

**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, 2025**

Geographic Area	Total Resident Population	Resident Population Age 18 Years and Older	
		Number	Percent
United States	341,784,857	269,763,509	78.9
Northeast	58,042,054	46,732,659	80.5
Midwest	69,762,666	54,822,898	78.6
South	133,833,983	104,825,514	78.3
West	80,146,154	63,382,438	79.1
Alabama	5,193,088	4,075,161	78.5
Alaska	737,270	565,570	76.7
Arizona	7,623,818	6,026,503	79.0
Arkansas	3,114,791	2,416,023	77.6
California	39,355,309	31,180,511	79.2
Colorado	6,012,561	4,792,358	79.7
Connecticut	3,688,496	2,970,201	80.5
Delaware	1,059,952	849,963	80.2
District of Columbia	693,645	569,575	82.1
Florida	23,462,518	19,019,796	81.1
Georgia	11,302,748	8,796,778	77.8
Hawaii	1,432,820	1,151,103	80.3
Idaho	2,029,733	1,557,631	76.7
Illinois	12,719,141	10,100,540	79.4
Indiana	6,973,333	5,397,168	77.4
Iowa	3,238,387	2,518,739	77.8
Kansas	2,977,220	2,294,452	77.1
Kentucky	4,606,864	3,590,081	77.9
Louisiana	4,618,189	3,568,234	77.3
Maine	1,414,874	1,170,629	82.7
Maryland	6,265,347	4,928,480	78.7
Massachusetts	7,154,084	5,826,510	81.4
Michigan	10,127,884	8,065,114	79.6
Minnesota	5,830,405	4,547,092	78.0
Mississippi	2,954,160	2,295,720	77.7
Missouri	6,270,541	4,910,413	78.3
Montana	1,144,694	913,041	79.8
Nebraska	2,018,006	1,538,757	76.3
Nevada	3,282,188	2,603,663	79.3
New Hampshire	1,415,342	1,170,277	82.7
New Jersey	9,548,215	7,557,289	79.1
New Mexico	2,125,498	1,686,046	79.3
New York	20,002,427	16,097,036	80.5

**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, 2025**

Geographic Area	Total Resident Population	Resident Population Age 18 Years and Older	
		Number	Percent
North Carolina	11,197,968	8,838,026	78.9
North Dakota	799,358	616,388	77.1
Ohio	11,900,510	9,368,603	78.7
Oklahoma	4,123,288	3,165,587	76.8
Oregon	4,273,586	3,461,772	81.0
Pennsylvania	13,059,432	10,488,801	80.3
Rhode Island	1,114,521	916,867	82.3
South Carolina	5,570,274	4,421,834	79.4
South Dakota	935,094	714,952	76.5
Tennessee	7,315,076	5,739,349	78.5
Texas	31,709,821	24,109,307	76.0
Utah	3,538,904	2,616,637	73.9
Vermont	644,663	535,049	83.0
Virginia	8,880,107	7,019,802	79.1
Washington	8,001,020	6,366,184	79.6
West Virginia	1,766,147	1,421,798	80.5
Wisconsin	5,972,787	4,750,680	79.5
Wyoming	588,753	461,419	78.4
Puerto Rico	3,184,835	2,733,089	85.8

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. 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 2025 population estimates series are as of January 1, 2025.

Suggested Citation:

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, 2025 (SCPRC-EST2025-18+POP)

Source: U.S. Census Bureau, Population Division

Release Date: January 2026