

County	Municipality	Rural / Urban	Population, 2010
Monroe	Barrett Township	Rural	4,225
Monroe	Chestnuthill Township	Urban	17,156
Monroe	Coolbaugh Township	Rural	20,564
Monroe	Delaware Water Gap Borough	Urban	746
Monroe	East Stroudsburg Borough	Urban	9,840
Monroe	Eldred Township	Rural	2,910
Monroe	Hamilton Township	Rural	9,083
Monroe	Jackson Township	Rural	7,033
Monroe	Middle Smithfield Township	Urban	15,997
Monroe	Mount Pocono Borough	Urban	3,170
Monroe	Paradise Township	Rural	3,186
Monroe	Pocono Township	Urban	11,065
Monroe	Polk Township	Rural	7,874
Monroe	Price Township	Rural	3,569
Monroe	Ross Township	Rural	5,940
Monroe	Smithfield Township	Urban	7,361
Monroe	Stroud Township	Urban	19,213
Monroe	Stroudsburg Borough	Urban	5,567
Monroe	Tobyhanna Township	Rural	8,554
Monroe	Tunkhannock Township	Rural	6,789