



# CITY OF NORTH SALT LAKE

## HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA OCTOBER 10, 2022 6:30 P.M.

Posted October 5, 2022

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **October 10, 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 2<sup>nd</sup> 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. Discussion on Prioritization for Goals of the Health and Wellness Committee
2. Review of City Wellness Class Provided During the Annual Utah League of Cities and Towns Conference by Councilmember Van Langeveld
3. Approval of Minutes from September 12, 2022
4. Committee Member Business
5. 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 5<sup>th</sup> day of October, 2022.

Dated this 5<sup>th</sup> day of October, 2022.





1 CITY OF NORTH SALT LAKE  
2 HEALTH AND WELLNESS COMMITTEE  
3 ANCHOR LOCATION: CITY HALL  
4 10 EAST CENTER STREET, NORTH SALT LAKE  
5 SEPTEMBER 12, 2022  
6

7 **DRAFT**  
8

9 Janet Welsh called the meeting to order at 6:30 p.m.  
10

11 PRESENT: Rachel Butterfield  
12 Mary Kay Porter  
13 Janet Welsh, Vice Chair  
14 Alisa Van Langeveld, City Council  
15

16 EXCUSED: Corey Markisich, Chair  
17 Valerie Walton  
18

19 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,  
20 Community Development Director; Linda Horrocks, Communications Coordinator.  
21

22 OTHERS PRESENT: Marty Peterson.  
23

24 1. DISCUSSION OF THE GOALS OF THE HEALTH AND WELLNESS COMMITTEE  
25 INCLUDING COMMITTEE MEMBER ASSIGNMENTS  
26

27 Ken Leetham reported on goals and established duties for the Health and Wellness Committee.  
28 He spoke on the adoption of the Resolution by the City Council that created the Committee and  
29 reviewed the Resolution as it related to general assignments and duties. He mentioned this  
30 included reviewing research and programs, the creation of strategy recommendations to address  
31 barriers, preparing and presenting a formal annual report, and carrying out City approved  
32 programs and initiatives. Mr. Leetham explained the review and research of programs as well as  
33 the creation of strategy recommendations to address barriers related to physical and mental  
34 health, emergency preparedness, personal wellness, food and housing access issues, addiction  
35 issues, and any other public health and general welfare issues. He stated these barriers could be  
36 related to income, education, etc. and this Committee would help to address those who may be  
37 disadvantaged in some way.  
38

39 Ken Leetham spoke on preparing and presenting a formal annual report that included an  
40 overview of the Committee's duties and activities and a list of specific recommendations in order  
41 to correct identified problems and deficiencies. He acknowledged the Health and Wellness  
42 Committee would also carry out City approved programs and initiatives and included public

43 education and outreach related to purposes of the Committee. He said this was the reason the  
44 Communications Coordinator, Linda Horrocks, attended these meetings.

45  
46 Mr. Leetham shared the process or steps of review and research which were problem  
47 identification, review of solutions and strategies, recommendations to City Council, followed by  
48 City Council approval and implementation. He said it was prudent to remember the goals and  
49 scope of the Committee and that each member had different skill sets and contributions. He  
50 mentioned when looking at physical and mental health it was important to look at the existing  
51 City resources including open spaces and outdoor assets related to physical health such as the  
52 Hatch Park renovation, paths and walkways, trails in the mountains, and active transportation as  
53 well as resources for mental health including Communities That Care, addressing coping skills,  
54 as well as addiction and housing support.

55  
56 Mr. Leetham spoke on emergency preparedness and how it occurred in the City. He explained  
57 there were Citywide response plans in place that included coordination with the County for  
58 events such as flood, fire, earthquake, and wind events. He said staffing was a concern as a staff  
59 member had not yet been assigned and suggested the Committee could make a recommendation.  
60 He noted other recommendations included several discussions about emergency preparedness  
61 with a focus on personal and family emergency preparedness outreach. He acknowledged there  
62 would be a South Davis Emergency Preparedness Fair this Saturday in Centerville and these  
63 types of events should be shared with residents.

64  
65 Ken Leetham highlighted personal wellness and said this topic may need some research and  
66 could include public outreach to help people get outside, have a hobby, focus on good nutrition,  
67 exercise, make friends, highlight City facilities such as a recreation center or parks, and access to  
68 healthcare. He mentioned access to healthcare and potential resources such as non-profits that  
69 could be utilized. He noted other areas of focus could be food and housing access issues and  
70 resources such as the City or County housing programs. Mr. Leetham mentioned addiction and  
71 potential ideas for the Committee including public education, access to services, partnerships,  
72 etc.

73  
74 Ken Leetham reiterated that the focus for the Committee was physical and mental health,  
75 emergency preparedness, personal wellness, food and housing access, addiction, and any other  
76 issues related to health and wellness that the Committees saw fit.

77  
78 Mary Kay Porter suggested a walking group, yoga in park, etc. and how to find individuals to  
79 lead this type of group instruction. Janet Welsh was in agreement and said the focus should be  
80 not duplicating what recreation centers provided and also providing things that individuals might  
81 not be able to afford otherwise.

82

83 Councilmember Van Langeveld explained the walking trail group that was sponsored by the  
84 Parks and Arts Board which highlighted trails throughout the City. She said the Recreation  
85 Director could also be tasked to create a series of adult fitness classes at low to no cost.

86  
87 Janet Welsh suggested the Committee review each category and then discuss at the next meeting.  
88 She asked for feedback related to physical and mental health including classes.

89  
90 Rachel Butterfield mentioned more trail networks, infrastructure for alternative transportation,  
91 and ideas for personal wellness.

92  
93 Janet Welsh asked if there was a park with circuit training with designated activities and said this  
94 might be a fairly inexpensive addition. Councilmember Van Langeveld commented that the  
95 circuit training had been discussed with the Parks and Arts Board as well. She said the  
96 equipment was expensive but if two committees showed an interest this may be something the  
97 Council would pursue. She also spoke on installing circuit trails at each park in the City.

98  
99 Janet Welsh questioned if the golf course had a circuit trail. Councilmember Van Langeveld  
100 replied people could access the course but it was not something the City encouraged as it was a  
101 liability. Ken Leetham said walkers interrupted play and there was a risk of injury.

102  
103 Janet Welsh asked if certain hours could be designated for walkers at the golf course as this  
104 would allow those who did not play golf to utilize the course. She mentioned that some residents  
105 were upset with the water restrictions and watering the golf course based on the number of  
106 residents who used the golf course. Councilmember Van Langeveld said that dramatic water cuts  
107 were made at the golf course this year. She mentioned while only a small portion of residents  
108 may golf, the course was available for other uses such as the event center and how community  
109 classes could be held there.

110  
111 Ken Leetham explained the City created watering priorities and said if the golf course or City  
112 Hall were not watered then those assets would be destroyed. He said efforts were made to reduce  
113 the water amounts while preserving these assets.

114  
115 Councilmember Van Langeveld commented that she wanted the golf course to be more  
116 accessible to residents. She said there was a pilot program for local elementary schools,  
117 including Foxboro Elementary, that provided a field trip and a golf pass for 5<sup>th</sup> grade students to  
118 play at the course. Janet Welsh suggested that the pass could be for one parent and a student.

119  
120 Councilmember Van Langeveld spoke on active transportation and felt the Committee could  
121 provide great feedback with a focus on school safety including recommendations for safe school  
122 walking paths. Janet Welsh mentioned the issue of possible abductions of children walking to  
123 school as well.

124

125 Mary Kay Porter commented on the UTA On Demand program and said her grandchildren had  
126 utilized this service.

127  
128 Councilmember Van Langeveld mentioned the South Davis Recreation program and ways to  
129 expand this including adult, wellness, or other classes. Janet Welsh commented the South Davis  
130 Recreation Center membership was most likely too expensive for some residents. She suggested  
131 a scholarship or funds based on need to allow more access.

132  
133 Ken Leetham said staff could put together a request for this to be reviewed by the City Council.

134  
135 Janet Welsh spoke on emergency preparedness and the City's open position for the Public Works  
136 Director. She suggested the selected employee should be a civil engineer as they would have a  
137 focus on infrastructure and the benefits of this related to an earthquake or something similar. Ken  
138 Leetham replied the City did have a City Engineer who had the capabilities and worked with the  
139 Public Works Director.

140  
141 Councilmember Van Langeveld commented on the level of citywide preparedness related to  
142 emergencies. She said some priorities included outreach for personal preparedness.

143  
144 Janet Welsh spoke on CERT training, which she had attended, and said she was impressed with  
145 the program. She encouraged offering a scholarship to help residents attend and advertising for  
146 the spring course.

147  
148 Janet Welsh asked for personal wellness suggestions and mentioned the previous suggestions of  
149 circuit training and walking tracks at each park. She mentioned connecting individuals with  
150 healthcare and researching organizations that could assist with this to be shared with residents.

151  
152 Ken Leetham said the City had a large percentage of Spanish speaking residents and  
153 consideration should be made for dual language materials and advertising.

154  
155 Janet Welsh asked if Davis County could present to the Committee on housing resources. Ken  
156 Leetham replied staff could reach out to the County and spoke on a prior program the City  
157 offered that provided funds to low income residents for home repairs. He said the City had  
158 Community Development Block Grant funds that could be used to get individuals into housing.

159  
160 Janet Welsh asked what those funds could be used for specifically. Ken Leetham said the only  
161 restriction for the housing funds were that they had to be used for housing. He suggested the City  
162 adopt some rules to ensure the funds were needs based.

163  
164 Janet Welsh spoke on the next topic for food access. Councilmember Van Langeveld mentioned  
165 the Bountiful Food Pantry and that the Youth City Council partnered with the Food Pantry and  
166 the schools to provide food to residents.

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Rachel Butterfield mentioned her experience with food drives through the Utah Food Bank and how a distribution location could be established in the City. She spoke on setting up an online food drive as well. Councilmember Van Langeveld suggested a food drive in conjunction with the Bountiful Food Pantry.

The Committee also asked that staff look into putting together a mailer or newsletter item related to sharing information for a food drive.

Councilmember Van Langeveld asked about the resources available for first responders to offer to families related to food, housing, addiction, etc. Chief Black said Davis County had a receiving center for those in an addiction or mental illness crisis in lieu of jail (for non-violent crimes) or the hospital. He mentioned other resources such as Davis Behavioral Health. Chief Black said there were not a lot of resources for homelessness or food issues. He spoke on a non-profit or non-governmental fund that would be available to use at the discretion of the first responder for domestic violence victims or homeless individuals.

Councilmember Van Langeveld said the school system had a caseworker assigned to each school who worked with students experiencing homelessness, domestic violence, or food issues. She asked if there were police department caseworkers who could connect individuals with resources. Chief Black replied he had heard of programs like that in larger areas like Salt Lake. He said there were not that many instances to justify a caseworker but if there were emergency funds available that would help the individual in the interim to finding other resources.

Janet Welsh suggested sharing a caseworker between other neighboring cities such as Bountiful, Woods Cross, and the City. Chief Black spoke on a program like Communities That Care and how maybe this was something they could assist with.

Ken Leetham commented that he had tried to work with other cities on sharing an emergency preparedness plan and said it was a challenge. He said this idea was worth speaking with other city managers.

Councilmember Van Langeveld suggested that maybe the police department could refer individuals to the school district. Chief Black replied that one of the tasks was not to duplicate existing programs. He said this was a key role the Davis County government could play as they already had departments and programs in place.

Janet Welsh mentioned expanding services for senior citizens beyond the senior lunch bunch. She spoke on those who were unable to drive and ways to help seniors navigate the UTA on Demand program or other transportation.

208 Councilmember Van Langeveld commented that a councilmember was over the senior lunch  
209 bunch so any suggestions could be shared with them.

210  
211 Ken Leetham said part of the Hatch Park remodel included a proposed community center which  
212 would provide seniors with access to books, computers, classes, etc.

213  
214 Councilmember Van Langeveld also mentioned gun safety and building awareness such as free  
215 gun safety locks through the police department. Chief Black replied that the department also  
216 offered free Narcan/Naloxone which could be used in the event of an opioid overdose.

217  
218 Janet Welsh suggested a “Did You Know” section in the City newsletter that could include  
219 information related to health and wellness such as the free gun locks or naloxone.

220  
221 Linda Horrocks commented the Davis County Health Department website had aging and adult  
222 services section related to meals on wheels, rides to healthcare visits, Medicaid, etc. She said  
223 these types of items could be linked to from the City’s website.

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225 2. UPDATE ON THE UTAH HEALTHY COMMUNITIES APPLICATION

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227 Ken Leetham reported that the City’s application for the Utah Health Communities had been  
228 approved. The City would be recognized during the Utah League of Cities and Towns  
229 Conference in October.

230

231 3. APPROVAL OF MINUTES

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233 The Health and Wellness Committee minutes of August 8, 2022 were reviewed and approved.

234

235 **Councilmember Van Langeveld moved to approve the meeting minutes for August 8, 2022.**  
236 **Committee Member Butterfield seconded the motion. The motion was approved by**  
237 **Committee Members Butterfield, Porter, and Welsh. Committee Members Markisich and**  
238 **Walton were excused.**

239

240 4. COMMITTEE MEMBER BUSINESS

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242 Councilmember Van Langeveld suggested different ways the committee members could focus  
243 on a certain topic. She said each committee member could pick an area or an assignment to  
244 prioritize per year.

245

246 Chief Black said he liked the idea of finding out what other groups offered. He suggested  
247 reaching out to Davis County Housing as well as researching food resources. Ken Leetham said  
248 housing was a priority and said it would be good if there was some type of program or assistance

249 that a housing fund could be used for. He said the housing repair program could be revived or  
250 used in conjunction with Davis County programs.

251

252 Rachel Butterfield suggested gathering all of the ideas and setting a priority level for each one.

253

254 5. ADJOURN

255

256 The meeting was adjourned at 8:16 p.m.

257

258 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*  
259 *Lake on October 10, 2022 by unanimous vote of all members present.*

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*Wendy Page, City Recorder*