Here are the fastest-growing and fastest-shrinking big US cities

Madison Hoff May 22, 2023, 3:24 PM EDT

Read in app

Jump to

Main content
Search
Account

HOMEPAGE

Subscribe

The Villages, Florida, saw its population from July 1, 2021, to July 1, 2022, climb by 7.5%. Michael Warren/Getty Images

Over half of the 10 fastest-growing cities are in Florida.

That's according to population changes from July 1, 2021, to July 1, 2022, for metropolitan statistical areas.

The Villages, Florida, was the fastest-growing metro, while Houma, Louisiana, was the fastest-shrinking metro.

For you: Insider Today newsletter — the day's most fascinating stories.

Email address
Email address

SIGN UP

By clicking 'Sign up', you agree to receive marketing emails from Insider as well as other partner offers and accept our Terms of Service and Privacy Policy.

Jump to

Main content
Search
Account

stest-growing metro areas are in Florida.

HOMEPAGE

Subscribe

Insider analyzed population estimates from the Census Bureau for the 384 metropolitan statistical areas in the US. We took the percent change in total metro area population from July 1, 2021, to July 1, 2022, to look at the places with the largest percent increases and decreases.

The Villages, Florida, had the greatest percent increase at 7.5%. The metro area grew by 10,103 to 144,970. The metro area of Myrtle Beach-Conway-North Myrtle Beach, South Carolina-North Carolina, followed behind The Villages' percent increase. This metro area saw population climb by 5.0% or by 25,340.

Fastest-growing metro areas

Population change, July 1, 2021–July 1, 2022

Metro area	July 1, 2021	July 1, 2022	Percent change
The Villages, FL	134,867	144,970	7.5%
Myrtle Beach, SC	510,825	536,165	5.0%
Lakeland, FL	755,179	787,404	4.3%
Cape Coral, FL	790,676	822,453	4.0%
Punta Gorda, FL	194,934	202,661	4.0%
North Port, FL	862,024	891,411	3.4%
St. George, UT	191,476	197,680	3.2%
Port St. Lucie, FL	504,532	520,710	3.2%
Panama City, FL	179,498	185,134	3.1%
Spartanburg, SC	335,406	345,831	3.1%

Jump to

Main content
Search
Account

hows principal city and state for each metropolitan statistical area. Fastest-growing metros pulation growth from July 1, 2021, to July 1, 2022, among US metro areas.

er • Source: Census Bureau

INSIDER

HOMEPAGE

Subscribe

location can be due to moving-related reasons. It can also be related to other changes in the population, such as more births.

The metro area of Dallas experienced the largest numerical population increase per the press release. It saw its population climb by 170,396 or by 2.2% from July 1, 2021, to July 1, 2022.

The metro area of Houma, Louisiana, had the greatest percent decline over this time range, with a percent decline of 2.9%, or tumbling by 5,894 people. Two other metro areas in Louisiana were among the 10 fastest-shrinking metros.

Jump to

Main content
Search
Account

HOMEPAGE

Subscribe

Fastest-shrinking metro areas

Population change, July 1, 2021–July 1, 2022

Metro area	July 1, 2021	July 1, 2022	Percent change
Houma, LA	206,550	200,656	–2.9%
Pine Bluff, AR	86,290	84,629	–1.9%
Elmira, NY	82,830	81,426	–1.7%
Napa, CA	136,206	134,300	–1.4%
Lake Charles, LA	210,194	207,320	–1.4%
Weirton, WV	115,811	114,235	–1.4%
Beckley, WV	113,884	112,369	–1.3%
New Orleans, LA	1,262,909	1,246,176	–1.3%
Charleston, WV	255,207	251,914	–1.3%
Danville, IL	73,263	72,337	–1.3%

Note: Metro area column shows principal city and state for each metropolitan statistical area. Fastest-shrinking metros were determined by the population change from July 1, 2021, to July 1, 2022, among US metro areas.

Table: Madison Hoff/Insider • **Source:** Census Bureau

INSIDER

Read next

CAREERS

You probably think the economy is much worse off than it is

One in every 10 Americans moved during the pandemic. hey went.

Jump to

Main content
Search
Account

HOMEPAGE

Subscribe