



# CITY OF NORTH SALT LAKE

## HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

April 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 **April 8, 2024 at 6:30 p.m.** The meeting will be held in the Council Conference Room on the 2<sup>nd</sup> Floor of City Hall, 10 East Center Street, North Salt Lake, Utah. 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 March 11, 2024
4. Discussion on the Trails Series Events and Calendar for 2024
5. Report on Status for Communities That Care Class Schedule
6. Discussion on Health and Wellness Fair Vendors and Other Offerings
7. Discussion on the Get Healthy Utah Event and Attendance Availability on May 7, 2024
8. Report and Discussion on Statistical Data Related to Crime, Substance Abuse, and Suicide
9. Discussion on Feedback from Other Committees
10. City Council Update
11. Committee Member Business
12. Discussion on Agenda and Schedule for Next Meeting
13. Adjourn

**Health & Wellness Committee meetings are open to the public. If you need special accommodation to participate in the meeting, please call (801) 335-8709 with at least 24 hours' notice.**

#### **Notice of Posting:**

I, the duly appointed City Recorder for the City of North Salt Lake, certify that copies of the agenda for the Health & Wellness Committee meeting to be held **April 8, 2024** were 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. NSL.

Date Posted: April 2, 2024

  
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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 MARCH 11, 2024

6  
7 **DRAFT**  
8

9 Chair Welsh called the meeting to order at 6:34 p.m.

10  
11 PRESENT: Jane Hall  
12 Chase Larson  
13 Corey Markisich  
14 Janet Welsh, Chair  
15 Alisa Van Langeveld, City Council  
16

17 EXCUSED: Mason Bennett, Vice Chair  
18

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

22 1. WELCOME  
23

24 Collin Chase Larson was introduced as the newest member of the Health and Wellness  
25 Committee. He commented that he preferred to be called Chase Larson.  
26

27 2. CITIZEN COMMENT  
28

29 There were no citizen comments.  
30

31 3. APPROVAL OF MINUTES  
32

33 The Health and Wellness Committee minutes of February 12, 2024 were reviewed and approved.  
34

35 **Committee Member Welsh moved to approve the minutes, as written. Committee Member**  
36 **Markisich seconded the motion. The motion was approved by Committee Members Hall,**  
37 **Larson, Markisich, and Welsh.** Committee Member Bennett was excused.  
38

39 4. DISCUSSION ON THE TRAILS SERIES EVENTS AND CALENDAR FOR 2024  
40

41 This item was rescheduled for the next agenda.

42 5. REPORT ON KINDNESS INITIATIVE

43  
44 Councilmember Van Langeveld said the One Kind Act a Day organization presented their  
45 Kindness Initiative to the City Council. The Council was supportive of a partnership in  
46 collaboration with the Health and Wellness Committee. She said this focus on kindness could  
47 include an independent event or as part of other City events. She reported the Mayor, Curtis  
48 Bennett, Mason Bennett, and herself met with local elementary schools to promote the One Kind  
49 Act event as well as to discuss City resources and partnerships with these schools. She indicated  
50 Orchard Elementary would have a One Kind Act event before the end of this school year and  
51 Foxboro Elementary planned to participate with the organization during the next school year.

52  
53 Jane Hall asked if the One Kind Act was just for elementary school children. Councilmember  
54 Van Langeveld explained that it was not just for children and was a nonprofit that provided  
55 resources for a Kindness Initiative. She gave an example of an elementary school setting a goal  
56 to do 21,000 acts of kindness in a three week period.

57  
58 6. REPORT ON STATUS FOR COMMUNITIES THAT CARE CLASS SCHEDULE

59  
60 This item was rescheduled for the next agenda.

61  
62 Chief Black said the Committee needed to choose which class they would like to host. He said  
63 the current class ended in two weeks with eight families participating.

64  
65 Chair Welsh mentioned EveryDay Strong in the fall and Social Development Strategy in late  
66 spring or winter.

67  
68 The Committee discussed asking Communities That Care for suggestions on which classes to  
69 offer, providing feedback after the classes, and available online courses.

70  
71 7. REVIEW OF DRAFT CITY COUNCIL PRESENTATION FOR THE ANNUAL  
72 REPORT

73  
74 Ken Leetham reported that the citizen committees reported annually to the City Council. The  
75 Health and Wellness Committee report from last year included the four areas of focus per the  
76 resolution, what was accomplished in the first year of the Committee. He said Janet Welsh would  
77 report to the City Council on what was being done in each of the focus areas.

78  
79 The Committee discussed the goal of emergency preparedness which was part of the original  
80 resolution approved by the City Council.

81  
82 Chase Larson asked if there were other entities involved in emergency preparedness such as the  
83 Fire Department. Chief Black replied that City staff and a volunteer were involved with

84 emergency preparedness and spoke on how other cities also worked with the LDS Church to  
85 coordinate these efforts.

86

87 Ken Leetham commented that this should be reviewed with the City Council.

88

89 Councilmember Van Langeveld mentioned that the City Council was revisiting the ordinance  
90 that created the Committee and reevaluating appointed Committee members and potentially  
91 addressing expanding to allow non appointed members to participate. She said this was the time  
92 to address whether emergency preparedness should be part of this Committee.

93

94 The Committee felt that while emergency preparedness needed to be addressed that it was  
95 outside the scope of the Health and Wellness Committee and should be a separate group.

96

97 Chair Welsh mentioned that there were large expenditures involved with emergency  
98 preparedness.

99

100 Chief Black explained that emergency preparedness was housed under Davis County who had a  
101 fulltime emergency preparedness director who worked with each city. He said many City  
102 employees had been FEMA trained which allowed for resources from the State or other cities.  
103 Chief Black mentioned that the areas that may be lacking would be neighborhood organization.  
104 He explained that this was where the LDS Church had generally filled in and how volunteers  
105 could help.

106

107 Ken Leetham said there was an emergency preparedness manual available on the City's website.  
108 He shared the windstorm event and how the City partnered with Davis County for National  
109 Guard and State help.

110

#### 111 8. DISCUSSION ON ITEM/TOPIC FOR QUARTERLY NEWSLETTER SPOTLIGHT

112

113 The Committee mentioned that the next item for the spotlight would be an outdoor amenity  
114 corresponding with the Trail Series.

115

#### 116 9. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

117

118 Chase Larson was assigned to the Youth City Council.

119

#### 120 10. CITY COUNCIL UPDATE

121

122 Councilmember Van Langeveld reported that the next annual wellness survey had posted today  
123 and was open for three weeks. She encouraged the Committee to share the link as well as  
124 complete the survey.

125

126 The Committee discussed sharing the link for the survey on social media, the City’s website, and  
127 a flyer for residents that may not be on social media (such as the Senior Lunch Bunch).

128  
129 Councilmember Van Langeveld said a City Councilmember had mentioned reviewing all of the  
130 City events including those sponsored by the Parks and Arts Board and the Health and Wellness  
131 Committee. She asked the Committee to consider which events were valued most and should  
132 continue.

133  
134 11. COMMITTEE MEMBER BUSINESS

135  
136 Chair Welsh mentioned collaborating with the Health Department for the use of City facilities for  
137 department programs. Ken Leetham replied that he reached out to Issa who would follow up with  
138 leadership on working together.

139  
140 12. DISCUSSION ON AGENDA AND SCHEDULE FOR NEXT MONTH

141  
142 Chair Welsh requested an agenda item to discuss the Health and Wellness Fair for vendors and  
143 other offerings.

144  
145 Chase Larson asked about statistics for mental health concerns, crimes, etc. that were affecting  
146 the City and could be a focus for events. Councilmember Van Langeveld said that the annual  
147 wellness survey could help with this.

148  
149 Chief Black said he could provide a report on some statistics related to crime, substance abuse,  
150 suicide, etc.

151  
152 Chair Welsh explained that the following items would be on every Committee agenda: citizen  
153 comment, approval of minutes, discussion on feedback from other committees, City Council  
154 update, committee member business, and discussion on agenda and schedule for next meeting.

155  
156 13. ADJOURN

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158 The meeting was adjourned at 7:36 p.m.

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

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*Wendy Page, City Recorder*