

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE MEETING
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
MAY 11, 2026

FINAL

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

EXCUSED: Sam Ball
Christine Seamons

STAFF PRESENT: Ken Leetham, City Manager.

1. WELCOME AND INTRODUCTION

Jeff Scroger, Chair, called the meeting to order at 7:37 p.m. and invited those present to introduce themselves.

2. CITIZEN COMMENT

There were no citizen comments.

3. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of April 13, 2026 were reviewed and approved.

Chair Scroger moved to approve the minutes of April 13, 2026, as written. Committee Member Whetstone seconded the motion. The motion was approved by Committee Members Bennett, Scroger, and Whetstone. Committee Members Ball and Seamons were excused.

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

Jeff Scroger reported that he would complete the form email and noted the correct name of Legacy Park was Foxboro North Regional Park/Legacy Park. He clarified that the form would

also include information for vendors that were not selling items (no fee) and vendors who were selling goods (link to City website to pay fee).

The Committee discussed other items to include on the form:

- Bring your own table/tent
- Contact info (Jeff Scroger, Ken Leetham)
- Date (August 6th)

Councilmember Van Langeveld commented that she would share an info sheet with information pertaining to all of the Night Out events for vendors and could be included as an attachment to the form email.

5. REVIEW PROPOSAL RELATED TO SWAG FOR CITIZEN PROGRAMS

a) ART DEADLINE AND SCHOOL PICKUP-MAY 22ND

Mason Bennett commented that he had been unable to prepare a proposal for the contest to have school children prepare artwork for the swag.

Councilmember Van Langeveld suggested it may be better to have one artist prepare all of the artwork for the swag this time. She volunteered to find one artist (high school student) to prepare the artwork for this round of swag. She noted the first event would be the trails series and suggested separate collectible swag for the trail series and the events.

b) PROMOTION OF TRAIL SERIES

Ken Leetham shared feedback from the Trails Committee staff. He said they were sponsoring trail cleanup days but not trail hiking days. He suggested either a volunteer from the Health and Wellness Committee to host trail hiking events or to encourage the public to visit and hike the trails on their own to earn the swag. He also recommended that the City could highlight the trails through social media.

Ken Leetham suggested the program for swag could include healthy activities or fitness. He said things like drinking water and walking the trails could be part of the activities.

Mason Bennett commented that the City/Committees could encourage residents to take a garbage bag and pickup trash when they were on the trails.

Councilmember Van Langeveld asked if the Committee wanted to sponsor the trail hiking series and could invite the Trails Committee to participate. She said the Committee could host events or encourage trail use. Mason Bennett noted that the Committee was already hosting Unity in the Community events and recommended highlighting a trail each month to encourage people to go out and recreate. He spoke on encouraging residents to attend the trail cleanup events but was not in favor of hosting specific trail hiking events.

Jeff Scroger suggested a theme of cryptids/monsters for the trail swag. Councilmember Van Langeveld spoke on connection to the community which could be the cryptids or ways to encourage interest in the trails.

Ken Leetham commented that residents may not be aware of the trail system in the City. He said this information could be included in the physical newsletter that the City sent out twice per year.

Jeff Scroger suggested the City mailer could also be posted on local church bulletin boards. Ken Leetham said it may be well received if it was part of a health and wellness initiative. He noted there were trail maps on the City website and the trails master plan that would be completed soon. He reviewed the City's trails map with those present.

Councilmember Van Langeveld provided an update from the Trails Committee including hikes and trail cleanups. She shared the following trail dates planned in 2026:

- June 15th - Legacy Park
- July 17th - Wild Rose
- August 22nd - Springhill Park
- September 19th - Foxboro Wetlands

c) SWAG DISBURSEMENT

Councilmember Van Langeveld suggested providing the stickers for the trail events and potentially providing granola bars at the trailhead at the start of the events. Mason Bennett commented that he could potentially attend the August 22nd and September 19th. Jeff Scroger volunteered for September 19th. Ken Leetham and Councilmember Van Langeveld volunteered for June 15th. He suggested the stickers, water, and granola bars could be provided at the beginning of the trail events.

Councilmember Van Langeveld then spoke on the stickers/swag and the suggestions:

- every park and event could have a sticker

- series 1 (trails), series 2 (events), series 3 (healthy living)
- minimum amount this year (10 total stickers/2026 series)

Mason Bennett was in favor of offering series 1 and series 2 this year. Jeff Scroger suggested one series of stickers for trails (walking and events) this year. Nicole Whetstone recommended trails this year and events next year. Councilmember Van Langeveld suggested one event sticker that residents could earn by attending one City event during the year.

Mason Bennett spoke on the Strava app and helping residents sign up. He suggested having a QR code for the Strava app and promoting those who achieved goals. Councilmember Van Langeveld suggested making an info sheet promoting the Health and Wellness series/trail events and how to earn the stickers/water bottle. She noted this sheet could include the Strava app information. She asked Mason Bennett to serve as the admin for the Strava group this year.

Councilmember Van Langeveld recommended the series 1 (trails), series 2 (events), series 3 (healthy living) and how this would encourage connection to the City and the community.

The Committee discussed one events sticker (Nights Out, Winter Fest, Halloween, and Liberty Fest, Get to the River, America250 potluck) and one cleanup sticker (trails).

Councilmember Van Langeveld clarified that she would follow up with the Trails Committee on the trail events. She noted that a Health and Wellness Committee member would try to attend those events and provide granola bars and water. She would also find an artist for the sticker series (cryptids/monster theme) at a local high school. She spoke on providing a one page info sheet for the Health and Wellness series/trail events.

6. CONSIDERATION OF FALL DAVIS BEHAVIOR HEALTH CLASS OPTION

Nicole Whetstone reported that the City had hosted classes by Davis Behavioral Health in the past. She shared that Davis Behavioral had suggested Circle of Security and could provide this class in September or October. She noted it was an eight week class and would require two rooms (one for parents and one for childcare). Ken Leetham commented that dinner had been provided in the class.

Nicole Whetstone provided an overview of the class which would support and strengthen the parent/child relationship by learning about secure attachment. She noted it was a video based curriculum that focused on children between four months and 6 years old but was open to caregivers with children of all ages. She continued that the class would teach caregivers how to read their child's emotional needs, support their child's ability to successfully manage emotions,

enhance the development of their child's self esteem, and learn to trust their innate wisdom and desire for their child to be secure. She concluded that dinner and childcare for ages 1-12 would be provided at no cost.

Ken Leetham said he would discuss dates/times, English or Spanish classes, and inviting individuals from the police department/courts with the Police Chief. He commented it would be great to offer a class in Spanish if there were enough participants and noted the fear in the Hispanic community and a lack of interaction due to current events.

7. DISCUSSION ON NEIGHBORHOOD BLOCK PARTIES

Nicole Whetstone commented that she would prepare an Excel spreadsheet for the tasks. Ken Leetham said staff would work on the form for the neighborhood block parties.

8. REVIEW PROPOSAL RELATED TO CLASSES FOR THE YEAR

Councilmember Van Langeveld commented that she coordinated with a Zumba instructor who had offered to teach classes in conjunction with the summer rec program. She noted the Zumba would be once a week for six weeks. Ken Leetham said the Committee could utilize the rec program for signups but would need separate advertising. He suggested that this may need to be approved by the City Council.

9. METHODS FOR INTERGENERATIONAL CONNECTIONS IN THE CITY

Nicole Whetstone shared a training she attended and potentially having seniors read to elementary students or other efforts to bridge the youth and aging population. Ken Leetham reported the City was contacted by the Davis County Library and the City would have a satellite library location during the reconstruction of the Bountiful Library. He commented this would be a great location for that activity.

Nicole Whetstone mentioned the Senior Lunch Bunch talent show and other ways to help the seniors transfer their skillset to the youth.

10. CITY COUNCIL UPDATES

Councilmember Van Langeveld commented how the community gardens were instituted as part of the Healthy Utah designation. She mentioned that there had been conversation on whether to continue to invest in the garden. She then spoke on goals for 2027 and reviewing the requirements for the Healthy Utah designation to target outcomes for the year.

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 June 22nd at 6:00 p.m.:

- Discussion of block parties
- Trail series update
- Health and Wellness Fair

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
- Intergenerational Connection in the City (August)

12. ADJOURN

The meeting was adjourned at 9:00 p.m.

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on June 22, 2026 by unanimous vote of all members present.


Jeff Scroger, Chair


Wendy Page, City Recorder

