

Mr. Roberto J. Alonso, Board Member

**SUBJECT: RECOGNIZING AMERICAN HEART MONTH: EXPANDING PREVENTATIVE CARE TO DISTRICT EMPLOYEES**

**COMMITTEE: PERSONNEL, STUDENT, SCHOOL & COMMUNITY SUPPORT**

**LINK TO STRATEGIC PLAN: INFORMED, ENGAGED, & EMPOWERED STAKEHOLDERS**

February is recognized nationally as American Heart Month, a time to raise awareness around heart disease, the leading cause of death in the United States. Preventative care, early detection, and healthy lifestyle habits remain among the most effective tools to reduce risk and improve long-term outcomes.

Over the years, Miami-Dade County Public Schools has demonstrated strong leadership in prioritizing student health and safety, including cardiac awareness, emergency preparedness, and access to preventative screenings. These efforts, supported by community and healthcare partners, have helped position our schools as safe environments for students, staff, and families.

As we continue to invest in our students, this moment also presents an opportunity to focus intentionally on the health and well-being of our workforce. Our employees are the backbone of this district, and supporting their long-term health directly impacts morale, retention, and overall district performance.

District health data underscores the importance of proactive heart health efforts for our workforce. The district's health plan covers approximately 41,000 members, with an average age of 42. Nearly 59 percent of covered members have been diagnosed with at least one chronic condition, and chronic conditions account for approximately 67 percent of total healthcare plan costs. Cardiovascular risk factors remain prevalent, with more than 10,000 covered members diagnosed with hypertension or high blood pressure. These trends highlight both a health and operational opportunity to expand early detection and preventative care for employees.

The district has already demonstrated the value of proactive cardiac initiatives through partnerships such as Project ADAM and prior Board actions recognizing the importance of EKG screenings as a preventative tool. These same strategies that have benefited students can and should be extended to the adults who serve them every day.

This item seeks to build on that foundation by exploring employee-focused community health fairs centered on heart health and prevention. These events would prioritize access to free preventative services, including EKG screenings, blood pressure checks, cholesterol testing, and heart health education. By partnering with trusted local healthcare systems, higher education institutions, and community organizations, the district can deliver meaningful support directly to employees in an accessible and impactful way.

Expanding preventive care for employees reinforces a culture of wellness, supports early detection, and demonstrates our commitment to those who dedicate their careers to serving our students and families.

This item has been reviewed and approved by the Office of the General Counsel as to form and legal sufficiency.

**ACTION PROPOSED BY  
MR. ROBERTO J. ALONSO**

That The School Board of Miami-Dade County, Florida,  
request that the Superintendent of Schools:

1. Explore partnership and collaboration with Jackson Health System, U-Health System Urgent Care, local hospitals, colleges and universities, and the Office of Community Engagement to host employee focused health fairs centered on heart health and prevention, including access to free EKG screenings and other preventative services.
2. Present recommendations to the Personnel, Student, School & Community Support Committee outlining proposed timelines, required resources, and potential community partnerships, along with a clear plan of action to support implementation.