

CITY OF NORTH SALT LAKE  
HEALTH AND WELLNESS COMMITTEE MEETING  
CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE  
JULY 14, 2025

**FINAL**

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

PRESENT: Mason Bennett, Chair  
Sam Ball  
Christine Seamons  
Jeff Scroger, Vice Chair  
Alisa Van Langeveld, City Council

EXCUSED: Nicole Whetstone

STAFF PRESENT: Ken Leetham, City Manager.

1. CITIZEN COMMENT

There were no citizen comments.

2. APPROVAL OF MINUTES

The Health and Wellness Committee minutes of April 7, 2025 were reviewed and approved.

**Committee Member Seamons moved to approve the minutes of April 7, 2025. Committee Member Ball seconded the motion. The motion was approved by Committee Members Ball, Bennett, and Seamons.** Committee Members Scroger and Whetstone were excused or not present for the vote.

Councilmember Van Langeveld arrived at 6:31 p.m.

3. REVIEW OF CITY'S WELLNESS SURVEY RESULTS

Councilmember Van Langeveld requested that this item be continued to the next Health and Wellness Committee meeting.

#### 4. UPDATE ON DAVIS CONTINUING EDUCATION RELATED TO CLASSES AND VENDOR BOOTHS AT CITY EVENTS

Mason Bennett summarized an email from Nicole Whetstone related to Davis Behavioral Health regarding the opioid settlement funds which were currently not available for prevention efforts as well as options for dates related to future prevention community classes in the City.

Sam Ball mentioned he was also working on water efficiency related to landscaping, gardening, and similar classes.

Ken Leetham spoke on a City staffed booth at City events and said this had been implemented at the Kite Festival and two Unity in the Community events. He said overall it was important for the City to have a presence at major events for public interaction.

Jeff Scroger arrived at 6:34 p.m.

Sam Ball asked about vendor booths at events. Ken Leetham clarified that vendors signed up for booths at the car show, Liberty Fest, and other events. He also noted that there were sponsors, such as Chevron and Lees Marketplace, for some events including Liberty Fest and Arbor Day.

#### 5. DISCUSSION ON A COMMUNITY BASED MENTAL HEALTH INITIATIVE AND INVOLVEMENT WITH NON-CITY ORGANIZATIONS

Ken Leetham reported on The Healing Initiative with the focus of improving mental health for women and girls. He shared the four core program elements including nature therapy, art therapy, mindful movement through yoga, and community training. He continued that the total cost for the program was \$50,000 for the workshops, training, and a coordinator fee. He said the origin of this presentation was through a City staff member associated with the organization.

Councilmember Van Langeveld spoke on involvement with non-City organizations and mentioned the organizations Circle USA and Open Doors. She said the Health and Wellness Committee did not have a budget but could request funding from the City Council to partner with certain organizations to provide programs. She noted that this would require establishing criteria to determine which organizations/programs to utilize.

Sam Ball was in favor of requesting a budget from the City Council. He said there were grant programs that the Committee could apply for as well.

Councilmember Van Langeveld asked about the process in applying for grants that would then be used to partner with other organizations. Ken Leetham replied that it would depend on the program. He explained that the Committee could use the grant funds and potentially City funds to participate in programs. He suggested that in other circumstances to encourage organizations to apply for grants which would then allow them to come to the City and provide services.

Ken Leetham spoke on determining where to spend resources and which needs in the community to address.

Christine Seamons commented that it was important to further vet these organizations, especially when there was a significant cost, and obtain feedback and more information on how the program would work in the community. Ken Leetham noted that the City had to cancel several classes due to low participation in the past and the need to heavily advertise and inform the public of available services.

Sam Ball suggested better utilization of the survey results from the community to determine which classes to offer or organizations to partner with. Councilmember Van Langeveld was in agreement and mentioned the community based health initiative through becoming A Bolder Way Forward City and offering services related to mental health.

Sam Ball questioned what a budget might look like. Ken Leetham replied that the City Council had approved \$800-\$1,000 per Committee. He said the City Council expected the committees to present well reasoned and fact based proposals related to meeting the needs of residents. He felt the Council would be open to solutions that would make an impact in the community.

Councilmember Van Langeveld spoke on the Open Doors initiative and if this met a community need. She said they requested help in recruiting volunteers and did not initially request funding. She did not feel like this Committee was offering that level of volunteer and groundwork. She was not in favor of the Committee receiving sales pitches as a grant awarding group. She suggested establishing a review process with criteria for when organizations contacted the Committee/City.

Councilmember Van Langeveld recommended the following criteria:

- 1) Clear identification for a stated need in the City which needed to be addressed (Wellness Survey)
- 2) Presenting a clear ask from the Committee (money, time, etc.)
- 3) Showing evidence based success

- 4) Setting a deadline to evaluate programs before December 31<sup>st</sup> each year with a review in January (for Council budget requests)

Jeff Scroger suggested an additional condition related to a baseline price threshold and taking into account potential attendance.

Christine Seamons noted that the Committee could host yoga or art classes for less than the cost of the program.

Jeff Scroger reviewed the wellness survey and said residents determined that the City was lacking in cultural opportunities and environmental quality. He noted that residents also mentioned connection with nature, physical health, and mental health. He suggested events that might cover multiple results such as hosting an exercise class in the park.

Councilmember Van Langeveld spoke on pre-screening organizations as a Committee. She requested an agenda item for the October meeting to review of potential partner organizations. She asked that the Committee begin to compile a list. Ken Leetham commented that he would prepare a draft policy for the Committee.

Councilmember Van Langeveld was excused at 6:49 p.m.

## 6. DISCUSSION ON THE NATIONAL FITNESS CAMPAIGN AND PARTNERSHIP PROGRAMS AVAILABLE

Ken Leetham reported on the National Fitness Campaign and partnership program. He said that several other cities, including Spanish Fork, were partnering with this company to place outdoor fitness locations in public parks. He continued that the City would need to provide a location, cement area, and potentially individuals that could be trained to provide classes. He shared a video from National Fitness Campaign (NFC) showcasing the different types of equipment that the City could purchase.

Mr. Leetham said if the City wanted to partner with NFC this would include choosing a location, determining whether to add The Fitness Court Studio option, and then equipment installation. He mentioned that the City would maintain and repair/replace the equipment as necessary. He suggested Legacy Park in Foxboro or Hatch Park. He asked for feedback from the Committee.

Sam Ball commented that he appreciated how this would help to make fitness accessible to all residents. He was in favor of pursuing this option in Hatch Park.

Mason Bennett spoke on the benefit of equipment that did not have a lot of moving parts. He felt this dedicated community space would help to get people outside and active.

Christine Seamons mentioned City liability if children or teenagers were injured on the equipment. Ken Leetham replied that the City had liability insurance for the playgrounds, etc. He said there were requirements for soft fall at the playgrounds which may be similar to the proposed fitness equipment.

The Committee also discussed the addition of shade or a covering depending on how well the equipment was utilized for year round use.

Jeff Scroger felt the name and messaging was off putting as it presented itself as a quasi-governmental entity. He also mentioned liability issues with the equipment. He noted that maintenance could be a significant cost and referenced the expensive resurfacing of the City's tennis courts.

Ken Leetham said the City's obligation was concrete install, property, and maintenance.

The Committee had several questions including:

- 1) How the organization was funded and able to offer the equipment at no cost to cities.
- 2) If there was a cost or paid subscription to utilize the training app
- 3) Increased insurance costs
- 4) Any additional commitments (NFC advertising)
- 5) Long term maintenance costs
- 6) What was needed for the setup including the concrete pad and other surfacing (cost)
- 7) Research any lawsuits (municipalities or NFC)

Ken Leetham replied that the concrete pad would cost \$120,000. He commented that he would reach out to the cities in Utah who had already installed the equipment. He would follow up with NFC and provide the Committee with answers to these questions.

Councilmember Van Langeveld returned to the meeting at 7:40 p.m.

## 7. DISCUSSION ON THE HEALTHY UTAH DESIGNATION APPLICATION DUE AUGUST 1, 2025

Ken Leetham reported that the Healthy Utah Designation required recertification every two years. He said staff had prepared the application but spoke on the requirement for two additional

health strategies to qualify for recertification. He shared several ideas including the creation or updating of an active transportation plan, trail series events, developing a new or add to a walking/biking trail, and adding wayfinding signage to trails (providing time and distance for routes).

Mr. Leetham suggested that the Committee review these strategies bi-annually to determine future projects. He shared strategies or ideas related to the three major categories which were active living, access to healthy food, and mental health.

Jeff Scroger suggested activities that worked in conjunction with items from the Wellness Survey such as cooking classes at Lee's.

Councilmember Van Langeveld mentioned the access to healthy food and that the partnership with Center of Hope Food Pantry and Youth City Council food distribution may meet the requirements for that strategy.

Ken Leetham concluded that the Committee should review this item again in the fall to determine strategies associated with any budget requests. He also mentioned setting 2026 Committee goals related to these strategies.

#### 8. DISCUSSION ON THE HEALTH AND WELLNESS FAIR JULY 31, 2025

Jeff Scroger reported that he sent emails to the participants from last year and had not yet received any responses. He commented that he would reach out to the organizations individually and also invite the mental health providers who participated in the Juneteenth and Pride Night events. He clarified that the event would be held on July 31<sup>st</sup> in conjunction with the Night Out Against Crime event.

Ken Leetham mentioned following up with Davis County Health Department and Davis Behavioral Health.

Sam Ball commented that he received some vendor confirmations forwarded from the police department. He asked about assigning spaces or directing vendor setup.

The Committee discussed which vendors were invited and who was confirmed to participate (fire department, a local hospital, medical organizations), coordinating with the police department, location (Legacy Park), activities, advertising, and free food.

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

Ken Leetham presented the goals and priorities document for review. He suggested a renewed focus on the social media postings and specified the air quality item could be shared in the City's newsletter.

The Committee discussed social media posts and the Healthy Utah designation with an emphasis of setting goals and priorities related to active living, access to healthy food, and mental health.

Christine Seamons mentioned determining ways to better utilize the Golf Course clubhouse for community uses.

Ken Leetham spoke on the difficulties the Committee had experienced in finding effective ways to address some of its goals and determine the main focus. He encouraged the Committee members to share their ideas.

Mason Bennett commented that some of difficulties stemmed from the position that the Health and Wellness was an advisory board, overlap with other committees, turnover, and a small budget. Ken Leetham replied that ideas could be presented to the City Council for potential funding.

Ken Leetham asked that any Health and Wellness items be sent to him for inclusion on the agenda.

## 10. REPORT ON POINT IN TIME COUNT

Councilmember Van Langeveld requested that this item be continued to the next Health and Wellness Committee meeting.

## 11. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

Mason Bennett commented that he would try to attend the Trails Committee next month. Jeff Scroger said that he could attend this meeting if necessary.

Mason Bennett suggested that the Committee members attend their assigned alternate committee meeting once or twice per year.

## 12. UPDATE ON FEDERAL FUNDS RELATED TO TREATMENT/PREVENTION OF OPIOID USE

Ken Leetham said that nationally there was a large settlement related to opioids and every state received funds to be distributed to each county. He said Chief Black had noted that he was unaware of any program where Davis County had offered to distribute opioid settlement funds. He spoke on potential uses for these funds including prevention, education, and treatment but mentioned that the County and the Health Department had a core function in place to address this.

Mason Bennett questioned if there was a location in the City that offered Narcan (Naloxone). Ken Leetham replied that the police department used to offer this medication and would ask if this was still the case.

Sam Ball commented that it may be important for the Committee to be aware of where these resources were in the County (Health Department, Davis Behavioral Health) to help direct residents. Ken Leetham replied that staff could research this item.

## 13. CITY COUNCIL UPDATE

Ken Leetham had nothing to report.

## 14. COMMITTEE MEMBER BUSINESS

There was no committee member business discussed.

## 15. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT MEETING

Christine Seamons asked how the Wellness Survey was distributed and how many residents responded. Ken Leetham replied that 600 responses were received the first year and around 400 responses were received during the second year.

The Committee discussed having a dedicated Health and Wellness booth and branded signage at events. They mentioned obtaining resident feedback on goals and priorities at these events as well. Ken Leetham replied that staff could prepare signage if advanced notice was given.

The Committee determined the following items would be discussed at the next Health and Wellness meeting on August 11th:

- Citizen Comment
- Approval of Minutes
- Review of City Wellness Survey Results and Davis County's Community Health Improvement Plan
- Report on Health and Wellness Fair/Night Out Against Crime event
- Review draft policy and criteria for involvement with non-City organizations
- Davis Continuing Education Update (classes, vendor booth at events)
- Review Ideas for Newsletter or Social Media
- Point in Time Count report
- Discussion on feedback from other committees
- City Council Update
- Committee Member Business
- Discussion on Future Agenda Items and Schedule Date for Next Meeting

Future Agenda Items (October)

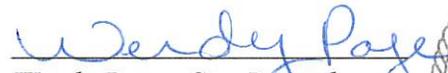
- Discussion on Goals and Priorities
- Review strategies and goals related to Healthy Utah Designation (active living, access to healthy food, and mental health)
- Determine any potential partners/organizations for budgetary requests to the City Council
- Determine 2026 Committee Goals
- Review of Committee's questions/answers related to the National Fitness Campaign

16. ADJOURN

The meeting was adjourned at 8:10 p.m.

*The foregoing was approved by the Health and Wellness Committee of the City of North Salt Lake on August 11, 2025 by unanimous vote of all members present.*

  
Mason Bennett, Chair

  
Wendy Page, City Recorder

