

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

**FINAL**

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

PRESENT: Mary Kay Porter  
Alisa Van Langeveld, City Council  
Janet Welsh, Vice Chair  
Valerie Walton

EXCUSED: Rachel Butterfield  
Corey Markisich, Chair

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

OTHERS PRESENT: Carolyn Jacobson, Conrad Jacobson, residents.

1. APPROVAL OF MINUTES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Janet Welsh commented that she was interested in active transportation, particularly bikeable thoroughfares such as Redwood Road and Highway 89. Councilmember Van Langeveld said there were two approaches including looking at the need for a street or building bikeable lanes. She also explained the City was doing a targeted review of walkability around the elementary schools in the City. She indicated that there were no junior or senior high schools within City boundaries, so the focus was on the elementary schools.

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

#### 4. COMMITTEE MEMBER BUSINESS

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

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

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

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

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

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

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

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

## 5. ADJOURN

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

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

  
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Wendy Page, City Recorder