

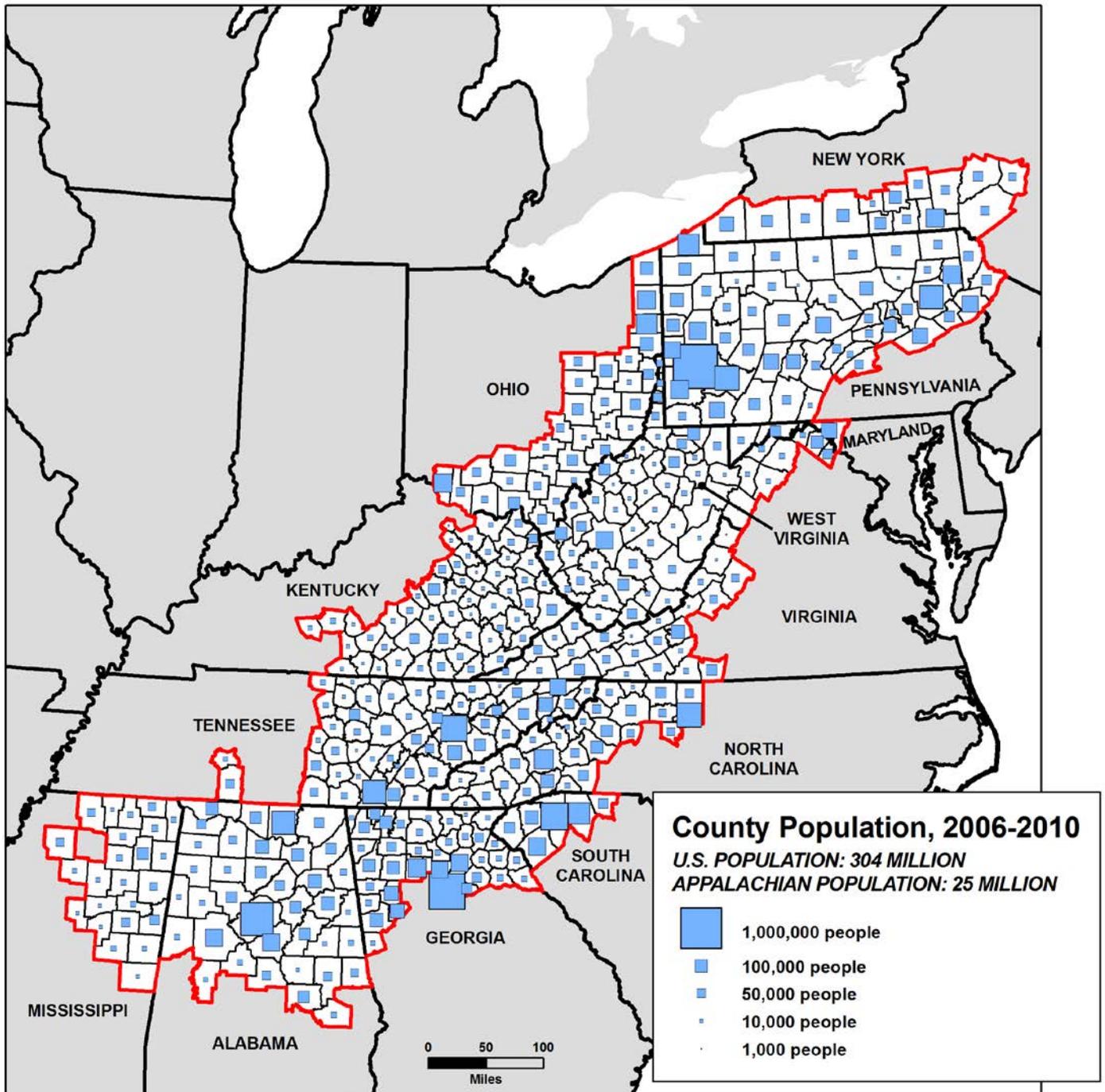
# CHAPTER 1: POPULATION BASICS

Table 1.1: Population, Land Area, and Population Density in the Appalachian Region, 2006-2010

Population, Land Area, and Density	Population, 2006-2010	Land Area (Square Miles)	Population per Square Mile of Land Area, 2006-2010
<b>United States</b>	<b>303,965,272</b>	<b>3,531,905</b>	<b>86.1</b>
<b>Appalachian Region</b>	<b>25,002,346</b>	<b>204,452</b>	<b>122.3</b>
<b>Subregions</b>			
Northern Appalachia	8,387,792	56,980	147.2
North Central Appalachia	2,405,769	29,337	82.0
Central Appalachia	1,914,972	29,773	64.3
South Central Appalachia	4,653,980	34,997	133.0
Southern Appalachia	7,639,833	53,365	143.2
<b>County Types</b>			
Large Metros (pop. 1 million +)	5,689,437	17,579	323.6
Small Metros (pop. <1 million)	10,063,148	50,179	200.5
Nonmetro, Adjacent to Large Metros	1,691,526	18,822	89.9
Nonmetro, Adjacent to Small Metros	5,024,462	69,090	72.7
Rural (nonmetro, not adj. to a metro)	2,533,773	48,781	51.9
<b>Alabama</b>	<b>4,712,651</b>	<b>50,645</b>	<b>93.1</b>
Appalachian Alabama	3,020,853	25,763	117.3
Non-Appalachian Alabama	1,691,798	24,882	68.0
<b>Georgia</b>	<b>9,468,815</b>	<b>57,513</b>	<b>164.6</b>
Appalachian Georgia	2,848,461	11,378	250.3
Non-Appalachian Georgia	6,620,354	46,135	143.5
<b>Kentucky</b>	<b>4,285,828</b>	<b>39,486</b>	<b>108.5</b>
Appalachian Kentucky	1,182,639	18,231	64.9
Non-Appalachian Kentucky	3,103,189	21,256	146.0
<b>Maryland</b>	<b>5,696,423</b>	<b>9,707</b>	<b>586.8</b>
Appalachian Maryland	251,112	1,529	164.2
Non-Appalachian Maryland	5,445,311	8,178	665.8
<b>Mississippi</b>	<b>2,941,991</b>	<b>46,923</b>	<b>62.7</b>
Appalachian Mississippi	626,534	12,400	50.5
Non-Appalachian Mississippi	2,315,457	34,523	67.1
<b>New York</b>	<b>19,229,752</b>	<b>47,126</b>	<b>408.0</b>
Appalachian New York	1,068,045	11,681	91.4
Non-Appalachian New York	18,161,707	35,445	512.4
<b>North Carolina</b>	<b>9,271,178</b>	<b>48,618</b>	<b>190.7</b>
Appalachian North Carolina	1,673,291	11,887	140.8
Non-Appalachian North Carolina	7,597,887	36,731	206.9
<b>Ohio</b>	<b>11,512,431</b>	<b>40,861</b>	<b>281.7</b>
Appalachian Ohio	2,045,822	15,978	128.0
Non-Appalachian Ohio	9,466,609	24,882	380.5
<b>Pennsylvania</b>	<b>12,612,705</b>	<b>44,743</b>	<b>281.9</b>
Appalachian Pennsylvania	5,787,246	36,444	158.8
Non-Appalachian Pennsylvania	6,825,459	8,298	822.5
<b>South Carolina</b>	<b>4,511,428</b>	<b>30,061</b>	<b>150.1</b>
Appalachian South Carolina	1,143,985	3,824	299.2
Non-Appalachian South Carolina	3,367,443	26,237	128.3
<b>Tennessee</b>	<b>6,234,968</b>	<b>41,235</b>	<b>151.2</b>
Appalachian Tennessee	2,745,426	20,119	136.5
Non-Appalachian Tennessee	3,489,542	21,116	165.3
<b>Virginia</b>	<b>7,841,754</b>	<b>39,490</b>	<b>198.6</b>
Appalachian Virginia	768,130	11,179	68.7
Non-Appalachian Virginia	7,073,624	28,311	249.9
<b>West Virginia (entire state)</b>	<b>1,840,802</b>	<b>24,038</b>	<b>76.6</b>

Data Sources: U.S. Census Bureau, 2006-2010 American Community Survey.

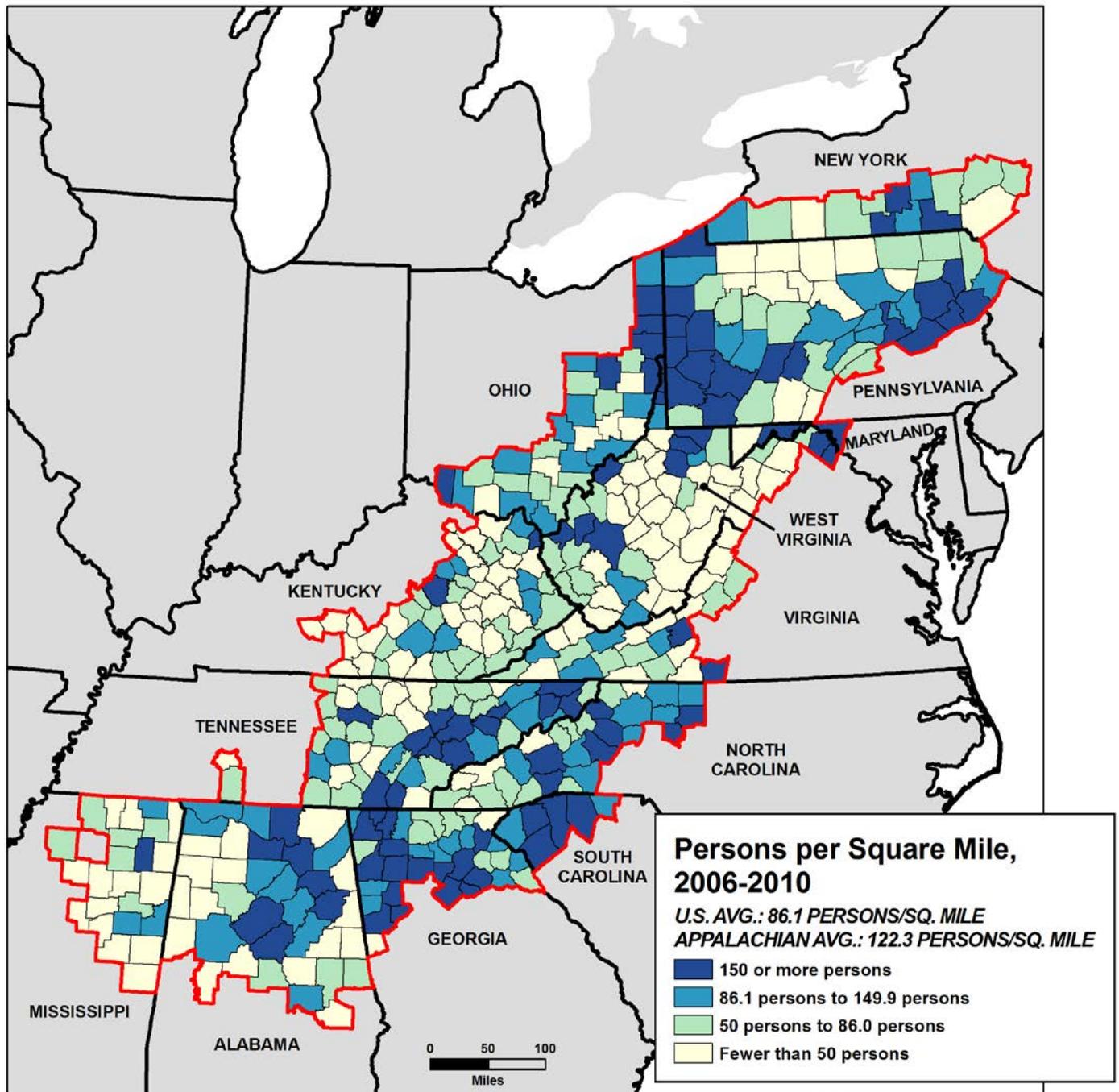
**Figure 1.1: Population Distribution in the Appalachian Region, 2006-2010**



Map Title: Population Distribution in the Appalachian Region, 2006-2010  
 Data Source: U.S. Census Bureau, 2006-2010 American Community Survey.

Of the 304 million persons in the United States during the period from 2006-2010, 25 million lived in the Appalachian region. Yet the population of the region's 420 counties varied greatly. On one hand, two-thirds of the counties had populations of fewer than 50,000 people, and 125 counties had fewer than 20,000 residents. On the other hand, pockets of the Appalachian population lived in large and mid-sized metropolitan areas, including Pittsburgh, Birmingham, and the Atlanta suburbs. Allegheny County, Pa. (where Pittsburgh is located) had 1.2 million residents. It is important to note that the Appalachian population has continued to grow; the 2010 census reported 25.2 million residents in the region (out of 308.7 million Americans nationwide).

**Figure 1.2: Population per Square Mile of Land Area in the Appalachian Region, 2006-2010**



Map Title: Population per Square Mile of Land Area in the Appalachian Region, 2006-2010  
 Data Source: U.S. Census Bureau, 2006-2010 American Community Survey.

While Appalachia’s population density was noticeably greater than the United States as a whole over the 2006-2010 period, less than half of the region’s counties had population concentrations at or above the national average. Most of the high-density counties were in metropolitan areas, both large (Pittsburgh, Birmingham, suburban Atlanta) and small (Winston-Salem, N.C.; Knoxville, Tenn.). Since the population in most of the region was higher in the 2010 census, population density likewise has increased in recent years—at least for the majority of counties.