

Estimates of the Total Resident Population and Resident Population Age 18 Years and Older for the United States, States, and Puerto Rico: July 1, 2019

Geographic Area	Total Resident Population	Resident Population Age 18 Years and Older	
		Total	Percent
United States	328,239,523	255,200,373	77.7
Northeast	55,982,803	44,478,478	79.5
Midwest	68,329,004	52,980,427	77.5
South	125,580,448	97,108,254	77.3
West	78,347,268	60,633,214	77.4
Alabama	4,903,185	3,814,879	77.8
Alaska	731,545	551,562	75.4
Arizona	7,278,717	5,638,481	77.5
Arkansas	3,017,804	2,317,649	76.8
California	39,512,223	30,617,582	77.5
Colorado	5,758,736	4,499,217	78.1
Connecticut	3,565,287	2,837,847	79.6
Delaware	973,764	770,192	79.1
District of Columbia	705,749	577,581	81.8
Florida	21,477,737	17,247,808	80.3
Georgia	10,617,423	8,113,542	76.4
Hawaii	1,415,872	1,116,004	78.8
Idaho	1,787,065	1,338,864	74.9
Illinois	12,671,821	9,853,946	77.8
Indiana	6,732,219	5,164,245	76.7
Iowa	3,155,070	2,428,229	77.0
Kansas	2,913,314	2,213,064	76.0
Kentucky	4,467,673	3,464,802	77.6
Louisiana	4,648,794	3,561,164	76.6
Maine	1,344,212	1,095,370	81.5
Maryland	6,045,680	4,710,993	77.9

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Massachusetts	6,892,503	5,539,703	80.4
Michigan	9,986,857	7,842,924	78.5
Minnesota	5,639,632	4,336,475	76.9
Mississippi	2,976,149	2,277,566	76.5
Missouri	6,137,428	4,766,843	77.7
Montana	1,068,778	840,190	78.6
Nebraska	1,934,408	1,458,334	75.4
Nevada	3,080,156	2,387,517	77.5
New Hampshire	1,359,711	1,104,458	81.2
New Jersey	8,882,190	6,943,612	78.2
New Mexico	2,096,829	1,620,991	77.3
New York	19,453,561	15,425,262	79.3
North Carolina	10,488,084	8,187,369	78.1
North Dakota	762,062	581,891	76.4
Ohio	11,689,100	9,111,081	77.9
Oklahoma	3,956,971	3,004,733	75.9
Oregon	4,217,737	3,351,175	79.5
Pennsylvania	12,801,989	10,167,376	79.4
Rhode Island	1,059,361	854,866	80.7
South Carolina	5,148,714	4,037,531	78.4
South Dakota	884,659	667,558	75.5
Tennessee	6,829,174	5,319,123	77.9
Texas	28,995,881	21,596,071	74.5
Utah	3,205,958	2,274,774	71.0
Vermont	623,989	509,984	81.7
Virginia	8,535,519	6,674,671	78.2

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Washington	7,614,893	5,951,832	78.2
West Virginia	1,792,147	1,432,580	79.9
Wisconsin	5,822,434	4,555,837	78.2
Wyoming	578,759	445,025	76.9
Puerto Rico	3,193,694	2,620,963	82.1

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 <https://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 <https://www.census.gov/programs-surveys/popest/technical-documentation/methodology.html>. The estimates add births to, subtract deaths from, and add net migration to the enumerated resident population from the 2010 Census. The enumerated resident population is the total population (citizen and noncitizen) with usual residence in the 50 states and the District of Columbia. See https://www.census.gov/glossary/#term_Apportionmentpopulation and https://www.census.gov/glossary/#term_Residentpopulation.

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Source: U.S. Census Bureau, Population Division

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