Population Diversity of Central America

Guatemala: nearly half of Mayan admixture and ethnicity

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Caribbean coast: high percentage black population.

African slaves were brought to the Caribbean shores by English loggers and smugglers beginning in 1600s.

But most present-day blacks are descendants of English speaking West Indian Islanders who came to work in banana plantations and the Panama Canal in early 1900s. Most live today on Caribbean side of Panama, Costa Rica, and Nicaragua.

The Garífuna (Black Caribs) are descendants of Carib Indians and Blacks, many of whom were forcibly marooned in the Bay Islands of Honduras in late 1700s. Their language is an Arawakan dialect. Are subsistence farmers and fishers along the Caribbean shores of Guatemala, Belize, and Honduras.

The Miskito Indians inhabit eastern Nicaragua and Honduras, the latter having crossed there during and after the Sandinista Revolution in Nicaragua.

Most of the population on the drier Pacific side is a mestizo/landino admixture of Spanish, Indian, and some Africa admixture.