

City of Portland Population Demographics



The key to engagement is understanding who lives, works, plays, and prays in Portland. The Office of Community & Civic Life has partnered with the University of Portland's Population Research Center to provide data specific to each of Portland's 94 neighborhoods.

This is groundbreaking information because Portland demographic data was presented as Census blocks which do not correlate with Portland's neighborhood boundaries. Also, data is centralized and is from multiple sources: the 2020 Census, the American Community Survey, Feeding America, CDC Social Vulnerability Index, Portlandness: A Cultural Atlas, and National Center for Health Statistics Life Expectancy Estimates

We anticipate this data will be a guiding star as the City works with the Independent District Commission and Portlanders to create four equitable district boundaries for our new City government structure in 2024. This also will help the City to focus programs based on each neighborhood's unique needs.

Population by Neighborhood (2020)

2020 Census data puts Portland's total population at 652,503 people (up from 583,776 in 2010). This snapshot of the data shows Portland's five *most populated* and *least populated* neighborhoods. While building these profiles, the data revealed that more Portlanders live east of I-205 than in the entire west side of the city.

Rank	Neighborhood	Region	Population Count
1	Powellhurst-Gilbert	East	32,852
2	Hazelwood	East	26,700
3	Centennial	East	25,413
4	Lents	East	22,244
5	Northwest District	NW	18,314

Rank	Neighborhood	Region	Population Count
90	Arlington Heights	NW	1,067
91	Bridgeton	North	928
92	Sunderland	CNE	698
93	Woodland Park	East	202
94	Healy Heights	NW	183

Population Experiencing Poverty by Neighborhood (2020)

These are the Portland neighborhoods in which people are experiencing the *highest poverty rates* and the *lowest poverty rates*.

Rank	Neighborhood	Region	Number of People Experiencing Poverty	Population Count	Percentage of People Experiencing Poverty
1	Powellhurst-Gilbert	East	6,702	32,852	20.4%
2	Hazelwood	East	4,952	26,700	18.5%
3	Centennial	East	4,122	25,413	16.2%
4	Portland Downtown	NW	3,730	14,165	26.3%
5	Portsmouth	North	3,683	10,149	35.8%

Rank	Neighborhood	Region	Number of People Experiencing Poverty	Population Count	Percentage of People Experiencing Poverty
90	Marshall Park	SW	44	1,199	3.7%
91	Maplewood	SW	28	2,826	1%
92	Woodland Park	East	24	202	11.9%
93	Sylvan-Highland	NW	8	1,474	0.6%
94	Healy Heights	NW	3	183	1.6%

Population Experiencing Food Insecurity by Neighborhood (2020)

These are the Portland neighborhoods in which people are experiencing the *highest food insecurity rates* and the *lowest food insecurity rates*. "Food insecurity" is a lack of access to enough food for an active, healthy life. Food insecurity can increase the risk of chronic illnesses – like diabetes, asthma, and high blood pressure – and mental health issues like anxiety and aggression.

Rank	Neighborhood	Region	Number of People Experiencing Food Insecurity	Population Count	Percentage of People Experiencing Food Insecurity
1	Powellhurst-Gilbert	East	5,749	32,852	17.5%
2	Centennial	East	3,986	25,413	15.7%
3	Hazelwood	East	3,956	26,700	14.8%
4	Lents	East	3,136	22,244	14.1%
5	Montavilla	SE	2,250	16,809	13.4%

Rank	Neighborhood	Region	Number of People Experiencing Food Insecurity	Population Count	Percentage of People Experiencing Food Insecurity
90	Arlington Heights	NW	32	1,067	3%
91	Sylvan-Highland	NW	30	1,474	2%
92	Woodland Park	East	22	202	11%
93	University Park	North	21	7,022	0.3%
94	Healy Heights	NW	19	183	10.5%

People Experiencing Social Vulnerability by Neighborhood (2020)

Social Vulnerability (2020)

These are the Portland neighborhoods in which people are experiencing the most social vulnerability and the least social vulnerability. "Social vulnerability" refers to the potential negative effects on communities and individuals caused by external stresses. These stresses include natural disasters and disease outbreaks.

Rank	Neighborhood	Region	Percentage of Residents Experiencing Social Vulnerability
1	Glenfair	East	99%
2	Mill Park	East	95%
3	Centennial	East	94%
4	Powellhurst-Gilbert	East	93%
5	Hazelwood	East	87%

Rank	Neighborhood	Region	Percentage of Residents Experiencing Social Vulnerability
90	Linnton	NW	0.02%
91	Forest Park	NW	0.02%
92	Crestwood	SW	0.02%
93	Markham	SW	0.01%
94	South Burlingame	SW	0.004%