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**Risk factors of coronary heart disease in primary care patients: Results of the prospective longitudinal DETECT program.**

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**Background:** Many cardiovascular events can be prevented or delayed by an appropriate management of risk factors.

**Methods:** DETECT ([www.detect-studie.de](http://www.detect-studie.de)) is a cross-sectional point prevalence study of 55.518 unselected consecutive patients attending 3.188 primary care settings in Germany. 7.519 patients were randomly assigned for a prospective-longitudinal cohort study with subsequent follow-up assessments. For all patients presence and absence of clinical risk factors, defined according to ESC definitions, were assessed at one year follow-up.

**Results:** Elevated BMI, increased total cholesterol, increased abdominal fat and blood pressure were the most frequent single risk factors. 20% of the patients had five or more risk factors.

**Conclusion:** Primary care populations are characterized predominantly by a high proportion of high risk constellations, that pose considerable challenge for routine care.