Most Nigerians eat for every reason other than hunger. Binge eating and bulimia are significant concerns. BMI along with waist circumference measurement points where the fat accumulates on the body. When fat is primarily stored around the trunk than in the hips, thigh or arms presents risk factors. The common cause of truncal obesity is eating too many heavily processed or highly fat foods and a lack of physical activity. Body Mass Index (BMI) is a good measure of general adiposity therefore, the aim of this research is to highlight a commonplace fact on Nigerians eating habits with its link on health status, through BMI assessment. The researchers measure fasting blood sugar using the principle of glucose oxidase method, BMI and associated anthropometric parameters in apparent healthy students, to scale the health status in prospect. The results revealed positive correlation between Fasting blood sugar with BMI and Waist circumference. The association between the BMI and Waist Circumference with Blood pressure showed both positive and negative correlation. BMI correlated well with Waist circumference. There was no significant change in all the parameters except in BMI. From the results, trend in the development of risk factor for cardiovascular diseases, obesity and diabetes are farsighted. Despite the limitation faced by BMI, of not putting into account many factors such as frame size and musculature, the result agreed with other parameters measured and reinforce the importance of normal body weight in young adults so as to address now, the future health.

**Keywords:** BMI, Waist circumference, Blood pressure, Fasting blood Sugar, Health status in prospect.