

St John's	Country	Area (km²)	Population (approx.)	Official language
	Antigua & Barbuda	10	31,000	English
Nassau	Country	Area (km²)	Population	Official language
	Bahamas	207	249,000	English
Bridgetown	Country	Area (km²)	Population	Official language
	Barbados	39	97,000	English
Belmopan	Country	Area (km²)	Population	Official language
	Belize	33	14,000	English
Ottawa	Country	Area (km²)	Population	Official languages
	Canada	2,778	850,000	English & French
San José	Country	Area (km²)	Population	Official language
	Costa Rica	466	983,000	Spanish
Havana	Country	Area (km²)	Population	Official language
	Cuba	728	2,140,000	Spanish
Roseau	Country	Area (km²)	Population	Official languages
	Dominica	56	20,000	English & French
Santo Domingo	Country	Area (km²)	Population	Official language
	Dominican Republic	104	2,907,000	Spanish
San Salvador	Country	Area (km²)	Population	Official language
	El Salvador	72	320,000	Spanish
St George's	Country	Area (km²)	Population	Official language
	Grenada	67	36,000	English
Guatemala City	Country	Area (km²)	Population	Official language
	Guatemala	692	995,000	Spanish

Port-au-Prince	Country	Area (km²)	Population	Official languages
	Haiti	36	1,235,000	French & Creole
Tegucigalpa	Country	Area (km²)	Population	Official language
	Honduras	202	850,000	Spanish
Kingston	Country	Area (km²)	Population	Official language
	Jamaica	480	938,000	English
Mexico City	Country	Area (km²)	Population	Official language
	Mexico	1,485	12,294,000	Spanish
Managua	Country	Area (km²)	Population	Official language
	Nicaragua	544	973,000	Spanish
Panama City	Country	Area (km²)	Population	Official language
	Panama	275	408,000	Spanish
Basseterre	Country	Area (km²)	Population	Official language
	St Kitts & Nevis	6	12,920	English
Castries	Country	Area (km²)	Population	Official language
	St Lucia	79	10,000	English
Kingstown	Country	Area (km²)	Population	Official language
	St Vincent & the Grenadines	5	25,000	English
Port of Spain	Country	Area (km²)	Population	Official language
	Trinidad & Tobago	8	49,000	English
Washington, D.C.	Country	Area (km²)	Population	Official language
	United States of America	177	602,000	English