



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA

May 30, 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 **May 30, 2024 at 6:30 p.m.** The meeting will be held in the Council Conference Room on the 2nd 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

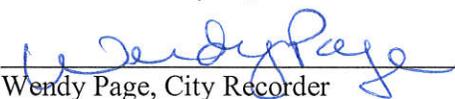
1. Welcome
2. Citizen Comment
3. Approval of Minutes from April 8, 2024
4. Discussion on the Trails Series Events and Calendar for 2024
5. Discussion on Potential Wellness Programs Including Yoga in the Park or Other Ideas
6. Discussion on Upcoming Unity in the Community Event Logistics
7. Report on Health and Wellness Fair Action Items
8. Report and Discussion on 2024 Goals and Assignments
9. Review and Discussion of Homelessness Presentation
10. Discussion on Feedback from Other Committees
11. City Council Update
12. Committee Member Business
13. Discussion on Agenda and Schedule for Next Meeting
14. 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 **May 30, 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: May 29, 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 APRIL 8, 2024
6
7

8 **DRAFT**
9

10 Chair Welsh called the meeting to order at 6:33 p.m.
11

12 PRESENT: Mason Bennett, Vice Chair
13 Jane Hall
14 Janet Welsh, Chair
15

16 EXCUSED: Chase Larson
17 Corey Markisich
18 Alisa Van Langeveld, City Council
19

20 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief; Sherrie Pace,
21 Community Development Director; Linda Horrocks, Communications Coordinator.
22

23 1. CITIZEN COMMENT
24

25 There were no citizen comments.
26

27 2. APPROVAL OF MINUTES
28

29 The Health and Wellness Committee minutes of March 11, 2024 were reviewed and approved.
30

31 **Committee Member Bennett moved to approve the minutes as written. Committee Member**
32 **Welsh seconded the motion. The motion was approved by Committee Members Bennett,**
33 **Hall, and Welsh.** Committee Members Larson and Markisich were excused.
34

35 3. DISCUSSION ON THE TRAILS SERIES EVENTS AND CALENDAR FOR 2024
36

37 Mason Bennett commented that the Trail Series would be held during May, June, and July on the
38 first Saturday of the month. He said the first event would be May 4th at 8 a.m. at Wild Rose with
39 a table, banner, and snacks.
40

41 Linda Horrocks commented that the other trails discussed during the last Parks and Arts meeting
42 included the trail near Tunnel Springs Park, Foxboro Wetlands Trail, and all the trail sections of

43 Wild Rose. She mentioned the Parks and Arts Board were working with staff on new signage for
44 the Wild Rose Trail and that it may be best to postpone this trail.

45
46 Jane Hall asked what would be handed out at the trail event. She suggested maps of the other
47 trails. Mason Bennett replied water and granola bars.

48
49 Sherrie Pace said the Parks and Trails subcommittee was reviewing the trails map.

50
51 Linda Horrocks mentioned that Davis County also had an interactive trails map for the county
52 but was unsure the detail for the City's trails.

53
54 The Committee discussed having a QR code available at the Trails Series events with a link to
55 the City and possibly the County trails map. They also discussed having a contest for the Trail
56 Series, using the Strava app, and including parks with playgrounds.

57
58 Mason Bennett clarified that the Trails Series events would be the first Saturday of the month in
59 May 4th, June 1st, and July 6th.

60
61 The Committee discussed trails and parks in other parts of the City including Legacy Trail,
62 Foxboro Wetlands, and the new dog park in the Foxboro area. They also spoke on the pet waste
63 issue along the trails and parks.

64
65 Linda Horrocks commented that every park had dog waste stations but people just left the dog
66 waste bags along the trail.

67
68 4. REPORT ON STATUS FOR COMMUNITIES THAT CARE CLASS SCHEDULE

69
70 Chief Black reported that Communities That Care classes were one day classes that could be held
71 online.

72
73 The Committee discussed the yearly classes including Circle of Security which had just
74 concluded, EveryDay Strong in the fall, and potentially one class in late spring/early summer.
75 They determined the EveryDay Strong course would be held Wednesday September 25th at 7
76 p.m.

77
78 5. DISCUSSION ON HEALTH AND WELLNESS FAIR VENDORS AND OTHER
79 OFFERINGS

80
81 Chair Welsh commented that she would obtain a list of businesses in the City and reach out to
82 those that were health and wellness related inviting them to participate. She mentioned an
83 organization that performed lung cancer screenings would like to participate. She asked if there

84 were other suggestions for vendors and mentioned that Davis County and Davis Behavioral
85 Health would attend.

86
87 The Committee suggested vaccinations, anti-vape/drugs, a booth for younger kids, a nutritionist,
88 and involvement from the Youth City Council.

89
90 Linda Horrocks mentioned that the Health and Wellness Fair in conjunction with the Night Out
91 Against Crime would be held on August 8th.

92
93 Chief Black encouraged inviting Lakeview Hospital and other surrounding clinics.

94
95 Linda Horrocks added that Councilmember Jackson taught fitness classes and could be a
96 resource.

97
98 The Committee discussed hosting yoga or other fitness classes in the parks.

99
100 Staff spoke on the Hatch Park redevelopment including the expansion area, a natural spring, park
101 programming, and other features.

102
103 6. DISCUSSION ON THE GET HEALTHY UTAH EVENT AND ATTENDANCE
104 AVAILABILITY ON MAY 7, 2024

105
106 Ken Leetham reported that the City was designated as a Get Healthy city after meeting multiple
107 requirements. He mentioned that there was an upcoming training on May 7th at 12:30 p.m. in
108 Farmington and the Committee was invited to attend.

109
110 7. REPORT AND DISCUSSION ON STATISTICAL DATA RELATED TO CRIME,
111 SUBSTANCE ABUSE, AND SUICIDE

112
113 Chief Black commented on suicide and said the demographic for most suicides were white males
114 over 45 years old. He postponed this item until the next meeting when Corey Markisich was in
115 attendance.

116
117 8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

118
119 Jane Hall asked about how to collaborate with the Golf Course Committee related to health and
120 wellness activities. She mentioned utilizing the clubhouse/course for activities such as Silver
121 Sneakers.

122
123 Linda Horrocks suggested reaching out to the Golf Course Committee and offering support and
124 encouraging a focus on health and wellness.

125

126 Ken Leetham commented that he would ask the Golf Course General Manager about utilizing the
127 Golf Course clubhouse. He said that staff had discussed building a pavilion with a stage for
128 events that could accommodate lunches or programs like Silver Sneakers. He added that there
129 would be winter activities with tubing, skiing, snowboarding, and the associated classes in the
130 winter months at the Golf Course.

131

132 9. CITY COUNCIL UPDATE

133

134 Staff had nothing to report.

135

136 10. COMMITTEE MEMBER BUSINESS

137

138 The Committee had nothing to report.

139

140 11. DISCUSSION ON AGENDA AND SCHEDULE FOR NEXT MEETING

141

142 Continued items would be the Trails Series Events, report and discussion on statistical data
143 related to crimes, etc., and discussion on yoga in the park.

144

145 12. ADJOURN

146

147 The meeting was adjourned at 7:56 p.m.

148

149 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
150 *Lake on May 13, 2024 by unanimous vote of all members present.*

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154 _____
Wendy Page, City Recorder