

SNo	State	Capital	Governor	Land area	Population	Population density
1	Chuuk	Weno	Johnson Elimo	127 km ²	48,654	420 per km ²
2	Kosrae	Tofol	Lyndon Jackson	110 km ²	6,616	70 per km ²
3	Pohnpei	Kolonia	John Ehsa	346 km ²	36,196	100 per km ²
4	Yap	Colonia	Sebastian Anefal	118 km ²	11,377	95 per km ²

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Original source : en.wikipedia.org/wiki/Administrative_divisions_of_the_Federated_States_of_Micronesia