



Honduras



Background	Once part of Spain's vast empire in the New World, Honduras became an independent nation in 1821. After two and a half decades of mostly military rule, a freely elected civilian government came to power in 1982. The Honduran economy has slowly rebounded after COVID-19 and severe storms in 2020 and 2021.
Capital	name: Tegucigalpa
Government type	presidential republic
Area	total : 112,090 sq km land: 111,890 sq km water: 200 sq km
Climate	subtropical in lowlands, temperate in mountains
Natural resources	timber, gold, silver, copper, lead, zinc, iron ore, antimony, coal, fish, hydropower
Population	total: 9,529,188 (2024 est.)
Population growth rate	1.29% (2024 est.)
Ethnic groups	Mestizo (mixed Indigenous and European) 90%, Indigenous 7%, African descent 2%, White 1%
Religions	Evangelical 55%, Roman Catholic 33.4%, none 10.1%, unspecified 1.5% (2023 est.)
Languages	Spanish (official), Amerindian dialects
Executive branch	chief of state: President Iris Xiomara CASTRO de Zelaya (since 27 January 2022) head of government: President Iris Xiomara CASTRO de Zelaya (since 27 January 2022)
Diplomatic representation in the US	chief of mission: Ambassador (vacant); Chargé d'Affaires Leonardo VALENZUELA NEDA (since 10 June 2025)
Diplomatic representation from the US	chief of mission: Ambassador (vacant); Chargé d'Affaires Roy PERRIN (since April 2025)
Economic overview	second-fastest-growing Central American economy; COVID-19 and two hurricanes crippled activity; high poverty and inequality; declining-but-still-high violent crime disruption; systemic corruption; coffee and banana exporter; enormous remittances
Real GDP (purchasing power parity)	\$71.297 billion (2024 est.) \$68.85 billion (2023 est.) \$66.473 billion (2022 est.)
Real GDP per capita	\$6,600 (2024 est.) \$6,500 (2023 est.) \$6,400 (2022 est.)

Exports	\$9.352 billion (2024 est.) \$9.805 billion (2023 est.) \$9.51 billion (2022 est.)
Exports - partners	USA 49%, Nicaragua 8%, El Salvador 7%, Guatemala 5%, Mexico 5% (2023)
Exports - commodities	garments, coffee, insulated wire, palm oil, shellfish (2023)
Imports	\$18.235 billion (2024 est.) \$17.926 billion (2023 est.) \$18.101 billion (2022 est.)
Imports - partners	USA 36%, China 14%, Guatemala 8%, Mexico 6%, El Salvador 6% (2023)
Imports - commodities	refined petroleum, cotton yarn, garments, trucks, packaged medicine (2023)

Population Pyramid

