

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE  
ANCHOR LOCATION: CITY HALL  
10 EAST CENTER STREET, NORTH SALT LAKE  
NOVEMBER 13, 2023

**FINAL**

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

PRESENT: Corey Markisich, Chair  
Mason Bennett  
Valerie Walton  
Janet Welsh, Vice Chair  
Alisa Van Langeveld, City Council

EXCUSED: Mary Kay Porter

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

1. APPROVAL OF MINUTES

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

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

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

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

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

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

### 3. DISCUSSION OF CITY WELLNESS SURVEY RESULTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

7. CITY COUNCIL UPDATE

Councilmember Van Langeveld had nothing additional to report.

8. COMMITTEE MEMBER BUSINESS

The Committee had nothing to report.

9. ADJOURN

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

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

  
Wendy Page, City Recorder

