

Trinidad and Tobago

Caribbean · Capital: Port-of-Spain

LiveWorldStats

Country factsheet · August 2026

1,453,443

Population (live projection at time of download)

Trinidad and Tobago has a population of about 1,453,443, an economy worth \$13.9 billion — the 143rd largest of 237, and income per person around \$10,000. Life expectancy is about 68 years, and the population is growing at 0.55% a year.

ECONOMY

GDP	\$13.9 billion	#143
GDP per Capita	\$10,000	#77
Inflation Rate	6.0%	#92
Unemployment Rate	7.0%	#93
Government Debt	55.0 % of GDP	#65
Exports	\$3.5 billion	#142
Imports	\$3.8 billion	#143

HEALTH

Life Expectancy	68.0 years	#129
Health Spending	6.0 % of GDP	#90
Fertility Rate	2.00 births/woman	#187

SOCIETY

Literacy Rate	90.0%	#120
Average Salary	\$458	#80
Smoking Rate	13.0%	#86

POPULATION

Population	1,453,443	#154
Population Density	283.3 /km²	#48
Median Age	32.0 years	#92
Urban Population	62.0%	#93
Birth Rate	13.5 /1,000	#179
Death Rate	8.0 /1,000	#128
Population Growth	0.55%	#186

TECHNOLOGY

Internet Users	70.0%	#97
Broadband Speed	60.0 Mbps	#93

ENVIRONMENT

CO ₂ per Capita	4.00 tonnes	#193
Renewable Energy	28.0%	#86
Forest Coverage	30.0%	#202