

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
ANCHOR LOCATION: CITY HALL
10 EAST CENTER STREET, NORTH SALT LAKE
SEPTEMBER 12, 2022

FINAL

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

PRESENT: Rachel Butterfield
Mary Kay Porter
Janet Welsh, Vice Chair
Alisa Van Langeveld, City Council

EXCUSED: Corey Markisich, Chair
Valerie Walton

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

OTHERS PRESENT: Marty Peterson.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

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

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

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

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

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

2. UPDATE ON THE UTAH HEALTHY COMMUNITIES APPLICATION

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

3. APPROVAL OF MINUTES

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

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

4. COMMITTEE MEMBER BUSINESS

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

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

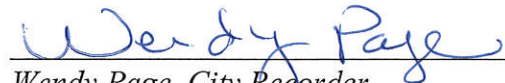
that a housing fund could be used for. He said the housing repair program could be revived or used in conjunction with Davis County programs.

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

5. ADJOURN

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

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



Wendy Page, City Recorder