

7 23区の昼間・夜間・流入・流出口（平成22年10月1日）

| | 昼間人口 (A) | | | 流入人口 | | | 流出人口 | | |
|-----------|----------------|----------------|---------------|----------------|----------------|---------------|---------------|---------------|--------------|
| | 就業者 (B) | 通学者 (C) | 通勤者 | 通学者 | 通勤者 | 通学者 | 通勤者 | 通学者 | |
| 東京都 | 15,576,130 | 7,610,047 | 1,725,029 | 6,107,178 | 5,372,448 | 734,730 | 3,690,436 | 3,210,842 | 479,594 |
| 23区 | 11,711,537 | 6,194,777 | 1,151,118 | 5,206,557 | 4,666,743 | 539,814 | 2,440,715 | 2,137,342 | 303,373 |
| 千代田 | 819,247 | 722,781 | 76,395 | 782,560 | 709,787 | 72,773 | 10,428 | 8,844 | 1,584 |
| 中央 | 605,926 | 543,171 | 9,328 | 517,968 | 514,546 | 3,422 | 34,804 | 31,230 | 3,574 |
| 港 | 886,173 | 733,209 | 43,947 | 724,413 | 691,954 | 32,459 | 43,371 | 37,572 | 5,799 |
| 新宿 | 750,120 | 485,111 | 85,972 | 494,845 | 428,329 | 66,516 | 71,034 | 61,320 | 9,714 |
| 文京 | 345,423 | 181,447 | 68,496 | 202,293 | 148,812 | 53,481 | 63,496 | 54,610 | 8,886 |
| 台東 | 294,756 | 192,038 | 16,924 | 160,765 | 153,089 | 7,676 | 41,937 | 36,692 | 5,245 |
| 墨田 | 279,272 | 144,454 | 22,639 | 101,779 | 94,871 | 6,908 | 70,113 | 62,826 | 7,287 |
| 江東 | 548,976 | 315,633 | 38,594 | 232,873 | 225,038 | 7,835 | 144,716 | 129,125 | 15,591 |
| 品川 | 527,019 | 314,773 | 40,551 | 268,097 | 249,221 | 18,876 | 106,380 | 95,705 | 10,675 |
| 目黒 | 293,382 | 119,648 | 33,296 | 102,604 | 84,654 | 17,950 | 77,552 | 67,114 | 10,438 |
| 大田 | 684,451 | 314,612 | 57,159 | 170,906 | 161,468 | 9,438 | 179,828 | 157,592 | 22,236 |
| 世田谷 | 812,810 | 247,750 | 124,865 | 179,910 | 121,423 | 58,487 | 244,238 | 212,425 | 31,813 |
| 渋谷 | 520,698 | 360,219 | 50,418 | 366,786 | 325,629 | 41,157 | 50,580 | 44,266 | 6,314 |
| 中野 | 289,176 | 97,144 | 28,309 | 72,463 | 60,059 | 12,404 | 98,037 | 86,358 | 11,679 |
| 杉並 | 480,172 | 145,282 | 52,486 | 96,814 | 71,908 | 24,906 | 166,211 | 144,650 | 21,561 |
| 豊島 | 422,995 | 206,499 | 59,921 | 210,564 | 166,531 | 44,033 | 72,247 | 62,784 | 9,463 |
| 北 | 321,581 | 123,818 | 32,970 | 86,049 | 72,718 | 13,331 | 100,012 | 88,724 | 11,288 |
| 荒川 | 191,626 | 79,007 | 17,869 | 48,064 | 43,122 | 4,942 | 59,734 | 52,417 | 7,317 |
| 板橋 | 493,747 | 176,999 | 55,718 | 102,694 | 84,330 | 18,364 | 144,771 | 126,214 | 18,557 |
| 練馬 | 588,243 | 171,794 | 67,630 | 76,450 | 65,751 | 10,699 | 204,331 | 175,003 | 29,328 |
| 足立 | 608,632 | 209,706 | 59,828 | 84,303 | 80,448 | 3,855 | 159,097 | 139,713 | 19,384 |
| 葛飾 | 376,235 | 127,321 | 38,413 | 52,547 | 48,947 | 3,600 | 118,898 | 104,641 | 14,257 |
| 江戸川 | 570,877 | 182,361 | 69,390 | 70,810 | 64,108 | 6,702 | 178,900 | 157,517 | 21,383 |

| 地域 | 夜間人口 (D) | | | 残留人口 | | | 昼夜間比率 | | |
|-----------|----------------|----------------|---------------|----------------|---------------|---------------|--------------|--------------|--------------|
| | 就業者 (E) | 通学者 (F) | 通勤者 | 通学者 | 通勤者 | 人口 A/D | 就業者 B/E | 通学者 C/F | |
| 東京都 | 13,159,388 | 5,448,441 | 1,469,893 | 9,468,952 | 2,237,599 | 990,299 | 118.4 | 139.7 | 117.4 |
| 23区 | 8,945,695 | 3,665,376 | 914,677 | 6,504,980 | 1,528,034 | 611,304 | 130.9 | 169.0 | 125.8 |
| 千代田 | 47,115 | 21,838 | 5,206 | 36,687 | 12,994 | 3,622 | 1,738.8 | 3,309.7 | 1,467.4 |
| 中央 | 122,762 | 59,855 | 9,480 | 87,958 | 28,625 | 5,906 | 493.6 | 907.5 | 98.4 |
| 港 | 205,131 | 78,827 | 17,287 | 161,760 | 41,255 | 11,488 | 432.0 | 930.1 | 254.2 |
| 新宿 | 326,309 | 118,102 | 29,170 | 255,275 | 56,782 | 19,456 | 229.9 | 410.8 | 294.7 |
| 文京 | 206,626 | 87,245 | 23,901 | 143,130 | 32,635 | 15,015 | 167.2 | 208.0 | 286.6 |
| 台東 | 175,928 | 75,641 | 14,493 | 133,991 | 38,949 | 9,248 | 167.5 | 253.9 | 116.8 |
| 墨田 | 247,606 | 112,409 | 23,018 | 177,493 | 49,583 | 15,731 | 112.8 | 128.5 | 98.4 |
| 江東 | 460,819 | 219,720 | 46,350 | 316,103 | 90,595 | 30,759 | 119.1 | 143.7 | 83.3 |
| 品川 | 365,302 | 161,257 | 32,350 | 258,922 | 65,552 | 21,675 | 144.3 | 195.2 | 125.4 |
| 目黒 | 268,330 | 102,108 | 25,784 | 190,778 | 34,994 | 15,346 | 109.3 | 117.2 | 129.1 |
| 大田 | 693,373 | 310,736 | 69,957 | 513,545 | 153,144 | 47,721 | 98.7 | 101.2 | 81.7 |
| 世田谷 | 877,138 | 338,752 | 98,191 | 632,900 | 126,327 | 66,378 | 92.7 | 73.1 | 127.2 |
| 渋谷 | 204,492 | 78,856 | 15,575 | 153,912 | 34,590 | 9,261 | 254.6 | 456.8 | 323.7 |
| 中野 | 314,750 | 123,443 | 27,584 | 216,713 | 37,085 | 15,905 | 91.9 | 78.7 | 102.6 |
| 杉並 | 549,569 | 218,024 | 49,141 | 383,358 | 73,374 | 27,580 | 87.4 | 66.6 | 106.8 |
| 豊島 | 284,678 | 102,752 | 25,351 | 212,431 | 39,968 | 15,888 | 148.6 | 201.0 | 236.4 |
| 北 | 335,544 | 139,824 | 30,927 | 235,532 | 51,100 | 19,639 | 95.8 | 88.6 | 106.6 |
| 荒川 | 203,296 | 88,302 | 20,244 | 143,562 | 35,885 | 12,927 | 94.3 | 89.5 | 88.3 |
| 板橋 | 535,824 | 218,883 | 55,911 | 391,053 | 92,669 | 37,354 | 92.1 | 80.9 | 99.7 |
| 練馬 | 716,124 | 281,046 | 86,259 | 511,793 | 106,043 | 56,931 | 82.1 | 61.1 | 78.4 |
| 足立 | 683,426 | 268,971 | 75,357 | 524,329 | 129,258 | 55,973 | 89.1 | 78.0 | 79.4 |
| 葛飾 | 442,586 | 183,015 | 49,070 | 323,688 | 78,374 | 34,813 | 85.0 | 69.6 | 78.3 |
| 江戸川 | 678,967 | 275,770 | 84,071 | 500,067 | 118,253 | 62,688 | 84.1 | 66.1 | 82.5 |

※昼間人口・夜間人口には状態不詳も含む
 ※平成27年国勢調査確報値は未公表(平成29年3月現在)