



How is Life in Utah Cities?

City Participation in the Utah Wellbeing Survey



UtahStateUniversity

Dr. Courtney Flint, Utah State University

ULCT Mid-Year Meeting

April 18, 2024

St. George

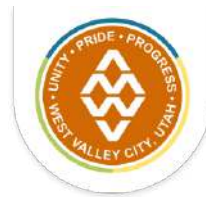




Workshop Agenda:

- Overview of the Wellbeing Project
- Key Findings from Recent Years
- New Survey Questions This Year
- City Partner Panel

Funding Acknowledgements



Current Wellbeing Survey Project Team



Nicolas Holden
Data Analyst & Manager



Madison Fjeldsted
Thompson
Webmaster and Analyst



Emma Epperson
Community Engagement,
Analyst



Sarah Wilson
Analyst



Kaden Peterson
Analyst

Wellbeing Survey Project Goals

To provide cities with information on wellbeing of residents to inform planning processes and decisions

To support comparative research on community wellbeing and local concerns

To support statewide initiatives related to community & environmental wellbeing

City Partners Across ULCT Caucuses

** New in 2024

Rural Hub & Resort, Traditional Rural Communities	Rapid Growth Cities Over 20% growth rate since 2010	Established/ Mid-sized Cities	Cities of the 1 st & 2 nd Class
Beaver Blanding Bluff Delta East Carbon Ephraim Heber** Helper La Verkin Midway Moab Monticello** Nephi Park City Price Richfield Springdale** Tremonton Vernal Wellington	Clinton** Eagle Mountain Herriman Highland Hurricane Hyde Park Hyrum Ivins** Lehi Mapleton** Nibley North Logan Providence** Santaquin Saratoga Springs South Weber Spanish Fork Vineyard Wellsville**	Bountiful Cedar City Cedar Hills** Cottonwood Heights Draper Logan Midvale North Salt Lake Pleasant Grove** South Ogden Tooele West Bountiful**	Layton Millcreek Ogden Orem** Salt Lake City Sandy South Jordan St. George West Jordan West Valley City**

How Does The Wellbeing Survey Work?



Online Survey

USU handles
survey

City handles
advertising



City Specific
Questions
Possible



Reports Summer
2024

Presentations to
City Council



No Cost
Partnership for
Cities

(Funding &
Contributions
Welcome)

www.usu.edu/utah-wellbeing-project

Wellbeing and Other Resources

Wellbeing involves different factors that influence the economic, social, and environmental aspects of people's daily lives. The Utah Wellbeing Project survey efforts provided valuable information about what aspects of wellbeing are most important to Utah's residents. Based on these findings, we have compiled recommendations and resources that have been shown to improve various aspects of wellbeing or community life to help local leaders and individual residents create happier and healthier communities. Below, you will find specifically tailored resources that can help improve different areas related to wellbeing, city exemplars that illustrate initiatives taken in different Utah communities, and a "One Stop Shop" which details single actions that can positively influence multiple aspects of wellbeing.

Resource Categories

Select a category below to learn more about what it is and to see specific resources that may be used to improve wellbeing in your community. Please note that solutions implemented to target one aspect of wellbeing will often result in improvements in other areas as well.



Community Connection



Connection With Nature



Environmental Quality



Safety and Security



Mental Health



Physical Health



Living Standards

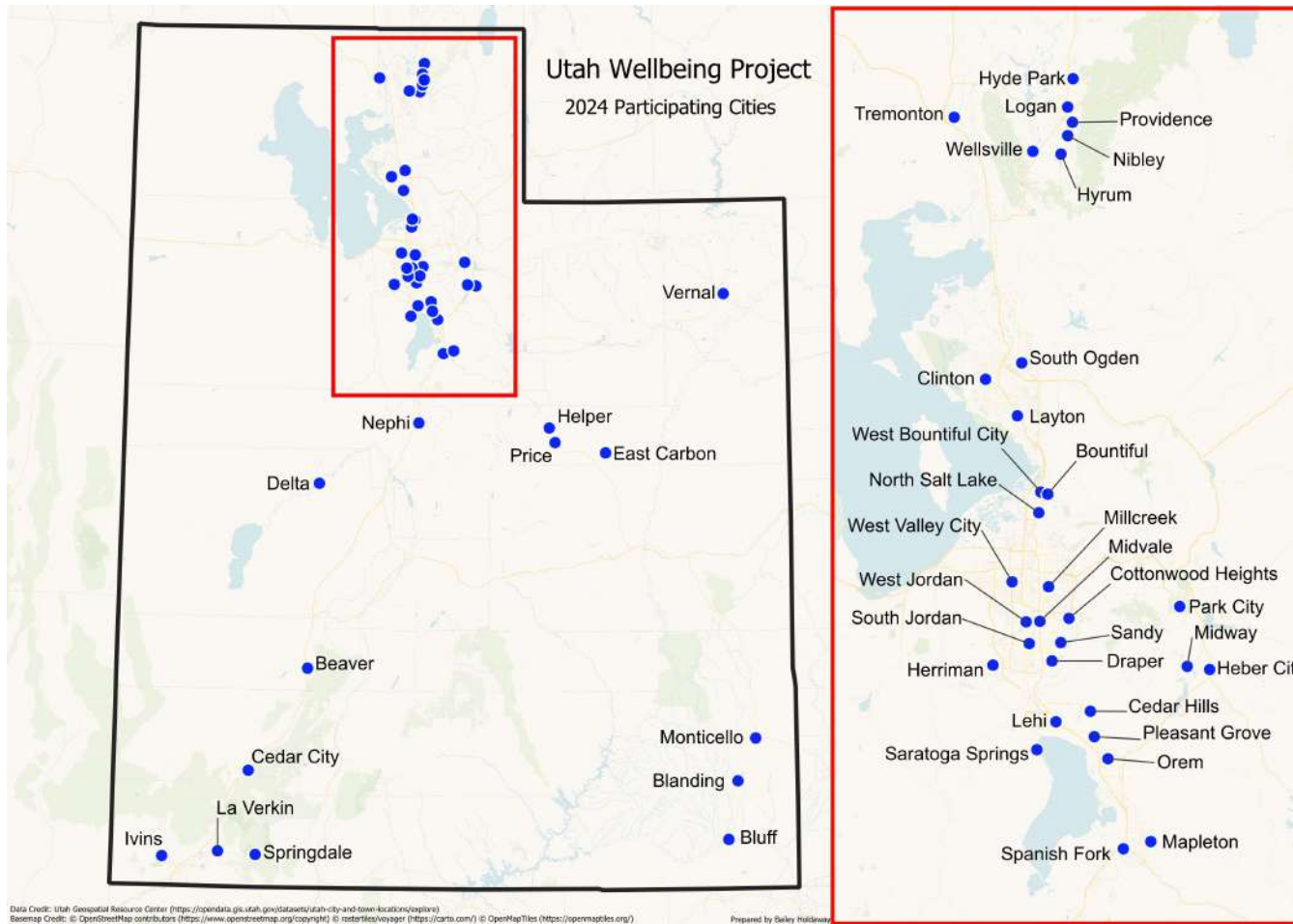


Substance Misuse

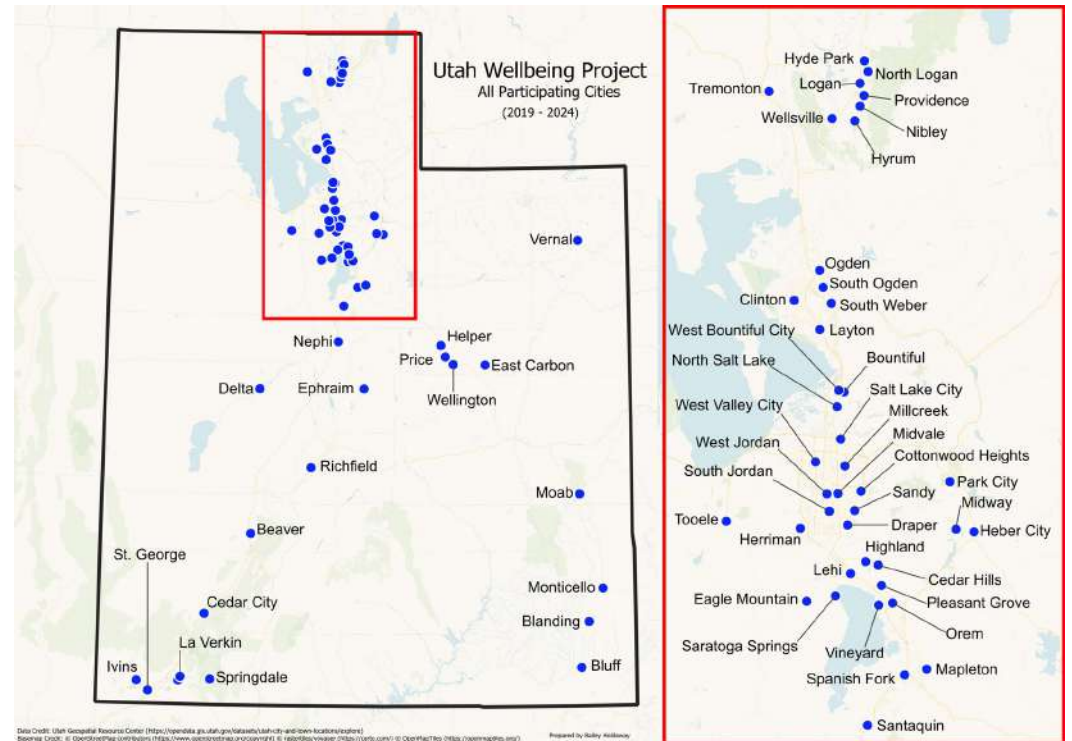
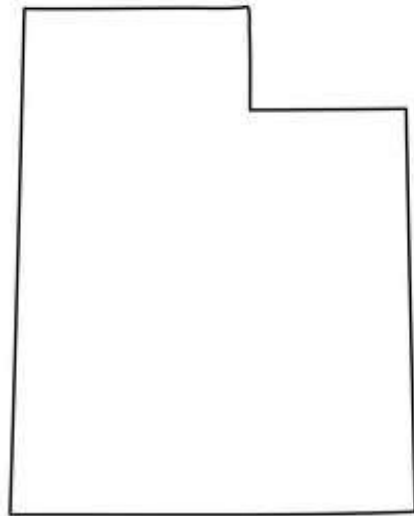


Communications

2024 Survey is Underway!

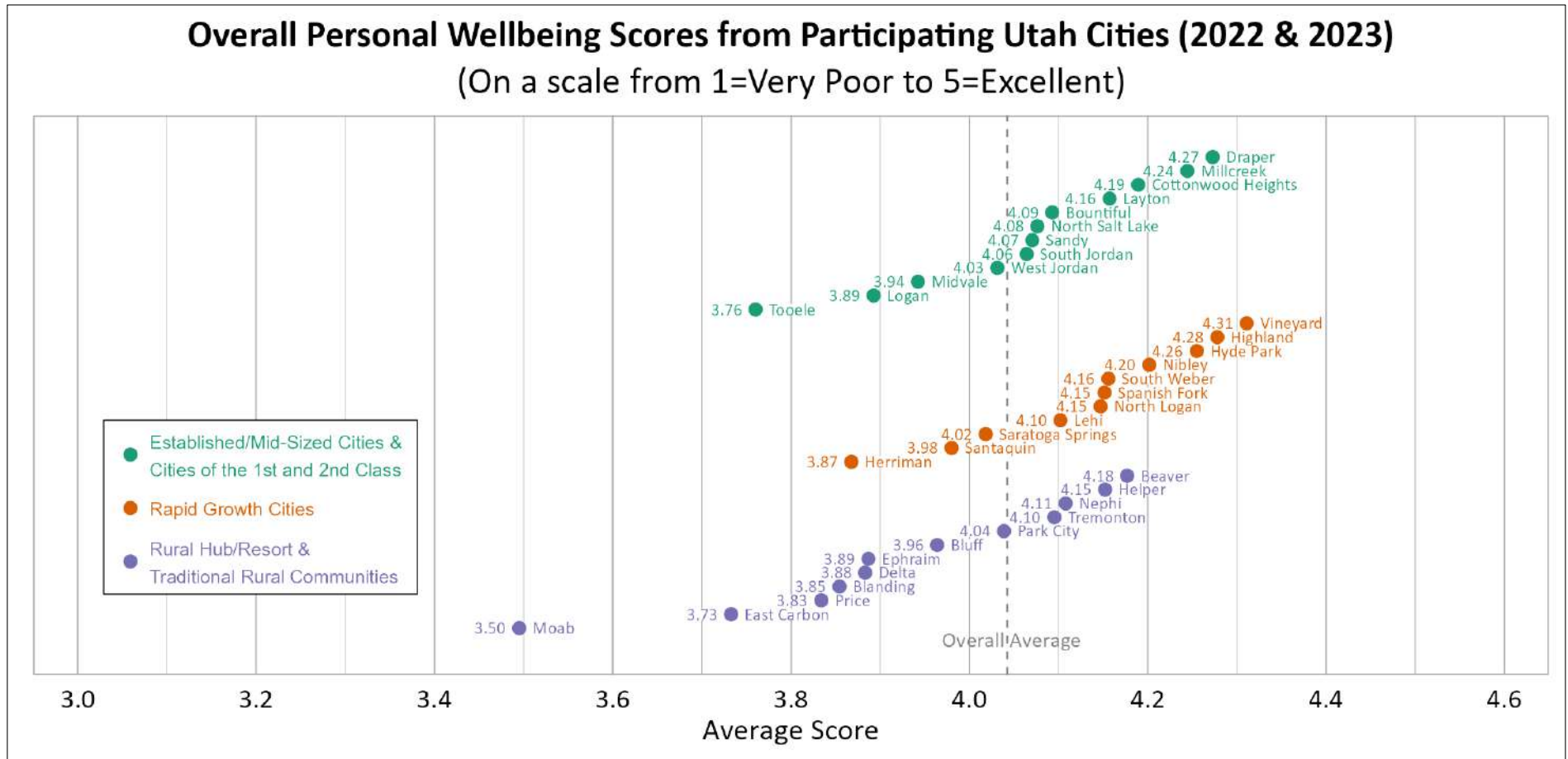


Why Utah Cities and Towns?



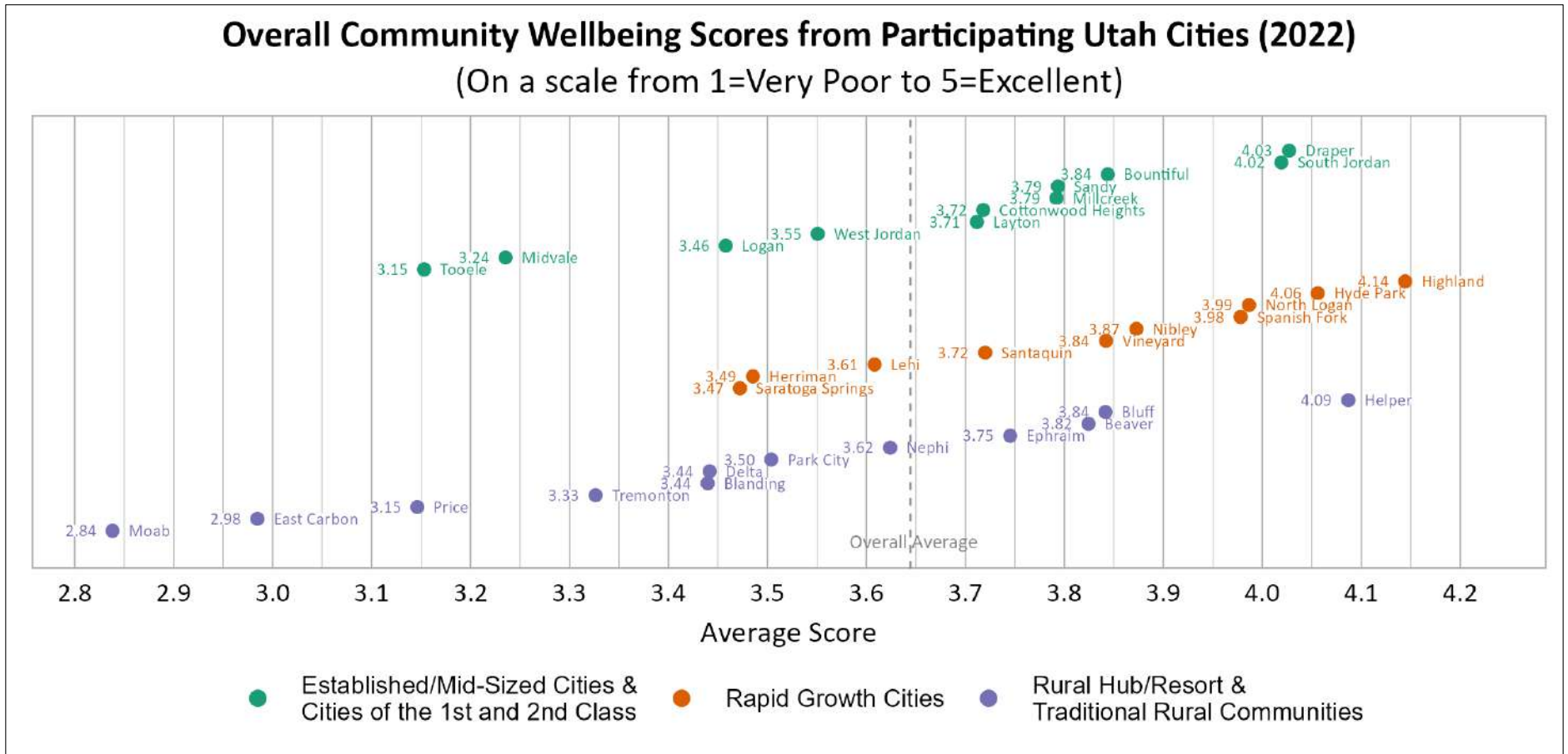
How is Wellbeing Across Utah Cities and Towns?

Overall Personal Wellbeing Average = 4.08 (1-5 scale)



How is Wellbeing Across Utah Cities and Towns?

Community Wellbeing Average = 3.64 (1-5 scale)



Wellbeing Domains

+ Family Life &
Transportation in 2024

Living Standards

Safety & Security

Most Important in All Cities

Physical Health

Mental Health

Connection with Nature

Local Environmental Quality

Leisure Time

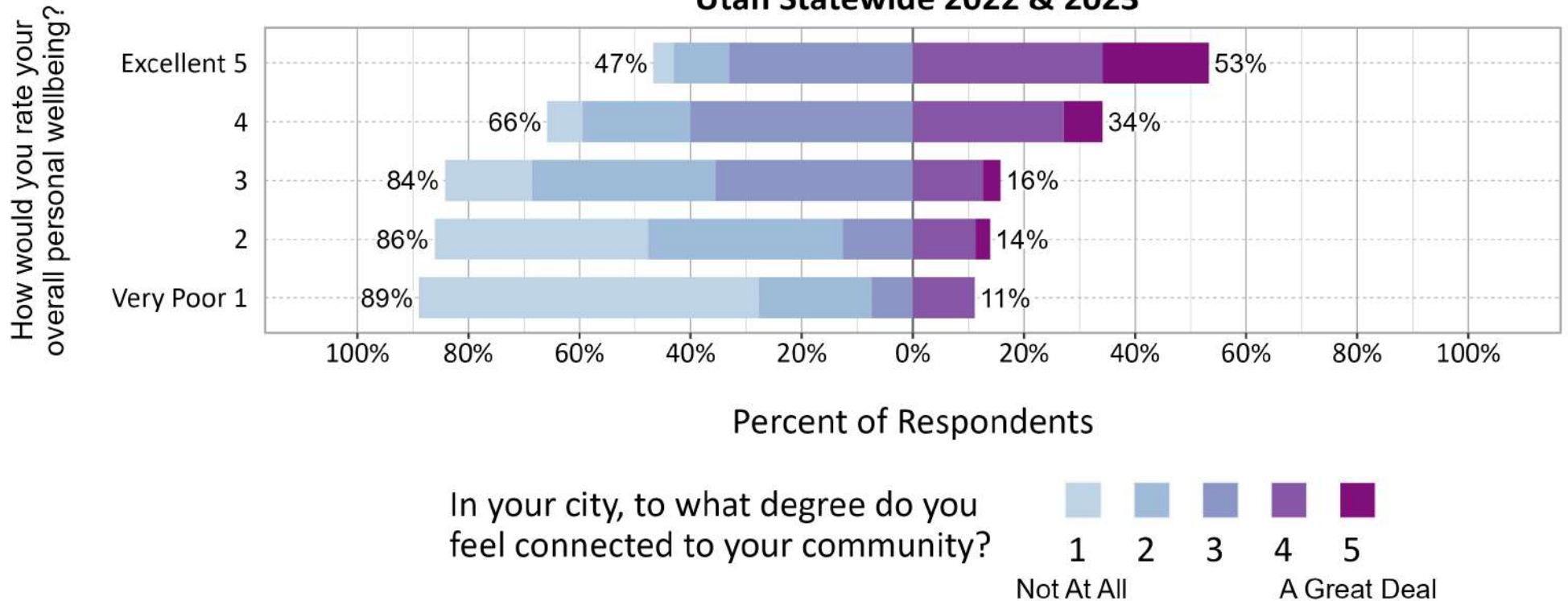
Education

Social Connections

Cultural Opportunities

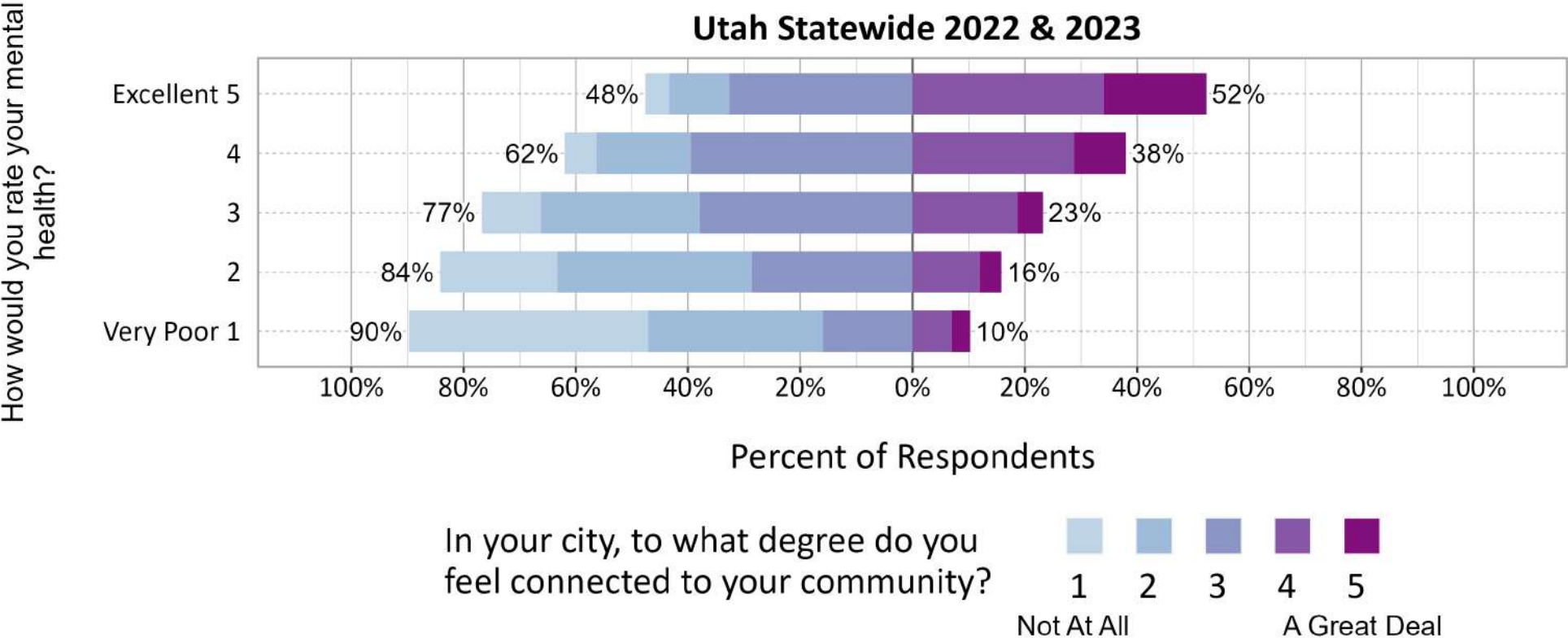
Community Connection Matters!

**Comparing Overall Personal Wellbeing and Community Connection
Utah Statewide 2022 & 2033**



Community Connection Matters!

**Comparing Mental Health Rating and Community Connection
Utah Statewide 2022 & 2023**

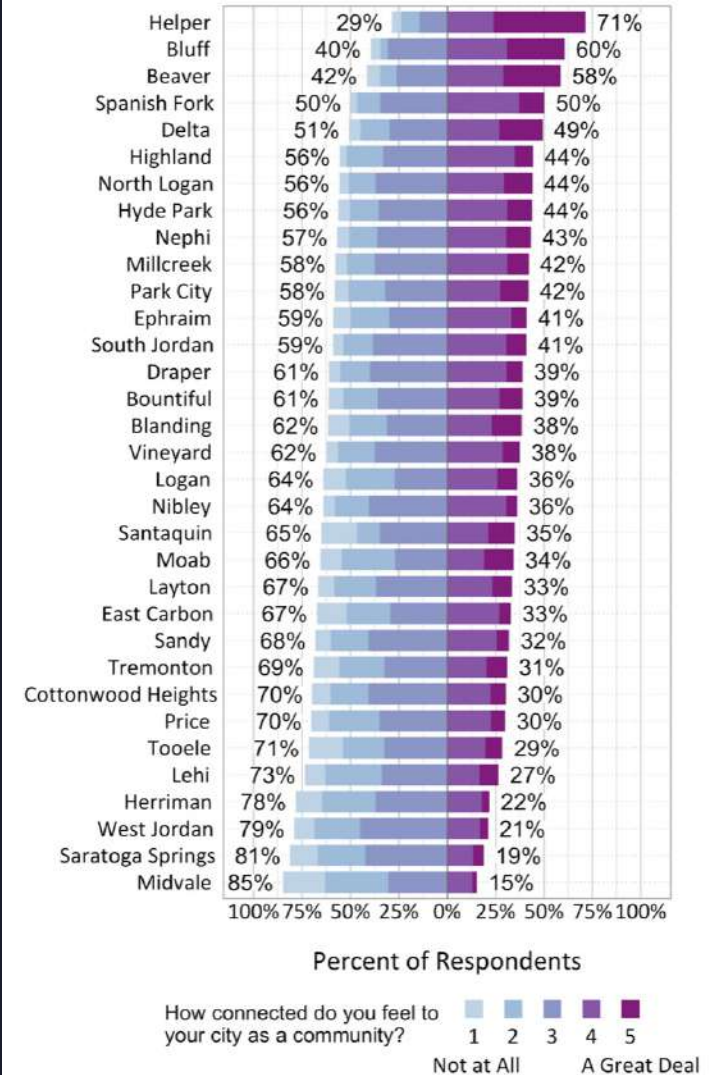


Community Connection Matters! But it Varies!



https://www.cdc.gov/emotional-wellbeing/social-connectedness/images/SocialConnectedness-CircleGroup.jpg?_=01942

Comparing Community Connection Across Cities



Being Active Matters!

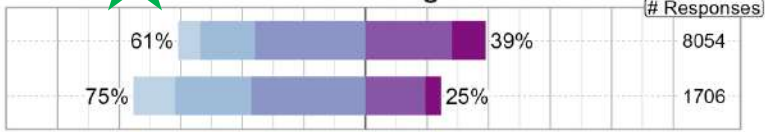
Community Connection by Participation in Recreation Activities Utah Statewide 2022 & 2023

Have you participated in any of the following activities during the past 12 months?

★ City Recreation Programs



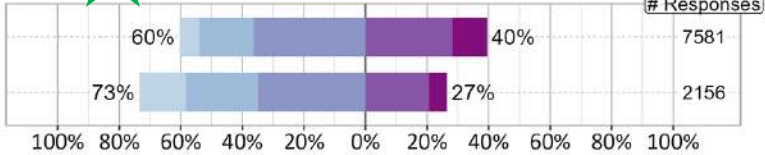
★ Enjoying Wildlife or Birds in Your Yard or Neighborhood



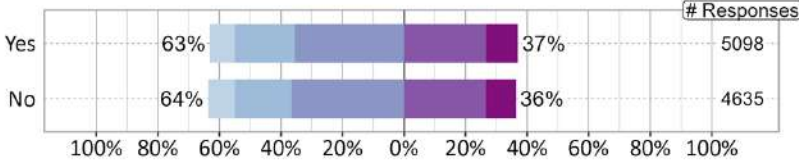
★ Gardening



★ Recreating in Parks in Your City



Walking with a Pet in Your City



Percent of Respondents

In your city, to what degree do you feel connected to your community?



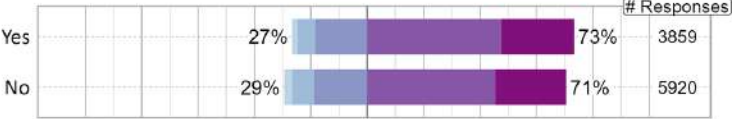
Being Active Matters!

Mental Health Rating by Participation in Recreation Activities Utah Statewide 2022 & 2023

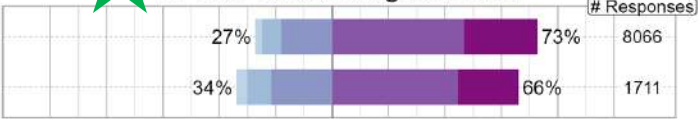
Have you participated in any of the following activities during the past 12 months?



City Recreation Programs



Enjoying Wildlife or Birds in Your Yard or Neighborhood



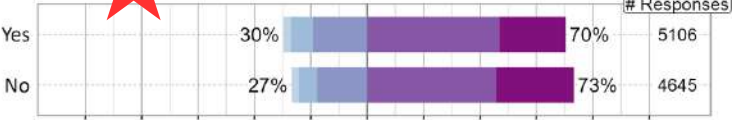
Gardening



Recreating in Parks in Your City



Walking with a Pet in Your City



Percent of Respondents

How would you rate your level of personal wellbeing regarding your mental health?



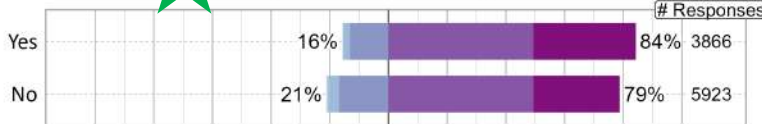
Being Active Matters!

Overall Personal Wellbeing by Participation in Recreation Activities Utah Statewide 2022 & 2023

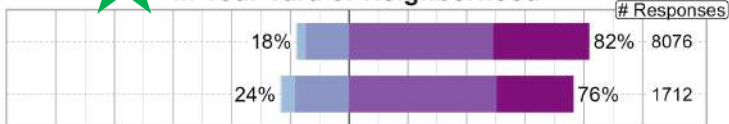
Have you participated in any of the following activities during the past 12 months?



City Recreation Programs



Enjoying Wildlife or Birds in Your Yard or Neighborhood



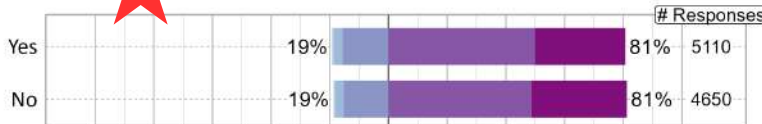
Gardening



Recreating in Parks in Your City

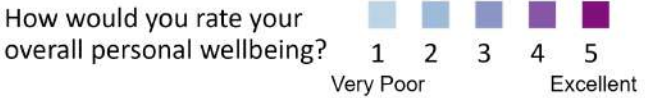


Walking with a Pet in Your City

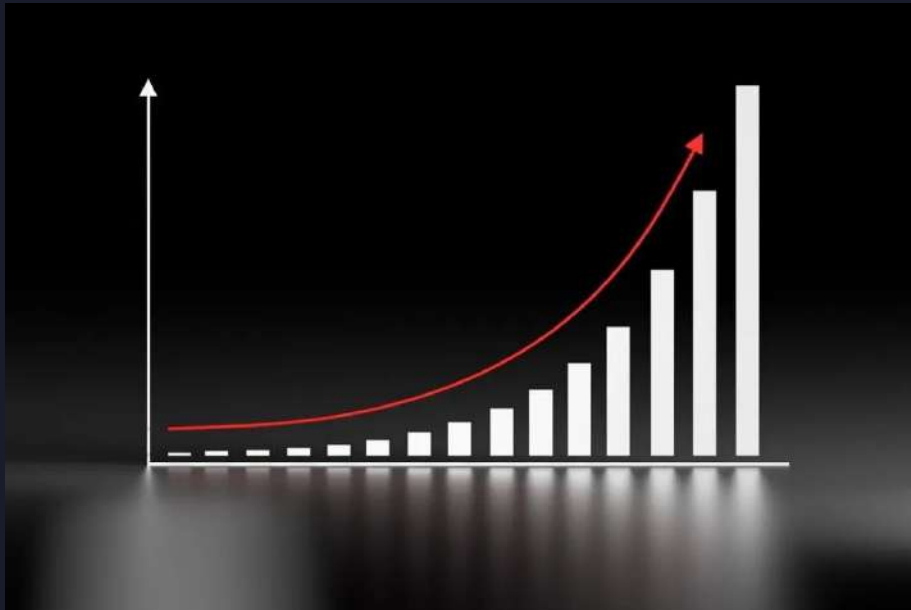


100% 80% 60% 40% 20% 0% 20% 40% 60% 80% 100%

Percent of Respondents



Growth is seen as "Too Fast" for Many!

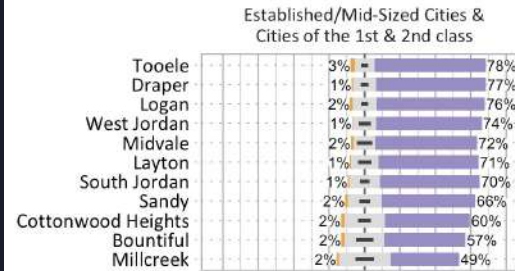


...But Not All

Respondents' Opinions Regarding Population Growth and Economic Development in Participating Utah Cities

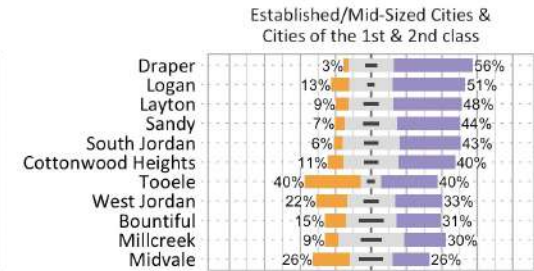
Population Growth

How would you describe the current rate of population growth in your city/town?

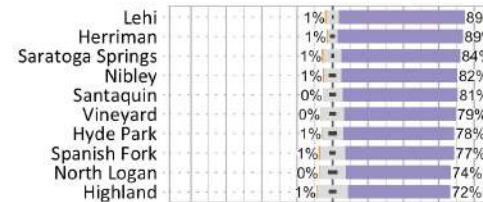


Economic Development

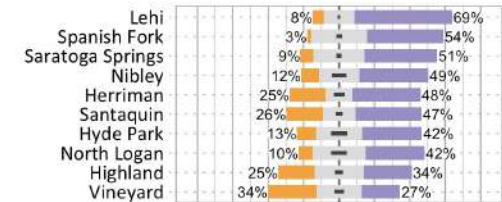
How would you describe the current pace of economic development in your city/town?



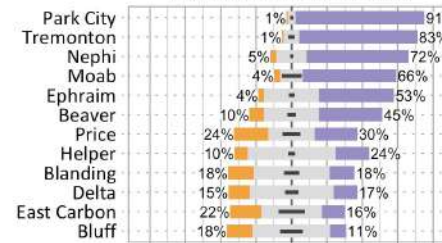
Rapid Growth Cities



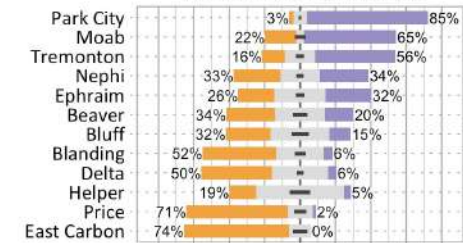
Rapid Growth Cities



Rural Hub/Resort & Traditional Rural Communities



Rural Hub/Resort & Traditional Rural Communities

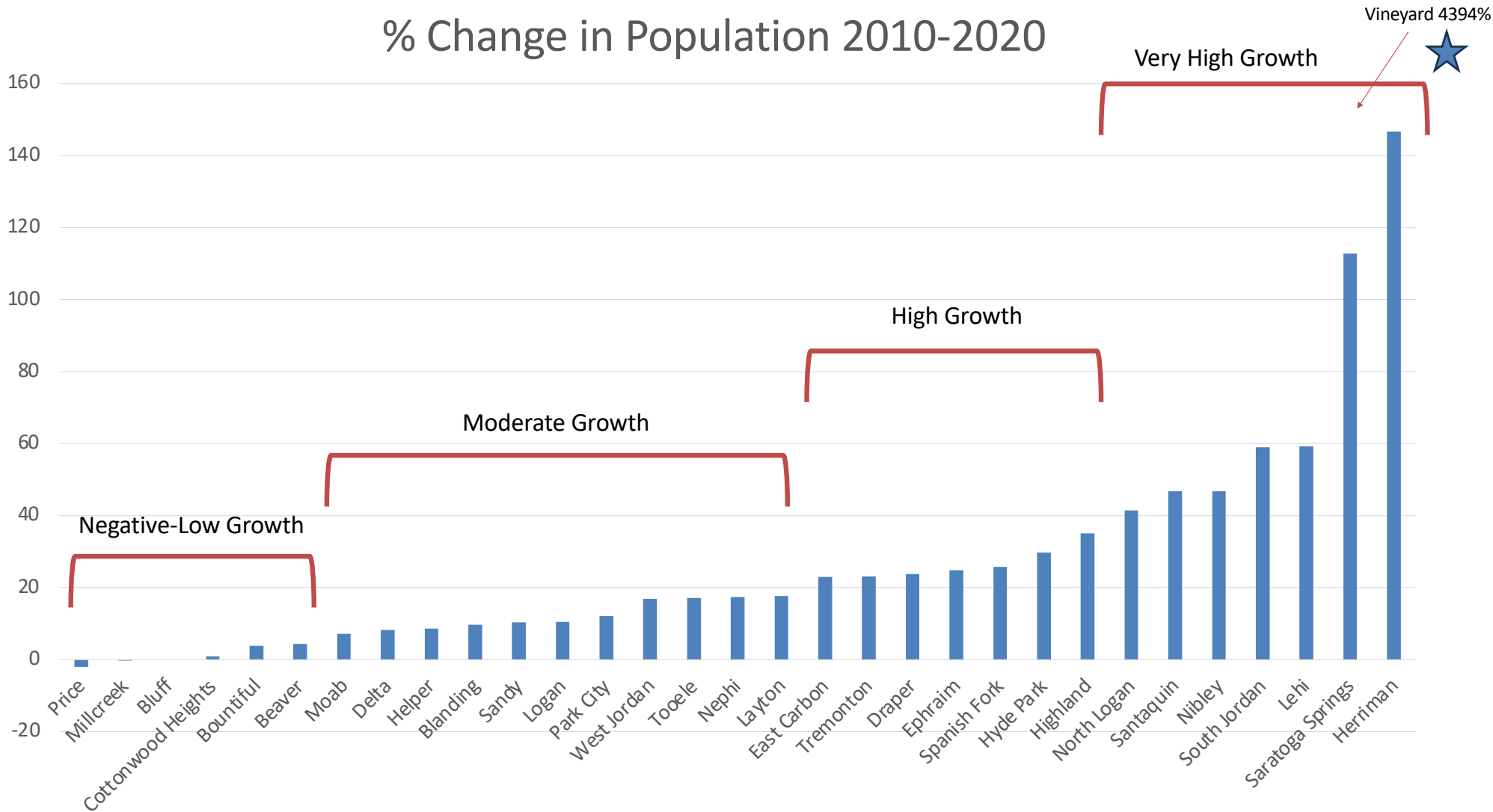


Percent of Respondents

Percent of Respondents

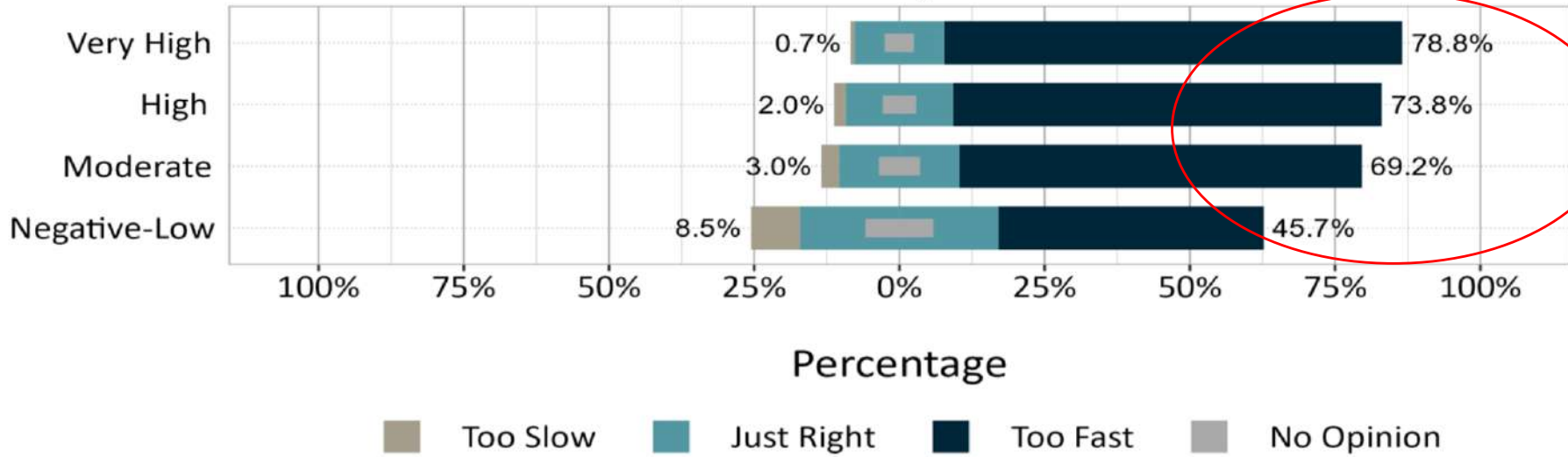
■ Too Slow
 ■ Just Right
 ■ Too Fast
 ■ No Opinion

% Change in Population 2010-2020

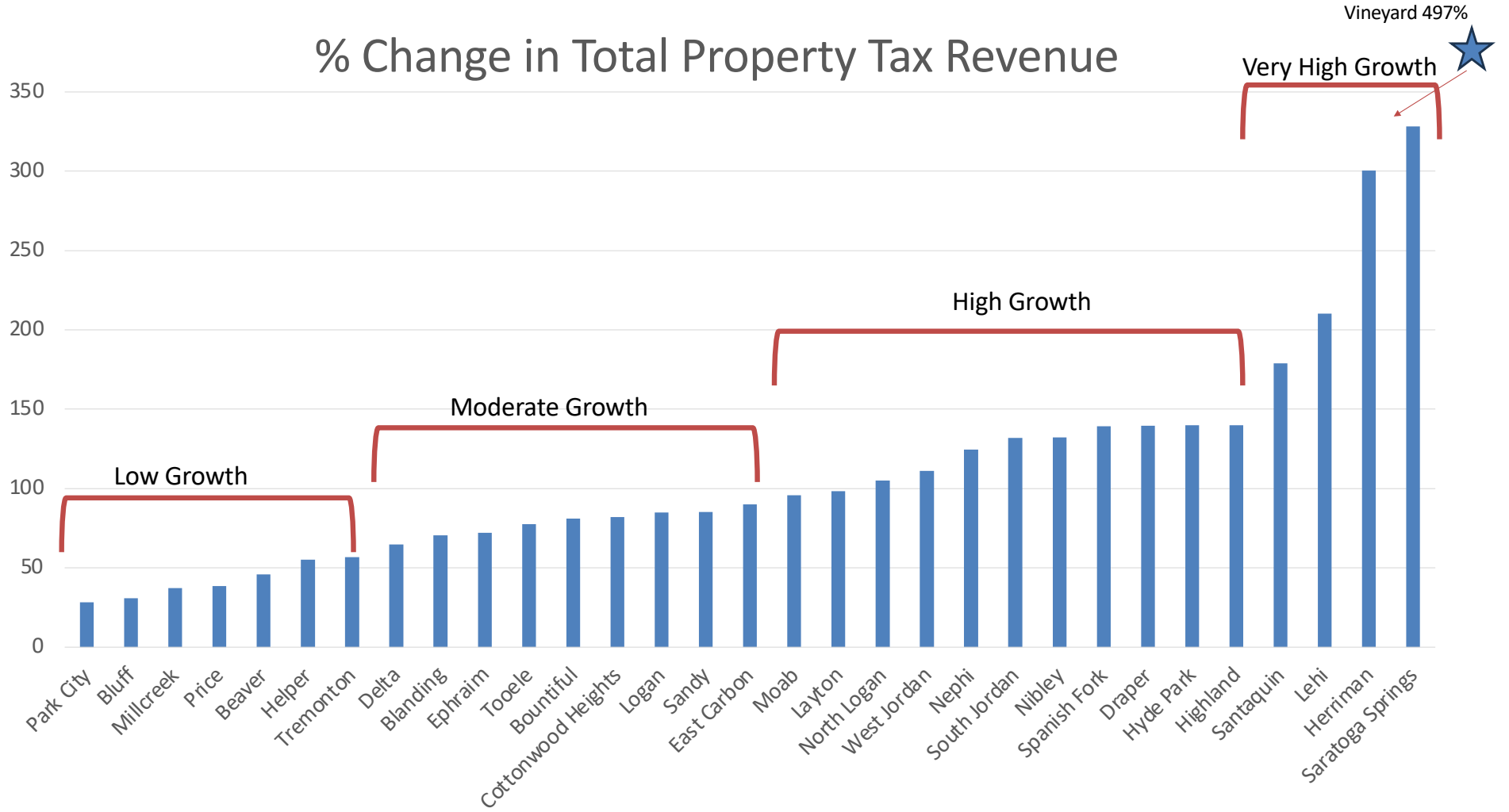


Based on Population
Growth Rates
(2010-2020)

Perceptions of Population Growth



% Change in Total Property Tax Revenue



Based on Property
Tax Revenue Change
(2010-2020)

Perceptions of Economic Growth



In 2024 Survey,
More on Local Economic
Development

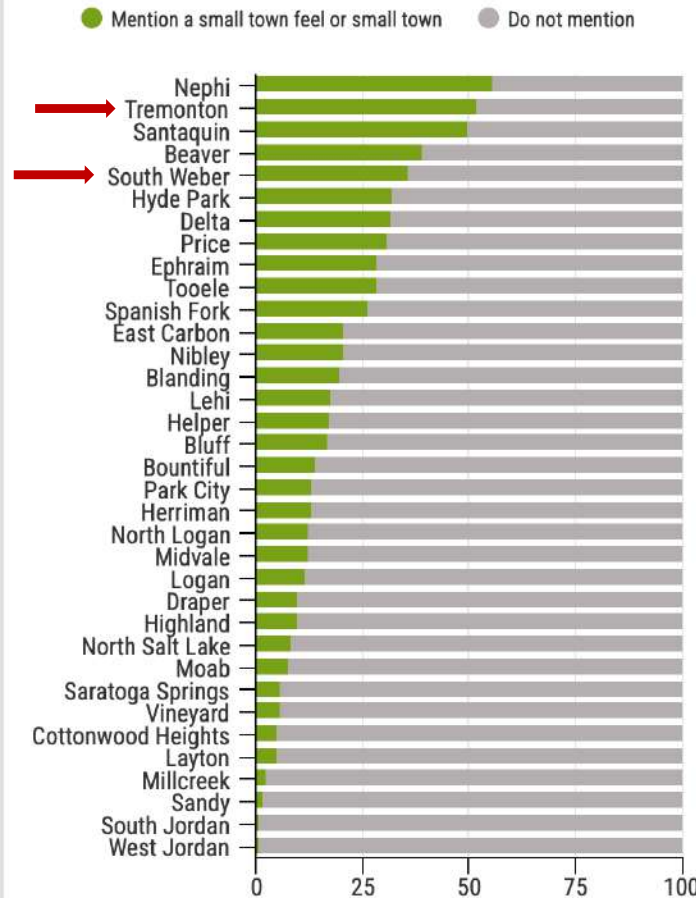
What's
Too Fast?

What Do You
Want More Of?

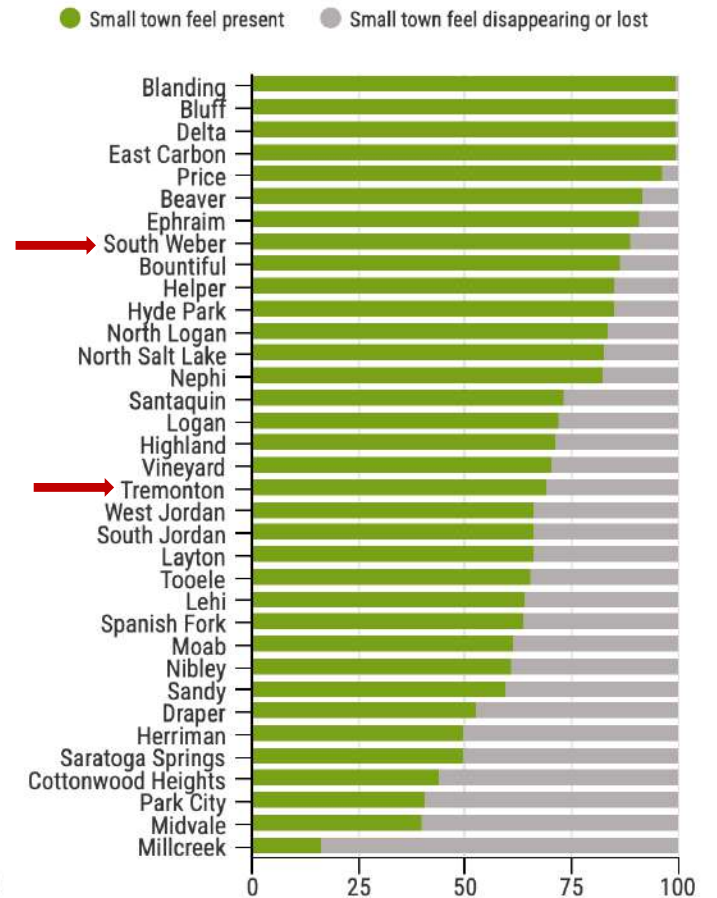
What Takes You Out of
Your City or Town?

Small Town Feel is Not Just for Small Towns!

Percent of respondents that mention a small town feel out of total respondents who make comments

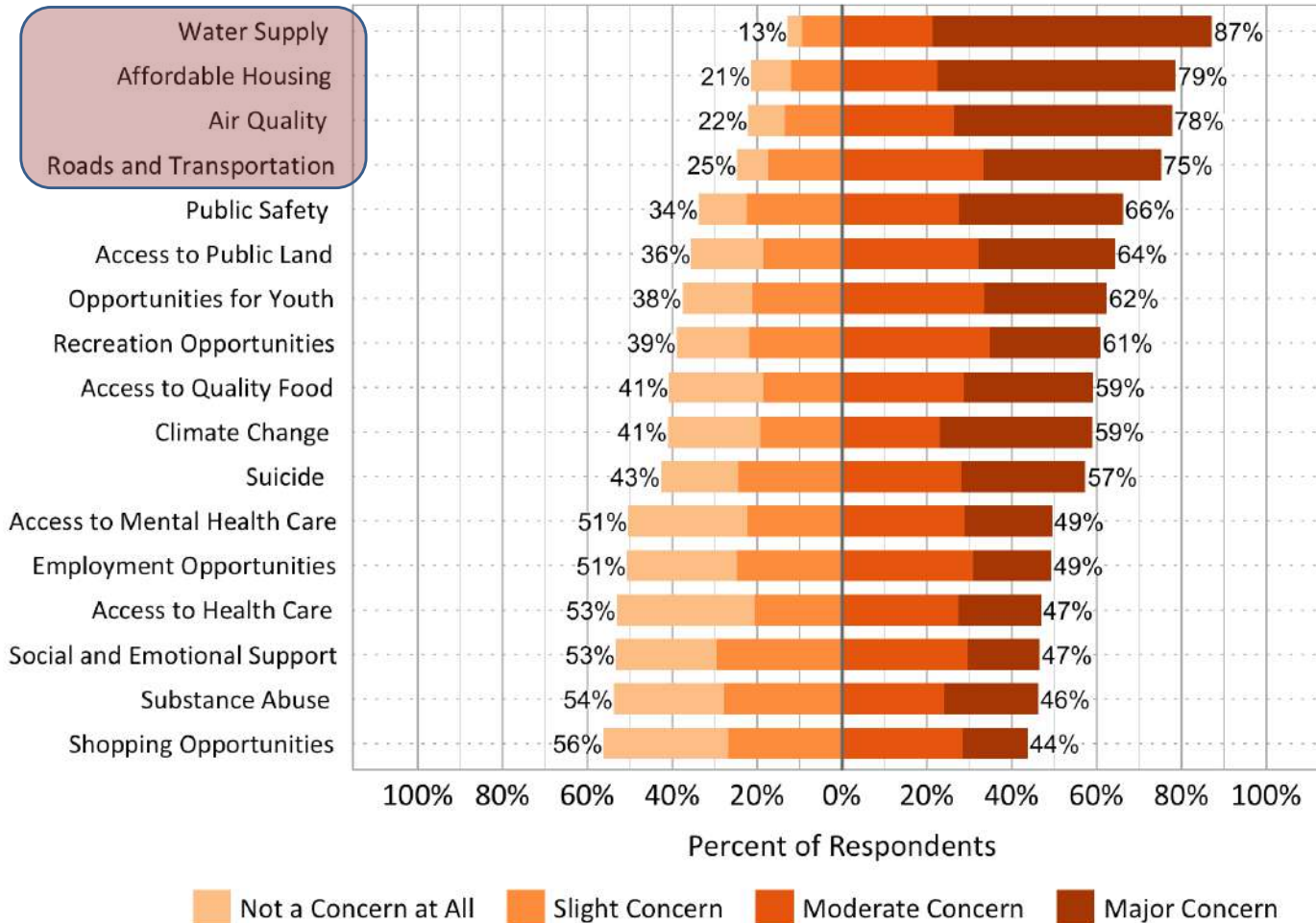


Out of the comments made on small town feel in each city, the percent of respondents that mention the feel being present



Concerns for Utah Survey Respondents

As you look to the future of your city, how much of a concern are the following issues?



New Concern Items in 2024 Survey:

- Access to substance use disorder treatment
- Access to culturally appropriate food
- Accessible transportation
- Great Salt Lake
- Open space/green space
- Homelessness
- Trails & Paths
- Water Quality

Other New Questions

Please name two cities or towns (near or far) that you go to most often for regular needs and activities?

1)

2)

Other New Questions

How frequently do each of these activities take you out of [City] to another city or town?

	Never	Rarely (a few times per year)	Sometimes (about once a month)	Regularly (about once per week)	Often (more than once per week)
Groceries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating Out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health /Medical Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recreation/ Sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friends and Family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Religion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School/ Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other Services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other New Questions

Is there anything that could be done to improve wellbeing in [City]?

“I just completed the survey for Heber City residents and forgot to say thanks for this opportunity. As far as surveys go, and I've completed a few in my life, I thought the format, the questions asked, and opportunities to respond were the best I've seen.”

“I did look over the key findings yesterday and it's very interesting. Looking at the various survey reports, especially for my community Millcreek, there certainly is a wealth of information, as there also is in wellbeing resources. A lot of work has obviously gone into the whole project, on the whole it seems well done. I look forward to seeing the results when the current annual survey completes this summer.”

Happy
Survey
Takers!

Surveys Run Through Early May 2024

Reporting to Cities in Summer 2024

Deeper Analysis & Resource
Development Fall 2024 –2025

Pending Funding, Next Surveys in 2026

Additional Surveys in 2024 if We Move *Really Fast!*



<https://www.vecteezy.com/free-vector/collaboration>

Panel of City Partners

Dave Dobbins – Draper



Seth Atkinson – Nephi City Manager



Joy Petro – Layton Mayor



Gary Hill – Bountiful City Manager



Alisa VanLangeveld – North Salt Lake City Council



Questions for Panelists

How would you describe your experience with the Wellbeing Project?

Has the survey information influenced any planning or actions in your city?

What would you say to other city leaders considering participation in the project?



THANK YOU!



www.usu.edu/utah-wellbeing-project

Dr. Courtney Flint – courtney.flint@usu.edu