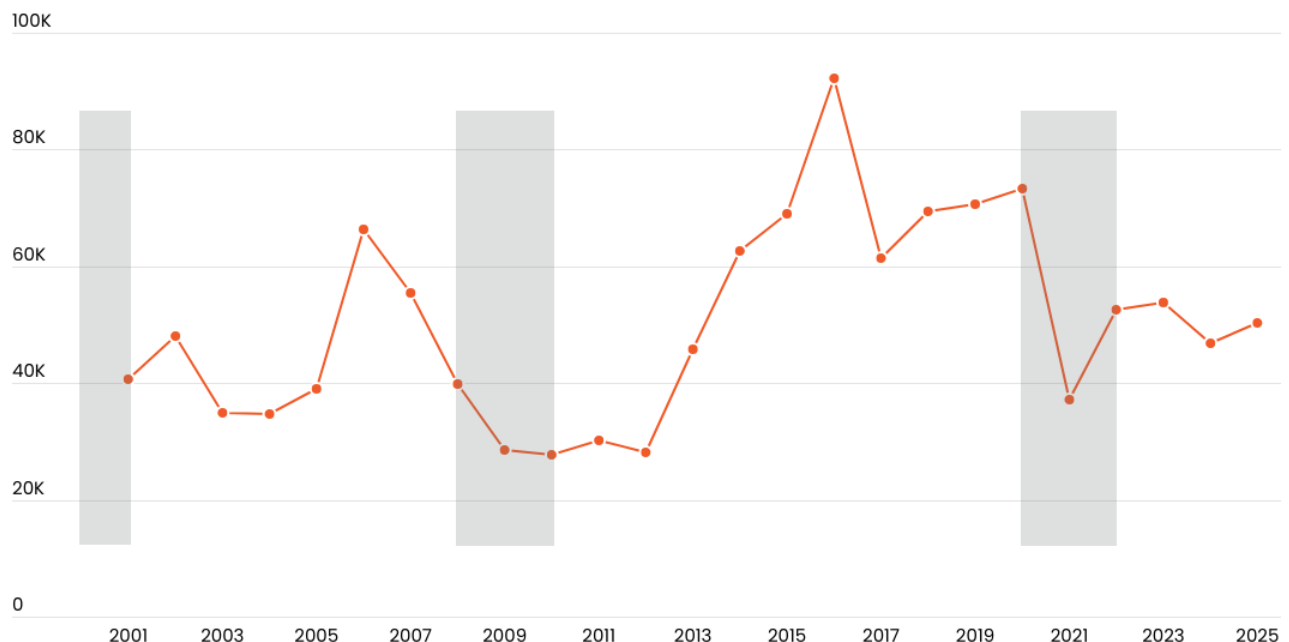


## Region Surpasses 4.5 Million Residents in 2025

In the spring of 2025, approximately 4,534,000 residents called the four counties in the central Puget Sound region home. Between April 2024 and April 2025, the region grew by approximately 50,400 residents, marking the twelfth time in the past 25 years that the region grew by more than 50,000 residents.

### Annual Population Change in Central Puget Sound, 2000 to 2025



Gray bars indicate U.S. recessions and the COVID-19 pandemic  
 Source: Office of Financial Management, April 1 Official Population, 2025

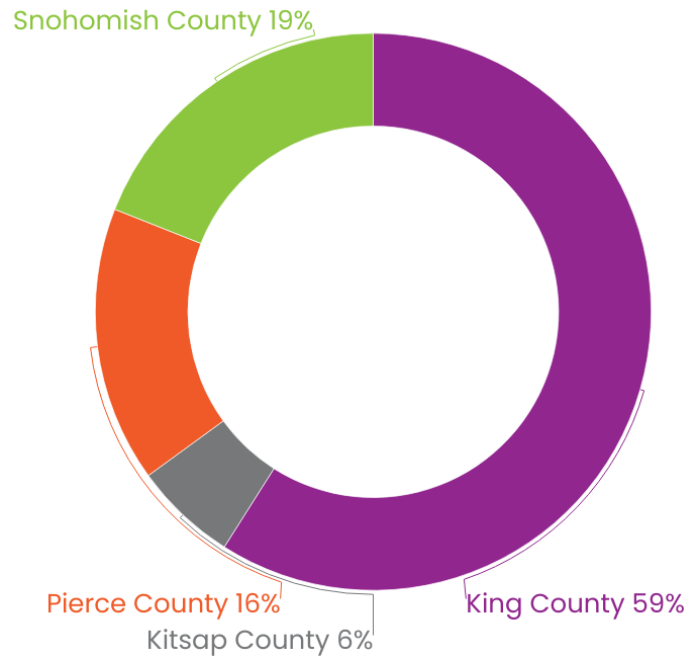
The central Puget Sound region accounts for approximately 56% of the state's population in 2025. The three largest counties by population in Washington are in this region (King, Pierce and Snohomish counties). King County was the second fastest-growing county by rate (1.41%) in the entire state this past year. Although lower than pre-pandemic growth, the region continues to grow at a rate consistent with long-term forecasts for growth that were the basis for [VISION 2050](#).

## County Growth

Every county in the central Puget Sound region added population in the past year. Since 2020, the region has added more than 241,000 residents. Approximately 59% of this population growth has occurred in King County, the largest county in Washington and the thirteenth largest county in the United States.

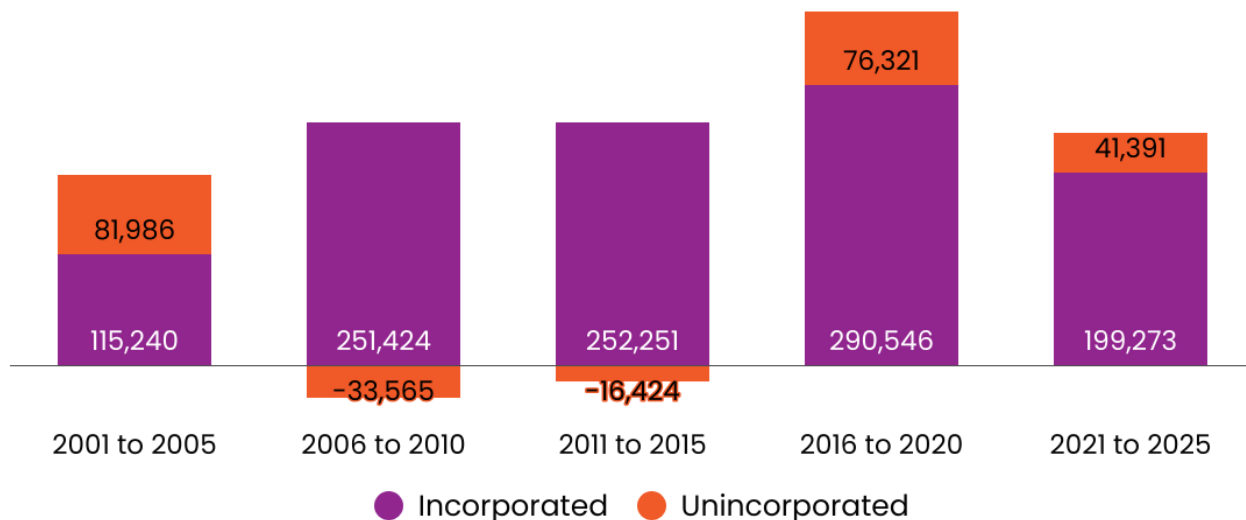
Between 2021 and 2025, approximately 83% of the region's population growth occurred in the incorporated cities and towns of the four counties. This is up from a low in the early 2000s when it was closer to 58%.

### Percentage Share of Regional Growth by County, 2020 to 2025



Source: Office of Financial Management, April 1 Official Population, 2025

### Growth in Incorporated and Unincorporated Areas, 2001 to 2025



Note: Includes growth due to annexation

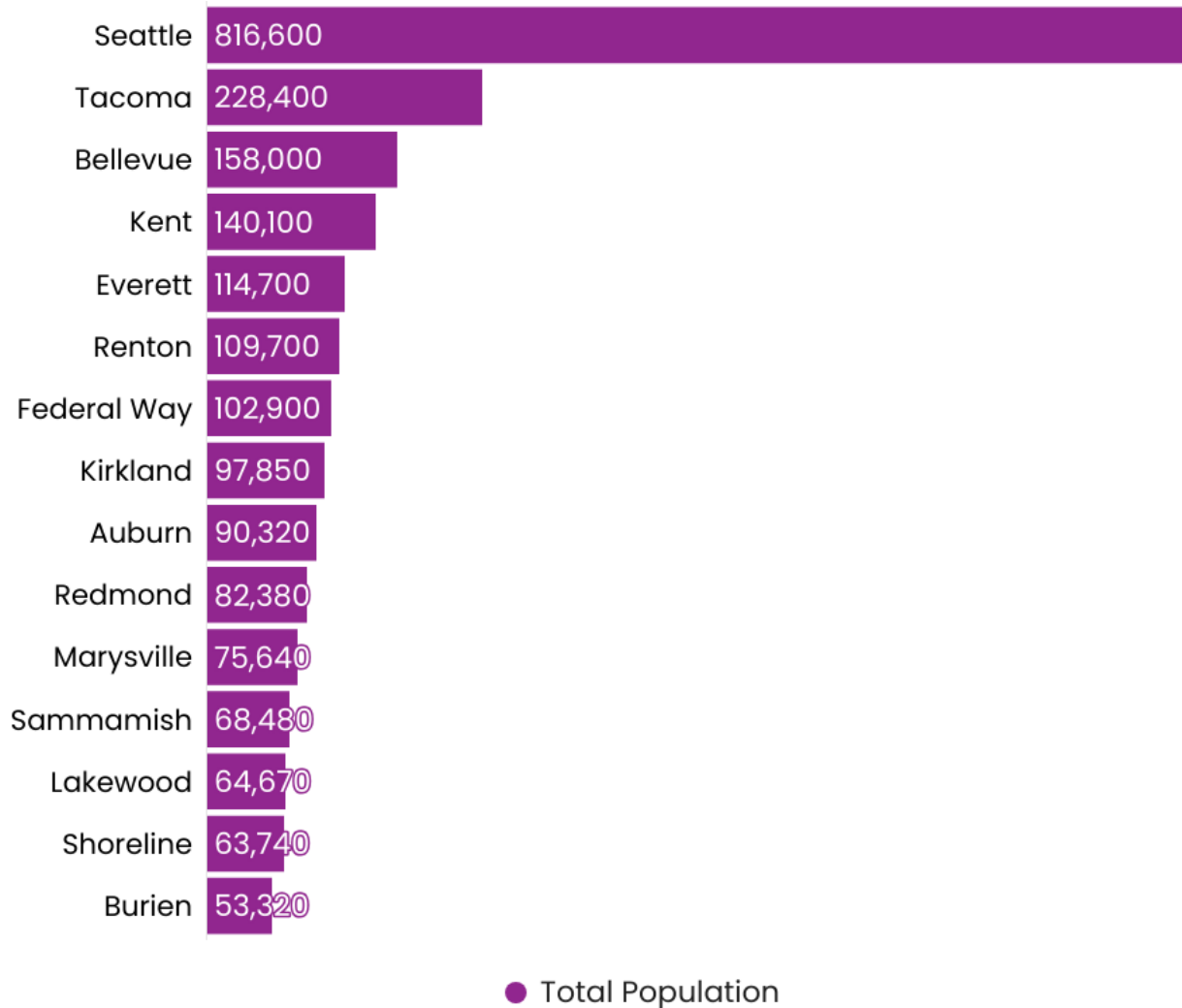
Source: Office of Financial Management, April 1 Official Population, 2025

## City Growth

The City of Seattle eclipsed 800,000 residents for the first time in 2025, making it the eighteenth largest city in the United States and just behind San Francisco in total population. All cities along the Sound Transit 1 Line and 2 Line light rail extensions added residents and were among the fastest-growing cities in the region.

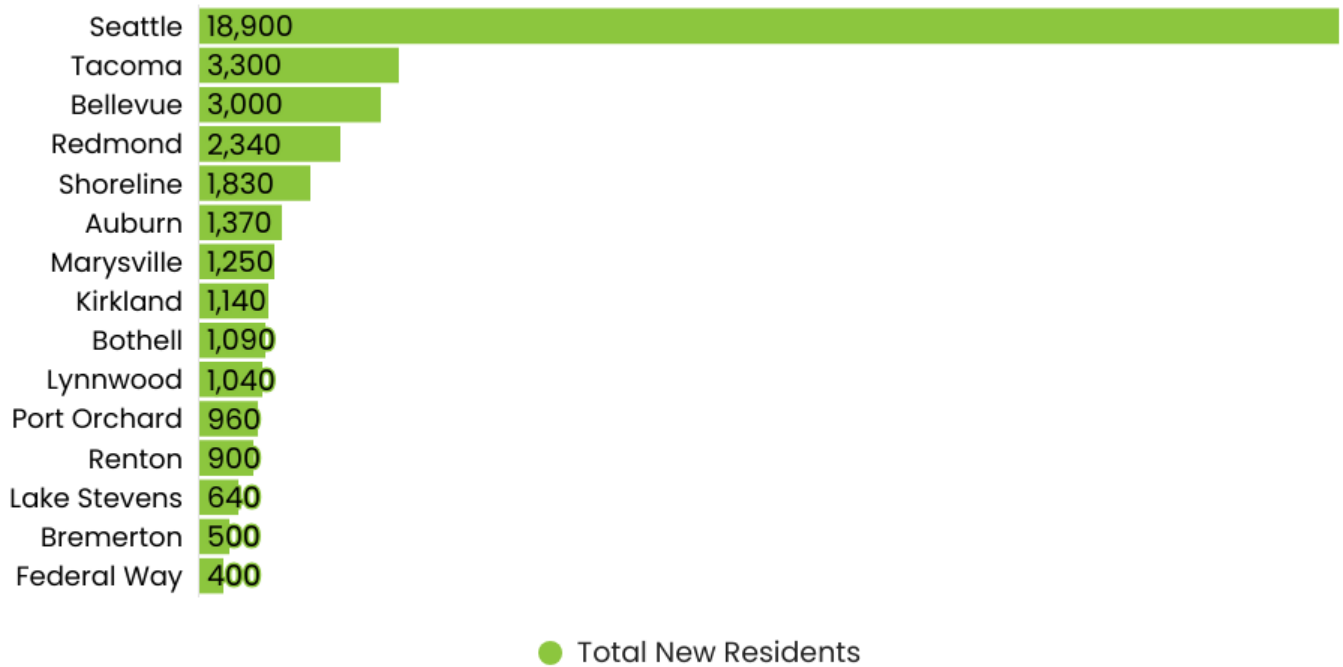
### Total Population and Growth for the 15 Largest Cities

#### Top 15 Cities by Population, 2025

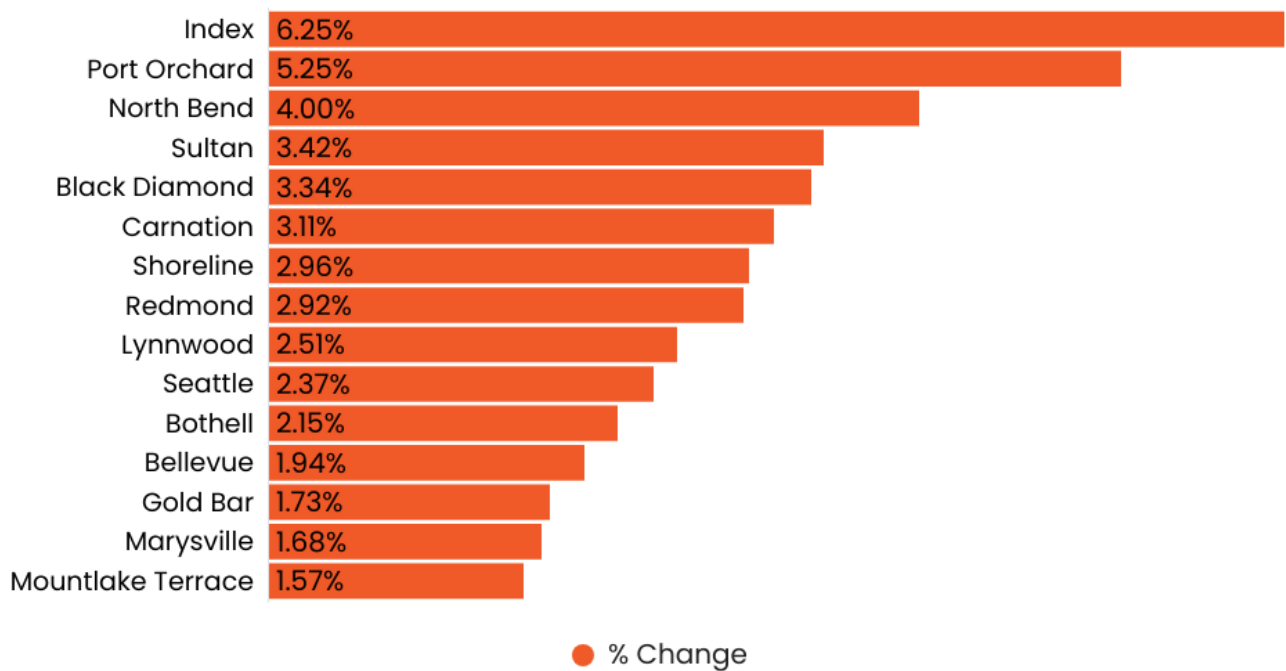


Source: Office of Financial Management, April 1 Official Population, 2025

## Top 15 Cities by Total Population Change, 2024 to 2025



## Top 15 Cities by % Population Change, 2024 to 2025



Source: Office of Financial Management, April 1 Official Population, 2025