

July 1, 2023 Population Estimates for Virginia and its Counties and Cities

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FIPS Code	Locality	April 1, 2020 Census	July 1, 2023 Estimate	Change since 2020 Census	
				Numeric Change	Percent Change
Virginia					
009	Amherst	31,307	31,223	-84	-0.3%
011	Appomattox	16,119	16,728	609	3.8%
019	Bedford	79,462	80,759	1,297	1.6%
031	Campbell	55,696	56,028	332	0.6%
680	Lynchburg*	80,395	80,736	341	0.4%
Total Counties		182,584	184,738	2,154	1.2%
Total Cities		80,395	80,736	341	0.4%

***IMPORTANT NOTE:** Across the country, localities with relatively large college populations, including some Virginia localities, were often undercounted in the April 1st, 2020 Census Count. In order to correct this undercount, the 2020 population estimates are benchmarked on the Weldon Cooper Center estimates instead of the 2020 Census count for localities with populations that are comprised of over 20 percent college students. This includes Charlottesville, Harrisonburg, Lexington, Lynchburg, Montgomery County, Prince Edward County, Radford, and Williamsburg.

Metropolitan Areas

Locality	April 1, 2020 Census	July 1, 2023 Estimate	Change since 2020 Census	
			Numeric Change	Percent Change
Blacksburg	169,514	168,561	-953	-0.6%
Bristol combined	92,730	91,650	-1,080	-1.2%
Charlottesville	226,021	231,577	5,556	2.5%
Harrisonburg	138,567	141,498	2,931	2.1%
Lynchburg	262,979	265,474	2,495	0.9%
Northern Virginia	3,077,537	3,113,080	35,543	1.2%
Richmond	1,314,434	1,354,620	40,186	3.1%
Roanoke	315,251	313,052	-2,199	-0.7%
Staunton	125,433	126,233	800	0.6%
Virginia Beach	1,751,333	1,755,091	3,758	0.2%
Winchester	119,539	125,093	5,554	4.6%
Total metropolitan	7,593,338	7,685,929	92,591	1.2%

Micropolitan Areas

Locality	April 1, 2020 Census	July 1, 2023 Estimate	Change since 2020 Census	
			Numeric Change	Percent Change
Big Stone Gap	39,817	38,667	-1,150	-2.9%
Bluefield	46,699	45,299	-1,400	-3.0%
Danville	103,091	101,419	-1,672	-1.6%
Martinsville	64,433	61,789	-2,644	-4.1%
Total micropolitan	254,040	247,174	-6,866	-2.7%

Neither metropolitan nor micropolitan	797,349	795,929	-1,420	-0.2%
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Planning Districts*

Locality	April 1, 2020 Census	July 1, 2023 Estimate	Change since 2020 Census	
			Numeric Change	Percent Change
1 LENOWISCO	83,566	81,926	-1,640	-2.0%
2 Cumberland Plateau	100,689	96,909	-3,780	-3.8%
3 Mount Rogers	186,722	184,351	-2,371	-1.3%
4 New River Valley	184,990	183,586	-1,404	-0.8%
5 Roanoke Valley-Alleghany	336,211	333,562	-2,649	-0.8%
6 Central Shenandoah	307,211	310,528	3,317	1.1%
7 Northern Shenandoah Valley	242,944	249,994	7,050	2.9%
8 Northern Virginia	2,550,377	2,566,483	16,106	0.6%
9 Rappahannock-Rapidan	182,963	187,629	4,666	2.6%
10 Thomas Jefferson	263,617	272,011	8,394	3.2%
11 Central Virginia	262,979	265,474	2,495	0.9%
12 West Piedmont	239,609	234,361	-5,248	-2.2%
13 Southside	80,190	78,345	-1,845	-2.3%
14 Commonwealth Regional Council	101,288	101,228	-60	-0.1%
15 Richmond Regional	1,120,304	1,160,180	39,876	3.6%
16 George Washington Regional Commission	382,551	400,385	17,834	4.7%
17 Northern Neck	50,158	50,708	550	1.1%
18 Middle Peninsula	92,886	93,784	898	1.0%
19 Crater	551,486	573,011	21,525	3.9%
22 Accomack-Northampton	45,695	45,336	-359	-0.8%
23 Hampton Roads	1,749,361	1,753,239	3,878	0.2%

* Some counties are members of multiple PDCs