



USA FACTS

AMERICA IN FACTS 2024



# Population

# Population facts

## Population growth

- The US population was 334.9 million people in 2023.
- The population grew by 1.6 million in 2023, a growth rate of 0.5%.
- Over the last three years, net migration has accounted for 74% of US population growth.
- Net migration accounted for more than half of population growth in 2021, the first year this has been the case since the beginning of available data in 1991. Net migration continued to outpace natural population growth in 2022 and 2023.
- Between 2022 and 2023, Texas, Florida, North Carolina, and Georgia had the highest overall population growth, each gaining more than 100,000 people. New York lost the most residents, about 101,000.

## Deaths and births

- In 2023, the death rate decreased for the second consecutive year, reaching 927 deaths per 100,000 people.
- The birth rate slightly decreased to 1,101 births per 100,000 people in 2022 and again to 1,078 in 2023, according to preliminary data.
- The 2023 birth rate was the lowest since records began, falling slightly below the previous record low of 1,097 births per 100,000 people in 2020.

## Changing demographics

- The US population is aging. As of 2023, 18% of people are 65 and older, up from 11% in 1980.
- The share of households led by parents with children decreased in 2023, continuing a decades-long trend.
- In 2022, white non-Hispanic people made up 59% of the US population, down from 76% in 1990 and 69% in 2000. Between 2000 and 2022, the multi-racial population increased the fastest of any demographic, rising 132% from 3.5 million to 8.0 million people.

## About the data

### What are the primary sources of data on this topic?

- Census Bureau
- Centers for Disease Control and Prevention (CDC)

### Other things to know about the data

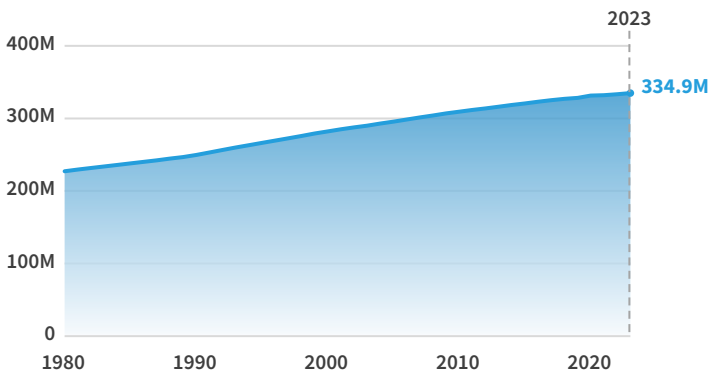
- USAFacts relies upon Census population estimates as of July 1 of each year whenever possible. These estimates are known as intercensal or postcensal estimates and may differ from decennial census counts.
- The Census Bureau releases population estimates by different geographies and demographic characteristics at various times throughout each year. For example, it typically releases population by age and sex in April of each year, while it releases race and ethnicity data in June.
- At the time of this publishing, the CDC's deaths and births data for 2023 were provisional and subject to revision.



## What is the US population? Is the population growing?

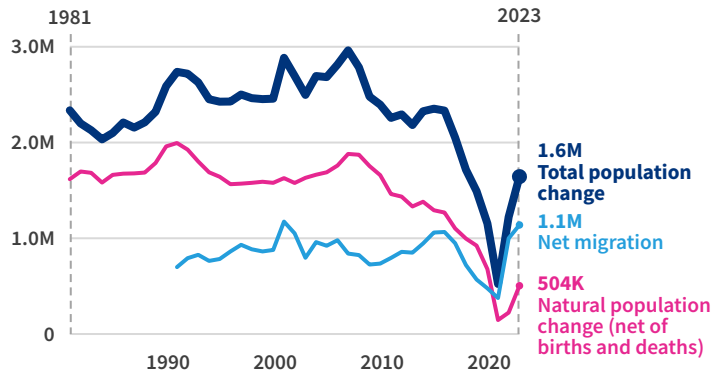
The US population reached 334.9 million people in 2023. Population growth reached a low in 2021 when the population grew by 522,000 people. The population then grew by 1.2 million in 2022 and 1.6 million in 2023, both fewer than any year between at least 1980 and 2018. Population growth from net migration (the net effect of people moving into and out of the country) exceeded natural population growth (the effect of births and deaths) over the last three years. It has been responsible for 74% of population growth from 2021 through 2023.

### POPULATION



Source: Census Bureau

### POPULATION GROWTH BY COMPONENT

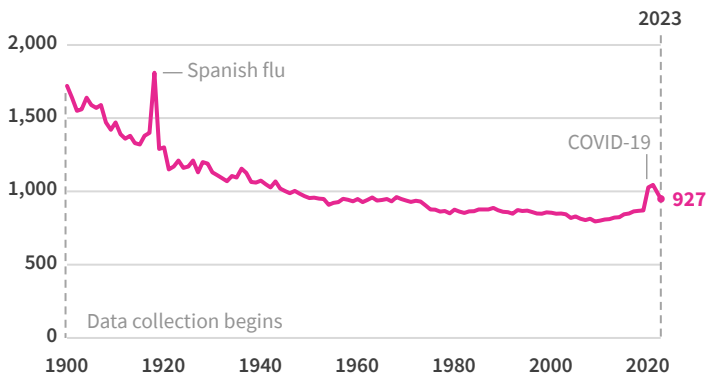


Source: Census Bureau

## How have death and birth rates changed over time?

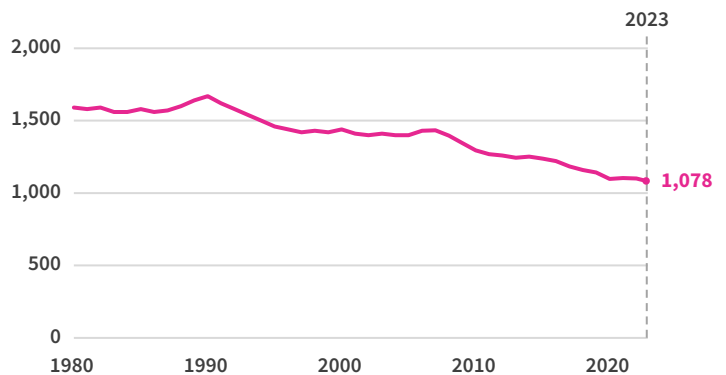
According to preliminary data, the death rate fell in 2023 for the second consecutive year to 927 deaths per 100,000 people, but is still above pre-pandemic levels. Meanwhile, the birth rate fell slightly to 1,101 births per 100,000 people in 2022 and again in 2023 to 1,078, according to preliminary data, lower than any previous year since at least 1980.

### DEATH RATE PER 100,000 PEOPLE



Source: Centers for Disease Control and Prevention  
Note: Data for 2023 is provisional and may be revised.

### BIRTH RATE PER 100,000 PEOPLE



Source: Centers for Disease Control and Prevention  
Note: Data for 2023 is provisional and may be revised.

# How have state populations changed in the last year?

From 2022 to 2023, the populations of 10 states and Washington, DC, grew by more than 1%. Texas, Florida, North Carolina, and Georgia had the largest population increases, each gaining more than 100,000 people. Populations declined in eight states. New York lost the most residents, about 101,000.

## COMPONENTS OF POPULATION CHANGE (2022 VS. 2023) BY STATE

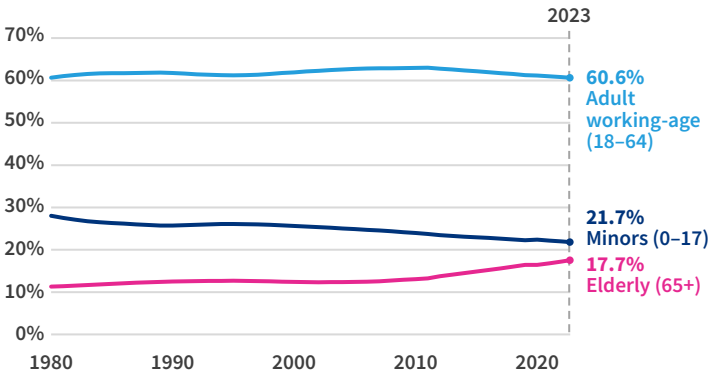
	PERCENT CHANGE IN POPULATION	NATURAL CHANGE (BIRTHS MINUS DEATHS)	NET DOMESTIC MIGRATION	NET INTERNATIONAL MIGRATION
Alabama	0.7%	-1,562	30,744	5,384
Alaska	0.0%	3,685	-5,543	2,004
Arizona	0.9%	7,702	36,179	21,635
Arkansas	0.7%	-907	18,106	4,096
California	-0.2%	111,416	-338,371	150,982
Colorado	0.6%	17,399	7,236	11,931
Connecticut	0.2%	2,115	-9,016	15,264
Delaware	1.2%	-172	10,320	2,277
District of Columbia	1.2%	2,607	-1,509	6,969
Florida	1.6%	-7,603	194,438	178,432
Georgia	1.1%	27,817	58,206	30,119
Hawaii	-0.3%	2,355	-11,193	4,627
Idaho	1.3%	5,639	15,389	4,664
Illinois	-0.3%	10,453	-83,839	40,492
Indiana	0.4%	7,508	4,599	17,869
Iowa	0.2%	3,779	-3,603	7,112
Kansas	0.1%	4,439	-4,574	3,932
Kentucky	0.3%	-2,005	8,965	7,627
Louisiana	-0.3%	6,115	-29,692	9,274
Maine	0.5%	-5,053	9,216	2,209
Maryland	0.3%	14,199	-30,905	32,977
Massachusetts	0.3%	6,983	-39,149	50,647
Michigan	0.0%	-4,030	-15,051	22,817
Minnesota	0.4%	13,843	-4,686	14,575
Mississippi	0.0%	-1,404	-2,614	4,800
Missouri	0.3%	-55	11,171	7,852
Montana	0.9%	-171	9,485	609
Nebraska	0.5%	5,699	-834	5,441
Nevada	0.5%	3,733	8,642	4,266
New Hampshire	0.2%	-2,109	4,298	859
New Jersey	0.3%	25,492	-44,666	49,298
New Mexico	0.0%	-1,616	-1,088	3,642
New York	-0.5%	41,536	-216,778	73,867
North Carolina	1.3%	12,657	97,264	29,448
North Dakota	0.6%	2,704	-9	2,298
Ohio	0.2%	-2,462	637	28,081
Oklahoma	0.9%	2,567	23,587	8,380
Oregon	-0.1%	-4,239	-6,051	4,304
Pennsylvania	-0.1%	-11,079	-24,825	25,776
Rhode Island	0.2%	-428	-3,224	5,777
South Carolina	1.7%	-1,271	82,562	9,291
South Dakota	1.0%	2,813	4,812	1,788
Tennessee	1.1%	1,028	63,417	13,054
Texas	1.6%	158,253	186,767	128,534
Utah	1.1%	24,796	1,338	10,285
Vermont	0.1%	-1,804	844	1,312
Virginia	0.4%	15,689	-6,985	28,117
Washington	0.4%	14,860	-15,276	28,919
West Virginia	-0.2%	-8,666	3,595	1,101
Wisconsin	0.3%	1,147	5,648	13,653
Wyoming	0.4%	103	2,016	322

Source: Census Bureau

## How have the age of the population and types of households in the United States changed over time?

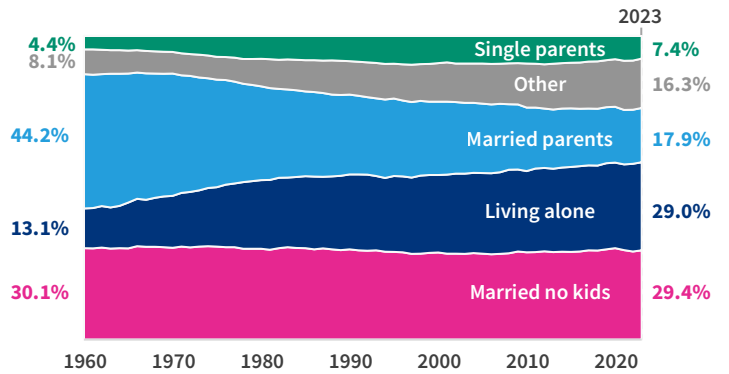
The proportion of people ages 65 and older in the population is rising, while the proportion of people younger than 18 is falling. The elderly population's share has risen 6 percentage points since 1980, up to 18% in 2023. The share of children in the population decreased by 6 points to 22%. Meanwhile, the composition of US households also shifted. Married-parent households have fallen from 31% of US households in 1980 to 18% in 2023, while the share of households comprised of adults living alone without children increased.

### SHARE OF POPULATION BY AGE GROUP



Source: Census Bureau

### SHARE OF HOUSEHOLDS BY HOUSEHOLD TYPE

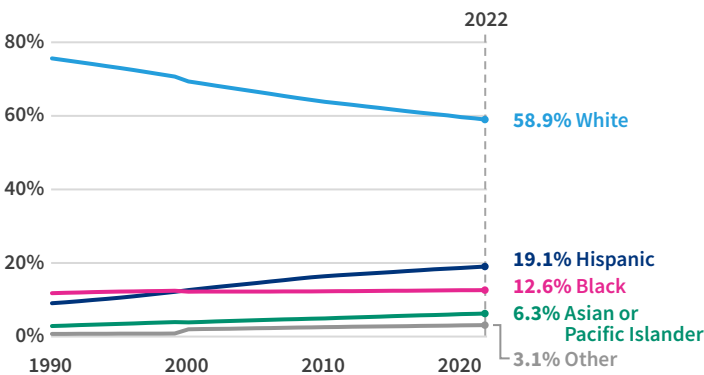


Source: Census Bureau

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

In 2022, white non-Hispanic people were 59% of the population, down from 69% in 2000 and 76% in 1990. Hispanic people were 19% of the population and Black people were 13% in 2022. Between 2000 and 2022, the multiracial population increased fastest (up 132%), followed by Asian or Pacific Islander (93%) and Hispanic (79%) people.

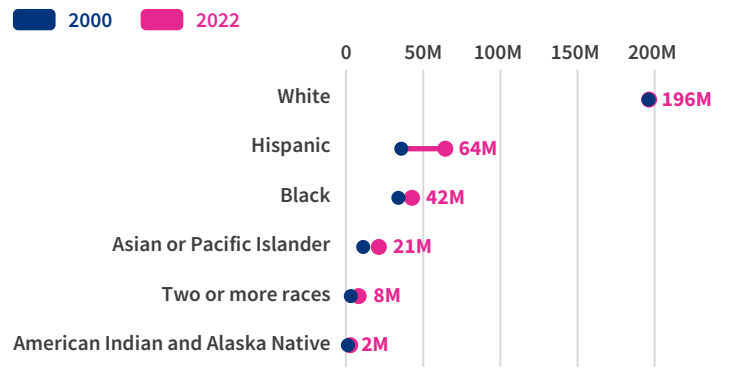
### SHARE OF POPULATION BY RACE/ETHNICITY



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 VS. 2022) BY RACE/ETHNICITY



Source: Census Bureau

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

# 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 adjustments are not provided by the source data, 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. USAFacts compiles data for government revenue, spending, and debt, as well as on family and individual income and taxes from various government sources, which primarily include the Office of Management and Budget (OMB), the Census Bureau, the Bureau of Economic Analysis (BEA), and the Federal Reserve. The full citations for this data 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: US Census Bureau (2016, August 25). *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: US Census Bureau (2016, December 1). *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: US 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: US Census Bureau (2021, July 27). *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: US Census Bureau (2023, December 18). *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: US Census Bureau (2016, August 24). *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: US Census Bureau (2005, November 5). *Population Estimates Tables* (1990-2000>estimates-and-change-1990-2000>2000c8\_00.txt2010). <https://www2.census.gov/programs-surveys/popest/tables/>; (3) 2001–2010: US Census Bureau (2017, December 19). *Population Estimates* (2010>2010-eval-estimates>co-est2010-alldata.csv). <https://www2.census.gov/programs-surveys/popest/datasets/>; (4) 2011–2020: US Census Bureau (2021, December 17). *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: US Census Bureau (2023, December 18). *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:** (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/mcd-icd10-provisional.html>.

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 2023 death count is calculated from provisional CDC data that is updated frequently. The death rate calculated here uses provisional numbers current as of 3/27/2024.

**Birth rate:** (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/natality-current.html>; (3) For 2023: CDC(2024). *CDC WONDER Provisional Natality, 2023 Through Last Month* (Group By: “Year”, Measures selected: “Births”). <https://wonder.cdc.gov/natality-current.html>.

Note(s): (1) Birth rate is calculated as total number of live births per 100,000 people in the population. (2) Birth rate for 2021–2023 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 (2022 vs. 2023), by state:** US 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: US 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: US 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](https://www.census.gov/programs-surveys/popest/data/tables.2009.List_58029271.html); (4) 2010–2019: US 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: US 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) US 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) US 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:** US 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. 2022), by race/ethnicity:** US 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>.

## Photo credits

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