

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
ANCHOR LOCATION: CITY HALL
10 EAST CENTER STREET, NORTH SALT LAKE
JULY 10, 2023

FINAL

Chair Markisich called the meeting to order at 6:30 p.m.

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

STAFF PRESENT: Ken Leetham, City Manager; Sherrie Pace, Community Development Director.

OTHERS PRESENT: Mason Bennett, Oliver M. residents; Danielle Kaiser, Davis Behavioral Health; Jordan Lee, SUU.

1. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of June 12, 2023 were reviewed and approved.

Committee Member Welsh moved to approve the June 12, 2023 minutes. Committee Member Walton seconded the motion. The motion was approved by Committee Members Markisich, Porter, Walton, and Welsh.

Chair Markisich introduced Mason Bennett proposed for appointment to replace Rachel Butterfield as the new Health and Wellness Committee Member. He explained that Mason would be appointed to the Committee during the City Council meeting on July 18th.

Mason Bennett said his family just moved to Utah from Georgia and he was completing a Master's Degree in Health Sciences. He was currently researching opioids and their effect on memory and cognition along with public health initiatives to mitigate those issues.

2. DISCUSSION AND REVIEW OF COMMITTEE GOALS AND ASSIGNMENTS FOR 2023

Ken Leetham commented that he and Wendy Page had compiled the spreadsheet and goals/assignments summary. He shared the annual update that Corey Markisich had presented to the City Council which included the goals for the Committee.

Chair Markisich spoke on measuring what the Committee accomplished. He asked for feedback from the Committee.

Valerie Walton said the Committee had originally identified eight goals and asked if these were still the focus. She asked for a refresher and the status of the goals.

Chair Markisich said there had been a big push to get the classes scheduled, which had been done, and suggested reviewing the goals.

Ken Leetham reviewed the goals including completing an inventory of existing City open space, parks, outdoor assets, conducting three classes a year in conjunction with Communities That Care, completing an inventory of school safe walking routes, trails, and pathways, social media outreach four times a year related to emergency preparedness and three times per year related to CERT training, preparation of a newsletter spotlight once per quarter on outdoor amenities, issue letters of support to Parks Arts Trails/Planning Commission/City Council, Night Out Against Crime/Committee event, and completion of Wellness survey by Utah State University.

Mr. Leetham suggested that City staff would complete the inventory of existing City open space, parks, and outdoor assets and share this with the Committee at a future meeting. He mentioned plans for Hatch Park, trails, and active transportation. He indicated staff would also complete an inventory of school safe walking routes, trails, and pathways and share this information as well.

Councilmember Van Langeveld said it may be a good idea to have a joint meeting with the Parks and Arts Board to discuss the open spaces, parks, outdoor assets, trails, and pathways. The Committee felt that a November joint meeting with the Parks and Arts Board would be beneficial.

Ken Leetham spoke on the three classes per year in conjunction with Communities That Care. Councilmember Van Langeveld suggested this goal be reworded to say “offer up to three per year to the community along a range of target audiences such as Communities That Care Coalition classes.”

Valerie Walton commented that the goal could include classes/events geared towards a range of different ages and what the community had identified as a need.

The Committee discussed the appropriate number of classes to offer and determined that three classes per year was sufficient.

Ken Leetham said Linda Horrocks, the City's Communications Coordinator, had prepared information for goal four, related to social media outreach related to emergency preparedness and CERT and goal five, related to a newsletter spotlight on outdoor amenities. He mentioned that the City's website already had emergency preparedness information available.

Councilmember Van Langeveld suggested revisiting these goals in January to determine if the proposed number of social media posts and newsletter items were a sufficient amount based on the feedback received.

Ken Leetham commented that the letters of support to the Parks and Arts Board, City Council, and Planning Commission and said that Health and Wellness Committee Members attended these meetings in lieu of letters this year. Councilmember Van Langeveld said in future years that letters with the Committee's yearly goals could be sent to the Board, Council, and Commission. She suggested adding the Senior Lunch Bunch to the list.

Goal seven related to the City's Night Out Against Crime event. Janet Welsh commented that this event would be held on August 3rd with the Health Department offering school vaccinations. She had only received one response from local health and wellness related business that was interested in attending so far.

Chair Markisich said Red Barn Academy was interested in attending and explained that they were a treatment center that required individuals to live on site, learn vocational training, and work at the Red Barn thrift store, farm, or Sticky Bird restaurant.

Councilmember Van Langeveld asked about any assignments for the Night Out Against Crime event. Janet Welsh said someone was needed to direct vendors and be available to help. Ken Leetham responded staff would be available to help as well.

Councilmember Van Langeveld also suggested adding the Youth City Council to the list for letters of support.

Councilmember Van Langeveld mentioned the City's new celebration events this year which included Juneteenth, Pride, Asian Heritage, and Hispanic Heritage. She suggested there could be different events in the future such as autism awareness and said these events were held in conjunction with the food truck night.

Janet Welsh commented that the autism event should be catered towards those in that community.

Valerie Walton said this Committee was centered on community wellbeing and belonging and said the focus of these celebration events was a tight connection.

Ken Leetham commented that the events were not limited to Legacy Park but could be held at Tunnel Springs Park, at Hatch Park in the future food truck/event area, and at the Golf Course.

The Committee discussed adding the goal of hosting the celebration events with Councilmember Van Langeveld over the events with the help of a chair.

Councilmember Van Langeveld said the November agenda would be the review of the parks and outdoor assets followed by a discussion to review the priorities of that agenda item. She added in January there would be a review of the social media/newsletter items and a discussion. She said the wellness survey should be a guideline for the 2024 Committee goals.

Valerie Walton suggested having the discussion for 2024 goals during the September or October meeting.

3. UPDATE ON DAVIS BEHAVIORAL HEALTH AND COMMUNITIES THAT CARE BY DANIELLE KAISER

Danielle Kaiser, Davis Behavioral Health, said she was on the prevention education team and her role had changed to the program manager. She presented a report with graphs related to how many individuals were served per city and per program.

Janet Welsh asked about the City's population compared to Bountiful's population. Ken Leetham commented that Bountiful was about twice as large as the City.

Danielle Kaiser commented that the Learning to Breathe was only offered at Bountiful High School. Councilmember Van Langeveld mentioned the City did not have a high school so they either attended Woods Cross High or Bountiful High.

Janet Welsh mentioned that these programs should be offered at the charter schools as well.

Danielle Kaiser said the Circle of Security class was scheduled for January. She asked what other classes the Committee would be interested in. Other scheduled classes were the Youth Mental Health First Aid on September 30th.

Janet Welsh suggested hosting EveryDay Strong in September. Staff would work with Davis County Behavioral to schedule and advertise this class.

Valerie Walton asked for clarification on the EveryDay Strong workshop and the statistics that showed that 40% of participants had an increase in knowledge. Danielle Kaiser replied that

EveryDay Strong was based on Maslow's Hierarchy of Needs. She said the course focused on what was needed for each individual starting with sleep, water/food then safety then connection. She stated the feedback they received was that the concepts were not new but the classes varied per instructor, area of focus, etc.

Councilmember Van Langeveld asked if there was a program geared towards youth. Danielle Kaiser responded that Learning to Breathe was a six week class that could be offered to adults or youth.

Janet Welsh asked about the Strengthening Families program. Danielle Kaiser said this was a seven week course for families with youth 10-14 years old.

Ken Leetham mentioned the social development strategy course. Danielle Kaiser said this was a newly created workshop related to protective factors such as increasing opportunities for their children, recognition of doing well at the activity, and creating a sense of bonding. She clarified that the Committee would sponsor EveryDay strong in September, Social Development Strategy in October, Circle of Security in January and potentially Learning to Breathe.

Danielle Kaiser mentioned that some students attended schools outside of the City and ways to pull out data related just to the City. Councilmember Van Langeveld suggested that data pertaining to adult residents in the City could be determined by zip code.

The Committee discussed the Communities That Care Coalition and that Corey Markisich and Chief Black already attended these meetings.

4. DISCUSSION OF UTAH STATE UNIVERSITY WELLNESS SURVEY

Councilmember Van Langeveld reported on the Utah State University Wellness survey results with over 600 responses. She said safety and security rated highly, living standards and education both ranked highly. She continued mental health was highly rated as valued and enjoyed by living in the City, physical health was rated as highly valued but not as easily accessed. She noted this could include Hatch Park resources, open space and other resources, and senior citizen activities.

Janet Welsh commented that the senior residents had requested a City swimming pool. Councilmember Van Langeveld said that South Davis Recreation had been invited to participate in the redevelopment of Hatch Park including the potential for a community pool.

Councilmember Van Langeveld said another highly rated value was living standards. She mentioned one item that received a low rating was local environmental quality. She stated this made sense due to the proximity of the freeway, refineries, gravel pit, etc. She said the City could

mediate some of these effects or participate in the larger organizations that monitored and/or supported these industries.

Janet Welsh commented that part of this could also be due to Stericycle and the waste water treatment plant. Ken Leetham said Stericycle was no longer incinerating anything at the facility.

Councilmember Van Langeveld continued another item that ranked lower was the perception of engaged individuals and community connection. She said other items that residents were concerned about included the pace of economic development, population growth rate, and air quality (92% of participants rated this as a moderate or major concern), water supply, and affordable housing.

Councilmember Van Langeveld spoke on resources from the Utah Wellness Project. She said this survey should be available on the City's website. She indicated there were 605 respondents with 60 or 10% that were 70+ and older and 13% were 60-69 years old.

5. DISCUSSION ON HEALTH AND SAFETY FAIR IN CONJUNCTION WITH THE
POLICE NIGHT OUT AGAINST CRIME EVENT

This item was discussed earlier in the meeting.

6. CITY COUNCIL UPDATE

Councilmember Van Langeveld said the updates were Juneteenth and Pride events. She thanked the Committee for volunteering and participating.

7. COMMITTEE MEMBER BUSINESS

Valerie Walton said the next opportunity to present to the City Council would be next year. She suggested gathering information for that report prior to January.

8. ADJOURN

The meeting was adjourned at 8:10 p.m.

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



Wendy Page, City Recorder

