

**Cumulative Estimates of Resident Population Change and Rankings for Metropolitan Statistical Areas in the United States and Puerto Rico: April 1, 2010 to July 1, 2019**

Geographic Area	Population Estimate		Change, 2010 to 2019		Rankings			
	April 1, 2010 Estimates Base	July 1, 2019	Number	Percent	Population Estimate		Change, 2010 to 2019	
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<b>United States</b>	<b>308,758,105</b>	<b>328,239,523</b>	<b>19,481,418</b>	<b>6.3</b>	<b>(X)</b>	<b>(X)</b>	<b>(X)</b>	<b>(X)</b>
<b>In Metropolitan Statistical Area</b>	<b>263,107,172</b>	<b>282,828,515</b>	<b>19,721,343</b>	<b>7.5</b>	<b>(X)</b>	<b>(X)</b>	<b>(X)</b>	<b>(X)</b>
Abilene, TX Metro Area	165,252	172,060	6,808	4.1	244	247	231	207
Akron, OH Metro Area	703,196	703,479	283	-	74	82	292	293
Albany, GA Metro Area	154,033	146,726	-7,307	-4.7	260	287	358	368
Albany-Lebanon, OR Metro Area	116,681	129,749	13,068	11.2	327	312	181	82
Albany-Schenectady-Troy, NY Metro Area	870,713	880,381	9,668	1.1	60	63	202	270
Albuquerque, NM Metro Area	887,063	918,018	30,955	3.5	59	61	109	224
Alexandria, LA Metro Area	153,918	152,037	-1,881	-1.2	263	275	314	323
Allentown-Bethlehem-Easton, PA-NJ Metro Area	821,273	844,052	22,779	2.8	67	70	135	238
Altoona, PA Metro Area	127,117	121,829	-5,288	-4.2	310	328	346	362
Amarillo, TX Metro Area	251,935	265,053	13,118	5.2	183	185	180	186
Ames, IA Metro Area	115,850	123,351	7,501	6.5	330	323	226	159
Anchorage, AK Metro Area	380,821	396,317	15,496	4.1	137	137	170	211
Ann Arbor, MI Metro Area	345,163	367,601	22,438	6.5	149	147	140	158
Anniston-Oxford, AL Metro Area	118,526	113,605	-4,921	-4.2	323	338	343	361
Appleton, WI Metro Area	225,667	237,974	12,307	5.5	196	195	189	176
Asheville, NC Metro Area	424,863	462,680	37,817	8.9	119	119	94	114
Athens-Clarke County, GA Metro Area	192,567	213,750	21,183	11.0	221	212	144	85
Atlanta-Sandy Springs-Alpharetta, GA Metro Area	5,286,718	6,020,364	733,646	13.9	9	9	4	51
Atlantic City-Hammonton, NJ Metro Area	274,525	263,670	-10,855	-4.0	169	187	371	358
Auburn-Opelika, AL Metro Area	140,287	164,542	24,255	17.3	287	261	127	34
Augusta-Richmond County, GA-SC Metro Area	564,893	608,980	44,087	7.8	95	95	81	136
Austin-Round Rock-Georgetown, TX Metro Area	1,716,323	2,227,083	510,760	29.8	35	29	8	3
Bakersfield, CA Metro Area	839,621	900,202	60,581	7.2	63	62	64	145
Baltimore-Columbia-Towson, MD Metro Area	2,710,598	2,800,053	89,455	3.3	20	21	47	229
Bangor, ME Metro Area	153,931	152,148	-1,783	-1.2	262	274	313	322
Barnstable Town, MA Metro Area	215,880	212,990	-2,890	-1.3	199	213	326	324
Baton Rouge, LA Metro Area	825,917	854,884	28,967	3.5	64	66	116	223
Battle Creek, MI Metro Area	136,150	134,159	-1,991	-1.5	297	306	318	328
Bay City, MI Metro Area	107,773	103,126	-4,647	-4.3	343	350	342	363
Beaumont-Port Arthur, TX Metro Area	388,749	392,563	3,814	1.0	134	140	257	273
Beckley, WV Metro Area	124,914	115,767	-9,147	-7.3	316	335	365	381
Bellingham, WA Metro Area	201,146	229,247	28,101	14.0	213	201	119	50
Bend, OR Metro Area	157,728	197,692	39,964	25.3	256	226	90	7
Billings, MT Metro Area	167,165	181,667	14,502	8.7	241	233	176	119
Binghamton, NY Metro Area	251,724	238,691	-13,033	-5.2	184	194	374	371
Birmingham-Hoover, AL Metro Area	1,061,039	1,090,435	29,396	2.8	51	50	113	239
Bismarck, ND Metro Area	110,625	128,949	18,324	16.6	341	314	156	37
Blacksburg-Christiansburg, VA Metro Area	162,960	167,531	4,571	2.8	245	257	250	237
Bloomington, IL Metro Area	169,577	171,517	1,940	1.1	236	249	274	268
Bloomington, IN Metro Area	159,535	169,230	9,695	6.1	253	253	201	164
Bloomsburg-Berwick, PA Metro Area	85,555	83,194	-2,361	-2.8	371	373	323	345

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Boise City, ID Metro Area	616,566	749,202	132,636	21.5	87	78	37	14
Boston-Cambridge-Newton, MA-NH Metro Area	4,552,595	4,873,019	320,424	7.0	10	11	17	149
Boulder, CO Metro Area	294,560	326,196	31,636	10.7	162	155	107	91
Bowling Green, KY Metro Area	158,613	179,240	20,627	13.0	255	239	146	60
Bremerton-Silverdale-Port Orchard, WA Metro Area	251,143	271,473	20,330	8.1	185	180	148	129
Bridgeport-Stamford-Norwalk, CT Metro Area	916,904	943,332	26,428	2.9	57	59	121	236
Brownsville-Harlingen, TX Metro Area	406,215	423,163	16,948	4.2	127	128	164	205
Brunswick, GA Metro Area	112,385	118,779	6,394	5.7	336	333	236	173
Buffalo-Cheektowaga, NY Metro Area	1,135,614	1,127,983	-7,631	-0.7	47	49	360	311
Burlington, NC Metro Area	151,155	169,509	18,354	12.1	270	251	155	67
Burlington-South Burlington, VT Metro Area	211,264	220,411	9,147	4.3	200	207	207	199
California-Lexington Park, MD Metro Area	105,144	113,510	8,366	8.0	346	339	216	132
Canton-Massillon, OH Metro Area	404,425	397,520	-6,905	-1.7	130	136	356	333
Cape Coral-Fort Myers, FL Metro Area	618,755	770,577	151,822	24.5	86	76	31	8
Cape Girardeau, MO-IL Metro Area	96,270	96,765	495	0.5	361	364	287	286
Carbondale-Marion, IL Metro Area	139,148	135,764	-3,384	-2.4	289	303	331	342
Carson City, NV Metro Area	55,269	55,916	647	1.2	384	384	284	267
Casper, WY Metro Area	75,448	79,858	4,410	5.8	379	378	252	171
Cedar Rapids, IA Metro Area	257,948	273,032	15,084	5.8	175	179	173	170
Chambersburg-Waynesboro, PA Metro Area	149,631	155,027	5,396	3.6	273	268	242	221
Champaign-Urbana, IL Metro Area	217,806	226,033	8,227	3.8	198	202	218	219
Charleston, WV Metro Area	277,985	257,074	-20,911	-7.5	168	189	381	382
Charleston-North Charleston, SC Metro Area	664,645	802,122	137,477	20.7	80	74	34	17
Charlotte-Concord-Gastonia, NC-SC Metro Area	2,243,963	2,636,883	392,920	17.5	23	22	15	31
Charlottesville, VA Metro Area	201,569	218,615	17,046	8.5	212	209	163	122
Chattanooga, TN-GA Metro Area	528,126	565,194	37,068	7.0	101	100	96	150
Cheyenne, WY Metro Area	91,885	99,500	7,615	8.3	367	358	225	127
Chicago-Naperville-Elgin, IL-IN-WI Metro Area	9,461,537	9,458,539	-2,998	-	3	3	327	296
Chico, CA Metro Area	220,005	219,186	-819	-0.4	197	208	305	306
Cincinnati, OH-KY-IN Metro Area	2,137,713	2,221,208	83,495	3.9	27	30	51	215
Clarksville, TN-KY Metro Area	273,942	307,820	33,878	12.4	171	164	105	66
Cleveland, TN Metro Area	115,747	124,942	9,195	7.9	331	320	206	133
Cleveland-Elyria, OH Metro Area	2,077,277	2,048,449	-28,828	-1.4	29	34	382	326
Coeur d'Alene, ID Metro Area	138,466	165,697	27,231	19.7	290	260	120	20
College Station-Bryan, TX Metro Area	228,668	264,728	36,060	15.8	194	186	98	41
Colorado Springs, CO Metro Area	645,612	745,791	100,179	15.5	83	79	42	43
Columbia, MO Metro Area	190,398	208,173	17,775	9.3	222	216	160	108
Columbia, SC Metro Area	767,469	838,433	70,964	9.2	72	71	57	109
Columbus, GA-AL Metro Area	308,478	321,048	12,570	4.1	156	160	186	209
Columbus, IN Metro Area	76,783	83,779	6,996	9.1	378	371	230	113
Columbus, OH Metro Area	1,902,008	2,122,271	220,263	11.6	32	32	25	74
Corpus Christi, TX Metro Area	405,025	429,024	23,999	5.9	129	127	131	167

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Corvallis, OR Metro Area	85,581	93,053	7,472	8.7	370	366	228	117
Crestview-Fort Walton Beach-Destin, FL Metro Area	235,870	284,809	48,939	20.7	191	173	75	16
Cumberland, MD-WV Metro Area	103,272	97,284	-5,988	-5.8	348	362	350	375
Dallas-Fort Worth-Arlington, TX Metro Area	6,366,537	7,573,136	1,206,599	19.0	4	4	1	25
Dalton, GA Metro Area	142,233	144,724	2,491	1.8	284	289	268	257
Danville, IL Metro Area	81,625	75,758	-5,867	-7.2	375	379	349	380
Daphne-Fairhope-Foley, AL Metro Area	182,265	223,234	40,969	22.5	227	203	86	11
Davenport-Moline-Rock Island, IA-IL Metro Area	379,681	379,172	-509	-0.1	138	144	302	298
Dayton-Kettering, OH Metro Area	799,280	807,611	8,331	1.0	70	73	217	272
Decatur, AL Metro Area	153,827	152,603	-1,224	-0.8	264	273	308	314
Decatur, IL Metro Area	110,777	104,009	-6,768	-6.1	340	348	355	378
Deltona-Daytona Beach-Ormond Beach, FL Metro Area	590,288	668,365	78,077	13.2	92	88	54	58
Denver-Aurora-Lakewood, CO Metro Area	2,543,608	2,967,239	423,631	16.7	21	19	11	36
Des Moines-West Des Moines, IA Metro Area	606,474	699,292	92,818	15.3	88	83	46	45
Detroit-Warren-Dearborn, MI Metro Area	4,296,227	4,319,629	23,402	0.5	12	14	132	284
Dothan, AL Metro Area	145,640	149,358	3,718	2.6	279	283	258	242
Dover, DE Metro Area	162,350	180,786	18,436	11.4	248	235	154	76
Dubuque, IA Metro Area	93,643	97,311	3,668	3.9	364	361	259	214
Duluth, MN-WI Metro Area	290,636	288,732	-1,904	-0.7	164	170	316	310
Durham-Chapel Hill, NC Metro Area	564,193	644,367	80,174	14.2	96	92	53	49
East Stroudsburg, PA Metro Area	169,841	170,271	430	0.3	235	250	291	291
Eau Claire, WI Metro Area	161,383	169,304	7,921	4.9	249	252	221	194
El Centro, CA Metro Area	174,524	181,215	6,691	3.8	233	234	232	218
Elizabethtown-Fort Knox, KY Metro Area	148,331	153,928	5,597	3.8	275	270	241	220
Elkhart-Goshen, IN Metro Area	197,569	206,341	8,772	4.4	218	219	212	198
Elmira, NY Metro Area	88,847	83,456	-5,391	-6.1	369	372	347	376
El Paso, TX Metro Area	804,109	844,124	40,015	5.0	69	69	88	193
Enid, OK Metro Area	60,580	61,056	476	0.8	382	382	289	278
Erie, PA Metro Area	280,584	269,728	-10,856	-3.9	166	181	372	357
Eugene-Springfield, OR Metro Area	351,705	382,067	30,362	8.6	146	143	111	120
Evansville, IN-KY Metro Area	311,548	315,086	3,538	1.1	153	162	260	269
Fairbanks, AK Metro Area	97,585	96,849	-736	-0.8	357	363	304	313
Fargo, ND-MN Metro Area	208,777	246,145	37,368	17.9	206	193	95	30
Farmington, NM Metro Area	130,045	123,958	-6,087	-4.7	305	322	351	366
Fayetteville, NC Metro Area	481,011	526,719	45,708	9.5	108	108	79	105
Fayetteville-Springdale-Rogers, AR Metro Area	440,121	534,904	94,783	21.5	113	107	44	13
Flagstaff, AZ Metro Area	134,426	143,476	9,050	6.7	298	291	209	154
Flint, MI Metro Area	425,787	405,813	-19,974	-4.7	117	134	380	367
Florence, SC Metro Area	205,576	204,911	-665	-0.3	209	220	303	304
Florence-Muscle Shoals, AL Metro Area	147,137	147,970	833	0.6	277	285	282	282
Fond du Lac, WI Metro Area	101,623	103,403	1,780	1.8	350	349	275	256
Fort Collins, CO Metro Area	299,630	356,899	57,269	19.1	160	150	67	23

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Fort Smith, AR-OK Metro Area	248,240	250,368	2,128	0.9	188	192	271	276
Fort Wayne, IN Metro Area	388,626	413,263	24,637	6.3	135	133	125	160
Fresno, CA Metro Area	930,507	999,101	68,594	7.4	56	54	58	143
Gadsden, AL Metro Area	104,429	102,268	-2,161	-2.1	347	353	320	338
Gainesville, FL Metro Area	305,076	329,128	24,052	7.9	158	154	129	134
Gainesville, GA Metro Area	179,724	204,441	24,717	13.8	228	221	124	52
Gettysburg, PA Metro Area	101,428	103,009	1,581	1.6	352	351	276	260
Glens Falls, NY Metro Area	128,946	125,148	-3,798	-2.9	307	318	336	346
Goldsboro, NC Metro Area	122,661	123,131	470	0.4	319	324	290	289
Grand Forks, ND-MN Metro Area	98,464	100,815	2,351	2.4	356	356	269	245
Grand Island, NE Metro Area	72,744	75,553	2,809	3.9	380	380	267	217
Grand Junction, CO Metro Area	146,733	154,210	7,477	5.1	278	269	227	189
Grand Rapids-Kentwood, MI Metro Area	993,663	1,077,370	83,707	8.4	52	51	50	123
Grants Pass, OR Metro Area	82,719	87,487	4,768	5.8	374	370	247	172
Great Falls, MT Metro Area	81,326	81,366	40	-	376	376	293	292
Greeley, CO Metro Area	252,827	324,492	71,665	28.3	179	156	56	6
Green Bay, WI Metro Area	306,241	322,906	16,665	5.4	157	158	166	177
Greensboro-High Point, NC Metro Area	723,923	771,851	47,928	6.6	73	75	76	156
Greenville, NC Metro Area	168,176	180,742	12,566	7.5	238	236	187	141
Greenville-Anderson, SC Metro Area	824,031	920,477	96,446	11.7	65	60	43	73
Gulfport-Biloxi, MS Metro Area	388,591	417,665	29,074	7.5	136	130	115	140
Hagerstown-Martinsburg, MD-WV Metro Area	269,146	288,104	18,958	7.0	173	171	152	147
Hammond, LA Metro Area	121,109	134,758	13,649	11.3	320	305	178	79
Hanford-Corcoran, CA Metro Area	152,974	152,940	-34	-	265	272	294	295
Harrisburg-Carlisle, PA Metro Area	549,444	577,941	28,497	5.2	98	98	118	188
Harrisonburg, VA Metro Area	125,221	134,964	9,743	7.8	315	304	199	137
Hartford-East Hartford-Middletown, CT Metro Area	1,212,471	1,204,877	-7,594	-0.6	43	48	359	309
Hattiesburg, MS Metro Area	162,418	168,849	6,431	4.0	247	254	235	212
Hickory-Lenoir-Morganton, NC Metro Area	365,794	369,711	3,917	1.1	145	146	256	271
Hilton Head Island-Bluffton, SC Metro Area	187,010	222,195	35,185	18.8	225	204	101	26
Hinesville, GA Metro Area	77,929	80,994	3,065	3.9	377	377	263	213
Homosassa Springs, FL Metro Area	141,230	149,657	8,427	6.0	286	281	214	166
Hot Springs, AR Metro Area	95,999	99,386	3,387	3.5	362	359	261	222
Houma-Thibodaux, LA Metro Area	208,185	208,075	-110	-0.1	207	217	296	297
Houston-The Woodlands-Sugar Land, TX Metro Area	5,920,487	7,066,141	1,145,654	19.4	6	5	2	21
Huntington-Ashland, WV-KY-OH Metro Area	370,899	355,873	-15,026	-4.1	142	151	378	359
Huntsville, AL Metro Area	417,593	471,824	54,231	13.0	122	116	70	61
Idaho Falls, ID Metro Area	133,331	151,530	18,199	13.6	301	276	157	53
Indianapolis-Carmel-Anderson, IN Metro Area	1,888,075	2,074,537	186,462	9.9	33	33	28	101
Iowa City, IA Metro Area	152,586	173,105	20,519	13.4	266	246	147	55
Ithaca, NY Metro Area	101,592	102,180	588	0.6	351	354	285	281
Jackson, MI Metro Area	160,233	158,510	-1,723	-1.1	251	266	312	321

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Jackson, MS Metro Area	587,115	594,806	7,691	1.3	93	97	222	265
Jackson, TN Metro Area	179,711	178,644	-1,067	-0.6	229	240	306	308
Jacksonville, FL Metro Area	1,345,594	1,559,514	213,920	15.9	40	40	27	39
Jacksonville, NC Metro Area	177,801	197,938	20,137	11.3	230	225	149	77
Janesville-Beloit, WI Metro Area	160,325	163,354	3,029	1.9	250	262	264	255
Jefferson City, MO Metro Area	149,820	151,235	1,415	0.9	272	278	277	274
Johnson City, TN Metro Area	198,757	203,649	4,892	2.5	217	222	245	244
Johnstown, PA Metro Area	143,695	130,192	-13,503	-9.4	281	311	376	383
Jonesboro, AR Metro Area	121,019	133,860	12,841	10.6	321	308	183	92
Joplin, MO Metro Area	175,509	179,564	4,055	2.3	232	238	255	248
Kahului-Wailuku-Lahaina, HI Metro Area	154,840	167,417	12,577	8.1	259	258	185	128
Kalamazoo-Portage, MI Metro Area	250,327	265,066	14,739	5.9	186	184	175	168
Kankakee, IL Metro Area	113,450	109,862	-3,588	-3.2	334	344	335	351
Kansas City, MO-KS Metro Area	2,009,355	2,157,990	148,635	7.4	30	31	32	142
Kennewick-Richland, WA Metro Area	253,328	299,612	46,284	18.3	178	166	77	27
Killeen-Temple, TX Metro Area	405,308	460,303	54,995	13.6	128	120	68	54
Kingsport-Bristol, TN-VA Metro Area	309,493	307,202	-2,291	-0.7	154	165	322	312
Kingston, NY Metro Area	182,519	177,573	-4,946	-2.7	226	241	344	344
Knoxville, TN Metro Area	815,025	869,046	54,021	6.6	68	64	71	155
Kokomo, IN Metro Area	82,748	82,544	-204	-0.2	373	375	298	301
La Crosse-Onalaska, WI-MN Metro Area	133,658	136,616	2,958	2.2	299	301	265	253
Lafayette, LA Metro Area	466,733	489,207	22,474	4.8	110	114	139	195
Lafayette-West Lafayette, IN Metro Area	210,310	233,002	22,692	10.8	202	197	136	87
Lake Charles, LA Metro Area	199,640	210,409	10,769	5.4	216	215	196	180
Lake Havasu City-Kingman, AZ Metro Area	200,182	212,181	11,999	6.0	214	214	191	165
Lakeland-Winter Haven, FL Metro Area	602,073	724,777	122,704	20.4	90	81	38	18
Lancaster, PA Metro Area	519,443	545,724	26,281	5.1	103	104	123	190
Lansing-East Lansing, MI Metro Area	534,684	550,391	15,707	2.9	100	103	168	235
Laredo, TX Metro Area	250,304	276,652	26,348	10.5	187	176	122	95
Las Cruces, NM Metro Area	209,217	218,195	8,978	4.3	205	210	210	203
Las Vegas-Henderson-Paradise, NV Metro Area	1,951,268	2,266,715	315,447	16.2	31	28	19	38
Lawrence, KS Metro Area	110,826	122,259	11,433	10.3	339	326	193	98
Lawton, OK Metro Area	130,288	126,415	-3,873	-3.0	304	315	337	347
Lebanon, PA Metro Area	133,597	141,793	8,196	6.1	300	295	219	161
Lewiston, ID-WA Metro Area	60,893	62,990	2,097	3.4	381	381	272	226
Lewiston-Auburn, ME Metro Area	107,709	108,277	568	0.5	344	346	286	285
Lexington-Fayette, KY Metro Area	472,103	517,056	44,953	9.5	109	109	80	104
Lima, OH Metro Area	106,313	102,351	-3,962	-3.7	345	352	339	354
Lincoln, NE Metro Area	302,157	336,374	34,217	11.3	159	152	104	78
Little Rock-North Little Rock-Conway, AR Metro Area	699,790	742,384	42,594	6.1	76	80	84	163
Logan, UT-ID Metro Area	125,442	142,165	16,723	13.3	314	293	165	56
Longview, TX Metro Area	280,007	286,657	6,650	2.4	167	172	233	246

**Cumulative Estimates of Resident Population Change and Rankings for Metropolitan Statistical Areas in the United States and Puerto Rico: April 1, 2010 to July 1, 2019**

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Longview, WA Metro Area	102,408	110,593	8,185	8.0	349	342	220	131
Los Angeles-Long Beach-Anaheim, CA Metro Area	12,828,957	13,214,799	385,842	3.0	2	2	16	233
Louisville/Jefferson County, KY-IN Metro Area	1,202,686	1,265,108	62,422	5.2	44	46	62	187
Lubbock, TX Metro Area	290,889	322,257	31,368	10.8	163	159	108	88
Lynchburg, VA Metro Area	252,654	263,566	10,912	4.3	181	188	194	200
Macon-Bibb County, GA Metro Area	232,245	229,996	-2,249	-1.0	193	200	321	318
Madera, CA Metro Area	150,834	157,327	6,493	4.3	271	267	234	201
Madison, WI Metro Area	605,466	664,865	59,399	9.8	89	89	65	102
Manchester-Nashua, NH Metro Area	400,706	417,025	16,319	4.1	131	131	167	210
Manhattan, KS Metro Area	127,094	130,285	3,191	2.5	311	310	262	243
Mankato, MN Metro Area	96,742	101,927	5,185	5.4	359	355	243	182
Mansfield, OH Metro Area	124,474	121,154	-3,320	-2.7	317	329	329	343
McAllen-Edinburg-Mission, TX Metro Area	774,764	868,707	93,943	12.1	71	65	45	68
Medford, OR Metro Area	203,204	220,944	17,740	8.7	211	206	161	118
Memphis, TN-MS-AR Metro Area	1,316,102	1,346,045	29,943	2.3	41	43	112	250
Merced, CA Metro Area	255,796	277,680	21,884	8.6	176	175	142	121
Miami-Fort Lauderdale-Pompano Beach, FL Metro Area	5,566,274	6,166,488	600,214	10.8	8	7	6	89
Michigan City-La Porte, IN Metro Area	111,466	109,888	-1,578	-1.4	337	343	311	327
Midland, MI Metro Area	83,621	83,156	-465	-0.6	372	374	301	307
Midland, TX Metro Area	141,671	182,603	40,932	28.9	285	232	87	4
Milwaukee-Waukesha, WI Metro Area	1,555,954	1,575,179	19,225	1.2	39	39	150	266
Minneapolis-St. Paul-Bloomington, MN-WI Metro Area	3,333,628	3,640,043	306,415	9.2	16	16	20	111
Missoula, MT Metro Area	109,296	119,600	10,304	9.4	342	331	198	107
Mobile, AL Metro Area	430,719	429,536	-1,183	-0.3	116	126	307	302
Modesto, CA Metro Area	514,450	550,660	36,210	7.0	105	102	97	148
Monroe, LA Metro Area	204,487	200,261	-4,226	-2.1	210	224	340	337
Monroe, MI Metro Area	152,031	150,500	-1,531	-1.0	268	279	310	320
Montgomery, AL Metro Area	374,540	373,290	-1,250	-0.3	140	145	309	305
Morgantown, WV Metro Area	129,702	139,044	9,342	7.2	306	298	205	146
Morristown, TN Metro Area	136,858	142,749	5,891	4.3	295	292	238	202
Mount Vernon-Anacortes, WA Metro Area	116,892	129,205	12,313	10.5	326	313	188	94
Muncie, IN Metro Area	117,670	114,135	-3,535	-3.0	325	337	334	348
Muskegon, MI Metro Area	172,194	173,566	1,372	0.8	234	245	278	277
Myrtle Beach-Conway-North Myrtle Beach, SC-NC Metro Area	376,575	496,901	120,326	32.0	139	111	40	2
Napa, CA Metro Area	136,535	137,744	1,209	0.9	296	300	279	275
Naples-Marco Island, FL Metro Area	321,522	384,902	63,380	19.7	151	142	61	19
Nashville-Davidson--Murfreesboro--Franklin, TN Metro Area	1,646,183	1,934,317	288,134	17.5	37	36	21	33
New Bern, NC Metro Area	126,808	124,284	-2,524	-2.0	312	321	324	336
New Haven-Milford, CT Metro Area	862,442	854,757	-7,685	-0.9	62	67	361	316
New Orleans-Metairie, LA Metro Area	1,189,891	1,270,530	80,639	6.8	45	45	52	153
New York-Newark-Jersey City, NY-NJ-PA Metro Area	18,896,277	19,216,182	319,905	1.7	1	1	18	258
Niles, MI Metro Area	156,808	153,401	-3,407	-2.2	257	271	332	340

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North Port-Sarasota-Bradenton, FL Metro Area	702,312	836,995	134,683	19.2	75	72	36	22
Norwich-New London, CT Metro Area	274,070	265,206	-8,864	-3.2	170	183	363	352
Ocala, FL Metro Area	331,299	365,579	34,280	10.3	150	149	103	97
Ocean City, NJ Metro Area	97,257	92,039	-5,218	-5.4	358	367	345	373
Odessa, TX Metro Area	137,136	166,223	29,087	21.2	294	259	114	15
Ogden-Clearfield, UT Metro Area	597,162	683,864	86,702	14.5	91	85	48	48
Oklahoma City, OK Metro Area	1,253,002	1,408,950	155,948	12.4	42	41	29	64
Olympia-Lacey-Tumwater, WA Metro Area	252,260	290,536	38,276	15.2	182	168	93	46
Omaha-Council Bluffs, NE-IA Metro Area	865,347	949,442	84,095	9.7	61	57	49	103
Orlando-Kissimmee-Sanford, FL Metro Area	2,134,399	2,608,147	473,748	22.2	28	23	9	12
Oshkosh-Neenah, WI Metro Area	167,000	171,907	4,907	2.9	242	248	244	234
Owensboro, KY Metro Area	114,746	119,440	4,694	4.1	333	332	248	208
Oxnard-Thousand Oaks-Ventura, CA Metro Area	823,398	846,006	22,608	2.7	66	68	137	241
Palm Bay-Melbourne-Titusville, FL Metro Area	543,372	601,942	58,570	10.8	99	96	66	90
Panama City, FL Metro Area	168,850	174,705	5,855	3.5	237	244	239	225
Parkersburg-Vienna, WV Metro Area	92,667	89,339	-3,328	-3.6	366	368	330	353
Pensacola-Ferry Pass-Brent, FL Metro Area	448,991	502,629	53,638	11.9	111	110	73	70
Peoria, IL Metro Area	416,253	400,561	-15,692	-3.8	123	135	379	355
Philadelphia-Camden-Wilmington, PA-NJ-DE-MD Metro Area	5,965,677	6,102,434	136,757	2.3	5	8	35	249
Phoenix-Mesa-Chandler, AZ Metro Area	4,193,129	4,948,203	755,074	18.0	14	10	3	29
Pine Bluff, AR Metro Area	100,289	87,804	-12,485	-12.4	353	369	373	384
Pittsburgh, PA Metro Area	2,356,294	2,317,600	-38,694	-1.6	22	27	384	331
Pittsfield, MA Metro Area	131,274	124,944	-6,330	-4.8	303	319	352	370
Pocatello, ID Metro Area	90,661	95,489	4,828	5.3	368	365	246	183
Portland-South Portland, ME Metro Area	514,108	538,500	24,392	4.7	106	105	126	196
Portland-Vancouver-Hillsboro, OR-WA Metro Area	2,226,003	2,492,412	266,409	12.0	24	25	22	69
Port St. Lucie, FL Metro Area	424,107	489,297	65,190	15.4	120	113	60	44
Poughkeepsie-Newburgh-Middletown, NY Metro Area	670,280	679,158	8,878	1.3	79	86	211	264
Prescott Valley-Prescott, AZ Metro Area	211,017	235,099	24,082	11.4	201	196	128	75
Providence-Warwick, RI-MA Metro Area	1,601,206	1,624,578	23,372	1.5	38	38	133	262
Provo-Orem, UT Metro Area	526,885	648,252	121,367	23.0	102	91	39	9
Pueblo, CO Metro Area	159,063	168,424	9,361	5.9	254	256	204	169
Punta Gorda, FL Metro Area	159,967	188,910	28,943	18.1	252	229	117	28
Racine, WI Metro Area	195,428	196,311	883	0.5	220	227	281	287
Raleigh-Cary, NC Metro Area	1,130,493	1,390,785	260,292	23.0	48	42	23	10
Rapid City, SD Metro Area	126,400	142,107	15,707	12.4	313	294	168	65
Reading, PA Metro Area	411,570	421,164	9,594	2.3	126	129	203	247
Redding, CA Metro Area	177,221	180,080	2,859	1.6	231	237	266	259
Reno, NV Metro Area	425,442	475,642	50,200	11.8	118	115	74	71
Richmond, VA Metro Area	1,186,471	1,291,900	105,429	8.9	46	44	41	115
Riverside-San Bernardino-Ontario, CA Metro Area	4,224,948	4,650,631	425,683	10.1	13	13	10	99
Roanoke, VA Metro Area	308,666	313,222	4,556	1.5	155	163	251	261

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Rochester, MN Metro Area	206,888	221,921	15,033	7.3	208	205	174	144
Rochester, NY Metro Area	1,079,704	1,069,644	-10,060	-0.9	50	52	370	317
Rockford, IL Metro Area	349,431	336,116	-13,315	-3.8	147	153	375	356
Rocky Mount, NC Metro Area	152,368	145,770	-6,598	-4.3	267	288	354	364
Rome, GA Metro Area	96,314	98,498	2,184	2.3	360	360	270	251
Sacramento-Roseville-Folsom, CA Metro Area	2,149,150	2,363,730	214,580	10.0	25	26	26	100
Saginaw, MI Metro Area	200,169	190,539	-9,630	-4.8	215	228	368	369
St. Cloud, MN Metro Area	189,093	201,964	12,871	6.8	224	223	182	152
St. George, UT Metro Area	138,115	177,556	39,441	28.6	292	242	91	5
St. Joseph, MO-KS Metro Area	127,319	125,223	-2,096	-1.6	309	317	319	332
St. Louis, MO-IL Metro Area	2,787,751	2,803,228	15,477	0.6	18	20	171	283
Salem, OR Metro Area	390,738	433,903	43,165	11.0	133	125	82	84
Salinas, CA Metro Area	415,059	434,061	19,002	4.6	124	124	151	197
Salisbury, MD-DE Metro Area	373,754	415,726	41,972	11.2	141	132	85	80
Salt Lake City, UT Metro Area	1,087,808	1,232,696	144,888	13.3	49	47	33	57
San Angelo, TX Metro Area	112,968	122,027	9,059	8.0	335	327	208	130
San Antonio-New Braunfels, TX Metro Area	2,142,520	2,550,960	408,440	19.1	26	24	13	24
San Diego-Chula Vista-Carlsbad, CA Metro Area	3,095,349	3,338,330	242,981	7.8	17	17	24	135
San Francisco-Oakland-Berkeley, CA Metro Area	4,335,593	4,731,803	396,210	9.1	11	12	14	112
San Jose-Sunnyvale-Santa Clara, CA Metro Area	1,836,951	1,990,660	153,709	8.4	34	35	30	125
San Luis Obispo-Paso Robles, CA Metro Area	269,597	283,111	13,514	5.0	172	174	179	191
Santa Cruz-Watsonville, CA Metro Area	262,350	273,213	10,863	4.1	174	178	195	206
Santa Fe, NM Metro Area	144,232	150,358	6,126	4.2	280	280	237	204
Santa Maria-Santa Barbara, CA Metro Area	423,947	446,499	22,552	5.3	121	123	138	184
Santa Rosa-Petaluma, CA Metro Area	483,861	494,336	10,475	2.2	107	112	197	254
Savannah, GA Metro Area	347,597	393,353	45,756	13.2	148	139	78	59
Scranton--Wilkes-Barre, PA Metro Area	563,604	553,885	-9,719	-1.7	97	101	369	334
Seattle-Tacoma-Bellevue, WA Metro Area	3,439,808	3,979,845	540,037	15.7	15	15	7	42
Sebastian-Vero Beach, FL Metro Area	138,028	159,923	21,895	15.9	293	265	141	40
Sebring-Avon Park, FL Metro Area	98,784	106,221	7,437	7.5	355	347	229	139
Sheboygan, WI Metro Area	115,512	115,340	-172	-0.1	332	336	297	300
Sherman-Denison, TX Metro Area	120,877	136,212	15,335	12.7	322	302	172	62
Shreveport-Bossier City, LA Metro Area	398,606	394,706	-3,900	-1.0	132	138	338	319
Sierra Vista-Douglas, AZ Metro Area	131,359	125,922	-5,437	-4.1	302	316	348	360
Sioux City, IA-NE-SD Metro Area	143,582	144,701	1,119	0.8	282	290	280	279
Sioux Falls, SD Metro Area	228,264	268,232	39,968	17.5	195	182	89	32
South Bend-Mishawaka, IN-MI Metro Area	319,203	323,613	4,410	1.4	152	157	252	263
Spartanburg, SC Metro Area	284,304	319,785	35,481	12.5	165	161	100	63
Spokane-Spokane Valley, WA Metro Area	514,752	568,521	53,769	10.4	104	99	72	96
Springfield, IL Metro Area	210,170	206,868	-3,302	-1.6	203	218	328	330
Springfield, MA Metro Area	693,059	697,382	4,323	0.6	77	84	254	280
Springfield, MO Metro Area	436,756	470,300	33,544	7.7	114	117	106	138



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Springfield, OH Metro Area	138,339	134,083	-4,256	-3.1	291	307	341	349
State College, PA Metro Area	154,005	162,385	8,380	5.4	261	264	215	178
Staunton, VA Metro Area	118,496	123,120	4,624	3.9	324	325	249	216
Stockton, CA Metro Area	685,306	762,148	76,842	11.2	78	77	55	81
Sumter, SC Metro Area	142,434	140,466	-1,968	-1.4	283	297	317	325
Syracuse, NY Metro Area	662,624	648,593	-14,031	-2.1	81	90	377	339
Tallahassee, FL Metro Area	368,771	387,227	18,456	5.0	143	141	153	192
Tampa-St. Petersburg-Clearwater, FL Metro Area	2,783,485	3,194,831	411,346	14.8	19	18	12	47
Terre Haute, IN Metro Area	189,774	186,367	-3,407	-1.8	223	230	332	335
Texarkana, TX-AR Metro Area	149,194	148,761	-433	-0.3	274	284	300	303
The Villages, FL Metro Area	93,420	132,420	39,000	41.7	365	309	92	1
Toledo, OH Metro Area	651,435	641,816	-9,619	-1.5	82	93	367	329
Topeka, KS Metro Area	233,860	231,969	-1,891	-0.8	192	199	315	315
Trenton-Princeton, NJ Metro Area	367,485	367,430	-55	-	144	148	295	294
Tucson, AZ Metro Area	980,263	1,047,279	67,016	6.8	53	53	59	151
Tulsa, OK Metro Area	937,523	998,626	61,103	6.5	55	55	63	157
Tuscaloosa, AL Metro Area	239,214	252,047	12,833	5.4	190	190	184	181
Twin Falls, ID Metro Area	99,596	111,290	11,694	11.7	354	341	192	72
Tyler, TX Metro Area	209,725	232,751	23,026	11.0	204	198	134	86
Urban Honolulu, HI Metro Area	953,206	974,563	21,357	2.2	54	56	143	252
Utica-Rome, NY Metro Area	299,329	289,990	-9,339	-3.1	161	169	366	350
Valdosta, GA Metro Area	139,662	147,292	7,630	5.5	288	286	224	175
Vallejo, CA Metro Area	413,343	447,643	34,300	8.3	125	122	102	126
Victoria, TX Metro Area	94,003	99,742	5,739	6.1	363	357	240	162
Vineland-Bridgeton, NJ Metro Area	156,627	149,527	-7,100	-4.5	258	282	357	365
Virginia Beach-Norfolk-Newport News, VA-NC Metro Area	1,713,955	1,768,901	54,946	3.2	36	37	69	231
Visalia, CA Metro Area	442,182	466,195	24,013	5.4	112	118	130	179
Waco, TX Metro Area	252,766	273,920	21,154	8.4	180	177	145	124
Walla Walla, WA Metro Area	58,781	60,760	1,979	3.4	383	383	273	227
Warner Robins, GA Metro Area	167,626	185,409	17,783	10.6	240	231	159	93
Washington-Arlington-Alexandria, DC-VA-MD-WV Metro Area	5,649,688	6,280,487	630,799	11.2	7	6	5	83
Waterloo-Cedar Falls, IA Metro Area	167,819	168,522	703	0.4	239	255	283	288
Watertown-Fort Drum, NY Metro Area	116,232	109,834	-6,398	-5.5	328	345	353	374
Wausau-Weston, WI Metro Area	162,804	163,285	481	0.3	246	263	288	290
Weirton-Steubenville, WV-OH Metro Area	124,455	116,074	-8,381	-6.7	318	334	362	379
Wenatchee, WA Metro Area	110,887	120,629	9,742	8.8	338	330	200	116
Wheeling, WV-OH Metro Area	147,957	138,948	-9,009	-6.1	276	299	364	377
Wichita, KS Metro Area	623,061	640,218	17,157	2.8	85	94	162	240
Wichita Falls, TX Metro Area	151,474	151,254	-220	-0.1	269	277	299	299
Williamsport, PA Metro Area	116,102	113,299	-2,803	-2.4	329	340	325	341
Wilmington, NC Metro Area	254,879	297,533	42,654	16.7	177	167	83	35
Winchester, VA-WV Metro Area	128,452	140,566	12,114	9.4	308	296	190	106

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Winston-Salem, NC Metro Area	640,503	676,008	35,505	5.5	84	87	99	174
Worcester, MA-CT Metro Area	916,763	947,404	30,641	3.3	58	58	110	228
Yakima, WA Metro Area	243,240	250,873	7,633	3.1	189	191	223	232
York-Hanover, PA Metro Area	435,015	449,058	14,043	3.2	115	121	177	230
Youngstown-Warren-Boardman, OH-PA Metro Area	565,782	536,081	-29,701	-5.2	94	106	383	372
Yuba City, CA Metro Area	166,898	175,639	8,741	5.2	243	243	213	185
Yuma, AZ Metro Area	195,750	213,787	18,037	9.2	219	211	158	110
<b>Puerto Rico</b>	<b>3,726,157</b>	<b>3,193,694</b>	<b>-532,463</b>	<b>-14.3</b>	(X)	(X)	(X)	(X)
<b>In Metropolitan Statistical Area</b>	<b>3,597,256</b>	<b>3,077,600</b>	<b>-519,656</b>	<b>-14.4</b>	(X)	(X)	(X)	(X)
Aguadilla-Isabela, PR Metro Area	339,465	289,289	-50,176	-14.8	2	2	7	5
Arecibo, PR Metro Area	199,471	174,606	-24,865	-12.5	4	4	5	2
Guayama, PR Metro Area	84,194	72,914	-11,280	-13.4	8	8	1	3
Mayagüez, PR Metro Area	116,211	94,975	-21,236	-18.3	6	6	3	7
Ponce, PR Metro Area	262,630	215,295	-47,335	-18.0	3	3	6	6
San Germán, PR Metro Area	137,722	121,464	-16,258	-11.8	5	5	2	1
San Juan-Bayamón-Caguas, PR Metro Area	2,350,326	2,023,227	-327,099	-13.9	1	1	8	4
Yauco, PR Metro Area	107,237	85,830	-21,407	-20.0	7	7	4	8

(X) Not applicable.

Dash (-) represents zero or rounds to zero.

Note: The estimates are based on the 2010 Census and reflect changes to the April 1, 2010 population due to the Count Question Resolution program and geographic program revisions. All geographic boundaries for the 2019 population estimates series except statistical area delineations are as of January 1, 2019. The Office of Management and Budget's statistical area delineations for metropolitan, micropolitan, and combined statistical areas, as well as metropolitan divisions, are those issued by that agency in September 2018. For population estimates methodology statements, see <http://www.census.gov/programs-surveys/popest/technical-documentation/methodology.html>.

**Suggested Citation:**

**Cumulative Estimates of Resident Population Change and Rankings for Metropolitan Statistical Areas in the United States and Puerto Rico: April 1, 2010 to July 1, 2019 (CBSA-MET-EST2019-CUMCHG)**

**Source: U.S. Census Bureau, Population Division**

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