

Analysis of U.S. and State Population Change, 2022-2023

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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. In addition, changes in the rate of population growth (or loss) can indicate where construction activity may accelerate (or shrink).

2022-2023 changes

The Census Bureau posted estimates and [analysis](#) on December 19, 2023 of the population of the United States, regions, states, the District of Columbia, and Puerto Rico as of July 1, 2023, along with the change since July 1, 2022; July 1, 2021; July 1, 2020; and since the decennial census on April 1, 2020. In the latest 12 months, U.S. population (50 states and D.C.) increased by 1,643,484 or 0.49%. A Census Bureau analyst called that a return to “pre-pandemic norms” following the 2022 growth rate of 0.37% and a historically low 0.16% growth rate from July 1, 2020 to July 1, 2021. That 2021 increase was—by far—the slowest growth since annual estimates were introduced in 1900.

“U.S. migration returning to pre-pandemic levels and a drop in deaths are driving the nation’s growth,” said Kristie Wilder, a demographer in the Population Division at the Census Bureau. “Although births declined [by 26,000 or 0.7%], this was tempered by the [-307,000 or -8.9%] decrease in deaths. Ultimately, fewer deaths paired with rebounding immigration [140,000 or 14.0% more than in 2022] resulted in the nation experiencing its largest population gain since 2018.”

Differences in growth rates among states narrowed from 2022, when a record 19 states lost population. In 2023, 11 of those states added residents and the other eight had smaller losses. In addition, growth accelerated in 16 states and the District of Columbia. In contrast, the growth rate slowed among 15 states (and remained virtually steady at two), all of which had logged above-average growth rates in 2022. Growth rates in 2023 ranged from 1.7% to -0.5%, compared to a range of 1.9% to -0.9% in 2022.

The steepest percentage increase occurred in South Carolina, which grew by 1.7% (90,600 residents and matching the 2022 growth rate), followed by Florida (1.6%, 365,205 more residents), which had the highest growth rate in 2022 (1.9%, with 414,813 more residents). Texas added the most residents in 2023 and was third in percentage growth (473,453, 1.6%, compared to 468,562 and 1.6% in 2022). New York had the largest numerical and percentage declines in both years (-101,984, -0.5% in 2023; -182,316 and -0.9% in 2022).

In 19 states, deaths exceeded births. Nevertheless, immigration and net migration from other states outweighed “natural decreases” in 16 of these states (the exceptions were Oregon, Pennsylvania, and West Virginia.)

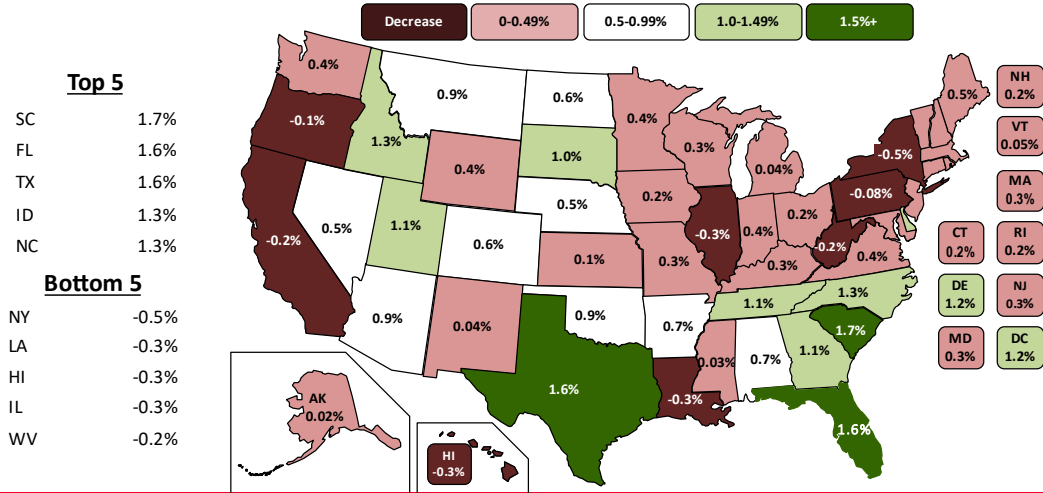
Florida received the most immigrants (178,432), followed by California (150,982) and Texas (128,534). Florida also gained the most residents from other states (194,438), followed by Texas (186,767) and North Carolina (97,264). California had the largest outmigration (-338,371), followed by New York (-216,778) and Illinois (-83,839).

Growth accelerated (or declines decelerated) the most in D.C. (0.9 percentage points, from 0.3% in 2022 to 1.2% in 2023), followed by Illinois (0.6 points, from -0.8% to -0.3%). Growth slowed the most, by -0.6 points, in Montana (from 1.5% to 0.9%) and New Hampshire (from 0.8% to 0.2%).

Conclusion

Population growth accelerated in both numerical and percentage terms for the second year in a row following the drastic slowdown in 2020. The growth rate and immigration returned to numbers in the immediate pre-pandemic period. But the birth rate resumed its long-term decline and the overall growth rate of just under 0.5% remained lower than the 2010-2020 average and far below the average for any decade since the 1930s.

Population change by state , July 2022 – July 2023
(U.S.: 0.49%)



1 | Source: U.S. Census Bureau, Dec. 2023 population estimates, www.census.gov/popest

