

Annual Estimates of the Resident Population for the United States, Regions, States, District of Columbia, and Puerto Rico: April 1, 2020 to July 1, 2025

Geographic Area	April 1, 2020 Estimates Base	Population Estimate (as of July 1)									
		2020	2021	2022	2023	2024	2025	2023-2024 change	2024-2025 change	2023-2024 % change	2024-2025 % change
United States	331,516,113	331,578,104	332,100,166	333,996,304	336,755,052	340,003,797	341,784,857	3,248,745	1,781,060	1.0%	0.5%
Northeast	57,617,560	57,436,027	57,234,503	57,174,375	57,458,539	57,940,522	58,042,054	481,983	101,532	0.8%	0.2%
Midwest	68,999,462	68,979,566	68,867,096	68,872,112	69,132,050	69,518,281	69,762,666	386,231	244,385	0.6%	0.4%
South	126,281,605	126,473,371	127,380,165	129,066,102	130,894,372	132,662,072	133,833,983	1,767,700	1,171,911	1.4%	0.9%
West	78,617,486	78,689,140	78,618,402	78,883,715	79,270,091	79,882,922	80,146,154	612,831	263,232	0.8%	0.3%
Alabama	5,025,437	5,032,962	5,050,058	5,076,868	5,117,850	5,163,055	5,193,088	45,205	30,033	0.9%	0.6%
Alaska	733,383	732,906	734,590	733,659	734,654	736,537	737,270	1,883	733	0.3%	0.1%
Arizona	7,158,104	7,186,647	7,274,022	7,370,065	7,452,073	7,556,424	7,623,818	104,351	67,394	1.4%	0.9%
Arkansas	3,011,530	3,014,399	3,027,127	3,047,429	3,069,856	3,096,080	3,114,791	26,224	18,711	0.9%	0.6%
California	39,555,703	39,527,808	39,152,927	39,152,347	39,181,667	39,364,774	39,355,309	183,107	-9,465	0.5%	0.0%
Colorado	5,775,326	5,786,873	5,814,368	5,853,355	5,912,240	5,988,502	6,012,561	76,262	24,059	1.3%	0.4%
Connecticut	3,607,750	3,579,643	3,607,765	3,618,707	3,641,369	3,674,449	3,688,496	33,080	14,047	0.9%	0.4%
Delaware	989,950	991,890	1,005,130	1,020,279	1,035,354	1,050,123	1,059,952	14,769	9,829	1.4%	0.9%
District of Columbia	689,544	670,958	669,637	674,501	682,559	691,310	693,645	8,751	2,335	1.3%	0.3%
Florida	21,538,207	21,591,325	21,836,698	22,413,989	22,929,248	23,265,838	23,462,518	336,590	196,680	1.5%	0.8%
Georgia	10,713,861	10,732,595	10,793,038	10,929,992	11,063,669	11,204,208	11,302,748	140,539	98,540	1.3%	0.9%
Hawaii	1,455,267	1,451,130	1,446,909	1,437,812	1,434,950	1,434,952	1,432,820	2	-2,132	0.0%	-0.1%
Idaho	1,839,123	1,849,328	1,904,855	1,942,951	1,970,497	2,000,872	2,029,733	30,375	28,861	1.5%	1.4%
Illinois	12,821,741	12,795,348	12,703,354	12,609,577	12,633,389	12,703,033	12,719,141	69,644	16,108	0.6%	0.1%
Indiana	6,786,605	6,790,290	6,814,223	6,841,491	6,881,373	6,934,754	6,973,333	53,381	38,579	0.8%	0.6%
Iowa	3,190,582	3,191,081	3,199,037	3,201,890	3,214,739	3,230,454	3,238,387	15,715	7,933	0.5%	0.2%
Kansas	2,937,986	2,938,271	2,938,966	2,938,034	2,949,749	2,965,252	2,977,220	15,503	11,968	0.5%	0.4%
Kentucky	4,506,287	4,508,272	4,508,348	4,521,238	4,549,953	4,584,046	4,606,864	34,093	22,818	0.7%	0.5%
Louisiana	4,657,894	4,652,145	4,628,595	4,600,892	4,598,777	4,614,878	4,618,189	16,101	3,311	0.4%	0.1%
Maine	1,363,218	1,364,546	1,379,009	1,391,585	1,401,992	1,408,438	1,414,874	6,446	6,436	0.5%	0.5%
Maryland	6,181,640	6,178,387	6,176,035	6,183,257	6,204,927	6,245,314	6,265,347	40,387	20,033	0.7%	0.3%
Massachusetts	7,033,112	6,985,320	6,996,721	7,025,465	7,073,479	7,138,560	7,154,084	65,081	15,524	0.9%	0.2%
Michigan	10,079,362	10,072,294	10,042,362	10,043,906	10,062,124	10,099,962	10,127,884	37,838	27,922	0.4%	0.3%
Minnesota	5,706,733	5,710,562	5,714,055	5,727,565	5,752,998	5,797,405	5,830,405	44,407	33,000	0.8%	0.6%
Mississippi	2,961,264	2,958,385	2,947,603	2,941,237	2,942,470	2,950,172	2,954,160	7,702	3,988	0.3%	0.1%
Missouri	6,154,913	6,155,074	6,172,551	6,179,285	6,205,956	6,243,544	6,270,541	37,588	26,997	0.6%	0.4%
Montana	1,084,221	1,087,156	1,106,416	1,121,533	1,130,612	1,137,557	1,144,694	6,945	7,137	0.6%	0.6%
Nebraska	1,961,980	1,963,318	1,964,697	1,972,595	1,988,172	2,005,591	2,018,006	17,419	12,415	0.9%	0.6%
Nevada	3,105,593	3,116,851	3,148,472	3,177,672	3,211,077	3,253,543	3,282,188	42,466	28,645	1.3%	0.9%
New Hampshire	1,377,573	1,378,752	1,387,907	1,396,647	1,401,530	1,408,518	1,415,342	6,988	6,824	0.5%	0.5%
New Jersey	9,289,024	9,270,476	9,266,509	9,298,402	9,395,315	9,506,354	9,548,215	111,039	41,861	1.2%	0.4%
New Mexico	2,117,492	2,118,446	2,117,300	2,112,859	2,119,349	2,126,774	2,125,498	7,425	-1,276	0.4%	-0.1%
New York	20,203,696	20,122,262	19,835,345	19,713,025	19,786,543	20,001,419	20,002,427	214,876	1,008	1.1%	0.0%
North Carolina	10,441,392	10,450,215	10,565,503	10,705,768	10,871,849	11,052,061	11,197,968	180,212	145,907	1.7%	1.3%
North Dakota	779,136	779,612	777,977	780,191	787,071	793,387	799,358	6,316	5,971	0.8%	0.8%
Ohio	11,799,445	11,798,534	11,761,443	11,764,950	11,808,390	11,860,621	11,900,510	52,231	39,889	0.4%	0.3%
Oklahoma	3,959,354	3,965,243	3,992,760	4,025,327	4,062,716	4,097,758	4,123,288	35,042	25,530	0.9%	0.6%
Oregon	4,237,282	4,243,544	4,254,691	4,245,964	4,250,392	4,265,324	4,273,586	14,932	8,262	0.4%	0.2%
Pennsylvania	13,002,753	12,995,576	13,016,628	12,984,655	13,009,406	13,045,848	13,059,432	36,442	13,584	0.3%	0.1%
Rhode Island	1,097,357	1,096,487	1,097,381	1,098,275	1,101,183	1,110,415	1,114,521	9,232	4,106	0.8%	0.4%
South Carolina	5,118,250	5,131,992	5,194,346	5,288,957	5,390,798	5,490,316	5,570,274	99,518	79,958	1.8%	1.5%
South Dakota	886,656	887,808	896,303	909,156	917,739	927,110	935,094	9,371	7,984	1.0%	0.9%
Tennessee	6,912,319	6,927,736	6,966,687	7,063,325	7,153,029	7,251,291	7,315,076	98,262	63,785	1.4%	0.9%
Texas	29,149,498	29,237,895	29,572,672	30,118,002	30,719,247	31,318,578	31,709,821	599,331	391,243	2.0%	1.2%
Utah	3,271,601	3,283,970	3,339,874	3,393,928	3,449,259	3,502,983	3,538,904	53,724	35,921	1.6%	1.0%
Vermont	643,077	642,965	647,238	647,614	647,722	646,521	644,663	-1,201	-1,858	-0.2%	-0.3%
Virginia	8,631,419	8,637,303	8,660,007	8,681,038	8,732,034	8,819,642	8,880,107	87,608	60,465	1.0%	0.7%
Washington	7,707,519	7,726,812	7,744,316	7,786,828	7,838,655	7,927,958	8,001,020	89,303	73,062	1.1%	0.9%
West Virginia	1,793,759	1,791,670	1,785,921	1,774,003	1,770,036	1,767,402	1,766,147	-2,634	-1,255	-0.1%	-0.1%
Wisconsin	5,894,323	5,897,371	5,882,128	5,903,472	5,930,350	5,957,168	5,972,787	26,818	15,619	0.5%	0.3%
Wyoming	576,872	577,669	579,662	581,742	584,666	586,722	588,753	2,056	2,031	0.4%	0.3%

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.

Suggested Citation:

Annual Estimates of the Resident Population for the United States, Regions, States, District of Columbia, and Puerto Rico: April 1, 2020 to July 1, 2025 (NST-EST2025-POP)

Source: U.S. Census Bureau, Population Division

Release Date: January 2026