



**CITY OF NORTH SALT LAKE
HEALTH AND WELLNESS COMMITTEE
MEETING NOTICE & AGENDA
MARCH 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

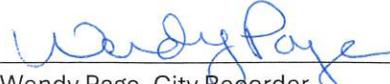
1. Welcome and Introduction
2. Citizen Comment
3. Approval of Minutes from February 9, 2026
4. Discussion on South Davis 2025 SHARP (Student Health And Risk Prevention) Survey Results
5. Discussion of City's Wellness Survey ~ Citizen Feedback
6. Review of the Wellness Fair/Night Out Against Crime/Back to School Night
7. Proposal Review and Discussion Related to Classes for the Year (square dancing, yoga, etc.)
8. Proposal Review and Discussion Related to Swag for Citizen Programs
9. Discussion on Neighborhood Block Parties
10. Discussion on Committee Budget Requests and Proposed Expenditures
11. Discussion on Feedback from Other Committees
12. City Council Updates
13. Committee Member Business
14. Discussion on Future Agenda Items and Schedule Date for Next Meeting
15. Review of Meeting Time (goal of 6:30 to 8:30 p.m.)
16. 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/pmn/>, City's Website: <https://nslcity.gov/>, and at City Hall: 10 East Center Street, North Salt Lake.

Date Posted: March 5, 2026


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE MEETING
3 CITY HALL-10 EAST CENTER STREET, NORTH SALT LAKE
4 FEBRUARY 9, 2026

5
6 **DRAFT**
7

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

10 PRESENT: Jeff Scroger, Chair
11 Sam Ball
12 Mason Bennett
13 Christine Seamons
14 Alisa Van Langeveld, City Council
15 Nicole Whetstone, Vice Chair
16

17 STAFF PRESENT: Ken Leetham, City Manager.
18

19 OTHERS PRESENT: Norman Kirkham, resident.
20

21 1. WELCOME AND INTRODUCTIONS
22

23 Jeff Scroger invited those present to introduce themselves.
24

25 2. CITIZEN COMMENT
26

27 Norman Kirkham commented that he moved to the City in 1975. He spoke on finding a hobby
28 and mentioned square dancing as an activity for all ages. He proposed that the Committee offer
29 square dancing classes to the community.
30

31 Councilmember Van Langeveld asked what the target audience might be if the City offered
32 classes. Norman Kirkham replied that the Bountiful Square Dancing Club had two squares and
33 allowed for eight people at a time which was a wonderful way to make friends. He added that
34 Kaysville had square dancing at the Senior Center and was well attended.
35

36 Christine Seamons spoke on the best way to promote square dancing and mentioned the lack of a
37 facility in the City. She mentioned that there was not a lot of interest when the topic of square
38 dancing had been shared at the City's Senior Lunch Bunch. She said it was a fun idea and
39 suggested promoting the Bountiful Dance Club.
40

41 Councilmember Van Langeveld mentioned potentially coordinating a demo with Conrad
42 Jacobson from the Senior Lunch Bunch. She also shared the idea of having square dancing
43 during the summer vendor fairs.

44
45 The Committee discussed finding a venue and providing a preview for the Senior Lunch Bunch
46 as well as at other events including America250.

47

48 3. APPROVAL OF MINUTES

49

50 The Health and Wellness Committee minutes of January 12, 2026 were reviewed and approved.

51

52 **Committee Member Scroger moved to approve the minutes of January 12, 2026.**

53 **Committee Member Bennett seconded the motion. The motion was approved by Committee**
54 **Members Ball, Bennett, Seamons, Scroger, and Whetstone.**

55

56 4. DISCUSSION OF 2026 COMMITTEE GOALS AND PREPARATION FOR ANNUAL 57 REPORT

58

59 The Committee discussed the upcoming report for the City Council. Councilmember Van
60 Langeveld suggested that Jeff Scroger could share the same PowerPoint presentation he had
61 shown with the Planning Commission with the addition of the 2026 goals.

62

63 The Committee reviewed and discussed the following goals for 2026:

64

- 65 • Shift towards advising on policy

- 66 ○ Green initiatives in the City (water, energy, solar)
- 67 ○ Health in all policies
- 68 ○ Transportation (bike lanes, pedestrian paths, BRT bus)
- 69 ○ Housing policy
- 70 ○ Air Quality

- 71 • Citizen programs (promote) *budget item

- 72 ○ Trails (branded swag)
- 73 ○ programs (Cranksgiving event)
- 74 ○ Strava app
- 75 ○ Partner with other committees (volunteer)

- 76 • Education and outreach

- 77 ○ Wellness survey (March 1st)
- 78 ○ Classes (senior focused, yoga, sound bath, cooking, Davis County)
- 79 ○ Social media topics

- 80 ○ Connection to resources (Davis for Health, Davis Links)
- 81 ○ NSL Rec Center Day (June)
- 82 ● Community connectedness
- 83 ○ Block parties *budget item
- 84 ● Wellness Fair
- 85 ○ Back to School Night
- 86 ○ Night Out Against Crime

87

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

90

- 91 1) Advising public policy (green initiatives, transportation, UTA, Health in All,
92 housing/homeless)
- 93 2) Citizen programs (trails program, bikes/Strava, Cranksgiving, swag)
- 94 3) Education & Outreach (Davis Behavioral Health classes, social media topics, Wellness
95 Survey)
- 96 4) Community Connectedness (block parties, America250)
- 97 5) Wellness Fair/Back to School Night/Night Out Against Crime

98

99 Christine Seamons volunteered to teach several classes throughout the year. The Committee had
100 a discussion about the potential to use the Eaglewood Event Center for classes. Ken Leetham
101 commented that the building was not available for a weekly class year-round as the priority was
102 for tournaments and paid events. He explained that it was not a community center but functioned
103 as an event center for paying customers.

104

105 Councilmember Van Langeveld requested that Christine Seamons prepare a proposal of events
106 for the year to be held at the Eaglewood Event Center and in other parts of the City. She
107 mentioned a brief history of the Golf Course and how it has since become successful under the
108 new golf course manager.

109

110 Councilmember Van Langeveld spoke on the summer rec program for youth and adding in a tai
111 chi or similar class to be held in the park.

112

113 Jeff Scroger mentioned that Lee's Marketplace had space for cooking classes. Councilmember
114 Van Langeveld suggested using the summer rec program to potentially also offer cooking
115 classes.

116

117 The Committee reviewed the Wellness Survey which would commence March 1st and different
118 ways to promote engagement. Councilmember Van Langeveld clarified that the survey questions

119 were standardized for comparison year after year and by city. She suggested that the City could
120 add additional questions to the Wellness Survey or perform a city satisfaction survey in the
121 future. She spoke on additional ways to collect feedback from residents including a physical
122 suggestion box. She requested a future agenda item to review the Wellness Survey and obtaining
123 feedback from residents.

124
125 Councilmember Van Langeveld shared the idea of a citizen's academy where residents could
126 learn about the City. She suggested a one page introduction to the City could be included in the
127 information provided at the neighborhood block parties. Nicole Whetstone shared what other
128 cities shared in their packet for the neighborhood block party including printouts, map of city
129 parks, and monthly activities.

130
131 Councilmember Van Langeveld clarified that the Wellness Fair/Night Out Against Crime/Back to
132 School Night would be in August. Jeff Scroger spoke on the updating the list of vendors and
133 contacting them to see who was interested in participating this year.

134
135 The Committee discussed the Wellness Fair/Night Out Against Crime/Back to School Night and
136 suggestions for the event including healthy food options, and potentially moving the Monday
137 Food Truck Night to this event (fruit smoothies, drinks).

138

139 5. REPORT ON GET HEALTHY UTAH CONFERENCE

140

141 Councilmember Van Langeveld reported that she did not attend the Get Healthy Utah Conference
142 on February 4th as the focus was corporate wellness. She invited the Committee to attend the
143 Davis for Health Committee annual event on February 24th. She shared info on the Davis Links
144 monthly resource forum which would be held on the last Tuesday of the month.

145

146 6. DISCUSSION ON COMMITTEE'S BUDGET AND PROPOSED EXPENDITURES

147

148 Councilmember Van Langeveld explained that the City was beginning the budget process now
149 and would have a budget meeting in April. Ken Leetham commented that \$1,000 had already
150 been budgeted for each City committee.

151

152 Councilmember Van Langeveld encouraged the Committee to propose any budgetary request in
153 the meantime. She noted the two proposed items for funding including block parties and swag.

154

155 Mason Bennett suggested pins, buttons, or medals if residents completed a certain number of
156 events and agreed to prepare a proposal. The Committee discussed collectible pins or stickers
157 related to the trails, events, etc.

158 Nicole Whetstone suggested \$100 per block party with the goal of sponsoring ten parties for a
159 total funding amount of \$1,000. She said Tooele City hosted four block parties per month in the
160 summer (\$1,200) and two parties per month during the spring/fall months for approximately 26
161 parties per year. She noted their participation per block party was 10 to 80 people.

162
163 The Committee discussed the best options for the block parties including Lee's gift cards or
164 pizza gift cards, \$100 per party, and potentially requiring photos, sharing City information, and
165 gathering receipts. They also discussed utilizing funds from One Kind Act a Day. Ken Leetham
166 suggested requesting \$2,000 for block parties during the next fiscal year. He spoke on ways to
167 verify they had the block party including providing pictures.

168
169 Councilmember Van Langeveld clarified that the budgetary requests included the swag, block
170 parties, classes (health, fitness, cooking), resources, miscellaneous expenses, and Purple Air
171 devices to track air quality.

172
173 Sam Ball mentioned the free fare day with UTA. He would research whether the City would need
174 to subsidize the free day, a day pass for resident use, or a discounted pass for students.

175
176 The Committee discussed ways to streamline the meeting including keeping time for each item
177 or setting an ending time for the meetings. The Committee said they wanted to end each meeting
178 not later than 8:30 p.m.

179
180 7. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

181
182 The Committee discussed the process for sending topics to the City's Communication
183 Coordinator for inclusion on social media or in the newsletter. Ken Leetham commented that
184 staff was considering a quarterly newsletter that could include ads.

185
186 8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

187
188 Councilmember Van Langeveld suggested attending a Trails and Active Transportation
189 Committee meeting to discuss swag.

190
191 Nicole Whetstone reported on Davis Behavioral Health classes and sharing this information with
192 local church congregations, clergy referrals, hosting classes at varied locations, and sharing the
193 classes on their website. The Committee discussed the class offerings, the likelihood of church
194 members attending classes, and low attendance.

195

196 Councilmember Van Langeveld shared two options including City hosted classes with outreach
197 to faith leaders or provide the introduction between Davis Behavioral Health and local
198 clergy/congregations.

199
200 Mason Bennett recommended trying something new and introducing Davis Behavioral to local
201 clergy and Jeff Scroger was in favor of hosting one or two classes and providing the introduction
202 between clergy and Davis Behavioral. Councilmember Van Langeveld clarified that the City
203 would host one Davis Behavioral Health and then make the introduction between local clergy
204 and Davis Behavioral Health.

205
206 Nicole Whetstone reviewed the class offerings: Every Day Strong, Introduction to Mindfulness,
207 Circle of Security, and Strengthening Families.

208
209 9. CITY COUNCIL UPDATE

210
211 Councilmember Van Langeveld reported on the February meeting including Health and Wellness
212 goals (moving away from events towards policy making, swag, Wellness Survey). She requested
213 Wellness Survey advertising across all channels text, social media, email to Committees, digital
214 signage, and providing paper copies or tablets at the Senior Lunch Bunch.

215
216 10. COMMITTEE MEMBER BUSINESS

217
218 Jeff Scroger reported on swag (stickers, buttons) and potentially have students prepare the
219 artwork or design. He then spoke on voluntary incentivization for green features in new homes or
220 remodels.

221
222 Christine Seamons emphasized the importance of mental and physical awareness and education.
223 She mentioned leading causes of death and shared statistics including drug overdose, gun related,
224 heart disease, cancer, and accidents. She also noted the prevalence of anxiety and suicide
225 particularly related to teens.

226
227 11. DISCUSSION ON FUTURE AGENDA ITEMS AND SCHEDULE DATE FOR NEXT
228 MEETING

229
230 The Committee determined the following items would be discussed at the next Health and
231 Wellness meeting on March 9th:

- 232
233 • Citizen Comment
234 • Approval of Minutes

- 235 • Discuss Wellness Survey (obtaining citizen feedback)
- 236 • Review Wellness Fair/Night Out Against Crime/Back to School Night
- 237 • Proposal related to classes for the year (square dancing, yoga)
- 238 • Proposal related to swag for citizen programs
- 239 • Neighborhood block parties
- 240 • Discussion on budget requests and proposed expenditures
- 241 • Discussion on feedback from other committees
- 242 • City Council updates
- 243 • Committee member business
- 244 • Discussion on future agenda items and schedule date for next meeting
- 245 • Review of meeting time (goal of 6:30 to 8:30 p.m.)
- 246 • Adjourn

247

248 They also noted future agenda items:

249

- 250 • Point in time count/Code Blue report
- 251 • Advising on housing policy (Ken to report after 2026 Legislative session)
- 252 • Review of City's Wellness Survey results (June/July)
- 253 • Review draft policy and criteria involvement with non-city organizations (Ken)
- 254 • Discuss Wellness Fair/Night Out Against Crime/Back to School Night (on agenda through August)

255

256

257 12. ADJOURN

258

259 The meeting was adjourned at 9:20 p.m.

260

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

263

264

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266 _____
Jeff Scroger, Chair

_____ *Wendy Page, City Recorder*