

**Table 5. Estimates of the Components of Resident Population Change for the United States, Regions, States, and Puerto Rico: July 1, 2018 to July 1, 2019**

Geographic Area	Total Population Change <sup>1</sup>	Natural Increase	Vital Events		Net Migration		
			Births	Deaths	Total	International <sup>2</sup>	Domestic
<b>United States</b>	1,552,022	956,674	3,791,712	2,835,038	595,348	595,348	(X)
<b>Northeast</b>	-63,817	97,152	602,740	505,588	-160,186	134,145	-294,331
<b>Midwest</b>	92,376	169,489	792,343	622,854	-75,874	85,675	-161,549
<b>South</b>	1,011,015	359,114	1,481,244	1,122,130	650,855	242,942	407,913
<b>West</b>	512,448	330,919	915,385	584,466	180,553	132,586	47,967
Alabama	15,504	3,434	57,313	53,879	12,159	2,772	9,387
Alaska	-3,594	5,212	10,031	4,819	-8,823	659	-9,482
Arizona	120,693	21,419	81,942	60,523	98,799	7,782	91,017
Arkansas	8,071	5,318	36,640	31,322	2,783	268	2,515
California	50,635	180,097	462,617	282,520	-129,386	74,028	-203,414
Colorado	67,449	25,408	64,524	39,116	41,858	10,523	31,335
Connecticut	-6,233	3,418	34,567	31,149	-9,736	12,323	-22,059
Delaware	8,285	1,229	10,683	9,454	7,034	73	6,961
District of Columbia	4,202	3,816	9,493	5,677	401	2,604	-2,203
Florida	233,420	10,003	221,695	211,692	222,588	88,678	133,910
Georgia	106,292	41,554	127,873	86,319	64,733	15,053	49,680
Hawaii	-4,721	4,130	16,878	12,748	-8,803	5,014	-13,817
Idaho	36,529	8,912	22,220	13,308	27,527	167	27,360
Illinois	-51,250	34,295	144,299	110,004	-85,777	19,209	-104,986
Indiana	36,722	18,536	80,711	62,175	18,376	14,379	3,997
Iowa	6,452	8,863	37,672	28,809	-2,348	2,663	-5,011
Kansas	1,955	10,227	35,457	25,230	-8,253	4,104	-12,357
Kentucky	6,520	7,397	53,471	46,074	-776	765	-1,541
Louisiana	-10,896	12,155	58,498	46,343	-23,005	3,040	-26,045
Maine	5,155	-2,262	12,073	14,335	7,465	852	6,613
Maryland	9,878	18,638	70,091	51,453	-8,654	15,011	-23,665
Massachusetts	9,868	11,855	70,419	58,564	-1,848	28,426	-30,274
Michigan	2,785	13,489	109,472	95,983	-10,524	13,146	-23,670

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Minnesota	33,383	24,442	67,642	43,200	9,178	9,113	65
Mississippi	-4,871	4,442	35,978	31,536	-9,311	1,429	-10,740
Missouri	15,805	11,156	71,297	60,141	4,793	5,503	-710
Montana	8,113	1,748	11,618	9,870	6,346	322	6,024
Nebraska	8,794	9,761	25,343	15,582	-925	3,295	-4,220
Nevada	52,815	10,322	35,932	25,610	42,237	-970	43,207
New Hampshire	6,246	-121	12,004	12,125	6,416	1,947	4,469
New Jersey	-3,835	23,778	99,501	75,723	-27,662	21,284	-48,946
New Mexico	4,088	4,737	23,125	18,388	-590	1,546	-2,136
New York	-76,790	58,107	222,924	164,817	-134,896	45,753	-180,649
North Carolina	106,469	24,891	119,203	94,312	81,522	14,184	67,338
North Dakota	3,982	4,286	10,536	6,250	-316	951	-1,267
Ohio	12,759	16,541	134,291	117,750	-3,363	9,553	-12,916
Oklahoma	16,736	8,493	48,759	40,266	8,306	4,484	3,822
Oregon	35,851	6,742	43,305	36,563	29,116	3,295	25,821
Pennsylvania	1,067	1,751	135,190	133,439	-56	19,532	-19,588
Rhode Island	1,074	679	10,481	9,802	430	3,645	-3,215
South Carolina	64,558	5,609	56,353	50,744	58,758	5,724	53,034
South Dakota	5,961	4,574	11,911	7,337	1,382	418	964
Tennessee	57,543	12,262	80,239	67,977	45,302	9,293	36,009
Texas	367,215	175,878	378,664	202,786	190,704	65,044	125,660
Utah	52,408	31,199	48,642	17,443	21,167	5,579	15,588
Vermont	-369	-53	5,581	5,634	-299	383	-682
Virginia	34,233	28,674	98,403	69,729	5,733	14,869	-9,136
Washington	91,024	29,363	87,950	58,587	61,579	24,103	37,476
West Virginia	-12,144	-4,679	17,888	22,567	-7,422	-349	-7,073
Wisconsin	15,028	13,319	63,712	50,393	1,903	3,341	-1,438
Wyoming	1,158	1,630	6,601	4,971	-474	538	-1,012

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			Births	Deaths	Total	International <sup>2</sup>	Domestic
<b>Puerto Rico</b>	340	-7,393	21,428	28,821	7,733	7,733	(X)

(X) Not applicable.

<sup>1</sup> 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>.

<sup>2</sup> 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>.

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**Source: U.S. Census Bureau, Population Division**

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