

Table 1: ESTIMATED POPULATION, LAND AREA
and POPULATION DENSITY/SQ. KM.
National Capital Region, 2016

Municipality/City	Population	% Distribution	Land Area (Sq. Km.)	Population Density/sq.km.
Malabon	362,836	2.75	15.71	23,096
Navotas	261,648	1.98	10.69	24,476
Valenzuela	639,790	4.84	47.00	13,613
Caloocan City	1,722,366	13.04	55.80	30,867
Total District I	2,986,640	22.62	129.20	23,116
Marikina	447,099	3.39	33.97	13,162
Pasig	797,054	6.04	31.00	25,711
Pateros	68,663	0.52	2.25	30,517
Taguig	783,592	5.93	45.21	17,332
Quezon City	3,190,989	24.16	161.12	19,805
Total District II	5,287,397	40.04	273.55	19,329
Makati	566,015	4.29	27.36	20,688
Mandaluyong	355,590	2.69	21.26	16,726
San Juan	123,266	0.93	7.77	15,864
Manila	1,686,621	12.77	38.28	44,060
Total District III	2,731,492	20.68	94.67	28,853
Las Piñas	608,833	4.61	41.54	14,657
Muntinlupa	481,468	3.65	46.70	10,310
Parañaque	692,381	5.24	46.57	14,868
Pasay City	417,005	3.16	18.50	22,541
Total District IV	2,199,687	16.66	153.31	14,348
NCR	13,205,216	100	650.7	20,293