

CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
CITY HALL - 10 EAST CENTER STREET
JANUARY 13, 2025

FINAL

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

PRESENT: Yemi Arunsi via Zoom
Mason Bennett, Vice Chair
Jane Hall
Jeff Scroger
Alisa Van Langeveld, City Council

STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief.

OTHERS PRESENT: Nicole Whetstone, resident.

1. WELCOME

Yemi Arunsi introduced himself and said he worked as a nursing director for Intermountain Health. He commented that he had been working in healthcare for 14 years.

2. CITIZEN COMMENT

There were no citizen comments.

3. CONSIDERATION AND ELECTION OF CHAIR AND VICE CHAIR FOR 2025

Councilmember Van Langeveld moved to elect Mason Bennett as Chair and Jeff Scroger as Vice Chair. Committee Member Bennett seconded the motion. The motion was approved by Committee Members Arunsi, Bennett, Hall, and Scroger.

4. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of November 18, 2024 were reviewed and approved.

Committee Member Hall moved to approve the minutes of November 18, 2024. Committee Member Scroger seconded the motion. The motion was approved by Committee Members Arunsi, Bennett, Hall, and Scroger.

5. RECAP OF WINTERFEST EVENT FOOD DRIVE

Ken Leetham reported that the receptacle was filled several times. He said the City could host an annual food drive. He mentioned a quarterly publication (mailed or electronic) from the Health and Wellness Committee related to education, resources, and establishing a presence. He noted that the newsletter could also be added to the City's website.

Jeff Scroger provided some suggestions including links to Davis Behavior Health and the resources there.

Jane Hall said there could be a focus on staying active mentally and physically during the winter months.

Ken Leetham asked the Committee to send ideas to staff who would design the newsletter. He suggested that the newsletter be two or three pages with links. He said the Committee would review the draft before publishing. He noted that if the Committee sent over ideas now that the newsletter would be ready to review and distribute by mid-February.

6. DISCUSSION ON GOALS AND PRIORITIES OF THE HEALTH AND WELLNESS COMMITTEE FOR 2025

Councilmember Van Langeveld commented that one of the goals for 2025 was to produce a newsletter and suggested 3 or 4 throughout the year.

The Committee discussed when to hold a food drive. They spoke on having a poster advertising the Food Bank available at events such as the food truck night.

Councilmember Van Langeveld shared the 2024 goals and priorities. The Committee reviewed and agreed on the following actions for these 2024 goals:

- Review the inventory of existing City open space, parks, and outdoor assets to be moved to the new Trails Committee.
- Have Jeff Scroger reach out to the Health Department in regards to collaborating the use of City facilities for Department programs.

- Remove emergency preparedness from the Committee's oversight.
- Unity in the Community Events (Juneteenth on June 16th, Pride event on June 2nd, Latino on September 22nd) and vendor food truck/Back to School night on August 4th to be moved to the Events Committee.

The Committee determined to continue and add the following goals for 2025:

- Promote and host not less than two classes per year in conjunction with the Communities That Care Coalition (CTC)
- Highlight of a trail with a coordinating event three to four times per year (Strava app) in coordination with Trails or Events Committee
- Continue to Promote Unity in the Community and other events that promote kindness
- Potentially create a category for items related to CERT training, emergency preparedness in the newsletter/social media
- Three times per year prepare a newsletter/social media spotlight on an outdoor amenity in corresponding Health & Wellness activities or scheduled events
- Provide feedback and results from the Wellness Survey by Utah State University in the newsletter
- Explore "health in all" policies in all City ordinances, plans, and policies
- Work with other City board/committees for the creation of events such as food drives and support of existing food pantries
- Explore resources and plans to address homelessness and housing stability (programs, landlord mediation, participate in Point in Time count, etc.
- Creation of a document with resources that would help residents obtain access to food clothing, services for homeless, also explore hygiene kits and other activities to support homeless
- Creation of a resource on the City's website related to addiction recovery resources as well as including addiction recover materials in the Night Out Against Crime event. Refer residents to Davis County website and links with resources
- Annually coordinate with other City boards/committees to solicit feedback on needs and share recommendations
- Combine a Committee activity (Health Fair) with the City's Night Out Against Crime on August 7th
- Quarterly outreach publication to the residents (mailed once per year, flyers in strategic locations such as churches, businesses, Lees)

The Committee determined who would coordinate with the other City Committees including: Mason Bennett with Trails Committee, Jeff Scroger with the Senior Lunch Bunch, Jane Hall with the Golf Committee, Sherrie Pace with the Planning Commission, Alisa Van Langeveld with the City Council, Yemi Arunsi with the Youth City Council, and Sam with the Events Committee.

7. UPDATE ON PANTRY PACK/HYGIENE KITS

Councilmember Van Langeveld asked what might be helpful for police officers to keep in their patrol cars. Chief Black replied that he would research what would be useful. He anticipated that they would only need several dozen kits.

Councilmember Van Langeveld also mentioned having a donation drive to prepare these kits. The Committee discussed having kits for the homeless and potential available for local schools.

Councilmember Van Langeveld asked about the County's Code Blue plan. Chief Black responded on the locations of the Code Blue facilities and that the police department had been transporting individuals there due to the low need in the City. He suggested the kit could be a backpack with a blanket.

8. DISCUSSION ON UNITY IN COMMUNITY SCHEDULE FOR 2025

Councilmember Van Langeveld commented that the Unity in the Community events would be moved to the Events Committee and shared the scheduled dates for these events with Juneteenth on June 16th, the Pride event on June 2nd, and the Latino Heritage event on September 22nd. She also mentioned a vendor food truck/Back to School night with participation from local schools on August 4th.

9. DISCUSSION ON POINT IN TIME COUNT FOR 2025 PARTICIPATION

The Committee discussed volunteering for the Point in Time Count and going together as a group.

10. DISCUSSION AND REVIEW OF DAVIS COUNTY'S COMMUNITY HEALTH IMPROVEMENT PLAN

Councilmember Van Langeveld mentioned signing up for the Davis for Health email list. She shared the Davis Links website. She noted that the next community event would be held February 27th with a theme of resilience and connection.

Mason Bennett spoke on reviewing a specific book as a Committee and looking at the Davis County Health website to determine if there were additional goals to be adopted. He suggested attending the steering committee and other meetings.

11. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

The Committee determined that this would be included on future agendas and the Committee member could provide feedback after they attended those meetings.

12. CITY COUNCIL UPDATE

Councilmember Van Langeveld reported on the changes to the Parks and Arts Committee including the Trails and Active Transportation, Arts, and Civic Events. She encouraged the Committee members to volunteer at one event during the year. She said the City was working on the General Plan with an eye towards public health policies. She shared that the Foxboro Wetlands project was scheduled to be completed by the end of 2025.

Ken Leetham mentioned that the annual update for the Health and Wellness Committee to the City Council would be scheduled for March.

13. COMMITTEE MEMBER BUSINESS

Yemi Arunsi mentioned the recent car thefts and if there were resources available for victims of crimes in the City. Chief Black replied that the State had an office for crime victims and restitution but was limited to violent crimes. He said reimbursement of property generally fell on the victim's insurance. He mentioned that it was an active case and the police were following up on leads.

14. DISCUSSION ON AGENDA AND SCHEDULE DATE FOR NEXT MEETING

The Committee planned to discuss the following items at the next meeting on Monday, February 10th:

- Citizen comment
- Approval of minutes
- Discussion on goals and priorities of the Health and Wellness Committee for 2025
- Update on pantry pack/hygiene kits
- Discussion and review of Davis County's Community Health Improvement Plan
- Brainstorm and create ideas for newsletter

- Discussion on point in time count report
- City Council annual report
- Discussion and feedback from other Committees
- City Council update
- Committee Member Business
- Discussion on agenda and schedule date for next meeting

15. ADJOURN

The meeting was adjourned at 8:06 p.m.

The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on February 10, 2025 by unanimous vote of all members present.



Wendy Page, City Recorder

