

Table 4. Cumulative Estimates of the Components of Resident Population Change for the United States, Regions, States, and Puerto Rico: April 1, 2010 to July 1, 2019

Geographic Area	Total Population Change ¹	Natural Increase	Vital Events		Net Migration		
			Births	Deaths	Total	International ²	Domestic
United States	19,481,418	11,621,558	36,275,313	24,653,755	7,859,860	7,859,860	(X)
Northeast	664,360	1,341,107	5,810,236	4,469,129	-659,918	1,851,164	-2,511,082
Midwest	1,399,279	1,977,234	7,627,933	5,650,699	-563,388	1,102,655	-1,666,043
South	11,017,418	4,384,770	13,996,064	9,611,294	6,596,570	3,156,088	3,440,482
West	6,400,361	3,918,447	8,841,080	4,922,633	2,486,596	1,749,953	736,643
Alabama	123,060	70,234	543,396	473,162	53,493	39,655	13,838
Alaska	21,296	62,616	102,219	39,603	-42,054	16,537	-58,591
Arizona	886,429	288,139	783,281	495,142	595,848	142,125	453,723
Arkansas	101,773	66,688	351,712	285,024	34,584	23,180	11,404
California	2,257,704	2,163,148	4,529,407	2,366,259	109,506	1,021,544	-912,038
Colorado	729,417	276,844	605,216	328,372	447,573	95,710	351,863
Connecticut	-8,860	54,839	333,491	278,652	-63,899	136,392	-200,291
Delaware	75,827	23,128	101,672	78,544	52,765	13,227	39,538
District of Columbia	103,982	41,806	87,527	45,721	61,065	33,805	27,260
Florida	2,673,173	266,255	2,025,141	1,758,886	2,396,653	1,107,039	1,289,614
Georgia	928,694	483,669	1,203,841	720,172	441,756	188,808	252,948
Hawaii	55,565	66,780	169,133	102,353	-10,429	59,793	-70,222
Idaho	219,408	90,989	208,785	117,796	127,605	14,457	113,148
Illinois	-159,751	462,146	1,438,187	976,041	-622,928	242,945	-865,873
Indiana	248,168	200,313	766,932	566,619	50,242	99,099	-48,857
Iowa	108,199	89,895	358,277	268,382	18,712	47,837	-29,125
Kansas	60,191	117,135	355,093	237,958	-56,737	51,058	-107,795
Kentucky	128,340	92,337	510,539	418,202	36,959	50,229	-13,270
Louisiana	115,307	171,756	575,059	403,303	-57,242	44,961	-102,203
Maine	15,854	-10,773	116,512	127,285	27,507	11,551	15,956
Maryland	271,886	235,972	670,809	434,837	39,003	198,996	-159,993
Massachusetts	344,718	146,074	663,370	517,296	202,992	361,770	-158,778

Table 4. Cumulative Estimates of the Components of Resident Population Change for the United States, Regions, States, and Puerto Rico: April 1, 2010 to July 1, 2019

Geographic Area	Total Population Change ¹	Natural Increase	Vital Events		Net Migration		
			Births	Deaths	Total	International ²	Domestic
Michigan	102,741	177,254	1,043,213	865,959	-73,053	193,031	-266,084
Minnesota	335,705	250,488	637,356	386,868	88,161	114,414	-26,253
Mississippi	8,019	68,667	352,877	284,210	-61,248	18,949	-80,197
Missouri	148,478	148,676	689,089	540,413	1,943	62,409	-60,466
Montana	79,371	23,363	112,063	88,700	55,715	6,357	49,358
Nebraska	108,103	93,770	241,007	147,237	14,903	35,100	-20,197
Nevada	379,479	120,978	330,058	209,080	256,952	22,389	234,563
New Hampshire	43,249	7,925	114,444	106,519	36,136	26,296	9,840
New Jersey	90,212	282,620	952,425	669,805	-192,493	298,681	-491,174
New Mexico	37,630	74,679	236,548	161,869	-36,933	26,589	-63,522
New York	75,417	758,323	2,177,836	1,419,513	-681,210	698,000	-1,379,210
North Carolina	952,333	307,836	1,111,356	803,520	639,170	163,662	475,508
North Dakota	89,486	40,507	97,654	57,147	47,388	12,724	34,664
Ohio	152,349	203,832	1,274,433	1,070,601	-46,936	170,595	-217,531
Oklahoma	205,389	120,719	480,618	359,899	84,467	56,503	27,964
Oregon	386,658	94,584	415,363	320,779	291,730	58,232	233,498
Pennsylvania	99,121	90,377	1,297,472	1,207,095	17,332	274,060	-256,728
Rhode Island	6,397	9,669	100,094	90,425	-2,877	36,913	-39,790
South Carolina	523,348	102,085	529,164	427,079	418,191	50,964	367,227
South Dakota	70,461	42,559	111,921	69,362	27,672	14,192	13,480
Tennessee	482,898	143,253	744,274	601,021	338,428	79,086	259,342
Texas	3,849,790	1,871,086	3,584,148	1,713,062	1,964,386	818,757	1,145,629
Utah	442,067	312,441	467,200	154,759	130,203	48,077	82,126
Vermont	-1,748	2,053	54,592	52,539	-3,406	7,501	-10,907
Virginia	534,470	343,322	941,699	598,377	190,438	261,541	-71,103
Washington	890,353	319,214	813,809	494,595	571,023	234,772	336,251
West Virginia	-60,871	-24,043	182,232	206,275	-36,298	6,726	-43,024

Table 4. Cumulative Estimates of the Components of Resident Population Change for the United States, Regions, States, and Puerto Rico: April 1, 2010 to July 1, 2019

Geographic Area	Total Population Change ¹	Natural Increase	Vital Events		Net Migration		
			Births	Deaths	Total	International ²	Domestic
Wisconsin	135,149	150,659	614,771	464,112	-12,755	59,251	-72,006
Wyoming	14,984	24,672	67,998	43,326	-10,143	3,371	-13,514
Puerto Rico	-532,463	25,055	297,601	272,546	-557,518	-557,518	(X)

(X) Not applicable.

¹ Total population change includes a residual. This residual represents the change in population that cannot be attributed to any specific demographic component. See Population Estimates Terms and Definitions at <http://www.census.gov/programs-surveys/popest/about/glossary.html>.

² Net international migration for the United States includes the international migration of both native and foreign-born populations. Specifically, it includes: (a) the net international migration of the foreign born, (b) the net migration between the United States and Puerto Rico, (c) the net migration of natives to and from the United States, and (d) the net movement of the Armed Forces population between the United States and overseas. Net international migration for Puerto Rico includes the migration of native and foreign-born populations between the United States and Puerto Rico.

Note: The estimates are based on the 2010 Census and reflect changes to the April 1, 2010 population due to the Count Question Resolution program and geographic program revisions. See Geographic Terms and Definitions at <http://www.census.gov/programs-surveys/popest/guidance-geographies/terms-and-definitions.html> for a list of the states that are included in each region. All geographic boundaries for the 2019 population estimates series except statistical area delineations are as of January 1, 2019. For population estimates methodology statements, see <http://www.census.gov/programs-surveys/popest/technical-documentation/methodology.html>.

Suggested Citation:

Table 4. Cumulative Estimates of the Components of Resident Population Change for the United States, Regions, States, and Puerto Rico: April 1, 2010 to July 1, 2019 (NST-EST2019-04)

Source: U.S. Census Bureau, Population Division

Release Date: December 2019