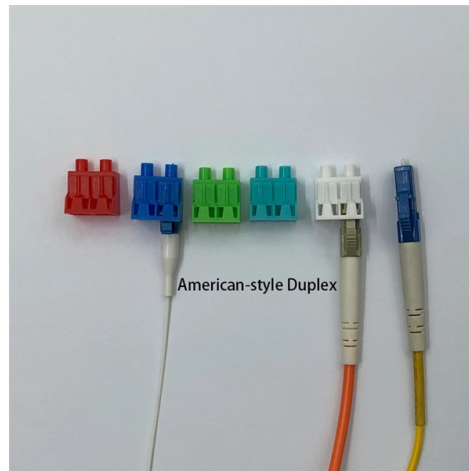


More than 100 million Hondurans



Overview

Honduras, a vibrant Central American nation, boasts a **population of ~10.6 million** (2024 estimates) with a **diverse racial and ethnic landscape**. Population estimates explicitly take into account the effects of excess mortality due to AIDS; this can result in lower life expectancy, higher infant mortality and death rates, lower. people have been internally displaced in Honduras as a result of generalized violence between 2004 and 2018. The majority identify as **Mestizo (mixed Indigenous and European ancestry)**, followed by **Indigenous peoples (Lenca, Garifuna, and others)** and. According to the 2022 revision of the World Population Prospects the total population was 10,278,345 in 2021, compared to 1,487,000 in 1950 (a fivefold increase in 60 years). 9% were aged between 15 and 65 years of age, and. Approximate date of impact Deportations of Hondurans from the U. and Mexico are expected to rise significantly between March and June 2025. immigration policies, effective 20 January 2025, per executive orders (1) (2) (3), could increase return flows, with U.



Article Content

Honduras: Population Movement

According to data from the U.S. Immigration and Customs Enforcement (ICE), the return of 261,651 Hondurans is

Key findings about U.S. immigrants | Pew Research Center

As of June 2025, the country's foreign-born population had shrunk by more than a million people, marking its first

Hunger Relief in Honduras | Action Against Hunger

The State of Hunger in Honduras More than 25% of the Honduran population requires humanitarian

Honduras Humanitarian Needs and Response Plan 2025

Mixed movements significantly impact border communities and refugees and migrants transiting Honduras. Between January and

Honduras | Global Humanitarian Overview 2025

Crisis overview Honduras faced a challenging year in 2024, as multiple humanitarian crises

Operational Update 33

The event is part of an integration process to create social cohesion and a more empowered community. The event counted with the

Honduras

Graph, map and compare more than 1,000 time series indicators from the World Development Indicators. Search, browse and map

Honduras | World Bank Group

Honduras is Central America's second-largest country by area and population, home to approximately 10.8 million

Honduras Humanitarian Needs and Response Plan 2025

Between January and November 2024, over 357,796 people of more than 100 nationalities entered the country, many

Honduras Demographics 2026 (Population, Age, Sex, Trends)

Population Pyramid, Age Structure, Sex Ratio (Males to Females), Life Expectancy, Dependency Ratio of Honduras

What is happening in Honduras? | NRC

In the third quarter of 2023, an average of more than 6,000 people per day entered Honduras's borders. That year,

Operational Update ENG

Hondurans were returned to the country in 2024 until 31 July. 94 people sought asylum in Honduras from 1 January to 31 July 2024

Global Trends | UNHCR

Key statistical trends on forced displacement, including the latest official global figures on refugees, internally

Spotlighting The World Factbook as We Bid a Fond Farewell

Some readers even inquired whether their preferred geographic designation or world entity could be included on the

5 facts about Honduras and immigration | Pew Research Center

65% of people in Honduras live in poverty. 16% of Honduras's GDP is based on money sent from migrants abroad.

Honduras Population Pyramid 2025

Interactive population pyramid for Honduras in 2025. Total population: 11,005,860. 422 babies born daily (birth rate: 14 per 1,000).

Operational Update 41

According to the National Migration Institute, more than 18,517 refugees and migrants entered and crossed through Hondurans were

Fearing deportation, Hondurans in the US send more cash home than

With many undocumented Hondurans sharing the sense of a looming threat or deadline over their futures, many are

What is happening in Honduras?

In addition, more than 2 million people are considered to be in food crisis. Inequality and poverty are historical and

Honduras Says Trump's Deportation Plan Could Push It Closer to China

Many Latin American countries are trying to distance themselves from Beijing. But in response to President Trump's

Operational Update 41

From 1 January to 31 May 2025, 14 Honduran returnees have been killed—all men—across more than 10 municipalities,

More than 100 million people are forcibly displaced

Refugee Data Finder More than 100 million people are forcibly displaced Introduction
This summary reflects the situation in May

Honduras

How will Honduras' age structure change in the future? As we covered earlier in this profile, the structure and age distribution of a

Demographics of Honduras

More than 30% of the population is divided between the lower middle and upper middle class, less than 10% are wealthy or belong to

Honduras Population 2026

Details and statistics about Honduras, a country in North America known for the Mesoamerican Barrier Reef and Mayan

Honduras Today: Population and Race Breakdown

Honduras' population has grown steadily, reaching **~10.6 million** in 2024, with a **growth rate of ~1.1% annually**. This places it

Honduras Population (1950-2026)

Total population for Honduras in 2023 was 10,593,798, a 1.54% increase from 2022. Total population is based on the de facto

Honduras: An Overview

In January 2025, President Castro reportedly suggested that Honduras might expel JTF-Bravo if the Trump Administration moved to

Contact Us

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