



# United States of America

## population in hexagons

≈ 100,000 people

Name: Metropolitan Statistical Areas (MSAs) with 500,000 people or more. Population figures, names, and boundaries of MSAs from US census 2020 (n.b.: *Annapolis* MD and *Montpelier* VT are not part of the name of the MSA that they are in)

(Name): selected smaller MSAs or Micropolitan Statistical Areas

Name: capital

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San Juan—Bayamon—Caguas  
 (Aguadilla—Isabela) (Arecibo)  
 (Mayagüez) (Ponce)

**PUERTO RICO**

US VIRGIN ISLANDS  
 (Charlotte Amalie)

AMERICAN SAMOA  
(Pago Pago)

NORTHERN MARIANA ISLANDS  
(Saipan)

HAWAII  
(Honolulu)

San Francisco—Oakland—Berkeley  
 San Jose—Sunnyvale—Santa Clara  
 (San Luis Obispo—Paso Robles)  
 (Santa Maria—Santa Barbara)  
 Los Angeles—Long Beach—Anaheim  
 Oxnard—Thousand Oaks—Ventura  
 San Diego—Chula Vista—Carlsbad  
 (Kahului—Wailuku—Lahaina)  
 Urban Honolulu

(Santa Rosa—Petaluma)  
 (Vallejo)  
 Sacramento—Roseville—Folsom  
 (Carson City)  
 (Reno)  
 Stockton  
 Modesto  
 Las Vegas—Henderson—Paradise  
 Fresno  
 Bakersfield  
 Tucson  
 Phoenix—Mesa—Chandler  
 Colorado Springs  
 (Pueblo)

(Salem)  
 (Eugene)  
 (Portland—Vancouver—Hillsboro)  
 Boise City  
 (Coeur d'Alene)  
 Spokane—Spokane Valley

(Juneau)  
 (Fairbanks)  
 (Anchorage)  
 Seattle—Tacoma—Bellevue  
 Olympia—Lacey—Tumwater

(Concord)  
 (Manchester—Nashua)  
 (Burlington—South Burlington)  
 (Barre—Montpelier)  
 Springfield  
 Poughkeepsie—Newburgh—Middletown  
 Albany—Schenectady—Troy  
 New Haven—Milford  
 Hartford—East Hartford—Middletown  
 Bridgeport—Stamford—Norwalk  
 Worcester  
 Concord  
 (Augusta—Waterville)  
 (Maine)  
 (Boston—Cambridge—Newton)  
 (Portland—South Portland)

(Syracuse)  
 Rochester  
 Buffalo—Cheektowaga  
 Reading  
 Scranton—Wilkes-Barre  
 Allentown—Bethlehem—Easton  
 Harrisburg—Carlisle  
 Lancaster  
 York—Hannover  
 Washington—Arlington—Alexandria  
 (Huntington—Ashland)  
 Columbus  
 Pittsburgh  
 (Trenton)

(New York—Newark—Jersey City)  
 (Atlantic City—Hammonton)  
 (Dover)  
 Philadelphia—Camden—Wilmington  
 (New York)

(Detroit—Warren—Dearborn)  
 Youngstown—Warren—Boardman  
 Akron  
 Cleveland—Elyria  
 Toledo  
 (Fort Wayne)  
 Indianapolis—Carmel—Anderson  
 (Chicago—Naperville—Evanston)  
 (Green Bay)  
 (Milwaukee—Waukesha)  
 (Ann Arbor)  
 Lansing—East Lansing  
 (Grand Rapids—Kentwood)

(Chicago—Rock Island—Moline)  
 (Davenport—Moline—Rock Island)  
 (Cedar Rapids)  
 (Rochester)  
 (Minneapolis—Saint Paul—Bloomington)  
 (Madison)  
 (Duluth)

(Bismarck)  
 (Fargo)  
 (Rapid City)  
 (Sioux Falls)  
 (Pierre)  
 (Lincoln)  
 (Omaha—Council Bluffs)  
 (Nebraska)

(Peoria)  
 (Springfield)  
 (Jefferson City)  
 (Topeka)  
 (Wichita)  
 (Kansas City)  
 (Oklahoma City)  
 (Tulsa)  
 (Oklahoma)

(Helena)  
 (Billings)  
 (Cheyenne)  
 (Denver—Aurora—Lakewood)  
 (Fort Collins)  
 (Greeley)  
 (Colorado)

(Salt Lake City)  
 Ogden—Clearfield  
 Provo—Orem  
 (Utah)

(Santa Fe)  
 (Amarillo)  
 (Lubbock)  
 (Las Cruces)  
 (Austin—Round Rock—Georgetown)  
 (El Paso)  
 (San Antonio—New Braunfels)  
 (Riverside—San Bernardino—Ontario)  
 (Dallas—Fort Worth—Arlington)  
 (Little Rock—North Little Rock—Conway)  
 (Shreveport—Bossier City)  
 (Jackson)  
 (Baton Rouge)  
 (New Orleans—Metairie)

(Louisiana)

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