HONDURAS

LANCET COUNTDOWN ON HEALTH AND CLIMATE CHANGE
DATA SHEET 2026

Health and Climate Change in Honduras

Lancet Countdown on Health and Climate Change tracks the connections between health and climate change. In its tenth iteration, the 2026 Global Report shows that the health impacts of climate change have escalated, and frequently accelerated, in the decade since the Paris Agreement came into force. The Lancet Countdown Latin America tracks these links across the region, and its 2026 report provides the latest assessment of progress and challenges on health and climate change across Latin America.

This document draws on findings from both the 2026 Lancet Countdown Global Report and the forthcoming 2026 Lancet Countdown Latin America Report to present key insights for Honduras.

Increasing heat exposure is affecting vulnerable populations and workers in Honduras, with consequences for health, physical activity, labour capacity and livelihoods.

Extreme drought has become more widespread in Honduras, threatening water availability, food security and livelihoods. Climatic conditions have also become increasingly favourable for dengue transmission, presenting additional risks to health.

Health received considerably less attention in Honduras's 2025 NDC than in its earlier submissions, while scientific research continues to document the health impacts of climate change.

Household air pollution continues to contribute to premature mortality in Honduras, while electricity accounts for a limited share of cooking energy use.

Heat and Health

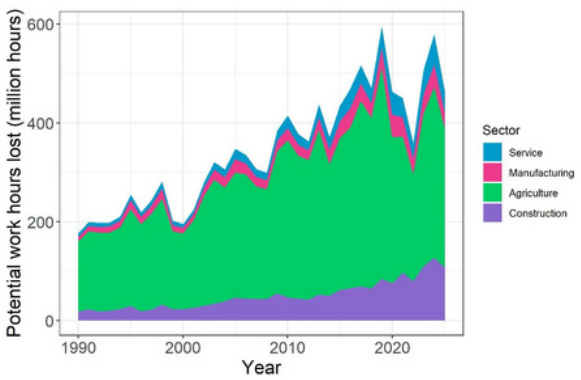
Exposure to high temperatures increases the risk of heat-related illness and mortality. Vulnerable groups, including older adults, young children, pregnant women, and those with pre-existing conditions, face the greatest risks.

Children under one year of age in Honduras experienced an average of approximately 10 heatwave days annually between 2016 and 2025, over 8 additional days per year compared with 2006–2015. **(Indicator 1.1.1)**

The average annual monetised value of heat-related mortality among people aged over 65 in Honduras was approximately US$254 million between 2021 and 2025, equivalent to approximately 14,600 average annual incomes. This was a 1,034% increase compared with 2000–2004. **(Indicator 4.1.2)**

People in Honduras were exposed to over 1,900 hours per year in which heat posed a moderate or higher risk of heat stress during moderate outdoor physical activity (e.g., brisk walking) between 2016 and 2025, over 350 hours more than the annual average in the 1990s. **(Indicator 1.1.2)**

Annual potential work hours lost, disaggregated by economic sector. Honduras, 1990-2025



Heat exposure caused an average annual loss of 488 million potential labour hours in Honduras between 2016 and 2025, 123% higher than the annual average in the 1990s. Agriculture accounted for approximately 66% of these losses, followed by construction at 18%. **(Indicator 1.1.3)**

Heat-related labour capacity reduction in Honduras caused an estimated potential earnings loss of US$771 million in 2025, equivalent to approximately 2% of national GDP. Agriculture accounted for 43% of these losses, followed by construction at 28%. **(Indicator 4.1.3)**

LANCET COUNTDOWN: HEALTH AND CLIMATE CHANGE IN LATIN AMERICA

Drought and Climate-Sensitive Infectious Diseases

Drought threatens water availability, food security and livelihoods, with consequences for health and wellbeing. Changes in temperature and rainfall can also influence the suitability for mosquito-borne disease transmission. In Honduras, extreme drought has become substantially more widespread, while climatic conditions have become increasingly favourable for dengue transmission.

An average of 49% of Honduras's land area experienced at least one month of extreme drought annually between 2021 and 2025, compared with 22% in 1981–1990. **(Indicator 1.2.2)**

The transmission potential (R_0) of dengue spread by *Aedes aegypti* mosquitoes in Honduras was 19% higher between 2016 and 2025 than in 1951–1960, reaching an average R_0 of 2.4. This indicates environmental conditions suitable for dengue transmission. **(Indicator 1.3.1)**

Health in Climate Policy and Research

Integrating health into national climate commitments and strengthening scientific research can support evidence-informed responses to climate-related health risks. In Honduras, references to health have declined in recent national climate commitments, while research continues to examine the health impacts of climate change.

The Lancet Countdown's assessment of Honduras's 2015, 2021 and 2025 NDC submissions identified a decline in health-related references, from eight in 2015 and 12 in 2021 to one in the 2025 document assessed. **(Indicator 5.4.1)**

Honduras reported that its national meteorological and hydrological services provide climate information to the health sector, including climate monitoring, analysis, forecasts and projections, to support responses to climate-related health risks. **(Indicator 2.2.1)**

An average of five scientific papers on climate change and health focused on Honduras annually between 2023 and 2025. All five papers published in 2025 examined the health impacts of climate change. **(Indicator 5.3.1)**

NATIONAL ADAPTATION PLANNING

Honduras' National Adaptation Plan (NAP), adopted in 2018, identifies human health as a strategic priority, including responses to climate-sensitive diseases and improvements to water, sanitation and energy services in health facilities. The country's official climate information system records an update to the NAP as underway in 2025.[1]

Household Energy and Health

The use of polluting household fuels contributes to harmful air pollution, increasing the risk of respiratory and cardiovascular diseases and premature mortality. According to the World Health Organization (WHO), Honduras's annual mean concentration of fine particulate matter ($PM_{2.5}$) was 19 μg/m³, almost four times the WHO annual guideline of 5 μg/m³. Expanding household electrification powered by renewable electricity can reduce exposure to harmful air pollution from fuel combustion in homes, protect health and lower greenhouse gas emissions.

Household air pollution from the use of polluting fuels was associated with an estimated 2,000 deaths in Honduras in 2023, approximately 25% fewer than in 2016. **(Indicator 3.2.2)**

Electricity accounted for 13.8% of the reported household cooking-fuel measure in Honduras in 2023. **(Indicator 3.1.2; Latin America Report)**

Romanello M, Walawender M, Israelsson J et al. The 2026 report of the Lancet Countdown on health and climate change: A decade of escalating health harms and a decisive moment for all. The Lancet 2026; published online October 2026. https://doi.org/10.1016/S0140-6736(26)01779-4

Hartinger S, Llerena-Cayo C, Strappa V et al. The 2026 Lancet Countdown Latin on Health and Climate Change for Latin America. The Lancet Regional Health – Americas, 2026

The Lancet Countdown was established in partnership with Wellcome.
For further information, visit lancetcountdown.org

Last updated: 19 November 2026

10 YEARS LANCET COUNTDOWN: TRACKING PROGRESS ON HEALTH AND CLIMATE CHANGE
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