Population

Population facts

The United States population grew faster in 2024 than during the previous 15 years. Birth rates remain near historic lows and Americans continue to age, while migration accounts for most population growth. This snapshot of who lives in the US today shows how the country's population is changing and offers context for policymakers weighing decisions on spending, immigration, government programs, and more.

Population growth

- In 2024, 340.1 million people lived in the US.
- The population grew by 3.3 million compared to 2023, a growth rate of 1.0%.
- Net migration has recently been driving population growth and was responsible for more than half the growth since 2021. In 2024, it accounted for 84% of new additions to the US population.
- Between 2023 and 2024, the population grew fastest in Florida, Texas, Utah, and Washington, DC.

Deaths and births

- The death rate decreased for the third consecutive year in 2024, dropping to 917.3 deaths per 100,000 people.
- The birth rate decreased in 2023 before bumping up slightly in 2024 — from 1,074 births per 100,000 people to 1,080 — according to preliminary data.
- The 2023 birth rate was the lowest since at least 1980, and the 2024 rate was the second-lowest.
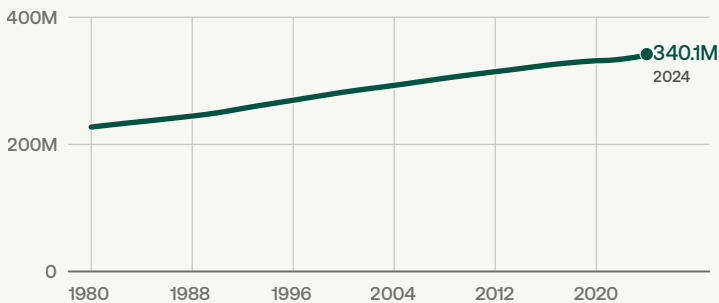
Changing demographics

- The US population is aging. As of 2024, 18.0% of people are aged 65 or older, up from 11.3% in 1980.
- The composition of households continues to shift. The percentage of households led by adults with children decreased in 2024, continuing a decades-long trend. The share of people living alone has increased.
- The population is also becoming more diverse. In 2024, white, non-Hispanic people were 57% of the US population — down from 76% in 1990 and 69% in 2000. Between 2000 and 2022, the size of the multi-racial population grew faster than any other demographic, from 3.5 million people to 8.4 million people, a 145% increase.

What is the US population? Is the population growing?

The US population hit 340.1 million people in 2024. Population growth slowed beginning in 2016 before reaching a low in 2021, when the population grew by 522,000 people, or 0.2%. In 2024, the population grew by 3.3 million people, for a growth rate of 1.0%. Net migration — the difference between the number of people moving into and out of the country — is now the most significant contributor to population growth. It exceeded natural population growth (the effect of births and deaths) over the last four years and was responsible for 84% of the population growth from 2023 to 2024.
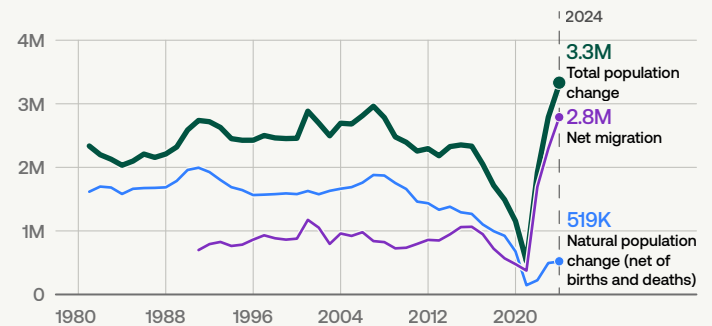
Population

340.1M
2024

Source: Census Bureau

Population growth
By component

2024

3.3M
Total population change

2.8M
Net migration

519K
Natural population change (net of births and deaths)
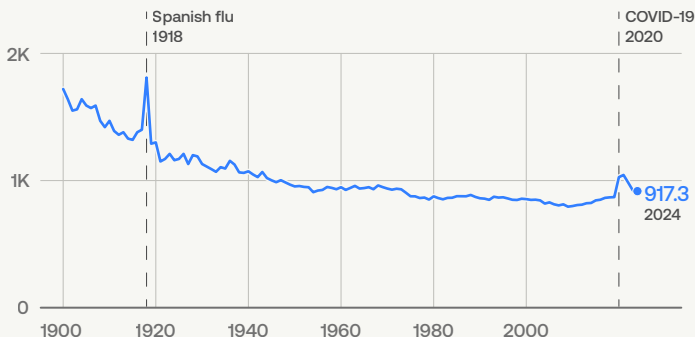
Source: Census Bureau

How have death and birth rates changed over time?

According to preliminary data, the death rate fell for the third consecutive year in 2024, to 917.3 deaths per 100,000 people; it remains above pre-pandemic levels. The birth rate increased to 1,080 per 100,000 people in 2024, slightly higher than 2023's record low of 1,074 births per 100,000 people.

Death rate
Per 100,000 people

Spanish flu 1918

COVID-19 2020

917.3
2024

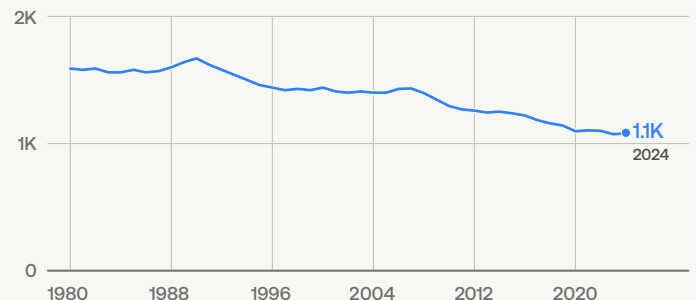**Source:** Centers for Disease Control and Prevention
Note: Data for 2024 is provisional and may be revised.

Birth rate
Per 100,000 people

1.1K
2024

Source: Centers for Disease Control and Prevention
Note: Data for 2024 is provisional and may be revised.

How have state populations changed in the last year?

From 2023 to 2024, the populations of 13 states and Washington, DC, grew by more than 1%. The growth rate was highest in Washington, DC (2.2%), Florida (2.0%), Texas (1.8%), and Utah (1.8%), while the population declined in Mississippi, Vermont, and West Virginia.

Components of population change (2023 vs. 2024)

By state

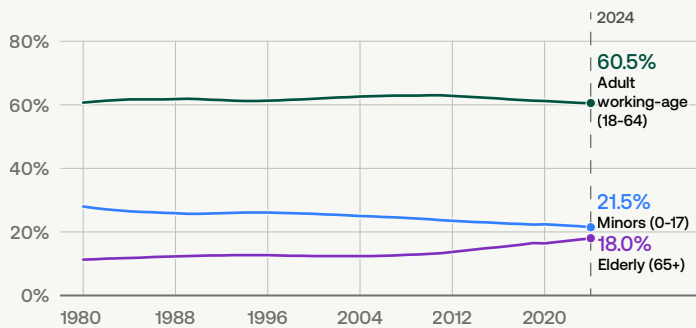|	Percent change in population	Natural change (births minus deaths)	Net domestic migration	Net international migration
Alabama	0.8%	-1,732	26,028	15,763
Alaska	0.5%	3,372	-3,774	4,029
Arizona	1.5%	9,660	34,902	64,486
Arkansas	0.6%	-727	13,465	6,152
California	0.6%	110,466	-239,575	361,057
Colorado	1.0%	17,294	5,422	33,227
Connecticut	0.9%	1,813	-6,060	36,214
Delaware	1.5%	-21	8,155	7,283
District of Columbia	2.2%	2,761	-337	12,502
Florida	2.0%	-7,321	64,017	411,322
Georgia	1.1%	28,252	25,321	63,088
Hawaii	0.3%	2,271	-9,321	11,893
Idaho	1.5%	6,195	16,383	7,899
Illinois	0.5%	11,012	-56,235	112,955
Indiana	0.6%	9,159	4,268	30,852
Iowa	0.7%	3,829	-231	19,439
Kansas	0.6%	5,232	-4,701	18,530
Kentucky	0.8%	-892	7,294	31,430
Louisiana	0.2%	3,959	-17,405	23,142
Maine	0.4%	-5,157	5,329	5,196
Maryland	0.7%	11,604	-18,509	53,100
Massachusetts	1.0%	6,718	-27,480	90,217
Michigan	0.6%	-2,855	-7,656	67,608
Minnesota	0.7%	11,780	-1,161	29,540
Mississippi	-0.004%	-1,984	-4,939	6,789
Missouri	0.6%	1,521	12,289	23,569
Montana	0.5%	12	5,410	506
Nebraska	0.9%	6,135	-1,498	12,978
Nevada	1.7%	3,058	16,853	33,005
New Hampshire	0.5%	-2,363	4,889	4,290
New Jersey	1.3%	26,010	-35,554	130,692
New Mexico	0.4%	-1,437	-1,571	12,103
New York	0.7%	43,701	-120,917	207,161
North Carolina	1.5%	12,632	82,288	69,792
North Dakota	1.0%	2,725	-291	5,126
Ohio	0.5%	-425	-2,462	62,378
Oklahoma	0.8%	3,136	14,036	14,358
Oregon	0.4%	-3,731	-1,162	23,590
Pennsylvania	0.5%	-9,311	-11,500	82,101
Rhode Island	0.8%	-362	-305	9,525
South Carolina	1.7%	-517	68,043	23,234
South Dakota	0.7%	2,588	2,132	1,616
Tennessee	1.1%	3,358	48,476	27,648
Texas	1.8%	158,753	85,267	319,569
Utah	1.8%	23,986	3,220	33,133
Vermont	-0.03%	-1,723	-511	2,024
Virginia	0.9%	15,150	5,284	56,155
Washington	1.3%	16,437	2,671	81,581
West Virginia	-0.03%	-7,844	4,520	2,841
Wisconsin	0.5%	2,040	6,332	22,146
Wyoming	0.4%	403	861	1,285

Source: Census Bureau

How has the age of the population and types of households in the US changed?

The proportion of people aged 65 and older in the population is rising while the proportion of people under 18 is falling. The share of the population 65 and older has risen nearly 7 percentage points since 1980, reaching 18.0% in 2024. At the same time, the percentage of children in the population decreased by 6.5 points, to 21.5%. The composition of US households also shifted: Married-parent households fell from 30.9% of households in 1980 to 17.7% in 2024, while the percentage of people living alone increased.
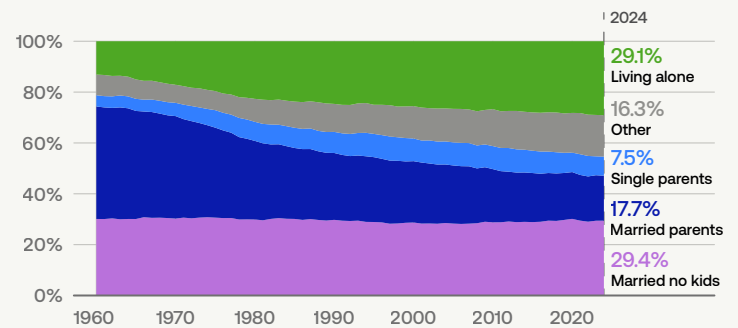
Share of population

By age group

60.5% Adult working-age (18-64)

21.5% Minors (0-17)

18.0% Elderly (65+)

Source: Census Bureau

Share of households

By household type

29.1% Living alone

16.3% Other

7.5% Single parents

17.7% Married parents
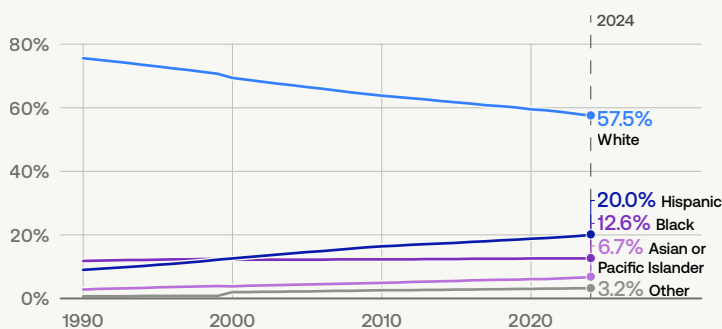
29.4% Married no kids

Source: Census Bureau

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

In 2024, white non-Hispanic people were 57% of the population, down from 76% in 1990 and 69% in 2000. Hispanic people made up 20% of the population and Black people 13%. Between 2000 and 2024, the multiracial population increased faster than any other racial or ethnic group (up 145%), followed by Asian or Pacific Islanders (110%) and Hispanics (91%).

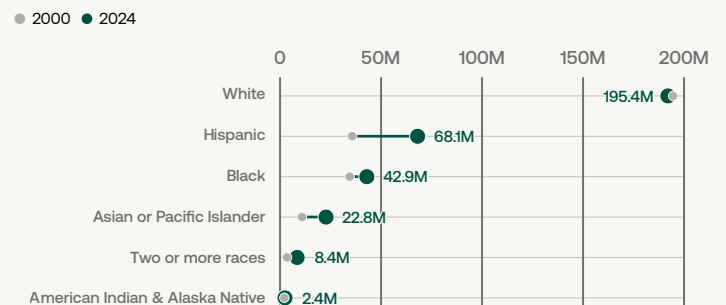### Share of population

By race/ethnicity

57.5% White

20.0% Hispanic

12.6% Black

6.7% Asian or Pacific Islander

3.2% Other

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 2024)

By race/ethnicity

○ 2000 ● 2024

White — 195.4M

Hispanic — 68.1M

Black — 42.9M

Asian or Pacific Islander — 22.8M

Two or more races — 8.4M

American Indian & Alaska Native — 2.4M

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

Chapter sources and data timeliness

Publishing agency	Program	Publication name	Release date	Most recent period in the data
Centers for Disease Control and Prevention	CDC Wonder	Multiple causes of death data	Typically released in January or February for two years prior	2023 (final) and 2024 (provisional)
		Natality information		
Census Bureau	Population Estimates Program	National population totals and components of change	Dec. 2024	2024
		National population by characteristics	June 2025	2024
		State population totals and components of change	Dec. 2024	2024
	Current Population Survey, Annual Social Economic Supplement	Historical households tables	Nov. 2024	2024
		Historical families tables	Nov. 2024	2024

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 come out each April, while race and ethnicity data is released in June.

- At the time of publishing, the CDC's 2024 death and birth data were provisional and remain subject to revision.

Chart sources and notes

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 2024 began on October 1, 2023, and ended on September 30, 2024.

4. USAFacts compiles data for government revenue, spending, and debt, as well as on family and individual income and taxes from various government sources, including the Office of Management and Budget, the Census Bureau, 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/methodology.

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 2020-2023: Census Bureau (2023). *NST-EST2023-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, 2023). https://www2.census.gov/programs-surveys/popest/tables/2020-2023/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) 2021-2023: Census Bureau (2023). *NST-EST2023-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 2021-2023: CDC (2024). *CDC WONDER Provisional Mortality Statistics, 2018 through Last Month Request* (Group Results by: Year). https://wonder.cdc.gov/controller/datarequest/D176.
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 2024 death count is calculated from provisional CDC data that is updated frequently. The death rate calculated here uses provisional numbers current as of 6/6/2025.

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/hus/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: CDC (2024). *CDC WONDER Provisional Natality, 2023 Through Last Month* (Group By: Year, Measures selected: Births). https://wonder.cdc.gov/controller/datarequest/D192.
Note(s): (1) Birth rate is calculated as total number of live births per 100,000 people in the population. (2) Birth rate for 2021-2024 calculated by USAFacts using CDC births data and Census population data. Birth rate for all other years reported as calculated by CDC.

Components of population change (2023 vs. 2024), by state: Census Bureau (2023, December 18). *NST-EST2023-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) 2020-2023: Census Bureau (2024, April 11). *nc-est2023-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, 2023). 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 (2023, November). *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 (2023, November). *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 (2023, June 20). *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, 2022 (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 vs. 2024), by race/ethnicity: Census Bureau (2023, June 20). *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, 2022 (NC-EST{Year}-SR11H)). https://www.census.gov/data/tables/time-series/demo/popest/2020s-national-detail.html.