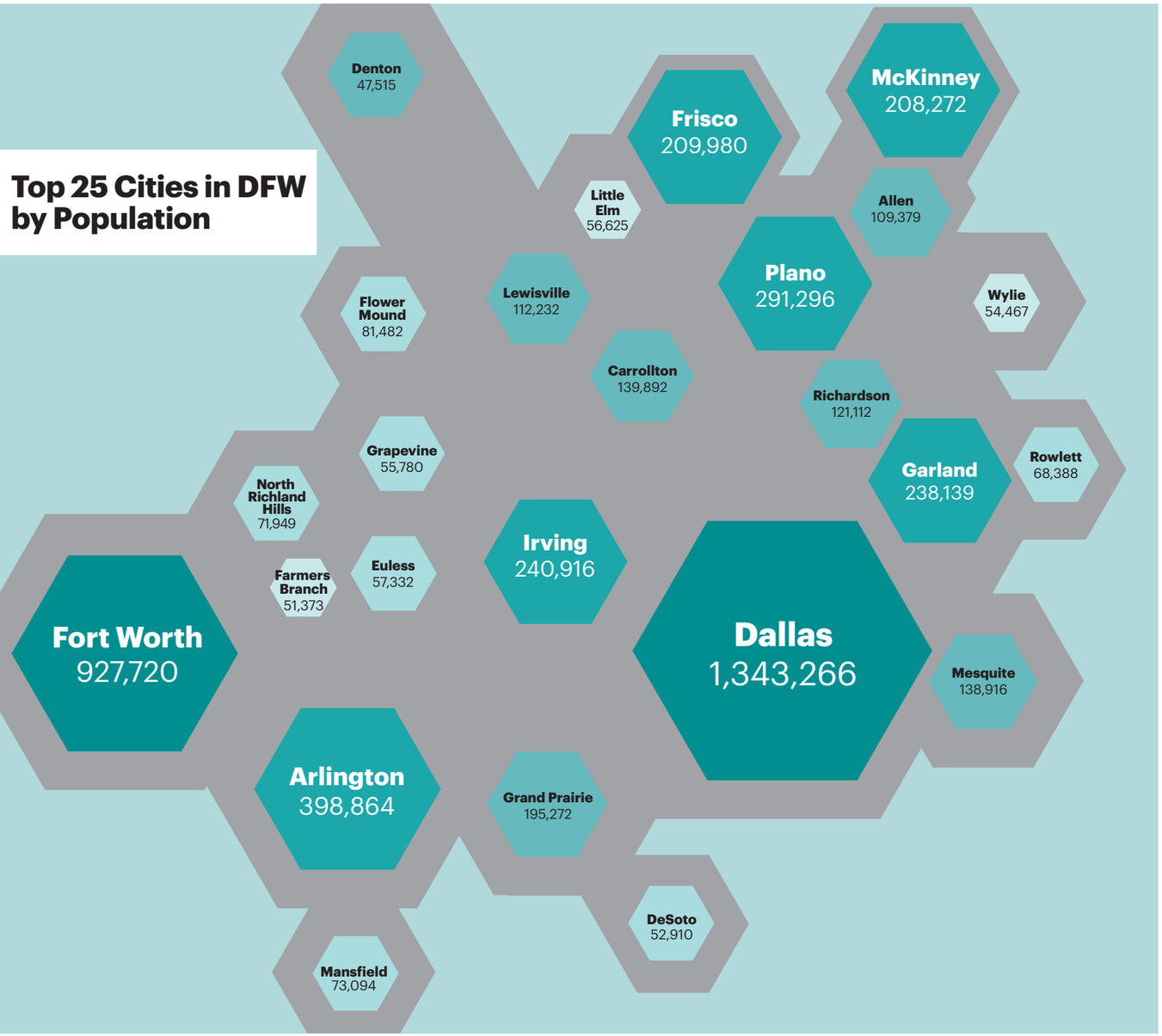
Regional Population

Dallas–Fort Worth is consistently ranked among the nation's fastest-growing areas. Continuing job growth is a key factor for this increase. The population growth has, in turn, fueled real estate development as retailers and service providers expand to meet increasing demand.

Population and job growth have pushed Dallas and Fort Worth to redevelop and re-energize their central business districts, creating mixed-use buildings with residential, office, and retail space in high-end urban environments. While Dallas and Fort Worth represent the largest population centers, six suburbs—Arlington, Plano, Garland, Irving, Frisco, and McKinney—have populations exceeding 200,000. These municipalities offer an abundance of housing options for people to seek out the community that best fits their needs.

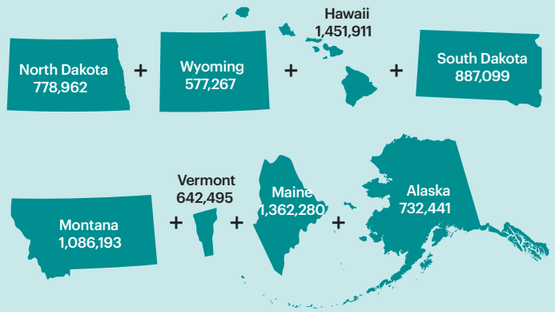
Top 25 Cities in DFW by Population



Sources: US Census Bureau, NCTCOG

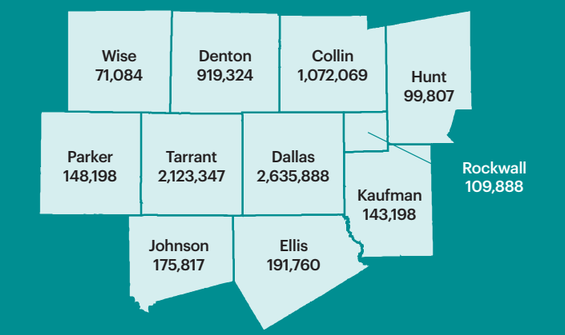
Dallas-Fort Worth By the Numbers

The Dallas-Fort Worth population is larger than the combined populations of North Dakota, Wyoming, Hawaii, South Dakota, Montana, Vermont, Maine, and Alaska.



Combined Population: 7,518,648

County populations of the Dallas-Fort Worth MSA



Combined Population: 7,694,138

Ten Largest Metros in the U.S.

Metropolitan Statistical Area	2020 population	2010-2020 percent change
New York	19,124,359	1.1%
Los Angeles	13,109,903	2.1%
Chicago	9,406,638	-0.7%
Dallas-Fort Worth	**7,694,138**	**20.4%**
Houston	7,154,478	20.3%
Washington, D.C.	6,324,629	11.4%
Miami	6,173,008	10.6%
Philadelphia	6,107,906	2.3%
Atlanta	6,087,762	14.8%
Phoenix	5,059,909	20.4%

Components of Population Change: July 1, 2019 to July 1, 2020

Metropolitan Statistical Area	Total Population Change	Population Change Percentage	Vital events: Natural increase	Vital events: Births	Vital events: Deaths	Net migration: Total	Net migration: International	Net migration: Domestic
Dallas-Fort Worth	**119,748**	**1.58%**	**45,127**	**97,614**	**52,487**	**74,920**	**16,894**	**58,026**
Phoenix	106,008	2.14%	17,227	57,251	40,024	88,970	6,590	82,380
Houston	91,078	1.29%	46,724	94,996	48,272	44,347	24,587	19,760
Atlanta	60,531	1.00%	26,133	71,104	44,971	34,374	10,787	23,587
Washington, D.C.	27,175	0.43%	34,171	76,870	42,699	-7,058	23,895	-30,953
Miami	8,121	0.13%	9,103	66,442	57,339	-914	45,122	-46,036
Boston	1,940	0.04%	7,777	49,616	41,839	-5,951	20,691	-26,642
Philadelphia	3,129	0.05%	5,434	67,333	61,899	-2,444	8,321	-10,765
San Francisco	-27,114	-0.57%	12,982	48,795	35,813	-40,073	10,001	-50,074
Chicago	-47,644	-0.50%	25,036	106,292	81,256	-72,692	8,482	-81,174
Los Angeles	-72,550	-0.55%	46,206	142,952	96,746	-118,894	9,909	-128,803
New York	-108,135	-0.56%	63,054	226,416	163,362	-170,637	46,173	-216,810