

**Estimates of the Total Resident Population and Resident Population Age 18 Years and Older
for the United States, Regions, States, District of Columbia, and Puerto Rico: July 1, 2024**

| Geographic Area | Total Resident Population | Resident Population Age 18 Years and Older | |
|----------------------|---------------------------|--|---------|
| | | Number | Percent |
| United States | 340,110,988 | 266,978,268 | 78.5 |
| Northeast | 57,832,935 | 46,278,295 | 80.0 |
| Midwest | 69,596,584 | 54,403,741 | 78.2 |
| South | 132,665,693 | 103,348,958 | 77.9 |
| West | 80,015,776 | 62,947,274 | 78.7 |
| Alabama | 5,157,699 | 4,022,842 | 78.0 |
| Alaska | 740,133 | 565,186 | 76.4 |
| Arizona | 7,582,384 | 5,994,209 | 79.1 |
| Arkansas | 3,088,354 | 2,386,510 | 77.3 |
| California | 39,431,263 | 31,012,711 | 78.7 |
| Colorado | 5,957,493 | 4,744,328 | 79.6 |
| Connecticut | 3,675,069 | 2,947,242 | 80.2 |
| Delaware | 1,051,917 | 838,204 | 79.7 |
| District of Columbia | 702,250 | 572,419 | 81.5 |
| Florida | 23,372,215 | 18,872,523 | 80.7 |
| Georgia | 11,180,878 | 8,640,127 | 77.3 |
| Hawaii | 1,446,146 | 1,152,797 | 79.7 |
| Idaho | 2,001,619 | 1,533,172 | 76.6 |
| Illinois | 12,710,158 | 10,012,697 | 78.8 |
| Indiana | 6,924,275 | 5,338,189 | 77.1 |
| Iowa | 3,241,488 | 2,510,913 | 77.5 |
| Kansas | 2,970,606 | 2,278,027 | 76.7 |
| Kentucky | 4,588,372 | 3,562,700 | 77.6 |
| Louisiana | 4,597,740 | 3,531,346 | 76.8 |
| Maine | 1,405,012 | 1,157,930 | 82.4 |
| Maryland | 6,263,220 | 4,891,983 | 78.1 |
| Massachusetts | 7,136,171 | 5,780,452 | 81.0 |
| Michigan | 10,140,459 | 8,031,116 | 79.2 |
| Minnesota | 5,793,151 | 4,494,094 | 77.6 |
| Mississippi | 2,943,045 | 2,268,423 | 77.1 |
| Missouri | 6,245,466 | 4,873,374 | 78.0 |
| Montana | 1,137,233 | 904,578 | 79.5 |
| Nebraska | 2,005,465 | 1,521,153 | 75.9 |
| Nevada | 3,267,467 | 2,579,031 | 78.9 |
| New Hampshire | 1,409,032 | 1,159,668 | 82.3 |
| New Jersey | 9,500,851 | 7,455,868 | 78.5 |
| New Mexico | 2,130,256 | 1,682,353 | 79.0 |
| New York | 19,867,248 | 15,884,969 | 80.0 |
| North Carolina | 11,046,024 | 8,685,722 | 78.6 |
| North Dakota | 796,568 | 611,305 | 76.7 |

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|--------------------|---------------------------|--|-------------|
| | | Number | Percent |
| Ohio | 11,883,304 | 9,308,934 | 78.3 |
| Oklahoma | 4,095,393 | 3,129,179 | 76.4 |
| Oregon | 4,272,371 | 3,446,156 | 80.7 |
| Pennsylvania | 13,078,751 | 10,448,930 | 79.9 |
| Rhode Island | 1,112,308 | 907,717 | 81.6 |
| South Carolina | 5,478,831 | 4,326,760 | 79.0 |
| South Dakota | 924,669 | 703,963 | 76.1 |
| Tennessee | 7,227,750 | 5,645,233 | 78.1 |
| Texas | 31,290,831 | 23,625,608 | 75.5 |
| Utah | 3,503,613 | 2,569,984 | 73.4 |
| Vermont | 648,493 | 535,519 | 82.6 |
| Virginia | 8,811,195 | 6,927,764 | 78.6 |
| Washington | 7,958,180 | 6,303,143 | 79.2 |
| West Virginia | 1,769,979 | 1,421,615 | 80.3 |
| Wisconsin | 5,960,975 | 4,719,976 | 79.2 |
| Wyoming | 587,618 | 459,626 | 78.2 |
| Puerto Rico | 3,203,295 | 2,722,566 | 85.0 |

The Census Bureau has reviewed this data product to ensure appropriate access, use, and disclosure avoidance protection of the confidential source data used to produce this product (Data Management System (DMS) number: P-6000042 and P-7501659. Disclosure Review Board (DRB) approval number: CBDRB-FY25-0078).

Note: The estimates are developed from a base that integrates the 2020 Census, Vintage 2020 estimates, and (for the U.S. only) 2020 Demographic Analysis estimates. The estimates add births to, subtract deaths from, and add net migration to the April 1, 2020 estimates base. For population estimates methodology statements, see <https://www.census.gov/programs-surveys/popest/technical-documentation/methodology.html>. 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 2024 population estimates series are as of January 1, 2024.

Suggested Citation:

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Source: U.S. Census Bureau, Population Division

Release Date: December 2024