

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
ANCHOR LOCATION: CITY HALL
10 EAST CENTER STREET, NORTH SALT LAKE
APRIL 8, 2024

FINAL

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

PRESENT: Mason Bennett, Vice Chair
Jane Hall
Janet Welsh, Chair

EXCUSED: Chase Larson
Corey Markisich
Alisa Van Langeveld, City Council

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

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

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

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

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

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

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

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

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

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

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

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

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

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

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

4. REPORT ON STATUS FOR COMMUNITIES THAT CARE CLASS SCHEDULE

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

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

5. DISCUSSION ON HEALTH AND WELLNESS FAIR VENDORS AND OTHER OFFERINGS

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

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

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

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

Chief Black encouraged inviting Lakeview Hospital and other surrounding clinics.

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

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

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

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

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

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

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

8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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

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

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

9. CITY COUNCIL UPDATE

Staff had nothing to report.

10. COMMITTEE MEMBER BUSINESS

The Committee had nothing to report.

11. DISCUSSION ON AGENDA AND SCHEDULE FOR NEXT MEETING

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

12. ADJOURN

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

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on May 30, 2024 by unanimous vote of all members present.


Wendy Page, City Recorder

