

**City Populations Compared With Urban & Metro Populations  
Using US Census Bureau Information On State Capitals**

City	Population	Urban Population	Additional Urban	Urban To City %>
Phoenix, AZ	1,552,259	3,393,000	1,840,741	118.58%
Atlanta, GA	519,145	3,499,840	2,980,695	574.15%
Indianapolis, IN	785,458	1,219,000	433,542	55.20%
Topeka, KS	122,113	142,411	20,298	16.62%
Boston, MA	616,535	4,313,000	3,696,465	599.55%
Lansing, MI	119,128	300,032	180,904	151.86%
Raleigh, NC	380,173	749,427	369,254	97.13%
Harrisburg, PA	47,196	362,782	315,586	668.67%
Columbia, SC	124,818	420,537	295,719	236.92%
Nashville, TN	590,807	619,626	28,819	4.88%
Salt Lake City, UT	180,651	887,650	706,999	391.36%
Richmond, VA	197,790	1,045,250	847,460	428.46%
Charleston, WVA	53,421	212,991	159,570	298.70%
Madison, WI	223,389	329,533	106,144	47.52%
	5,512,883	17,495,079	11,982,196	217.35%

City	Population	Metro Population	Additional Metro	Metro to City>
Montgomery, AL	201,998	469,268	267,270	132.31%
Little Rock, AR	187,452	841,326	653,874	348.82%
Sacramento, CA	475,743	2,136,604	1,660,861	349.11%
Denver, CO	588,349	2,464,866	1,876,517	318.95%
Hartford, CT	124,512	1,188,241	1,063,729	854.32%
Tallahassee, FL	168,979	352,319	183,340	108.50%
Atlanta, GA	519,145	5,278,904	4,759,759	916.85%
Honolulu, HI	317,657	909,863	592,206	186.43%
Boise, ID	198,638	643,650	445,012	224.03%
Indianapolis, IN	785,458	2,014,267	1,228,809	156.44%
Des Moines, IA	198,638	643,650	445,012	224.03%
Springfield, IL	116,482	188,951	72,469	62.21%
Topeka, KS	122,113	226,268	104,155	85.29%
Baton Rouge, LA	229,661	770,037	540,376	235.29%
Boston, MA	616,535	5,977,504	5,360,969	869.53%
Lansing, MI	119,128	454,044	334,916	281.14%
St Paul, MN	287,151	3,502,891	3,215,740	1119.88%
Helena, MT	25,780	67,636	41,856	162.36%
Lincoln, NE	225,581	292,219	66,638	29.54%
Santa Fe, NM	72,056	183,782	111,726	155.05%
Albany, NY	95,858	1,147,850	1,052,192	1099.95%
Raleigh, NC	380,173	1,635,974	1,255,801	330.32%
Bismark, ND	55,532	94,719	39,187	70.57%
Columbus, OH	747,755	1,754,337	1,006,582	134.61%
Oklahoma City, OK	547,274	1,262,027	714,753	130.60%
Salem, OR	136,924	378,570	241,646	176.48%
Harrisburg, PA	47,196	528,892	481,696	1020.63%
Providence, RI	172,459	1,600,856	1,428,397	828.25%
Columbia, SC	124,818	753,663	628,845	503.81%
Nashville, TN	590,807	1,521,437	930,630	157.52%
Austin, TX	743,074	1,598,161	855,087	115.07%
Salt Lake City, UT	180,651	1,099,973	919,322	508.89%
Richmond, VA	197,790	1,194,008	996,218	503.67%
Charleston, WVA	53,421	309,632	256,211	479.61%
Madison, WI	223,389	543,022	319,633	143.08%
Cheyenne, WY	53,011	81,607	28,596	53.94%
	9,930,988	44,111,018	34,180,030	344.18%

**Only City Populations Available for The Following State Capitals**

City	Population	City	Population
Juneau, AK	30,690	Carson City, NV	55,289
Dover, DE	35,811	Concord, NH	40,765
Frankfort, KY	27,741	Trenton, NJ	82,804
Augusta, ME	24,260	Pierre, SD	13,876
Annapolis, MD	36,408	Montpelier, VT	8,035
Jackson, MS	184,256	Olympia, WA	42,514
Jefferson City, MO	39,274		