Large USA cities losing population ranked (most people lost)

Cities among the 100 largest in the USA ranked by the number of residents lost between April 2020 and July 1, 2025.

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

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