

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

FINAL

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

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

EXCUSED: Christine Seamons

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

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

1. WELCOME AND INTRODUCTION

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

2. CITIZEN COMMENT

There were no citizen comments.

3. APPROVAL OF MINUTES

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

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

4. DISCUSSION OF EVENTS COMMITTEE REQUESTS FOR AMERICA250 EVENT PARTICIPATION

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

Nicole Whetstone arrived at 6:36 p.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Committee reviewed and discussed the goals from 2025:

- Promote and host not less than two classes per year in conjunction with the Communities That Care Coalition (CTC)
- Quarterly outreach publication to the residents (mailed once per year, flyers in strategic locations such as churches, businesses, Lees)
- 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
- Promote Wellness Survey

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

Goals for 2026

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

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

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

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

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

7. DISCUSSION OF DAVIS LINKS

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

8. DISCUSSION OF GET HEALTHY UTAH CONFERENCE

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

9. REVIEW OF CITY'S WELLNESS SURVEY RESULTS

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

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

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

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

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

The Committee discussed reviewing budget items during the next meeting.

12. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

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

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

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

14. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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

The Committee discussed the I-15 interchange reconstruction project.

15. CITY COUNCIL UPDATE

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

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

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

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

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

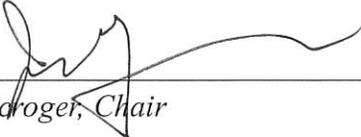
They also noted future agenda items:

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

17. ADJOURN

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

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



Jeff Schroger, Chair



Wendy Page, City Recorder

