STATE OF THE CAPITAL REGION 2020
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STATE OF THE CAPITAL REGION IN 2020:
A REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

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This report is a collaborative effort from researchers at the American Enterprise Institute, Brookings Institution, Fannie Mae, Georgetown University and the George Washington University. We are particularly grateful to the Trachtenberg School of Public Policy and Public Administration and the George Washington Institute for Public Policy for their support in reinvigorating the Center for Washington Area Studies over the past three years. The views reflected here are our own and do not reflect those of Fannie Mae or the Federal Housing Finance Administration. Any errors in this report are the sole responsibility of the report’s authors.
Over the past 30 years, the Capital Region has grown more racially diverse, more affluent, and older. In this year’s State of the Capital Region, we investigate how these changes in population characteristics developed across the region, focusing especially on racial and ethnic composition, income, age, and household size and type. These characteristics are important determinants of the regional economy. They affect regional labor markets, housing markets, and the demand for public services.

In last year’s State of the Capital Region 2019, we focused on housing affordability and production. We found that housing construction was not keeping up with population and job growth. In addition, we showed that house prices grew faster than household incomes, creating pressure on household budgets. This year, we focus on the demand for housing: who lives in the Capital Region? How has that changed over time? And what types of housing might these characteristics suggest residents want?

We analyze population changes by looking both at the entire Capital Region and by focusing on patterns across groups of jurisdictions. The metropolitan area includes the District of Columbia (the District), as well as counties in Maryland, Virginia, and West Virginia. Our analysis explores differences between urban, suburban, and exurban locations, as shown in Figure I.1. Urban jurisdictions are dark blue, suburban jurisdictions are light blue, and exurban jurisdictions are green.
From 1970 to 2018, the Capital Region's population nearly doubled, from just over three million to slightly more than six million (Figure I.2). This is an average annual growth rate of almost one and a half percent. As of 1970, roughly one-third of the region's population lived in the urban core, slightly over half lived in the suburbs, and the remainder in the exurbs.

In 2018, the suburban jurisdictions still accounted for roughly half of the population. However, the urban core contained just under 20 percent of the population, and the exurbs have grown to nearly one-third of the regional population. This shift towards the exurbs links to one of the key findings from last year’s State of the Capitol Region report: exurban jurisdictions built much more new housing than either the urban or suburban jurisdictions over the past 20 years.
Figure I.2: Suburban and Exurban Jurisdictions Have Grown Fastest

Population by jurisdiction type, 1970-2018

As the remaining three chapters of the report show, the region’s population characteristics changed substantially since 1970 as well. Regional population characteristics can change through three distinct channels: people move into and out of the region, people of differing characteristics are born or die at different rates, or the characteristics of residents who live continuously in the region change.

People’s own characteristics change over time if, for instance, they grow older, their household gains or loses members, or their income fluctuates. In contrast, changes in racial and ethnic composition usually reflect differences in who moves into and out of the region. Generally, we cannot identify the primary channel through which different types of changes occur. However, because the exurban jurisdictions experienced very rapid population growth, most changes in these jurisdictions reflect characteristics of the new population.

Since the 1990s, when we begin to measure neighborhood income, household incomes have risen, leading to a more prosperous region, as we show in Chapter 1. In 1990, the Capital Region's lowest income neighborhoods were concentrated in the urban core. However, over time, the District in particular has become more affluent. Moreover, the entire distribution of neighborhood income has shifted over time, with many middle-income neighborhoods becoming upper-middle-income neighborhoods. There are now more urban neighborhoods with median incomes over $200,000 than neighborhoods with incomes under $30,000 (adjusting for inflation).

Since the 1980s, the Capital Region has grown increasingly diverse, as we show in Chapter 2. Region-wide, the share of white residents has declined, the share of Black residents has remained relatively constant, and the share of Hispanic residents has increased. Looking beneath this overall pattern, the trends across urban, suburban, and exurban jurisdictions look quite different. Notably, the urban jurisdictions have seen a decline in the share of Black residents, with increases in white and Hispanic residents. While the suburbs and exurbs are majority white, they too have become more diverse over time.

In Chapter 3, we show that the age and household composition in the Capital Region have changed, largely mirroring changes in the U.S. population. Like the U.S., the region is aging: the share of residents over age 59 is increasing, while the share of people under age 18 is declining. The suburban jurisdictions are aging most rapidly, while the share of children is declining across urban, suburban, and exurban jurisdictions. Household composition has also changed, most notably with a rise in the share of single-person households.

Population, demographic, and economic changes in the Capital Region have a number of important public policy implications. As the population ages and the share of children declines, there will be relatively less demand for schools and more need for services for older adults. Aging also implies changes to the labor market, such as a reduced pool of entry-level job candidates. And as the share of retirees grows, they may alter transportation patterns. Increases in income, such as those present in the Capital Region, generally translate into a demand for more and higher quality housing. An increasingly racially and ethnically diverse population also means changes in what consumers want and how they prefer to spend money. Policymakers should begin to plan now for how they can provide—and sustainably finance—necessary shifts in relevant local infrastructure, including schooling and transportation.

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1 1990 is the first year for which we observe neighborhood-level income for the entire Capital Region.
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PART 1: A REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

CHAPTER 1:
THE CAPITAL REGION SEES INCOME GROWTH, BUT SOME NEIGHBORHOODS ARE LEFT BEHIND
The Capital Region has grown significantly more prosperous over the past quarter century. As a result, the overwhelming majority of neighborhoods have seen median household incomes rise. Figure 1.1, which compares the distribution of median household incomes for these neighborhoods in 1990 and 2018, shows that this shift has led to a greater range of incomes across neighborhoods.

**Figure 1.1: Income Rises in the Capital Region**

Neighborhood median income, 1990 and 2018

This figure shows the income distribution of Capital Region neighborhoods in 1990 (lighter purple) and 2018 (darker purple). The horizontal axis shows neighborhood median income, and the vertical axis shows the share of neighborhoods at the corresponding median incomes.

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In this chapter, neighborhoods are census block groups, the smallest areas for which the U.S. Census Bureau produces sample data.

All dollar values are adjusted for inflation and expressed as of 2018.
Many neighborhoods throughout the region shifted from roughly middle income (incomes between $50,000 and $100,000) to upper-middle income (above $125,000 and below $250,000). Figure 1.2 shows the same 1990 and 2018 distributions as in Figure 1.1 for urban, suburban, and exurban jurisdictions separately. In all three area types, neighborhoods moved to the right, indicating an increase in median income. This change has been far more dramatic in exurban and urban jurisdictions than in the suburbs.

Figure 1.2 Incomes Increase in Urban, Suburban, and Exurban Areas

*Neighborhood median income, 1990 and 2018*
(B) Suburban Jurisdictions

2018 median $106,722

1990 median $106,591

Bottom 25% < $82,708 < $77,310

Top 25% > $131,875 > $149,548

(C) Exurban Jurisdictions

2018 median $97,917

1990 median $82,141

Bottom 25% < $68,662 < $73,020

Top 25% > $101,267 > $126,586

Sources: Decennial Census 1990; American Community Survey 2014-2018.
In 1990, there were practically no exurban neighborhoods with median incomes over $150,000. But now, one out of every eight fits that description. Perhaps even more remarkably, there are now more urban neighborhoods with median incomes over $200,000 than neighborhoods with median incomes below $30,000. In fact, the median urban neighborhood in the region has a median household income of about $100,000, 40 percent more than in 1990.

This pattern is less pronounced in the suburbs. While the median income of neighborhoods in the suburbs has grown, it is comparably subdued. The share of low-income neighborhoods in suburban areas has actually grown since 1990. This reflects a national trend of increasing suburban poverty (Kneebone and Berube 2014).

Individual jurisdictions illustrate these broader trends. Figure 1.3 depicts the District; Fredericksburg, Virginia; and Manassas, Virginia. Unsurprisingly, the District is driving the changes observed in the urban core. The share of neighborhoods with a median income near $50,000 has declined by roughly half from 1990 to 2018. In their place, the number of neighborhoods with a median income of over $100,000 has more than doubled. This is a hollowing out of middle-income neighborhoods.

**Figure 1.3 Most, but Not All, Jurisdictions Are Shifting from Middle- to Upper-Middle Income**

*Neighborhood median income, 1990 and 2018*

(A) Urban: Washington, DC
(B) Exurban: Fredricksburg, Virginia

Sources: Decennial Census 1990; American Community Survey 2014–2018.

(C) Suburban: Manassas, Virginia

Sources: Decennial Census 1990; American Community Survey 2014–2018.
Fredericksburg reflects the prevailing pattern among exurban jurisdictions. In 1990, Fredericksburg had no neighborhoods with a median income of over $100,000. Most neighborhoods had median incomes clustered around $50,000. By 2018, as the number of neighborhoods with a higher median income increased, the city had a much wider distribution of neighborhood income.

The story of suburban stasis is well-illustrated by Manassas. The distribution of income across neighborhoods in this city is about the same in 2018 as in 1990.

In sum, the greater range in incomes that we observed at the level of the entire Capital Region is driven by formerly middle-income neighborhoods becoming upper-middle income. At least in the District, much of this change is driven by the changing composition of new households. We explore this theme in the report’s next chapter.

**Box One: In the Exurbs, Higher Income Residents Increasingly Live in Areas with Greater Population Density**

As we discussed in the introduction, a greater share of Capital Region residents now live in the exurbs. In addition, the total number of exurban residents has grown. These migration patterns, combined with deliberate land use choices, have raised the population density of neighborhoods in exurban jurisdictions across the board. The relationship between income and population density has shifted with these changes.

While in 1990 higher income exurban neighborhoods had significantly lower density than neighborhoods with lower median incomes, this is no longer the case. Figure B1.1 shows that there are now numerous relatively high-density exurban neighborhoods with median incomes over $150,000—even though practically no such neighborhoods existed a quarter century ago.

**Figure B1.1: Changing Relationship between Neighborhood Population Density and Income in the Exurbs**

*Neighborhood median income versus neighborhood population density in exurban neighborhoods, 2018*

Source: American Community Survey 2014-2018. We omit one urban neighborhood that has a population density below one person per sq km.
CHAPTER 2:
A MORE Racially AND Ethnically DIVERSE REGION
As the population of the Capital Region has grown, it has also become more racially and ethnically diverse (Figure 2.1). In 2018, Black residents were a quarter of the regional population, and Hispanic residents just over 15 percent. White residents are the largest single group, accounting for just over half of the regional population.

This is a stark change from the racial composition of the Capital Region in 1980. While the share of Black residents is roughly unchanged, the share of Hispanic residents has increased about five times, from just under three percent to 15 percent. In almost a mirror image, the share of white residents has declined, from almost 70 percent of the region's population in 1980, to just over one-half today.

**Figure 2.1: The Capital Region Becomes More Diverse**

*Share of population by racial or ethnic group, 1980 to 2018*

Changes across urban, suburban, and exurban jurisdictions are remarkably different, as shown in Figures 2.2 through 2.4. In urban jurisdictions, the share of white and Hispanic residents has grown, while the share of Black residents has declined (Figure 2.2(a)). While white residents accounted for four in ten urban dwellers in 1980, the current figure is greater than five in ten. Likewise, while Hispanic residents made up less than four percent of the urban population in 1980, they now comprise more than 12 percent of the total urban population. Over the same period the share of Black residents fell from 54 percent to 35 percent.

**Figure 2.2 In Urban Jurisdictions, the Share of Blacks Declined While the White and Hispanic Share Grew**

*Share of population by racial or ethnic group, 1980 to 2018*

(A) All Urban Jurisdictions

(B) Washington, DC

Much of this change in the urban population has been driven by changes in the District (Figure 2.2(b)). While in the District Black residents’ share has fallen from 70 percent in 1980 to just under half in 2018, the share of Black residents in both Alexandria and Arlington is virtually unchanged since 1980. This transformation largely reflects a population resurgence in the District driven by an influx of white residents.
In the suburbs, white residents made up the majority of residents in 1980. As of 2018, their share has declined, but white residents continue to comprise the plurality of residents (Figure 2.3(a)). In 1980, white residents accounted for three in four suburban residents; now whites account for roughly one in two residents. At the same time, the share of Black and Hispanic residents increased: Black from 18 percent to 28 percent, and Hispanic from three percent to 18 percent.

**Figure 2.3 While the Suburbs Are Increasingly Diverse, Many Remain Majority White**

Share of population by racial or ethnic group, 1980 to 2018

![Graphs showing population changes by racial or ethnic group](image)

While Black and Hispanic residents’ share in suburban jurisdictions has grown, this growth is concentrated in particular parts of the suburbs. Nowhere is this change as visible as in Prince George’s County, Maryland (Figure 2.3(b)). Like most suburbs, the majority of residents in Prince George’s County were white in 1980. White residents accounted for almost 60 percent of the population and Black residents the remainder.

By 2018, the racial composition of the County had shifted dramatically. Today, over 60 percent of Prince George’s County residents are Black and just under 20 percent are white. Like other suburban jurisdictions, the County has also experienced a significant increase in the Hispanic population.
The exurban jurisdictions have diversified as well, though they remain overwhelmingly white (Figure 2.4(a)). In 1980, over 85 percent of exurban residents were white and just over ten percent were Black. The share of white residents declined in the exurban communities between 1980 and 2018, but not as quickly as it did in the suburban jurisdictions. By 2018, the share of white residents in the exurban jurisdictions had fallen to just under 70 percent. The share of Black residents had climbed to 16 percent. During this period, the share of Hispanic residents living in exurban jurisdictions rose from just slightly above one percent to 14 percent.

**Figure 2.4: Growth in the Black and Hispanic Populations Is Slowest in the Exurbs**

*Share of population by racial or ethnic group, 1980 to 2018*

Loudoun County, Virginia, the largest exurban jurisdiction, typifies this pattern (Figure 2.4(b)). In 1980, the racial composition of Loudoun County was roughly representative of all exurban jurisdictions. Almost 90 percent of residents were white and somewhat less than ten percent were Black.

By 2018, the share of white residents had fallen to just over two-thirds, and the share of Black residents remained steady. The Hispanic population grew during this period to comprise almost 15 percent of Loudoun County residents.

In sum, the Capital Region has become strikingly more racially and ethnically diverse since 1980. The share of Black residents has remained relatively constant, but the share of white residents has declined, while the share of Hispanic residents has increased. These patterns hold for most, but not all jurisdictions. While urban jurisdictions have increased their share of white residents, this share has declined in exurban and particularly in suburban jurisdictions.
CHAPTER 3:
CAPITAL REGION RESIDENTS ARE AGING AND MORE LIKELY TO LIVE ALONE
Like other U.S. metropolitan areas, the Capital Region’s population is aging. In 1970, more than one-third of the region’s residents were under age 18 (Figure 3.1). By 2018, the share of children had fallen to under one-quarter, and those over age 45 accounted for almost 40 percent of the population. Despite this decline in share, the total number of children under 18 has increased by more than 300,000, meaning that the Capital Region still needs more school seats than it did in 1970.

**Figure 3.1: The Capital Region Is Aging**

*Distribution of population by age, 1970-2018*

In addition to the decrease in the share of children, children’s location within the Capital Region has changed. The map in Figure 3.2 shows neighborhoods by the share of people under 18.⁴ We divide neighborhoods into four categories, based on the share of population under 18. The darkest-colored neighborhoods have the highest concentration of children—these are the top 25 percent of neighborhoods by share of children. In these neighborhoods, children account for between 27 and 51 percent of the population. In the lightest colored neighborhoods, the bottom 25 percent by share of children, children under 18 account less than 20 percent of the population.

Notably, comparing the right panel of the figure with urban and suburban jurisdictions to the entire Capital Region on the left, suburban and exurban areas have the most child-abundant neighborhoods. Roughly half of exurban neighborhoods and almost 60 percent of suburban neighborhoods have a greater share of children than the median Capital Region neighborhood. In contrast, less than 30 percent of urban neighborhoods have a greater share of children than the median neighborhood.

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⁴ In this map, neighborhoods are census-defined zip code tabulation areas.
Figure 3.2: Households with Children Live Far from the Urban Core

Share of population under age 18 by neighborhood, 2018

Source: American Community Survey 2014-2018. Map shows census-defined zip code tabulation areas. Inset panel shows urban and suburban jurisdictions.
In the same vein, the share of households with children has also declined since 1980 (Figure 3.3). While households with children are still substantially more prevalent in exurban and suburban jurisdictions relative to urban ones, the share of households with children is declining. While quite small in magnitude, urban jurisdictions saw a small increase in the share of households with children since 2000. Whether this is a long-run trend, or whether the high cost of housing in urban jurisdictions will limit the growth of families with children, remains an open question.

**Figure 3.3 Across All Parts of the Capital Region, Fewer Households Have Children**

*Share of households with children under 18, 1980-2018*

While urban jurisdictions have the fewest households with children, suburban jurisdictions have the highest share of residents over 59 (Figure 3.4). In 1980, people over 59 accounted for well under ten percent of suburban residents; in 2018, that number is almost 20 percent. In addition, those over 59 account for an increasing share of the exurban population.

In urban jurisdictions, the share of those over 59 increased slightly from 1970 to 1980, but has been roughly constant at about 15 percent since.

**Figure 3.4: The Suburban Jurisdictions Are Aging the Most Rapidly**

*Share of population over age 59 by jurisdiction type, 1970-2018*

As the population ages, overall household sizes have declined. Figure 3.5 shows the long-run growth in single-person households in the Capital Region since 1980. In all years, single-person households make up by far the largest household type in urban jurisdictions. One-person households account for around 40 percent of urban households, and are always less than 30 percent of suburban and exurban households. However, the share of one-person households fell slightly with the Great Recession, making the long-term trend difficult to discern.

Figure 3.5 Share of One-Person Households Growing Everywhere

One-person households as a share of all households, by jurisdiction type, 1980 to 2018

Households living in group quarters, which include university dormitories, are excluded from our analysis in this section.


5 Households living in group quarters, which include university dormitories, are excluded from our analysis in this section.
The Capital Region mirrors most other U.S. metropolitan areas with the growth of older adults, a decline in households with children, and a rise in single-person households. These broader trends towards older, smaller households with fewer children suggest that the region’s housing stock—the majority of which is single-family detached houses—may no longer fit households’ needs and preferences. Additionally, these trends will have implications for a variety of public services, including demand for schools and elder care, as well as for housing markets.

**Box Two: Is the Capital Region Ready for an Aging Population?**

Responding to the challenges of an aging society, the AARP Public Policy Institute created the Livability Index, which scores communities based on age-friendly criteria in seven categories: housing, neighborhood, transportation, environment, health, engagement, and opportunity (AARP n.d.). Each category receives a score from zero to 100, where 100 is the most age friendly.

Capital Region jurisdictions have Livability Scores ranging from a low of 43 in Warren County, to a high of 65 in Arlington County, Virginia.

Within the Capital Region, there are nine jurisdictions where residents over age 59 currently comprise at least 20 percent of the population. Of these, Clarke and Rappahannock counties stand out, with more than 20 percent of their populations over age 64. Moreover, people age 80 and above account for more than five percent of the population in both these jurisdictions.

Figure B2.1 shows each Capital Region jurisdiction’s AARP score and the share of residents over 59. The jurisdictions with the lowest AARP scores are generally exurban. These jurisdictions have predominantly single-family detached housing, older housing structures, and almost no residents who use public transit for daily commutes.

In contrast, the suburban jurisdictions of Montgomery County and Fairfax city have Livability Scores over 60. Relative to the exurban jurisdictions, they have relatively less single-family detached and older housing, and a greater share of residents using public transportation. However, they both have higher shares of housing cost-burdened households. These contrasts highlight the challenges many communities face in their efforts to achieve age-friendly places.

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6 In the State of the Capital Region 2019, we show that single-family detached homes account for more than 60 percent of existing homes in 2000. Single-family detached homes are a similar proportion of homes constructed between 2000 to 2017.

7 Based on the U.S. Department of Housing and Urban Development definition of spending more than 30 percent of income on housing costs (HUD n.d.).
Figure B2.1 Urban and Suburban Jurisdictions More Livable for Those Over 65 than Exurban Jurisdictions

Share of population over age 59; AARP Livability Score

Source: American Community Survey 2014-2018; AARP Livability Index, n.d.
Conclusion

The Capital Region’s greatest asset is its residents. Over the past 30 years, the region’s population has more than doubled, while also becoming more prosperous, racially and ethnically diverse, and older. Some of these trends persist across urban, suburban, and exurban jurisdictions: in particular, the increase in older adults and decline in households with children is nearly universal. Income gains are particularly notable in the urban core and exurban jurisdictions, while suburban jurisdictions have seen smaller income changes. Racial and ethnic changes also differ across jurisdiction types: the urban core has seen a decline in the share of Black residents and increases in shares of white and Hispanic residents. Both suburban and exurban jurisdictions have become increasingly diverse, although they remain majority white.

Economic and demographic changes in the Capital Region have implications for labor markets, housing markets, public services, and private businesses. An aging population portends fewer entry-level workers, less demand for schools and child-centered activities, and greater need for services to older adults. Income gains are associated with increasing demand for most goods and services—notably including higher quality housing in high-amenity locations. An increasingly racially and ethnically diverse population also points to changes in consumer preferences and spending patterns.

For policymakers, it is unquestionably easier to lead a dynamic region that is growing in size and income. Looking ahead, the greatest challenge is to ensure that economic gains and access to economic opportunity are available for all types of people and geographic areas.
PART II: HOUSING AND DEMOGRAPHIC INDICATORS THROUGHOUT THE CAPITAL REGION
CAPITAL REGION

Population by Year

![Population by Year Chart]


Population Share by Race and Ethnicity, 1980 and 2018

![Population Share by Race and Ethnicity Chart]


Share of Population by Age, 1980 and 2018

![Share of Population by Age Chart]


Share of Households, by Number of Household Members, 1980 and 2018

![Share of Households by Number of Household Members Chart]

STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

CAPITAL REGION

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018


Note: “Neighborhood” in this graph is the census block group.
DISTRICT OF COLUMBIA, DC

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

DISTRICT OF COLUMBIA, DC

Households by Family Type and Presence of Children, 1980 and 2018

![Households chart]


Income by Neighborhood, 2018

![Income map]


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

![Income distribution graph]


Note: “Neighborhood” in this graph is the census block group.
Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

CALVERT COUNTY, MD

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018

Income Distribution, 1990 and 2018


Note: "Neighborhood" in this graph is the census block group.


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020: 
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

CHARLES COUNTY, MD

Households by Family Type and Presence of Children, 1980 and 2018

Number Housing Units Built 2000 and After by Zip Code

Income Distribution, 1990 and 2018

Note: “Neighborhood” in this graph is the census block group.

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
FREDERICK COUNTY, MD

Population by Year

Population Share by Race and Ethnicity, 1980 and 2018

Share of Population by Age, 1980 and 2018

Share of Households, by Number of Household Members, 1980 and 2018


STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

FREDERICK COUNTY, MD

Households by Family Type and Presence of Children, 1980 and 2018


Note: "Neighborhood" in this graph is the census block group.

Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

MONTGOMERY COUNTY, MD

Income by Neighborhood, 2018

Households by Family Type and Presence of Children, 1980 and 2018


Red lines: Metro
Orange lines: Highways

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
PRINCE GEORGE’S COUNTY, MD

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

PRINCE GEORGE’S COUNTY, MD

Households by Family Type and Presence of Children, 1980 and 2018

![Bar chart showing changes in household types from 1980 to 2018.]


Note: "Neighborhood" in this graph is the census block group.

Income by Neighborhood, 2018

![Map showing income distribution with color coding.]


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

![Graph showing income distribution over time.]

ALEXANDRIA CITY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Note: “Neighborhood” in this graph is the census block group.

Income Distribution, 1990 and 2018


Red lines: Metro
Orange lines: Highways

Note: “Neighborhood” in this graph is the census block group.


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
ARLINGTON COUNTY, VA

Population by Year

Population Share by Race and Ethnicity, 1980 and 2018

Share of Population by Age, 1980 and 2018

Share of Households, by Number of Household Members, 1980 and 2018
STATE OF THE CAPITAL REGION IN 2020: REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

ARLINGTON COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Note: "Neighborhood" in this graph is the census block group.

Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

CLARKE COUNTY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018


Note: “Neighborhood” in this graph is the census block group.

Note: “Neighborhood” in this graph is the census block group.

Note: “Neighborhood” in this graph is the census block group.

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
CULPEPER COUNTY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

Households by Family Type and Presence of Children, 1980 and 2018


Income Distribution, 1990 and 2018


Note: “Neighborhood” in this graph is the census block group.

CULPEPER COUNTY, VA

Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
FAIRFAX CITY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

FAIRFAX CITY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018


Note: “Neighborhood” in this graph is the census block group.
FAIRFAX COUNTY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

FAIRFAX COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018

- Family hhd. w/ kids
- Family hhd. w/o kids
- Other households


Note: "Neighborhood" in this graph is the census block group.

Income by Neighborhood, 2018

- Red lines: Metro
- Orange lines: Highways


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

2018 median: $130,000
1990 median: $119,214

FALLS CHURCH CITY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

FALLS CHURCH CITY, VA

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018

Income Distribution, 1990 and 2018


Note: "Neighborhood" in this graph is the census block group.


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
FAUQUIER COUNTY, VA

Population by Year

Population Share by Race and Ethnicity, 1980 and 2018

Share of Population by Age, 1980 and 2018

Share of Households, by Number of Household Members, 1980 and 2018
FAUQUIER COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Note: "Family household" in this graph is the census block group.

Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018


Note: "Neighborhood" in this graph is the census block group.
FREDERICKSBURG CITY, VA

Population by Year

Population Share by Race and Ethnicity, 1980 and 2018

Share of Population by Age, 1980 and 2018

Share of Households, by Number of Household Members, 1980 and 2018
FREDERICKSBURG CITY, VA

Households by Family Type and Presence of Children, 1980 and 2018

Incomes by Neighborhood, 2018

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Households by Family Type and Presence of Children, 1980 and 2018

Income Distribution, 1990 and 2018

Note: “Neighborhood” in this graph is the census block group.
Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

LOUDOUN COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Income by Neighborhood, 2018

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

Note: “Neighborhood” in this graph is the census block group.
STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

MANASSAS CITY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Income by Neighborhood, 2018

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

Note: “Neighborhood” in this graph is the census block group.
MANASSAS PARK CITY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

MANASSAS PARK CITY, VA

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018


Income Distribution, 1990 and 2018


Note: "Neighborhood" in this graph is the census block group.


Note: Zip codes are "zip code tabulation areas" defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
PRINCE WILLIAM COUNTY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020:
REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

PRINCE WILLIAM COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Income Distribution, 1990 and 2018

Note: “Neighborhood” in this graph is the census block group.

Income by Neighborhood, 2018

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
RAPPAHANNOCK COUNTY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

RAPPANNOCK COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018


Income by Neighborhood, 2018

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

Note: “Neighborhood” in this graph is the census block group.
SPOTSYLVANIA COUNTY, VA

Population by Year


Share of Population by Age, 1980 and 2018


Population Share by Race and Ethnicity, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020: REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

SPOTSYLVANIA COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018

Income Distribution, 1990 and 2018


Note: “Neighborhood” in this graph is the census block group.

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
STAFFORD COUNTY, VA

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020: REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

STAFFORD COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018

- Family households with kids
- Family households without kids
- Other households


Income by Neighborhood, 2018

- Red lines: Metro
- Orange lines: Highways


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018

2018 median: $107,533
1990 median: $83,250


Note: “Neighborhood” in this graph is the census block group.
Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

WARREN COUNTY, VA

Households by Family Type and Presence of Children, 1980 and 2018

Income by Neighborhood, 2018

Income Distribution, 1990 and 2018


Note: “Neighborhood” in this graph is the census block group.

Red lines: Metro
Orange lines: Highways

Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.
JEFFERSON COUNTY, WV

Population by Year


Population Share by Race and Ethnicity, 1980 and 2018


Share of Population by Age, 1980 and 2018


Share of Households, by Number of Household Members, 1980 and 2018

STATE OF THE CAPITAL REGION IN 2020: REGION IN DEMOGRAPHIC AND ECONOMIC TRANSITION

JEFFERSON COUNTY, WV

Households by Family Type and Presence of Children, 1980 and 2018


Note: "Neighborhood" in this graph is the census block group.

Income by Neighborhood, 2018


Note: Zip codes are “zip code tabulation areas” defined by the Census. The number of zip codes in the legend may not look like the number depicted in the map because some zip codes are lines or points and are not visible on the map.

Income Distribution, 1990 and 2018


Note: "Neighborhood" in this graph is the census block group.
PART III: SOURCES AND METHODS
## APPENDIX

### Appendix Table 1: Population in Capital Region by Jurisdiction

<table>
<thead>
<tr>
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<th>Population</th>
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<td></td>
<td>1970</td>
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<tr>
<td><strong>District of Columbia</strong></td>
<td></td>
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<tr>
<td></td>
<td>756,510</td>
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<tr>
<td><strong>Maryland</strong></td>
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<tr>
<td>Calvert County</td>
<td>20,682</td>
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<td>Charles County</td>
<td>47,678</td>
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<td>Frederick County</td>
<td>84,927</td>
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<td>Montgomery County</td>
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<td>Prince George's County</td>
<td>660,567</td>
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<tr>
<td>Arlington County</td>
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<td>26,375</td>
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<td>Warren County</td>
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<tr>
<td><strong>West Virginia</strong></td>
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<tr>
<td>Jefferson County</td>
<td>21,280</td>
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### Appendix Table 2: Annual Percentage Change in Population in the Capital Region by Jurisdiction

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<td>0.9</td>
<td>0.5</td>
<td>1.1</td>
<td>0.9</td>
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<td>Alexandria city</td>
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<td>0.7</td>
<td>1.4</td>
<td>1.1</td>
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<td>0.9</td>
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<td>Falls Church city</td>
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<td>2.1</td>
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<td>Fauquier County</td>
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<td>3.1</td>
<td>1.2</td>
<td>2.1</td>
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<td>0.9</td>
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<tr>
<td>Fredericksburg city</td>
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<td>1.6</td>
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<td>Loudoun County</td>
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<td>Prince William County</td>
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<td><strong>West Virginia</strong></td>
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<td></td>
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<tr>
<td>Jefferson County</td>
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<td>1.6</td>
<td>2.1</td>
<td>1.6</td>
<td>0.7</td>
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</table>

REFERENCES

AARP. n.d. “AARP Livability Index.”
https://livabilityindex.aarp.org/

HUD. n.d. “Affordable Housing.”
https://www.hud.gov/program_offices/comm_planning/affordablehousing/

DATA

A. MAP FILES

County boundaries

Zip code boundaries

Metro map
Copyright 2017. National Capital Region Transportation Planning Board Downloaded Metro__Lines.zip from http://rtdc-mwcog.opendata.arcgis.com/datasets/0d90d7b18c644657ba7646149b72e2d1_1

Highway map

B. DATA FILES

1970 Census, Counties

1980 Census, Counties

1990 Census, Counties and Block Groups

2000 Census

2010 Census
2010 Census Summary File 1 United States, prepared by the U.S. Census Bureau, 2011.

American Community Survey, 2014-2018, 5-year estimates
Thus, all families are households, but not all households are families.
See: https://www.census.gov/programs-surveys/cps/technical-documentation/subject-definitions.html
SOURCES AND DATA NOTES

Census:
Decennial Census and American Community Survey 5-year estimates.
The report mainly relies on Decennial Census and 5-year pooled estimates from the American Community Survey (ACS). The Decennial Census records population data every ten years. The ACS is a Census product that provides ongoing estimates of population and housing. This survey relies on smaller samples than the decennial Census, and therefore pools information collected across 5-year periods for smaller geographies, such as zip code tabulation areas and jurisdictions with populations of less than 20,000. ACS zip code estimates began in 2011 for the 2007–2011 period. For more information, see: https://www.census.gov/programs-surveys/acs.

Counties and county equivalents.
The Census provides data for counties and, in some states, county equivalents. In Virginia, independent cities have their own local governments entirely distinct from any county (i.e., maintain their own finances and legal authority). In our sample, the Census Bureau classifies Alexandria, Falls Church, Fairfax city, Fredericksburg, Manassas, and Manassas Park as county equivalents. The District of Columbia is also a county equivalent. All the Maryland jurisdictions in our study are counties.

Data Notes
We use “jurisdiction” throughout to refer to counties or, in Virginia, independent cities.

In 1990, less than ten census block groups had no reported value for income but did have people. We drop these block groups.

In all maps, we show data by zip code tabulation area.

In the income chapter, neighborhoods are Census block groups.

We use the Census definition of families and households. The Census states that “[a] family is a group of two people or more (one of whom is the householder) related by birth, marriage, or adoption and residing together; all such people (including related subfamily members) are considered as members of one family.” For households, “[a] household consists of all the people who occupy a housing unit.”

This is missing this part of the section:
Thus, all families are households, but not all households are families.

See: https://www.census.gov/programs-surveys/cps/technical-documentation/subject-definitions.html