

S.No.	Department	Department capital	Population (2001 census)	Population (2013 census)	Population change (%)	Area (km)	Population Density (2013)	Municipalities
1	Choluteca	Choluteca	390,805	437,618	17.48	4,360	100.4	16
2	Comayagua	Comayagua	352,881	493,466	25.33	5,124	96.3	21
3	Lempira	Gracias	250,067	321,179	26.19	4,234	75.9	28
4	Olancho	Juticalpa	419,561	520,761	21.45	24,057	21.6	23
5	Atlántida	La Ceiba	344,099	436,252	18.44	4,372	99.8	8
6	Intibucá	La Esperanza	179,862	232,553	29.27	3,123	74.5	17
7	La Paz	La Paz	156,560	198,926	25.40	2,331	85.3	19
8	Valle	Nacaome	151,841	174,511	13.02	1,665	104.8	9
9	Ocotepeque	Nueva Ocotepeque	108,029	146,030	22.61	1,630	89.6	17
10	Gracias a Dios	Puerto Lempira	67,384	90,765	31.06	16,997	5.3	6
11	Islas de la Bahía	Roatán	38,073	62,557	29.12	236	265.1	4
12	Cortés	San Pedro Sula	1,202,510	1,562,394	30.58	3,923	398.3	12
13	Santa Bárbara	Santa Bárbara	342,054	421,337	17.63	5,024	83.9	28
14	Copán	Santa Rosa de Copán	288,766	371,057	25.44	3,242	114.5	23
15	Francisco Morazán	Tegucigalpa	1,180,676	1,508,906	21.44	8,619	175.1	28
16	Colón	Trujillo	246,708	309,926	18.98	8,249	37.6	10
17	Yoro	Yoro	465,414	570,595	18.63	7,781	73.3	11
18	El Paraíso	Yuscarán	350,054	455,507	22.05	7,489	60.8	18

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