

Annual and Cumulative Estimates of the Components of Resident Population Change for the United States, Regions, States, District of Columbia, and Puerto Rico: April 1, 2020 to July 1, 2025														
Geographic Area	Annual Change, July 1, 2024 to July 1, 2025							Cumulative Change, April 1, 2020 to July 1, 2025						
	Total Population Change ¹	Vital Events			Net Migration			Total Population Change ¹	Vital Events			Net Migration		
		Natural Change	Births	Deaths	Total	International ²	Domestic		Natural Change	Births	Deaths	Total	International ²	Domestic
United States	1,781,060	518,858	3,620,461	3,101,603	1,262,202	1,262,202	(X)	10,268,744	1,939,907	19,036,536	17,096,629	8,328,837	8,328,837	(X)
Northeast	101,532	59,573	572,507	512,934	40,830	246,382	-205,552	424,494	158,161	3,035,048	2,876,887	287,757	1,792,061	-1,504,304
Midwest	244,385	46,417	737,743	691,326	196,201	180,161	16,040	763,204	110,704	3,908,729	3,798,025	642,234	1,154,999	-512,765
South	1,171,911	222,866	1,481,266	1,258,400	953,795	596,005	357,790	7,552,378	783,438	7,700,151	6,916,713	6,741,875	3,584,350	3,157,525
West	263,232	190,002	828,945	638,943	71,376	239,654	-168,278	1,528,668	887,604	4,392,608	3,505,004	656,971	1,797,427	-1,140,456
Alabama	30,033	-2,188	57,680	59,868	32,304	8,946	23,358	167,651	-27,563	303,445	331,008	195,050	54,002	141,048
Alaska	733	3,308	8,867	5,559	-2,566	1,959	-4,525	3,887	18,405	48,294	29,889	-14,456	9,814	-24,270
Arizona	67,394	7,649	78,926	71,277	59,326	28,219	31,107	465,714	19,241	408,880	389,639	446,276	163,650	282,626
Arkansas	18,711	-1,224	35,414	36,638	19,945	5,470	14,475	103,261	-12,691	185,644	198,335	115,310	31,766	83,544
California	-9,465	109,715	398,632	288,917	-119,799	109,278	-229,077	-200,394	531,304	2,149,615	1,618,311	-718,055	973,812	-1,691,867
Colorado	24,059	20,608	65,380	44,772	3,256	15,356	-12,100	237,235	87,669	330,355	242,686	147,947	130,218	17,729
Connecticut	14,047	2,283	34,700	32,417	11,589	17,534	-5,945	80,746	2,610	182,361	179,751	82,224	110,143	-27,919
Delaware	9,829	-554	10,328	10,882	10,328	3,473	6,855	70,002	-3,150	55,054	58,204	72,899	19,687	53,212
District of Columbia	2,335	2,516	7,336	4,820	-213	3,915	-4,128	4,101	14,157	42,326	28,169	-6,501	27,402	-33,903
Florida	196,680	-1,333	225,971	227,304	201,191	178,674	22,517	1,924,311	-102,970	1,152,429	1,255,399	2,023,675	1,133,327	890,348
Georgia	98,540	28,631	126,446	97,815	69,912	42,579	27,333	588,887	117,082	655,379	538,297	468,194	235,345	232,849
Hawaii	-2,132	2,024	14,631	12,607	-4,108	4,768	-8,876	-22,447	12,812	79,689	66,877	-34,923	24,479	-59,402
Idaho	28,861	6,900	23,695	16,795	22,063	2,148	19,915	190,610	28,510	118,599	90,089	163,930	24,146	139,784
Illinois	16,108	10,903	125,129	114,226	4,735	44,752	-40,017	-102,600	37,108	672,636	635,528	-142,687	313,691	-456,378
Indiana	38,579	8,561	79,648	71,087	30,049	17,852	12,197	186,728	26,122	416,300	390,178	159,891	117,923	41,968
Iowa	7,933	2,949	36,470	33,521	4,933	5,903	-970	47,805	12,433	190,875	178,442	34,866	45,014	-10,148
Kansas	11,968	4,951	34,416	29,465	6,921	7,440	-519	39,234	18,332	180,137	161,805	20,000	44,277	-24,277
Kentucky	22,818	-83	52,982	53,065	22,978	15,709	7,269	100,577	-18,600	274,520	293,120	117,607	81,789	35,818
Louisiana	3,311	2,774	51,886	49,112	513	14,900	-14,387	-39,705	12,073	289,715	277,642	-53,051	90,755	-143,806
Maine	6,436	-5,019	11,783	16,802	11,446	4,040	7,406	51,656	-26,514	61,965	88,479	77,918	21,143	56,775
Maryland	20,033	11,444	65,090	53,646	8,376	20,503	-12,127	83,707	56,788	352,146	295,358	24,343	159,113	-134,770
Massachusetts	15,524	8,419	68,055	59,636	6,900	40,240	-33,340	120,972	26,617	356,541	329,924	104,620	286,765	-182,145
Michigan	27,922	-4,998	99,680	104,678	32,502	30,706	1,796	48,522	-44,601	533,883	578,484	90,878	156,577	-65,699
Minnesota	33,000	12,071	62,576	50,505	20,786	12,486	8,300	123,672	63,075	330,813	267,738	59,610	96,812	-37,202
Mississippi	3,988	-2,607	33,168	35,775	6,534	7,451	-917	-7,104	-18,670	180,776	199,446	11,316	34,204	-22,888
Missouri	26,997	177	68,377	68,200	26,693	12,665	14,028	115,628	-11,801	359,248	371,049	126,379	69,708	56,671
Montana	7,137	-90	11,348	11,438	7,247	899	6,348	60,473	-3,631	58,554	62,185	64,302	4,792	59,510
Nebraska	12,415	6,136	24,396	18,260	6,233	6,599	-366	56,026	29,523	128,099	98,576	26,361	40,453	-14,092
Nevada	28,645	3,051	32,511	29,460	25,465	10,551	14,914	176,595	11,343	172,168	160,825	165,020	68,974	96,046
New Hampshire	6,824	-2,167	11,911	14,078	8,957	2,403	6,554	37,769	-11,368	63,191	74,559	48,550	12,303	36,247
New Jersey	41,861	26,023	100,999	74,976	15,636	53,064	-37,428	259,191	101,219	529,891	428,672	157,634	379,828	-222,194
New Mexico	-1,276	-1,885	20,235	22,120	612	2,879	-2,267	8,006	-11,473	110,934	122,407	19,205	29,745	-10,540
New York	1,008	42,815	203,078	160,263	-41,952	95,634	-137,586	-201,269	167,522	1,082,933	915,411	-356,676	749,337	-1,106,013
North Carolina	145,907	15,129	123,046	107,917	130,954	46,890	84,064	756,576	48,219	632,711	584,492	708,901	231,980	476,921
North Dakota	5,971	2,630	9,760	7,130	3,322	2,810	512	20,222	13,465	51,403	37,938	7,038	13,088	-6,050
Ohio	39,889	-729	126,825	127,554	40,431	28,505	11,926	101,065	-45,739	671,533	717,272	146,471	176,953	-30,482
Oklahoma	25,530	2,559	48,603	46,044	22,912	8,420	14,492	163,934	3,973	252,882	248,909	158,938	51,694	107,244
Oregon	8,262	-3,764	38,334	42,098	11,864	9,636	2,228	36,304	-19,463	206,366	225,829	56,066	56,736	-670
Pennsylvania	13,584	-10,708	126,981	137,689	23,985	26,921	-2,936	56,679	-89,333	678,195	767,528	142,431	196,721	-54,290
Rhode Island	4,106	-304	10,021	10,325	4,372	5,923	-1,551	17,164	-3,923	52,996	56,919	20,777	30,927	-10,150
South Carolina	79,958	564	59,681	59,117	79,552	12,930	66,622	452,024	-17,705	302,975	320,680	466,148	87,086	379,062
South Dakota	7,984	2,605	11,299	8,694	5,352	3,183	2,169	48,438	11,765	58,940	47,175	36,099	12,842	23,257
Tennessee	63,785	3,597	84,408	80,811	60,379	17,990	42,389	402,757	-9,876	432,116	441,992	408,268	115,541	292,727
Texas	391,243	157,711	390,203	232,492	234,774	167,475	67,299	2,560,323	723,693	2,004,393	1,280,700	1,830,571	1,017,836	812,735
Utah	35,921	24,961	46,948	21,987	10,844	7,501	3,343	267,303	126,873	241,872	114,999	140,030	85,137	54,893
Vermont	-1,858	-1,769	4,979	6,748	-103	623	-726	1,586	-8,669	26,975	35,644	10,279	4,894	5,385
Virginia	60,465	13,817	92,070	78,253	46,704	40,436	6,268	248,688	68,140	494,319	426,179	178,516	207,685	-29,169

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		Natural Change	Births	Deaths	Total	International ²	Domestic		Natural Change	Births	Deaths	Total	International ²	Domestic
Washington	73,062	17,230	83,368	66,138	55,440	46,202	9,238	293,501	85,478	435,274	349,796	210,277	223,256	-12,979
West Virginia	-1,255	-7,887	16,954	24,841	6,652	244	6,408	-27,612	-49,462	89,321	138,783	21,691	5,138	16,553
Wisconsin	15,619	1,161	59,167	58,006	14,244	7,260	6,984	78,464	1,022	314,862	313,840	77,328	67,661	9,667
Wyoming	2,031	295	6,070	5,775	1,732	258	1,474	11,881	536	32,008	31,472	11,352	2,668	8,684
Puerto Rico	-17,686	-14,907	17,950	32,857	-2,779	-2,779	(X)	-101,039	-78,645	98,170	176,815	-22,394	-22,394	(X)

(X) Not applicable.

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 <https://www.census.gov/programs-surveys/popest/about/glossary.html>.

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

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-FY25-0466).

The estimates are based on the 2020 Modified Age and Race Census (MARC) file and include changes from Count Question Resolution, the Post-Census Group Quarters Review, and geographic revisions. 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 2025 population estimates series are as of January 1, 2025.

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