

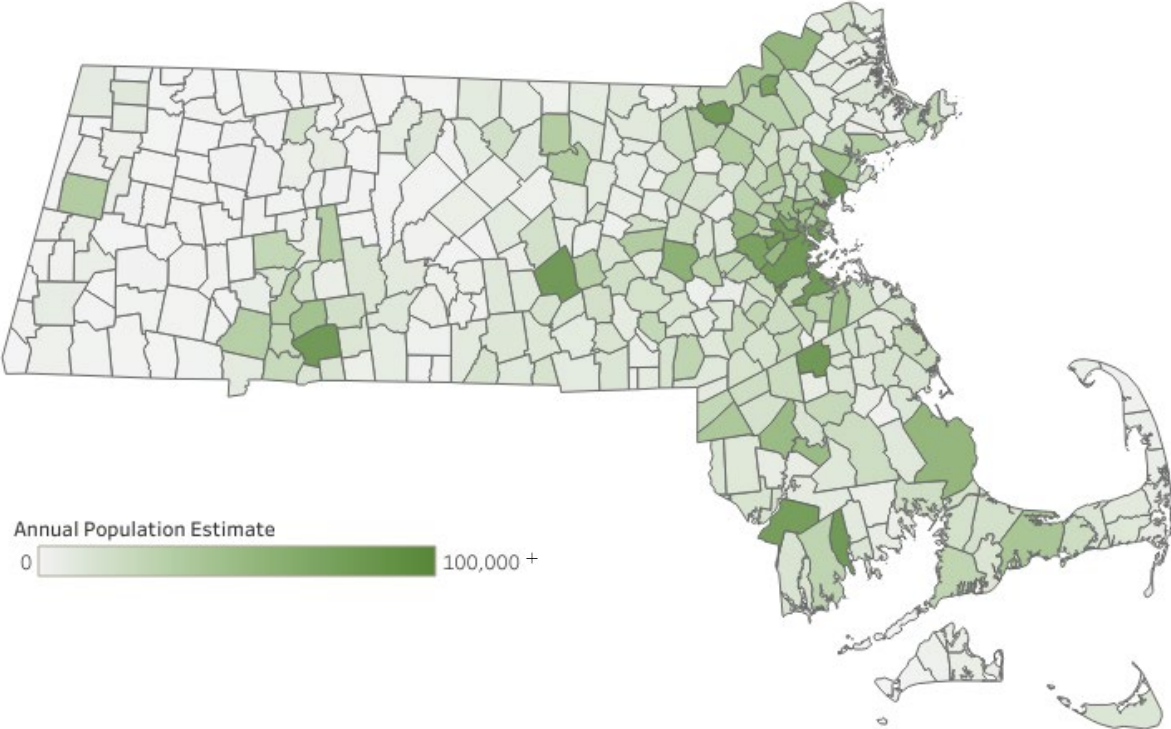
Summary of U.S. Census Bureau’s 2025 Population Estimates for Massachusetts Cities and Towns

Prepared by:

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Economic and Public Policy Research
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For Release May 14, 2026

Figure 1. Massachusetts Sub-County Population Estimates, July 1, 2025



UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2025 (SUB-MCD-EST2025-POP-25). U.S. Census Bureau, Population Division. May 14, 2026

Background

On May 14, 2026, the U.S. Census Bureau released updated population estimates for Massachusetts cities and towns (also called “minor civil divisions” or “MCDs”) for July 1, 2025. This new vintage of estimates is derived from the Census Bureau’s 2025 county-level population estimates, released on March 26, 2026. 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 2025 estimates are developed from a 2020 “base” population drawn from the 2020 Modified Age-Race Census file, which combines the 2020 Census counts with adjustments for child undercounts.¹

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 V2025 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.² 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 migration 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 V2025 estimates series confirms that net domestic migration in Massachusetts has rebounded to where the outflow of residents in 2025 is now on par with 2019 levels. 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 2025, 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.

Immigration was also heavily influenced by both the pandemic and federal policy changes. Pandemic-related restrictions on border crossings caused a drastic decrease in immigration in 2020 and 2021 followed by a surge of pent-up immigration activity from 2022-2024. This uptick was then followed by a substantial decrease in the V2025 estimates for the year 2025. Alongside these drastic shifts, the U.S. Census Bureau was adjusting their methods of estimating net immigration. 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 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 capture the immigration surge documented in increasing border encounters in years 2022-2024. In the current V2025 series, the Bureau improved the subnational geographic distribution of humanitarian migrants by utilizing court records from the

¹ For more information on changes made to the base population in the Vintage 2025 series, see the U.S. Census Bureau’s blog here: <https://www.census.gov/newsroom/blogs/random-samplings/2026/01/updates-data-methodology-population-estimates.html>

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

Executive Office of Immigration Review (EOIR). This resulted in a downward revision of international immigration for the year 2024 in Massachusetts, from 90,217 in the V2024 series to 77,957 in the V2025 series. In Massachusetts, net immigration for the 2024-2025 year was estimated at 40,240, representing the lowest level of immigration seen since 2021. At the same time, upward revisions to estimated domestic (within the U.S.) migration for years 2021-2024 in the V2025 series mostly offset the downward revision to immigration.

The strong increase in international migration in years 2022-2024 alleviated most but not all of 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, Worcester, Essex, and Norfolk counties benefit the most, having the highest rates of international migrants as a percentage of their populations in 2025. In terms of domestic migration, the V2025 estimates show a 74% increase 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 out of fourteen Massachusetts counties experienced more deaths than births in the 2024-2025 estimates year, which also contributed to population loss in five of those counties.

The Vintage 2025 population estimates for cities and towns reflect the broader trends observed in the county-level estimates released in March 2026. In the six counties that lost population this year, 3 out of 15 (20%) Barnstable towns gained population; 1 out of 32 (3%) Berkshire towns gained population; 0 out of 7 Dukes towns gained population; 2 out of 26 (8%) Franklin towns gained population; 1 out of 20 (5%) Hampshire towns gained population; and 0 out of 4 Suffolk towns gained population. In Bristol and Nantucket Counties, 100% of the cities and towns have gained population (Nantucket is only the town of Nantucket County). Essex County and Middlesex County only saw 38% and 44%, respectively, of their cities and towns gain population in the V2025 city and town estimates, while still gaining population at the county level. Hampden County (87%), Norfolk County (79%), Plymouth County (70%), and Worcester County (67%), all saw a majority of their cities and towns gain population, while also gaining population at the county level in the V2025 estimates.

Annual Population Change 2024-2025

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

According to the U.S. Census Bureau's 2025 Sub-County Population Estimates, 14 out of Massachusetts' 26 cities or towns with populations of 50,000 or more in 2020 increased in population from July 1, 2024 to July 1, 2025. Worcester led the group in terms of total population gained with an estimated 1,916 person increase over the year. Plymouth was the fastest-growing large place in terms of percentage growth, with a 1.3% population increase. Boston, from 2022 through 2024, reversed its decrease in population that was seen from the Census 2020 estimates base through the July 1, 2021 estimate due to the record international migration levels seen in Massachusetts in the V2023 and V2024 estimates. However, after the change in distribution of international migration, as well as a decrease in international migration as a whole, Boston has seen its population decrease from 2024 to 2025 by 1,338 or 0.2%. After net domestic out-migration rebounded to pre-pandemic levels in the V2024 estimates, it has since increased in 2025, contributing to the loss of population in Suffolk County and in Boston. Table 1 shows the estimated numerical change and percent change from July 1, 2024 to July 1, 2025 for cities and towns in Massachusetts that had populations over 50,000 in 2020.

Table 1: Estimated Population and Population Change July 1, 2024 to July 1, 2025 for Massachusetts Cities and Towns > 50,000				
Geography	July 1 Population Estimate		Change 2024 to 2025	
	2024	2025	Number	Percent
Worcester	211,946	213,862	1,916	0.90%
Plymouth	66,934	67,846	912	1.34%
Cambridge	121,837	122,588	751	0.61%
Newton	89,999	90,741	742	0.82%
Quincy	102,647	103,173	526	0.51%
Lynn	103,762	104,236	474	0.45%
Taunton	62,207	62,522	315	0.50%
Springfield	154,390	154,702	312	0.20%
Fall River	95,033	95,298	265	0.28%
New Bedford	101,624	101,834	210	0.21%
Somerville	84,088	84,211	123	0.15%
Weymouth	59,739	59,759	20	0.03%
Chicopee	55,291	55,310	19	0.03%
Brookline	63,407	63,414	7	0.01%
Malden	66,378	66,370	-8	-0.01%
Peabody	55,979	55,953	-26	-0.05%
Medford	59,878	59,834	-44	-0.07%
Haverhill	68,416	68,361	-55	-0.08%
Brockton	106,190	106,134	-56	-0.05%
Framingham	73,090	73,021	-69	-0.09%
Methuen	54,663	54,584	-79	-0.14%
Lowell	120,095	119,971	-124	-0.10%
Waltham	65,178	65,037	-141	-0.22%
Lawrence	89,493	89,320	-173	-0.19%
Revere	60,375	60,141	-234	-0.39%
Boston	674,311	672,973	-1,338	-0.20%

UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2025 (SUB-MCD-EST2025-POP-25)
Source: U.S. Census Bureau, Population Division, Release Date: May 14, 2026

All Cities and Towns: Single-Year Change

Among the 351 individual cities and towns in Massachusetts, the U.S. Census Bureau estimates that 166 municipalities, or 47%, increased in population between July 1, 2024 and July 1, 2025. In last year’s V2024 estimates, 283 municipalities gained population. Again, we see the effects of decreased international migration and an increase in the net domestic out migration in the county-level estimates to which the municipal estimates are controlled. The largest population gains from 2024 to 2025 were estimated in Everett (2,362), Worcester (1,916), Plymouth (912), and Cambridge (751), 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 2024 to 2025.

Table 2: Top 25 Massachusetts Cities and Towns by Population Change 2024 to 2025					
City or Town	County	July 1 Estimate		Change 2024-2025	Percent Change 2024-2025
		2024	2025		
Everett	Middlesex	51,210	53,572	2,362	4.61%
Worcester	Worcester	211,946	213,862	1,916	0.90%
Plymouth	Plymouth	66,934	67,846	912	1.36%
Cambridge	Middlesex	121,837	122,588	751	0.62%
Newton	Middlesex	89,999	90,741	742	0.82%
Chelmsford	Middlesex	37,829	38,549	720	1.90%
Bolton	Worcester	5,804	6,477	673	11.60%
Grafton	Worcester	20,377	21,043	666	3.27%
Marshfield	Plymouth	26,163	26,826	663	2.53%
Marlborough	Middlesex	42,153	42,772	619	1.47%
Quincy	Norfolk	102,647	103,173	526	0.51%
Lynn	Essex	103,762	104,236	474	0.46%
Raynham	Bristol	16,123	16,579	456	2.83%
Acton	Middlesex	24,458	24,786	328	1.34%
Taunton	Bristol	62,207	62,522	315	0.51%
Springfield	Hampden	154,390	154,702	312	0.20%
North Reading	Middlesex	16,254	16,553	299	1.84%
Somerset	Bristol	18,399	18,681	282	1.53%
Fall River	Bristol	95,033	95,298	265	0.28%
Tewksbury	Middlesex	31,636	31,901	265	0.84%
Norfolk	Norfolk	11,847	12,096	249	2.10%
Westborough	Worcester	22,645	22,894	249	1.10%
Groveland	Essex	6,861	7,102	241	3.51%
Wakefield	Middlesex	28,995	29,234	239	0.82%
New Bedford	Bristol	101,624	101,834	210	0.21%

UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2025 (SUB-MCD-EST2025-POP-25)
Source: U.S. Census Bureau, Population Division, Release Date: May 14, 2026

Percentage-wise, the fastest growers of the year were mostly small- to mid-sized towns and cities, including many in Middlesex, Norfolk, Plymouth, and Worcester Counties. The table below shows the top 25 fastest growing municipalities in the state in terms of percentage change from 2024 to 2025.

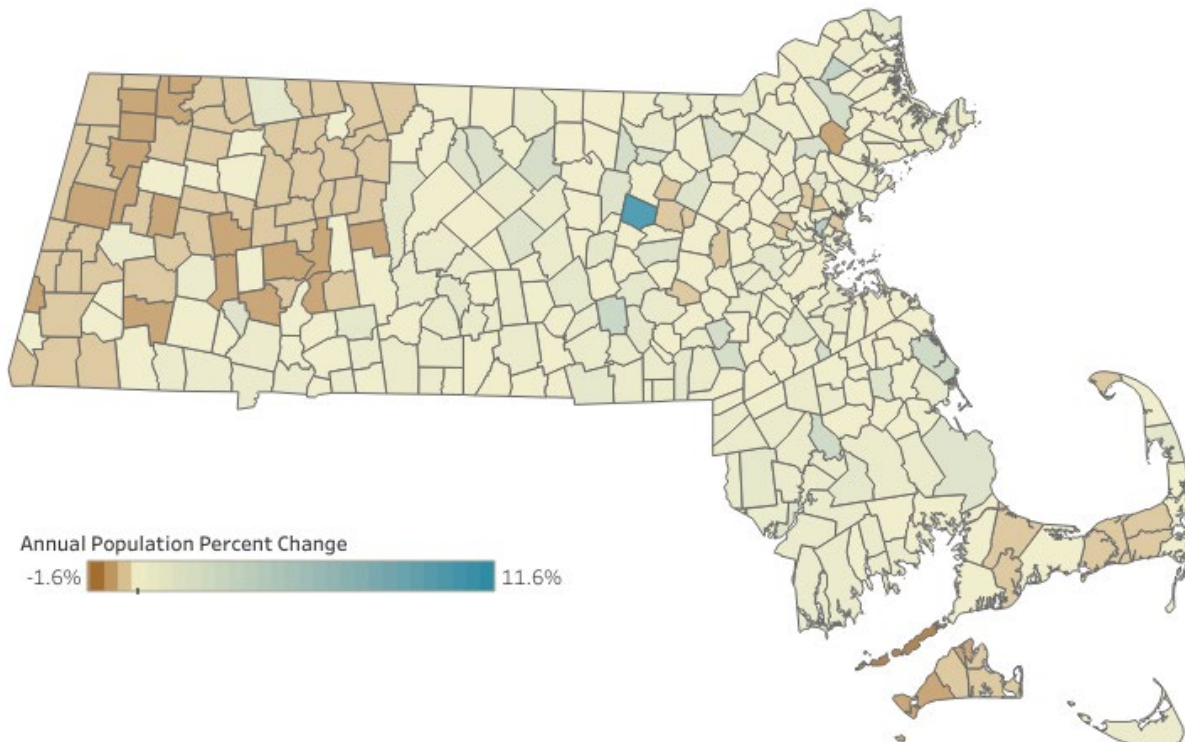
Table 3: Top 25 Massachusetts Cities and Towns by Percent Population Change 2024 to 2025					
City or Town	County	July 1 Estimate		Change	Percent change 2024-2025
		2024	2025		
Bolton	Worcester	5,804	6,477	673	11.60%
Everett	Middlesex	51,210	53,572	2362	4.61%
Groveland	Essex	6,861	7,102	241	3.51%
Grafton	Worcester	20,377	21,043	666	3.27%
Raynham	Bristol	16,123	16,579	456	2.83%
Marshfield	Plymouth	26,163	26,826	663	2.53%
Shirley	Middlesex	7,015	7,189	174	2.48%
Westminster	Worcester	8,616	8,807	191	2.22%
Avon	Norfolk	4,760	4,861	101	2.12%
Norfolk	Norfolk	11,847	12,096	249	2.10%
Millis	Norfolk	9,270	9,463	193	2.08%
Boxford	Essex	8,349	8,520	171	2.05%

Ayer	Middlesex	9,091	9,267	176	1.94%
Chelmsford	Middlesex	37,829	38,549	720	1.90%
North Reading	Middlesex	16,254	16,553	299	1.84%
Templeton	Worcester	8,410	8,553	143	1.70%
Hanson	Plymouth	10,762	10,927	165	1.53%
Somerset	Bristol	18,399	18,681	282	1.53%
Lancaster	Worcester	9,026	9,161	135	1.50%
Marlborough	Middlesex	42,153	42,772	619	1.47%
Plymouth	Plymouth	66,934	67,846	912	1.36%
Phillipston	Worcester	1,770	1,794	24	1.36%
Acton	Middlesex	24,458	24,786	328	1.34%
Rutland	Worcester	9650	9776	126	1.31%
Montgomery	Hampden	828	838	10	1.21%

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Source: U.S. Census Bureau, Population Division, Release Date: May 14, 2026

The map below displays the cities and towns in Massachusetts by annual percentage population change between 2024 and 2025. The town of Bolton, in Worcester County, stands out as the municipality with the largest percentage change with an estimated 11.6% increase in population. In contrast, three of the ten slowest growing municipalities, Northampton, Pelham, and Southampton are located in Hampshire County, three more, Tisbury, Aquinnah, and Gosnold are located in Dukes County, and the other four are spread across Berkshire, Franklin, and Essex County, ranging from -0.85% to -1.6% decrease. The municipalities showing the largest *numeric* population decrease during the year were Boston (-1,338), Pittsfield (-354), Northampton (-280), and Revere (-234).

Figure 2. Estimated Annual Percent Change in Population by Massachusetts Municipality, July 1, 2024 to July 1, 2025



UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2025 (SUB-MCD-EST2025-POP-25). U.S. Census Bureau, Population Division. May 14, 2026

Cumulative Change Since 2020

Since the 2020 Census, the largest cumulative population gains at the county level occurred in Middlesex, Worcester, Essex, and Plymouth Counties and the largest cumulative percentage gains were seen in Nantucket, Worcester, Dukes, and Plymouth Counties. At the city and town-level, the fastest growers since the 2020 Census are also found mostly in Middlesex, Worcester, and Essex Counties. The municipalities with the largest cumulative population gains since the 2020 Census include Worcester (7,354), Plymouth (6,635), Everett (4,504), Lowell (4,375), and Cambridge (4,193). By percentage change, the largest gains from 2020 to 2025 were estimated in Williamstown (22.2%, most likely due to a rebound in college population after the pandemic), Bolton (14.5%) Millis (11.8%), Plymouth (10.8%), Berlin (10.3%), and Raynham (9.3%).

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).

City or Town	County	April 1, 2020 Base	July 1, 2025	Cumulative Population Change	Rank Cumulative Change
Worcester	Worcester	206,508	213,862	7,354	1
Plymouth	Plymouth	61,211	67,846	6,635	2
Everett	Middlesex	49,068	53,572	4,504	3
Lowell	Middlesex	115,596	119,971	4,375	4
Cambridge	Middlesex	118,395	122,588	4,193	5
Somerville	Middlesex	80,988	84,211	3,223	6
Taunton	Bristol	59,365	62,522	3,157	7
Woburn	Middlesex	40,877	43,962	3,085	8
Lynn	Essex	101,259	104,236	2,977	9
Weymouth	Norfolk	57,434	59,759	2,325	10
Chelmsford	Middlesex	36,373	38,549	2,176	11
Wakefield	Middlesex	27,110	29,234	2,124	12
Wellesley	Norfolk	29,419	31,239	1,820	13
Newton	Middlesex	88,951	90,741	1,790	14
Williamstown	Berkshire	7,520	9,186	1,666	15
Amherst	Hampshire	39,269	40,920	1,651	16
Methuen	Essex	53,023	54,584	1,561	17
Quincy	Norfolk	101,623	103,173	1,550	18
Northampton	Hampshire	29,577	31,047	1,470	19
Peabody	Essex	54,493	55,953	1,460	20
Raynham	Bristol	15,175	16,579	1,404	21
Grafton	Worcester	19,662	21,043	1,381	22
Westborough	Worcester	21,565	22,894	1,329	23
Fall River	Bristol	93,982	95,298	1,316	24
Shrewsbury	Worcester	38,321	39,627	1,306	25

UMass Donahue Institute. Source data: Annual Estimates of the Resident Population for Minor Civil Divisions in Massachusetts: April 1, 2020 to July 1, 2025 (SUB-MCD-EST2025-POP-25)
Source: U.S. Census Bureau, Population Division, Release Date: May 14, 2026

Table 5: Massachusetts 25 Fastest Growing Cities and Towns by Cumulative Percent Population Change

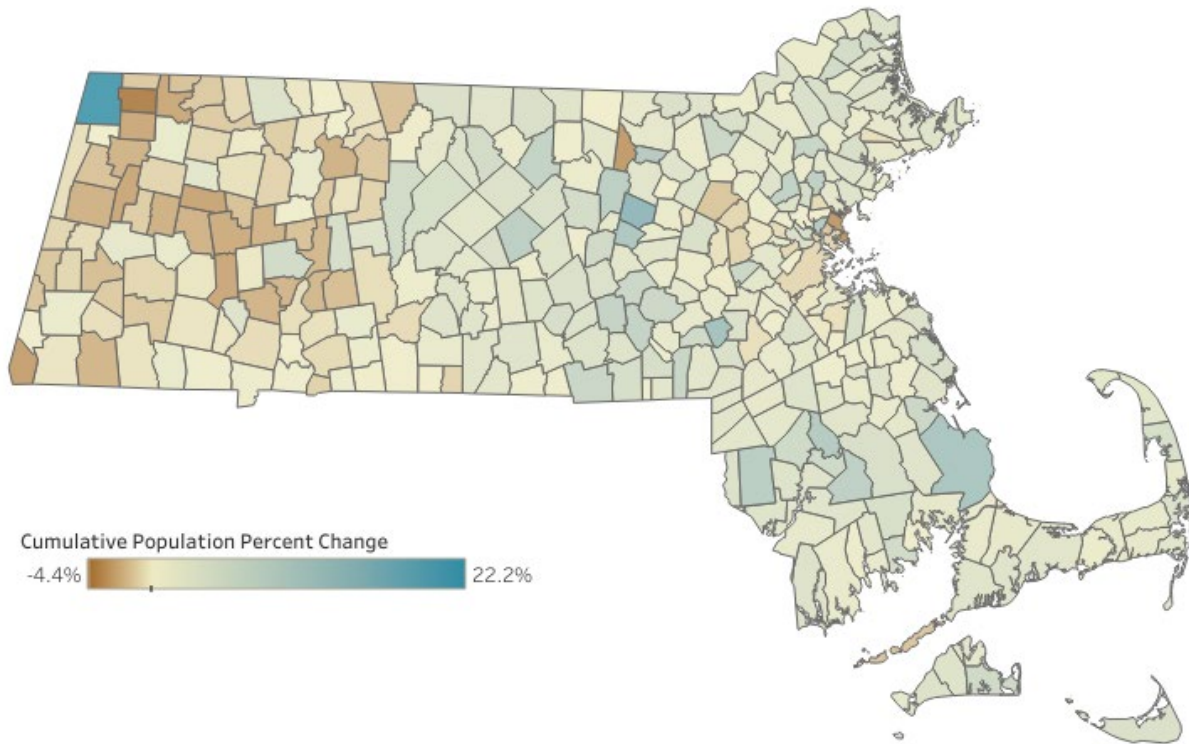
April 1, 2020 Base to July 1, 2025

City or Town	County	April 1, 2020 Base	July 1, 2025	Population Change	Percent Change	Rank Percent Change
Williamstown	Berkshire	7,520	9,186	1,666	22.15%	1
Bolton	Worcester	5,657	6,477	820	14.50%	2
Millis	Norfolk	8,461	9,463	1002	11.84%	3
Plymouth	Plymouth	61,211	67,846	6,635	10.84%	4
Berlin	Worcester	3,161	3,486	325	10.28%	5
Raynham	Bristol	15,175	16,579	1,404	9.25%	6
Ayer	Middlesex	8,484	9,267	783	9.23%	7
Everett	Middlesex	49,068	53,572	4504	9.18%	8
Rehoboth	Bristol	12,500	13,567	1067	8.54%	9
Lancaster	Worcester	8,457	9,161	704	8.32%	10
Rutland	Worcester	9,046	9,776	730	8.07%	11
Lakeville	Plymouth	11,522	12,430	908	7.88%	12
Wakefield	Middlesex	27,110	29,234	2,124	7.83%	13
Woburn	Middlesex	40,877	43,962	3,085	7.55%	14
Westminster	Worcester	8,219	8,807	588	7.15%	15
Grafton	Worcester	19,662	21,043	1,381	7.02%	16
Upton	Worcester	8,000	8,560	560	7.00%	17
North Reading	Middlesex	15,549	16,553	1,004	6.46%	18
Bellingham	Norfolk	16,945	18,032	1087	6.41%	19
Douglas	Worcester	8,979	9,545	566	6.30%	20
Wellesley	Norfolk	29,419	31,239	1820	6.19%	21
Kingston	Plymouth	13,703	14,548	845	6.17%	22
Westborough	Worcester	21,565	22,894	1,329	6.16%	23
Chelmsford	Middlesex	36,373	38,549	2176	5.98%	24
Hopkinton	Middlesex	18,762	19,866	1,104	5.88%	25

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Source: U.S. Census Bureau, Population Division, Release Date: May 14, 2026

The map below shows the estimated cumulative percent change in population from Census 2020 to July 1, 2025. North Adams, in Berkshire County, stands out as the town with the highest percentage of population lost since Census 2020 at -4.4%. After North Adams, 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 -3.5%, Revere at -3.4%, one municipality in Middlesex County, Shirley (-3.4%), which saw the closure of the prison MCI Shirley, and Mount Washington (-3.1%) in Berkshire County.

Figure 3. Estimated Cumulative Percent Change in Population, April 1, 2020 to July 1, 2025 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, 2025 (SUB-MCD-EST2025-POP-25). U.S. Census Bureau, Population Division. May 14, 2026

For additional detailed tables and maps related to this summary report, refer to the appendices of the UMDI May 14, 2026 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 2025 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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