



# 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.)  
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\$6,400 (2022 est.)

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

## Population Pyramid

