

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE MEETING  
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE  
SEPTEMBER 8, 2025

**FINAL**

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

PRESENT: Mason Bennett, Chair  
Christine Seamons  
Jeff Scroger, Vice Chair  
Alisa Van Langeveld, City Council  
Nicole Whetstone

EXCUSED: Sam Ball

STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief.

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of August 11, 2025 were reviewed and approved.

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

3. REVIEW OF CITY WELLNESS SURVEY RESULTS

Councilmember Van Langeveld reviewed the data for the Wellness Survey and said the City was mid to below average for overall wellbeing compared to other established mid-sized cities. She commented that Bountiful and West Bountiful had scored higher than the City. She then spoke on wellbeing domains with the following results:

Highest rated domains:

- Safety and security-80%

- Family life-77%
- Living standards-72%
- Mental health-71%

Most important domains:

- Safety and security-99%
- Mental health-98%
- Living standards-96%
- Physical health-96%

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

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

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

Jeff Scroger mentioned that he would be sharing this data with the Planning Commission as suggested working with other City committees on solutions as well. Councilmember Van Langeveld suggested that the Commission could reevaluate City Code and industries that would affect environmental quality such as transportation hubs or industrial uses. She also mentioned the potential for a local drop-off for boxes and direct pick-up or return at the Amazon facility.

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

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

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

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

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

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

Mason Bennett asked what the Committee could do to help support these goals. Councilmember Van Langeveld answered there were so many agencies involved (Ladies of Charity, food pantries, etc.) and that the Committee could focus on sharing information about these resources.

Nicole Whetstone suggested facilitating communication and awareness of resources with all the different entities such as the schools, County, residents, and health professionals. Jeff Scroger mentioned vertical alignment and integrating the Committee’s work with other entities including social media, reaching out to schools, helping the food pantry, etc.

Councilmember Van Langeveld spoke on refining the goals and priorities of the Committee and narrowing down what areas to focus on. She preferred focusing on big actions in several areas versus accomplishing something small in multiple areas.

Christine Seamons commented that the Senior Lunch Bunch had mentioned one area of impact was computer help. She said that community classes or events made a difference for residents.

Nicole Whetstone mentioned that Davis Links had PDF or resource lists available that could be printed off for the Senior Lunch Bunch meetings. Jeff Scroger spoke on offering educational classes including help with computer, mobile phone, and electronics.

Councilmember Van Langeveld then reviewed the organizational structure, steering committee meetings, and accomplishments of Davis4Health. She suggested continuing the review at “three essential approaches” on page 12 during the next Committee meeting.

Nicole Whetstone spoke on the Davis Links meeting and said it was a thorough database of information. She mentioned that she would be providing a post about suicide prevention and that the database had resources and prevention information.

The Committee spoke on utilizing Davis Links to create newsletter and social media posts. They discussed topics, frequency, and community engagement. They determined that each month one Committee member would share post ideas via phone or email with the Committee and City staff.

Nicole Whetstone and Ken Leetham would provide post info related to suicide prevention for September.

## 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”

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### 8. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

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

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

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

#### 9. UPDATE ON HOMELESS RESOURCES OR PROACTIVE EFFORTS

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

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

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

## 10. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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

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

## 11. CITY COUNCIL UPDATE

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

## 12. 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 October 13th:

- Citizen Comment
- Approval of Minutes
- Review of City Wellness Survey Results
- Review of Davis County's Community Health Improvement Plan
- Follow up on City sponsored block parties (report from Ken)-NOVEMBER
- Review draft policy and criteria for involvement with non-City organizations
- Review Ideas for Newsletter or Social Media
- Brainstorm ideas related to the adjacent shelter and how to support and mitigate the impact
- Discussion on feedback from other committees
- City Council Update
- Committee Member Business
- Discussion on Future Agenda Items and Schedule Date for Next Meeting

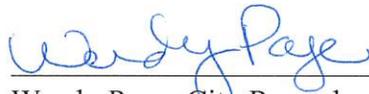
13. ADJOURN

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

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



Mason Bennett, Chair



Wendy Page, City Recorder

