



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

January 8, 2024
6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **January 8, 2024 at 6:30 p.m.**, City Hall, 10 East Center Street, North Salt Lake, Utah. The meeting will be held in the Council Conference Room 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. Citizen Comment
3. Approval of Minutes from November 13, 2023
4. Consideration and Election of Chair and Vice-Chair for 2024
5. Follow-up Discussion on Goals and Priorities of the Health and Wellness Committee for 2024
6. Discussion of Committee Annual Report to the City Council
7. City Council Update
8. Committee Member Business
9. 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: <https://www.utah.gov/pmn/>, City's Website: <https://www.nslcity.org>, and at City Hall: 10 E. Center St. North Salt Lake.

Date Posted: January 4, 2024.


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 NOVEMBER 13, 2023

6
7 **DRAFT**
8

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

10
11 PRESENT: Corey Markisich, Chair
12 Mason Bennett
13 Valerie Walton
14 Janet Welsh, Vice Chair
15 Alisa Van Langeveld, City Council
16

17 EXCUSED: Mary Kay Porter
18

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

22 1. APPROVAL OF MINUTES
23

24 The Health and Wellness Committee minutes of July 10, 2023 and September 11, 2023 were
25 reviewed and approved.
26

27 Committee Member Walton joined the meeting at 6:35 p.m.
28

29 **Committee Member Welsh moved to approve the minutes as written. Committee Member**
30 **Bennett seconded the motion. The motion was approved by Committee Members Bennett,**
31 **Markisich, Walton, and Welsh.** Committee Member Porter was excused.
32

33 2. DISCUSSION AND REPORT OF THE CITY'S HEALTH AND WELLNESS FAIR
34

35 The Committee had a discussion on the Health and Wellness Fair which was held in conjunction
36 with the Night Out Against Crime. They felt the event was well attended and mentioned past and
37 potential attendees such as The National Alliance on Mental Health (NAMI), IHC, University of
38 Utah, Red Barn Farms, Wade Family Medicine in Bountiful, Davis Behavioral Health, Utah
39 Health Department, mental health providers, County Recreation Center, Senior Lunch Bunch,
40 and any health/wellness providers in the City.
41

42 Chief Black said that there seemed to be fewer providers in attendance compared to last year. He
43 suggested inviting IHC or the University of Utah to participate in the future which may lead to a
44 new facility being built closer to the City.

45

46 3. DISCUSSION OF CITY WELLNESS SURVEY RESULTS

47

48 Councilmember Van Langeveld reported on the City Wellness Survey results. She noted the top
49 concerns from residents were air quality, water supply, and affordable housing. She
50 acknowledged the highest rated well being domain ratings categories were safety & security,
51 mental health, living standards, and education. She said people reported that their own mental
52 health was doing well but felt others were not doing well. Councilmember Van Langeveld
53 continued wellbeing dominance importance were safety & security, mental health, physical
54 health. She stated the survey indicated that residents felt that local environmental quality was not
55 good. She said this made sense due to the proximity to mining, the refineries, and I-15.

56

57 Janet Welsh mentioned that she had seen complaints related to the quality of City water. Ken
58 Leetham replied that the City water was not treated but was run through a process to add fluoride
59 and was constantly being tested for quality. He added any negative test results would result in a
60 boil order and determination of contamination. He explained that the water was drawn from a
61 closed aquifer in the ground and the taste came from natural minerals.

62

63 Councilmember Van Langeveld said that she recently attended the Get Healthy Workshop and
64 the Surgeon General released a report about wellbeing in the US with social connection
65 (loneliness) as a public health crisis. She stated the health and societal impacts of lowered social
66 isolation corresponded with a risk reduction among many health conditions such as mental and
67 physical health. She said the City's survey showed that overall, 31% respondents felt connected
68 which was lower than the national average and lower than most cities in Utah. She mentioned
69 this was broken down into 39% for the east side, 27% in midtown, and 24% west side which
70 meant there was room for improvement.

71

72 Mason Bennett commented on additional data from the Get Healthy Workshop including that
73 connectedness was better for your health than physical exercise and how to help residents feel
74 more involved. Councilmember Van Langeveld said that the Committee had sponsored some
75 community events including the parent education workshops, the Health and Wellness Fair, the
76 four cultural events (Latino Heritage, Pride, Pacific Islander/Asian, and Juneteenth). She asked
77 about hosting similar events in 2024.

78

79 The Committee discussed the City/Committee's roles, location such as Legacy Park versus Hatch
80 Park, reaching those who needed help, and different events such as the Senior Lunch Bunch and
81 the Winter Lights Fest.

82

83 Linda Horrocks commented that the City had been invited to participate in the next round of
84 surveys. Chief Black suggested participating in the survey again to compare results as he felt that
85 some of the data seemed low.

86
87 The Committee had a discussion on what was more important either connecting the whole City
88 or if the focus should be uniting the neighborhoods with specific events. They also discussed
89 having events in different locations or in conjunction with Get To The River, food truck nights,
90 and other holiday events. It was suggested that there should be two separate questions on the
91 survey for if residents felt connected to the City and if they felt connected to their neighborhood.

92
93 Janet Welsh asked that Legacy Park continue to be developed. She also suggested live music at
94 the parks which would appeal to a wide demographic.

95
96 Valerie Walton suggested that the year end reporting include a map with all of the events and the
97 targeted demographics. This would help to show what events would appeal to certain
98 demographics (seniors, young families, etc.).

99

100 4. DISCUSSION OF PARTNERSHIP WITH DAVIS COUNTY HEALTH DEPARTMENT
101 FOR OUTREACH CLINIC

102

103 Janet Welsh reported that Davis County Health Department needed a space in South Davis
104 County for WIC services, vaccines, and testing. She stated Isa Perry with the Davis County
105 Health Department shared contact information with her during the Get Healthy Workshop. Ken
106 Leetham acknowledged staff would reach out to the Health Department to see what was needed.

107

108 5. OVERVIEW OF COMMITTEE GOALS FOR 2023 AND DISCUSSION OF
109 UPCOMING GOALS FOR 2024

110

111 The Committee reviewed the 2023 Goals of the Health and Wellness Committee for the
112 categories of Physical and Mental Health, Emergency Preparedness, Personal Wellness, Food
113 and Housing Access, and Addiction and discussed if the following goals were met or should be
114 continued as a focus:

- 115 • Completion of an inventory of existing City open space, parks, outdoor assets
- 116 • Conducting four classes a year in conjunction with the Communities That Care Coalition
117 (CTC)
- 118 • Completion of an inventory of school safe walking routes, trails, and pathways
- 119 • Social media outreach four times per year related to emergency preparedness
- 120 • Social media outreach three times per year related to CERT training or as often as needed
121 to educate residents about CERT training opportunities
- 122 • Prepare a newsletter spotlight once per quarter on an outdoor amenity available to
123 residents

- 124 • Issue letters of support and encouragement to the Parks, Trails, Arts, and Recreation
125 Committee, the Planning Commission, and City Council related to the provision of
126 personal wellness amenities and activities in the City
- 127 • Combine a Committee activity with the City's Night Out Against Crime event
- 128 • Completion of the Wellness Survey by Utah State University
- 129 • Provide letters of support and encouragement to the City Council, Youth City Council,
130 City staff, and the Parks, Trails, Arts, and Recreation Committee for the creation of
131 events such as food drives and support of existing food pantries
- 132 • Creation of a resource document with links to be placed on the City's website related to
133 addiction recovery resources as well as including addiction recovery materials at the
134 Night Out Against Crime event

135

136 The Committee discussed keeping or having the following ideas for future goals:

- 137 • Compiling a list of stakeholders such as clergy for certain events (parenting classes, etc.)
- 138 • Offering more Communities That Care classes
- 139 • Yearly review of public school safe walking routes
- 140 • Provide CERT social media training information on social media
- 141 • Distribute the emergency preparedness handbook at the Safety Fair
- 142 • Provide/translate copies of the emergency preparedness handbook in other languages
- 143 • Provide a spotlight on an outdoor amenity once per quarter
- 144 • Annual planning meeting with the Parks and Arts Board (discuss trails series event and unity
145 in the community event)
- 146 • Night Out Against Crime event
- 147 • Wellness Survey with Utah State University
- 148 • Provide link to addiction resources on the City's website from Davis County
- 149 • Collaborate with the Davis County Health Department to potentially utilize City facilities to
150 offer services
- 151 • Provide immunization clinics at City events
- 152 • Host two to four Unity in Community events (Pride, Juneteenth, Hispanic Heritage)
- 153 • Healthy City certification and Community Kindness certification
- 154 • Setup messaging for Health and Wellness Committee
- 155 • Potentially highlight other events such as Women's History

156

157 Councilmember Van Langeveld mentioned in addition to the suggested goals there were a couple
158 of takeaways from the Get Healthy Workshop worth consideration: (1) creating a City
159 proclamation which includes an aspect of health in all policies and formulating a checklist for
160 staff with a focus on walkability, connectedness, etc. and (2) adding a section related to health
161 and wellness in the updated City's General Plan.

162

163 Janet Welsh added the City could improve bike paths by having repair stations that could service
164 users of the trails. Councilmember Van Langeveld suggested this could be recommended to the
165 Parks and Arts Board or perhaps be a component of the City's Active Transportation Plan before
166 it was considered as a goal of the Health and Wellness Committee.

167

168 6. DISCUSSION ON POSSIBLE JOINT MEETING WITH PARKS & ARTS BOARD

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170 The Committee was in favor of an annual joint meeting with the Parks and Arts Board in January
171 or February.

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173 7. CITY COUNCIL UPDATE

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175 Councilmember Van Langeveld had nothing additional to report.

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177 8. COMMITTEE MEMBER BUSINESS

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179 The Committee had nothing to report.

180

181 9. ADJOURN

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183 The meeting was adjourned at 8:55 p.m.

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185 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
186 *Lake on January 8, 2024 by unanimous vote of all members present.*

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Wendy Page, City Recorder