

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

FINAL

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

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

STAFF PRESENT: Ken Leetham, City Manager.

OTHERS PRESENT: Norman Kirkham, resident.

1. WELCOME AND INTRODUCTIONS

Jeff Scroger invited those present to introduce themselves.

2. CITIZEN COMMENT

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

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

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

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

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

3. APPROVAL OF MINUTES

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

Committee Member Scroger moved to approve the minutes of January 12, 2026. Committee Member Bennett seconded the motion. The motion was approved by Committee Members Ball, Bennett, Seamons, Scroger, and Whetstone.

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

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

The Committee reviewed and discussed the following goals for 2026:

- Shift towards advising on policy
 - Green initiatives in the City (water, energy, solar)
 - Health in all policies
 - Transportation (bike lanes, pedestrian paths, BRT bus)
 - Housing policy
 - Air Quality
- Citizen programs (promote) *budget item
 - Trails (branded swag)
 - programs (Cranksgiving event)
 - Strava app
 - Partner with other committees (volunteer)
- Education and outreach
 - Wellness survey (March 1st)
 - Classes (senior focused, yoga, sound bath, cooking, Davis County)
 - Social media topics

- Connection to resources (Davis for Health, Davis Links)
- NSL Rec Center Day (June)
- Community connectedness
 - Block parties *budget item
- Wellness Fair
 - Back to School Night
 - Night Out Against Crime

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, swag)
- 3) Education & Outreach (Davis Behavioral Health classes, social media topics, Wellness Survey)
- 4) Community Connectedness (block parties, America250)
- 5) Wellness Fair/Back to School Night/Night Out Against Crime

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

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

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

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

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

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

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

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

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

5. REPORT ON GET HEALTHY UTAH CONFERENCE

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

6. DISCUSSION ON COMMITTEE'S BUDGET AND PROPOSED EXPENDITURES

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

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

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

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

The Committee discussed the best options for the block parties including Lee's gift cards or pizza gift cards, \$100 per party, and potentially requiring photos, sharing City information, and gathering receipts. They also discussed utilizing funds from One Kind Act a Day. Ken Leetham suggested requesting \$2,000 for block parties during the next fiscal year. He spoke on ways to verify they had the block party including providing pictures. The Committee recommended \$3,000 which included a possible participation of \$500 by One Kind Act a Day.

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

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

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

7. REVIEW IDEAS FOR NEWSLETTER OR SOCIAL MEDIA

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

8. DISCUSSION ON FEEDBACK FROM OTHER COMMITTEES

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

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

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

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

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

9. CITY COUNCIL UPDATE

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

10. COMMITTEE MEMBER BUSINESS

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

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

11. 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 March 9th:

- Citizen Comment
- Approval of Minutes

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

12. ADJOURN

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

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



Jeff Scroger, Chair



Wendy Page, City Recorder

