

## **Chapter 9 – Public Health and Public Safety**

### **Chapter Outline**

**Community Well-being....2**

**Healthy Places....4**

**Active Living....7**

**Social Connections....8**

**Green Building....8**

**Code Enforcement....9**

**Healthy Natural Environment....9**

**Human Services....11**

**Public Safety....12**

**Access to Healthy Food....13**

## Chapter 9: Public Health and Public Safety

### Community Well-being

For more than a decade, the Frisco City Council has stated as one its Strategic Focus Areas a desire to “...provide quality programs and services which promote community well-being.” The concept of well-being is multi-faceted. It encompasses aspects such as health, happiness, safety, comfort, and prosperity, and focuses not only on the health of the body, but on the health of the mind and the fulfillment of the individual. The influence of a city on some of these factors is limited, but a municipality can directly affect others. City officials, city staff, and their local partners have unique insight into the opportunities in the community that should not be overlooked, the challenges faced by the people in their communities, and the resources that may be available to assist them.

The goal of a public health program should be to improve not only the physical condition of the people in a community—increasing activity levels, reducing the incidence of disease such as obesity and diabetes, encouraging smoking cessation—but also to create an environment for better economic and social conditions in a community—attracting employment and providing environments that encourage connections between people. The approach should be to focus on health rather than health care and to include strategies that not only make healthy options available to people, but make it easier to choose those options.

Since 2008, Gallup, the polling organization, and Healthways, a business founded in 1981 to focus on defining, assessing, and improving health and well-being, have been collaborated to create the Gallup-Healthways Well-being 5 and the Well-being Index, which measure the factors that contribute to how an individual perceives the experiences of daily life. In the Well-being 5, well-being is defined to include:

- Sense of Purpose: Liking what you do each day and being motivated to achieve your goals
- Social Connection: Having supportive relationships and love in your life
- Financial Security: Managing your economic life to reduce stress and increase security
- Physical Health: Having good health and enough energy to get things done daily
- Community: Liking where you live, feeling safe and having pride in your community

The 2013 Well-being Index for the United States is based on 178,000 surveys conducted on landline and cellular telephones, with interviews in both Spanish and English. According to the 2013 *State of Texas Well-being* report, also an initiative of Gallup-Healthways, Texas ranks 21 out of the 50 states in a composite scoring of factors related to well-being:

- Life evaluation  
*Current life situation compared to the life situation anticipated 5 years in the future*
- Work environment  
*Factors related to a worker’s feelings and perceptions of their work environment*
- Physical health  
*Related to Body Mass Index, disease burden, sick days, physical pain, daily energy, history of disease, and daily health experiences*

- Healthy behaviors  
*Lifestyle habits with established relations to health outcomes*
- Basic access  
*Access to food, shelter, health care and a safe and satisfying place to live*

The Dallas-Fort Worth-Arlington area received its highest score in the measures related to Physical Health (top 20%), and in the Life Evaluation, Work Environment, and Physical Health categories (top 21-40% range). The lowest scores were achieved in the Healthy Behaviors and Basic Access categories. The overall score for the Dallas-Fort Worth-Arlington area was in the second (top 20%), in the same group as El Paso, San Antonio, and Houston-Sugar Land-Baytown, but behind Austin-Round Rock. The Dallas-Fort Worth-Arlington area has remained in the second quintile in the overall ranking each year since the beginning of the assessment in 2008. The Index became an international measure in 2013 and is now available to people in 135 countries worldwide. Below is a summary of the comparison.

**2013 State of Texas Well-being Index**

**Numerical index indicates the ranking within 189 Metropolitan Statistical Areas within the US included in the evaluation. A lower score is more desirable.**

City	Overall	Life Evaluation	Emotional Health	Work Environment	Physical Health	Healthy Behaviors	Basic Access
Austin-Round Rock	30	13	42	26	39	57	91
Beaumont-Port Arthur	184	158	152	187	159	184	175
Corpus Christi	171	144	174	118	177	142	166
D-FW-Arlington	54	46	76	43	34	118	133
El Paso	68	25	37	108	44	45	177
Houston-Sugar Land-Baytown	60	32	75	53	28	117	159
Killeen-Temple-Fort Hood	128	78	146	176	78	137	103

Source: Gallup-Healthways

**Healthy Places**

Deliberate, thoughtful community design and development can contribute greatly to the health and well-being of individuals and families. In 2013, the Urban Land Institute (ULI) published a report called “Ten Principles for Building Healthy Places.” This report includes a set of strategies for development aimed at improving the health of communities, their economies, and the people who live and work within them. The 10 principles referenced in the title, and a brief explanation of each, are:

- *Put People First*  
*Individuals are more likely to be active in a community designed around their needs.*  
Less emphasis on the automobile and more design features encouraging walking and biking to destinations will improve health outcomes, educational and workplace performance, and overall

community well-being; but attention must be focused on the public health aspects of a project before it is built, not after.

- *Recognize the Economic Value*  
*Healthy places can create enhanced economic value for both the private and public sectors*  
Walkable communities, with a variety of uses connected by sidewalks, bike lanes, and public transportation, and offering parks and open space to residents, employees, and visitors, are becoming the preferred locations for living for young adults and active seniors. These developments hold their value over time and offer a competitive advantage over similarly situated communities that do not have these features.
- *Empower Champions for Health*  
*Every movement needs its champions*  
The benefits of a healthy city need to be communicated to key messengers from within the community who represent a variety of backgrounds, demographics, and interests. These messengers, who may not normally collaborate on issues of mutual interest, can help promote the vision if it is clear, if they are passionate, and if the communicators share a common goal.
- *Energize Shared Spaces*  
*Public gathering spaces have a direct, positive impact on human health*  
One of the benefits of public space is that it can promote physical activity, inspire social engagement, and provide respite from the pressures of daily life. A city may have to be creative in seeking out open space opportunities that have been overlooked in the past. These opportunities can occur on public land, private land, or at the seam where the two meet. Street and sidewalk rights-of-way can be designed so that the transition between pedestrian movement corridors and outdoor dining is barely noticeable. Vacant properties and excess right-of-way can be converted into pocket parks, and trails can be constructed in the floodplain area parallel to a creek. It is important to plan and program these gathering spaces to accommodate a variety of activities where possible, perhaps hosting different uses during the daytime than in the evening, or different uses during the week than on the weekend.
- *Make Healthy Choices Easy*  
*Communities should make the healthy choice the one that is SAFE—safe, accessible, fun, and easy*  
To encourage people to engage in a healthy lifestyle, a community has to minimize the barriers to doing so. Clean, well-lit streets and appropriate traffic control measures and features can improve the safety of the street for pedestrians and cyclists, and attractive elements such as trees and plants as well as clear delineation between the walking and biking public and the automobile will foster activity and enjoyment. Where transit is available, not only should sidewalks and trails connect users to the system, but the journey should be pleasant and the route safe and clear.
- *Ensure Equitable Access*  
*Many segments of the population would benefit from better access to services, amenities, and opportunities*  
Elderly people, disabled persons, children, and those that struggle with financial insecurity face

an extra set of challenges in their daily lives. Access to affordable housing, health care, transportation, and nutrition may be limited, and the potential for becoming isolated can magnify the health effects of the other issues. Some of these challenges can be ameliorated with good planning and proper design. Cities can be more receptive to housing styles that are more suited to the needs of these population groups and work to ensure that some of these units are located near transit, jobs, and services that meet an individual's or family's daily requirements. Schools can be located within or near neighborhoods and connected to homes by safe sidewalks. In planning for the future, a city must consider the needs of all its citizens, regardless of age or ability.

- *Mix It Up*

*A variety of land uses, building types, and public spaces can be used to improve physical and social activity*

For several decades, the trend in community planning was to separate non-residential activities from residential uses, but recent thinking supports the idea of mixing these activities as not only the most efficient use of land, but also as a means of reducing transportation impacts, invigorating spaces, and connecting people. Many cities still maintain regulations that make it difficult to integrate uses, and because the first few projects in a community may seem risky, not only to the development and finance community, but also to the public officials charged with approving them, there may be a need offer incentives to get the right projects and the proper mix of uses within them.

- *Embrace Unique Character*

*Places that are different, unusual, or unique can be helpful in promoting physical activity*

Very often, a community is associated in the minds of its residents, workers, or visitors with a distinctive natural or manmade feature, historical building or district, or some other distinguishing asset. Natural areas may have been hidden by surrounding development, architectural gems may have been neglected as new buildings have been constructed, or special places may have been overlooked simply because they have become unsafe from lack of use. Recognizing and taking advantage of these assets can be the first step to creating a memorable place that will attract activity and interest and create community identity.

- *Promote Access to Healthy Food*

*Because diet affects human health, access to healthy food should be considered as part of any development proposal*

Planning for the availability of healthy food has only recently entered into the conversation as a community development goal. Access to a full-service supermarket or grocery store, with a variety of fresh fruits and vegetables and quality protein sources, is important to the good health and vitality of an individual or family. Grocery stores need not be 50,000 square feet or more in size with large parking lots to support them; smaller format stores can fit into urban areas or on small or infill sites to meet the needs of people in neighborhoods challenged by development constraints. Community gardens and farmers markets are becoming increasingly popular, not only as sources of fresh food, but also as gathering places, and schools and community centers can serve as sites for the distribution of meals to people at risk of nutritional deficit.

- *Make it Active*  
*Urban design can be employed to create an active community*  
Less than half of the population gets the amount of physical activity recommended by the Centers for Disease Control and Prevention—150 minutes a week for adults and an hour a day for children. To encourage people to step up to the challenge, the man-made environment must accommodate an active lifestyle. Parks and open spaces should be designed for multiple purposes and to appeal to people with a variety of abilities and those who might otherwise choose sedentary activities. In planning for transportation, biking and walking should be assumed to be common modes of travel, and safe accommodations for walkers and cyclists should be included in all designs. Efforts should focus on closing any gaps in the sidewalk and trail network to achieve an uninterrupted, interconnected non-motorized travel network.

Not every city can be true to all of these principles with every development. The mixing of uses is not practical at every location, for example; however, taking steps in the right direction when the opportunity arises is important and can make a big difference to people seeking a healthier lifestyle.

### **Active Living**

Lack of physical activity and poor eating habits are leading causes of death and disease in the American population, but cities can be a part of the solution to these problems. According to the Centers for Disease Control and Prevention, physical activity can help:

- Maintain a healthy weight;
- Reduce high blood pressure;
- Lessen the risk of diabetes, cardiovascular disease, stroke, osteoporosis, and some forms of cancer;
- Reduce arthritis pain, the risk of falls, and associated disability; and
- Reduce the symptoms of depression and anxiety.

Proper community design can help promote physical activity and well-being by:

- Accommodating active (human-powered) modes of transportation, such as walking, biking, and skating;
- Presenting a variety of recreational opportunities for groups and individuals—active and passive; indoor and outdoor; urban parks and suburban open spaces; and
- Connecting people and their destinations with facilities such as sidewalks, bike lanes, and trails that encourage movement.

In Frisco, indoor and outdoor recreational options abound—

- Walking
- Jogging/Running
- Bicycling
- Skating
- Swimming
- Aerobics
- Weight lifting
- Rock climbing

- Football
- Baseball
- Basketball
- Soccer
- Ice hockey
- Golf

Even gardening and yard work are healthy pastimes because they require movement. Many of these activities allow for league play or group participation so that they involve an element of social engagement as well.

### **Social Connection**

Social connection is one of the factors measured in the Gallup-Healthways Well-being 5. Human interaction is associated with both physical and mental health benefits—happiness, better health, and a longer life. By contrast, isolation can contribute to depression, cognitive decline, and even premature death. These characteristics can be particularly prevalent in the elderly and the disabled. A 2010 report on stress management from the Harvard Medical School states that social connections can help reduce stress, a major factor in heart disease, digestive disorders, insulin regulation, and immune system response. It also notes that caring for other people can result in the release of stress-reducing hormones.

Companionship, emotional bonding, and human connection can be experienced in a variety of settings:

- At home;
- In the neighborhood;
- At school;
- At a church, synagogue, temple, or mosque;
- In the workplace;
- At the playground;
- In a café;
- At the community center; or
- At a concert or festival.

The possibilities are nearly endless, but most of them have one thing in common: they are places. To facilitate these interactions, the City should design these important spaces carefully. They should be people-oriented, and for some, pet-friendly. They should be safe and welcoming. They should accommodate persons of all ages and abilities. They should include greenery and seating. They should be walkable and connected to users.

### **Green building**

Since July 2007, all commercial and multi-family structures have been required to meet the City of Frisco's Green Building Code, a set of regulations aimed at reducing water and energy consumption and protecting existing ecosystems. The Green Building Code was adopted for residential construction in 2001, and with the adoption of the residential Green Building Code, Frisco became the first city in the United States to have a Green Building requirement for all types of construction. Among the objectives



of the residential Green Building requirements are improving indoor air quality, increasing energy efficiency, encouraging the use of sustainable building materials, and conserving water

As of late 2012, more than 7.7 million square feet of commercial space had been constructed using these standards, resulting in an estimated savings of more than 240 million gallons of water, the establishment of more than 230,000 square feet of bioretention area, and the planting of more than 8,000 trees in Frisco. Since the adoption of the Green Building Code, permits have been issued for 20,793 single-family residential units, or 50% of the total single-family units in Frisco, and 6,020 multi-family and/or mixed-use residential units, approximately 56% of the total (as of September 1, 2014).

### **Code Enforcement**

Code enforcement is an important part of the formula for creating successful, sustainable communities. The Code Enforcement Division is responsible for identifying and responding to violations on residential and commercial properties related to:

- Substandard or abandoned structures, which can become unsafe and attract vagrants and criminal activity;
- High weeds and vegetation, which detract from property appearance;
- Unsecured fences around swimming pools, which pose a particular threat to children;
- Accumulated debris, which is unsightly and can harbor rodents and vermin;
- Fences in need of repair, which can become dangerous and unattractive as well as ineffective as a barrier to unauthorized persons and activities;
- Problems such as noise, traffic, or the storage of hazardous materials associated with home-based businesses, which detract from the neighborhood environment and potentially endanger residents; and
- Illegal signs, which create clutter in residential neighborhoods and commercial areas.

In addition to improving neighborhood appearance, and therefore property values, property pride and maintenance deter criminal activity. As buildings grow older and the population ages, maintenance will become more challenging, and Code Enforcement will play an even greater role in pre-empting deterioration and preserving the integrity of Frisco's neighborhoods.

Homeowners Associations (HOAs) can assist in keeping neighborhoods strong and viable. The Five-Star Neighborhood Program recognizes those HOAs among the 120 currently organized in Frisco that demonstrate good leadership, effective communication, fiscal responsibility, and community involvement.

### **Healthy Natural Environment**

A healthy natural environment is an important component of a healthy community. Preserving, and even improving, the natural environment is a fundamental part of creating a sustainable place. Air, water, and natural areas are all elements of the natural environment that impact human health and the quality of life.

Collin and Denton Counties are both classified as moderate nonattainment zones for 8-hour ozone levels by the Environmental Protection Agency (EPA). Sunlight and high temperatures combine with nitrogen oxide (NOx) and volatile organic compounds (VOC) to affect the ozone in the atmosphere. Reducing

NOx by avoiding cold starts, rapid accelerations, and engine idling and cutting down the miles traveled by gasoline- and diesel-powered vehicles, can be effective in the fight to reduce air pollution, which causes health problems, particularly for people with respiratory problems.

Encouraging ride sharing, using transit and modes of travel other than the automobile, and choosing alternative fuels can have a positive effect on air quality. As an added benefit, walking and bicycling can save money and may reduce the risk of heart disease and stroke. Preserving and planting desirable healthy trees reduces temperatures and removes airborne particles and gaseous pollutants from the atmosphere.

Water concerns fall into two categories: water quality and water supply. Clean drinking water is a basic requirement for human life. Both surface water and ground water are subject to contamination from pollutants in the air; pesticides and chemicals used in lawn maintenance, swimming pools, and industrial processes; animal waste; and multiple other sources. Bioretention areas can also be established to collect stormwater in ponds and use soils and plants to help filter out pollutants and sediment. Exercising greater caution at home and in the workplace can improve the quality of water.

After several years of drought, the water supply issue has emerged as a potential threat not only to public health and safety (water for drinking and firefighting) but also to the economy in North Texas (water for industrial processes and as a business recruitment and retention issue). Individuals can do their part in numerous small ways to help conserve water for the 9 million people expected to populate the 10-county region in North Texas that includes Frisco by 2030. Indoors, they can:

- Fix leaks on appliances and faucets;
- Use less water while bathing, shaving, and brushing teeth; and
- Wash only full loads of laundry and dishes.

Outdoors, water savings can be achieved by:

- Choosing drought-tolerant plants;
- Watering lawns and landscaping only as much as necessary and when it is required; and
- Using a bucket or a hose with a cut-off when washing the car; and
- Reducing the amount of paving, using bioretention, and taking other steps to minimize run-off, erosion, and sedimentation in lakes and reservoirs that provide water to Frisco and other North Texas cities.

These seemingly small measures, when implemented by all of Frisco's citizens, can add up to significant water savings.

Frisco is one of 13 member cities in the North Texas Municipal Water District (NTMWD), which provides water to more than 1.6 million people in 61 cities, towns, utility districts, and water supply corporations in the North Texas area. All of Frisco's drinking water is supplied by NTMWD, and the District also treats the City's wastewater and solid waste. In recent years, restrictions on outdoor watering have been implemented, and the District has been focusing on planning for the long-term water supply. Among the top priorities set by the District are:

- Continuing its emphasis on water conservation and protection programs and drought education;

- Securing the future for water and wastewater supplies and services (as well as solid waste services);
- Maintaining the District's infrastructure to provide reliable service today and in the future through preventive and predictive maintenance.

Natural areas within Frisco, such as creek corridors and groves of trees, if properly preserved and sensitively improved, can provide benefits to the population by providing recreational opportunities for better health and access to nature for an improved quality of life. Both of these will contribute to individual and community well-being.

### **Human Services**

The City of Frisco Social Service and Housing Board, which administers the City's CDBG program and the Social Services Fund supported by revenue from the City's General Fund, conducted a series of focus groups in 2013-2014 that identified three major challenges facing the Frisco population:

- Transportation;
- Affordable housing; and
- Mental health services.

The first two issues—transportation and affordable housing—pose particular problems for the elderly, the disabled, and economically disadvantaged households and may affect a person's ability to enroll in school, hold a job, and meet life's most basic needs. The third—the lack of mental health services—creates problems across all age groups and social and economic classes. Police officials have expressed a particular concern with the lack of readily available mental health resources in Frisco, which could be part of a more comprehensive set of victim's assistance services.

Presently, there is not a full-service, fixed-route public transit system in Frisco. TAPS Public Transit provides on-demand, curb-to-curb service in the Collin County portion of Frisco (generally east of the Dallas North Tollway) on weekdays from 6:00 a.m. to 5:30 p.m. Rides must be scheduled at least 24 hours in advance, and a standing reservation can be made for recurring trips, such as a ride to work or school or a weekly medical appointment). Fares vary by destination and monthly passes are available at a reduced rate with additional discounts for seniors (age 60+) and disabled persons.

TAPS will provide service for Frisco passengers to and from McKinney to the DART station at Parker Road in Plano (eight departures daily, Monday through Friday), and to and from Dallas Fort Worth International Airport and Love Field in Dallas from a Park & Ride lot in McKinney. The Airport Hop service operates four times a day, seven days a week; 72 hours' notice is required. As of August 2014, TAPS is the provider of approved non-emergency medical transportation for Medicaid, Children with Special Health Care Needs (CSHCN) and Transportation for Indigent Cancer Patients Program (TICP) members Monday through Friday, 8:00 a.m. to 5:00 p.m. Rides must be booked the day before.

The western portion of the City is in Denton County. The Denton County Transit Authority (DCTA) does not currently provide service to Frisco because it is not a member city.

While there may be an ample supply of quality housing in Frisco, it is difficult to find an affordable home. The median price of a new home is more than \$300,000; median rents are approximately \$1,200 per month. Households that pay more than 30% of their monthly income for rent or mortgage plus

utilities are considered housing-cost burdened, and in Frisco, 39% of the renters and 24% of the homeowners fit this criteria. Because of the tightening of mortgage requirements since the recession of the late 2000's, homeownership will likely continue to elude many families in the near future, so many will remain in, or return to, the rental market to meet their housing needs. The Board has offered a first-time homebuyer's program for employees of the City of Frisco and Frisco ISD in the past; however, the home prices in Frisco are beyond the affordability of the applicants, even with down payment assistance, and no applications have been approved.

High demand for rental units will force the rates upward, making them even more unaffordable, and the supply may become even tighter as more people move to the Dallas Fort Worth metroplex from outside the area for employment. Even with the creation of new jobs, some families are still struggling due to the unemployment or under-employment of at least one of the household's wage earners, and they may prefer renting to preserve their flexibility should a better employment opportunity appear.

Mental disorders can include a variety of illnesses, from chronic depression, addiction, and eating disorders to anxiety, schizophrenia, and Alzheimer's disease. These conditions, once they become chronic, can affect a person's mood, thinking, and behavior and interfere with their ability to function on the job and at home. Progress can be made when professional help is available, but there are no mental health facilities in Frisco, and the ones in nearby towns often have no openings and can be very costly.

Besides the three issues identified as most critical by the focus groups, other needs include:

- Child care for working families;
- Job training for unemployed persons or those with obsolete skills or a desire to reorient their careers;
- Senior services, which can range from nutrition programs to housing rehabilitation to social services;
- Health care resources (preventive, routine, and emergency)
- Shelters for emergency situations (domestic violence, homelessness, natural or manmade disasters)

### **Public Safety**

The perception of safety is important to current and future residents, businesses, and visitors to a community. The portfolio of public safety services provided by the City of Frisco includes:

- Crime deterrence, response, and investigation;
- Fire prevention, suppression, investigation, rescue, and medical transport; and
- Emergency management, disaster planning, and emergency response training.

In terms of criminal activity, Frisco, like many suburban cities in the Dallas-Fort Worth metroplex, experiences mostly property-related crime. Frisco Police work with neighborhoods, apartment managers, and business security officers who assist the Department by observing and reporting suspicious behavior.

Police officials and Development Services personnel agree that they want to be more proactive in implementing Crime Prevention through Environmental Design (CPTED) in the future. CPTED is a set of community design principles aimed at deterring criminal activity. Certain design features or combinations of features play a role in reducing the opportunity for crime, including:

- Fencing;
- Landscaping;
- Lighting;
- Signage;
- Open views;
- Access control;
- Surveillance equipment; and
- Activity centers.

With prior thinking, these design elements can easily be incorporated into a development without infringing on the user's enjoyment of the built and/or natural environment, and they can be applied in residential, non-residential, and mixed-use areas. For CPTED to be the most effective, representatives of all the City departments involved in the review of development proposals should be familiar with these techniques and watch for opportunities to implement them.

As the population continues to grow and vacant properties develop, more officers will be needed and more space will be required to house them. The desire of the Police administration is to maintain all departmental functions except School Resource Officers at the headquarters location in central Frisco, which may need to be expanded to accommodate their operation as it grows. There may be an opportunity, however, to open a "police storefront" if properties along Dallas North Tollway develop into denser mixed-use areas in the future. This storefront would be a location where officers could maintain a presence in a small office appropriate for performing routine police functions.

In contrast to the strategy of the Police Department, the Fire Department will continue to build fire stations as new areas develop. Fire officials would like to design new stations so that they blend in with the character of the surrounding area. In denser parts of the community, for example, new stations could be built as two-story structures, with storage of the firefighting apparatus downstairs and living quarters above. A station of this type would require less land and could be integrated easily into an urban or mixed-use neighborhood. The Emergency Services Department will expand its network of outdoor warning sirens concurrent with new development.

Both Police and Fire plan to continue working to build bridges with the community and to partner with schools, faith-based organizations, cultural organizations, homeowners associations, and other institutions and organizations to learn how to respond more effectively to the differences in language, cultures, and acceptable medical and other practices represented in the increasingly diverse Frisco community. The Departments are also beginning to anticipate changes in the number and type of service calls that may occur due to the aging of the population.

### **Access to Healthy Food**

Obesity and diabetes are major health problems in the United States, and Texas is no exception. High-calorie, high-fat, processed food makes up too much of the regular diet of many families. These products are heavily marketed and readily available in restaurants of all types, but particularly in fast food outlets, where they are often both cheap and convenient. Consuming too many of these foods, or over-consuming food in general, can lead to obesity, which is not only a health problem in itself, but can lead to other diseases. Childhood and teen obesity is of particular concern, because it has been linked to:

- Heart disease (high cholesterol and/or high blood pressure);
- Type 2 diabetes;

- Asthma;
- Sleep apnea; and
- Discrimination and bullying from peers.

Many Americans, rushing to fit in all the activities of daily life, find themselves consuming more fast and processed foods than are healthy and do not get the nutrition they need from the lean protein sources, low-fat dairy products, whole grains, and fruits and vegetables recommended by the Centers for Disease Control and Prevention. The most convenient source of these healthier foods is a grocery store that carries a wide variety of fresh products.

Grocery stores come in all sizes and sometimes are part of a larger store, often called a super center, which also contains other household goods. There are currently over a dozen full-line grocery stores in Frisco, as well as a few specialty stores offering ethnic and fitness food products.

Fresh produce can also be found at a farmers market or grown in a backyard or community garden. A seasonal farmers market has operated in the Frisco Square area on Saturday mornings from May through October since 2007. Besides locally-grown produce, fresh meats, eggs, pasta, baked goods, honey, herbs, and hand-crafted non-food items are available for purchase, and events and entertainment are scheduled for the enjoyment of shoppers or people who like to gather at the market.

Since 2009, Frisco Family Services (FFS) has partnered with a local civic club to sponsor a community garden, located at First Street and Ash Street. Fruits and vegetables are grown in the garden for donation to FFS for distribution to Frisco residents in need of food assistance.