

don't go breakin', my *heart*

... health data



a heart is a terrible thing to break



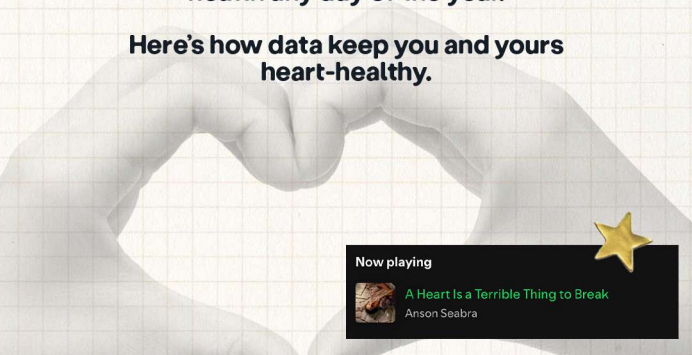
Your heart is kind of important.

Okay, really important.

So important that there is a an American Heart Month (February), a National High Blood Pressure Education Month and a National Stroke Awareness Month (both in May), plus a World Hypertension Day (May 17, 2026).

But we think you can celebrate heart health any day of the year.

Here's how data keep you and yours heart-healthy.



Now playing



A Heart Is a Terrible Thing to Break

Anson Seabra

my heart will go on

A patient with high blood pressure that creeps up in the spring controls it with allergy shots rather than upping his blood pressure meds because his doctor read that people with allergies and asthma are at greater risk of heart disease, thanks to **National Health Interview Survey (NHIS) data.**



Now playing



My Heart Will Go On - Love Theme fro...
Céline Dion

ooh, baby love

A pregnant Black woman receives early treatment for dangerously high blood pressure because her local clinic knew from National Vital Statistics System (NVSS) data that this condition is more likely among Black women and provided her with an at-home blood pressure kit.



Now playing



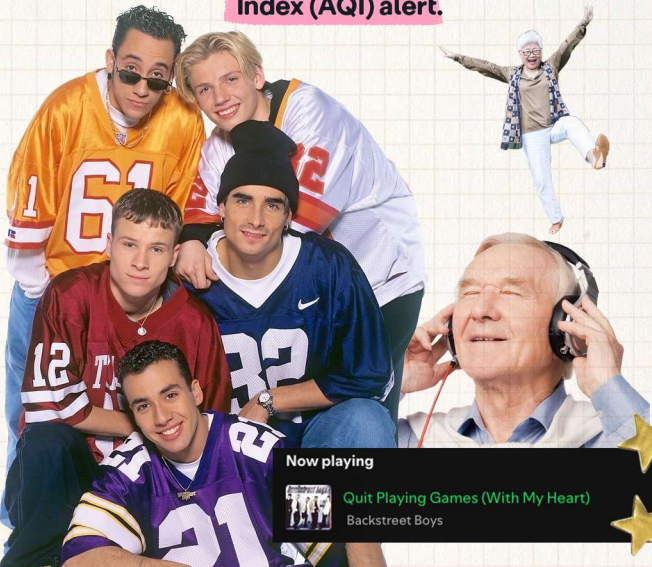
Baby Love

The Supremes



quit playing games (with my heart)

An older city resident with a history of heart attacks avoids putting himself at risk for another one because the Mayor announced on local television stations that people with his condition should stay indoors due to a **Code Red Air Quality Index (AQI) alert**.



Now playing



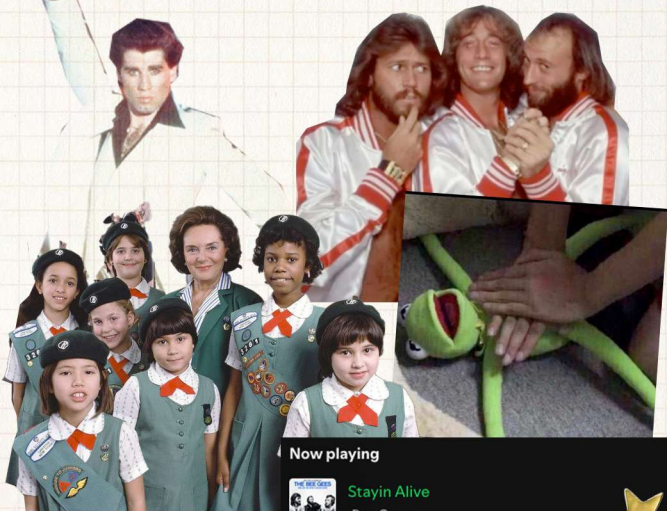
Quit Playing Games (With My Heart)

Backstreet Boys



stayin' alive

A Girl Scout successfully performed CPR on an adult volunteer who had a heart attack on a hiking trail, applying training from a city-sponsored program launched in response to Behavioral Risk Factor Surveillance System (BRFSS) data showing high local rates of cardiovascular disease.



Now playing



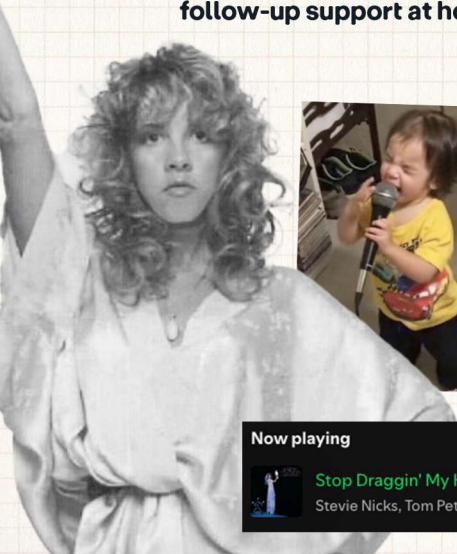
Stayin' Alive

Bee Gees



stop draggin' my heart around

Recently discharged heart failure patients beat the national 25% odds of readmission to the hospital within 30 days because CMS Hospital Readmissions Reduction Program data spurred their hospital to collaborate with community-based providers for follow-up support at home.



Now playing



Stop Draggin' My Heart Around (with...
Stevie Nicks, Tom Petty and the Heartbreakers





the bad news

all of these datasets are at risk.

the good news

resources like EssentialData.us help make the case for how federal datasets benefit American lives and livelihoods.



learn more @
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