

US Metropolitan Areas  
Domestic Migration: 2000-2009 & 2008-2009

Rank	Metropolitan Area	2000			2008			2009		
		Population	Domestic Migration: 2000-2009	% Change	Population	Domestic Migration: 2008-2009	% Change	Population	Domestic Migration: 2008-2009	% Change
1	New York-Northern New Jersey-Long Island, NY-NJ-PA	18,352,743	-1,962,055	-10.7%	18,968,501	-110,278	-0.58%	19,069,796		
2	Los Angeles-Long Beach-Santa Ana, CA	12,398,950	-1,365,120	-11.0%	12,768,395	-79,900	-0.63%	12,874,797		
3	Chicago-Naperville-Joliet, IL-IN-WI	9,117,732	-561,670	-6.2%	9,515,636	-40,389	-0.42%	9,580,567		
4	Dallas-Fort Worth-Arlington, TX	5,196,188	317,062	6.1%	6,301,085	45,241	0.72%	6,447,615		
5	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,693,275	-115,890	-2.0%	5,940,496	-7,577	-0.13%	5,968,252		
6	Houston-Sugar Land-Baytown, TX	4,739,414	243,567	5.1%	5,726,705	49,662	0.87%	5,867,489		
7	Miami-Fort Lauderdale-Pompano Beach, FL	5,025,806	-287,135	-5.7%	5,501,752	-29,321	-0.53%	5,547,051		
8	Washington-Arlington-Alexandria, DC-VA-MD-WV	4,821,031	-107,305	-2.2%	5,377,936	18,189	0.34%	5,476,241		
9	Atlanta-Sandy Springs-Marietta, GA	4,281,905	428,620	10.0%	5,385,586	17,479	0.32%	5,475,213		
10	Boston-Cambridge-Quincy, MA-NH	4,402,611	-235,915	-5.4%	4,544,705	6,813	0.15%	4,588,680		
11	Detroit-Warren-Livonia, MI	4,457,471	-366,790	-8.2%	4,423,781	-45,488	-1.03%	4,403,437		
12	Phoenix-Mesa-Scottsdale, AZ	3,278,661	543,409	16.6%	4,287,323	12,441	0.29%	4,364,094		
13	San Francisco-Oakland-Fremont, CA	4,136,658	-347,375	-8.4%	4,260,236	7,977	0.19%	4,317,853		
14	Riverside-San Bernardino-Ontario, CA	3,277,578	469,093	14.3%	4,092,831	-616	-0.02%	4,143,113		
15	Seattle-Tacoma-Bellevue, WA	3,052,379	40,741	1.3%	3,356,637	17,035	0.51%	3,407,848		
16	Minneapolis-St. Paul-Bloomington, MN-WI	2,981,616	-19,731	-0.7%	3,237,612	-2,503	-0.08%	3,269,814		
17	San Diego-Carlsbad-San Marcos, CA	2,824,987	-126,860	-4.5%	3,019,274	-2,588	-0.09%	3,053,793		
18	St. Louis, MO-IL	2,701,634	-43,750	-1.6%	2,818,688	-4,532	-0.16%	2,828,990		
19	Tampa-St. Petersburg-Clearwater, FL	2,404,273	260,333	10.8%	2,730,007	4,663	0.17%	2,747,272		
20	Baltimore-Towson, MD	2,557,501	-36,407	-1.4%	2,677,712	-3,687	-0.14%	2,690,886		
21	Denver-Aurora-Broomfield, CO /3	2,194,022	66,269	3.0%	2,500,384	19,831	0.79%	2,552,195		
22	Pittsburgh, PA	2,429,023	-52,028	-2.1%	2,355,391	1,144	0.05%	2,354,957		
23	Portland-Vancouver-Beaverton, OR-WA	1,936,108	121,957	6.3%	2,203,745	16,320	0.74%	2,241,841		
24	Cincinnati-Middletown, OH-KY-IN	2,014,665	-17,648	-0.9%	2,158,643	-384	-0.02%	2,171,896		
25	Sacramento--Arden-Arcade--Roseville, CA	1,808,442	141,117	7.8%	2,101,138	4,733	0.23%	2,127,355		
26	Cleveland-Elyria-Mentor, OH	2,147,948	-136,943	-6.4%	2,094,051	-10,191	-0.49%	2,091,286		
27	Orlando-Kissimmee, FL	1,656,835	225,259	13.6%	2,060,968	-4,279	-0.21%	2,082,421		
28	San Antonio, TX	1,719,262	177,447	10.3%	2,030,691	18,984	0.93%	2,072,128		
29	Kansas City, MO-KS	1,842,924	31,747	1.7%	2,046,083	3,929	0.19%	2,067,585		
30	Las Vegas-Paradise, NV	1,393,370	311,463	22.4%	1,879,093	-1,256	-0.07%	1,902,834		
31	San Jose-Sunnyvale-Santa Clara, CA	1,739,669	-240,012	-13.8%	1,810,646	-5,361	-0.30%	1,839,700		
32	Columbus, OH	1,619,514	34,204	2.1%	1,779,822	5,018	0.28%	1,801,848		
33	Charlotte-Gastonia-Concord, NC-SC	1,340,417	248,379	18.5%	1,706,469	19,211	1.13%	1,745,524		
34	Indianapolis-Carmel, IN	1,531,156	72,517	4.7%	1,720,796	7,034	0.41%	1,743,658		
35	Austin-Round Rock, TX	1,265,715	234,239	18.5%	1,654,100	25,654	1.55%	1,705,075		
36	Virginia Beach-Norfolk-Newport News, VA-NC	1,580,387	-20,005	-1.3%	1,670,225	-8,052	-0.48%	1,674,498		
37	Providence-New Bedford-Fall River, RI-MA	1,586,744	-49,168	-3.1%	1,599,312	-6,736	-0.42%	1,600,642		
38	Nashville-Davidson--Murfreesboro--Franklin, TN	1,317,580	123,199	9.4%	1,556,368	10,826	0.70%	1,582,264		
39	Milwaukee-Waukesha-West Allis, WI	1,502,305	-74,453	-5.0%	1,550,451	-2,336	-0.15%	1,559,667		
40	Jacksonville, FL	1,126,224	126,766	11.3%	1,316,528	1,758	0.13%	1,328,144		
41	Memphis, TN-MS-AR	1,208,269	-8,583	-0.7%	1,298,529	-5,276	-0.41%	1,304,926		
42	Louisville/Jefferson County, KY-IN	1,165,132	34,381	3.0%	1,249,739	2,122	0.17%	1,258,577		
43	Richmond, VA	1,100,196	75,886	6.9%	1,227,115	2,751	0.22%	1,238,187		
44	Oklahoma City, OK	1,097,874	41,082	3.7%	1,207,519	8,798	0.73%	1,227,278		
45	Hartford-West Hartford-East Hartford, CT	1,150,915	-9,349	-0.8%	1,191,170	-1,847	-0.16%	1,195,998		
46	New Orleans-Metairie-Kenner, LA	1,315,616	-301,731	-22.9%	1,168,547	14,906	1.28%	1,189,981		
47	Birmingham-Hoover, AL	1,053,394	26,934	2.6%	1,123,146	2,418	0.22%	1,131,070		
48	Salt Lake City, UT	972,653	-34,428	-3.5%	1,111,600	-164	-0.01%	1,130,293		
49	Raleigh-Cary, NC	804,436	194,361	24.2%	1,090,408	20,095	1.84%	1,125,827		
50	Buffalo-Niagara Falls, NY	1,169,159	-55,162	-4.7%	1,124,055	-1,711	-0.15%	1,123,804		
51	Rochester, NY	1,041,595	-40,219	-3.9%	1,033,155	-1,937	-0.19%	1,035,566		
52	Tucson, AZ	848,521	72,325	8.5%	1,009,832	2,311	0.23%	1,020,200		
53	Tulsa, OK	861,369	10,466	1.2%	916,037	6,059	0.66%	929,015		
54	Fresno, CA	801,444	-4,435	-0.6%	903,133	-1,801	-0.20%	915,267		
55	Honolulu, HI	875,061	-54,238	-6.2%	902,745	-4,322	-0.48%	907,574		
56	Bridgeport-Stamford-Norwalk, CT	884,420	-74,049	-8.4%	894,401	-2,278	-0.25%	901,208		
57	Albuquerque, NM	731,712	59,705	8.2%	846,582	3,095	0.37%	857,903		
58	Albany-Schenectady-Troy, NY	827,227	8,457	1.0%	854,301	-5	0.00%	857,592		
59	Omaha-Council Bluffs, NE-IA	769,117	7,809	1.0%	839,265	1,380	0.16%	849,517		
60	New Haven-Milford, CT	824,992	-18,028	-2.2%	845,573	-2,649	-0.31%	848,006		
61	Dayton, OH	848,093	-44,411	-5.2%	837,036	-4,857	-0.58%	835,063		
62	Allentown-Bethlehem-Easton, PA-NJ	741,937	46,349	6.2%	811,669	511	0.06%	816,012		
63	Bakersfield, CA	663,484	50,353	7.6%	797,145	-1,655	-0.21%	807,407		
64	Worcester, MA	752,684	-7,375	-1.0%	799,343	-1,107	-0.14%	803,701		
65	Oxnard-Thousand Oaks-Ventura, CA	756,366	-37,739	-5.0%	794,778	-1,180	-0.15%	802,983		
66	Baton Rouge, LA	707,429	31,102	4.4%	779,340	1,990	0.26%	786,947		
67	Grand Rapids-Wyoming, MI	743,092	-30,860	-4.2%	776,505	-5,891	-0.76%	778,009		
68	El Paso, TX	680,942	-50,088	-7.4%	738,416	-479	-0.06%	751,296		

69	Columbia, SC	649,181	55,384	8.5%	732,558	7,209	0.98%	744,730
70	McAllen-Edinburg-Mission, TX	573,398	17,661	3.1%	721,275	2,656	0.37%	741,152
71	Greensboro-High Point, NC	645,536	22,815	3.5%	707,185	2,200	0.31%	714,765
72	Akron, OH	695,971	-17,314	-2.5%	699,954	-1,991	-0.28%	699,935
73	Knoxville, TN	617,573	57,564	9.3%	692,210	4,459	0.64%	699,247
74	Springfield, MA	680,453	-15,226	-2.2%	696,869	-1,664	-0.24%	698,903
75	Bradenton-Sarasota-Venice, FL	592,703	98,311	16.6%	685,926	2,007	0.29%	688,126
76	Little Rock-North Little Rock-Conway, AR	612,149	34,660	5.7%	675,921	4,781	0.71%	685,488
77	Poughkeepsie-Newburgh-Middletown, NY	624,156	14,612	2.3%	672,020	245	0.04%	677,094
78	Stockton, CA	567,968	33,784	5.9%	668,753	-2,475	-0.37%	674,860
79	Toledo, OH	659,224	-38,307	-5.8%	673,345	-4,324	-0.64%	672,220
80	Charleston-North Charleston-Summerville, SC	550,875	65,295	11.9%	647,194	6,643	1.03%	659,191
81	Syracuse, NY	649,817	-27,743	-4.3%	645,016	-1,730	-0.27%	646,084
82	Greenville-Mauldin-Easley, SC	561,900	38,657	6.9%	630,098	4,803	0.76%	639,617
83	Colorado Springs, CO	540,111	29,920	5.5%	616,975	3,319	0.54%	626,227
84	Wichita, KS	572,045	-6,490	-1.1%	603,205	3,916	0.65%	612,683
85	Boise City-Nampa, ID	468,874	82,853	17.7%	598,719	592	0.10%	606,376
86	Cape Coral-Fort Myers, FL	443,916	124,783	28.1%	588,709	-4,623	-0.79%	586,908
87	Lakeland-Winter Haven, FL	485,378	70,879	14.6%	580,282	-572	-0.10%	583,403
88	Madison, WI	504,044	23,580	4.7%	562,065	2,755	0.49%	570,025
89	Youngstown-Warren-Boardman, OH-PA	602,171	-34,135	-5.7%	566,425	-2,943	-0.52%	562,963
90	Des Moines-West Des Moines, IA	483,210	31,086	6.4%	554,101	3,368	0.61%	562,906
91	Provo-Orem, UT	379,919	28,808	7.6%	539,754	3,534	0.65%	555,551
92	Scranton--Wilkes-Barre, PA	559,537	4,508	0.8%	549,321	997	0.18%	549,454
93	Ogden-Clearfield, UT	444,874	20,978	4.7%	530,998	1,904	0.36%	541,569
94	Jackson, MS	498,252	10,494	2.1%	537,194	-276	-0.05%	540,866
95	Augusta-Richmond County, GA-SC	500,235	12,500	2.5%	534,612	1,337	0.25%	539,154
96	Harrisburg-Carlisle, PA	509,454	10,900	2.1%	533,802	882	0.17%	536,919
97	Palm Bay-Melbourne-Titusville, FL	477,735	60,356	12.6%	536,314	-40	-0.01%	536,357
98	Chattanooga, TN-GA	477,213	17,567	3.7%	520,089	2,165	0.42%	524,303
99	Portland-South Portland-Biddeford, ME	489,359	17,015	3.5%	516,026	-456	-0.09%	516,826
100	Modesto, CA	449,702	8,724	1.9%	507,450	-3,162	-0.62%	510,385
101	Lancaster, PA	471,818	10,970	2.3%	503,807	682	0.14%	507,766
102	Durham-Chapel Hill, NC	426,151	23,826	5.6%	490,907	4,344	0.88%	501,228
103	Deltona-Daytona Beach-Ormond Beach, FL	445,060	57,039	12.8%	497,344	-1,397	-0.28%	495,890
104	Winston-Salem, NC	423,413	21,202	5.0%	480,063	1,578	0.33%	484,921
105	Santa Rosa-Petaluma, CA	460,411	-19,442	-4.2%	466,424	1,855	0.40%	472,102
106	Lexington-Fayette, KY	409,656	17,161	4.2%	464,042	2,579	0.56%	470,849
107	Spokane, WA	418,826	28,543	6.8%	462,408	3,285	0.71%	468,684
108	Fayetteville-Springdale-Rogers, AR-MO	349,562	60,883	17.4%	455,408	3,449	0.76%	464,623
109	Pensacola-Ferry Pass-Brent, FL	413,171	25,778	6.2%	453,132	-324	-0.07%	455,102
110	Lansing-East Lansing, MI	448,543	-25,405	-5.7%	454,605	-4,478	-0.99%	453,603
111	Springfield, MO	369,775	45,592	12.3%	426,125	2,440	0.57%	430,900
112	Visalia-Porterville, CA	368,628	-719	-0.2%	422,343	-57	-0.01%	429,668
113	York-Hanover, PA	382,749	31,538	8.2%	425,766	1,025	0.24%	428,937
114	Flint, MI	436,885	-31,617	-7.2%	428,859	-6,767	-1.58%	424,043
115	Reno-Sparks, NV	344,808	36,732	10.7%	416,657	-1,786	-0.43%	419,261
116	Corpus Christi, TX	403,199	-17,655	-4.4%	413,206	-601	-0.15%	416,095
117	Fort Wayne, IN	391,066	-8,043	-2.1%	411,625	-905	-0.22%	414,315
118	Asheville, NC	370,492	36,367	9.8%	409,001	2,806	0.69%	412,672
119	Mobile, AL	400,061	-9,077	-2.3%	409,132	212	0.05%	411,721
120	Salinas, CA	403,065	-63,204	-15.7%	405,660	-2,931	-0.72%	410,370
121	Canton-Massillon, OH	406,966	-8,479	-2.1%	408,782	-1,501	-0.37%	408,005
122	Vallejo-Fairfield, CA	396,974	-24,210	-6.1%	406,293	-2,836	-0.70%	407,234
123	Reading, PA	374,521	15,846	4.2%	404,771	-86	-0.02%	407,125
124	Santa Barbara-Santa Maria-Goleta, CA	399,784	-37,387	-9.4%	403,655	-1,485	-0.37%	407,057
125	Huntsville, AL	343,798	40,924	11.9%	397,228	6,476	1.63%	406,316
126	Port St. Lucie, FL	320,593	79,168	24.7%	404,726	268	0.07%	406,296
127	Manchester-Nashua, NH	382,409	-4,783	-1.3%	404,074	-1,274	-0.32%	405,906
128	Brownsville-Harlingen, TX	336,443	-11,575	-3.4%	389,164	-732	-0.19%	396,371
129	Salem, OR	348,222	13,451	3.9%	390,561	1,507	0.39%	396,103
130	Shreveport-Bossier City, LA	376,127	-1,908	-0.5%	389,389	-164	-0.04%	391,516
131	Killeen-Temple-Fort Hood, TX	332,022	5,997	1.8%	379,569	-5,180	-1.36%	379,231
132	Davenport-Moline-Rock Island, IA-IL	375,820	-13,487	-3.6%	376,980	172	0.05%	379,066
133	Beaumont-Port Arthur, TX	384,688	-21,003	-5.5%	377,477	-671	-0.18%	378,477
134	Peoria, IL	366,602	-3,817	-1.0%	372,638	1,465	0.39%	375,865
135	Anchorage, AK	320,434	15,850	4.9%	365,790	4,051	1.11%	374,553
136	Montgomery, AL	347,002	2,011	0.6%	365,596	-1,279	-0.35%	366,401
137	Trenton-Ewing, NJ	351,561	-14,840	-4.2%	364,571	-1,562	-0.43%	366,222
138	Hickory-Lenoir-Morganton, NC	343,120	6,605	1.9%	363,237	543	0.15%	365,364
139	Fayetteville, NC	336,893	-9,628	-2.9%	354,334	1,691	0.48%	360,355
140	Tallahassee, FL	321,372	17,496	5.4%	357,171	136	0.04%	360,013
141	Wilmington, NC	275,827	67,905	24.6%	348,054	4,872	1.40%	354,525
142	Rockford, IL	321,042	7,157	2.2%	353,381	-2,355	-0.67%	353,722
143	Evansville, IN-KY	342,992	-657	-0.2%	350,614	1	0.00%	351,911
144	Eugene-Springfield, OR	323,505	17,975	5.6%	348,425	1,313	0.38%	351,109
145	Ann Arbor, MI	324,491	-10,971	-3.4%	344,767	-822	-0.24%	347,563
146	Savannah, GA	293,668	28,853	9.8%	334,562	5,807	1.74%	343,092

147	Ocala, FL	260,285	71,931	27.6%	327,172	1,528	0.47%	328,547
148	Kalamazoo-Portage, MI	315,398	-5,970	-1.9%	324,135	450	0.14%	326,634
149	Naples-Marco Island, FL	254,070	35,305	13.9%	315,533	-158	-0.05%	318,537
150	South Bend-Mishawaka, IN-MI	316,977	-16,890	-5.3%	318,129	-2,736	-0.86%	317,538
151	Kingsport-Bristol-Bristol, TN-VA	298,438	9,998	3.4%	304,679	1,248	0.41%	305,629
152	Green Bay, WI	283,337	2,754	1.0%	302,322	168	0.06%	304,783
153	Charleston, WV	309,387	-5,383	-1.7%	303,331	796	0.26%	304,214
154	Boulder, CO /3	271,669	-1,839	-0.7%	300,452	182	0.06%	303,482
155	Roanoke, VA	288,503	8,254	2.9%	298,920	772	0.26%	300,399
156	Fort Collins-Loveland, CO	253,152	25,624	10.1%	292,889	2,954	1.01%	298,382
157	Lincoln, NE	267,955	4,319	1.6%	294,665	152	0.05%	298,012
158	Utica-Rome, NY	299,428	-10,327	-3.4%	292,833	-282	-0.10%	293,280
159	Fort Smith, AR-OK	273,816	4,450	1.6%	290,977	527	0.18%	293,063
160	Columbus, GA-AL	282,164	-4,995	-1.8%	287,251	3,520	1.23%	292,795
161	Spartanburg, SC	254,418	20,283	8.0%	282,520	2,735	0.97%	286,822
162	Huntington-Ashland, WV-KY-OH	288,355	-2,302	-0.8%	284,903	736	0.26%	285,624
163	Erie, PA	280,734	-12,739	-4.5%	279,647	-303	-0.11%	280,291
164	Lubbock, TX	250,130	5,366	2.1%	271,582	2,679	0.99%	276,659
165	Duluth, MN-WI	275,580	432	0.2%	275,188	663	0.24%	276,368
166	Atlantic City-Hammonton, NJ	253,038	1,342	0.5%	270,609	-841	-0.31%	271,712
167	Clarksville, TN-KY	232,719	6,718	2.9%	261,757	4,127	1.58%	268,546
168	San Luis Obispo-Paso Robles, CA	247,878	11,947	4.8%	265,134	630	0.24%	266,971
169	Norwich-New London, CT	259,575	-2,329	-0.9%	265,830	-292	-0.11%	266,830
170	Hagerstown-Martinsburg, MD-WV	223,526	34,715	15.5%	264,278	743	0.28%	266,149
171	Myrtle Beach-North Myrtle Beach-Conway, SC	198,132	56,087	28.3%	258,790	3,847	1.49%	263,868
172	Lafayette, LA	239,107	6,190	2.6%	259,773	1,294	0.50%	263,171
173	Holland-Grand Haven, MI	239,490	3,053	1.3%	260,891	-1,322	-0.51%	261,957
174	Gainesville, FL	233,142	11,395	4.9%	259,179	-716	-0.28%	260,690
175	Cedar Rapids, IA	237,853	4,273	1.8%	254,911	-322	-0.13%	256,324
176	Santa Cruz-Watsonville, CA	255,834	-25,431	-9.9%	252,929	526	0.21%	256,218
177	Greeley, CO /3	183,045	44,829	24.5%	248,852	2,517	1.01%	254,759
178	Olympia, WA	208,304	32,450	15.6%	245,571	3,826	1.56%	250,979
179	Lynchburg, VA	228,918	14,655	6.4%	245,579	1,126	0.46%	247,447
180	Amarillo, TX	227,117	848	0.4%	243,682	448	0.18%	246,474
181	Kennewick-Pasco-Richland, WA	192,710	23,734	12.3%	237,206	4,764	2.01%	245,649
182	Merced, CA	212,122	-290	-0.1%	244,356	-2,797	-1.14%	245,321
183	Binghamton, NY	252,042	-10,943	-4.3%	244,870	-790	-0.32%	244,694
184	Laredo, TX	194,523	-9,192	-4.7%	235,937	-676	-0.29%	241,438
185	Bremerton-Silverdale, WA	232,355	-1,343	-0.6%	239,865	-256	-0.11%	240,862
186	Yakima, WA	222,696	-14,362	-6.4%	234,881	819	0.35%	239,054
187	Gulfport-Biloxi, MS	246,838	-19,344	-7.8%	236,155	1,236	0.52%	238,772
188	Sioux Falls, SD	188,344	24,014	12.8%	233,503	2,056	0.88%	238,122
189	Waco, TX	214,093	3,871	1.8%	230,849	625	0.27%	233,378
190	Macon, GA	222,387	-1,142	-0.5%	230,735	-295	-0.13%	231,576
191	Topeka, KS	224,800	-3,257	-1.4%	229,774	-218	-0.09%	230,824
192	Champaign-Urbana, IL	210,511	-1,760	-0.8%	223,998	109	0.05%	226,132
193	Appleton, WI	202,508	5,282	2.6%	219,780	317	0.14%	221,894
194	Barnstable Town, MA	223,245	4,342	1.9%	221,521	265	0.12%	221,151
195	Chico, CA	203,926	12,883	6.3%	219,503	215	0.10%	220,577
196	Prescott, AZ	168,886	46,960	27.8%	214,930	602	0.28%	215,686
197	College Station-Bryan, TX	185,469	2,738	1.5%	207,140	2,243	1.08%	212,268
198	Tuscaloosa, AL	193,425	7,225	3.7%	208,902	805	0.39%	210,839
199	Springfield, IL	201,586	-1,714	-0.9%	207,305	61	0.03%	208,182
200	Burlington-South Burlington, VT	199,590	-1,312	-0.7%	207,028	-106	-0.05%	208,055
201	Longview, TX	194,010	2,424	1.2%	204,496	1,097	0.54%	206,874
202	Las Cruces, NM	174,973	7,550	4.3%	201,428	2,194	1.09%	206,419
203	Tyler, TX	175,500	15,320	8.7%	201,160	1,777	0.88%	204,665
204	Houma-Bayou Cane-Thibodaux, LA	194,435	-3,450	-1.8%	202,717	-1,044	-0.52%	202,973
205	Medford, OR	181,798	16,640	9.2%	200,298	405	0.20%	201,286
206	Florence, SC	193,260	904	0.5%	200,231	-284	-0.14%	200,653
207	Racine, WI	188,991	-3,634	-1.9%	200,109	-829	-0.41%	200,601
208	Elkhart-Goshen, IN	183,521	-6,929	-3.8%	200,125	-2,366	-1.18%	200,502
209	Bellingham, WA	167,760	21,598	12.9%	196,960	1,888	0.96%	200,434
210	Fargo, ND-MN	174,791	10,895	6.2%	195,948	2,185	1.12%	200,102
211	Saginaw-Saginaw Township North, MI	209,931	-15,407	-7.3%	200,858	-1,445	-0.72%	200,050
212	Johnson City, TN	181,989	14,870	8.2%	195,783	1,325	0.68%	197,381
213	Yuma, AZ	160,675	10,156	6.3%	193,299	680	0.35%	196,972
214	Charlottesville, VA	174,784	7,530	4.3%	195,012	284	0.15%	196,766
215	Lafayette, IN	178,844	-683	-0.4%	193,753	381	0.20%	196,329
216	Lake Havasu City-Kingman, AZ	156,194	38,464	24.6%	195,601	-761	-0.39%	194,825
217	Lake Charles, LA	193,463	-8,558	-4.4%	192,972	75	0.04%	194,138
218	Athens-Clarke County, GA	166,903	9,842	5.9%	189,926	340	0.18%	192,222
219	St. Cloud, MN	168,045	3,684	2.2%	187,672	-164	-0.09%	189,148
220	Gainesville, GA	140,886	16,418	11.7%	184,731	-431	-0.23%	187,743
221	Rochester, MN	164,427	3,122	1.9%	183,394	79	0.04%	185,618
222	Bloomington, IN	175,831	1,154	0.7%	184,165	349	0.19%	185,598
223	Anderson, SC	166,319	14,521	8.7%	182,937	1,428	0.78%	184,901
224	Kingston, NY	177,831	632	0.4%	181,722	-757	-0.42%	181,440

225	Redding, CA	163,782	15,546	9.5%	180,515	47	0.03%	181,099
226	Greenville, NC	153,156	14,484	9.5%	176,589	1,618	0.92%	179,715
227	Fort Walton Beach-Crestview-Destin, FL	170,966	-2,434	-1.4%	179,529	-2,404	-1.34%	178,473
228	Joplin, MO	157,718	7,958	5.0%	172,615	577	0.33%	174,300
229	Monroe, LA	170,043	-4,777	-2.8%	172,981	79	0.05%	174,086
230	Muskegon-Norton Shores, MI	170,485	-3,353	-2.0%	174,569	-1,574	-0.90%	173,951
231	Jacksonville, NC	149,774	4,040	2.7%	169,233	1,204	0.71%	173,064
232	Terre Haute, IN	170,813	-2,908	-1.7%	169,812	-279	-0.16%	169,825
233	Bloomington-Normal, IL	150,897	5,271	3.5%	165,571	662	0.40%	167,699
234	El Centro, CA	142,396	-1,645	-1.2%	163,093	680	0.42%	166,874
235	Columbia, MO	146,026	7,771	5.3%	164,182	523	0.32%	166,234
236	Yuba City, CA	139,483	8,405	6.0%	164,992	-1,727	-1.05%	165,539
237	Albany, GA	157,757	-4,429	-2.8%	164,488	-135	-0.08%	165,440
238	Waterloo-Cedar Falls, IA	163,668	-5,734	-3.5%	163,659	358	0.22%	164,913
239	Panama City-Lynn Haven-Panama City Beach, FL	148,258	10,025	6.8%	163,802	71	0.04%	164,767
240	Oshkosh-Neenah, WI	157,082	460	0.3%	162,099	503	0.31%	163,370
241	Parkersburg-Marietta-Vienna, WV-OH	164,443	-3,276	-2.0%	160,921	62	0.04%	160,905
242	Niles-Benton Harbor, MI	162,556	-9,035	-5.6%	160,319	-651	-0.41%	160,472
243	Janesville, WI	152,499	-60	0.0%	160,186	-995	-0.62%	160,155
244	Abilene, TX	160,108	-8,030	-5.0%	159,059	-10	-0.01%	160,070
245	Eau Claire, WI	148,689	5,787	3.9%	158,495	668	0.42%	160,018
246	Jackson, MI	158,735	-3,603	-2.3%	160,266	-1,072	-0.67%	159,828
247	Blacksburg-Christiansburg-Radford, VA	151,479	3,147	2.1%	158,521	418	0.26%	159,587
248	Bend, OR	116,618	36,184	31.0%	157,730	-115	-0.07%	158,629
249	Vineland-Millville-Bridgeton, NJ	146,362	507	0.3%	156,784	-491	-0.31%	157,745
250	Dover, DE	127,109	22,094	17.4%	155,492	1,091	0.70%	157,741
251	Pueblo, CO	141,839	10,112	7.1%	156,009	574	0.37%	157,224
252	Punta Gorda, FL	142,246	23,825	16.7%	157,736	86	0.05%	156,952
253	Pascagoula, MS	151,034	-3,186	-2.1%	154,510	116	0.08%	155,603
254	Billings, MT	139,091	9,858	7.1%	152,320	1,434	0.94%	154,553
255	Alexandria, LA	145,079	122	0.1%	153,451	-77	-0.05%	154,101
256	Monroe, MI	146,412	1,898	1.3%	152,870	-794	-0.52%	152,721
257	Iowa City, IA	132,182	6,203	4.7%	149,359	1,367	0.92%	152,263
258	Decatur, AL	146,050	-325	-0.2%	150,344	352	0.23%	151,399
259	Burlington, NC	131,521	10,585	8.0%	147,910	1,448	0.98%	150,358
260	Bangor, ME	144,907	2,295	1.6%	149,268	-151	-0.10%	149,419
261	Hanford-Corcoran, CA	129,774	511	0.4%	148,746	-2,241	-1.51%	148,764
262	Madera-Chowchilla, CA	123,566	6,793	5.5%	147,577	-1,204	-0.82%	148,632
263	Santa Fe, NM	129,840	4,878	3.8%	145,362	735	0.51%	147,532
264	Jefferson City, MO	140,320	844	0.6%	146,465	105	0.07%	147,438
265	Wichita Falls, TX	151,584	-10,039	-6.6%	147,607	-1,033	-0.70%	147,421
266	Rocky Mount, NC	143,045	-1,655	-1.2%	146,524	-584	-0.40%	146,596
267	State College, PA	135,930	1,864	1.4%	145,550	-267	-0.18%	146,212
268	Grand Junction, CO	117,488	23,826	20.3%	141,905	3,367	2.37%	146,093
269	Wheeling, WV-OH	152,850	-4,665	-3.1%	144,986	-45	-0.03%	144,637
270	Sioux City, IA-NE-SD	143,005	-11,974	-8.4%	142,764	141	0.10%	144,360
271	Florence-Muscle Shoals, AL	143,006	1,297	0.9%	143,826	362	0.25%	144,238
272	Johnstown, PA	152,240	-4,430	-2.9%	144,488	-165	-0.11%	143,998
273	Hattiesburg, MS	124,325	10,409	8.4%	141,000	886	0.63%	143,093
274	Dothan, AL	131,053	8,136	6.2%	141,446	741	0.52%	142,693
275	Springfield, OH	144,661	-6,477	-4.5%	139,818	-332	-0.24%	139,671
276	Coeur d'Alene, ID	109,541	24,696	22.5%	136,998	1,576	1.15%	139,390
277	Morristown, TN	123,564	8,324	6.7%	136,579	382	0.28%	137,612
278	Texarkana, TX-Texarkana, AR	129,681	3,610	2.8%	135,981	874	0.64%	137,486
279	St. George, UT	91,256	31,662	34.7%	135,678	-273	-0.20%	137,473
280	Auburn-Opelika, AL	115,511	13,143	11.4%	133,105	1,784	1.34%	135,883
281	Valdosta, GA	119,741	6,923	5.8%	133,675	941	0.70%	135,804
282	Warner Robins, GA	111,248	15,384	13.8%	133,470	1,106	0.83%	135,715
283	Battle Creek, MI	138,021	-7,509	-5.4%	136,404	-1,417	-1.04%	135,616
284	Sebastian-Vero Beach, FL	113,387	23,823	21.0%	134,293	830	0.62%	135,167
285	Napa, CA	124,545	1,376	1.1%	133,591	28	0.02%	134,650
286	Odessa, TX	120,685	839	0.7%	131,180	1,904	1.45%	134,625
287	Dalton, GA	120,838	-6,348	-5.3%	134,288	-2,118	-1.58%	134,319
288	La Crosse, WI-MN	127,020	2,349	1.8%	131,728	653	0.50%	132,923
289	Midland, TX	115,487	5,637	4.9%	129,159	1,754	1.36%	132,316
290	Wausau, WI	125,905	39	0.0%	131,043	-123	-0.09%	131,612
291	Anderson, IN	133,275	-3,711	-2.8%	131,253	-90	-0.07%	131,417
292	Lebanon, PA	120,416	7,671	6.4%	129,302	810	0.63%	130,506
293	Flagstaff, AZ	116,717	-507	-0.4%	128,426	-185	-0.14%	129,849
294	Pittsfield, MA	134,787	-3,470	-2.6%	129,571	-183	-0.14%	129,288
295	Glens Falls, NY	124,348	4,131	3.3%	128,653	-22	-0.02%	128,774
296	Logan, UT-ID	103,220	-2,583	-2.5%	124,362	871	0.70%	127,945
297	St. Joseph, MO-KS	123,967	-1,801	-1.5%	126,051	253	0.20%	126,644
298	Idaho Falls, ID	102,081	10,586	10.4%	123,123	1,098	0.89%	126,131
299	Altoona, PA	129,030	-1,227	-1.0%	125,923	297	0.24%	126,122
300	Rapid City, SD	113,008	3,283	2.9%	122,697	1,019	0.83%	124,766
301	Mansfield, OH	128,797	-7,351	-5.7%	125,081	-900	-0.72%	124,490
302	Farmington, NM	114,035	-1,767	-1.5%	122,407	463	0.38%	124,131

303	Winchester, VA-WV	103,566	14,082	13.6%	122,620	474	0.39%	123,989
304	Manhattan, KS	109,039	-5,449	-5.0%	122,049	-557	-0.46%	123,086
305	Weirton-Steubenville, WV-OH	131,618	-6,393	-4.9%	121,682	-344	-0.28%	120,929
306	Bowling Green, KY	104,476	8,347	8.0%	118,588	1,044	0.88%	120,595
307	Morgantown, WV	111,190	5,143	4.6%	118,931	880	0.74%	120,327
308	Harrisonburg, VA	108,285	2,585	2.4%	118,770	500	0.42%	120,271
309	Salisbury, MD	109,582	5,939	5.4%	119,990	-483	-0.40%	120,181
310	Jonesboro, AR	108,135	6,942	6.4%	118,135	1,212	1.03%	120,139
311	Sherman-Denison, TX	110,993	5,149	4.6%	118,786	631	0.53%	120,030
312	Mount Vernon-Anacortes, WA	103,475	9,379	9.1%	118,373	270	0.23%	119,534
313	Williamsport, PA	119,957	-3,557	-3.0%	116,666	49	0.04%	116,840
314	Lawrence, KS	100,295	2,907	2.9%	114,752	576	0.50%	116,383
315	Victoria, TX	111,650	-4,857	-4.4%	114,256	171	0.15%	115,396
316	Muncie, IN	118,733	-5,684	-4.8%	114,897	24	0.02%	115,192
317	Sheboygan, WI	112,742	-1,679	-1.5%	114,458	-464	-0.41%	114,560
318	Anniston-Oxford, AL	111,342	43	0.0%	113,422	420	0.37%	114,081
319	Goldsboro, NC	113,297	-6,733	-5.9%	113,419	-498	-0.44%	113,811
320	Owensboro, KY	110,006	-667	-0.6%	112,945	197	0.17%	113,636
321	Jackson, TN	107,581	694	0.6%	113,008	1	0.00%	113,629
322	Elizabethtown, KY	107,694	-1,437	-1.3%	112,408	169	0.15%	113,433
323	Cleveland, TN	104,307	5,448	5.2%	112,414	499	0.44%	113,358
324	Lawton, OK	114,675	-9,650	-8.4%	112,249	36	0.03%	113,228
325	Kankakee-Bradley, IL	103,879	2,809	2.7%	112,719	-231	-0.20%	113,215
326	Michigan City-La Porte, IN	110,158	-2,174	-2.0%	110,754	-50	-0.05%	111,063
327	San Angelo, TX	105,812	-1,409	-1.3%	109,152	221	0.20%	110,119
328	Wenatchee-East Wenatchee, WA	99,379	1,560	1.6%	108,301	590	0.54%	109,937
329	Missoula, MT	96,170	8,004	8.3%	107,552	435	0.40%	108,623
330	Decatur, IL	114,476	-8,421	-7.4%	108,326	-340	-0.31%	108,204
331	Bay City, MI	110,091	-3,799	-3.5%	107,597	-381	-0.35%	107,434
332	Lewiston-Auburn, ME	103,845	235	0.2%	107,061	-815	-0.76%	106,539
333	Bismarck, ND	94,840	7,002	7.4%	104,629	1,040	0.99%	106,286
334	Danville, VA	110,000	-3,734	-3.4%	106,250	-434	-0.41%	105,814
335	Sumter, SC	104,655	-6,388	-6.1%	104,313	-484	-0.46%	104,495
336	Lima, OH	108,577	-7,620	-7.0%	104,826	-875	-0.83%	104,357
337	Brunswick, GA	93,226	6,800	7.3%	103,020	308	0.30%	103,841
338	Gadsden, AL	103,313	329	0.3%	103,435	141	0.14%	103,645
339	Longview, WA	93,012	5,379	5.8%	101,537	-83	-0.08%	101,966
340	Ithaca, NY	96,662	-2,211	-2.3%	101,027	-132	-0.13%	101,779
341	Pine Bluff, AR	107,236	-9,785	-9.1%	101,307	-976	-0.96%	100,694
342	Fond du Lac, WI	97,384	7	0.0%	99,864	-194	-0.19%	100,070
343	Cumberland, MD-WV	101,841	154	0.2%	99,772	136	0.14%	99,736
344	Kokomo, IN	101,528	-5,597	-5.5%	99,450	-992	-1.00%	98,787
345	Fairbanks, AK	82,769	-2,676	-3.2%	98,351	-1,329	-1.35%	98,660
346	Hot Springs, AR	88,350	11,637	13.2%	97,700	869	0.89%	98,479
347	Grand Forks, ND-MN	97,331	-5,150	-5.3%	97,261	-819	-0.84%	97,190
348	Rome, GA	90,811	482	0.5%	95,696	-11	-0.01%	96,250
349	Ocean City, NJ	102,307	-3,148	-3.1%	96,470	-67	-0.07%	96,091
350	Cape Girardeau-Jackson, MO-IL	90,429	1,208	1.3%	93,287	43	0.05%	93,712
351	Mankato-North Mankato, MN	85,850	2,294	2.7%	92,576	-25	-0.03%	93,234
352	Dubuque, IA	89,232	-68	-0.1%	92,589	56	0.06%	93,072
353	Palm Coast, FL	50,560	41,931	82.9%	90,700	885	0.98%	91,622
354	Pocatello, ID	83,171	-4,751	-5.7%	88,984	162	0.18%	90,273
355	Cheyenne, WY	81,745	2,480	3.0%	87,759	468	0.53%	88,854
356	Elmira, NY	91,079	-3,761	-4.1%	87,902	270	0.31%	88,331
357	Ames, IA	80,127	-728	-0.9%	86,219	108	0.13%	87,214
358	Corvallis, OR	78,197	-490	-0.6%	81,775	303	0.37%	82,605
359	Great Falls, MT	80,201	-3,474	-4.3%	82,022	-201	-0.25%	82,178
360	Danville, IL	83,796	-5,264	-6.3%	80,453	-514	-0.64%	80,067
361	Sandusky, OH	79,603	-3,065	-3.9%	77,339	-469	-0.61%	76,963
362	Columbus, IN	71,737	-670	-0.9%	75,494	-42	-0.06%	76,063
363	Casper, WY	66,554	4,309	6.5%	73,057	952	1.30%	74,508
364	Hinesville-Fort Stewart, GA	71,802	-7,747	-10.8%	70,284	3,074	4.37%	74,420
365	Lewiston, ID-WA	57,952	1,921	3.3%	60,260	230	0.38%	60,643
366	Carson City, NV	52,551	57	0.1%	55,274	-398	-0.72%	55,176

Calculated from Census Bureau data.