

Demographics

Population:

Metropolitan Area

Trend: The population of the Tallahassee MSA (Gadsden, Jefferson, Leon and Wakulla Counties) was estimated at 404,606 in 2025, up 5.3% from 2020. The Tallahassee MSA's annual rate of growth in the 2020s has been around 1.0%, compared with 0.5% in the 2010s and 1.4% during the decade of the 2000s.

Metropolitan Area (County or Counties)	2025 Pop. Estimate	2020 Census Pop.	2010 Census Pop.	Percent Change 2010- 2020	Annual Growth Rate 2010- 2020	Percent Change 2020- 2025	Annual Growth Rate 2020- 2025
All Metropolitan Areas	22,688,948	20,879,688	18,144,168	15.1%	1.4%	8.7%	1.7%
Miami-Fort Lauderdale-West Palm Beach (Broward, Miami-Dade, Palm Beach)	6,364,623	6,138,333	5,564,657	10.3%	1.0%	3.7%	0.7%
Tampa-St. Petersburg-Clearwater (Hernando, Hillsborough, Pasco, Pinellas)	3,403,788	3,175,275	2,783,243	14.1%	1.3%	7.2%	1.4%
Orlando-Kissimmee-Sanford (Lake, Orange, Osceola, Seminole)	2,961,947	2,673,376	2,134,406	25.3%	2.3%	10.8%	2.1%
Jacksonville (Baker, Clay, Duval, Nassau, St. Johns)	1,802,177	1,605,848	1,345,596	19.3%	1.8%	12.2%	2.3%
North Port-Sarasota-Bradenton (Manatee, Sarasota)	954,485	833,716	702,281	18.7%	1.7%	14.5%	2.7%
Cape Coral-Fort Myers (Lee)	839,223	760,822	618,754	23.0%	2.1%	10.3%	2.0%
Lakeland-Winter Haven (Polk)	846,896	725,046	602,095	20.4%	1.9%	16.8%	3.2%
Deltona-Daytona Beach-Ormond Beach (Flagler, Volusia)	745,247	668,921	590,289	13.3%	1.3%	11.4%	2.2%
Palm Bay-Melbourne-Titusville (Brevard)	667,900	606,612	543,376	11.6%	1.1%	10.1%	1.9%
Port St. Lucie (Martin, St. Lucie)	550,599	487,657	424,107	15.0%	1.4%	12.9%	2.5%
Pensacola-Ferry Pass-Brent (Escambia, Santa Rosa)	549,173	509,905	448,991	13.6%	1.3%	7.7%	1.5%
Ocala (Marion)	433,675	375,908	331,303	13.5%	1.3%	15.4%	2.9%
Naples-Marco Island (Collier)	413,314	375,752	321,520	16.9%	1.6%	10.0%	1.9%
Tallahassee (Gadsden, Jefferson, Leon, Wakulla)	404,606	384,298	367,413	4.6%	0.5%	5.3%	1.0%
Gainesville (Alachua, Gilchrist, Levy)	364,471	339,247	305,076	11.2%	1.1%	7.4%	1.4%
Crestview-Fort Walton Beach-Destin (Okaloosa, Walton)	316,740	286,973	235,865	21.7%	2.0%	10.4%	2.0%

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Panama City-Panama City Beach <i>(Bay, Washington)</i>	223,430	200,534	193,748	3.5%	0.3%	11.4%	2.2%
Punta Gorda <i>(Charlotte)</i>	226,826	186,847	159,978	16.8%	1.6%	21.4%	4.0%
Sebastian-Vero Beach-West Vero Corridor <i>(Indian River)</i>	173,013	159,788	138,028	15.8%	1.5%	8.3%	1.6%
Homosassa Springs <i>(Citrus)</i>	166,500	153,843	141,236	8.9%	0.9%	8.2%	1.6%
Wildwood-The Villages <i>(Sumter)</i>	162,493	129,752	93,420	38.9%	3.3%	25.2%	4.6%
Sebring <i>(Highlands)</i>	107,976	101,235	98,786	2.5%	0.2%	6.7%	1.3%

Sources: Executive Office of the President, U.S. Office of Management and Budget MSA definitions (OMB Bulletin No. 23-01); U.S. Department of Commerce, Bureau of the Census; University of Florida, Bureau of Economic and Business Research, Florida Estimates of Population, 2025