



**CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE  
MEETING NOTICE & AGENDA  
APRIL 13, 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. Approval of Minutes from March 9, 2026
4. Discussion on City's Wellness Survey (Citizen Feedback)
5. Review Wellness Fair/Night Out Against Crime/Back to School Night (Form Email)
6. Review Proposal Related to Classes for the Year
  - a) Sound Bath or Meditation Class
  - b) Free City Recreation Center Day
7. Review Proposal Related to Swag for Citizen Programs
  - a) Art Deadline and School Pickup – May 15<sup>th</sup>
  - b) Promotion of Trail Series
  - c) Swag Disbursement
8. Discussion on Neighborhood Block Parties
9. Discussion on Committee Budget Requests and Proposed Expenditures
10. Discussion on Feedback from Other Committees
11. City Council Updates
12. Committee Member Business
13. Discussion on Future Agenda Items and Schedule Date for Next Meeting
14. 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://nslcity.gov/>, and at City Hall: 10 East Center Street, North Salt Lake.

Date Posted: April 9, 2026

  
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 MARCH 9, 2026

5  
6 **DRAFT**  
7

8 Chair Scroger called the meeting to order at 6:35 p.m.  
9

10 PRESENT: Jeff Scroger, Chair  
11 Sam Ball  
12 Mason Bennett  
13 Christine Seamons  
14 Nicole Whetstone, Vice Chair  
15

16 EXCUSED: Alisa Van Langeveld, City Council  
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 February 9, 2026 were reviewed and approved.  
27

28 Line 165-166 was amended to show the Committee recollected requesting \$3,000 and not \$2,000  
29 (including the \$500 from One Kind Act a Day) for block parties during the next fiscal year.  
30

31 **Committee Member Scroger moved to approve the minutes of February 9, 2026 as**  
32 **amended. Committee Member Bennett seconded the motion. The motion was approved by**  
33 **Committee Members Ball, Bennett, Seamons, Scroger, and Whetstone.**  
34

35 3. DISCUSSION ON SOUTH DAVIS 2025 SHARP (STUDENT HEALTH AND RISK  
36 PREVENTION) SURVEY RESULTS  
37

38 Nicole Whetstone reported on the SHARP (student health and risk prevention) survey in  
39 conjunction with the South Davis Communities That Care (CTC) Coalition. She said the  
40 Communities That Care coordinator shared that the action plan was still be finalized including

41 identifying key priorities. She continued that the SHARP survey was administrated every two  
42 years to 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders. She noted that the survey questions included topics related  
43 to substance abuse, mental health, connection (home, community), recognition, etc. She added  
44 that South Davis CTC would utilize the SHARP survey results to drive their action plan and  
45 determine which interventions to apply.

46  
47 Chief Black commented that the finalized results were confidential and only reviewed during the  
48 CTC meeting per SHARPS. He noted that the school districtwide results would be shared online.

49  
50 Nicole Whetstone shared several statistics related to South Davis County results including:

- 51
- 52 • Alcohol, marijuana, and vaping use had decreased since 2023 with vaping having the
- 53 highest rate of use
- 54 • Increase in underage alcohol and nicotine use (State and Countywide)
- 55

56 She provided the data summary report:

- 57
- 58 ○ Top issues:
  - 59 ■ Youth are accessing marijuana at home without & with parent knowledge
  - 60 ■ Youth sharing marijuana products with peers
- 61 ○ Goals: Strengthen collaboration between stakeholders to prevent and address
- 62 youth substance abuse and growing the coalition.
- 63

64 Christine Seamons asked what the question on the survey related to marijuana included  
65 (gummies, THC, CBD, vape). Chief Black replied that it could include any form and that it was  
66 illegal for children to purchase these legal substances.

67  
68 Nicole Whetstone commented that anyone could join the Communities That Care Coalition.

69  
70 4. DISCUSSION OF CITY’S WELLNESS SURVEY-CITIZEN FEEDBACK

71  
72 Ken Leetham reported that the survey opened on March 1<sup>st</sup> and over 100 responses had already  
73 been received. He said in 2024 there were 439 responses and 605 responses in 2023. He noted  
74 the City had provided notification for the survey on social media, through text and emails, and  
75 City newsletter. He encouraged all City staff, committee, boards, and groups (including Senior  
76 Lunch Bunch) to take the survey which would close on March 28<sup>th</sup>.

77

78 Jeff Scroger asked when the annual Health and Wellness Committee report to the City Council  
79 would be. Ken Leetham said the next City Council meeting was April 7<sup>th</sup> but commented that the  
80 Committee report could be presented in May, June, or July as well.

81

82 5. REVIEW OF WELLNESS FAIR/NIGHT OUT AGAINST CRIME/BACK TO SCHOOL  
83 NIGHT

84

85 Jeff Scroger commented that he had updated the spreadsheet related to the vendors who  
86 participated in the Health and Wellness Fair last year. He suggested dividing up the vendor list  
87 between Committee Members and proposed sending a form email or phone call to invite those  
88 vendors to participate again this year. He suggested the first contact to potential vendors should  
89 be in April. He noted the Wellness Fair/Night Out Against Crime event would be held on August  
90 6<sup>th</sup>. He noted these events would be combined with the Back to School Night event and that  
91 Gentry Holbrook was the contact for that event.

92

93 The Committee discussed inviting bike shops, fitness centers, South Davis Rec Center, and  
94 health food stores as potential vendors for the Health and Wellness Fair. They reviewed how to  
95 contact and invite vendors. Ken Leetham suggested mentioning the event was combined with the  
96 Night Out Against Crime.

97

98 Christine Seamons mentioned the potential for an anonymous donor to contribute funds towards  
99 providing free fruit at the event. She asked about the potential number of attendees. Chief Black  
100 responded that it varied but anticipated approximately 200-300 attendees.

101

102 6. PROPOSAL REVIEW AND DISCUSSION RELATED TO CLASSES FOR THE YEAR

103

104 Christine Seamons commented that the seniors had expressed interest in a talent show but not  
105 square dancing classes. She said Dee Lalliss offered to provide computer services to the seniors.  
106 She suggested simple classes like meditation, stress reduction, nutrition, yoga, or a sound bath.

107

108 Chief Black was excused at 7:11 p.m.

109

110 Nicole Whetstone mentioned Davis Behavioral Health and hosting one class through the City.  
111 She spoke on the potential to provide a Learning to Breathe class for youth in conjunction with a  
112 meditation class for adults. She suggested these events could be promoted as “Mindful May”.

113

114 Jeff Scroger focused on locations in the City where these types of classes would be possible. He  
115 asked Christine to prepare a list of classes, location, and suggested the first class could be held in  
116 May. She was in favor of hosting a meditation or sound bath class.

117 The Committee discussed hosting these classes at the Veteran’s Memorial Amphitheater at City  
118 Hall or private rec clubs (Club V), preparing a waiver, types of classes (sound bath, tai chi, yoga,  
119 stress reduction, nutrition), and potential dates/times (Mindful May).

120

121 7. PROPOSAL REVIEW AND DISCUSSION RELATED TO SWAG FOR CITIZEN  
122 PROGRAMS

123

124 Mason Bennett reported on stickers/pins for the Trail Series and preparing 500 stickers (100 per  
125 trail). He mentioned attending the Trails Committee meeting to discuss this proposal. Jeff  
126 Scroger suggested having local school kids prepare the designs for the stickers/pins. The  
127 Committee discussed collecting stickers and receiving a water bottle when a certain number of  
128 stickers had been earned.

129

130 Ken Leetham suggested \$1,000 to \$1,500 be added to the budget proposal and noted that this  
131 should be part of the Committee’s presentation to the City Council. He noted a \$5,000 budget  
132 request for the year.

133

134 The Committee reviewed the local schools and assigned a trail adjacent to each school for the  
135 sticker art contest with a deadline of May 15th:

136

- 137 • Foxboro Elementary- Legacy Trail
- 138 • Orchard Elementary- Tunnel Springs
- 139 • Adelaide Elementary- Wild Rose
- 140 • Spectrum Academy- Foxboro Wetlands
- 141 • Wasatch Peak Academy-Foxboro Wetlands

142

143 8. DISCUSSION ON NEIGHBORHOOD BLOCK PARTIES

144

145 Nicole Whetstone reviewed the neighborhood block party proposal including a \$100 Lee’s  
146 Marketplace gift card for 30 residents to host a party and a July 5<sup>th</sup> kickoff date at the  
147 America250 potluck event.

148

149 Ken Leetham requested the forms used by Tooele City for their block parties. He said per State  
150 legislation all forms had to be available in electronic form and that staff could prepare this. He  
151 noted that staff could also advertise the block party opportunity in the City newsletter and on  
152 social media. He asked the Committee to consider conditions or feedback requirements for the  
153 block party participants.

154

155 The Committee discussed conditions or feedback requirements including providing photos from  
156 the event, sharing a packet with City information, City staff/official attendance, receipts, and  
157 potential to closing streets.

158

159 9. DISCUSSION ON COMMITTEE BUDGET REQUESTS AND PROPOSED  
160 EXPENDITURES

161

162 Ken Leetham reviewed the following Committee proposed expenditures:

163

- 164 • \$3,000 block parties
- 165 • \$1,000 for swag
- 166 • \$500 for Wellness Fair
- 167 • \$1,000 miscellaneous (classes)
- 168 • \$500 UTA day passes

169

170 Sam Ball reported on the Purple air quality monitors and the suggestion they be placed on City  
171 owned buildings such as Public Works. He said the map showed there was already one placed at  
172 near Eaglewood Golf Course and Legacy Park. Ken Leetham suggested that the City could  
173 provide more information to residents on the existing monitors/results.

174

175 Christine Seamons mentioned fundraising for the Committee including donors (business and  
176 private) from the community. Ken Leetham replied that the City Council would be discussing  
177 whether committees could fundraise as the City already requested funds from local businesses  
178 and private residents for other purposes.

179

180 10. CITY COUNCIL UPDATES

181

182 Ken Leetham reported that the City Council had begun the budget process and would review the  
183 proposed budget on March 31<sup>st</sup>, publish a tentative budget in May, and adopt the final budget in  
184 June. He said there was no tax increase proposed for this budget and said the last time taxes were  
185 raised was in 2017.

186

187 11. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT  
188 MEETING

189

190 Christine Seamons suggested reviewing health and wellness topics and sharing what that meant  
191 to each Committee member. She said this could include a discussion on statistics and other health  
192 issues as a Committee. Jeff Scroger commented that this could be done in the context of the  
193 social media update or sharing information on a wider level.

194 Ken Leetham shared the categories established by the City Council for the Health and Wellness  
195 Committee. He said the Committee had established goals for 2026 to provide structure and  
196 suggested staying in the focus areas to accomplish those goals.

197

198 The Committee determined the following items would be discussed at the next Health and  
199 Wellness meeting on April 13th:

200

- 201 • Citizen Comment
- 202 • Approval of Minutes
- 203 • Discuss Wellness Survey (obtaining citizen feedback)
- 204 • Review Wellness Fair/Night Out Against Crime/Back to School Night
  - 205 ○ Review form email
- 206 • Proposal related to classes for the year
  - 207 ○ Sound bath or meditation class (Christine)
  - 208 ○ Free City rec center day
- 209 • Proposal related to swag for citizen programs
  - 210 ○ Art deadline and school pickup- May 15th
  - 211 ○ Promotion of Trail Series
  - 212 ○ Swag disbursement
- 213 • Neighborhood block parties
- 214 • Discussion on budget requests and proposed expenditures
- 215 • Discussion on feedback from other committees
- 216 • City Council updates
- 217 • Committee member business
- 218 • Discussion on future agenda items and schedule date for next meeting
- 219 • Review of meeting time (goal of 6:30 to 8:30 p.m.)
- 220 • Adjourn

221

222 They also noted future agenda items:

223

- 224 • Point in time count/Code Blue report
- 225 • Advising on housing policy (Ken to report after 2026 Legislative session)
- 226 • Review of City's Wellness Survey results (June/July)
- 227 • Review draft policy and criteria involvement with non-city organizations (Ken)
- 228 • Discuss Wellness Fair/Night Out Against Crime/Back to School Night (on agenda  
229 through August)
- 230 • Discuss SHARP survey/action plan results

231

232 12. ADJOURN

233

234 The meeting was adjourned at 8:37 p.m.

235

236 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
237 *Lake on April 13, 2026 by unanimous vote of all members present.*

238

239

240

241 \_\_\_\_\_  
*Jeff Scroger, Chair*

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