Abstract
Cardiovascular disease (CVD) is one of the leading causes of mortality and morbidity in the world and is the most frequent reason for hospitalization, due to excess fat and its distribution. This study intends to analyze the body mass index (BMI), the waist-hip ratio (WHR) and the waist to height index (WHI) as predictors of risk for cardiovascular disorders. The sample consisted of 223 participants, 90 women and 133 men. Variables and indexes such as height (cm) and weight (kg) were considered for obtaining BMI, waist and hip circumference (cm) for the WHR; the WHI was calculated by dividing the waist circumference (cm) by height (cm). Regarding BMI, women obtained an average of 21.5 kg/m², and 13.3 and 2.2% presented overweight and obesity, respectively. Likewise, males reached a BMI of 23.9 kg/m², and 25.5 and 7.7% showed overweight and obesity. In relation to the WHR, 96.7% of the women and 98.7% of the men showed values lower than those considered at risk. Finally, regarding the WHI, 33.2% of the sample presented high values. Conclusions were that 26.0% and 33.2% of the sample possess alterations in BMI and WHI, respectively, and risk of CVD.

Keywords
body mass index, waist hip ratio, waist height index, college students, cardiovascular diseases.