

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
OCTOBER 13, 2025

FINAL

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

PRESENT: Mason Bennett, Chair
Sam Ball
Christine Seamons
Jeff Scroger

EXCUSED: Alisa Van Langeveld, City Council
Nicole Whetstone

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 September 8, 2025 were reviewed and approved.

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

3. REVIEW OF CITY'S WELLNESS SURVEY RESULTS

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

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

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

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

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

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

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

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

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

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

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

6. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

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

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

Jeff Scroger shared some seasonal ideas including:

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

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

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

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

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

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

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

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

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

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

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

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

8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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

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

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

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

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

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

Sam Ball mentioned the geographic disconnect with the railroad and industrial area. He spoke on the City's efforts to host events in various locations and recognizing there were distinct neighborhoods including the central, Foxboro, and hillside areas. He shared that there were different levels of community and that this was not a bad thing as long as residents could come together.

Mason Bennett spoke on City identity and pride as well as regional identities through block parties, etc.

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

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

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

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

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

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

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

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

9. CITY COUNCIL UPDATE

Ken Leetham had nothing to report.

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

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

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

10. COMMITTEE MEMBER BUSINESS

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

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

11. 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 November 10th:

- Citizen Comment
- Approval of Minutes
- Review of City Wellness Survey Results
- Review of Davis County's Community Health Improvement Plan
- Review of Healthy Utah Designation (Ken Leetham)
- Follow up on City sponsored block parties (Ken)-NOVEMBER
- Review draft policy and criteria for involvement with non-City organizations (Ken)
- 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

12. ADJOURN

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

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



Mason Bennett, Chair



Wendy Page, City Recorder

