



# CITY OF NORTH SALT LAKE

**HEALTH AND WELLNESS COMMITTEE  
MEETING NOTICE & AGENDA  
NOVEMBER 14, 2022  
6:30 P.M.**

Posted November 10, 2022

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **November 14, 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 timepermits.

## AGENDA ITEMS

1. Report and Discussion Regarding the Brainstorming Session with the City's Senior Lunch Bunch
2. Discussion on Prioritization for Goals of the Health and Wellness Committee
3. Approval of Minutes from October 10, 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 10<sup>th</sup> day of November, 20 22.

Dated this 10<sup>th</sup> day of November, 20 22.

Wendy Page



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 OCTOBER 10, 2022  
6

7 **DRAFT**  
8

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

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

16 EXCUSED: Rachel Butterfield  
17 Corey Markisich, Chair  
18

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

22 OTHERS PRESENT: Carolyn Jacobson, Conrad Jacobson, residents.  
23

24 1. APPROVAL OF MINUTES  
25

26 The Health and Wellness Committee minutes of September 12, 2022 were reviewed and  
27 approved.  
28

29 **Committee Member Porter moved to approve the meeting minutes for September 12, 2022.**  
30 **Committee Member Van Langeveld seconded the motion. The motion was approved by**  
31 **Committee Members Porter, Van Langeveld, and Welsh. Committee Member Walton**  
32 **abstained from voting. Committee Members Butterfield and Markisich were excused.**  
33

34 2. DISCUSSION ON PRIORITIZATION FOR GOALS OF THE HEALTH AND  
35 WELLNESS COMMITTEE  
36

37 Janet Welsh suggested waiting to review this item until a future meeting when more Committee  
38 members were present.  
39

40 Councilmember Van Langeveld asked if staff would prepare the list of goals for 2023 to be  
41 reviewed at the next meeting. She also asked for staff's help in compiling a list of things the  
42 Committee had done this year to be presented at a future City Council meeting.  
43

44 3. REVIEW OF CITY WELLNESS CLASS PROVIDED DURING THE ANNUAL UTAH  
45 LEAGUE OF CITIES AND TOWNS CONFERENCE BY COUNCILMEMBER VAN  
46 LANGEVELD

47  
48 Councilmember Van Langeveld reported on the League of Cities and Towns conference which  
49 was held last week. She indicated this conference was held twice a year for city council members  
50 and staff across the State. She shared some content from the conference including a health and  
51 wellness class and survey from Utah State University (USU). She explained that USU could send  
52 out a wellness survey to residents, collect the data, and compile a report for the City to review.  
53 She stated the Health and Wellness Committee could oversee this project and determine when  
54 the survey should launch, whether it was this year or next year. Councilmember Van Langeveld  
55 said this survey could also be done multiple times through USU to help track of data over the  
56 years.

57  
58 Councilmember Van Langeveld asked for confirmation from the Committee and if they would  
59 like to see the survey administered in 2022 or early 2023.

60  
61 Janet Welsh commented that she would like to see the survey administered in November as this  
62 would help the Committee to set goals at the first of the year. Councilmember Van Langeveld  
63 replied that she thought the survey would run through December and the data would not be  
64 available until January. She also anticipated having the Committee's goals set at the next  
65 meeting in November.

66  
67 Janet Welsh asked how the survey would be deployed, via email addresses or a link on the City's  
68 website. Councilmember Van Langeveld responded the City could advertise the survey by  
69 posting the link on the City's website, send out postcards with the link, send notices in the  
70 newsletter, etc. She said that USU needed approximately 350 responses.

71  
72 Janet Welsh asked how residents who lived in apartment buildings could be notified.  
73 Councilmember Van Langeveld suggested that direct social media content would be a more  
74 effective way to notify residents of the survey.

75  
76 Mary Kay Porter asked Linda Horrocks what seemed to be the most effective advertising in her  
77 experience. Linda Horrocks replied she attended a communication and social media class at the  
78 same conference. She suggested reaching out to residents and asking them to sign up for the  
79 City's newsletter as there was a large number of people who were not on social media. Ms.  
80 Horrocks also recommended notifications through the website due to the number of residents  
81 who had paperless billing setup.

82  
83 Janet Welsh was in favor of the survey but said there was not a rush to complete it this year.  
84

85 Valerie Walton suggested looking at how the City had done previous surveys and using that as  
86 guide.

87

88 Councilmember Van Langeveld commented that January may be the best option for the survey  
89 as it would allow time for a marketing/advertising plan. She said Bountiful finished their data  
90 collection in September and could reach out to them for more information.

91

92 Councilmember Van Langeveld reported on another class from the conference about “complete  
93 streets.” She explained that a complete street was designed to be utilized by multi users including  
94 cars, bicycles, and pedestrians. She said the Committee supported walkability, exercise, and  
95 outdoor activities. She mentioned the City was currently revisiting the active transportation plan  
96 so this was a topic the Committee could focus on for 2023.

97

98 Janet Welsh commented that she was interested in the active transportation particularly bikeable  
99 thoroughfares such as Redwood Road and Highway 89. Councilmember Van Langeveld said  
100 there were two approaches including looking at the need for a street or building bikeable lanes.  
101 She also explained the City was doing a targeted review of walkability around the elementary  
102 schools in the City. She indicated the junior high and high schools were located outside the City  
103 boundaries, so the focus was on the elementary schools.

104

105 Janet Welsh spoke on the issues around the school particularly around pickup and drop off times  
106 and double parking, etc. She said it was not a good situation for kids riding bikes.

107

#### 108 4. COMMITTEE MEMBER BUSINESS

109

110 Councilmember Van Langeveld said senior services in the City was a potential goal of the  
111 Committee. She introduced Conrad and Carolyn Jacobson as the coordinators of the monthly  
112 Senior Lunch Bunch. She reported this lunch was currently a potluck, but the City would start to  
113 provide additional funding for paid monthly lunches. She said the County would review the  
114 available services as the next Senior Lunch Bunch meeting on October 12th.

115

116 Conard Jacobson asked what the Committee could do for the senior population in the City  
117 including safe streets. He mentioned the updates that Salt Lake City had implemented related to  
118 parking lanes with bike lanes and how confusing this could be for older residents. Mr. Jacobson  
119 spoke on increasing the livability for seniors, the need for help, advertising the senior group, and  
120 invited those present to attend a lunch with the seniors. He asked that the Committee consider the  
121 needs of the seniors in the community.

122

123 Janet Welsh mentioned that her mother was 88 and could no longer drive. She asked if there was  
124 a need for transportation for seniors in a similar situation to attend these types of activities.

125 Conrad Jacobson replied more seniors would attend if there was transportation available.

126

127 Councilmember Van Langeveld asked if a brainstorming session could be held during the  
128 November Senior Lunch Bunch to see what the City could potentially provide for seniors.  
129 Janet Welsh suggested asking the seniors beforehand to think about what they needed for the  
130 discussion in November.

131  
132 Councilmember Van Langeveld invited those present to attend the Senior Lunch Bunch on the  
133 second Wednesday in November.

134  
135 Valerie Walton asked if there was anything the Committee members could do to prepare for the  
136 next Committee meeting regarding goal setting.

137  
138 Councilmember Van Langeveld suggested that the Committee review the goal list from the  
139 previous meeting prior to the November meeting.

140  
141 The Committee discussed how to prioritize goals, missing resources, gaps for certain age ranges  
142 or at a County level, health of the community, social networks, and areas of focus.

143  
144 5. ADJOURN

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146 The meeting was adjourned at 7:09 p.m.

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148 The foregoing was approved by the Health and Wellness Committee of the City of North Salt  
149 Lake on November 14, 2022 by unanimous vote of all members present.

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*Wendy Page, City Recorder*