Ball said there were multiple vendors in attendance that were applicable to health and wellness  
122 including Davis Behavioral Health, counseling services, County health resources, vaccination  
123 clinic, etc. He mentioned that combining with the Night Out Against Crime boosted attendance  
124 for the event and that these emergency service providers paired well with Health and Wellness.

125

126 Nicole Whetstone mentioned that One Kind Act a Day and JustServe were also in attendance at  
127 the Health and Wellness Fair.

128

129 Christine Seamons suggested selling healthy drinks at the event which would also supplement  
130 the Committee's budget or inviting healthy food vendors such as Lee's Marketplace.

131

132 Councilmember Van Langeveld mentioned food trucks that provided healthy options could also  
133 be invited to these events.

134

135 5. REVIEW OF DAVIS COUNTY'S COMMUNITY HEALTH IMPROVEMENT PLAN

136

137 Councilmember Van Langeveld requested that this item also be reviewed over the course of  
138 several meetings. She explained that the Wellbeing survey provided a view of the Committee's  
139 purpose and priorities in a conceptual way and the County's Community Health Improvement  
140 Plan (CHIP) provided a practical application. She said this document increased awareness of  
141 services and resources to share with the community. She reviewed the Executive Summary for  
142 CHIP which included:

143

- 144 • A community improvement plan for 2024-2028
- 145 • The motto of "Connection is the key. Resilience is the outcome."
- 146 • Partnerships with more than 50 agencies and community groups
- 147 • Take Action Cycle:
  - 148 ○ assess needs & resources
  - 149 ○ focus on what's important
  - 150 ○ choose effective policies & programs
  - 151 ○ act on what's important
  - 152 ○ evaluate actions
- 153 • Overlapping approaches of:
  - 154 ○ health equity

- 155           ○ protective factors
- 156           ○ trauma-informed
- 157       • Several community assessments (data and resources)
- 158       • Top priorities:
  - 159           ○ improving mental, emotional, and social wellbeing
  - 160           ○ improving access to resources and services
- 161       • Action plans with strategies, goals, and objectives (related to top priorities)

162

163 The Committee discussed how they were already meeting some of the strategies that the County  
164 had listed in their plan. This included Wellness Survey, classes with Davis Behavioral Health, the  
165 Health and Wellness Fair, and immunization clinic.

166

167 The Committee mentioned future ideas such as: speaker series, exercise classes, obtaining the  
168 SHARPS survey data, continually updating resources on the City’s website, and holistic type  
169 events.

170

171 Nicole Whetstone mentioned the Davis Links resource website and a resource forum meeting on  
172 August 26<sup>th</sup>. She also spoke on residents connecting with their community/neighbors and how  
173 this helped to prevent serious illnesses and outcomes. She shared the idea of City sponsored  
174 block parties in neighborhoods. She said this could include funding sources for these events,  
175 information about City committees, etc.

176

177 Councilmember Van Langeveld was in favor of this idea and spoke on connection in local  
178 neighborhoods, welcoming the wide differences in demographics, creating a program for the  
179 block parties next year, and trails around parks and the entire City.

180

181 The Committee discussed neighborhood committees similar to a neighborhood watch, how to  
182 structure the block parties, neighborhood area vs block gatherings, and street fairs.

183

184 Councilmember Van Langeveld asked for feedback on events and determining which ones  
185 should be continued. The Committee discussed the Kite Festival, car show, Liberty Fest,  
186 Halloween event, Back to School night, Davis Behavioral Health classes, Unity in the  
187 Community, Get to the River, and NSL Reads.

188

189 Nicole Whetstone said highly specialized events may have lower attendance but sent the message  
190 that the City cared about these types of events/individuals.

191

192 Christine Seamons shared that she was a certified self esteem instructor through Jack Canfield as  
193 well as in meditation. She spoke on how low self esteem may hold individuals back from  
194 participating or connecting with other people. She shared information and personal stories with a  
195 focus on individual care, connection, and mentoring through small events. She suggested several  
196 types of smaller events including lecture series, cooking classes, yoga, meditation, or sound  
197 baths.

198

199 Sam Ball noted that the quality of events did not necessarily drive attendance but said felt it was  
200 more tied to consistency or location. He said the completion and use of Hatch Park would  
201 potentially improve the attendance of these types of events.

202

203 Sam Ball was excused at 8:08 p.m.

204

205 6. REVIEW DRAFT POLICY AND CRITERIA FOR INVOLVEMENT WITH NON-CITY  
206 ORGANIZATIONS

207

208 Mason Bennett requested that this item be moved to next month's agenda to accommodate staff.

209

210 7. DAVIS CONTINUING EDUCATION UPDATE RELATED TO CLASSES AND  
211 VENDOR BOOTHS AT CITY EVENTS

212

213 Nicole Whetstone provided an update on Davis Behavioral Health and how they would not be  
214 able to accommodate fall classes. She would follow up on the availability of spring classes.

215

216 Mason Bennett requested that this item also be moved to next month's agenda for further  
217 discussion.

218

219 8. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

220

221 The Committee reviewed past and upcoming topics for City newsletter or social media posts.  
222 They discussed sharing meaningful posts and not needing to provide content every month. They  
223 decided to provide posts for August (sunscreen), Suicide Prevention Month (September), air  
224 quality (October), and staying active (November).

225

226 9. POINT IN TIME COUNT REPORT

227

228 Councilmember Van Langeveld noted that the report for the Point in Time Count, which was  
229 performed in January, had still not been released. She requested that this item continue on the

230 next meeting's agenda as a homeless resources or update. She shared that her goal was proactive  
231 efforts as well as a center hub of resources.

232

#### 233 10. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

234

235 The Committee reviewed which member was assigned to the other committees (Planning  
236 Commission, Arts, Civic Events, etc.). Christine Seamons was asked to potentially work with the  
237 Senior Lunch Bunch.

238

#### 239 11. CITY COUNCIL UPDATE

240

241 Councilmember Van Langeveld shared that the City Council were reviewing their shared and  
242 individual priorities. She noted that this included a discussion on event strategies.

243

#### 244 12. COMMITTEE MEMBER BUSINESS

245

246 Christine Seamons spoke on a request for lights in the park for night games or teenagers to hang  
247 out. She also questioned when the City should get involved with the Great Salt Lake and toxic  
248 dust storms. She shared information on medical school sponsored by Alice Walton with a focus  
249 on prevention, free tuition, rooftop farm, and a blueprint for the future. She suggested more  
250 frequent Committee meetings.

251

252 Councilmember Van Langeveld suggested the Back to School Night could be held in conjunction  
253 with the Health and Wellness Fair, the Night Out Against Crime, and the food truck night. She  
254 spoke on Christine's suggestions for a lecture series, sound bath, or similar events and offering  
255 these during food truck nights.

256

#### 257 13. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT 258 MEETING

259

260 The Committee determined the following items would be discussed at the next Health and  
261 Wellness meeting on September 8th:

262

- 263 • Citizen Comment
- 264 • Approval of Minutes
- 265 • Review of City Wellness Survey Results
- 266 • Review of Davis County's Community Health Improvement Plan
- 267 • City sponsored block parties

- 268 • Discussion on “What does connection to community look like?”
- 269 • Review draft policy and criteria for involvement with non-City organizations
- 270 • Davis Continuing Education Update (classes, vendor booth at events)
- 271 • Review Ideas for Newsletter or Social Media
- 272 • Update on homeless resources or proactive efforts
- 273 • Discussion on feedback from other committees
- 274 • City Council Update
- 275 • Committee Member Business
- 276 • Discussion on Future Agenda Items and Schedule Date for Next Meeting

277

278 14. ADJOURN

279

280 The meeting was adjourned at 8:11 p.m.

281

282 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
283 *Lake on September 8, 2025 by unanimous vote of all members present.*

284

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286

287 \_\_\_\_\_  
*Mason Bennett, Chair*

\_\_\_\_\_ *Wendy Page, City Recorder*