



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
APRIL 10, 2023
6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting **on April 10, 2023 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

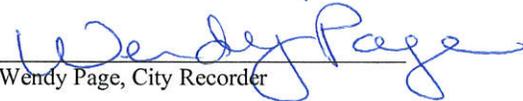
1. Welcome
2. Approval of Minutes from February 13, 2023
3. Discussion of Utah State University Wellness Survey
4. Discussion on Presentations at Other City Board/Committee Meetings
5. City Council Update
6. Committee Member Business
7. Adjourn

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, City's website, and at City Hall on April 4, 2023.

Dated this 4th day of April, 2023.


Wendy Page, City Recorder



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 FEBRUARY 13, 2023
6

7 **DRAFT**
8

9 Corey Markisich called the meeting to order at 6:30 p.m.
10

11 PRESENT: Rachel Butterfield
12 Corey Markisich, Chair
13 Mary Kay Porter
14 Alisa Van Langeveld, City Council
15 Valerie Walton
16 Janet Welsh, Vice Chair
17

18 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,
19 Community Development Director.
20

21 OTHERS PRESENT: Oliver McDaniel.
22

23 1. APPROVAL OF MINUTES
24

25 The Health and Wellness Committee minutes of January 9, 2023 were reviewed and approved.
26

27 **Committee Member Welsh moved to approve the meeting minutes for January 9, 2023, as**
28 **amended. Committee Member Walton seconded the motion. The motion was approved by**
29 **Committee Members Butterfield, Markisich, Porter, Walton, and Welsh.**
30

31 2. CITIZEN COMMENT
32

33 There were no citizen comments.
34

35 3. DISCUSSION ON THE GOALS AND PRIORITY ASSIGNMENTS
36

37 Ken Leetham reviewed the ten goals for 2023 that had been placed into categories including
38 physical and mental health, emergency preparedness, personal wellness, food and housing
39 access, and addiction. He said each goal was compiled into a spreadsheet with a category,
40 description, assignment, impact, estimated timeline, and notes. The spreadsheet also included
41 completed goals and yearly accomplishments.
42

43 Ken Leetham mentioned the goal to provide letters of support/encouragement to the City
44 Council, Youth City Council, City staff, and Parks and Arts Board related to the provision of
45 personal wellness, amenities, and activities in the City as well as letters for the creation of events
46 such as food drives and existing food pantries. He asked if the Health and Wellness Committee
47 had an interest in creating first drafts of the letters or if they would rather have City staff prepare
48 the letters. Mr. Leetham said if staff prepared the letters then the Committee would review them
49 and provide input.

50
51 Ken Leetham spoke on the goal to have resources on the City's website related to addiction
52 recovery resources and having addiction recovery materials at the Night Out Against Crime
53 event. Corey Markisich commented that this was something he could assist with.

54
55 Corey Markisich asked if there was an example of what would be appropriate for the support
56 letter. Councilmember Van Langeveld said that a formal letter was a great strategy to share
57 information. She suggested a combined meeting with the Parks and Arts Board and inviting the
58 Youth City Council to attend a Committee meeting to share ideas.

59
60 Ken Leetham said the Health and Wellness Committee would not need to meet monthly in the
61 future and suggested attending a Parks and Arts meeting in lieu of a Committee meeting.

62
63 Janet Welsh said that the Committee could even attend a Parks and Arts meeting next month.
64 She offered to take ownership/assist with the City's Night Out Against Crime which was one of
65 the Committee's goals.

66
67 Ken Leetham recommended that it may be easier for several Committee members versus the
68 entire Committee to attend Planning Commission, Parks and Arts Board, and Youth City Council
69 meetings to share the goal document.

70
71 Janet Welsh suggested she and Rachel Butterfield could attend a Planning Commission meeting.
72 Councilmember Van Langeveld said she would also like to attend as well and asked for an
73 agenda item to allow the Committee members to share goals and have a discussion.

74
75 Corey Markisich and Councilmember Van Langeveld agreed to attend a Parks and Arts Board
76 meeting.

77
78 Councilmember Van Langeveld asked if it would be helpful for the police department to receive
79 input from the Committee. She suggested asking the officers at a staff meeting. Chief Black
80 replied that most of what the officers provided feedback on may be beyond the scope of what the
81 Committee could accomplish.

82
83 Councilmember Van Langeveld also agreed to attend a Youth City Council meeting. Corey
84 Markisich commented that he would attend a Golf Course Oversight Committee meeting.

85 Councilmember Van Langeveld said that Committee members attending these meetings could
86 take the place of a formal letter.

87
88 The Committee discussed amending the goals to remove the issuance of a formal letter and
89 conducting three classes a year in conjunction with Communities that Care Coalition due to the
90 constraints of Davis Behavioral Health.

91
92 Janet Welsh mentioned there were one night classes through Davis Behavioral Health. Ken
93 Leetham suggested assigning Wendy Page and Mary Kay Porter to this goal.

94
95 Valerie Walton offered to streamline the talking points from the discussions with the other
96 Boards and Commissions and comparing them to the existing goals. She said it was not just
97 meeting with the other committees but having dialog and a focus on the goal of an activity.

98
99 Ken Leetham commented that attending these additional meetings would allow the Committee to
100 see what events the other groups had planned and to share information about the goals and events
101 of the Health and Wellness Committee.

102
103 Councilmember Van Langeveld said that the Health and Wellness Committee should choose
104 events that were purposeful and impactful.

105
106 Rachel Butterfield asked about adding or editing the assignment column of the goal spreadsheet
107 to show what Committee members had volunteered for and what role City staff members would
108 take.

109
110 Janet Welsh asked about the date for the Night Out Against Crime. Chief Black responded that it
111 was generally held in August. He mentioned Communities That Care was looking for
112 approximately \$8,000 in funding from private sponsors and asked the Committee to keep this in
113 mind.

114
115 4. DISCUSSION OF ANNUAL REPORT FOR CITY COUNCIL

116
117 Corey Markisich asked to see an example of an annual report. Ken Leetham commented that he
118 could send a previous report from the Parks and Arts Board for review. He suggested sharing the
119 2023 goals and 2022 accomplishments would be the most important content of the annual report.

120
121 Janet Welsh said it was important to note that in narrowing down the goals for 2023 that there
122 was a focus on selecting different topics/categories.

123
124 Ken Leetham agreed to make a PowerPoint presentation for the City Council report. He asked
125 for feedback on what should be included in the presentation. Corey Markisich suggested the

126 biggest accomplishment was identifying the direction of the Health and Wellness Committee and
127 several main goals.

128
129 Mary Kay Porter mentioned that one accomplishment from 2022 was involvement with the high
130 school resource center.

131
132 Janet Welsh commented that the Legislature was considering funding teen resource centers at
133 every high school in the State. She said there may be something the Committee could do if that
134 did occur.

135
136 Councilmember Van Langeveld suggested having sections in the presentation including a
137 narrative history of the Committee, information on the Committee members including interests
138 and expertise, 2023 goals, and 2022 accomplishments. She detailed the accomplishments which
139 were passing bylaws and creating goals, partnering with Communities That Care, partnering with
140 other organizations including the Health Fair, Healthy Communities Distinction (with ULCT),
141 and obtaining feedback from the Senior Lunch Bunch.

142
143 Janet Welsh suggested that each Committee member could provide a short bio to Corey
144 Markisich for the presentation.

145
146 Valerie Walton asked that Corey Markisich also recognize how valuable and collaborative staff
147 had been during the presentation to the City Council.

148
149 Corey Markisich asked what the City Council knew about the Health and Wellness Committee.
150 Councilmember Van Langeveld replied that the Council had passed the original Resolution with
151 the intent. She also reported on specific things the Committee accomplished and was working on.

152
153 Janet Welsh questioned when the presentation to the City Council would be. Ken Leetham
154 replied that if the Committee was ready then the presentation would be on February 21st. He
155 mentioned compiling a written report as well.

156
157 5. REVIEW OF REQUIREMENTS RELATED TO THE ETHICAL BEHAVIOR POLICY
158 AND CONFLICTS OF INTEREST

159
160 Ken Leetham reported on the Ethical Behavior Policy and conflicts of interest. This included
161 transactions or activities which would appear to create impairment of judgment, having a
162 financial interest in any matter related to duties held by the individual, transactions with parties
163 or firms where a relationship existed (in the prior 12 months), and having a financial interest in
164 any contract or transaction. He then spoke on the general process for reimbursements which was
165 receiving approval in advance from Ken Leetham or Wendy Page, making the expenditure, and
166 then submitting a receipt to Ken or Wendy.

167

168 6. COMMITTEE MEMBER BUSINESS

169

170 Ken Leetham reported the State Legislature approved a one time appropriation of \$55 million for
171 active transportation (modes other than cars). This also included an uninterrupted trail system
172 throughout the State. He said the Committee would be included in these decisions once funding
173 became available to the City.

174

175 Councilmember Van Langeveld spoke on the goal related to safe walking paths for the schools
176 with Wasatch Front Regional Council. She asked if she could contact WFRC related to this goal.
177 Ken Leetham replied that Ali Avery was the City's Long Range Planner and could follow up on
178 this item.

179

180 Councilmember Van Langeveld reported that the Council had just approved a memorandum of
181 understanding with Lime for scooters and e-bikes to operate in the City. This would help in
182 providing active transportation options for residents.

183

184 7. ADJOURN

185

186 The meeting was adjourned at 7:45 p.m.

187

188 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
189 *Lake on March 13, 2023 by unanimous vote of all members present.*

190

191

192

193 _____
Wendy Page, City Recorder