Between 1990 and 2000 Megalopolis had a population increase of 7.9%, which made it one of the slower growing regions of the country compared to the states in the South and West. A distinction can be made between the slow growing Frostbelt regions of the country and the more rapidly growing Sunbelt areas. Megalopolis is a region in the Frostbelt.

There were substantial variations within the region. Economically depressed areas such as Baltimore City, Philadelphia and industrial counties in Pennsylvania and New England showed the largest declines. Baltimore City, lost 12% of it population from 1990 to 2000 while Philadelphia lost 4.3% and Lackawanna County PA lost 2.6%.

Substantial gains were recorded in counties in the southern part of the region. The greatest increase was in Loudon County VA with a massive 96.8% increase in population. In this part of the region very rapid growth was transforming countryside into suburbia. The increase was not simply an increase in a small total population; such as Nantucket, which grew 58.3% but in absolute terms this meant an increase of only 3508 people. A substantial increase for a small island community but not a massive absolute increase. In Loudon County the increase was another 83,414 people. Fairfax County VA grew by 18.5% but this was an increase of 151,439 people in a decade. Similarly Montgomery County grew by 14.5% a total of 110,466 more people.

There was also a reurbanization as central city areas in New York such as the Bronx and Queens that increased respectively 10.7% and 14.2, which represented absolute increases of 128,861 and 277,781. This trend reversed previous decades of population loss.

Source: U.S. Census Bureau; 2000 Census of Population and Housing