On December 30, the Census Bureau posted a [release](https://www.census.gov/newsroom/press-releases/2019/popest-nation.html) and [tables](https://www.census.gov/data/tables/time-series/demo/popest/2010s-national-total.html) relating to annual population estimates for July 1, 2019 and revised estimates back to 2010. **Population changes over time are a major contributor to demand for numerous types of construction, funding for public construction, and supply of potential construction workers.** AGC created the attached Excel spreadsheet of annual and 2010-19 rankings by state of population changes.

U.S. population growth slowed for the fourth year in a row, to 0.48% between July 1, 2018 and July 1, 2019, from 0.52% (initially estimated at 0.62%) the year before. The overall growth rate was the slowest since 1918 and resulted from a continuing slowdown in the number of births; an increase in deaths (due both to rising numbers of very old people and more deaths of younger adults from suicide and drug overdoses); and a decline in net immigration (from 1.05 million in 2016 to 0.60 million in 2019). The Census Bureau posted a separate [analysis](https://census.gov/library/stories/2019/12/net-international-migration-projected-to-fall-lowest-levels-this-decade.html?utm_campaign=20191230msacos1ccstors&utm_medium=email&utm_source=govdelivery) of net immigration trends.

**Leaders and laggards**

In all, 40 states and the District of Columbia gained population in 2019.

**Idaho** was the **fastest-growing state in 2019** (2.09%, 36,539 more residents), similar to its ranking in 2018 (2nd, 1.91%) and 2017 (1st, 2.10%).

**Texas** had the **largest numerical increase in 2019** (367,215) and the fifth-fastest percentage increase (1.28%). **Texas** added 33,822 more residents in 2019 than in 2018, the **largest acceleration in residents** of any state.

A total of 18 states had larger population growth in 2019 than in 2018. **Wyoming** had the **largest acceleration in its growth rate** (0.43 percentage points) and was the only state to go from a loss in 2018 (-0.23%) to a gain in 2019 (0.20%).

Ten states lost population in 2019, compared to nine in 2018 and 10 in 2017. **West Virginia lost population for the sixth year in a row and had the steepest percentage loss** (-0.67%) for the fifth time, although the decline was slightly smaller than in 2018 (-0.70%) or 2017 (-0.77%). **Illinois also lost population for the sixth consecutive year** (-0.40%, compared to -0.44% in 2018), **as did Connecticut** (-0.17%, compared to -0.05% in 2018).

**New York** had the **largest numerical decline** and fourth-steepest percentage decrease (-76,790, -0.39%). New York is the only state to experience slower growth (or steeper loss) of population each year this decade.

A total of 32 states and DC had smaller growth or larger losses in 2019 than in 2018. The **largest numerical decline in growth** occurred in **California**, which added 50,635 residents, less than half as many as in 2018. California’s growth rate was between 0.8% and 0.9% each year from 2011 through 2015 but slowed from 0.88% in 2014 (16th-fastest out of 51) to 0.13% in 2019 (36th fastest).

**DC’s growth rate slowed** from 0.96% in 2018 to 0.60% in 2019, a decline of 0.36 percentage points (**more than any state**) this year. **Among the 50 states, Florida had the largest percentage slowdown in growth** (-0.24 percentage points) and was second in numerical slowdown (47,284 fewer additional residents in 2019 than in 2018) to California (52,456 fewer additional residents than in 2018).

Two of the 10 states that lost population in 2019 had experienced small gains in 2018: **New Jersey slipped from a gain** of 0.01% (500 additional residents in 2018) **to a loss** of 0.04% (3,835 fewer residents), while **Vermont slipped from a gain** of 0.002% (14 additional residents) **to a loss** of 0.06% (369 fewer residents).

For the decade so far (July 1, 2010-July 1, 2019), **DC grew faster than any state** (16.61%, 100,523 more residents). However, DC’s growth rate has slowed steadily since it led the nation in 2011 (2.41%) and 2012 (2.44%) and ranked second in 2013 (2.47%). **Utah was the fastest-growing state from 2010 to 2019** (15.52%), **followed by Texas** (14.87%). **Texas had the largest numerical increase** (3.57 million). **Four states lost population from 2010 to 2019: Illinois** (-168,682, -1.31%); **West Virginia** (-62,092, -3.35%); **Connecticut** (-13,827, -0.39%); and **Vermont** (-1,890, -0.30%).

(2nd email) **Comments on selected states**

The Census Bureau’s [release](https://www.census.gov/newsroom/press-releases/2019/popest-nation.html) includes this perspective on the regions:

The South, the largest of the four regions with a population of 125,580,448 in 2019, saw the largest numeric growth (1,011,015) and percentage growth (0.8%) between 2018 and 2019. This growth is driven mainly by natural increase (359,114) and net domestic migration (407,913), which is the movement of people from one area to another within the United States. The Northeast region, the smallest of the four regions with a population of 55,982,803 in 2019, saw population decrease for the first time this decade, declining by 63,817 or -0.1%. This decline was due to net domestic migration (-294,331), which offset population gains from natural increase (97,152) and net international migration (134,145), or the difference between the number of people moving into the country and out of the country.

Broadly speaking, population growth has been slowing or negative in the Northeast and states with high cost of housing, commuting/congestion, and/or taxes, such as **CA, CT, DC, IL, NJ, NY**.

**WV** (6 years of population loss, biggest % loss in five of those and for the decade) has been hit by its isolation, poverty, opioid & meth crises, and dependence on coal.

**LA** (three years of decline) has bad health issues, chronically corrupt or dysfunctional governments, and recent downturn in natural gas drilling, although oil and gas processing and exporting of LNG have helped somewhat.

**HI** (three years of decline) has had one of the steepest decelerations, from 1.1% population growth in 2011 (8th out of 50 states plus DC) and 2012 (12th) to -0.33% in 2019 (47th). I think the state has been hurt by slowing Asian economies, perhaps a smaller U.S. military presence, much less state-to-state migration this decade, as well as an inherently high cost of living.

Other states with recent slowdowns in population growth rates include **CO** (1.88%, 3rd in 2015 to 1.19%, 8th in 2019); **OR** (1.85%, 4th in 2016, 0.86%, 12th in 2019) and **WA** (1.83%, 5th in 2016 and 1.77%, 4th in 2017, 1.21%, 10th in 2019). I think these states initially benefit from the California exodus (and fracking in CO) but now also have excessive housing costs and (in Puget Sound) congestion/commuting times. People may be starting to leave these states, as well as **CA**, for AZ, ID, NV and UT.

**AZ**’s growth rate has been in the top 10 all decade but has improved from 10th in 2011 (1.02%) to 3rd in 2019 (1.69%).

**ID**’s growth rate tripled from 0.7% in 2012 (24th, just *below* the US average of 0.73%) to 2.1% in 2017 and 2019 (1st, and four times the 2019 US rate of 0.48%).

**NV** went from 0.38% in 2011 (36th), at the end of the housing bust, to 1.7%-1.9% in each of the past five years. It ranked 1st in 2018 and 2nd in 2019. Nevertheless, its growth rate has been only about half as fast as in the decade up to 2005, when it and AZ consistently led the nation with growth of 3% or more some years.

**UT** has been in the top eight all decade and #1 in 2016 (2.01%). It has always had a high birth rate but used to have a high outmigration rate to other states and abroad. In recent years, its economy has diversified and become more high tech, social policies may have become more inclusive and welcoming (very much so toward refugees and other immigrants) and it has benefited from low housing costs relative to many other states.

**TX** has been in the top nine states for percentage growth all decade. Like UT, it has lower housing and living costs and has attracted residents from other states and outside the US.

In the Southeast, **FL** has always had ups and downs. It was a very high-growth state before the housing bust. Over this decade, its growth rate went from 1.10% in 2011 (9th) to 2.00% in 2016 (2nd) and back to 1.10% in 2019 (9th). Its growth depends in part on eagerness and ability of Northeast and Midwest residents to sell their homes and relocate. Besides climate, FL attracts upper-income residents with no income tax. But it does not have a strong employment base and some of its major metros are vulnerable to downturns in domestic and international tourism and investment.

**GA**, in contrast, has had very consistent growth—0.9 to 1.1% in all but two of the past nine years. GA has a much more diversified economy than FL and is well located as a transportation and distribution hub.

**NC** has had similarly consistent growth--0.9 to 1.1% in all but one year.

**SC** has shown even stronger growth than its two neighbors recently—1.25% to 1.42% in each of the past six years. The state has attracted major auto and airplane manufacturers and has a very competitive port (Charleston).

**TN** has also had consistent but slower growth—0.63 to 0.94% each year. Much of the growth has occurred around Nashville, which should continue to do well as Amazon builds up its presence there.

**MS** is the only southeastern state that has not grown. It has lost population in four of the past five years and has added only 0.19% in the past nine years (47th out of 51).

In another [post](https://census.gov/library/stories/2019/12/new-estimates-show-us-population-growth-continues-to-slow.html?utm_campaign=20191230V2msacos1ccstors&utm_medium=email&utm_source=govdelivery) today, the Census Bureau noted:

Four states experienced natural decrease (recorded more deaths than births) between 2018 and 2019: West Virginia, Maine, New Hampshire and Vermont. In Maine and New Hampshire, migration offset natural decrease, resulting in population gains.

**ME**’s growth rate has increased for four years in a row, from -0.17% in 2015 (48th out of 51) to 0.38% in 2019 (25th).

**NH**’s growth rate has ranged been consistent for the past four years: 0.35 to 0.48%.

Some of the gain in these states is probably due to high housing expense and congestion in MA. MA’s growth has slowed from around 0.75% in 2011-15 to 0.14% in 2019.