



## OPM Redesignated Planning Regions

Region	2010 Population	SQ Miles	Num of towns
Capitol	973,959	1,047	38
Greater Bridgeport	318,004	144	6
Lower CT River Valley	175,685	443	17
Naugatuck Valley	448,738	420	19
Northeastern	96,617	563	16
Northwest Hills	115,247	807	21
South Central	570,001	374	15
Southeastern	286,711	619	19
Western	589,135	550	18