



**CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
FEBRUARY 9, 2026
6:30 P.M.**

Notice is given that the Health and Wellness Committee of the City of North Salt Lake will hold a meeting on the above noted date and time 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 and Introduction
2. Citizen Comment
3. Approval of Minutes from January 12, 2026
4. Discussion of 2026 Committee Goals and Preparation for Annual Report
5. Report on Get Healthy Utah Conference
6. Discussion on the Committee's Budget and Proposed Expenditures
7. Review Ideas for Newsletter or Social Media
8. Discussion on Feedback from Other Committees
9. City Council Update
10. Committee Member Business
11. Discussion on Future Agenda Items and Schedule Date for Next Meeting
12. 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 foregoing agenda were posted on the Utah Public Notice Website: <https://www.utah.gov/pmnl/>, City's Website: <https://nslcity.gov/>, and at City Hall: 10 East Center Street, North Salt Lake.

Date Posted: February 4, 2026

Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
4 JANUARY 12, 2026

5
6 **DRAFT**
7

8 Chair Bennett called the meeting to order at 6:30 p.m.
9

10 PRESENT: Jeff Scroger, Chair
11 Sam Ball, Vice Chair
12 Mason Bennett
13 Alisa Van Langeveld, City Council
14 Nicole Whetstone
15

16 EXCUSED: Christine Seamons
17

18 STAFF PRESENT: Ken Leetham, City Manager; Craig Black, Police Chief.
19

20 OTHERS PRESENT: Tammy Clayton, City Council; Catherine Johnson, Civic Events
21 Committee.
22

23 1. WELCOME AND INTRODUCTION
24

25 Catherine Johnson introduced herself as part of the City's Civic Events Committee and shared
26 that she was present to discuss America250 events. Tammy Clayton introduced herself as a City
27 Councilmember.
28

29 2. CITIZEN COMMENT
30

31 There were no citizen comments.
32

33 3. APPROVAL OF MINUTES
34

35 The Health and Wellness Committee minutes of October 13, 2025 were reviewed and approved.
36

37 **Committee Member Scroger moved to approve the minutes of October 13, 2025, as written.**
38 **Committee Member Ball seconded the motion. The motion was approved by Committee**
39 **Members Ball, Bennett, and Scroger.** Committee Members Seamons and Whetstone were not
40 present for the vote.

41 4. DISCUSSION OF EVENTS COMMITTEE REQUESTS FOR AMERICA250 EVENT
42 PARTICIPATION

43
44 Catherine Johnson reported on America250 and incorporating this celebration into other City
45 events. She noted a patriotic theme for the photo contest, a Veteran's Day celebration,
46 highlighting Veterans in the newsletter, Walk250, etc. She welcomed any ideas to collaborate on
47 an event.

48
49 Nicole Whetstone arrived at 6:36 p.m.

50
51 Councilmember Clayton mentioned a picnic on July 5th that would be held nationwide.

52
53 Nicole Whetstone spoke on City sponsored block parties and extending this to the nationwide
54 picnic.

55
56 The Committee discussed participating in the nationwide picnic on July 5th and promoting the
57 neighborhood block parties at that event.

58
59 Councilmember Van Langeveld explained that the neighborhood block parties would be resident
60 driven by application with the City providing a certain amount of funding per party.

61
62 Ken Leetham suggested a cap of \$1,000 total for the block parties and said it would be a great
63 return on the investment.

64
65 The Committee discussed having yard signage, a City representative (staff, Council), and
66 handouts at the block party events. They also reviewed how to advertise the block parties, the
67 nationwide picnic, and other collaborative America250 events.

68
69 Catherine Johnson also mentioned completing 250 service hours in conjunction with JustServe,
70 One Kind Act, or the Youth City Council. She noted that the final day was July 5, 2026 to
71 celebrate America250.

72
73 The Committee discussed ideas including collecting 250 blankets, cans of food, socks, etc.

74
75 Councilmember Clayton requested a spotlight in the newsletter for America250 events. She
76 mentioned Walk250. Ken Leetham replied that if content was provided then staff could include it
77 in the newsletter.

78

79 Mason Bennett mentioned Walk250 and partnering with the Trails and Active Transportation
80 Committee on this activity. He said this could include highlighting local trails.

81
82 Catherine Johnson suggested having one member from each Committee that would collaborate
83 together on America250 events.

84
85 Councilmember Van Langeveld spoke on the 2026 goals for the Committee and asked for
86 feedback on what these should be. Councilmember Clayton mentioned a focus on mental health,
87 City amenities (trails), and wellness activities.

88
89 Catherine Johnson suggested physical activities such as the America250 walk, 5Ks, and other
90 sponsored events as these crossed over into improving mental health. She mentioned partnering
91 with local schools on Red Ribbon Week, mental health, etc.

92
93 Councilmember Van Langeveld reviewed several areas under the Health and Wellness scope
94 including food insecurity, mental health, suicide prevention, drug awareness, community
95 connections, walkability, and heart health.

96
97 Councilmember Van Langeveld asked about the Events Committee and volunteer needs.
98 Councilmember Clayton appreciated the collaboration between committees and said the list of
99 volunteers had been helpful.

100
101 Catherine Johnson spoke on supporting the events hosted by other committees.

102
103 The Committee discussed the Night Out Against Crime/Health Fair. Chief Black mentioned
104 participants included Lakeview Hospital, The Oaks Group (wellness), local dentists, Safe
105 Harbor, Davis Health Department (vaccination clinic), and Davis Behavioral Health.

106
107 Councilmember Van Langeveld suggested including the Back to School Night event with the
108 Night Out Against Crime event.

109
110 5. CONSIDERATION AND ELECTION OF CHAIR AND VICE CHAIR FOR 2026

111
112 Mason Bennett nominated Jeff Scroger as Chair and Nicole Whetstone as Vice Chair.

113
114 **Committee Member Bennett moved to elect Jeff Scroger as Chair and Nicole Whetstone as**
115 **Vice Chair for 2026. Committee Member Ball seconded the motion. The motion was**
116 **approved by Committee Members Ball, Bennett, Scroger, and Whetstone. Committee**
117 **Member Seamons was excused.**

118 Ken Leetham noted that Jeff Scroger was reappointed until 2029, Christine Seamons was
119 appointed until 2029, and Nicole Whetstone, Sam Ball, and Mason Bennett would need to be
120 reappointed.

121

122 6. DISCUSSION OF 2026 COMMITTEE GOALS AND PREPARATION FOR ANNUAL
123 REPORT

124

125 Councilmember Van Langeveld spoke on narrowing the scope for 2026 to better track progress.

126

127 Jeff Scroger mentioned the survey results related to resident concerns with air quality and the
128 environment that the Committee could focus on this. He also spoke on long term goals including
129 green permit program related to green features in construction projects (skylights, solar panels,
130 passive heating, sustainable products), incentives to reduce water or electric consumption, and
131 other projects that had a broader impact.

132

133 Councilmember Van Langeveld spoke on the struggle to pinpoint the task load related to ideas.
134 She said the green permit could include meeting with staff related to City code and
135 implementation. Ken Leetham commented that the City could take the position to incentive
136 certain efforts such as solar panels, water conservancy, etc.

137

138 Sam Ball mentioned a broad range of green initiatives and gave the examples of active
139 transportation measures (bike racks) or installing low emitting water heaters that would
140 accomplish one goal to improve the health of the community.

141

142 Ken Leetham said the City Council may raise the question of how this idea was related to City
143 objectives. He said a smart environmental strategy that went beyond what the City normally
144 focused on such as energy savings or air quality was a great strategy, but there needs to be a clear
145 connection or explanation on why this should be a City priority (public health). Councilmember
146 Van Langeveld commented that air quality and environment was ranked highly on the City's
147 wellness survey.

148

149 Ken Leetham mentioned low flow indoor water usage was a great goal and a priority for the City.
150 Councilmember Van Langeveld added air quality as another goal with justification from the
151 survey. She added that the concept of incentives would allow residents to opt in if they wanted to
152 participate.

153

154 Sam Ball spoke on directing wise and healthy development in the City through code initiatives.
155 He said it was important for smaller cities to support these initiatives.

156

157 Councilmember Van Langeveld clarified that the larger goal was advising on policy related to
158 conversations on green initiatives (water, energy, solar), transportation efforts, and air quality.
159 She mentioned the potential for a citizen advisor to work with staff. Ken Leetham added that the
160 City was already involved with UTA related to bus routes and bike routes by working with other
161 regional and State agencies. He said the City had already adopted several tools including an
162 active transportation plan, a trails master plan, and cameras at the train stops to help inform
163 residents of train delays.

164
165 Sam Ball shared several ideas for promoting active transportation efforts including events related
166 to transportation and reduced bus fare days (UTA).

167
168 Councilmember Van Langeveld noted that the goals related to advising policy, citizen programs
169 (promoting trails, bike lanes) and incentive programs related to active transportation.

170
171 Ken Leetham highlighted the categories per the resolution that formed the committee which were
172 physical and mental health, personal wellness, housing, food and access and explained that these
173 categories did not need to be covered each year.

174
175 The Committee reviewed and discussed the goals from 2025:

- 176
- 177 • Promote and host not less than two classes per year in conjunction with the Communities
178 That Care Coalition (CTC)
 - 179 • Quarterly outreach publication to the residents (mailed once per year, flyers in strategic
180 locations such as churches, businesses, Lees)
 - 181 • Highlight of a trail with a coordinating event three to four times per year (Strava app) in
182 coordination with Trails or Events Committee
 - 183 • Continue to Promote Unity in the Community and other events that promote kindness
 - 184 • Potentially create a category for items related to CERT training, emergency preparedness
185 in the newsletter/social media
 - 186 • Three times per year prepare a newsletter/social media spotlight on an outdoor amenity in
187 corresponding Health & Wellness activities or scheduled events
 - 188 • Provide feedback and results from the Wellness Survey by Utah State University in the
189 newsletter
 - 190 • Explore “health in all” policies in all City ordinances, plans, and policies
 - 191 • Work with other City board/committees for the creation of events such as food drives and
192 support of existing food pantries
 - 193 • Explore resources and plans to address homelessness and housing stability (programs,
194 landlord mediation, participate in Point in Time count, etc.

- 195 • Creation of a document with resources that would help residents obtain access to food
196 clothing, services for homeless, also explore hygiene kits and other activities to support
197 homeless
- 198 • Creation of a resource on the City’s website related to addiction recovery resources as
199 well as including addiction recover materials in the Night Out Against Crime event. Refer
200 residents to Davis County website and links with resources
- 201 • Annually coordinate with other City boards/committees to solicit feedback on needs and
202 share recommendations
- 203 • Combine a Committee activity (Health Fair) with the City’s Night Out Against Crime on
204 August 7th
- 205 • Promote Wellness Survey
206

207 The Committee discussed the Health Department collaboration and removal of this goal as the
208 relationship had been established, recognizing those who had completed the CERT training, food
209 drives (YCC, WinterFest), participating in Point in Time/Code Blue volunteer events, advising
210 on housing policy, continue partnership with Davis for Health, Unity in the Community events
211 (volunteer when possible), work together to organize the Health and Wellness event, and specific
212 programs/events (cooking classes, yoga, drum circle).
213

214 Goals for 2026

- 215 • Promote two classes per year
- 216 • Compile a list of topics for social media outreach as needed
- 217 • Highlight a trail (program development with Strava app, City swag)
- 218 • Promote block parties
- 219 • Air quality (advising policy efforts)
- 220 • Explore “health in all” policies in all City ordinances, plans, and policies
- 221 • Programs (Cranksgiving event)
- 222 • Participate with Davis for Health
- 223 • Annually coordinate with other City boards/committees to solicit feedback on needs and
224 share recommendations (committee assignments)
- 225 • Night Out Against Crime/Health and Wellness Fair
- 226 • Promote Wellness Survey
227

228 Councilmember Van Langeveld reviewed the goals and organized them into the following
229 categories:
230

- 231 1) Advising public policy (green initiatives, transportation, UTA, Health in All,
232 housing/homeless)

- 233 2) Citizen programs (trails program, bikes/Strava, Cranksgiving, Wellness Survey, swag)
234 3) Education & Outreach (Davis Behavioral Health classes, social media topics)
235 4) Community Connectedness (block parties, America250)
236 5) Wellness Fair/Night Out Against Crime

237

238 The Committee determined that CERT training and emergency preparedness would be revisited
239 in 2027.

240

241 7. DISCUSSION OF DAVIS LINKS

242

243 Councilmember Van Langeveld shared information from Isa Perry with the Davis County Health
244 Department including an upcoming event on Tuesday February 4th. She also noted the 8th
245 Annual Resilience Symposium on Friday February 6th. She also shared the Davis for Links
246 monthly training (peer support, maternal support, legal assistance).

247

248 8. DISCUSSION OF GET HEALTHY UTAH CONFERENCE

249

250 Councilmember Van Langeveld reported that the Get Healthy Utah Conference would be held on
251 Wednesday February 4th. She noted that the topic for the conference this year was business
252 health.

253

254 9. REVIEW OF CITY'S WELLNESS SURVEY RESULTS

255

256 Councilmember Van Langeveld suggested tabling this item until the new survey results were
257 available.

258

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

260

261 Councilmember Van Langeveld recommended removing this item as the Committee had
262 determined their focus for 2026.

263

264 11. REVIEW DRAFT POLICY AND CRITERIA FOR INVOLVEMENT WITH NON-CITY
265 ORGANIZATIONS

266

267 Ken Leetham reported that the draft policy had not been completed and requested tabling this
268 item until the draft was completed.

269

270 The Committee discussed reviewing budget items during the next meeting.

271

272 12. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

273
274 Councilmember Van Langeveld suggested reviewing this during the next meeting and providing
275 topics for social media posts.

276
277 13. BRAINSTORM IDEAS RELATED TO THE ADJACENT SHELTER AND HOW TO
278 SUPPORT AND MITIGATE THE IMPACTS

279
280 Ken Leetham commented that he would report back on this item after the 2026 Legislative
281 session. Councilmember Van Langeveld said that this Committee could share information about
282 how the City/citizens feel about this proposed campus. She added the Point in Time Count would
283 occur January 29, 30, 31 with training on January 26th and encouraged those who were interested
284 to volunteer.

285
286 14. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

287
288 Jeff Scroger reported on his presentation to the Planning Commission and spoke on the potential
289 focus to suggest updates to City code. Councilmember Van Langeveld encouraged the
290 Committee to form ideas on green incentives and transportation related to City code.

291
292 The Committee discussed the I-15 interchange reconstruction project.

293
294 15. CITY COUNCIL UPDATE

295
296 Councilmember Van Langeveld reported that the new City Councilmembers were sworn in and
297 Councilmember Smoot was assigned to the Arts Committee. She spoke on the Council action
298 item list including an item related to solar panels. She noted that the Health and Wellness
299 Committee members could potentially be reappointed on January 20th.

300
301 16. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT
302 MEETING

303
304 The Committee determined the following items would be discussed at the next Health and
305 Wellness meeting on February 9th:

- 306
307
- 308 • Citizen Comment
 - 309 • Approval of Minutes
 - 310 • Discussion of 2026 Committee Goals and Preparation for Annual Report
 - Report on 8th Annual Resilience Symposium (Nicole Whetstone)

- 311 • Report on Get Healthy Utah Conference
- 312 • Budget discussion (swag, events)
- 313 • Review ideas for newsletter/social media
- 314 • Discussion on feedback from other committees
- 315 • City Council updates
- 316 • Committee member business
- 317 • Discussion on future agenda items and schedule date for next meeting
- 318 • Adjourn

319

320 They also noted future agenda items:

321

- 322 • Point in time count/Code Blue report
- 323 • Advising on housing policy (Ken to report after 2026 Legislative session)
- 324 • Review of City's Wellness Survey results (June/July)
- 325 • Review draft policy and criteria involvement with non-city organizations (Ken)

326

327 17. ADJOURN

328

329 The meeting was adjourned at 8:53 p.m.

330

331 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt*
332 *Lake on February 9, 2026 by unanimous vote of all members present.*

333

334

335

336 _____
Jeff Scroger, Chair

_____ *Wendy Page, City Recorder*