



**CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
OCTOBER 13, 2025
6:30 P.M.**

Notice is given that the Health and Wellness Committee of the City of North Salt Lake will hold a meeting on the above noted date and time 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 & Introduction
2. Citizen Comment
3. Approval of Minutes from September 8, 2025
4. Review of City's Wellness Survey Results
5. Review of Davis County's Community Health Improvement Plan
6. Review Draft Policy and Criteria for Involvement with Non-City Organizations
7. Review Ideas for Newsletter or Social Media
8. Brainstorm Ideas Related to the Adjacent Shelter and How to Support and Mitigate the Impacts
9. Discussion on Feedback from Other Committees
10. City Council Update
11. Committee Member Business
12. Discussion on Future Agenda Items and Schedule Date for Next Meeting
13. 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 foregoing agenda 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 East Center Street, North Salt Lake.

Date Posted: October 8, 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 SEPTEMBER 8, 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 Christine Seamons
12 Jeff Scroger, Vice Chair
13 Alisa Van Langeveld, City Council
14 Nicole Whetstone
15

16 EXCUSED: Sam Ball
17

18 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief.
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 August 11, 2025 were reviewed and
27 approved.
28

29 **Committee Member Bennett moved to approve the minutes of August 11, 2025, as**
30 **written. Committee Member Scroger seconded the motion. The motion was approved**
31 **by Committee Members Bennett, Seamons, Scroger, and Whetstone.** Committee
32 Member Ball was excused.
33

34 3. REVIEW OF CITY WELLNESS SURVEY RESULTS
35

36 Councilmember Van Langeveld reviewed the data for the Wellness Survey and said the City
37 was mid to below average for overall wellbeing compared to other established mid-sized

38 cities. She commented that Bountiful and West Bountiful had scored higher than the City.
39 She then spoke on wellbeing domains with the following results:

40

41 Highest rated domains:

- 42 • Safety and security-80%
- 43 • Family life-77%
- 44 • Living standards-72%
- 45 • Mental health-71%

46

47 Most important domains:

- 48 • Safety and security-99%
- 49 • Mental health-98%
- 50 • Living standards-96%
- 51 • Physical health-96%

52

53 She noted that education, local environmental quality, cultural opportunities,
54 transportation, and social connections were the lower ranking items related to both the
55 level and importance of personal wellbeing.

56

57 Councilmember Van Langeveld said City Council decisions were being made to offer more
58 cultural opportunities and address education. She spoke on connecting with the junior high
59 and providing help to families through a booth at the upcoming Latino Heritage event. She
60 explained the concept of protective factors and how these domains affected each other.
61 She gave the example of how you may not feel safe in your community which could affect
62 your mental health or standard of living.

63

64 Councilmember Van Langeveld reviewed a matrix showing high and low ratings as well as
65 high and low importance and how they corresponded. She said family life, leisure time,
66 living standards, mental health, physical health, and safety and security were rated both
67 highly important and above average. She noted that local environmental quality was ranked
68 both lower rating and high importance which highlighted that this was a big concern for
69 residents. She shared environmental quality issues included the freeways, refineries,
70 inversion, and the Great Salt Lake.

71

72 Jeff Scroger mentioned that he would be sharing this data with the Planning Commission as
73 suggested working with other City committees on solutions as well. Councilmember Van

74 Langeveld suggested that the Commission could reevaluate City Code and industries that
75 would affect environmental quality such as transportation hubs or industrial uses. She also
76 mentioned the potential for a local drop-off for boxes and direct pick-up or return at the
77 Amazon facility.

78

79 Christine Seamons commented that these items were interconnected and affected each
80 other if they were not addressed.

81

82 Councilmember Van Langeveld shared data from the community connection section in the
83 Wellness Survey. She explained the graphs related to community connection were almost a
84 perfect bell curve with the average score of all respondents at 3.01. She continued that
85 there was some correlation between community connection and overall personal
86 wellbeing and mental health. She shared a graph comparing community connection across
87 surveyed cities which showed that the City ranked 37 out of the 51 participating cities on
88 feeling of community connection.

89

90 Jeff Scroger questioned if the recently annexed Val Verde area had been included in the
91 2023 or 2024 surveys. Councilmember Van Langeveld commented that she was unsure.
92 She said those who participated in the survey were actively connected to the City.

93

94 Councilmember Van Langeveld noted that the review of the Wellness Survey would
95 continue with the “participation in recreation and nature-related activities” section at the
96 next Committee meeting.

97

98 4. REVIEW OF DAVIS COUNTY’S COMMUNITY HEALTH IMPROVEMENT PLAN

99

100 Councilmember Van Langeveld continued the review of the Davis County Community
101 Health Improvement Plan (CHIP) and shared the Davis4Health mission to improve
102 community health through the power of partnerships, collaboration, and strategic
103 alignment around Davis County’s top health priorities. She noted the vision was a shared
104 commitment toward a culture of health. She mentioned the guiding principles of 1)
105 priorities and strategies are determined based on the findings of the Davis4Health
106 Community Health Assessment and 2) the process is community driven with significant
107 involvement from a broad set of stakeholders and partners from a variety of agencies.

108

109 Mason Bennett asked what the Committee could do to help support these goals.
110 Councilmember Van Langeveld answered there were so many agencies involved (Ladies of
111 Charity, food pantries, etc.) and that the Committee could focus on sharing information
112 about these resources.
113
114 Nicole Whetstone suggested facilitating communication and awareness of resources with
115 all the different entities such as the schools, County, residents, and health professionals.
116 Jeff Scroger mentioned vertical alignment and integrating the Committee's work with other
117 entities including social media, reaching out to schools, helping the food pantry, etc.
118
119 Councilmember Van Langeveld spoke on refining the goals and priorities of the Committee
120 and narrowing down what areas to focus on. She preferred focusing on big actions in
121 several areas versus accomplishing something small in multiple areas.
122 Christine Seamons commented that the Senior Lunch Bunch had mentioned one area of
123 impact was computer help. She said that community classes or events made a difference
124 for residents.
125
126 Nicole Whetstone mentioned that Davis Links had PDF or resource lists available that
127 could be printed off for the Senior Lunch Bunch meetings. Jeff Scroger spoke on offering
128 educational classes including help with computer, mobile phone, and electronics.
129
130 Councilmember Van Langeveld then reviewed the organizational structure, steering
131 committee meetings, and accomplishments of Davis4Health. She suggested continuing
132 the review at "three essential approaches" on page 12 during the next Committee meeting.
133
134 Nicole Whetstone spoke on the Davis Links meeting and said it was a thorough database of
135 information. She mentioned that she would be providing a post about suicide prevention
136 and that the database had resources and prevention information.
137
138 The Committee spoke on utilizing Davis Links to create newsletter and social media posts.
139 They discussed topics, frequency, and community engagement. They determined that each
140 month one Committee member would share post ideas via phone or email with the
141 Committee and City staff.
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143 Nicole Whetstone and Ken Leetham would provide post info related to suicide prevention
144 for September.

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5. DISCUSSION ON CITY SPONSORED BLOCK PARTIES

Nicole Whetstone reported on the relevance of City sponsored block parties and how this could increase the feeling of community connection. She noted that several cities, West Valley and Tooele, had hosted block parties. Chief Black reported on the West Valley Night Out Against Crime/block party and the low success rate. He mentioned that some neighborhoods in the City hosted block parties to watch the fireworks during Liberty Fest.

Mason Bennett mentioned West Jordan had started hosting similar community events and suggested reaching out to their community engagement staff.

Nicole Whetstone reviewed the information she had received from West Valley related to their block party program. She noted West Valley City provided a registration form, promotional materials (signage, balloons), and food (hot dogs and drinks) for those interested in hosting a block party. She then shared information related to Tooele City's block party program which was facilitated by their Community Engagement Department. She said they provided a contract which required photo evidence of the party and parameters of who would be invited. She shared that Tooele City provided a gift card for food and a resource table with city information at the event.

Councilmember Van Langeveld asked about the popularity of these block parties. Nicole Whetstone replied that the goal was two to five parties per month and were held year round. She shared that in West Valley block party hosts could also request city councilmember, police officer, or firefighters to attend these parties.

Nicole Whetstone continued that in South Salt Lake residents could apply for grants to host block parties. She said in 2024 they awarded five grants at \$500 each. She shared these events required a special events permit and had included concerts and other events. She shared that the Avenues in Salt Lake City hosted a community street fair with city funding.

Councilmember Van Langeveld mentioned that the Avenues Street Fair had grown into a large event with art, stages with performances, and street closures.

6. DISCUSSION ON "WHAT DOES CONNECTION TO COMMUNITY LOOK LIKE"

181 Councilmember Van Langeveld asked if block parties would address the question “what
182 does connection to community look like?”

183

184 Mason Bennett commented that he attended events and felt connected to the City but not
185 as connected to his local neighbors. He felt like block parties would help create
186 connections with neighbors in an organic or structured way.

187

188 Nicole Whetstone spoke on the difficulty in meeting neighbors. Christine Seamons said
189 people used to introduce themselves to new neighbors but how this practice had stopped.

190

191 The Committee discussed community connection through walking and the potential to
192 host a Citywide walking event. They mentioned basing these around astrological events or
193 similar.

194

195 Jeff Scroger mentioned having a diversity of events or an event that would appeal to
196 different types of people including families, seniors, single adults, etc.

197

198 Christine Seamons mentioned that Bountiful City held free concerts in the park and a
199 weekly farmers market. Ken Leetham commented that the City hosted a monthly vendor
200 fair and that there were outdoor concerts quarterly at Legacy Park as well.

201

202 Mason Bennett and Jeff Scroger mentioned the difficulties in locating Legacy Park when
203 using online maps.

204

205 Councilmember Van Langeveld clarified connection to the City and connection to
206 neighbors. She questioned if these should be separate goals and how this may be a
207 branding issue. She spoke on the City’s image and creating a connection.

208

209 Jeff Scroger spoke on growing up in Chicago and the difficulty in creating a connection
210 between the north and south side. He said the City also had a geography and culture issue
211 and the need to remind residents that they were part of one city. He was in agreement with
212 branding whether it was through artwork, a mascot, or other unifying factor.

213

214 Councilmember Van Langeveld mentioned the tower or sundial monument proposed for
215 Hatch Park. She also spoke on the mural and the chair sculptures at and adjacent to Hatch
216 Park. She suggested multiple chair sculptures throughout the City.

217

218 Jeff Scroger felt that the unifying factor needed to be something that was personable and
219 fun such as an animal or other unusual entity. He mentioned the troll statue in the Granary
220 District and the whale located in the 9th and 9th neighborhood in Salt Lake.

221

222 The Committee discussed different ideas including the oversized chairs, bridge troll
223 statues, or another personalized figure or identifier. They suggested that Nicole Whetstone
224 share some of the ideas discussed including personalized statues (such as trolls) created
225 from the existing trees in Hatch Park.

226

227 Councilmember Van Langeveld spoke on the priority for a targeted strategic marketing plan
228 for the City. She reviewed what had been discussed including an icon or mascot, gnomes
229 or trolls, or the chair sculpture. She said connection to the City was different than a
230 connection to neighbors and that it was worth the effort to encourage both those
231 connections.

232

233 Ken Leetham commented on isolation and how a lack of connection could lead to suicide
234 or other poor outcomes. He suggested sharing how connection was an important part of
235 health and promoting this through social media posts.

236

237 Councilmember Van Langeveld shared her ideas including block parties separate from the
238 Night Out Against Crime event, neighborhood identities for the three areas of the City
239 (Foxboro, midtown, east side), and events catering to those areas.

240

241 Jeff Scroger spoke on how certain events would allow for areas to meet and create
242 community organically. He mentioned the food truck nights in Foxboro, fireworks and the
243 auto show for the hillside area, and the Winter Lights Fest for the midtown area. He said
244 Hatch Park would also provide an opportunity for an organic gathering space.

245

246 Mason Bennett was in agreement but spoke on identifying individuals who could help to
247 setup a community council such as block party hosts.

248

249 Nicole Whetstone questioned what would make sense for the City to provide for a block
250 party.

251

252 Ken Leetham suggested \$100 per party and Councilmember Van Langeveld mentioned a
253 goal of ten block parties per year.

254

255 The Committee was in favor of the program that Tooele utilized with a \$100 gift card, the
256 contract to require photos/testimonial, and advertising. They spoke on the pros and cons of
257 involving local church groups.

258

259 Chief Black shared his experience with an annual neighborhood block party in his area.

260

261 Christine Seamons asked about neighborhood watch programs. Chief Black replied that
262 the police department had a presentation and would provide support for any group
263 interested in a neighborhood watch program.

264

265 Ken Leetham noted that he would review the contract from Tooele related to block parties
266 and report back.

267

268 7. UPDATE ON DAVIS BEHAVIORAL HEALTH CLASSES AND VENDOR PARTICIPATION
269 AT EVENTS

270

271 Councilmember Van Langeveld asked if there was an update on the Behavioral Health
272 Classes. Nicole Whetstone replied that there was not an update at this time.

273

274 Chief Black mentioned another potential organization that could provide classes similar to
275 those offered by Communities that Care. He also spoke on requiring these types of classes
276 as a deferred action for fines in non-violent cases and some resistance from the
277 prosecutors.

278

279 Councilmember Van Langeveld suggested hosting local classes with Davis Behavioral
280 Health and Communities that Care in conjunction with local religious groups. She noted
281 how open enrollment of these classes had not been very successful in the past.

282 Chief Black spoke on the benefit of individuals attending classes and following up with a
283 judge to dismiss fines, etc. He said this would also provide funding for Davis Behavioral
284 Health in lieu of fines.

285

286 The Committee discussed the Health Fair for 2026 including offering a sound bath, healthy
287 cooking, yoga in the park and potentially providing these activities at existing City events
288 such as the Latino Heritage, Halloween 3K, or Winter Fest.

289

290 8. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

291

292 Mason Bennett reported that Nicole Whetstone would provide information related to
293 suicide prevention in September and Sam Ball would provide information on air quality for
294 October.

295

296 Jeff Scroger suggested each month that one person from the Committee could
297 communicate the ideas to the City's Communications Coordinator and that the other
298 members could provide ideas as well.

299

300 Mason Bennett said he had resources from the sheriff's office related to scam telephone
301 calls that may be helpful to residents.

302

303 9. UPDATE ON HOMELESS RESOURCES OR PROACTIVE EFFORTS

304

305 Councilmember Van Langeveld shared information related to the Point in Time count in
306 February with 127 unhoused individuals. She noted the statistics included 12 households
307 with adults and children, 43 individuals, and 5 unaccompanied children. She continued
308 that there were 35 adults with mental illnesses and 25 adults were chronically homeless.
309 She provided an update on the shelter that would be built south of Cross E Ranch in the
310 vicinity of the City.

311

312 Councilmember Van Langeveld spoke on providing information for available resources, a
313 service project with the Foxboro HOA to provide 50 kits, and partnering with the food
314 pantry. She suggested the Committee brainstorm ideas related to the adjacent shelter and
315 how to support and mitigate the impact. She recommended that someone from the City
316 should be on the operating board for the facility. She spoke on creating policies in the City
317 to mitigate the impact.

318

319 Chief Black commented that he felt there would be an increased need, not related to the
320 shelter, and increased transient situations in the City.

321

322 10. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

323

324 Jeff Scroger reported on his upcoming presentation to the Planning Commission and asked
325 for feedback. His presentation would include an introduction, goals, events, and the
326 Wellness Survey. He spoke on how the work of the Planning Commission could intersect
327 with the Health and Wellness Committee.

328

329 Christine Seamons reported on her meeting with the Senior Lunch Bunch. She spoke on
330 their concerns including lack of a senior center in the City, help with learning technology,
331 and an activity like line dancing or a talent contest in addition to the monthly lunch.

332

333 11. CITY COUNCIL UPDATE

334

335 Councilmember Van Langeveld reported on the Latino Heritage night which would be held
336 at Legacy Park in conjunction with the food truck night. She mentioned the Foxboro
337 Wetlands Park ribbon cutting. She spoke on how isolated Foxboro was geographically and
338 education including bussing to multiple schools and how disconnecting this was. She
339 explained potentially requesting that the school board move the boundaries for Foxboro
340 into South Davis and Woods Cross.

341

342 12. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT
343 MEETING

344

345 The Committee determined the following items would be discussed at the next Health and
346 Wellness meeting on October 13th:

347

- 348 • Citizen Comment
- 349 • Approval of Minutes
- 350 • Review of City Wellness Survey Results
- 351 • Review of Davis County's Community Health Improvement Plan
- 352 • Follow up on City sponsored block parties (report from Ken)-NOVEMBER
- 353 • Review draft policy and criteria for involvement with non-City organizations
- 354 • Review Ideas for Newsletter or Social Media
- 355 • Brainstorm ideas related to the adjacent shelter and how to support and mitigate
356 the impact
- 357 • Discussion on feedback from other committees

- 358 • City Council Update
- 359 • Committee Member Business
- 360 • Discussion on Future Agenda Items and Schedule Date for Next Meeting

361

362 13. ADJOURN

363

364 The meeting was adjourned at 9:20 p.m.

365

366 *The foregoing was approved by the Health and Wellness Committee of the City of North*
367 *Salt Lake on October 13, 2025 by unanimous vote of all members present.*

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Mason Bennett, Chair

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Wendy Page, City Recorder

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DRAFT