

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE MEETING
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
MARCH 9, 2026

FINAL

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

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

EXCUSED: Alisa Van Langeveld, City Council

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 February 9, 2026 were reviewed and approved.

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

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

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

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

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

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

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

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

She provided the data summary report:

- Top issues:
 - Youth are accessing marijuana at home without & with parent knowledge
 - Youth sharing marijuana products with peers
- Goals: Strengthen collaboration between stakeholders to prevent and address youth substance abuse and growing the coalition.

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

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

4. DISCUSSION OF CITY'S WELLNESS SURVEY-CITIZEN FEEDBACK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- Foxboro Elementary- Legacy Trail
- Orchard Elementary- Tunnel Springs
- Adelaide Elementary- Wild Rose
- Spectrum Academy- Foxboro Wetlands
- Wasatch Peak Academy-Foxboro Wetlands

8. DISCUSSION ON NEIGHBORHOOD BLOCK PARTIES

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

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

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

9. DISCUSSION ON COMMITTEE BUDGET REQUESTS AND PROPOSED EXPENDITURES

Ken Leetham reviewed the following Committee proposed expenditures:

- \$3,000 block parties
- \$1,000 for swag
- \$500 for Wellness Fair
- \$1,000 miscellaneous (classes)
- \$500 UTA day passes

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

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

10. CITY COUNCIL UPDATES

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

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

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

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

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

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


They also noted future agenda items:

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

12. ADJOURN

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

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



Jeff Scroger, Chair



Wendy Page, City Recorder

