Large USA cities losing population ranked (biggest % decline)

Cities among the 100 largest in the USA whose population fell between the April 2020 census and July 1, 2025.

Rank	City	State	Change since 2020	People lost since 2020	Population (July 2025)	Population (April 2020)
1	St. Louis	Missouri	-7.7%	-23,205	278,144	301,349
2	San Francisco	California	-6.0%	-52,471	826,079	878,550
3	New Orleans	Louisiana	-5.7%	-21,975	362,154	384,129
4	Long Beach	California	-3.5%	-16,299	450,469	466,768
5	Memphis	Tennessee	-3.0%	-18,863	609,647	628,510
6	Toledo	Ohio	-2.8%	-7,458	263,423	270,881
7	Baltimore	Maryland	-2.7%	-15,732	569,997	585,729
8	Milwaukee	Wisconsin	-2.7%	-15,487	562,407	577,894
9	Portland	Oregon	-2.7%	-17,357	635,109	652,466
10	Honolulu	Hawaii	-2.6%	-9,125	341,868	350,993
11	New York	New York	-2.5%	-220,965	8,584,629	8,805,594
12	Cleveland	Ohio	-2.4%	-9,027	363,608	372,635
13	San Jose	California	-2.3%	-23,507	989,814	1,013,321
14	Philadelphia	Pennsylvania	-1.8%	-29,519	1,574,281	1,603,800
15	Anaheim	California	-1.7%	-5,791	341,008	346,799
16	St. Paul	Minnesota	-1.5%	-4,819	306,684	311,503
17	Anchorage	Alaska	-1.4%	-4,087	287,155	291,242
18	Albuquerque	New Mexico	-1.4%	-7,840	556,588	564,428
19	Buffalo	New York	-1.3%	-3,688	274,613	278,301
20	Virginia Beach	Virginia	-1.2%	-5,680	453,737	459,417
21	Boston	Massachusetts	-0.8%	-5,644	672,973	678,617
22	Los Angeles	California	-0.8%	-30,253	3,869,089	3,899,342
23	Omaha	Nebraska	-0.6%	-3,070	488,797	491,867
24	Chicago	Illinois	-0.6%	-16,748	2,731,585	2,748,333
25	Corpus Christi	Texas	-0.3%	-843	317,247	318,090
26	Oakland	California	-0.0%	-4	440,838	440,842

Source: US Census Bureau, Vintage 2025 Population Estimates (July 1, 2025; released May 14, 2026), compared with the April 1, 2020 census base. Last updated May 14, 2026.
https://aifreeforever.com/chart/declining-usa-cities