

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE MEETING  
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE  
AUGUST 11, 2025

FINAL

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

PRESENT: Mason Bennett, Chair  
Sam Ball via Zoom  
Christine Seamons  
Alisa Van Langeveld, City Council  
Nicole Whetstone

EXCUSED: Jeff Scroger

STAFF PRESENT: Wendy Page, City Recorder.

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

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

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

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

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

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

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

### 3. REVIEW OF CITY'S WELLNESS SURVEY RESULTS

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

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

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

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

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

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

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

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

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

Councilmember Van Langeveld then reviewed comparing wellbeing across Utah cities:

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

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

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

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

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

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

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

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

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

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

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

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

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

- protective factors
- trauma-informed
- Several community assessments (data and resources)
- Top priorities:
  - improving mental, emotional, and social wellbeing
  - improving access to resources and services
- Action plans with strategies, goals, and objectives (related to top priorities)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

8. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

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

9. POINT IN TIME COUNT REPORT

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

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

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

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

#### 11. CITY COUNCIL UPDATE

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

#### 12. COMMITTEE MEMBER BUSINESS

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

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

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

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

- Citizen Comment
- Approval of Minutes
- Review of City Wellness Survey Results
- Review of Davis County's Community Health Improvement Plan
- City sponsored block parties

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

14. ADJOURN

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

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



Mason Bennett, Chair



Wendy Page, City Recorder

