



**CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE  
MEETING NOTICE & AGENDA  
JANUARY 12, 2026  
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 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 and Introduction
2. Citizen Comment
3. Consideration and Election of Chair and Vice-Chair for 2026
4. Approval of Minutes from October 13, 2025
5. Discussion of Events Committee Requests for America250 Event Participation
6. Discussion of 2026 Committee Goals and Preparation for Annual Report
7. Discussion of Davis Links
8. Discussion of Get Healthy Utah Conference
9. Review of City's Wellness Survey Results
10. Review of Davis County's Community Health Improvement Plan
11. Review Draft Policy and Criteria for Involvement with Non-City Organizations
12. Review Ideas for Newsletter or Social Media
13. Brainstorm Ideas Related to the Adjacent Shelter and How to Support and Mitigate the Impacts
14. Discussion on Feedback from Other Committees
15. City Council Update
16. Committee Member Business
17. Discussion on Future Agenda Items and Schedule Date for Next Meeting
18. 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.

Dated this 8<sup>th</sup> day of January, 2026

/s/Wendy Page, City Recorder

City of North Salt Lake  
Health and Wellness Committee  
January 12, 2026  
Page 2

**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://nslcity.gov/>, and at City Hall: 10 East Center Street, North Salt Lake.

Date Posted: January 8, 2026



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 OCTOBER 13, 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  
14

15 EXCUSED: Alisa Van Langeveld, City Council  
16 Nicole Whetstone  
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 September 8, 2025 were reviewed and approved.  
27

28 **Committee Member Bennett moved to approve the minutes of September 8, 2025, as**  
29 **written. Committee Member Scroger seconded the motion. The motion was approved by**  
30 **Committee Members Ball, Bennett, Seamons, and Scroger.** Committee Member Whetstone  
31 was excused.  
32

33 3. REVIEW OF CITY'S WELLNESS SURVEY RESULTS  
34

35 The Committee requested to postpone this item until the next meeting when Councilmember Van  
36 Langeveld was present.  
37

38 4. REVIEW OF DAVIS COUNTY'S COMMUNITY HEALTH IMPROVEMENT PLAN  
39

40 The Committee requested to postpone this item until the next meeting when Councilmember Van  
41 Langeveld was present.

42

43 Sam Ball spoke on utilizing the Davis County Community Health Improvement Plan and the  
44 wellness survey as guiding documents for the Committee.

45

46 Ken Leetham commented that the County plan was structured with goal statements and  
47 initiatives that may help the Committee in creating 2026 goals on a scaled down level.

48

49 Jeff Scroger mentioned the Healthy Utah Designation and creating unique accomplishments or  
50 milestones that may be applicable for that including aspects of development with the Planning  
51 Commission related to public safety and health.

52

53 Mason Bennett asked if this was a yearly recertification. Ken Leetham replied that the  
54 designation was good for three years and said the City just recertified.

55

56 Christine Seamons requested more information on this designation. Ken Leetham clarified that it  
57 was a designation that Utah cities could receive. He noted the requirements included the  
58 formation of a health and wellness committee and public outreach. He suggested the Committee  
59 could review the application for certification to see what had been accomplished and the  
60 committed priorities.

61

62 5. REVIEW DRAFT POLICY AND CRITERIA FOR INVOLVEMENT WITH NON-CITY  
63 ORGANIZATIONS

64

65 Ken Leetham commented that he was also working on a similar policy for the City Council and  
66 would provide the draft at a future meeting. He said the focus of this policy would be a  
67 structured process to evaluate which organizations to partner with.

68

69 Mason Bennett asked if the Committee should filter through these applications and then  
70 determine the best course of action (recommendation to another Committee or City Council). He  
71 recommended the application could include a list to determine which committee the request  
72 would pertain to.

73

74 6. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

75

76 Ken Leetham provided an update that the information prepared by Nicole Whetstone on suicide  
77 prevention was sent out to the text message group. He said the post for September was a link to  
78 the Davis County website with resources related to suicide prevention.

79 Sam Ball asked how much information should be provided each month. Ken Leetham suggested  
80 that the Health and Wellness Committee should provide one social media post per month.

81

82 Jeff Scroger shared some seasonal ideas including:

83

- 84 • Replacing batteries in smoke detectors and carbon monoxide detectors
- 85 • Replacing furnace filters
- 86 • Self care and encouraging walking (highlighting outdoor venues like Foxboro Wetlands,  
87 Wild Rose, Tunnel Springs, Springhill Geologic Park, Legacy Trail)
- 88 • Seasonal vaccinations
- 89 • Air quality resources (apps, monitors)

90

91 Christine Seamons mentioned coping with stress including through meditation. She asked when  
92 the City discontinued mailing the newsletter. Ken Leetham replied that the physical newsletter  
93 was mailed twice per year while the digital newsletter was available each month. He mentioned  
94 the significant cost to print and mail a paper newsletter.

95

96 Christine Seamons spoke on hosting a computer/technology class for the Senior Lunch Bunch as  
97 well as a talent show and the difficulty in scheduling these events. She suggested a monthly class  
98 after the lunch for seniors. She mentioned other topics related to health and wellness including  
99 healthy eating, stress, falls, and safety.

100

101 Jeff Scroger mentioned having a volunteer at each lunch to assist seniors. Chief Black  
102 commented that the volunteers would need to be vetted to ensure residents were safe while  
103 receiving computer, phone, or other assistance.

104

105 Ken Leetham said he would work with staff to help schedule these classes or assistance for  
106 senior residents after the Senior Lunch Bunch.

107

108 Sam Ball spoke on Christine's comment related to falls and safety. He said he worked for a non  
109 profit architectural firm which could provide a presentation on how to make a home safer.

110

111 Mason Bennett clarified that he would provide a post for November, Jeff Scroger would provide  
112 the social media post for October, and Sam Ball would provide a post on air quality for January.

113

114 7. BRAINSTORM IDEAS RELATED TO THE ADJACENT SHELTER AND HOW TO  
115 SUPPORT AND MITIGATE THE IMPACTS  
116

117 Ken Leetham showed the proposed location of the shelter in relation to Cross E Ranch and  
118 Legacy Highway. He clarified that the property proposed for the shelter was not currently under  
119 contract. He noted that the proposed shelter was 2.4 miles from Lee's Marketplace and would be  
120 a full service campus facility with a store, clinic, job training, and counseling, along with  
121 housing.

122  
123 Christine Seamons asked what fears had been expressed related to the shelter location. Ken  
124 Leetham replied that he had heard concerns related to degrading the neighborhoods, influx of  
125 vagrancy, and increase in crime.

126  
127 Chief Black spoke on the correlation with shelters and drug use, intoxication, theft, and  
128 trespassing. Ken Leetham mentioned that there were also those who would prey on the homeless  
129 and other things that could result in a decline in the adjacent neighborhoods. He said over all  
130 people had empathy or sympathy for the homeless and helping people.

131  
132 Sam Ball shared concerns he had heard about lack of services in the area and making sure that  
133 services would be provided on site or transportation to services.

134  
135 8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES  
136

137 Christine Seamons asked who the point of contact was for the Committee. Ken Leetham said  
138 agenda items could be shared via email but deliberation should occur in person.

139  
140 Christine Seamons then mentioned the use of the golf course clubhouse. Ken Leetham  
141 commented that the event center was not a community center and was run as a business.

142  
143 Chief Black mentioned that there was also a bond repayment to the City and public obligations to  
144 ensure that the building was utilized correctly.

145  
146 Ken Leetham said it would be difficult to schedule community use of the building as the event  
147 schedule varied due to tournaments and other paid events. He explained there was a plan for a  
148 community center in phase 2 of Hatch Park.

149  
150 Christine Seamons mentioned the potential division in the City related to those who lived in  
151 Foxboro versus the hillside area. Ken Leetham commented that there may be a sentiment in  
152 Foxboro that the City put more resources into the east side of the City related to the golf course.

153 He explained that the City was no longer subsidizing the golf course which was now paid for  
154 entirely by golf course users.

155  
156 Sam Ball mentioned the geographic disconnect with the railroad and industrial area. He spoke on  
157 the City's efforts to host events in various locations and recognizing there were distinct  
158 neighborhoods including the central, Foxboro, and hillside areas. He shared that there were  
159 different levels of community and that this was not a bad thing as long as residents could come  
160 together. Mason Bennett spoke on City identity and pride as well as regional identities through  
161 block parties, etc.

162  
163 Jeff Scroger shared a recent experience he had in the Eaglewood area and the different vibe he  
164 experienced there.

165  
166 Sam Ball commented that part of the role of the Health and Wellness Committee was to build  
167 community. He said there was a socioeconomic divide based on housing affordability and  
168 location.

169  
170 Christine Seamons commented that her neighbors in the hillside area did not think they were  
171 better than other residents based on where they lived. Sam Ball replied that the Committee could  
172 help bridge that issue and connect the two areas.

173  
174 Ken Leetham spoke on discussions by the City Council over the years on how to bridge this gap  
175 between neighborhoods. He mentioned the economic diversity, renters/homeowners, and age. He  
176 said the conversations had turned to enriching and enhancing the community for all residents  
177 including trails/connections as well as encouraging neighbor relationships.

178  
179 Christine Seamons mentioned the survey and how to get more residents to participate. Ken  
180 Leetham replied that there were ways to inform residents including paying people to knock on  
181 doors.

182  
183 The Committee discussed that 600 individuals out of 25,000 resident had responded which was  
184 actually a good amount of feedback, city involvement, and ways to encourage residents to  
185 participate in the next survey. Ken Leetham said it would be important to share why the survey  
186 was important and other information the City could include.

187  
188 Christine Seamons mentioned the appreciation from the Senior Lunch Bunch for the Health and  
189 Wellness Committee.

190

191 Ken Leetham noted that the Health and Wellness Committee members did not need to attend  
192 each monthly meeting for their assigned committee.

193

#### 194 9. CITY COUNCIL UPDATE

195

196 Ken Leetham had nothing to report.

197

198 The Committee discussed the role of Councilmember Van Langeveld and that she would provide  
199 an update on the Health and Wellness Committee to the Council or any appropriate agenda items.

200

201 Sam Ball said the Health and Wellness Committee was under the City Council's purview and  
202 provided recommendations and ideas.

203

204 Ken Leetham clarified that it was a citizen committee and those appointed should vote and make  
205 recommendations to the Council.

206

#### 207 10. COMMITTEE MEMBER BUSINESS

208

209 Mason Bennett reported on the trail series and host this in conjunction with the Trails  
210 Committee. He mentioned that he would like to see one event during the winter months. Jeff  
211 Scroger said Wild Rose Trail would be a great place for snowshoeing.

212

213 Ken Leetham recommended collaborating with the Trails Committee on the trail series events.

214

#### 215 11. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT 216 MEETING

217

218 The Committee determined the following items would be discussed at the next Health and  
219 Wellness meeting on November 10th:

220

- 221 • Citizen Comment
- 222 • Approval of Minutes
- 223 • Review of City Wellness Survey Results
- 224 • Review of Davis County's Community Health Improvement Plan
- 225 • Review of Healthy Utah Designation (Ken Leetham)
- 226 • Follow up on City sponsored block parties (Ken)-NOVEMBER
- 227 • Review draft policy and criteria for involvement with non-City organizations (Ken)
- 228 • Review Ideas for Newsletter or Social Media

- 229 • Brainstorm ideas related to the adjacent shelter and how to support and mitigate the
- 230 impact
- 231 • Discussion on feedback from other committees
- 232 • City Council Update
- 233 • Committee Member Business
- 234 • Discussion on Future Agenda Items and Schedule Date for Next Meeting

235

236 12. ADJOURN

237

238 The meeting was adjourned at 7:50 p.m.

239

240 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
241 *Lake on January 12, 2026 by unanimous vote of all members present.*

242

243

244

245 \_\_\_\_\_  
*Mason Bennett, Chair*

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

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