

4. Population

4.1 National Population

The population was estimated at 3.4 million in mid-1978 (World Bank) and at about 3.7 million in January 1980 (CIA, National Basic Intelligence Factbook). Estimates of the country's high growth rate range between 3.3 and 3.5%. While the GOH does not have a population policy based on demographic considerations, family planning for health reasons is gaining official acceptance. Services are provided (though are not yet widely accessible) through the existing health delivery system.

The urban growth rate is about 5.5% per year; 36% of the population was urban in 1980. The proportion of the population of working age (15-64 years) declined from 52% in 1960 to 49% in 1978. (See also section 5.9, Overview of Housing.)

4.2 Regional Population

Despite a high population growth rate, the country's demographic density is still low, estimated at 29-31 persons/per sq. km. overall. The disparity between regions is marked, however, ranging from 66 to 1.4 persons/per sq. km. Largest concentrations are in the northwestern and western parts of the country -- in the departments of Ocotepeque, Cortes, Copan, Valle, Choluteca, and Francisco Morazan. The central area and the southern Caribbean coastal region are sparsely populated.

Regional Distribution (1975) ('000)

<u>Region</u>	<u>Population</u>
Atlantida	150.9
Colon	70.0
Comayagua	154.5
Copan	188.1
Cortes	339.9

<u>Region</u>	<u>Population</u>
Choluteca	244.8
El Paraiso	158.1
Francisco Morazan	530.2
Gracias a Dios	19.1
Intibuca	99.7
Islas de la Bahia	10.1
La Paz	76.9
Lempira	151.5
Ocotepeque	64.9
Olancho	160.1
Santa Barbara	260.8
Valle	112.0
Yoro	190.3
Total	2,981.9

Population Density (1975)

<u>Region</u>	<u>Area</u>	<u>Pop/sq. km.</u>
Francisco Morazan	7,946.2	66.7
Atlantida	4,251.2	35.5
Colon	8,874.8	7.9
Comayagua	5,196.4	29.7
Copan	3,203.0	58.7
Cortes	3,954.0	86.0
Choluteca	4,211.0	58.1
El Paraiso	7,218.1	21.9
Gracias a Dios	16,630.0	1.1
Intibuca	3,072.2	32.5
Islas de la Bahia	260.6	38.8
La Paz	2,330.6	33.0
Lempira	4,289.7	35.3
Ocotepeque	1,680.2	38.6
Olancho	24,350.9	6.6
Santa Barbara	5,115.3	51.0
Valle	1,564.6	71.6
Yoro	7,939.2	24.0
Total	112,088.0	26.6

4.3 Urban Population (1975)By Department, Towns of 2,000 or more Population.

*Francisco Morazan	410,300	Copan	
**Tegucigalpa, DC	270,645	**Santa Rosa de Copan	12,103
El Porvenir	2,343	Copan Ruinas	2,306
Guaimaca	3,920	Corquin	2,629
San Ignacia	2,204	Dulce Nombre	2,328
Talanga	4,805	El Paraiso	2,654
Villa de San Francisco	2,517	Florida	2,803
		Nueva Arcadia	5,853
*Atlantida	81,900	*Cortes	315,200
**La Ceiba	38,582	**San Pedro Sula	148,082
Tela	19,268	Choloma	9,671
Colon		Chamelecon	3,014
**Trujillo	4,019	Cofradia	2,738
Sonaguera	2,262	La Lima	14,255
Sava	2,809	Potrerillos	6,312
Tocoa	2,840	Puerto Cortes	25,661
*Comayagua	54,500	San Antonio de Cortes	2,090
**Comayagua	13,396	San Manuel	2,301
Ajuterique	2,782	Santa Cruz de Yojoa	1,849
La Libertad	2,250	Villanueva	4,914
Minas de Oro	2,716	*Choluteca	47,400
Siguatepeque	12,005	**Choluteca	25,120
Villa de San Antonio	2,418	El Triunfo	2,913
Lempira		Pespire	2,010
**Gracias	2,580	San Marcos de Colon	4,397
El Paraiso		Ocotepeque	
**Yuscaran	1,831	**Nueva Ocotepeque	4,622
Danli	11,369	San Marcos	2,001
El Paraiso	6,717	*Olancho	33,600
Teupasenti	1,999	**Juticalpa	10,095
		Campamento	2,274
		Catacamas	9,081
		Gualaco	3,001
		San Francisco de La Paz	2,288

Gracias a Dios (largest towns)		Santa Barbara	
**Puerto Lempira	742	**Santa Barbara	5,910
Brus Laguna	921	Azacualpa	3,350
		El Mochito	4,036
Intibuca		Las Vegas (El Sauce)	5,592
**La Esperanza	2,241	Naranjito	2,766
Intibuca	2,988	San Jose de Colinas	2,754
Jesus de Otoro	2,962	San Luis	2,244
		San Marcos	2,519
Islas de la Bahia (largest towns)		San Nicolas	1,931
**Roatan	1,952	San Pedro Zacapa	3,382
Guanaja	1,938	Trinidad	2,491
Utila	1,183		
La Paz		Valle	
**La Paz	6,743	Nacaome	5,894
Marcala	2,685	Amapala	1,908
		Langué	2,456
		San Lorenzo	9,261
		*Yoro	64,000
		**Yoro	4,233
		El Negrito	2,592
		El Progreso	28,014
		Morazan	4,648
		Olancho	7,727
		Santa Rita	5,292

* 1978 urban population figures from World Bank, Honduras: Eighth Highway Project, August 1980.

** Departmental Capital.