



CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
JUNE 13, 2022
6:30 P.M.**

Posted June 9, 2022

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **June 13, 2022** at 6:30 p.m., City Hall, 10 East Center Street, North Salt Lake, Utah. The meeting will be held in the Council Chambers on the 2nd Floor. 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. Open and Public Meetings Act Training
2. Update on Communities That Care and the Circle of Security Parenting Program Classes
3. Discussion on the Healthy Utah Communities Designation
4. Discussion on Assisting with the City's Liberty Fest and Donation Collection
5. Discussion on Emergency Preparedness
6. Discussion on a Possible Health Fair
7. Approval of Minutes from May 9, 2022
8. Committee Member Business
9. Adjourn

The Committee meetings are open to the public. If you need special accommodations to participate in the meeting, please call the City office at 801-335-8709. Please provide at least 24 hours' notice for adequate arrangements to be made.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, hereby certify that the foregoing agenda was posted on the Utah Public Notice website, at city hall, and sent to the required newspapers this 9th day of June, 2022.

Dated this 9th day of June, 2022.


Wendy Page, City Recorder





CITY OF NORTH SALT LAKE

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Brian J. Horrocks
Mayor

Ken Leetham
City Manager

MEMORANDUM

TO: Health and Wellness Committee

FROM: Ken Leetham, City Manager

DATE: June 13, 2022

SUBJECT: Background Information on Healthy Utah Communities Application

The City Council would like for the Committee to work towards the completion of a successful designation of the City as a Healthy Utah Community. This is a designation that was created by Get Healthy Utah, a Utah non-profit created to improve healthy eating and active living in our community.

A part of that effort has been to work with political subdivisions like cities and counties to increase local governments collective participation in the health of their respective residents. The principal way that Get Healthy Utah performs that task has been the creation of the Healthy Utah Community designation. In order to receive that designation, there is a formal application process and specific health-related criteria must be met. The attached summary sheet shows what must be done in order to successfully qualify for this designation. The application deadlines are March 1st or August 1st and so we are trying to prepare for the upcoming application deadline in August.

You can also view this information at the website GetHealthyUtah.org. City staff has reviewed the criteria for this designation, and we believe that we meet nine (9) of the required criteria and at least one in each of the required categories. We will discuss the details of those nine criteria and the other application requirements at the meeting.

HEALTHY UTAH COMMUNITY

Healthy Utah Community Criteria

To qualify for the **Healthy Utah Community** designation program, all cities/towns must have a **community coalition** and at least **6 other strategies** (listed below). You must have at least one strategy from each of the 4 categories- Collaboration, Access to Healthy Food, Active Living, and Mental Health. Applicants must also complete the essay questions below.

My community has:

COMMUNITY COALITION (required):

- A coalition made up of diverse stakeholders that actively work to improve the health of the community

COLLABORATION (must have at least one strategy):

- A relationship with the local health department
- A resource page on our website to assist in accessing healthy food, physical activity, and mental health resources
- Health-related objectives in our general plan
- Utilized and implemented strategies from an existing community health needs assessment
- A moderate income housing plan
- Coordinated with the UDOT Move Utah Program to move active transportation planning and implementation efforts forward
- Coordinated with Bike Utah on the 1,000 Miles Campaign

ACTIVE LIVING (must have at least one strategy):

- A written guideline that promotes active transportation/physical activity for city employees
- Free and/or low-cost community sports/fitness programs for adults and children
- Signage for "healthy" parking spots at city/town facilities
- Conducted a walkability audit
- Connected walking and biking trails
- Provided guidance on joint-use agreements for facilities in our community that can be used for physical activity
- An active transportation plan
- An ordinance that requires new subdivisions to provide sidewalks and lights
- Wayfinding signage that promotes active transportation

ESSAY QUESTIONS:

1. Explain how your community addresses health equity by ensuring that all members of the community have the opportunity to be healthy? (250 words or less)
2. Does your general plan address healthy eating, physical activity, and mental health? If so, how? (200 words or less)
3. What is the biggest success your healthy community coalition has had in the past year? (200 words or less)
4. How will your healthy community coalition grow in the next year? (200 words or less)

ACCESS TO HEALTHY FOOD (must have at least one strategy):

- A farmers market that accepts SNAP benefits
- Provided financial incentives for a grocery store to locate in an underserved area
- A community garden
- A written requirement addressing healthy food and beverage choices in city/town-owned/managed facilities
- A written requirement addressing healthy food and beverage choices at city/town-sponsored functions
- Encouraged store owners to limit marketing of unhealthy food in corner stores and grocery stores

MENTAL HEALTH (must have at least one strategy):

- Offered Question, Persuade, Refer (QPR) trainings
- At least one evidence-based program or initiative that provides education, awareness, and training to community members around mental health
- Promoted the use of the SafeUT app in schools and other community centers
- Medication disposal services, locations, or programs
- Gun locks available for free for community members

Ready to Apply?

We are excited that your community is prioritizing health and interested in applying for the **Healthy Utah Community** designation program! Before completing an application, make sure your community meets the criteria below.

1. My community has a **community coalition**.
2. My community has done at least **1 collaboration strategy**.
3. My community has done at least **1 access to healthy food strategy**.
4. My community has done at least **1 active living strategy**.
5. My community has done at least **1 mental health strategy**.
6. My community has done at least **2 other strategies for a total of 7 strategies**.
7. The city/town **Mayor approves submitting the application**.

Not sure your city/town currently qualifies, but want to learn more? Contact us at info@gethealthyutah.org
Designation valid for 3 years

APPLY TODAY AT

www.GetHealthyUtah.org/HealthyUtahCommunity



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 CITY HALL – COUNCIL CHAMBERS
4 10 EAST CENTER STREET, NORTH SALT LAKE
5 MAY 9, 2022

6
7 **DRAFT**
8

9 Chair Corey Markisich called the meeting to order at 6:30 p.m.

10
11 PRESENT: Corey Markisich, Chair
12 Mary Kay Porter
13 Valerie Walton
14 Janet Welsh
15 Alisa Van Langeveld, City Council Representative
16

17 EXCUSED: Rachel Butterfield
18

19 STAFF PRESENT: Linda Horrocks, Communications Coordinator; Wendy Page, City Recorder.
20

21 OTHERS PRESENT: Marty Peterson, Justin Whitworth, residents; Jenica Whitworth, Deanne
22 Kapetanov (WXHS Principal), Davis School District.
23

24 1. APPROVAL OF MINUTES
25

26 The Health and Wellness Committee minutes of April 7, 2022 were reviewed and amended.
27

28 **Committee Member Welsh moved to approve the minutes from the April 7, 2022 meeting**
29 **as amended. Committee Member Porter seconded the motion. The motion was approved**
30 **by Committee Members Markisich, Porter, Walton, and Welsh.**
31

32 2. PRESENTATION AND DISCUSSION ON THE WOODS CROSS HIGH SCHOOL
33 TEEN CENTER
34

35 Jenica Whitworth introduced herself as the Teen Center Director for the Davis School District.
36 She said she opened the first teen center at Clearfield High School last year and it served
37 approximately 60 students at a time. She reported the focus of the center was to connect students
38 who were homeless or in crisis with resources within the school and community, and that each
39 center had a family service worker connected to a network of service workers in the school
40 district. Ms. Whitworth explained the teen centers were started by Jody Lunt, Davis Education
41 Foundation Director, after she found there were 1,200 children in the Davis School District who
42 could be classified as homeless. Ms. Whitworth said the teen centers provided a place for

43 students to shower, study, and do laundry and added there were several teen centers currently
44 under construction including a new center opening at Woods Cross High School.

45
46 Corey Markisich asked who could use the teen center and the process. Jenica Whitworth replied
47 the Clearfield teen center was open an hour before school started and allowed for drop-ins. She
48 said a teen could come in, take a shower, do laundry, and prepare for the day. She said the hour
49 before school could also be used for studying, internet access, or quiet time.

50
51 Janet Welsh asked about the center's after school hours. Jenica Whitworth responded the center
52 was open an hour after school. The goal was to have each center open an hour before and at least
53 one hour after school.

54
55 Mary Kay Porter commented the newspaper mentioned there would be beds as well as
56 washer/dryers for laundry. Jenica Whitworth said while there were machines for laundry, they
57 did not offer beds, as that would violate district policy. She said those accommodations would
58 have to be a separate facility from the school.

59
60 Council Member Van Langeveld asked if students from other schools could access this resource.
61 Jenica Whitworth replied specific centers were only available for the students that attended that
62 school. She said several more centers would be built in Layton, Woods Cross, Northridge,
63 Viewmont in Bountiful, and Syracuse in addition to the existing centers at Clearfield,
64 Renaissance, and Mountain High Schools. She noted these centers were only available for use by
65 the high school students attending those respective schools.

66
67 Council Member Van Langeveld questioned the timeframe of a center from announcement to
68 when it was operational. Jenica Whitworth said building supply shortages had caused delays but
69 normally it was a six-month turnaround.

70
71 Council Member Van Langeveld asked if these centers were new structures or if existing spaces
72 at the schools were remodeled. Deanne Kapetanov, Woods Cross High School principal,
73 explained each teen center was different and the district assessed each school to determine the
74 best solution. An outbuilding on the stadium grounds would be renovated at Woods Cross High
75 for the teen center at this location. She said private donations funded the teen center at this
76 school. Ms. Kapetanov explained all students would be able to use the center, including the
77 wellness feature, and how they would destigmatize using this center.

78
79 Jenica Whitworth explained why this was the responsibility of the school and the district. She
80 said after looking at each student it was determined that many were unable to learn because their
81 basic needs were not being met. She spoke on mindfulness and mental illness and how this
82 center would help address those needs.

83

84 Janet Welsh asked about the experience at the Clearfield center. Jenica Whitworth replied that it
85 had been widely accepted particularly for students who spoke other languages. She said it was
86 somewhere that students felt safe.

87
88 Deanne Kapetanov mentioned staffing was important to ensure that the students felt comfortable.
89 She said every student deserved to have clean clothes and a shower and how this was an
90 excellent resource.

91
92 Corey Markisich asked if there were plans to have therapists available for students. Deanne
93 Kapetanov replied there would be a family service worker who could refer students for services.
94 She said there were also school counselors as well.

95
96 Corey Markisich questioned if this type of service was available in other places or if Davis
97 County was one of the first to offer it. Jenica Whitworth responded that East High School offered
98 a similar service but it was not as comfortable or inviting as the centers offered in Davis County.
99 She said legislation had been passed to provide \$2.5 million in funding for other schools to
100 provide similar services.

101
102 Council Member Van Langeveld asked if teen center staff members were paid through the school
103 district or through a grant from the State. Jenica Whitworth replied they were district employees.

104
105 Deanne Kapetanov commented the school funded the center coordinators.

106
107 Council Member Van Langeveld asked what was needed from community partners. Jenica
108 Whitworth replied anything from blankets to hygiene kits or even internships would be needed.
109 She explained how the family service workers needed to be part of the Communities That Care
110 Coalitions, so they had those connections.

111
112 Linda Horrocks mentioned the City's annual Liberty Fest and the possibility of
113 collecting/donating items for the teen center at those events. She asked if individual items for
114 hygiene kits were donated if the center would be able to assemble the kits or if this was
115 something that would need to be done before donation. Jenica Whitworth responded all
116 donations had to be cleared through the foundation as it was a 501(c)(3) organization. She said
117 they had a warehouse stocked with some items but were in need of hygiene kit items including
118 deodorant, toothpaste, shampoo, food gift cards, etc. Ms. Whitworth mentioned there were some
119 groups who would be willing to assemble the kits, but they would be happy if the youth city
120 council helped as well.

121
122 3. DISCUSSION ON ASSISTING WITH THE CITY'S LIBERTY FEST

123
124 Linda Horrocks said she had reached out to the community looking for good causes to
125 incorporate into the Liberty Fest events where attendees, vendors, etc. could bring items to

126 donate. Along with the WXHS Teen Center, she said she reached out to Lifting Hands
127 International, a group accepting donations for Ukrainian refugees including diapers, wipes,
128 towels, washcloths, hygiene kits, etc.

129
130 Jenica Whitworth asked to comment, and then said the family service workers in the district were
131 working with refugee families as well. She said in essence if donations were made to the teen
132 centers, those items would be used for any school in the district and refugee families in
133 conjunction with the International Rescue Committee (IRC). Ms. Whitworth explained
134 wraparound services for the entire refugee family were also included.

135
136 Linda Horrocks asked if there were certain items that were more urgently needed for the sake of
137 simplicity in advertising. Jenica Whitworth replied monetary donations would be the easiest
138 donation. She suggested placing the QR code for monetary donations on any advertisements. Ms.
139 Whitworth said personalized receipts could be provided to donors for tax purposes.

140
141 Janet Welsh said the centers were a great place to donate travel size samples as well.

142
143 Mary Kay Porter mentioned that most people knew what to include in a hygiene kit. Jenica
144 Whitworth said the kits did not need to be uniform as they allowed the students to choose what
145 items they wanted.

146
147 Valerie Walton asked if there was a need for school supplies. Jenica Whitworth replied
148 affirmatively.

149
150 Linda Horrocks questioned if some students abused the system/centers. Jenica Whitworth
151 responded overall there had not been any issues.

152
153 The Committee agreed that requesting hygiene and school supply donations for the new WXHS
154 Teen Center during the Liberty Fest events would be a great cause the City could support.

155
156 4. OVERVIEW OF HEALTHY COMMUNITIES

157
158 Council Member Van Langeveld reported that Healthy Communities was a specific designation
159 in partnership with Get Healthy Utah and the Utah League of Cities and Towns (ULCT). She
160 said there was a list of requirements, focusing on physical and mental health issues, that cities
161 must meet before they were designated as a healthy city in the state. Every six months there was
162 a ULCT conference and the cities that had received this designation were highlighted. She stated
163 the application consisted of five main tasks including the designation of a community
164 collaboration group focused on addressing health in the city, a relationship and collaboration
165 with other entities in the community, access to healthy food such as financial incentives for a
166 grocery store in an underserved area or a community garden, and written guidelines that
167 promoted active transportation and activity in the city.

168

169 Janet Welsh mentioned there had been a news story about cyclists not having room on the road
170 to ride. She spoke on a solution to have a tree median with parallel parking between the trees and
171 how this provided a safe environment for cyclists. Ms. Welsh suggested that active transportation
172 and safety measures be encouraged in any new developments in the City.

173

174 The Committee discussed transportation services including bus and the UTA on demand
175 transportation service.

176

177 Council Member Van Langeveld spoke on potential suggestions including a walkability
178 assessment and a health needs assessment. She said the last task was mental health including an
179 evidence-based program or trainings. She asked if the Committee wanted to pursue the Healthy
180 Communities designation and/or host a possible health fair.

181

182 Corey Markisich was in favor.

183

184 Janet Welsh was in favor as long as it was done meaningfully. She mentioned certain needs such
185 as sharps disposal and education for the UTA on demand service.

186

187 Council Member Van Langeveld asked for feedback about what specific items the Committee
188 would like to see related to Healthy Communities requirements.

189

190 Corey Markisich asked about the walk audit. Council Member Van Langeveld replied that it
191 could be a paid audit to determine how far people would have to walk to get to food, school, etc.
192 and would also address safety.

193

194 Mary Kay Porter asked what the overall purpose of Healthy Communities was and if funding
195 was involved. Council Member Van Langeveld responded there was not any grant money but
196 said the benefits included fulfilling the requirements such as addressing active transportation.

197

198 Janet Welsh asked about the Golden Spoke activity. Council Member Van Langeveld said the
199 event included food and activities in Farmington along with a bike ride along the Jordan River
200 Trail.

201

202 Council Member Van Langeveld commented she would work with staff and the City Council to
203 pursue the Healthy Community designation, including the walkability audit, healthy community
204 needs assessment, and a designated web page showing resources and information.

205

206 Valerie Walton liked the concept and said there may be things not in the framework that should
207 be supported. She said there was always a disconnect between what was available and what the
208 community was aware of so it would be helpful to see what the community felt was missing.

209

210 Linda Horrocks asked if the needs assessment would be different from the needs assessment
211 recently done by the Communities That Care and Davis Behavioral Health. Council Member
212 Van Langeveld was unsure and said she would further research this.

213 5. DISCUSSION ON A POSSIBLE HEALTH FAIR

214

215 Corey Markisich asked if the Committee wanted to participate in a health fair.

216

217 Janet Welsh reported she reached out to Lakeview Hospital and the Davis County Health
218 Department. She said the Davis County Health Department provided information on what they
219 could provide including vaccinations, family services, etc. Ms. Welsh said other ideas included
220 medication and sharps disposal, the teen resource center, Bountiful Food Pantry, mental health,
221 emergency preparedness, etc. She said the event needed to be part of another event such as
222 Liberty Fest or something where families were already gathered

223

224 Council Member Van Langeveld suggested it could be held during one of the food truck events
225 on Monday nights.

226

227 The Committee was in favor of holding a health fair during one of the food truck and vendor fair
228 Monday night events. They agreed the health fair should be done in partnership with one of the
229 local hospitals and the health department.

230

231 Janet Welsh also suggested asking the fire department to attend and possibly having a demo
232 booth for fire extinguishers.

233

234 Linda Horrocks mentioned the Night Out Against Crime event held every August with the Police
235 Department and other emergency services. She said this might be another option for an event to
236 combine with the health fair.

237

238 Other vendor suggestions from the Committee included Lifeline, JustServe.org, and Davis
239 Behavioral Health (DBH).

240

241 6. COMMITTEE MEMBER BUSINESS

242

243 Council Member Van Langeveld asked for an update on the Circle of Parenting course being
244 held weekly at City Hall. Linda Horrocks replied the course filled up quickly but did not have a
245 current update. She said an update could be on the next agenda.

246

247 Council Member Van Langeveld spoke on a potential Juneteenth event, which would be held
248 June 20th. She asked for suggestions on committee members for that event.

249

250 Linda Horrocks introduced Marty Peterson who had worked for several years as the City's
251 emergency preparedness manager.

252

253 Marty Peterson said he was hired in 2010 as a part-time City employee as the emergency
254 preparedness manager and had worked for various fire departments. He said he currently had a
255 city-owned emergency response vehicle, an office, and a phone, and his primary job was to
256 coordinate resources between the City and the community in the event of a disaster in
257 conjunction with local LDS Church stake presidents. He commented he worked with the former
258 Uniting Neighbors Committee in the City on preparedness and mentioned how COVID had
259 placed his position in emergency preparedness in limbo.

260

261 Janet Welsh addressed City infrastructure and her surprise how the City had just recently
262 obtained backup generators. She asked about the City's level of preparedness. Marty Peterson
263 replied it was complicated, but the City had contracts with the refineries, local companies,
264 nearby cities and Davis County for equipment and resources in the event of an emergency. He
265 also mentioned resources available through local churches.

266

267 Council Member Van Langeveld asked about the status of the Uniting Neighbors Committee.
268 Marty Peterson replied that Stan Porter and Kent Kirkham previously oversaw the Committee
269 and said it was no longer active.

270

271 Mary Kay Porter explained the Health and Wellness Committee was a replacement for the
272 Uniting Neighbors Committee.

273

274 Council Member Van Langeveld asked about CERT training and if residents should be
275 encouraged to become certified. Marty Peterson replied residents were trained by the South
276 Davis Fire District. He said prior to COVID residents were quite active in becoming certified but
277 the CERT teams were coordinated by the local LDS units and other individual churches.

278

279 Janet Welsh stated CERT teams, trainings, and emergency preparedness plans were not active in
280 the Foxboro stake.

281

282 Linda Horrocks mentioned the cities in the south Davis County area were involved in planning
283 an emergency preparedness fair being held in September.

284

285 Council Member Van Langeveld said that emergency preparedness should probably be included
286 in the Healthy Communities needs assessment. She asked what this group could do to help the
287 City with emergency preparedness including activities or events. Marty Peterson replied the LDS
288 church stakes were heavily responsible for updating and it was the City's responsibility to
289 determine the right track including whether a full-time employee was needed to manage
290 emergency preparedness.

291

292 Council Member Van Langeveld asked that a discussion about emergency preparedness be an
293 agenda item at the next Committee meeting.

294 7. ADJOURN

295

296 The meeting was adjourned at 8:22 p.m.

297

298 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
299 *Lake on June 13, 2022 by unanimous vote of all members present.*

300

301

302 _____
Wendy Page, City Recorder