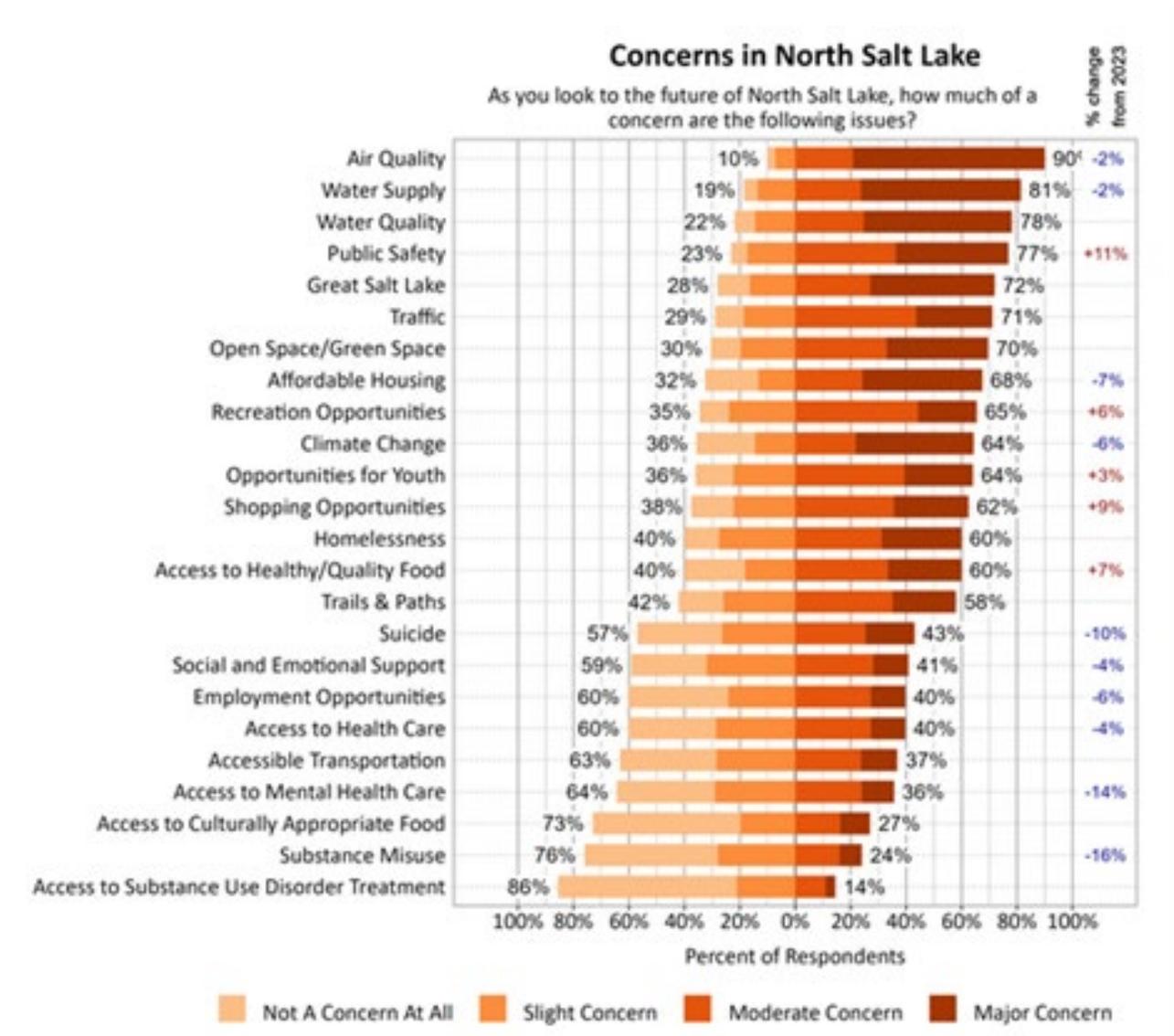


APRIL 2025 NEWSLETTER ARTICLE – HEALTH & WELLNESS

Wellbeing Survey Follow-up

In 2023 and 2024, the City of North Salt Lake, in cooperation with Utah State University, conducted a wellbeing survey. Response rates were as follows: 2023 - 605 adult respondents; and 2024 – 439 adult respondents. You can view survey results by visiting: <https://www.usu.edu/utah-wellbeing-project/reports/2024/northsaltlake-wellbeing-survey-findings-2024>.

The graph below shows a series of issues and the respondents’ ranking of what is most concerning to least concerning. Most of these issues are related to health and wellness in one form or another, but we note that the greatest areas of concern have to do directly with air and water quality, water supply and public safety.



The City will again participate in the wellbeing survey in 2026.

The City's Health & Wellness Committee is made up of citizens who are also concerned about public health and in many cases are health care professionals. In the coming months, the Committee will be addressing several of the public's concerns from the wellbeing survey.

The biggest public concern expressed by North Salt Lake residents in both years of the survey is air quality. Air quality on the Wasatch Front has improved in recent years, but our region still suffers from both winter and summer inversions which trap PM2.5 air pollutants in our communities. This air pollution causes significant health risk to all of us, particularly older people or people with conditions such as asthma or other respiration ailments. In addition, those who work outside or are required to perform intense or strenuous activities outdoors can be impacted by high levels of PM2.5 air pollution.

Residents can monitor local air quality by visiting this website:

<https://air.utah.gov/forecast.php?id=by>. This site, published by the Utah Division of Air Quality, can inform us of air quality conditions in our urban counties at any time. You can sign up for notifications of air quality alerts at this website.

It's important during poor air quality events to reduce our driving since 48% of PM2.5 pollutants on the Wasatch Front come from vehicles, trains or airplanes. 39% of the PM2.5 comes from these sources:

- Domestic appliances (water heaters, furnaces, etc.)
- Small businesses (restaurants, dry cleaners)
- Wood burning stoves

It's important to stay current on conditions surrounding local air pollution and take steps to reduce risk and exposure during poor air quality days. Here are some things you can do to further protect yourself:

- Schedule outdoor activities when air quality is better – early mornings or evenings
- Take frequent breaks if you're outside during poor air quality days
- Schedule work and exercise, if possible, to avoid peak pollution hours
- Wear a mask outdoors on poor air quality days, particularly if you are at risk of health problems from air pollution
- Limit the duration and intensity of your activities, especially during peak pollution hours or days

We hope you have a healthy and safe spring and summer! For more important information about your health, please visit: <https://www.nslcity.org/132/Health-and-Wellness>