

Population

Overview: Population

The major decisions Congress makes about Social Security, Medicare, immigration, and federal spending are all shaped by the demographics and size of the nation's population.

The US population reached 341.8 million in 2025. Birth rates are at historic lows, the share of Americans aged 65 or older is rising, and net migration now accounts for most population growth. These demographic trends affect the costs of entitlement programs, the size of the workforce, and the distribution of political representation.

This chapter summarizes the size and growth of the US population, recent trends in birth and death rates, the distribution of the population across states, and changes in age, household composition, and racial and ethnic makeup of the country over time.

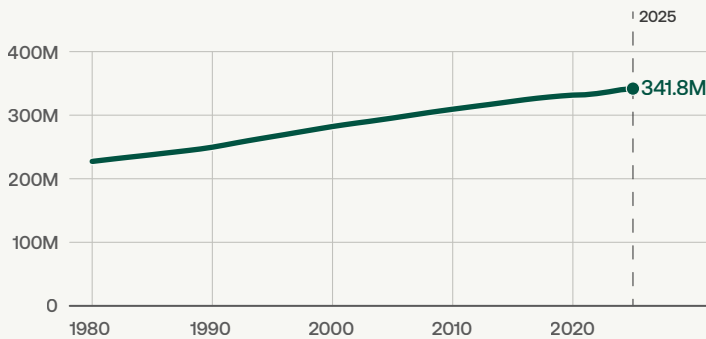
Data summary

- The US population grew by 1.8 million (a growth rate of 0.5%) and reached 341.8 million in 2025.
- Net migration — the difference between the number of people moving into and out of the country — accounted for 71% of population growth from 2024 to 2025.
- The US death rate rose in 2025 after three consecutive years of decline, increasing to 910 deaths per 100,000 people. Meanwhile, the birth rate decreased to 1,060 per 100,000 people, the lowest since at least 1980.
- The US population is aging. As of 2025, 18.9% of people are aged 65 or older, up from 11.3% in 1980.
- The percentage of households led by adults with children decreased in 2025, while the share of people living alone increased, continuing a decades-long trend.

What is the US population? Is the population growing?

The US population hit 341.8 million people in 2025, up by 1.8 million people (0.5%) from 2024. Population growth began slowing in 2016; in 2021, it grew by 522,000 people (or 0.2%), a recent low. Net migration — the difference between the number of people moving into and out of the country — is now the largest contributor to population growth. It exceeded natural population growth (the effect of births and deaths) over the last five years and accounted for 71% of population growth from 2024 to 2025.

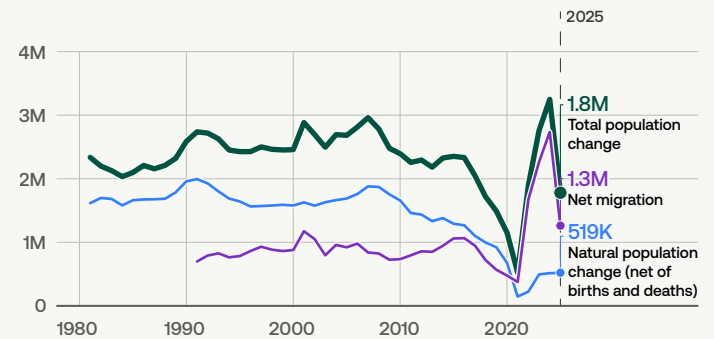
Population



Source: Census Bureau

Population growth

By component



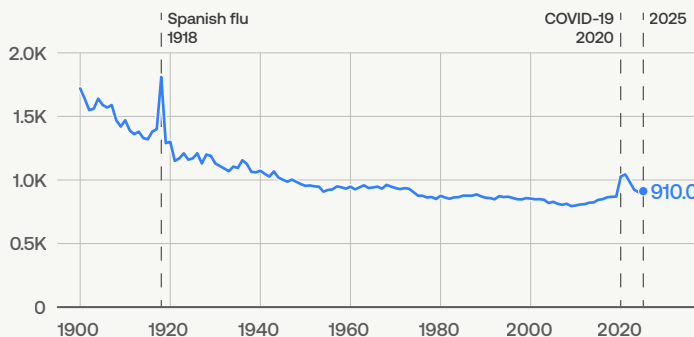
Source: Census Bureau

How have death and birth rates changed over time?

According to preliminary data, the death rate increased in 2025 to 910.0 deaths per 100,000 people after three consecutive years of decline. This change is partially due to the aging population. The birth rate decreased to 1,060.4 per 100,000 people, marking the fourth consecutive year of decline and the lowest rate since at least 1980.

Death rate

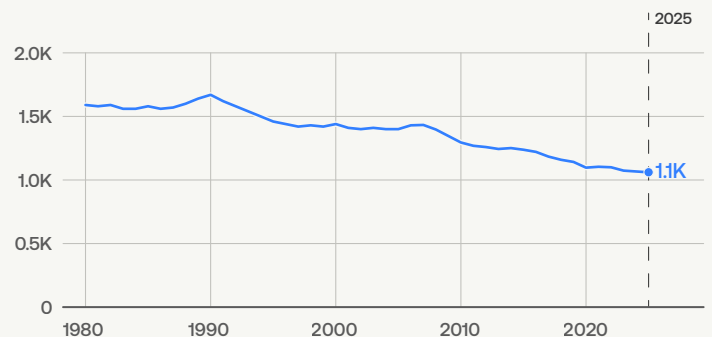
Per 100,000 people



Source: Centers for Disease Control and Prevention
Note: Data for 2025 is provisional and may be revised.

Birth rate

Per 100,000 people



Source: Centers for Disease Control and Prevention
Note: Data for 2025 is provisional and may be revised.

How have state populations changed in the last year?

From 2024 to 2025, the populations of five states grew by more than 1%. The growth rate was highest in South Carolina (1.5%), Idaho (1.4%), North Carolina (1.3%), Texas (1.2%), and Utah (1.03%). Meanwhile, the population declined in Vermont (-0.3%), Hawaii (-0.1%), West Virginia (-0.1%), New Mexico (-0.1%), and California (-0.02%).

Components of population change (2024 vs. 2025)

By state

	Percent change in population	Natural change (births minus deaths)	Net domestic migration	Net international migration
Alabama	0.6%	-2,188	23,358	8,946
Alaska	0.1%	3,308	-4,525	1,959
Arizona	0.9%	7,649	31,107	28,219
Arkansas	0.6%	-1,224	14,475	5,470
California	-0.02%	109,715	-229,077	109,278
Colorado	0.4%	20,608	-12,100	15,356
Connecticut	0.4%	2,283	-5,945	17,534
Delaware	0.9%	-554	6,855	3,473
District of Columbia	0.3%	2,516	-4,128	3,915
Florida	0.8%	-1,333	22,517	178,674
Georgia	0.9%	28,631	27,333	42,579
Hawaii	-0.1%	2,024	-8,876	4,768
Idaho	1.4%	6,900	19,915	2,148
Illinois	0.1%	10,903	-40,017	44,752
Indiana	0.6%	8,561	12,197	17,852
Iowa	0.2%	2,949	-970	5,903
Kansas	0.4%	4,951	-519	7,440
Kentucky	0.5%	-83	7,269	15,709
Louisiana	0.1%	2,774	-14,387	14,900
Maine	0.5%	-5,019	7,406	4,040
Maryland	0.3%	11,444	-12,127	20,503
Massachusetts	0.2%	8,419	-33,340	40,240
Michigan	0.3%	-4,998	1,796	30,706
Minnesota	0.6%	12,071	8,300	12,486
Mississippi	0.1%	-2,607	-917	7,451
Missouri	0.4%	177	14,028	12,665
Montana	0.6%	-90	6,348	899
Nebraska	0.6%	6,136	-366	6,599
Nevada	0.9%	3,051	14,914	10,551
New Hampshire	0.5%	-2,167	6,554	2,403
New Jersey	0.4%	26,023	-37,428	53,064
New Mexico	-0.1%	-1,885	-2,267	2,879
New York	0.01%	42,815	-137,586	95,634
North Carolina	1.3%	15,129	84,064	46,890
North Dakota	0.8%	2,630	512	2,810
Ohio	0.3%	-729	11,926	28,505
Oklahoma	0.6%	2,559	14,492	8,420
Oregon	0.2%	-3,764	2,228	9,636
Pennsylvania	0.1%	-10,708	-2,936	26,921
Rhode Island	0.4%	-304	-1,551	5,923
South Carolina	1.5%	564	66,622	12,930
South Dakota	0.9%	2,605	2,169	3,183
Tennessee	0.9%	3,597	42,389	17,990
Texas	1.2%	157,711	67,299	167,475
Utah	1.0%	24,961	3,343	7,501
Vermont	-0.3%	-1,769	-726	623
Virginia	0.7%	13,817	6,268	40,436
Washington	0.9%	17,230	9,238	46,202
West Virginia	-0.1%	-7,887	6,408	244
Wisconsin	0.3%	1,161	6,984	7,260
Wyoming	0.3%	295	1,474	258

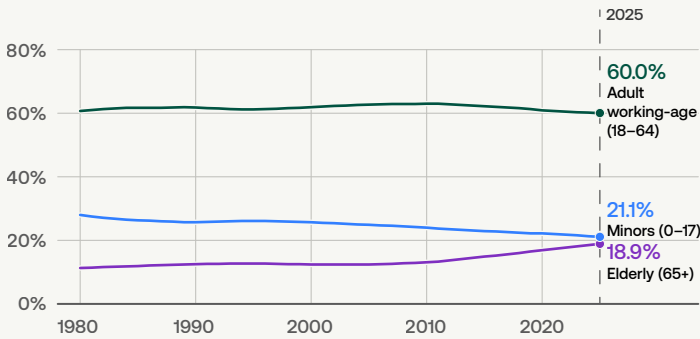
Source: Census Bureau

How has the population's age changed over time? What about the types of households?

The proportion of people in the US who are 65 and older is rising while the proportion of people under 18 is falling. The share of the population 65+ is up nearly 8 percentage points since 1980, reaching 18.9% in 2025. At the same time, the percentage of children in the population fell by 7 percentage points, to 21.1%. The composition of US households also shifted: Married-parent households fell from 30.9% of households in 1980 to 17.3% in 2025, while the percentage of people living alone rose to 29.5%.

Share of population

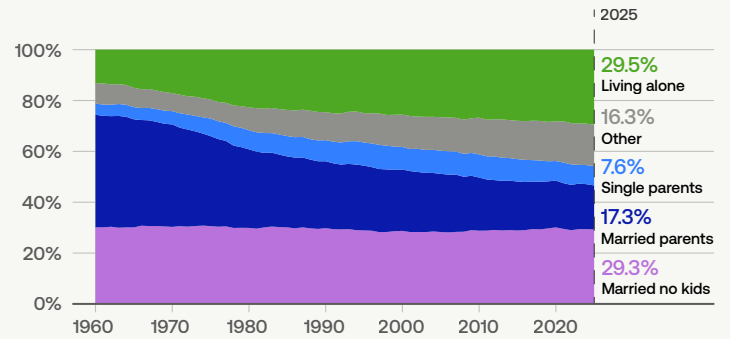
By age group



Source: Census Bureau

Share of households

By household type



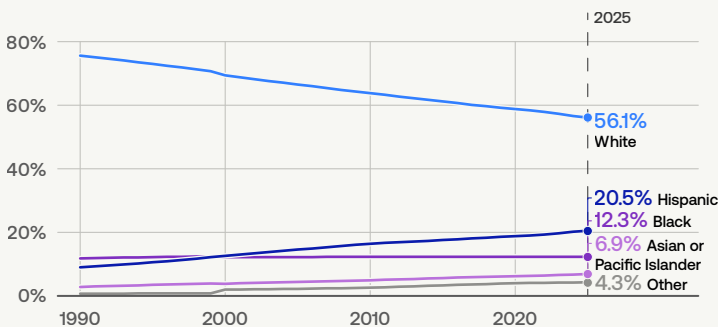
Source: Census Bureau

How is the population's racial and ethnic makeup changing?

In 2025, white non-Hispanic people were 56.1% of the US population, down from 75.6% in 1990 and 69.4% in 2000. Hispanic people made up 20.5% of the 2025 population and Black people 12.3%. The multiracial population increased faster than any other racial or ethnic group between 2000 and 2025 (up 253%), although this is at least partly due to changes in data collection by the Census Bureau.ⁱ The next fastest-growing population was Asian or Pacific Islanders (116%) followed by Hispanic people (97%).

Share of population

By race/ethnicity

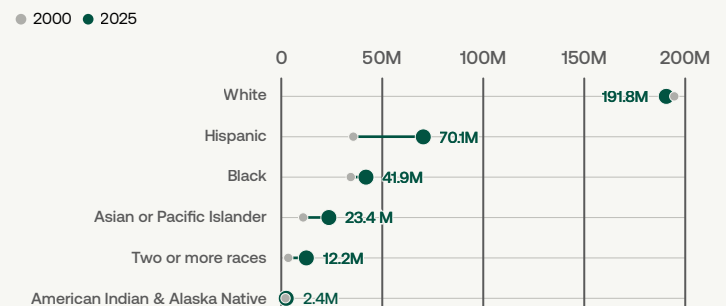


Source: Census Bureau

Note: All groups are non-Hispanic except for Hispanic group. "Other" group includes American Indians and Alaska Natives and people of two or more races.

Population (2000 and 2025)

By race/ethnicity



Source: Census Bureau

Note: All groups are non-Hispanic except for Hispanic group.

Chapter sources and data timeliness

Publishing agency	Program	Publication	Release date	Most recent period in the data
Census Bureau	Current Population Survey, Annual Social and Economic Supplement	Historical families tables	Dec. 2025	2025
		Historical households tables	Dec. 2025	2025
	Population Estimates Program	National population by characteristics	April 2026	2025
		National population totals and components of change	Dec. 2025	2025
		State population totals and components of change	Dec. 2025	2025
Centers for Disease Control and Prevention (CDC)	CDC WONDER	Multiple causes of death data	Typically released in November or December for the prior calendar year	2024 (final) and 2025 (provisional)
		Natality information		

See sources and notes section at the end of this report for detailed citation information.

- USAFacts relies on census population estimates as of July 1 of each year whenever possible. These are known as “intercensal” or “postcensal” estimates and may differ from the decennial counts.
- The Census Bureau releases population estimates by different geographies and demographic characteristics at various points each year. Age and sex data typically comes out each April, while race and ethnicity data is released in June.
- At the time of publishing, the CDC’s 2025 death and birth data were provisional and remain subject to revision.

Chapter sources and notes

Endnotes

i. Nicholas Jones, Rachel Marks, and others (2021). Improved Race and Ethnicity Measures Reveal US Population is Much More Multiracial. Census Bureau. <https://www.census.gov/library/stories/2021/08/improved-race-ethnicity-measures-reveal-united-states-population-much-more-multiracial.html>.

For each **chapter**, all chart names are listed, and additional information is provided for each.

1. Chart sources and notes are structured as follows:

Chart title: Source(s)

Note(s):

2. For all population-adjusted data where the source does not provide adjustments, we use intercensal/postcensal estimates from the US Census Bureau, unless otherwise noted. Source details can be found in the citations for the “Population” chart below.

3. Fiscal years (FY) are equivalent to the federal fiscal year, unless otherwise noted. The federal fiscal year begins on October 1 of the previous year and ends on September 30 of the following year. For example, FY 2025 began on October 1, 2024, and ended on September 30, 2025.

4. USAFacts compiles data for government revenue, spending, and debt from various government sources, including the Office of Management and Budget, the Bureau of Economic Analysis, and the Federal Reserve. The full citations are not included below; to see detailed descriptions and notes about our methodology for compiling this data, please visit: <https://usafacts.org/our-data/>.

Population

Population: (1) Population 1980-1989: Census Bureau (2016). *Population Estimates 1980-1990* (rqi files beginning with e[YY], Month: 7[YY], Geography: 999). <https://www2.census.gov/programs-surveys/popest/tables/1980-1990/national/asrh/>; (2) Population 1990-1999: Census Bureau (2016). *us-est90int-07-[Year]* (Intercensal Estimates of the United States Resident Population by Age and Sex: Multiple Years, July 1 Total). <https://www2.census.gov/programs-surveys/popest/tables/1990-2000/intercensal/national/>; (3) Population 2000-2009: Census Bureau (2016, August 24). *us-est00int-01* (Table 1. Intercensal Estimates of the Resident Population by Sex and Age for the United States: April 1, 2000 to July 1, 2010). <https://www2.census.gov/programs-surveys/popest/tables/2000-2010/intercensal/national/>; (4) Population 2010-2019: Census Bureau (2021). *NST-EST2020* (Annual Estimates of the Resident Population for the United States, Regions, States, the District of Columbia, and Puerto Rico: April 1, 2010 to July 1, 2019; April 1, 2020; and July 1, 2020). <https://www2.census.gov/programs-surveys/popest/tables/2010-2020/national/totals/>; (5) Population 2020-2025: Census Bureau (2025). *NST-EST2025-POP* (Annual Estimates of the Resident Population for the United States, Regions, States, the District of Columbia, and Puerto Rico: April 1, 2020 to July 1, 2025). <https://www2.census.gov/programs-surveys/popest/tables/2020-2025/state/totals/>.

Note(s): (1) Population statistics are from intercensal estimates and postcensal estimates produced on July 1 of each year. These may differ from the official decennial counts which are measured as of April 1 in years ending in 0. (2) This population figure excludes territories, such as Puerto Rico.

Population growth, by component: (1) 1981-1990: Census Bureau (2016). *1981 to 1989 Intercensal Estimates of the Resident Population of States, and Year-to-Year Components of Change* (1980-1990>state>8090com.txt.txt). <https://www2.census.gov/programs-surveys/popest/tables/>; (2) 1991-2000: Census Bureau (2005). *Population Estimates Tables* (1990-2000>estimates-and-change-1990-2000>2000c8_00.txt2010). <https://www2.census.gov/programs-surveys/popest/tables/>;

3) 2001–2010: Census Bureau (2017). *Population Estimates* (2010>2010–eval–estimates>co–est2010–alldata.csv). <https://www2.census.gov/programs-surveys/popest/datasets/>; (4) 2011–2020: Census Bureau (2021). *NST-EST2020-ALLDATA.csv* (National Population Totals). <https://www.census.gov/programs-surveys/popest/technical-documentation/research/evaluation-estimates/2020-evaluation-estimates/2010s-totals-national.html>; (5) 2021–2025: Census Bureau (2025). *NST-EST2025-ALLDATA.csv*. <https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-total.html>. Note(s): Population change shows the estimate of change in population as measured on July 1 of each year compared to July 1 of the previous year.

Death rate, per 100,000 people: (1) For 1900–1998: National Center for Health Statistics (NCHS) (2015). *Mortality Data: HIST290A* (Unpublished Tables: HIST290A_0039; _4049; _5059; _6067; _6878; _7998). Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/nchs/nvss/mortality/hist290a.htm>; (2) For 1999–2020: CDC (2022). *CDC WONDER Underlying Cause of Death, 1999–2020 Request* (Group Results by: Year). <https://wonder.cdc.gov/ucd-icd10.html> (3) For 2021–2025: CDC (2026). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results by: Year). <https://wonder.cdc.gov/>. Note(s): (1) Detailed mortality data between 1900–1932 was only available in certain areas, referred to as “Death Registration Areas”. For these years, we report the age-adjusted death rates reported by NCHS, which are calculated using only the death and population counts of the Death Registration Areas in a given year. (2) The 2025 death count is calculated from provisional CDC data that is updated frequently. The death rate calculated here uses provisional numbers current as of 5/28/2026.

Birth rate, per 100,000 people: (1) For 1980–2006: NCHS (2019). *Health, United States – 2019* (Table 1. Crude birth rates, fertility rates, and birth rates, by age, race, and Hispanic origin of mother: United States, selected years 1950–2018). CDC. <https://www.cdc.gov/nchs/data/abus/2019/001-508.pdf>; (2) For 2007–2022: CDC (2024). *CDC WONDER Natality, 2007–2022 Request* (Group By: Year, Measures selected: Birth rate). <https://wonder.cdc.gov/controller/datarequest/D66>; (3) For 2023–2025: CDC (2026). *CDC WONDER Provisional Natality, 2023 Through Last Month* (Group By: Year, Measures selected: Births). <https://wonder.cdc.gov/>. Note(s): (1) Birth rate is calculated as total number of live births per 100,000 people in the population. (2) Birth rate for 2021–2025 is calculated by USAFacts using CDC births data and Census population data. Birth rate for all other years is reported as calculated by CDC.

Components of population change (2024 vs. 2025), by state: Census Bureau (2025). *NST-EST2025-ALLDATA.csv*. <https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-total.html>.

Share of population, by age group: (1) 1980–1989: Census Bureau (2021, October 9). *State Intercensal Tables: 1980–1990* (State Population Estimates and Demographic Components of Change: 1980 to 1990, by Single Year of Age and Sex). <https://www.census.gov/data/tables/time-series/demo/popest/1980s-state.html>; (2) 1990–1999: CDC (2020). *CDC WONDER: Bridged-Race Population Estimates 1990–2020 Request* (Group by: Age, Yearly July 1st Estimates). <https://wonder.cdc.gov/bridged-race-v2020.html>; (3) 2000–2009: Census Bureau (2021, December 17). *Population and Housing Unit Estimates Tables – 2009* (National Intercensal Tables: 2000–2010, Sex and Age, Table 1. Intercensal Estimates of the Resident Population by Sex and Age for the United States: April 1, 2000 to July 1, 2010). https://www.census.gov/programs-surveys/popest/data/tables.2009.List_58029271.html; (4) 2010–2019: Census Bureau (2021, October 8). *State Population by Characteristics: 2010–2020 (Age, Sex, Race, and Hispanic Origin – 6 race groups (5 race alone groups and one multiple race group), Annual State Resident Population Estimates for 6 Race Groups (5 Race Alone Groups and Two or More Races) by Age, Sex, and Hispanic Origin: April 1, 2010 to July 1, 2019; April 1, 2020; and July 1, 2020 (SC-EST2020-ALLDATA6))*. <https://www.census.gov/programs-surveys/popest/technical-documentation/research/evaluation-estimates/2020-evaluation-estimates/2010s-state-detail.html>; (5) 2020–2025: Census Bureau (2025). *nc-est2025-agesex-res.csv* (Annual Estimates of the Resident Population by Single Year of Age and Sex for the United States: April 1, 2020 to July 1, 2025). <https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-detail.html>. Note(s): This population figure excludes territories, such as Puerto Rico.

Share of households, by household type: (1) Census Bureau (2025). *Historical Households Tables* (Tables; Table HH-1. Households by Type: 1940 to Present, Table HH-4. Households by Size: 1960 to Present). <https://www.census.gov/data/tables/time-series/demo/families/households.html>; (2) Census Bureau (2025). *Historical Families Tables* (Tables, Table FM-1. Families by Presence of Own Children Under 18: 1950 to Present). <https://www.census.gov/data/tables/time-series/demo/families/families.html>. Note(s): Other includes both other family households (such as two single relatives living together), as well as other nonfamily households (such as nonmarried partners living together, or roommates).

Share of population, by race/ethnicity: Census Bureau (2026). *National Population by Characteristics: {Multiple Years}* (Annual Estimates of the Resident Population by Sex, Race, and Hispanic Origin for the United States: April 1, 2020 to July 1, 2025 (NC-EST{Year}-SR11H)). <https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-detail.html>.

Note(s): (1) The Census first allowed respondents to select more than one race in the 2000 Census. Comparisons between pre-2000 and post-2000 data should be made with caution. (2) The Census Bureau added the racial category of “Two or more races” beginning in 2000.

Population (2000 and 2025), by race/ethnicity: Census Bureau (2026). *National Population by Characteristics: {Multiple Years}* (Annual Estimates of the Resident Population by Sex, Race, and Hispanic Origin for the United States: April 1, 2020 to July 1, 2025 (NC-EST{Year}-SR11H)). <https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-detail.html>.