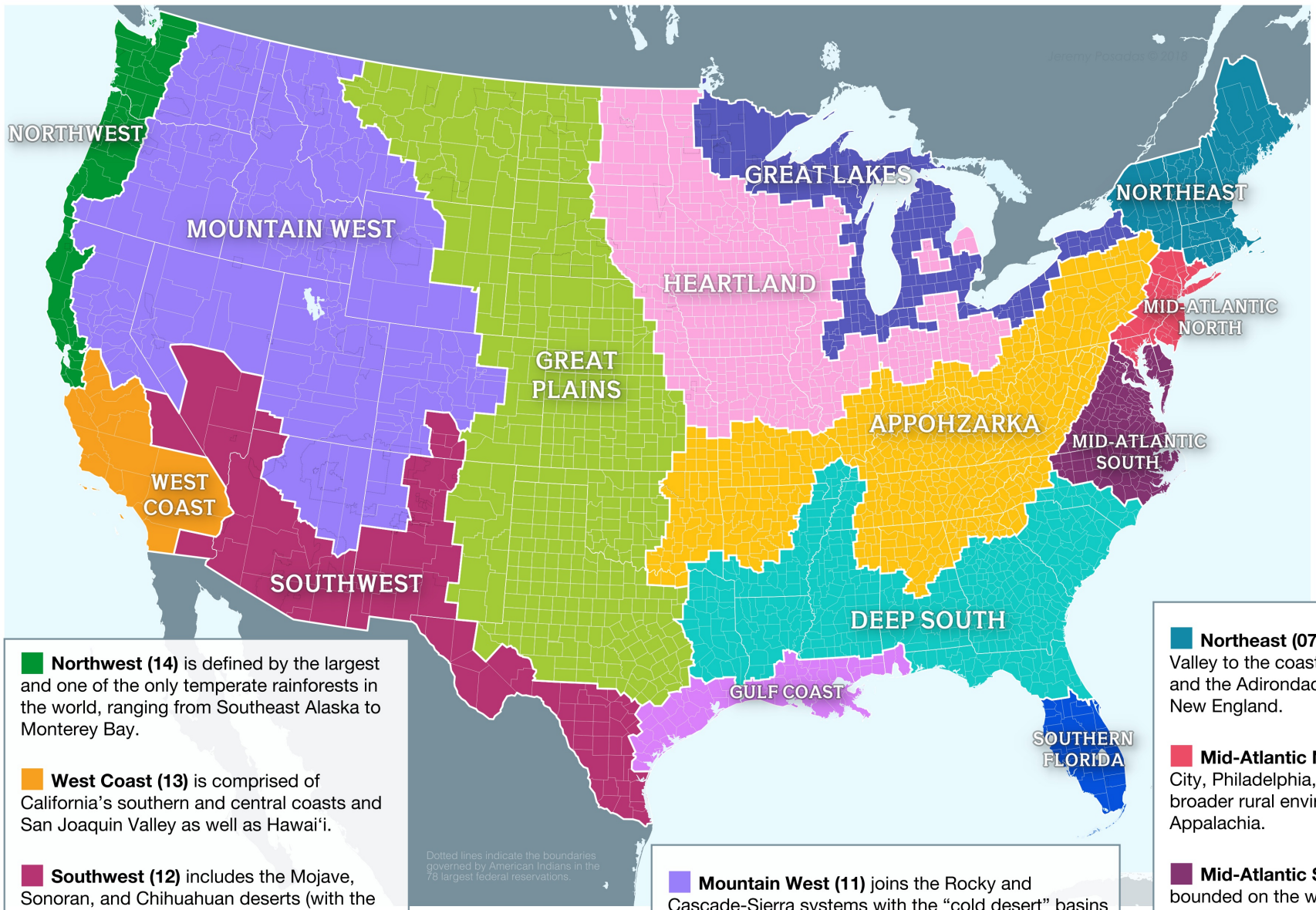
WELCOME TO THE UNITED REGIONS OF AMERICA



About This Map

This map uses counties rather than states as building blocks for regions that calibrate common geographic perceptions with major natural landscapes. The goal is a small number of regions that are each rooted in physical reality while simultaneously being recognizable (or at least sensible) to their long-time inhabitants.

This is a better approach than trying to define regions based on culture, because the USA's diverse cultures are too intertwined to yield reasonably distinct regions — and because such efforts usually reveal more about the author's implicit biases than about how culture relates to place.

The map defines natural landscapes with the EPA's "ecoregions" classifications. A few of the regions are defined by landscape in conjunction with major land uses, such as farming/ranching, manufacturing, or resource extraction. Large metropolises are kept with the rural areas for which they serve as hubs.

Learn more about the full methodology and discover the distinctive economic and voting patterns in each region:

JeremyPosadas.org/regions

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Northwest (14) is defined by the largest and one of the only temperate rainforests in the world, ranging from Southeast Alaska to Monterey Bay.

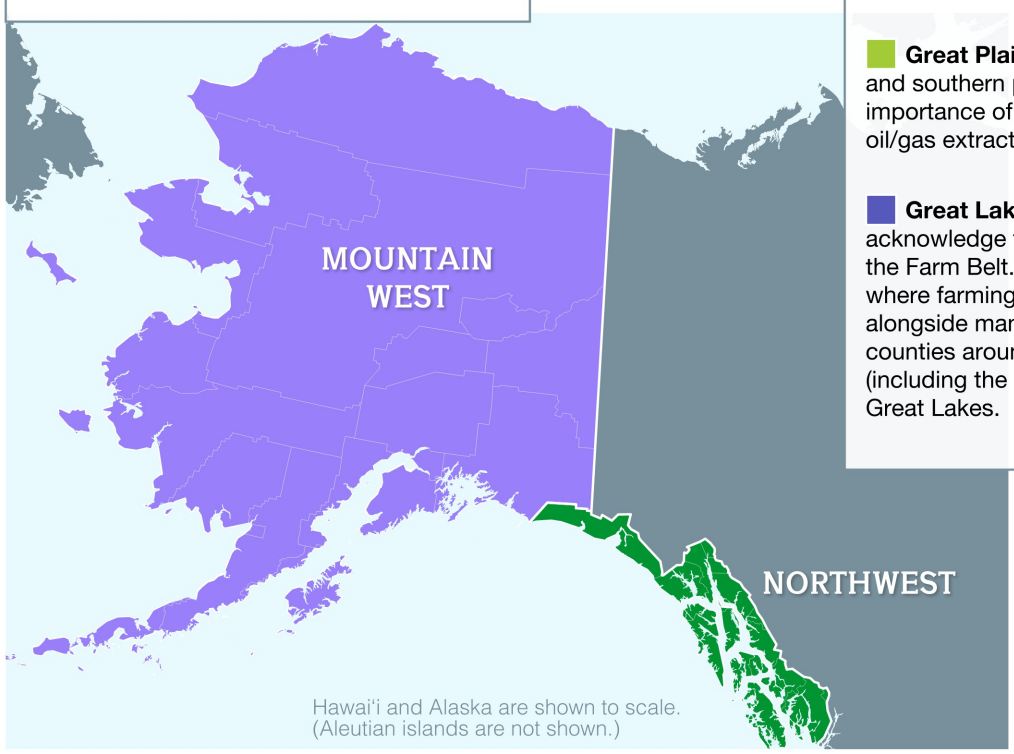
West Coast (13) is comprised of California's southern and central coasts and San Joaquin Valley as well as Hawai'i.

Southwest (12) includes the Mojave, Sonoran, and Chihuahuan deserts (with the Mogollon Rim and the Texas brush country as buffer-zones) and the upper Rio Grande.

Mountain West (11) joins the Rocky and Cascade-Sierra systems with the "cold desert" basins and plateaus that lie within them, plus the Sacramento Valley and Alaska above its panhandle.

Great Plains (10) keeps together the northern and southern portions of the Plains, given the shared importance of cattle ranching and, more recently, oil/gas extraction in both.

Great Lakes (08) and **Heartland (09)** acknowledge the overlaps between the Rust Belt and the Farm Belt. Using empirical measures, counties where farming predominates or plays a major role alongside manufacturing were assigned to Heartland; counties around the Lakes where it does not (including the northern forests) were assigned to Great Lakes.



Northeast (07) attaches Albany and the Mohawk Valley to the coastal lowlands of southern New England and the Adirondacks to the forested uplands of northern New England.

Mid-Atlantic North (06) encompasses the New York City, Philadelphia, and Baltimore metro areas plus their broader rural environs up to the edge of northern Appalachia.

Mid-Atlantic South (05) is roughly a triangle bounded on the west by the Blue Ridge, on the east by the Chesapeake/Outer Banks coast, and on the south by North Carolina's tobacco belts; the DMV sits at its apex.

Appohzarka (02) joins Appalachia (from New York's Southern Tier down to Birmingham) and the Ozarks-Ouachitas with the plateaus and great river valleys that lie between them (the "oh" refers to the Ohio River basin).

Deep South (01) stretches from the Lowcountry to the Piney Woods, up from the Delta to the Bootheel, up the Piedmont as far as Charlotte, and down to northern Florida.

Gulf Coast (03) extends from New Orleans and Houston out to Mobile and Corpus Christi, a zone that plays a crucial role in oil/gas extraction and the chemical industry.

Southern Florida (04) lies south of an Ocala-Daytona line, or roughly from the I-4 corridor on down.

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