

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

**FINAL**

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

PRESENT: Mason Bennett, Chair  
Yemi Arunsi via Zoom  
Nicole Whetstone  
Alisa Van Langeveld, City Council

EXCUSED: Sam Ball, Jeff Scroger

STAFF PRESENT: Ken Leetham, City Manager; Wendy Page, City Recorder.

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of February 10, 2025 were reviewed and approved.

**Committee Member Whetstone moved to approve the minutes of February 10, 2025. Committee Member Bennett seconded the motion. The motion was approved by Committee Members Arunsi, Bennett, and Whetstone.** Committee Members Ball and Scroger were excused.

3. OPEN AND PUBLIC MEETINGS ACT TRAINING

Wendy Page presented the annual training on the Open and Public Meetings Act which was required training per State Code for all councils, boards, and commissions that were subject to the Open and Public Meetings Act.

Councilmember Van Langeveld arrived at 7:00 p.m.

#### 4. DISCUSSION ON GOALS AND PRIORITIES OF THE COMMITTEE

Mason Bennett reviewed the goals and priorities of the Committee with the following action items:

- Promote and host no less than two classes per year in conjunction with CTC Coalition Nicole Whetstone to attend CTC meeting and report back.

- Quarterly outreach publication to residents (City newsletter, social media, separate newsletter)

Utilize the information per Sam and Jeff for a newsletter topic on air quality.

- Highlight of a trail with coordinating event three to four times per year (Strava app) Ownership by the Trails Committee moving forward.

- Goal related to air quality (social media)

Ken Leetham to prepare newsletter item with information provided by Sam and Jeff with Committee to review.

- Social media/newsletter items related to CERT training

Ken Leetham noted that the Fire Department was willing to provide training.

- Highlight outdoor amenity activities and events (newsletter)

This item would be done in conjunction with the Trails Committee.

- Share results from 2024 wellness survey by USU (newsletter)

Committee to review printable report and discuss at the next meeting .

- Explore “Health in All” policies in City ordinances, plans, and policies

- Work with other City committees on food drives & support food pantries

Ken Leetham mentioned incorporating a food drive into City events.

- Explore resources for/plans to address homelessness and housing stability (programs)

- Creation of resource document related to obtaining access to food, clothing, etc. for homeless, also hygiene kits

- Creation of resource document related to addiction recovery for City's website and at events (linked from County resources)

• Coordinate with other committees/boards to solicit feedback, share recommendations  
Health and Wellness Committee members will attend other committee meetings and report back. Nicole Whetstone volunteered to attend an Arts Committee meeting. Yemi Arunsi agreed to attend a Youth City Council meeting.

- Wellness Fair/Night Out Against Crime event

Councilmember Van Langeveld reported that this event would be held on August 7<sup>th</sup>. She suggested inviting the Center of Hope to host a booth. She also volunteered to invite the local school admins to host a booth at the Wellness Fair. She would also attend an Events Committee meeting to discuss the Unity in the Community and the Wellness Fair events.

#### 5. EVALUATE HOW TO PROMOTE LADIES OF CHARITY

Councilmember Van Langeveld clarified that this included opportunities for the Ladies of Charity/Center of Hope outreach and a donation drive at a City event. She noted that the Center of Hope would be invited to participate in the Wellness Fair and the food truck nights.

#### 6. REPORT ON ONE KIND ACT A DAY EFFORTS IN THE CITY AND LOCAL SCHOOLS

Mason Bennett volunteered to attend The Kindness Summit on April 11<sup>th</sup>. Nicole Whetstone commented that she would potentially like to attend as well.

#### 7. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

The Committee discussed the next newsletter topic which would be air quality (Sam Ball) and topics for future newsletter and social media posts. Councilmember Van Langeveld proposed a topic for April to include some results from the USU survey. Nicole Whetstone offered to prepare a mental health newsletter for May.

#### 8. CITY COUNCIL UPDATE

Councilmember Van Langeveld spoke on federal funds related to a settlement for the opioid epidemic. She said county funds were available if the City had a strategy for the use of these funds. She then mentioned community spaces/third place which promoted social connections and continuing to focus on this through City events and spaces.

9. COMMITTEE MEMBER BUSINESS

Nicole Whetstone mentioned an annual food drive for the Bountiful Food Pantry with a drop off at Lees Marketplace on Saturday March 15<sup>th</sup>.

10. DISCUSSION ON AGENDA AND SCHEDULE DATE FOR NEXT MEETING

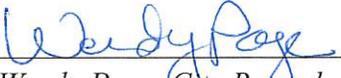
The Committee determined that the next meeting would be held on April 7th. The following agenda items were discussed:

- Citizen comment
- Approval of minutes
- Discussion on goals and priorities of the Committee
- Review ideas for newsletter or social media
- Discussion and review of Davis County's Community Health Improvement Plan
- Discussion on Point in Time Count report
- Report on The Kindness Summit (Mason Bennett)
- Discussion on feedback from other committees
- Update on federal funds related to treatment/prevention of opioid use
- City Council update
- Committee member business
- Discussion on agenda and schedule date for next meeting

11. ADJOURN

The meeting was adjourned at 8:00 p.m.

*The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on April 7, 2025 by unanimous vote of all members present.*

  
Wendy Page, City Recorder

