

Table 3. Estimates of Resident Population Change for the United States, Regions, States, and Puerto Rico and Region and State Rankings: July 1, 2018 to July 1, 2019

Geographic Area	Population Estimate (as of July 1)		Change, 2018 to 2019		National Ranking of Regions and States			
	2018	2019	Number	Percent	Population Estimate (as of July 1)		Change, 2018 to 2019	
					2018	2019	Number	Percent
United States	326,687,501	328,239,523	1,552,022	0.5	(X)	(X)	(X)	(X)
Northeast	56,046,620	55,982,803	-63,817	-0.1	4	4	4	4
Midwest	68,236,628	68,329,004	92,376	0.1	3	3	3	3
South	124,569,433	125,580,448	1,011,015	0.8	1	1	1	1
West	77,834,820	78,347,268	512,448	0.7	2	2	2	2
Alabama	4,887,681	4,903,185	15,504	0.3	24	24	20	26
Alaska	735,139	731,545	-3,594	-0.5	48	48	43	50
Arizona	7,158,024	7,278,717	120,693	1.7	14	14	3	3
Arkansas	3,009,733	3,017,804	8,071	0.3	33	33	28	27
California	39,461,588	39,512,223	50,635	0.1	1	1	12	36
Colorado	5,691,287	5,758,736	67,449	1.2	21	21	7	8
Connecticut	3,571,520	3,565,287	-6,233	-0.2	29	29	47	45
Delaware	965,479	973,764	8,285	0.9	45	45	26	12
District of Columbia	701,547	705,749	4,202	0.6	49	49	34	17
Florida	21,244,317	21,477,737	233,420	1.1	3	3	2	9
Georgia	10,511,131	10,617,423	106,292	1.0	8	8	5	11
Hawaii	1,420,593	1,415,872	-4,721	-0.3	40	40	45	47
Idaho	1,750,536	1,787,065	36,529	2.1	39	39	14	1
Illinois	12,723,071	12,671,821	-51,250	-0.4	6	6	50	49
Indiana	6,695,497	6,732,219	36,722	0.5	17	17	13	19
Iowa	3,148,618	3,155,070	6,452	0.2	31	31	30	30
Kansas	2,911,359	2,913,314	1,955	0.1	35	35	38	39
Kentucky	4,461,153	4,467,673	6,520	0.1	26	26	29	34
Louisiana	4,659,690	4,648,794	-10,896	-0.2	25	25	48	46
Maine	1,339,057	1,344,212	5,155	0.4	42	42	33	25
Maryland	6,035,802	6,045,680	9,878	0.2	19	19	23	33
Massachusetts	6,882,635	6,892,503	9,868	0.1	15	15	24	35
Michigan	9,984,072	9,986,857	2,785	-	10	10	37	40
Minnesota	5,606,249	5,639,632	33,383	0.6	22	22	17	18
Mississippi	2,981,020	2,976,149	-4,871	-0.2	34	34	46	44

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	2018	2019	Number	Percent	Population Estimate (as of July 1)		Change, 2018 to 2019	
					2018	2019	Number	Percent
Missouri	6,121,623	6,137,428	15,805	0.3	18	18	19	29
Montana	1,060,665	1,068,778	8,113	0.8	43	43	27	15
Nebraska	1,925,614	1,934,408	8,794	0.5	37	37	25	22
Nevada	3,027,341	3,080,156	52,815	1.7	32	32	10	2
New Hampshire	1,353,465	1,359,711	6,246	0.5	41	41	31	21
New Jersey	8,886,025	8,882,190	-3,835	-	11	11	44	42
New Mexico	2,092,741	2,096,829	4,088	0.2	36	36	35	32
New York	19,530,351	19,453,561	-76,790	-0.4	4	4	51	48
North Carolina	10,381,615	10,488,084	106,469	1.0	9	9	4	10
North Dakota	758,080	762,062	3,982	0.5	47	47	36	20
Ohio	11,676,341	11,689,100	12,759	0.1	7	7	22	37
Oklahoma	3,940,235	3,956,971	16,736	0.4	28	28	18	23
Oregon	4,181,886	4,217,737	35,851	0.9	27	27	15	13
Pennsylvania	12,800,922	12,801,989	1,067	-	5	5	41	41
Rhode Island	1,058,287	1,059,361	1,074	0.1	44	44	40	38
South Carolina	5,084,156	5,148,714	64,558	1.3	23	23	8	6
South Dakota	878,698	884,659	5,961	0.7	46	46	32	16
Tennessee	6,771,631	6,829,174	57,543	0.8	16	16	9	14
Texas	28,628,666	28,995,881	367,215	1.3	2	2	1	5
Utah	3,153,550	3,205,958	52,408	1.7	30	30	11	4
Vermont	624,358	623,989	-369	-0.1	50	50	42	43
Virginia	8,501,286	8,535,519	34,233	0.4	12	12	16	24
Washington	7,523,869	7,614,893	91,024	1.2	13	13	6	7
West Virginia	1,804,291	1,792,147	-12,144	-0.7	38	38	49	51
Wisconsin	5,807,406	5,822,434	15,028	0.3	20	20	21	28
Wyoming	577,601	578,759	1,158	0.2	51	51	39	31
Puerto Rico	3,193,354	3,193,694	340	-	(X)	(X)	(X)	(X)

Dash (-) represents zero or rounds to zero.

(X) Not applicable.

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					Population Estimate (as of July 1)		Change, 2018 to 2019	
	2018	2019	Number	Percent	2018	2019	Number	Percent

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>.

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Table 3. Estimates of Resident Population Change for the United States, Regions, States, and Puerto Rico and Region and State Rankings: July 1, 2018 to July 1, 2019 (NST-EST2019-03)

Source: U.S. Census Bureau, Population Division

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