

第1表 区市町村、変動要因別人口(総数)

| 地 域 | 令 和 5 年 1月1日 現在 人 口 | 人 口 増 減 | 令 和 4 年 中 | | | | | |
|-------|---------------------------|---------|--------------------|--------------|---------|--------|---------|---------|
| | | | 社会増減 (他県との移動増減) | 都内間の 移動増減 | | 転 入 数 | 転 出 数 | |
| | | | | 転 入 数 | 転 出 数 | | | |
| 総 数 | 14,034,861 | 46,732 | 35,563 | 438,782 | 403,219 | △1,732 | 459,254 | 460,986 |
| 区 部 | 9,717,480 | 46,339 | 26,735 | 340,150 | 313,415 | △8,165 | 344,866 | 353,031 |
| 市 部 | 4,239,226 | 1,264 | 8,863 | 97,207 | 88,344 | 6,196 | 111,946 | 105,750 |
| 郡 部 | 54,504 | △489 | 51 | 756 | 705 | 267 | 1,450 | 1,183 |
| 島 部 | 23,651 | △382 | △86 | 669 | 755 | △30 | 992 | 1,022 |
| 区 部 | 9,717,480 | 46,339 | 26,735 | 340,150 | 313,415 | △8,165 | 344,866 | 353,031 |
| 千代田区 | 67,549 | 862 | 634 | 3,077 | 2,443 | △779 | 4,524 | 5,303 |
| 中央区 | 173,130 | 2,655 | 903 | 6,796 | 5,893 | △111 | 9,134 | 9,245 |
| 港区 | 262,208 | 4,432 | 1,497 | 9,539 | 8,042 | △660 | 13,635 | 14,295 |
| 新宿区 | 351,085 | 5,057 | 1,667 | 15,962 | 14,295 | △4,857 | 19,021 | 23,878 |
| 文京区 | 242,945 | 3,321 | 1,532 | 8,901 | 7,369 | △514 | 10,358 | 10,872 |
| 台東区 | 215,802 | 3,770 | 2,106 | 9,499 | 7,393 | 265 | 11,381 | 11,116 |
| 墨江区 | 276,419 | 4,261 | 2,427 | 12,231 | 9,804 | 899 | 12,957 | 12,058 |
| 品川区 | 530,561 | 6,930 | 2,777 | 18,432 | 15,655 | 2,633 | 19,782 | 17,149 |
| 目黒区 | 419,155 | 497 | 983 | 15,396 | 14,413 | △914 | 14,837 | 15,751 |
| 目黒区 | 284,641 | 359 | 442 | 9,875 | 9,433 | △224 | 13,413 | 13,637 |
| 大田区 | 740,034 | △278 | 977 | 28,704 | 27,727 | 155 | 16,497 | 16,342 |
| 世田谷区 | 936,846 | △769 | 505 | 28,919 | 28,414 | △1,328 | 28,042 | 29,370 |
| 渋谷区 | 242,397 | 399 | 752 | 7,878 | 7,126 | △1,048 | 13,049 | 14,097 |
| 中野区 | 343,419 | 1,576 | 2,071 | 13,388 | 11,317 | △2,279 | 16,691 | 18,970 |
| 杉並区 | 587,185 | 1,083 | 2,507 | 18,815 | 16,308 | △2,073 | 21,714 | 23,787 |
| 豊島区 | 303,113 | 5,362 | 1,337 | 12,686 | 11,349 | △347 | 16,622 | 16,969 |
| 北区 | 355,379 | 2,454 | 789 | 14,519 | 13,730 | 876 | 13,356 | 12,480 |
| 荒川区 | 217,859 | 1,271 | 388 | 7,213 | 6,825 | △355 | 8,327 | 8,682 |
| 板橋区 | 581,773 | 1,027 | 1,326 | 20,009 | 18,683 | △39 | 17,566 | 17,605 |
| 練馬区 | 750,631 | 556 | 337 | 21,969 | 21,632 | 910 | 21,834 | 20,924 |
| 足立区 | 693,330 | 1,008 | 1,617 | 21,800 | 20,183 | 1,403 | 15,699 | 14,296 |
| 葛飾区 | 452,960 | 2,092 | 777 | 14,048 | 13,271 | 1,150 | 12,036 | 10,886 |
| 江戸川区 | 689,059 | △1,586 | △1,616 | 20,494 | 22,110 | △928 | 14,391 | 15,319 |
| 市 部 | 4,239,226 | 1,264 | 8,863 | 97,207 | 88,344 | 6,196 | 111,946 | 105,750 |
| 八王子市 | 579,628 | 387 | 2,015 | 13,315 | 11,300 | 1,028 | 10,760 | 9,732 |
| 立川市 | 184,625 | 359 | 666 | 4,690 | 4,024 | 333 | 6,416 | 6,083 |
| 武蔵野市 | 150,436 | △61 | 88 | 3,834 | 3,746 | △180 | 6,061 | 6,241 |
| 三鷹市 | 195,245 | △674 | 2 | 4,355 | 4,353 | △546 | 6,290 | 6,836 |
| 青葉市 | 131,518 | △850 | 134 | 1,846 | 1,712 | 355 | 2,752 | 2,397 |
| 府中市 | 262,390 | △329 | 934 | 6,421 | 5,487 | △1,214 | 6,593 | 7,807 |
| 昭島市 | 114,619 | 430 | △43 | 2,138 | 2,181 | 602 | 3,521 | 2,919 |
| 調布市 | 243,483 | 566 | 113 | 5,792 | 5,679 | 719 | 7,834 | 7,115 |
| 町田市 | 432,710 | 446 | 2,236 | 13,140 | 10,904 | 478 | 5,341 | 4,863 |
| 小金井市 | 127,403 | 139 | 174 | 3,332 | 3,158 | △301 | 4,407 | 4,708 |
| 小平市 | 200,543 | 1,563 | 591 | 4,633 | 4,042 | 1,108 | 6,670 | 5,562 |
| 日野市 | 190,697 | △50 | 242 | 3,909 | 3,667 | 45 | 5,003 | 4,958 |
| 東村山市 | 152,151 | 119 | 24 | 2,865 | 2,841 | 998 | 4,076 | 3,078 |
| 国分寺市 | 131,048 | 446 | 706 | 3,531 | 2,825 | △98 | 4,662 | 4,760 |
| 国立市 | 76,795 | △149 | 155 | 1,911 | 1,756 | △130 | 2,682 | 2,812 |
| 福生市 | 55,648 | △73 | 143 | 1,354 | 1,211 | △56 | 1,877 | 1,933 |
| 狛江市 | 84,161 | △273 | △79 | 2,104 | 2,183 | 88 | 2,410 | 2,322 |
| 東大和市 | 83,466 | △415 | △119 | 1,034 | 1,153 | 152 | 2,217 | 2,065 |
| 清瀬市 | 76,087 | △246 | △53 | 1,649 | 1,702 | 370 | 1,835 | 1,465 |
| 東久留米市 | 115,149 | △252 | △60 | 2,117 | 2,177 | 599 | 3,049 | 2,450 |
| 武蔵村山市 | 70,137 | △576 | △13 | 1,096 | 1,109 | △33 | 1,599 | 1,632 |
| 多摩市 | 146,555 | 682 | 545 | 3,243 | 2,698 | 830 | 4,081 | 3,251 |
| 稲城市 | 94,521 | 414 | 380 | 2,445 | 2,065 | 100 | 2,046 | 1,946 |
| 羽村市 | 54,047 | △105 | 111 | 1,096 | 985 | △115 | 1,519 | 1,634 |
| あきる野市 | 78,807 | △305 | 24 | 926 | 902 | 366 | 1,978 | 1,612 |
| 西東京市 | 207,357 | 71 | △53 | 4,431 | 4,484 | 698 | 6,267 | 5,569 |
| 町 部 | 78,155 | △871 | △35 | 1,425 | 1,460 | 237 | 2,442 | 2,205 |
| 郡 部 | 54,504 | △489 | 51 | 756 | 705 | 267 | 1,450 | 1,183 |
| 瑞穂町 | 31,326 | △167 | 31 | 492 | 461 | 99 | 818 | 719 |
| 日野町 | 16,773 | △140 | 1 | 180 | 179 | 145 | 471 | 326 |
| 檜木町 | 1,918 | △31 | 6 | 19 | 13 | 24 | 54 | 30 |
| 奥多摩町 | 4,487 | △151 | 13 | 65 | 52 | △1 | 107 | 108 |
| 島 部 | 23,651 | △382 | △86 | 669 | 755 | △30 | 992 | 1,022 |
| 大島支庁 | 11,232 | △243 | △18 | 264 | 282 | △70 | 449 | 519 |
| 大島町 | 6,823 | △112 | 5 | 167 | 162 | △17 | 297 | 314 |
| 利根島村 | 334 | △15 | 3 | 19 | 16 | △15 | 18 | 33 |
| 新島村 | 2,295 | △52 | △13 | 44 | 57 | △9 | 70 | 79 |
| 神津島村 | 1,780 | △64 | △13 | 34 | 47 | △29 | 64 | 93 |
| 三宅支庁 | 2,488 | △68 | △5 | 71 | 76 | △24 | 102 | 126 |
| 三宅村 | 2,186 | △61 | △13 | 51 | 64 | △12 | 98 | 110 |
| 御蔵島村 | 302 | △7 | 8 | 20 | 12 | △12 | 4 | 16 |
| 八丈支庁 | 7,019 | △77 | △33 | 173 | 206 | 41 | 273 | 232 |
| 八丈町 | 6,845 | △75 | △31 | 160 | 191 | 44 | 248 | 204 |
| 青ヶ島支庁 | 174 | △2 | △2 | 13 | 15 | △3 | 25 | 28 |
| 小笠原支庁 | 2,912 | 6 | △30 | 161 | 191 | 23 | 168 | 145 |
| 小笠原村 | 2,912 | 6 | △30 | 161 | 191 | 23 | 168 | 145 |

注1) 面積は、総務局行政部長通知「東京都区市町村別の面積について」による令和4年10月1日時点の数値である。
 なお、区部には、荒川河口部(1.12km²)、中央防波堤外側埋立地(1.20km²)、新海面処分場(2.36km²)を含み、八丈支庁には、鳥島(4.79km²)、ペヨネース列岩(0.00km²)、須美寿島(0.02km²)、孀婦岩(0.00km²)を含む。
 2) この表における「社会増減」は、他県との移動の増減数をいう。

| の 動 き | | | | (別掲)人口増減 のうち日本人増減 | 面 積 (km ²) | 人口密度 (1km ² 当たり) | 令 和 4 年 1月1日 現在 人 口 |
|---------|--------|---------|--------|----------------------|---------------------------|--------------------------------|---------------------------|
| 自然増減 | 出生数 | 死亡数 | その他の増減 | | | | |
| △45,735 | 94,334 | 140,069 | 58,636 | △16,499 | 2,194.05 | 6,397 | 13,988,129 |
| △24,838 | 68,812 | 93,650 | 52,607 | △8,661 | 627.53 | 15,485 | 9,671,141 |
| △19,795 | 25,174 | 44,969 | 6,000 | △6,848 | 783.95 | 5,408 | 4,237,962 |
| △814 | 233 | 1,047 | 7 | △588 | 375.86 | 145 | 54,993 |
| △288 | 115 | 403 | 22 | △402 | 406.71 | 58 | 24,033 |
| △24,838 | 68,812 | 93,650 | 52,607 | △8,661 | 627.53 | 15,485 | 9,671,141 |
| 119 | 585 | 466 | 888 | 323 | 11.66 | 5,793 | 66,687 |
| 882 | 1,940 | 1,058 | 981 | 1,393 | 10.21 | 16,957 | 170,475 |
| 596 | 2,436 | 1,840 | 2,999 | 2,022 | 20.37 | 12,872 | 257,776 |
| △821 | 2,328 | 3,149 | 9,068 | △1,315 | 18.22 | 19,269 | 346,028 |
| 23 | 1,845 | 1,822 | 2,280 | 677 | 11.29 | 21,519 | 239,624 |
| △797 | 1,463 | 2,260 | 2,196 | 1,640 | 10.11 | 21,345 | 212,032 |
| △582 | 2,152 | 2,734 | 1,517 | 2,395 | 13.77 | 20,074 | 272,158 |
| △927 | 3,876 | 4,803 | 2,447 | 2,814 | 43.01 | 12,336 | 523,631 |
| △123 | 3,460 | 3,583 | 551 | △685 | 22.84 | 18,352 | 418,658 |
| △316 | 2,179 | 2,495 | 457 | △565 | 14.67 | 19,403 | 284,282 |
| △2,518 | 5,068 | 7,586 | 1,108 | △2,210 | 61.86 | 11,963 | 740,312 |
| △1,514 | 6,326 | 7,840 | 1,568 | △2,835 | 58.05 | 16,139 | 937,615 |
| △52 | 1,802 | 1,854 | 747 | △669 | 15.11 | 16,042 | 241,998 |
| △758 | 2,334 | 3,092 | 2,542 | △937 | 15.59 | 22,028 | 341,843 |
| △1,221 | 4,030 | 5,251 | 1,870 | △635 | 34.06 | 17,240 | 586,102 |
| △689 | 1,982 | 2,671 | 5,061 | 629 | 13.01 | 23,298 | 297,751 |
| △1,652 | 2,562 | 4,214 | 2,441 | △383 | 20.61 | 17,243 | 352,925 |
| △718 | 1,624 | 2,342 | 1,956 | △293 | 10.16 | 21,443 | 216,588 |
| △2,488 | 3,605 | 6,093 | 2,228 | △1,682 | 32.22 | 18,056 | 580,746 |
| △2,234 | 5,217 | 7,451 | 1,543 | △1,428 | 48.08 | 15,612 | 750,075 |
| △4,477 | 4,188 | 8,665 | 2,465 | △1,902 | 53.25 | 13,020 | 692,322 |
| △2,282 | 3,091 | 5,373 | 2,447 | △203 | 34.80 | 13,016 | 450,868 |
| △2,289 | 4,719 | 7,008 | 3,247 | △4,812 | 49.90 | 13,809 | 690,645 |
| △19,795 | 25,174 | 44,969 | 6,000 | △6,848 | 783.95 | 5,408 | 4,237,962 |
| △3,566 | 2,803 | 6,369 | 910 | △988 | 186.38 | 3,110 | 579,241 |
| △814 | 1,170 | 1,984 | 174 | △42 | 24.36 | 7,579 | 184,266 |
| △289 | 1,118 | 1,407 | 320 | △282 | 10.98 | 13,701 | 150,497 |
| △549 | 1,258 | 1,807 | 419 | △1,135 | 16.42 | 11,891 | 195,919 |
| △1,445 | 542 | 1,987 | 106 | △1,016 | 103.31 | 1,273 | 132,368 |
| △913 | 1,621 | 2,534 | 864 | △888 | 29.43 | 8,916 | 262,719 |
| △546 | 783 | 1,329 | 417 | 253 | 17.34 | 6,610 | 114,189 |
| △554 | 1,622 | 2,176 | 288 | 118 | 21.58 | 11,283 | 242,917 |
| △2,459 | 2,312 | 4,771 | 191 | △367 | 71.55 | 6,048 | 432,264 |
| △97 | 961 | 1,058 | 363 | △148 | 11.30 | 11,275 | 127,264 |
| △634 | 1,303 | 1,937 | 498 | 943 | 20.51 | 9,778 | 198,980 |
| △636 | 1,209 | 1,845 | 299 | △325 | 27.55 | 6,922 | 190,747 |
| △937 | 886 | 1,823 | 34 | △165 | 17.14 | 8,877 | 152,032 |
| △226 | 940 | 1,166 | 64 | 317 | 11.46 | 11,435 | 130,602 |
| △310 | 453 | 763 | 136 | △332 | 8.15 | 9,423 | 76,944 |
| △375 | 313 | 688 | 215 | △267 | 10.16 | 5,477 | 55,721 |
| △328 | 541 | 869 | 46 | △333 | 6.39 | 13,171 | 84,434 |
| △492 | 499 | 991 | 44 | △503 | 13.42 | 6,220 | 83,881 |
| △613 | 402 | 1,015 | 50 | △317 | 10.23 | 7,438 | 76,333 |
| △809 | 663 | 1,472 | 18 | △392 | 12.88 | 8,940 | 115,401 |
| △426 | 403 | 829 | △104 | △559 | 15.32 | 4,578 | 70,713 |
| △845 | 689 | 1,534 | 152 | 324 | 21.01 | 6,975 | 145,873 |
| △90 | 678 | 768 | 24 | 274 | 17.97 | 5,260 | 94,107 |
| △319 | 290 | 609 | 218 | △325 | 9.90 | 5,459 | 54,152 |
| △723 | 382 | 1,105 | 28 | △426 | 73.47 | 1,073 | 79,112 |
| △800 | 1,333 | 2,133 | 226 | △267 | 15.75 | 13,166 | 207,286 |
| △1,102 | 348 | 1,450 | 29 | △990 | 782.57 | 100 | 79,026 |
| △814 | 233 | 1,047 | 7 | △588 | 375.86 | 145 | 54,993 |
| △288 | 138 | 426 | △9 | △225 | 16.85 | 1,859 | 31,493 |
| △309 | 70 | 379 | 23 | △171 | 28.07 | 598 | 16,913 |
| △63 | 7 | 70 | 2 | △34 | 105.41 | 18 | 1,949 |
| △154 | 18 | 172 | △9 | △158 | 225.53 | 20 | 4,638 |
| △288 | 115 | 403 | 22 | △402 | 406.71 | 58 | 24,033 |
| △170 | 54 | 224 | 15 | △255 | 141.01 | 80 | 11,475 |
| △113 | 31 | 144 | 13 | △126 | 90.76 | 75 | 6,935 |
| △4 | 1 | 5 | 1 | △14 | 4.12 | 81 | 349 |
| △31 | 10 | 41 | 1 | △51 | 27.54 | 83 | 2,347 |
| △22 | 12 | 34 | - | △64 | 18.58 | 96 | 1,844 |
| △41 | 11 | 52 | 2 | △68 | 75.81 | 33 | 2,556 |
| △38 | 10 | 48 | 2 | △61 | 55.26 | 40 | 2,247 |
| △3 | 1 | 4 | - | △7 | 20.55 | 15 | 309 |
| △83 | 34 | 117 | △2 | △84 | 83.01 | 85 | 7,096 |
| △87 | 30 | 117 | △1 | △82 | 72.24 | 95 | 6,920 |
| 4 | 4 | - | △1 | △2 | 5.96 | 29 | 176 |
| 6 | 16 | 10 | 7 | 5 | 106.88 | 27 | 2,906 |
| 6 | 16 | 10 | 7 | 5 | 106.88 | 27 | 2,906 |