and other bodies of water are regulated by the California Coastal Commission.

Regions

- **Coastal California**
  - North Coast
  - Greater Bay Area
  - Central Coast
  - South Coast
    - Greater Los Angeles
    - Greater San Diego
  - Channel Islands
- **Northern California**
  - Cascade Range
  - Klamath Mountains
  - North Coast
  - Greater Sacramento
  - Sacramento–San Joaquin River Delta
  - Central California
  - Greater Bay Area
  - Northern Sierra

- **Central California**
  - Greater Sacramento
  - San Joaquin Valley
  - Sacramento–San Joaquin River Delta
  - Central Coast
- **Eastern California**
  - Central Sierra
  - Inland Empire
- **Southern California**
  - South Coast
    - Greater Los Angeles
  - Channel Islands
  - Inland Empire
  - Southern Border Region
    - Greater San Diego–Tijuana
    - Greater El Centro

Demographics

Population

Los Angeles is the second-most populous city in the U.S., after New York City.

Population density of California

The United States Census Bureau estimates that the population of California was 39,512,223 on July 1, 2019, a 6.06% increase since the 2010 United States Census.[9][10] The population is projected to reach 40 million by 2020 and 50 million by 2060.[120]

Between 2000 and 2009, there was a natural increase of 3,090,016 (5,058,440 births minus 2,179,958 deaths).[121] During this time period, international migration produced a net increase of 1,816,633 people while domestic migration produced a net decrease of 1,509,708, resulting in a net in-migration of 306,925 people.[121] The state of California's own statistics show a population of 38,292,687 for January 1, 2009.[122] However, according to the Manhattan Institute for Policy Research, since 1990 almost 3.4 million Californians have moved to other states, with most leaving to Texas, Nevada, and Arizona.[123]

Within the Western hemisphere California is the second most populous sub-national administrative entity (behind the state of São Paulo in Brazil)[124] and third most populous sub-national entity of any kind outside Asia (in which wider category it also ranks behind England in the United Kingdom, which has no administrative functions). California's population is greater than that of all but 34 countries of the world.[125][126] The Greater Los Angeles Area is the 2nd-largest metropolitan area in the United States, after the New York metropolitan area, while Los Angeles, with nearly half the population of New York City, is the second-largest city in the United States. Conversely, San Francisco, with nearly one-quarter the population density of Manhattan, is the most densely populated city in California and one of the most densely populated cities in the United States. Also, Los Angeles County has held the title of most populous United States county for decades, and it alone is more populous than 42 United States states.[127][128] Including Los Angeles, four of the top 15 most populous cities in the U.S. are in California: Los Angeles (2nd), San Diego (8th), San Jose (10th), and San Francisco (13th). The center of population of California is located in the town of Buttonwillow, Kern County.[note 1]

Historical population

Census	Pop.	%±
1850	92,597	—
1860	379,994	310.4%
1870	560,247	47.4%
1880	864,694	54.3%
1890	1,213,398	40.3%
1900	1,485,053	22.4%
1910	2,377,549	60.1%
1920	3,426,861	44.1%
1930	5,677,251	65.7%
1940	6,907,387	21.7%
1950	10,586,223	53.3%
1960	15,717,204	48.5%
1970	19,953,134	27.0%
1980	23,667,902	18.6%
1990	29,760,021	25.7%
2000	33,871,648	13.8%
2010	37,253,956	10.0%
Est. 2019	39,512,223	6.1%

Sources: 1790–1990, 2000, 2010, 2019[116][117][118]
Chart does not include Indigenous population figures. Studies indicate that the Native American population in California in 1850 was close to 150,000 before declining to 15,000 by 1900.[119]

Cities and towns

The state has 482 incorporated cities and towns, of which 460 are cities and 22 are towns. Under California law, the terms "city" and "town" are explicitly interchangeable; the name of an incorporated municipality in the state can either be "City of (Name)" or "Town of (Name)".[130]