

Appendix Figure 1.

Population of New York's super-regions; and region definitions

	2005 Population	Share of state population
New York State	19,254,630	100.0%
New York City	8,143,197	42.3%
Eastern New York	6,127,746	31.8%
Long Island	2,808,064	14.6%
Hudson Valley	2,261,204	11.7%
Capital District	1,058,478	5.5%
Western and Northern New York	4,983,687	25.9%
Mohawk Valley	505,092	2.6%
Central New York	711,502	3.7%
Southern Tier	717,961	3.7%
Finger Lakes Region	1,200,589	6.2%
Western New York	1,417,224	7.4%
North Country	431,319	2.2%

Source: U.S. Bureau of the Census (2005 estimates)

Table 1: Annual Estimates of the Population for Counties of New York: April 1, 2000 to July 1, 2005 (CO-EST2005-01-36)

Region definitions							
	Counties		Counties		Counties		
Capital District	Albany	Hudson Valley	Dutchess	North Country	Clinton		
	Columbia		Orange		Essex		
	Greene		Putnam		Franklin		
	Rensselaer		Rockland		Hamilton		
	Saratoga		Sullivan		Jefferson		
	Schenectady		Ulster		Lewis		
	Warren		Westchester		St. Lawrence		
	Washington		Long Island		Nassau	Southern Tier	Broome
					Suffolk		Chemung
	Central New York		Cayuga		Mohawk Valley	Fulton	
Cortland		Herkimer		Delaware			
Onondaga		Madison		Otsego			
Oswego		Montgomery		Schuyler			
Finger Lakes	Genesee	New York City	Oneida	Western NY	Steuben		
	Livingston		Schoharie		Tompkins		
	Monroe		Bronx		Tioga		
	Ontario		Kings		Allegany		
	Orleans		New York		Cattaraugus		
	Seneca		Queens		Chautauqua		
	Wayne		Richmond		Erie		
	Wyoming				Niagara		
	Yates						