



CITY OF NORTH SALT LAKE

HEALTH AND WELLNESS COMMITTEE MEETING NOTICE & AGENDA SEPTEMBER 11, 2023 6:30 P.M.

Notice is given that the City of North Salt Lake's Health and Wellness Committee will hold a meeting on **September 11, 2023 at 6:30 p.m.**, City Hall, 10 East Center Street, North Salt Lake, Utah. The meeting will be held in the Council Chambers on the 2nd Floor. 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

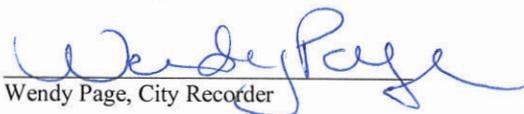
1. Welcome
2. Approval of Minutes from July 10, 2023
3. Discussion and Report of the City's Health and Wellness Fair
4. Discussion of City Wellness Survey Results - <https://www.usu.edu/utah-wellbeing-project/reports/index>
5. Overview of Committee Goals for 2023 and Discussion of Upcoming Goals for 2024
6. City Council Update
7. Committee Member Business
8. Adjourn

The Committee meetings are open to the public. If you need special accommodations to participate in the meeting, please call the City office at 801-335-8709. Please provide at least 24 hours' notice for adequate arrangements to be made.

Notice of Posting:

I, the duly appointed City Recorder for the City of North Salt Lake, hereby certify that the foregoing agenda was posted on the Utah Public Notice Website: <https://www.utah.gov/pmn/>, City's Website: <https://www.nslcity.org>, and at City Hall: 10 E. Center St. North Salt Lake.

Date Posted: September 6, 2023.


Wendy Page, City Recorder



1 CITY OF NORTH SALT LAKE
2 HEALTH AND WELLNESS COMMITTEE
3 ANCHOR LOCATION: CITY HALL
4 10 EAST CENTER STREET, NORTH SALT LAKE
5 JULY 10, 2023

6
7 **DRAFT**
8

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

10
11 PRESENT: Corey Markisich, Chair
12 Mary Kay Porter
13 Valerie Walton
14 Janet Welsh, Vice Chair
15 Alisa Van Langeveld, City Council
16

17 STAFF PRESENT: Ken Leetham, City Manager; Sherrie Pace, Community Development
18 Director.
19

20 OTHERS PRESENT: Mason Bennett, Oliver M. residents; Danielle Kaiser, Davis Behavioral
21 Health; Jordan Lee, SUU.
22

23 1. APPROVAL OF MINUTES
24

25 The Health and Wellness Committee minutes of June 12, 2023 were reviewed and approved.
26

27 **Committee Member Welsh moved to approve the June 12, 2023 minutes. Committee**
28 **Member Walton seconded the motion. The motion was approved by Committee Members**
29 **Markisich, Porter, Walton, and Welsh.**
30

31 Chair Markisich introduced Mason Bennett proposed for appointment to replace Rachel
32 Butterfield as the new Health and Wellness Committee Member. He explained that Mason would
33 be appointed to the Committee during the City Council meeting on July 18th.
34

35 Mason Bennett said his family just moved to Utah from Georgia and he was completing a
36 Master's Degree in Health Sciences. He was currently researching opioids and their effect on
37 memory and cognition along with public health initiatives to mitigate those issues.

38 2. DISCUSSION AND REVIEW OF COMMITTEE GOALS AND ASSIGNMENTS FOR
39 2023

40
41 Ken Leetham commented that he and Wendy Page had compiled the spreadsheet and
42 goals/assignments summary. He shared the annual update that Corey Markisich had presented to
43 the City Council which included the goals for the Committee.

44
45 Chair Markisich spoke on measuring what the Committee accomplished. He asked for feedback
46 from the Committee.

47
48 Valerie Walton said the Committee had originally identified eight goals and asked if these were
49 still the focus. She asked for a refresher and the status of the goals.

50
51 Chair Markisich said there had been a big push to get the classes scheduled, which had been
52 done, and suggested reviewing the goals.

53
54 Ken Leetham reviewed the goals including completing an inventory of existing City open space,
55 parks, outdoor assets, conducting three classes a year in conjunction with Communities That
56 Care, completing an inventory of school safe walking routes, trails, and pathways, social media
57 outreach four times a year related to emergency preparedness and three times per year related to
58 CERT training, preparation of a newsletter spotlight once per quarter on outdoor amenities, issue
59 letters of support to Parks Arts Trails/Planning Commission/City Council, Night Out Against
60 Crime/Committee event, and completion of Wellness survey by Utah State University.

61
62 Mr. Leetham suggested that City staff would complete the inventory of existing City open space,
63 parks, and outdoor assets and share this with the Committee at a future meeting. He mentioned
64 plans for Hatch Park, trails, and active transportation. He indicated staff would also complete an
65 inventory of school safe walking routes, trails, and pathways and share this information as well.

66
67 Councilmember Van Langeveld said it may be a good idea to have a joint meeting with the Parks
68 and Arts Board to discuss the open spaces, parks, outdoor assets, trails, and pathways. The
69 Committee felt that a November joint meeting with the Parks and Arts Board would be
70 beneficial.

71
72 Ken Leetham spoke on the three classes per year in conjunction with Communities That Care.
73 Councilmember Van Langeveld suggested this goal be reworded to say “offer up to three per
74 year to the community along a range of target audiences such as Communities That Care
75 Coalition classes.”

76
77 Valerie Walton commented that the goal could include classes/events geared towards a range of
78 different ages and what the community had identified as a need.

79 The Committee discussed the appropriate number of classes to offer and determined that three
80 classes per year was sufficient.

81
82 Ken Leetham said Linda Horrocks, the City's Communications Coordinator, had prepared
83 information for goal four, related to social media outreach related to emergency preparedness and
84 CERT and goal five, related to a newsletter spotlight on outdoor amenities. He mentioned that
85 the City's website already had emergency preparedness information available.

86
87 Councilmember Van Langeveld suggested revisiting these goals in January to determine if the
88 proposed number of social media posts and newsletter items were a sufficient amount based on
89 the feedback received.

90
91 Ken Leetham commented that the letters of support to the Parks and Arts Board, City Council,
92 and Planning Commission and said that Health and Wellness Committee Members attended these
93 meetings in lieu of letters this year. Councilmember Van Langeveld said in future years that
94 letters with the Committee's yearly goals could be sent to the Board, Council, and Commission.
95 She suggested adding the Senior Lunch Bunch to the list.

96
97 Goal seven related to the City's Night Out Against Crime event. Janet Welsh commented that this
98 event would be held on August 3rd with the Health Department offering school vaccinations. She
99 had only received one response from local health and wellness related business that was
100 interested in attending so far.

101
102 Chair Markisich said Red Barn Academy was interested in attending and explained that they
103 were a treatment center that required individuals to live on site, learn vocational training, and
104 work at the Red Barn thrift store, farm, or Sticky Bird restaurant.

105
106 Councilmember Van Langeveld asked about any assignments for the Night Out Against Crime
107 event. Janet Welsh said someone was needed to direct vendors and be available to help. Ken
108 Leetham responded staff would be available to help as well.

109
110 Councilmember Van Langeveld also suggested adding the Youth City Council to the list for
111 letters of support.

112
113 Councilmember Van Langeveld mentioned the City's new celebration events this year which
114 included Juneteenth, Pride, Asian Heritage, and Hispanic Heritage. She suggested there could be
115 different events in the future such as autism awareness and said these events were held in
116 conjunction with the food truck night.

117
118 Janet Welsh commented that the autism event should be catered towards those in that
119 community.

120

121 Valerie Walton said this Committee was centered on community wellbeing and belonging and
122 said the focus of these celebration events was a tight connection.

123
124 Ken Leetham commented that the events were not limited to Legacy Park but could be held at
125 Tunnel Springs Park, at Hatch Park in the future food truck/event area, and at the Golf Course.

126
127 The Committee discussed adding the goal of hosting the celebration events with Councilmember
128 Van Langeveld over the events with the help of a chair.

129
130 Councilmember Van Langeveld said the November agenda would be the review of the parks and
131 outdoor assets followed by a discussion to review the priorities of that agenda item. She added in
132 January there would be a review of the social media/newsletter items and a discussion. She said
133 the wellness survey should be a guideline for the 2024 Committee goals.

134
135 Valerie Walton suggested having the discussion for 2024 goals during the September or October
136 meeting.

137
138 3. UPDATE ON DAVIS BEHAVIORAL HEALTH AND COMMUNITIES THAT CARE
139 BY DANIELLE KAISER

140
141 Danielle Kaiser, Davis Behavioral Health, said she was on the prevention education team and her
142 role had changed to the program manager. She presented a report with graphs related to how
143 many individuals were served per city and per program.

144
145 Janet Welsh asked about the City's population compared to Bountiful's population. Ken Leetham
146 commented that Bountiful was about twice as large as the City.

147
148 Danielle Kaiser commented that the Learning to Breathe was only offered at Bountiful High
149 School. Councilmember Van Langeveld mentioned the City did not have a high school so they
150 either attended Woods Cross High or Bountiful High.

151
152 Janet Welsh mentioned that these programs should be offered at the charter schools as well.

153
154 Danielle Kaiser said the Circle of Security class was scheduled for January. She asked what other
155 classes the Committee would be interested in. Other scheduled classes were the Youth Mental
156 Health First Aid on September 30th.

157
158 Janet Welsh suggested hosting EveryDay Strong in September. Staff would work with Davis
159 County Behavioral to schedule and advertise this class.

160
161 Valerie Walton asked for clarification on the EveryDay Strong workshop and the statistics that
162 showed that 40% of participants had an increase in knowledge. Danielle Kaiser replied that

163 EveryDay Strong was based on Maslow’s Hierarchy of Needs. She said the course focused on
164 what was needed for each individual starting with sleep, water/food then safety then connection.
165 She stated the feedback they received was that the concepts were not new but the classes varied
166 per instructor, area of focus, etc.

167
168 Councilmember Van Langeveld asked if there was a program geared towards youth. Danielle
169 Kaiser responded that Learning to Breathe was a six week class that could be offered to adults or
170 youth.

171
172 Janet Welsh asked about the Strengthening Families program. Danielle Kaiser said this was a
173 seven week course for families with youth 10-14 years old.

174
175 Ken Leetham mentioned the social development strategy course. Danielle Kaiser said this was a
176 newly created workshop related to protective factors such as increasing opportunities for their
177 children, recognition of doing well at the activity, and creating a sense of bonding. She clarified
178 that the Committee would sponsor EveryDay strong in September, Social Development Strategy
179 in October, Circle of Security in January and potentially Learning to Breathe.

180
181 Danielle Kaiser mentioned that some students attended schools outside of the City and ways to
182 pull out data related just to the City. Councilmember Van Langeveld suggested that data
183 pertaining to adult residents in the City could be determined by zip code.

184
185 The Committee discussed the Communities That Care Coalition and that Corey Markisich and
186 Chief Black already attended these meetings.

187
188 4. DISCUSSION OF UTAH STATE UNIVERSITY WELLNESS SURVEY

189
190 Councilmember Van Langeveld reported on the Utah State University Wellness survey results
191 with over 600 responses. She said safety and security rated highly, living standards and education
192 both ranked highly. She continued mental health was highly rated as valued and enjoyed by
193 living in the City, physical health was rated as highly valued but not as easily accessed. She
194 noted this could include Hatch Park resources, open space and other resources, and senior citizen
195 activities.

196
197 Janet Welsh commented that the senior residents had requested a City swimming pool.
198 Councilmember Van Langeveld said that South Davis Recreation had been invited to participate
199 in the redevelopment of Hatch Park including the potential for a community pool.

200
201 Councilmember Van Langeveld said another highly rated value was living standards. She
202 mentioned one item that received a low rating was local environmental quality. She stated this
203 made sense due to the proximity of the freeway, refineries, gravel pit, etc. She said the City could

204 mediate some of these effects or participate in the larger organizations that monitored and/or
205 supported these industries.

206
207 Janet Welsh commented that part of this could also be due to Stericycle and the waste water
208 treatment plant. Ken Leetham said Stericycle was no longer incinerating anything at the facility.

209
210 Councilmember Van Langeveld continued another item that ranked lower was the perception of
211 engaged individuals and community connection. She said other items that residents were
212 concerned about included the pace of economic development, population growth rate, and air
213 quality (92% of participants rated this as a moderate or major concern), water supply, and
214 affordable housing.

215
216 Councilmember Van Langeveld spoke on resources from the Utah Wellness Project. She said this
217 survey should be available on the City's website. She indicated there were 605 respondents with
218 60 or 10% that were 70+ and older and 13% were 60-69 years old.

219
220 5. DISCUSSION ON HEALTH AND SAFETY FAIR IN CONJUNCTION WITH THE
221 POLICE NIGHT OUT AGAINST CRIME EVENT

222
223 This item was discussed earlier in the meeting.

224
225 6. CITY COUNCIL UPDATE

226
227 Councilmember Van Langeveld said the updates were Juneteenth and Pride events. She thanked
228 the Committee for volunteering and participating.

229
230 7. COMMITTEE MEMBER BUSINESS

231
232 Valerie Walton said the next opportunity to present to the City Council would be next year. She
233 suggested gathering information for that report prior to January.

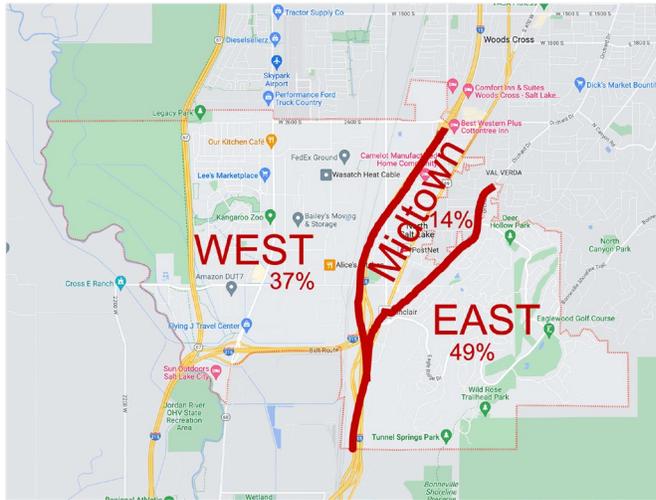
234
235 8. ADJOURN

236
237 The meeting was adjourned at 8:10 p.m.

238
239 *The foregoing was approved by the Health and Wellness Committee of the City of North Salt
240 Lake on September 11, 2023 by unanimous vote of all members present.*

241
242
243
244 _____
Wendy Page, City Recorder

North Salt Lake – Internal Variations by Area



Concerns	% Moderate or Major Concern			
	West	Midtown	East	Overall
Air Quality (ns)	94%	95%	90%	92%
Water Supply (ns)	79%	84%	86%	83%
Affordable Housing	78%	84%	68%	75%
Climate Change (ns)	78%	67%	66%	71%
Roads & Transportation (ns)	64%	70%	74%	70%
Public Safety (ns)	62%	69%	69%	66%
Opportunities for Youth (ns)	60%	62%	62%	61%
Recreation Opportunities (ns)	55%	61%	62%	59%
Shopping Opportunities	46%	54%	60%	54%
Access to Public Land (ns)	52%	46%	57%	54%
Access to Quality Food (ns)	48%	59%	56%	53%
Suicide (ns)	48%	51%	58%	53%
Access to Mental Health Care (ns)	49%	52%	50%	50%
Employment Opportunities (ns)	46%	44%	46%	46%
Social & Emotional Support (ns)	44%	49%	45%	45%
Access to Health Care (ns)	39%	49%	46%	44%
Substance Abuse (ns)	37%	46%	41%	40%

Interpretation: The only concerns with significantly different values by area were **affordable housing** (with all areas significantly different from each other and the Midtown Area with highest concern) and **shopping opportunities** (with all areas significantly different from each other and East Area with highest concern).

	West	Midtown	East
% Indicating Population Growth is Too Fast	43%	64%	66%

Interpretation: Respondents in the West Area were less likely to indicate that they felt population growth in North Salt Lake was too fast.

	Mean Wellbeing Score			
	West	Midtown	East	Overall
Overall Personal Wellbeing	3.85	3.95	4.24	4.03
Community Wellbeing (nsd)	3.52	3.52	3.75	3.98

Interpretation: Overall personal wellbeing scores were significantly higher for those from the East Area.

Wellbeing Domain Ratings	Mean Score			
	West	Midtown	East	Overall
Living Standards	3.87	3.76	4.25	4.03
Safety & Security	3.76	3.89	4.19	3.98
Education	3.68	3.80	4.03	3.86
Mental Health	3.64	3.74	4.07	3.86
Physical Health	3.68	3.39	3.92	3.75
Leisure Time	3.56	3.46	3.82	3.67
Social Connections	3.47	3.46	3.76	3.60
Connection with Nature	3.36	3.28	3.83	3.57
Local Environmental Quality	2.59	2.84	3.01	2.82
Cultural Opportunities	2.87	2.82	3.16	3.00
Wellbeing Domain Importance	West	Midtown	East	Overall
Safety & Security	4.75	4.64	4.81	4.76
Mental Health (nsd)	4.74	4.71	4.77	4.75
Physical Health	4.58	4.44	4.67	4.60
Living Standards	4.49	4.26	4.55	4.49
Local Environmental Quality	4.43	4.21	4.46	4.42
Education	4.37	4.09	4.43	4.36
Leisure Time (nsd)	4.16	4.05	4.25	4.19
Connection with Nature (nsd)	4.16	4.04	4.21	4.16
Social Connections	3.85	3.83	4.13	3.98
Cultural Opportunities (nsd)	3.54	3.59	3.75	3.64

Interpretation: Wellbeing domains varied considerably. There were significant differences for all of the domain ratings and for six of the domain importance scores. The values in yellow indicates the area different from the other area(s). The values in green indicate that the West and East areas were significantly different from each other, but each was not significantly different from the Midtown Area.