

Hampton Roads population growth by city.

City	2000 Census	2010 Census	% of Change
Hampton	146,437	137,436	-6.1%
Portsmouth	100,565	95,535	-5%
Newport News	180,150	180,719	0.3%
Virginia Beach	425,257	437,994	3%
Norfolk	234,403	242,803	3.6%
Chesapeake	199,184	222,209	11.6%
Suffolk	63,677	84,585	32.8%

