

# Summary of U.S. Census Bureau’s 2024 Population Estimates for Massachusetts Cities and Towns

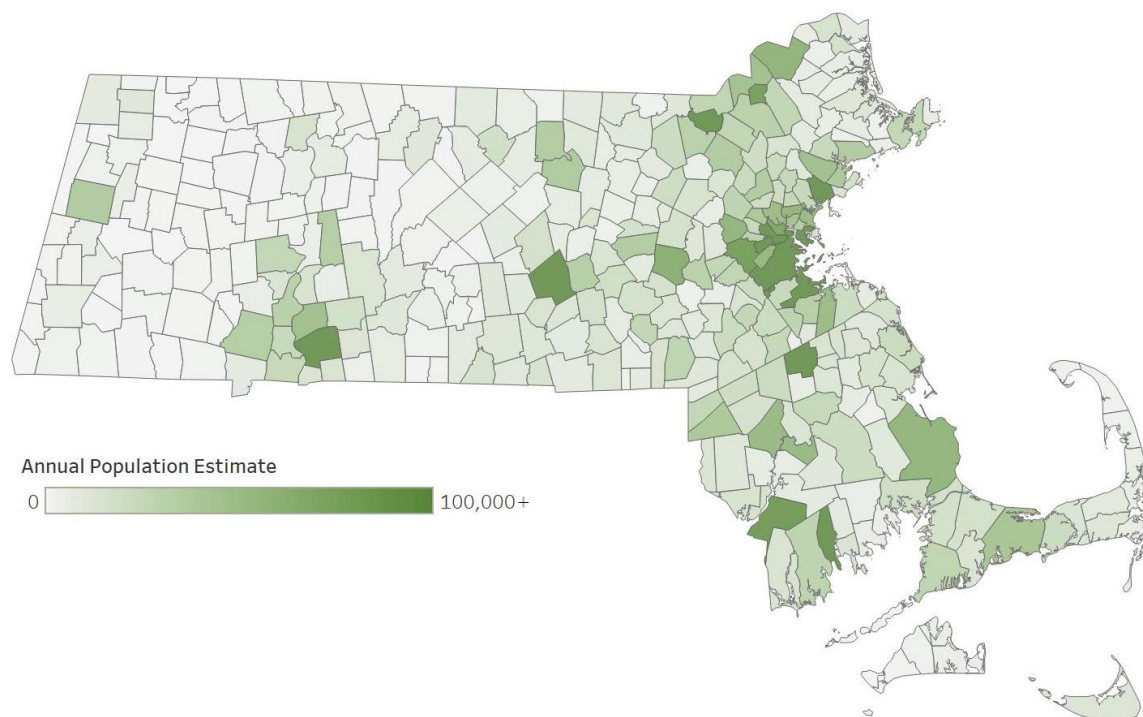
*Prepared by:*

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**For Release May 15, 2025**

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Figure 1. Massachusetts Sub-County Population Estimates, July 1, 2024



UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25). U.S. Census Bureau, Population Division. May 15, 2025

## Background

On May 15, 2025, the U.S. Census Bureau released updated population estimates for Massachusetts cities and towns (also called “minor civil divisions” or “MCDs”) for July 1, 2024. This new vintage of estimates is derived from the Census Bureau’s 2024 county-level population estimates, released on March 13, 2025. While county-level estimates are produced using “components of change” including births, deaths, and migration, the MCD estimates are produced by distributing the county-level household population to each city and town based on a housing unit formula and then adding the town’s “group quarters” population. The Bureau’s housing unit formula considers each town’s share of the county housing unit totals along with its specific persons-per-occupied-unit rate from the most recent census count.

The Vintage 2024 estimates are developed from a 2020 “base” population that incorporates a combination of the 2020 Census count results and 2020 Demographic Analysis estimates from the Population Division of the U.S. Census Bureau.<sup>1</sup> This updated methodology is utilized by the U.S. Census Bureau to account for various challenges of the 2020 Census. These challenges include the limitations of the new disclosure avoidance system applied to 2020 Census counts, the scheduling delays of census operations caused by the COVID-19 pandemic, and the ongoing evaluation of 2020 Census data as a suitable base population for the annual estimates.

For more information on state and county estimates for Massachusetts, please see our detailed reports at: <https://donahue.umass.edu/business-groups/economic-public-policy-research/massachusetts-population-estimates-program/population-estimates-by-massachusetts-geography>

## County-Level Migration Trends

Many of the town-level trends observed in the V2024 population estimates relate directly to changes in county-level migration and immigration patterns in Massachusetts during, and in the years just following, the height of the COVID-19 pandemic. The Census 2020 count showed unanticipated, accelerated population growth in the seasonal and rural areas of the state, with Nantucket, Dukes, and Barnstable showing the greatest percentage gains in the state between 2019 and 2020. Domestic migration into the seasonal counties of Barnstable, Dukes, Nantucket, and Berkshire – and even the adjacent Plymouth and Franklin Counties – remained very strong in the 2020-2021 estimates year, according to Census Bureau estimates. At the same time, the more urban and most population-dense Massachusetts counties – especially Suffolk, Middlesex, and, to a lesser extent, Norfolk – experienced greater levels of net domestic out-migration to other U.S. counties in the 2020-2021 year. This urban out-migration included both movement to other Massachusetts counties, which comprised the majority of net movement, and increasing migration to other New England states such as New Hampshire, Maine, and Rhode Island.<sup>2</sup> While positive immigration historically offsets domestic out-migration in the more urban counties of Massachusetts, in 2020 and 2021, immigration was also greatly reduced, compounding population loss in those counties.

The 2022 estimates saw the pandemic-period trends start to turn around, and the 2023 estimates continued that trend, indicating that the migration and immigration trends observed in 2020 and 2021 were reverting back to pre-pandemic patterns. The V2024 estimates series confirms that the pandemic migration trends are no longer affecting the Massachusetts population. Net domestic migration in Massachusetts has rebounded to where the outflow of residents is now smaller in 2024 than it was in 2019. The seasonal counties of Massachusetts, Barnstable, Berkshire, Dukes, and Nantucket, have seen their large influx of domestic migration return to pre-pandemic levels from 2022 to 2024, while the more populous counties in Eastern MA like Suffolk, Middlesex, and Norfolk have seen the outmigration experienced from 2020 to 2021 rebound to pre-pandemic levels as well.

In addition, the international migration figures, which saw a drastic decrease in 2020 and 2021, have rebounded dramatically in the V2024 estimates. This stark uptick in international migration is due in large part to the Census Bureau’s adjustment to the immigration estimates in this year’s series. Prior to V2024, the U.S. Census Bureau estimated immigration primarily according to ACS survey response data on place of birth and residence one year ago. In the most recent V2024 series, the U.S. Census Bureau revised their method for estimating immigration to include an expanded pool of administrative records from Homeland Security and other federal agencies to

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<sup>1</sup> “Methodology for the United States Population Estimates: Vintage 2023.” Census.gov, US Census Bureau, Dec. 2023. <https://www.census.gov/programs-surveys/popest/technical-documentation/methodology.html>

<sup>2</sup> According to UMDI’s analysis of IRS tax return data for years 2019, 2020, and 2021.

capture the immigration surge documented in increasing border encounters. Based on the federal data reports, the U.S. Census Bureau increased national-level immigration estimates by 69.5% for 2022 and by 101.7% for 2023 in the latest vintage 2024 series, as compared to the vintage 2023 series released last year.

It is important to note that while the Census Bureau updated national immigration levels and shared these out to states and counties, the Bureau has not yet updated their *method for distributing* U.S. immigrant totals to states and counties in the V2024 series. For this reason, it is expected that the state and county level components of change for years 2021-2024 are likely to be revised again in the next V2025 series, which will be released in December 2025 (state-level) and March (county-level) 2026.

The strong increase in international migration has alleviated the post-pandemic population loss in Suffolk County and the city of Boston, which is still slightly below the April 1, 2020 estimates base. While all Massachusetts regions benefit from increased international immigration to the state, Suffolk, Middlesex, Dukes, Essex, and Norfolk counties benefit the most, having the highest rates of international migrants as a percentage of their populations in 2024. In terms of domestic migration, the 2024 estimates show a 25% decrease in year-to-year domestic out-migration for the state. Finally, as the state population continues to age and with overall decreasing fertility rates, seven of Massachusetts counties experienced more deaths than births in the 2023-2024 estimates year, which also contributed to population loss in three of those counties.

The Vintage 2024 population estimates for cities and towns reflect the broader trends observed in the county-level estimates released in March 2025. In the three counties that lost population this year, 8 out of 15 (53%) Barnstable towns gained population, 8 out of 32 (25%) of Berkshire towns gained population, and 4 out of 20 (20%) of Hampshire towns gained population. Franklin County, while gaining a mere 11 people in the V2024 estimates, only saw 7 of its 26 towns (27%) gain population. In Bristol, Dukes, Hampden, Nantucket, Norfolk, Plymouth, Suffolk, and Worcester Counties, all counties which gained population in the V2024 estimates, 100% of the cities and towns gained population. Essex County and Middlesex County saw 97% and 98% of their cities and towns gain population in the V2024 Estimates series, respectively.

## Annual Population Change 2023-2024

### Large Places: Cities and Towns with Populations >50,000

According to the U.S. Census Bureau's 2024 Sub-County Population Estimates, all 26 of Massachusetts' cities or towns with populations of 50,000 or more in 2020 increased in population from July 1, 2023 to July 1, 2024. Boston led the group in terms of total population gained with an estimated 8,855 person increase over the year. Revere was the fastest-growing large place in terms of percentage growth, with a 2.9% population increase. Boston, in both 2023 and 2024, reversed its decrease in population that was seen from the Census 2020 estimates base through the July 1, 2022 estimate due to the record international migration levels seen in Massachusetts in the V2023 and V2024 estimates. In addition, net domestic out-migration has rebounded to pre-pandemic levels, leading to sizeable population increases in Suffolk County and in Boston. Domestic outmigration has slowed over the last two years in the rest of the state, contributing to population increase in all of the largest places in Massachusetts. Table 1 shows the estimated numerical change and percent change from July 1, 2023 to July 1, 2024 for cities and towns in Massachusetts with populations over 50,000 in 2020.

Table 1: Estimated Population and Population Change July 1, 2023 to July 1, 2024 for Massachusetts Cities and Towns > 50,000				
Geography	July 1 Population Estimate		Change 2023 to 2024	
	2023	2024	Number	Percent
Boston	664,603	673,458	8,855	1.3%
Worcester	209,211	211,286	2,075	1.0%
Cambridge	119,315	121,186	1,871	1.6%
Revere	58,966	60,702	1,736	2.9%
Lynn	101,868	103,489	1,621	1.6%
Newton	89,261	90,700	1,439	1.6%
Lowell	119,153	120,418	1,265	1.1%
Quincy	102,304	103,434	1,130	1.1%
Everett	50,848	51,825	977	1.9%
Plymouth	65,700	66,663	963	1.5%
Somerville	81,240	82,149	909	1.1%
Taunton	61,079	61,936	857	1.4%
Malden	65,840	66,693	853	1.3%
Brookline	63,188	63,925	737	1.2%
Framingham	72,624	73,361	737	1.0%
Waltham	65,165	65,849	684	1.0%
Springfield	154,220	154,888	668	0.4%
Weymouth	59,543	60,159	616	1.0%
Lawrence	88,749	89,332	583	0.7%
Brockton	105,236	105,788	552	0.5%
Methuen	53,756	54,272	516	1.0%
Medford	59,395	59,898	503	0.8%
Haverhill	67,843	68,291	448	0.7%
Fall River	94,295	94,689	394	0.4%
Peabody	55,043	55,418	375	0.7%
New Bedford	101,007	101,318	311	0.3%
Chicopee	55,347	55,381	34	0.1%
UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25) Source: U.S. Census Bureau, Population Division, Release Date: May 15, 2025				

### All Cities and Towns: *Single-Year Change*

Among the 351 individual cities and towns in Massachusetts, the U.S. Census Bureau estimates that 283 municipalities, or 81%, increased in population between July 1, 2023 and July 1, 2024. This percentage is considerably higher than the Vintage 2020 estimates released by the Bureau in May of 2020 that showed 139 municipalities, or 40% of all, as increasing. Again, here we see the effects of an increasing international migration component in the county-level estimates to which the municipal estimates are controlled. The largest population gains from 2023 to 2024 were estimated in Boston (8,855), Worcester (2,075), Cambridge (1,871), and Woburn (1,812), representing a balanced increase in population to both larger cities as well as smaller, mid-size, and larger towns. The table below describes the top 25 cities and towns in Massachusetts by numeric population change from 2023 to 2024.

Table 2: Top 25 Massachusetts Cities and Towns by Population Change 2023 to 2024					
City or Town	County	July 1 Estimate		Change 2023-2024	Percent Change 2023-2024
		2023	2024		
Boston	Suffolk	664,603	673,458	8,855	1.3%
Worcester	Worcester	209,211	211,286	2,075	1.0%
Cambridge	Middlesex	119,315	121,186	1,871	1.6%
Woburn	Middlesex	42,083	43,895	1,812	4.3%
Revere	Suffolk	58,966	60,702	1,736	2.9%
Lynn	Essex	101,868	103,489	1,621	1.6%
Stoneham	Middlesex	23,098	24,550	1,452	6.3%
Newton	Middlesex	89,261	90,700	1,439	1.6%
Lowell	Middlesex	119,153	120,418	1,265	1.1%
Quincy	Norfolk	102,304	103,434	1,130	1.1%
Wakefield	Middlesex	28,110	29,216	1,106	3.9%
Billerica	Middlesex	41,991	42,978	987	2.4%
Everett	Middlesex	50,848	51,825	977	1.9%
Plymouth	Plymouth	65,700	66,663	963	1.5%
Somerville	Middlesex	81,240	82,149	909	1.1%
Taunton	Bristol	61,079	61,936	857	1.4%
Malden	Middlesex	65,840	66,693	853	1.3%
Brookline	Norfolk	63,188	63,925	737	1.2%
Framingham	Middlesex	72,624	73,361	737	1.0%
Chelsea	Suffolk	39,526	40,245	719	1.8%
Waltham	Middlesex	65,165	65,849	684	1.0%
Springfield	Hampden	154,220	154,888	668	0.4%
Weymouth	Norfolk	59,543	60,159	616	1.0%
Ashland	Middlesex	18,792	19,391	599	3.2%
Lawrence	Essex	88,749	89,332	583	0.7%
UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25) Source: U.S. Census Bureau, Population Division, Release Date: May 15, 2025					

Percentage-wise, the fastest growers of the year were mostly small- to mid-sized towns and cities, including many in Middlesex, Norfolk, and Worcester Counties. The table below shows the top 25 fastest growing municipalities in the state in terms of percentage change from 2023 to 2024.

Table 3: Top 25 Massachusetts Cities and Towns by Percent Population Change 2023 to 2024					
City or Town	County	July 1 Estimate		Change	Percent change 2023-2024
		2023	2024		
Stoneham	Middlesex	23,098	24,550	1,452	6.3%
Pelham	Hampshire	1,272	1,343	71	5.6%
Woburn	Middlesex	42,083	43,895	1,812	4.3%
Wakefield	Middlesex	28,110	29,216	1,106	3.9%
North Reading	Middlesex	15,868	16,379	511	3.2%
Ashland	Middlesex	18,792	19,391	599	3.2%
Revere	Suffolk	58,966	60,702	1,736	2.9%
Millis	Norfolk	9,079	9,338	259	2.9%
Dover	Norfolk	5,909	6,057	148	2.5%
Norfolk	Norfolk	11,677	11,962	285	2.4%
Stow	Middlesex	7,161	7,335	174	2.4%
Upton	Worcester	8,279	8,475	196	2.4%

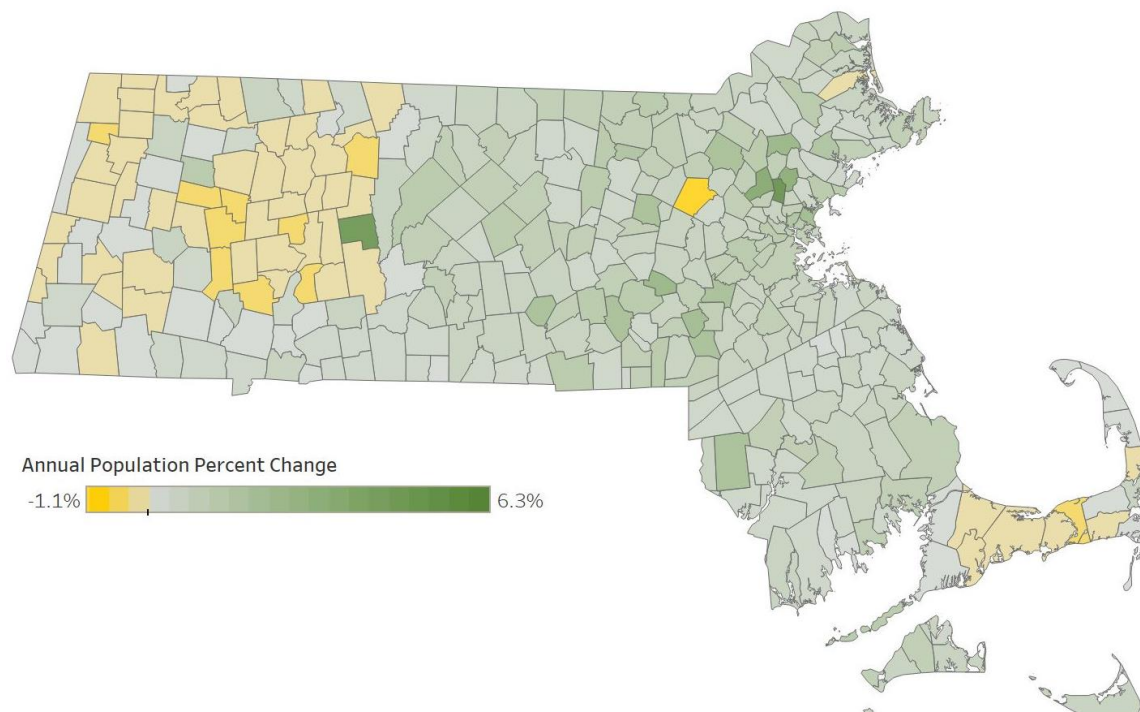


Billerica	Middlesex	41,991	42,978	987	2.4%
Auburn	Worcester	16,943	17,323	380	2.2%
Rehoboth	Bristol	13,242	13,537	295	2.2%
Ayer	Middlesex	8,817	9,010	193	2.2%
Everett	Middlesex	50,848	51,825	977	1.9%
Danvers	Essex	28,068	28,590	522	1.9%
Shirley	Middlesex	6,915	7,042	127	1.8%
Chelsea	Suffolk	39,526	40,245	719	1.8%
Bellingham	Norfolk	17,680	17,998	318	1.8%
Grafton	Worcester	19,998	20,352	354	1.8%
Wilmington	Middlesex	23,397	23,802	405	1.7%
Plainfield	Hampshire	638	649	11	1.7%
Petersham	Worcester	1,225	1,246	21	1.7%

UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25)  
Source: U.S. Census Bureau, Population Division, Release Date: May 15, 2025

The map below displays the cities and towns in Massachusetts by annual percentage population change between 2023 and 2024. The town of Stoneham stands out as the municipality with the largest percentage change with an estimated 6.3% increase in population. In contrast, six of the ten slowest growing municipalities, Southamptton, Goshen, Cummington, Huntington, Chesterfield, and South Hadley, are all located in Hampshire County. The other four municipalities in the bottom ten include Concord in Middlesex County, Dennis in Barnstable County, Wendell in Franklin County, and New Ashford in Berkshire County, ranging from -0.4% to -1.0% decrease. The municipalities showing the largest *numeric* population decrease during the year were Concord (-181), Barnstable (-127), Dennis (-100), and South Hadley (-73).

Figure 2. Estimated Annual Percent Change in Population by Massachusetts Municipality, July 1, 2023 to July 1, 2024



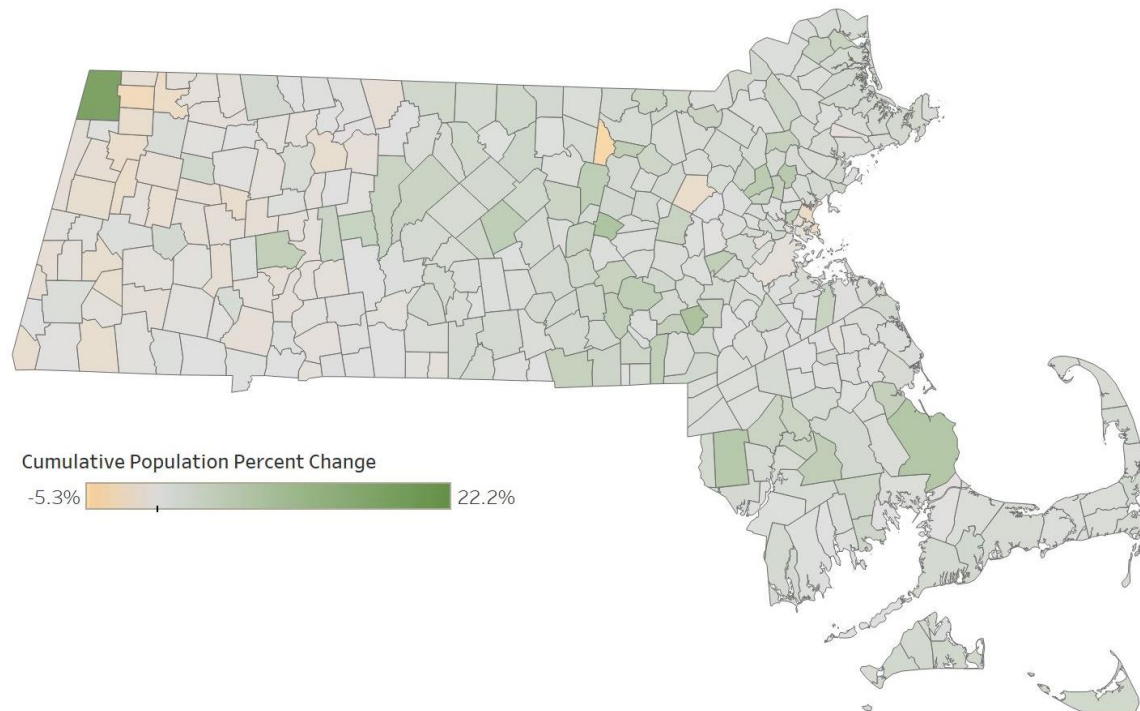
UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25). U.S. Census Bureau, Population Division. May 15, 2025

## Cumulative Change Since 2020

Since the 2020 Census, the largest cumulative population gains at the county level occurred in Middlesex, Worcester, Norfolk, and Barnstable Counties and the largest cumulative percentage gains were seen in Nantucket, Barnstable, and Essex Counties. At the city and town-level, the fastest growers since the 2020 Census are also found mostly in Middlesex, Norfolk, and Essex Counties. The municipalities with the largest cumulative population gains since the 2020 Census include Plymouth (5,451), Lowell (4,848), Worcester (4,775), Woburn (3,041), and Cambridge (2,807). By percentage change, the largest gains from 2020 to 2024 were estimated in Williamstown (22.2%, most likely due to a rebound in college population after the pandemic), Millis (10.4%), Berlin (10.1%), Plymouth (8.9%), and Rehoboth (8.3%).

The map below shows the estimated cumulative percent change in population from Census 2020 to July 1, 2024. Shirley, in Middlesex County, stands out as the town with the highest percentage of population lost since Census 2020 at -5.3%. The population loss in Shirley is directly related to the closing of MCI-Shirley minimum security prison with the remaining inmates being transferred to other DOC facilities<sup>3</sup>. After Shirley, the next four cities and towns with the highest levels of population outflow since Census 2020 are two municipalities in Suffolk County, which are Winthrop at -3.0%, Revere at -2.5%, and two municipalities in Berkshire County, which are North Adams at -3.6%, and Florida at -2.6%.

Figure 3. Estimated Cumulative Percent Change in Population, April 1, 2020 to July 1, 2024 by Massachusetts Municipality



UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25). U.S. Census Bureau, Population Division. May 15, 2025

<sup>3</sup> Quarterly Report on the Status of Prison Capacity, First Quarter 2022 Massachusetts Department of Correction

Table 4, below, lists the 25 fastest growing municipalities in Massachusetts since April 1, 2020 by population growth, followed by a table of the 25 fastest growing municipalities by percentage growth (Table 5).

Table 4: Massachusetts 25 Fastest Growing Cities and Towns by Cumulative Population Change April 1, 2020 Base to July 1, 2024					
City or Town	County	April 1, 2020 Base	July 1, 2024	Cumulative Population Change	Rank Cumulative Change
Plymouth	Plymouth	61,212	66,663	5,451	1
Lowell	Middlesex	115,560	120,418	4,858	2
Worcester	Worcester	206,511	211,286	4,775	3
Woburn	Middlesex	40,881	43,895	3,014	4
Cambridge	Middlesex	118,379	121,186	2,807	5
Everett	Middlesex	49,078	51,825	2,747	6
Weymouth	Norfolk	57,443	60,159	2,716	7
Taunton	Bristol	59,350	61,936	2,586	8
Lynn	Essex	101,261	103,489	2,228	9
Wakefield	Middlesex	27,083	29,216	2,133	10
Wellesley	Norfolk	29,425	31,242	1,817	11
Quincy	Norfolk	101,618	103,434	1,816	12
Newton	Middlesex	88,931	90,700	1,769	13
Northampton	Hampshire	29,567	31,315	1,748	14
Amherst	Hampshire	39,264	40,989	1,725	15
Williamstown	Berkshire	7,518	9,189	1,671	16
Stoneham	Middlesex	23,246	24,550	1,304	17
Shrewsbury	Worcester	38,320	39,620	1,300	18
Methuen	Essex	53,019	54,272	1,253	19
Hopkinton	Middlesex	18,763	19,971	1,208	20
Salem	Essex	44,474	45,677	1,203	21
Somerville	Middlesex	81,048	82,149	1,101	22
North	Essex	31,045	32,135	1,090	23
Westborough	Worcester	21,565	22,643	1,078	24
Bellingham	Norfolk	16,950	17,998	1,048	25
UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25) Source: U.S. Census Bureau, Population Division, Release Date: May 15, 2025					

Table 5: Massachusetts 25 Fastest Growing Cities and Towns by Cumulative Percent Population Change April 1, 2020 Base to July 1, 2024						
City or Town	County	April 1, 2020 Base	July 1, 2024	Population Change	Percent Change	Rank Percent Change
Williamstown	Berkshire	7,518	9,189	1,671	22.2%	1
Millis	Norfolk	8,458	9,338	880	10.4%	2
Berlin	Worcester	3,160	3,479	319	10.1%	3
Plymouth	Plymouth	61,212	66,663	5,451	8.9%	4
Rehoboth	Bristol	12,505	13,537	1,032	8.3%	5



Wakefield	Middlesex	27,083	29,216	2,133	7.9%	6
Woburn	Middlesex	40,881	43,895	3,014	7.4%	7
Lancaster	Worcester	8,440	8,993	553	6.6%	8
Rutland	Worcester	9,046	9,637	591	6.5%	9
Hopkinton	Middlesex	18,763	19,971	1,208	6.4%	10
Lakeville	Plymouth	11,527	12,262	735	6.4%	11
Ayer	Middlesex	8,483	9,010	527	6.2%	12
Bellingham	Norfolk	16,950	17,998	1,048	6.2%	13
Wellesley	Norfolk	29,425	31,242	1,817	6.2%	14
Upton	Worcester	8,001	8,475	474	5.9%	15
Northampton	Hampshire	29,567	31,315	1,748	5.9%	16
Stoneham	Middlesex	23,246	24,550	1,304	5.6%	17
Everett	Middlesex	49,078	51,825	2,747	5.6%	18
Kingston	Plymouth	13,701	14,462	761	5.6%	19
Medway	Norfolk	13,110	13,836	726	5.5%	20
North Reading	Middlesex	15,546	16,379	833	5.4%	21
Douglas	Worcester	8,984	9,452	468	5.2%	22
Westborough	Worcester	21,565	22,643	1,078	5.0%	23
Newburyport	Essex	18,285	19,163	878	4.8%	24
Weymouth	Norfolk	57,443	60,159	2,716	4.7%	25

UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2024 (SUB-MCD-EST2024-POP-25) Source: U.S. Census Bureau, Population Division, Release Date: May 15, 2025

For additional detailed tables and maps related to this summary report refer to the appendices of the UMDI May 15, 2025 release at:

<https://donahue.umass.edu/business-groups/economic-public-policy-research/massachusetts-population-estimates-program/population-estimates-by-massachusetts-geography/by-city-and-town>

For more information on the U.S. Census Bureau's Vintage 2024 Population Estimates Release and to see data for the rest of the U.S., visit the U.S. Census Bureau's estimates page at:

<https://www.census.gov/programs-surveys/popest/data/data-sets.html>

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