

| Gemeinde- schlüssel | Name | männlich | weiblich | insgesamt | Fläche in qkm | Bevölkerungs- dichte |
|------------------------|------------------------------|---------------|----------------|----------------|------------------|-------------------------|
| 01 055 001 | Ahrensböök | 4.200 | 4.389 | 8.589 | 95,38 | 90 |
| 01 055 002 | Altenkrempe | 564 | 580 | 1.144 | 36,64 | 31 |
| 01 055 004 | Bad Schwartau, Stadt | 9.278 | 10.640 | 19.918 | 18,4 | 1083 |
| 01 055 006 | Beschendorf | 253 | 278 | 531 | 8,54 | 62 |
| 01 055 007 | Bosau | 1.845 | 1.760 | 3.605 | 64,25 | 56 |
| 01 055 010 | Dahme | 551 | 608 | 1.159 | 9,08 | 128 |
| 01 055 011 | Damlos | 300 | 322 | 622 | 9,35 | 67 |
| 01 055 012 | Eutin, Stadt | 7.955 | 9.060 | 17.015 | 41,4 | 411 |
| 01 055 014 | Göhl | 596 | 613 | 1.209 | 21,2 | 57 |
| 01 055 015 | Gremersdorf | 776 | 712 | 1.488 | 45,78 | 33 |
| 01 055 016 | Grömitz | 3.703 | 4.101 | 7.804 | 51,08 | 153 |
| 01 055 017 | Großenbrode | 1.030 | 1.159 | 2.189 | 20,98 | 104 |
| 01 055 018 | Grube | 475 | 516 | 991 | 20,2 | 49 |
| 01 055 020 | Harmsdorf | 363 | 375 | 738 | 17,82 | 41 |
| 01 055 021 | Heiligenhafen, Stadt | 4.449 | 4.841 | 9.290 | 18,12 | 513 |
| 01 055 022 | Heringsdorf | 580 | 539 | 1.119 | 29,42 | 38 |
| 01 055 023 | Kabelhorst | 193 | 266 | 459 | 5,74 | 80 |
| 01 055 024 | Kasseedorf | 819 | 764 | 1.583 | 33,77 | 47 |
| 01 055 025 | Kellenhusen (Ostsee) | 492 | 572 | 1.064 | 8,15 | 131 |
| 01 055 027 | Lensahn | 2.389 | 2.706 | 5.095 | 27,7 | 184 |
| 01 055 028 | Malente | 5.023 | 5.761 | 10.784 | 69,06 | 156 |
| 01 055 029 | Manhagen | 202 | 205 | 407 | 9,63 | 42 |
| 01 055 031 | Neukirchen | 569 | 573 | 1.142 | 28,5 | 40 |
| 01 055 032 | Neustadt in Holstein, Stadt | 8.320 | 7.930 | 16.250 | 19,74 | 823 |
| 01 055 033 | Oldenburg in Holstein, Stadt | 4.776 | 5.164 | 9.940 | 39,66 | 251 |
| 01 055 035 | Ratekau | 7.605 | 8.126 | 15.731 | 59,6 | 264 |
| 01 055 036 | Riepsdorf | 537 | 513 | 1.050 | 25,81 | 41 |
| 01 055 037 | Schashagen | 1.194 | 1.218 | 2.412 | 41,46 | 58 |
| 01 055 038 | Schönwalde am Bungsberg | 1.236 | 1.306 | 2.542 | 39,06 | 65 |
| 01 055 039 | Sierksdorf | 739 | 763 | 1.502 | 19,5 | 77 |
| 01 055 040 | Stockelsdorf | 8.073 | 8.411 | 16.484 | 56,69 | 291 |
| 01 055 041 | Süsel | 2.671 | 2.686 | 5.357 | 75,31 | 71 |
| 01 055 042 | Timmendorfer Strand | 4.124 | 4.920 | 9.044 | 20,12 | 450 |
| 01 055 043 | Wangels | 1.185 | 1.185 | 2.370 | 67,12 | 35 |
| 01 055 044 | Scharbeutz | 5.808 | 6.109 | 11.917 | 51,76 | 230 |
| 01 055 046 | Fehmarn, Stadt | 6.129 | 6.648 | 12.777 | 185,45 | 69 |
| 55 | Kreis Ostholstein | 99.002 | 106.319 | 205.321 | 1.391,48 | 148 |