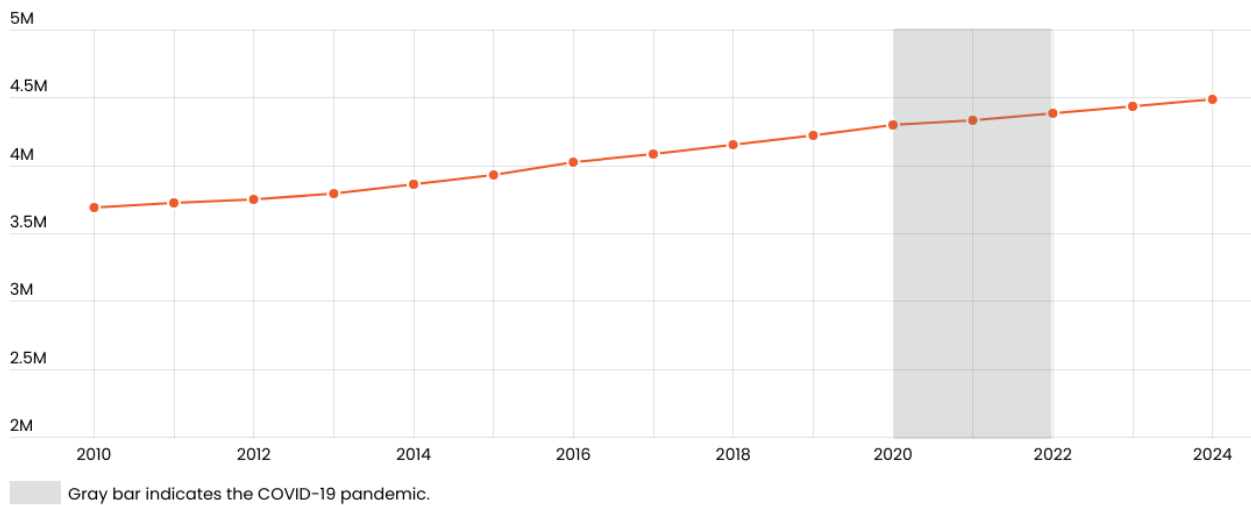


Regional Population Trends

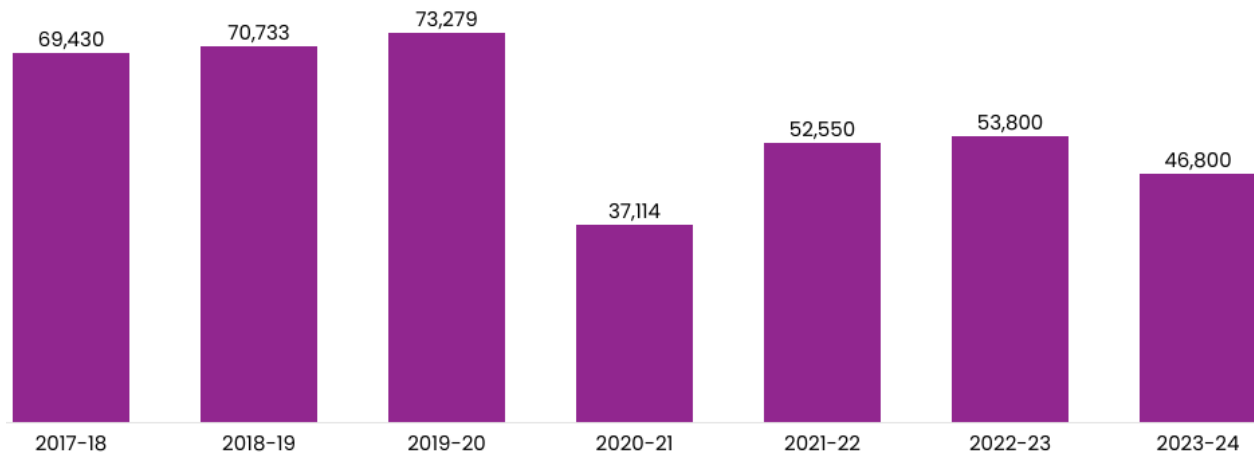
The central Puget Sound region continues to grow, reaching a total population of 4.48 million in early 2024. From April 1, 2018 to April 1, 2024, the four-county region has added approximately 403,000 residents despite a global pandemic.

Total Population in Central Puget Sound, 2010–2024



The pandemic did impact the region as growth slowed in 2021 to 37,000 net new residents. There has been an increase in growth since 2022, but the region has not returned to pre-pandemic growth, adding 46,800 residents in 2024.

Annual Population Change in the Region, 2018–2024



County Trends

King County has had the lion’s share of the region’s growth since 2022. While King County makes up 53% of the region’s total population, King County accounted for 65% of the region’s growth in 2024. All four counties in the region have continued to grow.

Regional Growth by County, 2022–2024

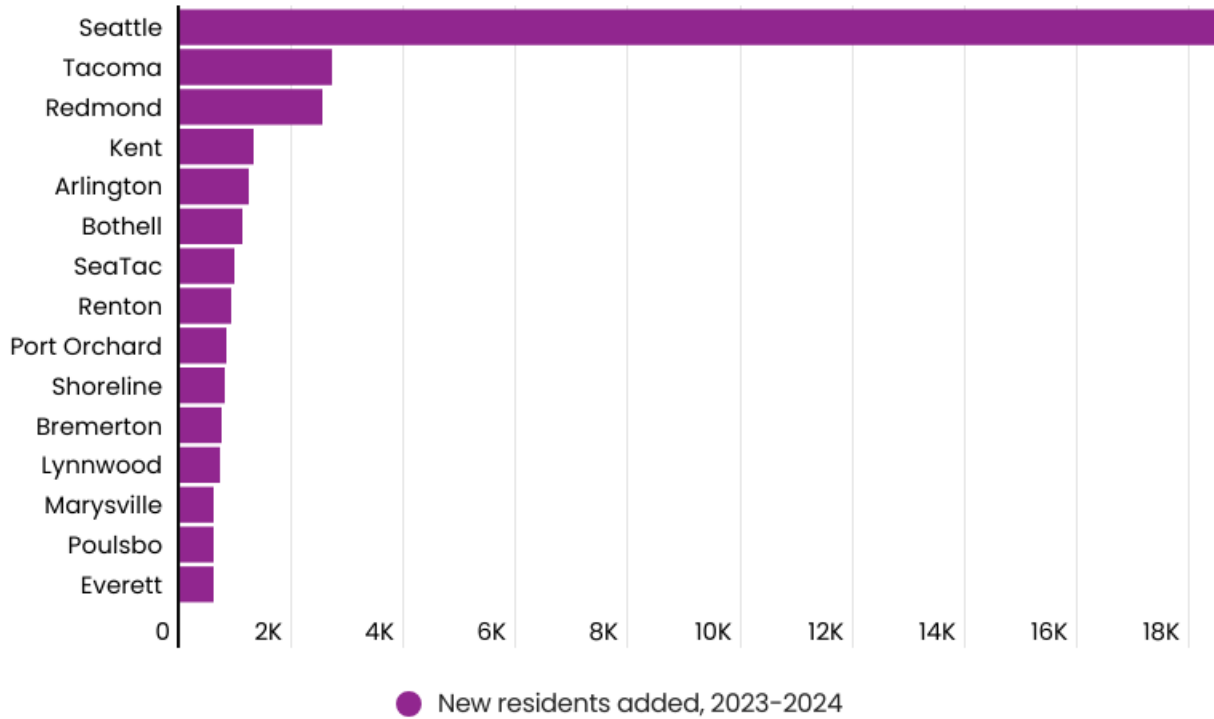
County	2022		2023		2024		Total Share of Regional Pop in 2024
	Total Change	Share of Change	Total Change	Share of Change	Total Change	Share of Change	
King County	30,650	58%	30,100	56%	30,300	65%	53%
Kitsap County	3,200	6%	2,300	4%	2,900	6%	6%
Pierce County	9,200	18%	8,900	17%	6,300	13%	21%
Snohomish County	9,500	18%	12,500	23%	7,300	16%	19%

City Trends

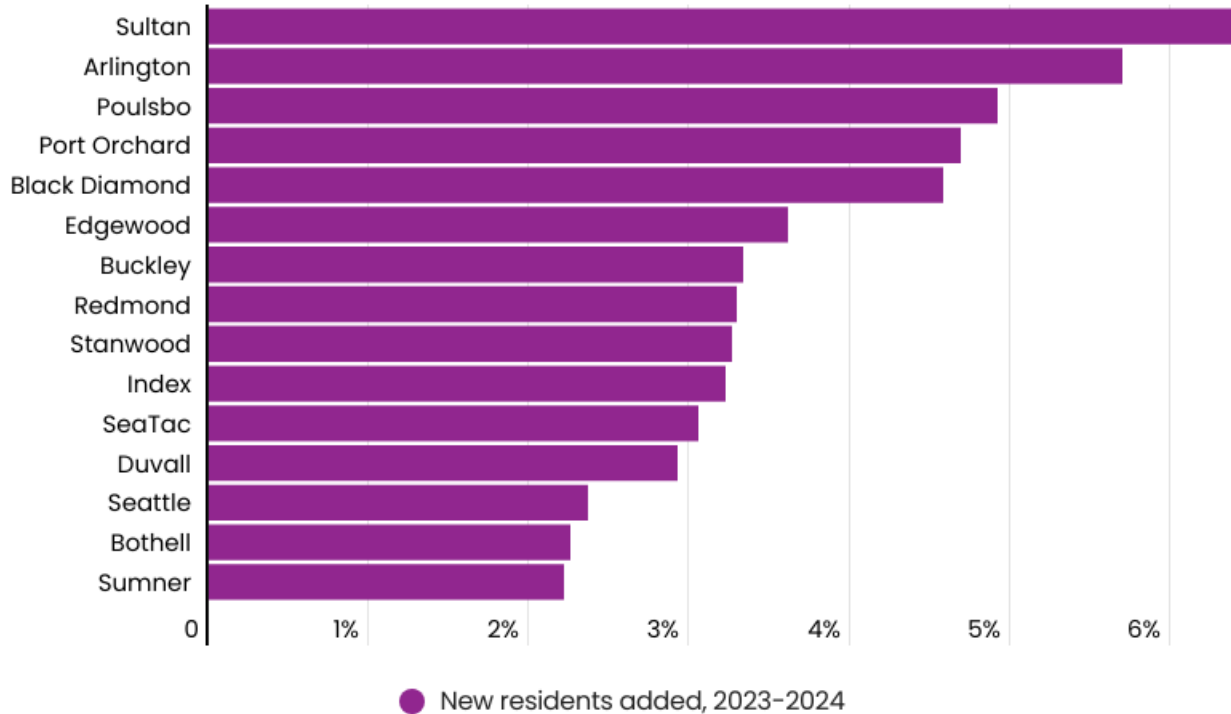
Seattle is seeing post-pandemic growth that is driving the King County growth. Seattle added 18,500 new residents in 2023–2024, making it the city that grew by the most residents in the region, driving its total population to 797,700 people. When the growth is calculated as the share of the city’s population, Seattle drops from first to thirteenth in growth, adding 2.4% of its population.

Eight of the cities on the 2023–2024 Top 15 Cities by Population Growth Rate list have designated regional growth centers and/or high-capacity transit station areas, which are places that are planning to accommodate a substantial share of the region’s future growth per the [VISION 2050 regional growth strategy](#). Those cities include Arlington, Bothell, Port Orchard, Poulsbo, Redmond, SeaTac, Seattle and Sumner.

Top 15 Cities by Number of People Added, 2023-2024



Top 15 Cities by Population Growth Rate, 2023-2024



Source for all data: [OFM, April 1 official population estimates: April 1, 2024 population of cities, towns, and counties used for the allocation of selected state revenues](#) (revised June 28, 2024)