

December 19, 2024

Massachusetts Summary of U.S. Census Bureau Vintage 2024 Population Estimates

On December 19, 2024, the U.S. Census Bureau released annual population estimates for U.S. States and Puerto Rico for July 1, 2024. According to the release, “Following historically low growth at the height of the COVID-19 pandemic, the U.S. population grew substantially by almost 1% since 2023, outpacing average annual growth since 2000 and signaling a significant turnaround from the meager population gains at the start of this decade.”¹

National Overview

According to the new [Vintage 2024 population estimates](#) released by the U.S. Census Bureau:

“The U.S. population grew by nearly 1.0% between 2023 and 2024 As the nation’s population surpasses 340 million, this is the fastest annual population growth the nation has seen since 2001 — a notable increase from the record low growth rate of 0.2% in 2021.... Net international migration, which refers to any change of residence across U.S. borders (the 50 states and the District of Columbia), was the critical demographic component of change driving growth in the resident population. With a net increase of 2.8 million people, it accounted for 84% of the nation’s 3.3 million increase in population between 2023 and 2024. This reflects a continued trend of rising international migration, with a net increase of 1.7 million in 2022 and 2.3 million in 2023.”²

Massachusetts Overview

According to the V2024 estimates, the Massachusetts population also grew significantly from July 1, 2023, to 2024, benefiting largely from the Census Bureau’s adjustment to the immigration estimates in this year’s vintage. The state population increased by 69,603 over the year, from 7,066,568 to 7,136,171, representing a percentage increase of just under 1.0% (0.985%). This is the largest annual percentage increase that Massachusetts has experienced in

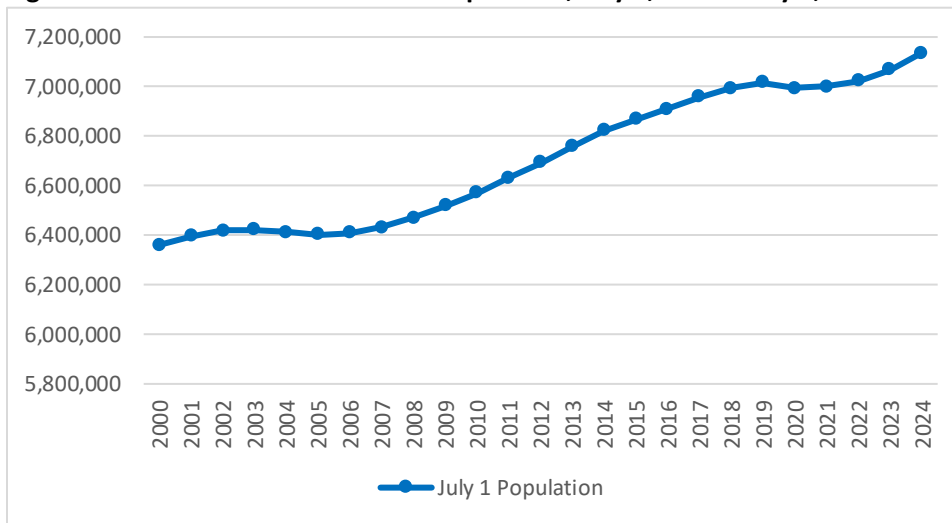
¹ *New 2024 Population Estimates Show Nation’s Population Grew by About 1% to 340.1 Million Since 2023*, Kristie Wilder, U.S. Census Bureau, December 19, 2024. Accessed at: <https://www.census.gov/library/stories/2024/12/population-estimates.html>

² *Net International Migration Drives Highest U.S. Population Growth in Decades*. Press Release Number: CB24-213, U.S. Census Bureau. December 19, 2024.

over a decade, since the 2012-2013 annual increase also rounded to 1%. For context, in the decade from 2000 to 2010, the average growth for Massachusetts was about 0.31% per year, with an average population increase of about 19,827 per year. From Census 2010 to 2020, Massachusetts increased its population by an average of about 0.74% per year, or 48,229 persons per year. Numbers wise, 2023 to 2024 saw the largest population increase in Massachusetts in 60 years. The state population was estimated to have increased by 104,000 persons at the tail end of the “Baby Boom” in 1964.

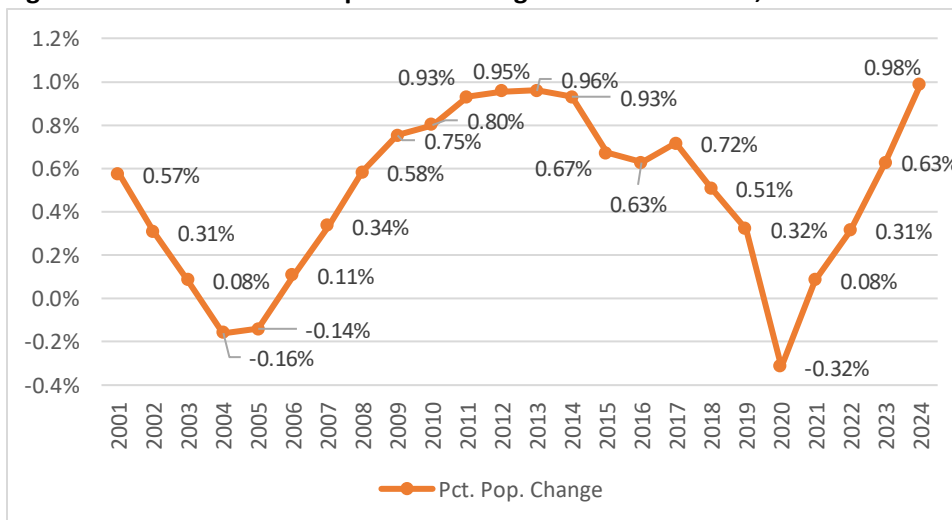
Figure 1, below, shows the estimated Massachusetts population from 2000 through 2024 and Figure 2 shows the annual percent change in population.

Figure 1. Massachusetts Estimated Population, July 1, 2000 - July 1, 2024



UMass Donahue Institute. Source data: ST-EST00INT-01, NST-EST2020INT-POP, and NST-EST2024-ALLDATA. U.S. Census Bureau, Population Division. Release dates: September 2011 and December 2024.

Figure 2. Annual Percent Population Change in Massachusetts, 2001-2024



UMass Donahue Institute. Source data: ST-EST00INT-01, NST-EST2020INT-POP, and NST-EST2024-ALLDATA. U.S. Census Bureau, Population Division. Release dates: September 2011 and December 2024.

Immigration Drives Population Growth

The largest driver by far of the estimated population increase from 2023 to 2024 in Massachusetts is attributed to net immigration, estimated at 90,217 for the state for that year. The Vintage 2024 estimates (V2024) are significant for Massachusetts in that they show the highest levels of immigration seen since at least 1990.³ 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 current 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 agencies in order to 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 vintage 2023.

The U.S. Census Bureau explains that “there is a notable departure of the unadjusted (ACS-based), foreign-born immigration estimate from the benchmark data (based on federal reporting agencies) beginning July 1, 2021. The sharp and sudden rise in inflows can be traced to the reversal of pandemic-era travel restrictions and the simultaneous increase in humanitarian migrants to the United States.”⁴

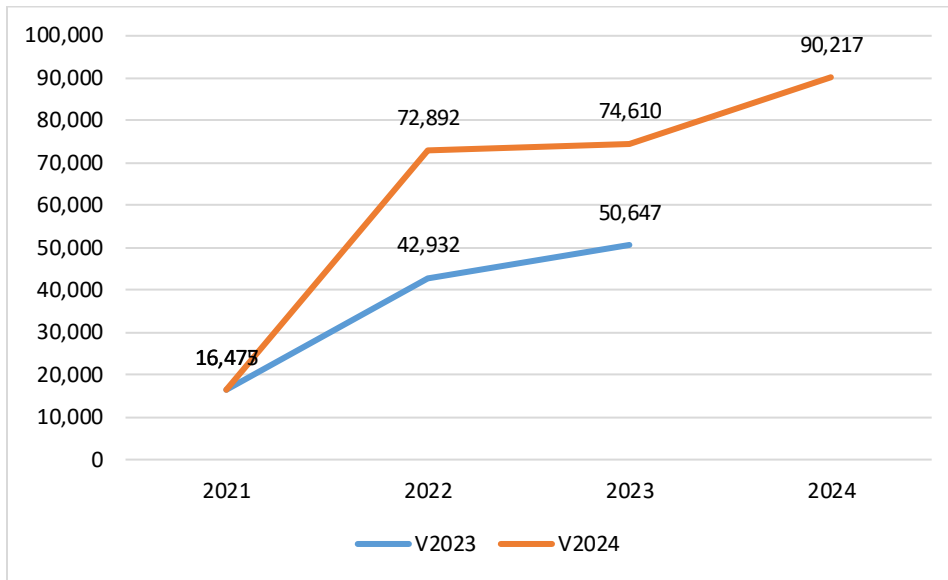
It is important to note that the Census Bureau has not yet updated their method for distributing U.S. immigrant totals to states and counties in the V2024 series. For this reason, it is expected that the components of change for years 2021-2024 in the V2024 estimate series are likely to be revised again in the next V2025 series, which will be released in December 2025.

Figure 3 below displays the effect of the Census Bureau’s revised methodology on the Massachusetts immigration component in the V2024 series compared to the V2023 series released in December 2023. Notably, the V2024 estimate for immigration from July 1, 2021 to July 1, 2022 is 29,960 persons higher in the V2024 series compared to the V2023 series; 2022 to 2023 immigration is 23,963 higher, and 2023 to 2024 immigration reaches a level not seen in decades, at 90,217.

³ For pre-1990 estimates the Census Bureau combined “net international migration, Federal Citizen movement, net domestic migration, and a statistical residual” into a single “residual” component. In post-1990 estimates, the estimates methodology was refined to allow separate identification of these components. For state population estimates for the 1980s decade and prior, only the components of births, deaths and “residual” are available. See note at: <https://www2.census.gov/programs-surveys/popest/tables/1980-1990/state/asrh/8090com.txt>

⁴ *Census Bureau Improves Methodology to Better Reflect Increase in Net International Migration*, Mark Gross, Jacqueline Lamas, Yeris H. Mayol-Garcia and Eric Jensen, U.S. Census Bureau, December 19, 2024. Accessed at: <https://www.census.gov/newsroom/blogs/random-samplings/2024/12/international-migration-population-estimates.html>

Figure 3. International Migration July 1, 2021 – July 1, 2024 by Census Estimates Series



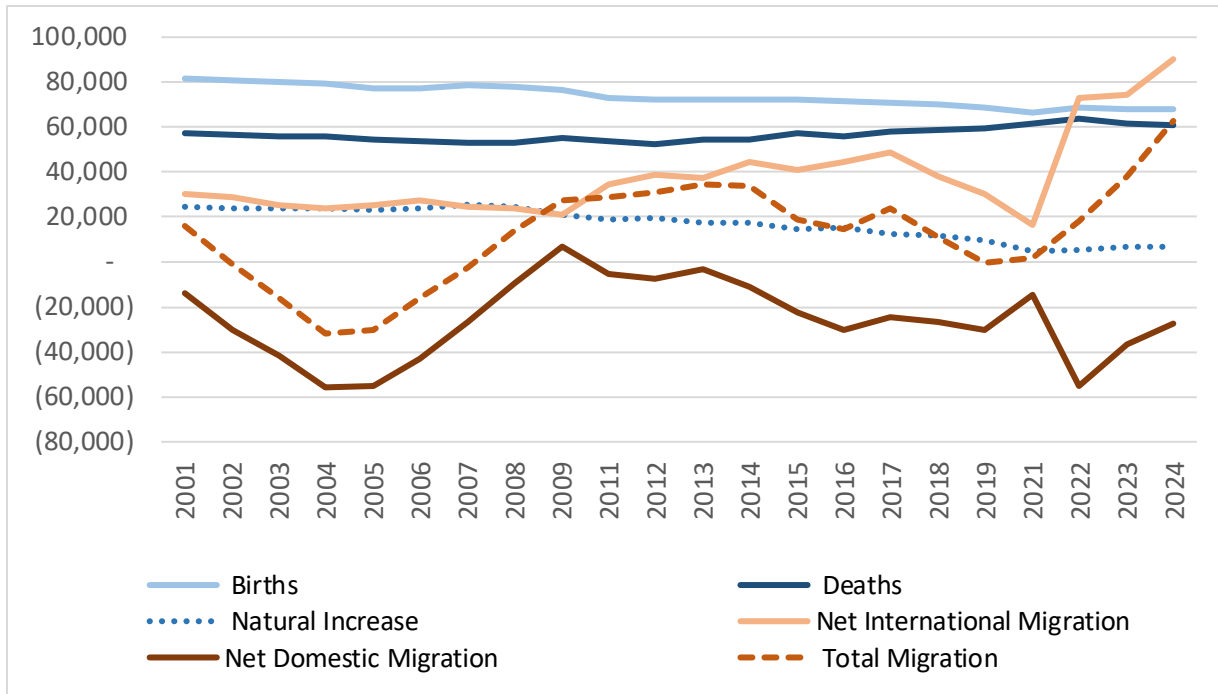
UMass Donahue Institute. Source: U.S. Census Bureau, Population Division, NST-EST2023-ALLDATA, December 19, 2023; U.S. Census Bureau, Population Division, NST-EST2024-ALLDATA, December 19, 2024.

Massachusetts Components of Change

While immigration is the single largest driver of population change in Massachusetts in the V2024 estimates series, other factors also play a role. The U.S. Census Bureau produces revised population estimates each year by adding updated *components of change* to the Census 2020 base. These components include both **births** and **deaths**, which together constitute the **natural increase**. They also include **net domestic migration** (migration to and from other states within the U.S.) and **net international migration** (migration to and from other countries) which sum to the **total net migration**. A fifth component, the *group quarters* population, is factored into the domestic migration total but is not broken out as a separate number in the Bureau’s published release.

Figure 4 below shows the long-term trends in these components from 2000 through 2024. Note that the years 2010 and 2020 are excluded from this graph for display purposes, as the Census Bureau provides only 3-months of component estimates for those years (from April 1 to July 1.)

Figure 4. Massachusetts Estimated Components of Change 2001-2024*



UMass Donahue Institute. Source Data: ST-2000-7; CO-EST2010-ALLDATA; and NST-EST2024-ALLDATA, U.S. Census Bureau Population Division. *Note that the Census Bureau provides only 3 months of component estimates for years 2010 and 2020. These years are excluded from the time-series chart above.

A greater number of births over deaths and positive international migration offsetting negative domestic migration all contributed to an overall increase in population in most years in the 2001-2024 period. Domestic out-migration from Massachusetts peaked in the middle of the aughts with an estimated net outflow of 55,788 persons leaving Massachusetts for other parts of the United States in 2004. This outflow was reduced significantly in 2007 (by 52%) and again in 2008 (by 63%), and then finally reversed to a positive in-flow in 2009, with an estimated 6,843 net persons moving into Massachusetts from other U.S. states.

In the years since 2010, domestic migration reverted to a negative value again, and hit a low point in 2022, when an estimated 54,843 more persons within the U.S. left Massachusetts than moved in. Since 2022, however, domestic migration has been rebounding, suggesting that the 2022 period may have been related to a short-term shock effect, potentially influenced by work-from-home trends or urban-to-rural movement following the COVID-19 pandemic. By 2023, net domestic outmigration decreased to 36,572 persons and then decreased again to 27,480 net outmigrants by 2024 – nearly half of the peak outflow in 2022.

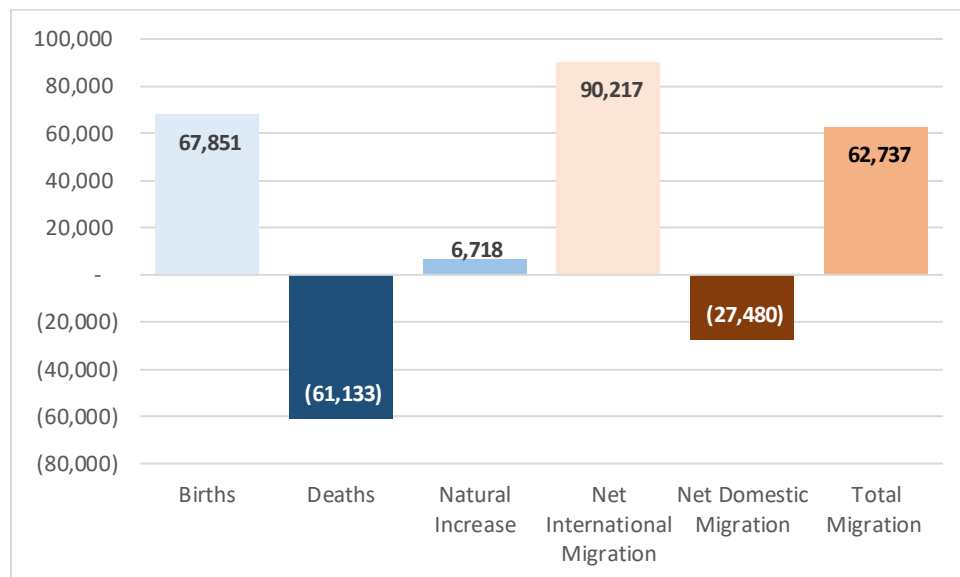
At the same time, estimated international immigration into the state fell off sharply between 2017, when it peaked at 48,583, and 2021, when it hit a low point of just 16,475. Notably, 2019 marked the first year since 2007 when international immigration was not great enough to offset all domestic outmigration, resulting in a total net outflow of 316 persons. A downward

trend in immigration continued through 2021 and then reversed again in 2022 with the national surge in humanitarian immigration boosting estimated immigration to 72,892. The surge continued in 2023, with an estimated 74,610 immigrants coming into Massachusetts, finally reaching an estimated 90,217 in 2024.

With positive immigration increasing and domestic outflow decreasing in recent years, the net effect of total migration has been increasingly positive since 2020, with total net migration increasing from 1,762 in the period ending 2021 to 18,049 in 2022; 38,038 in 2023, and 62,737 in 2024.

While in 2020 births hit a low point and deaths were exacerbated due to the COVID-19 pandemic, both components started to rebound in 2021 and have been holding fairly steady since. In 2024, Massachusetts saw more births (67,851) than deaths (61,133), contributing 6,718, on net, to the population growth in Massachusetts. Figure 5 displays the extent to which the net gain in total migration combined with the net gain in natural increase, resulting in net population gain in Massachusetts during this period.

Figure 5. Massachusetts Estimated Components of Change, 2024



UMass Donahue Institute. Source: U.S. Census Bureau, Population Division, NST-EST2024-ALLDATA, December 19, 2024.

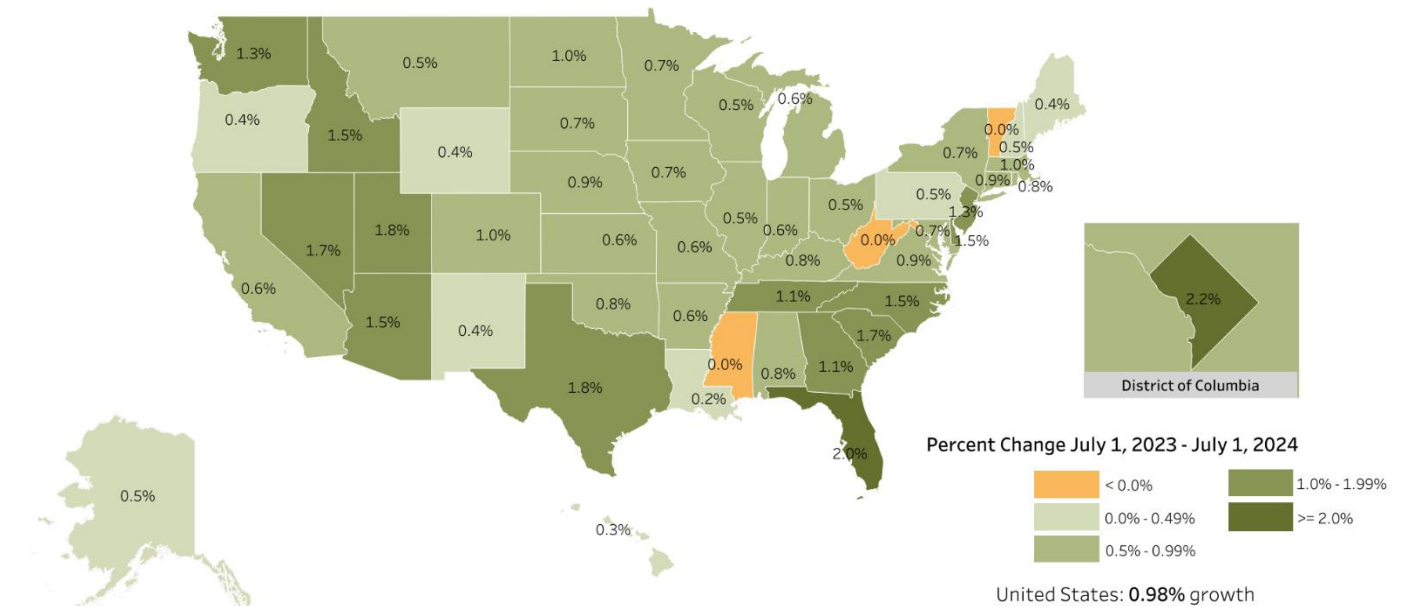
Regional Comparisons

Massachusetts' annual growth from 2023 to 2024 of 0.985% was just slightly higher than the U.S. growth of 0.981%, with both rounding to 1%. Massachusetts also grew more rapidly than the Northeast average (0.757%) and the Midwest and Western regions of the U.S. (0.593% and 0.867%, respectively.) Within the Northeast Region, it was the second fastest growing state after New Jersey, which grew by 1.292%, and it was the fastest growing out of all New England states this year. The state ranked 13th in total population change and 15th in percent population

change from July 1, 2023 to July 1, 2024. Cumulatively since the 2020 Census, Massachusetts, ranks 18th in population change and 33rd in percent population change. In 2024, the state maintained its rank as the 16th most populous state in the U.S. (out of 50 states plus District of Columbia).

The tables and figures below show the estimated Massachusetts percent population change, for the single year 2023 to 2024 (Figure 6) and cumulatively since the 2020 Census count, along with other U.S. states and regions.

Figure 6. Annual Percent Change in Population, July 1, 2023 to July 1, 2024



UMass Donahue Institute. Source data: NST-EST2024-POPCHG2020-2024. U.S. Census Bureau Population Division. December. 19, 2024.

Table 1. Population for United States, U.S. Regions, and Northeast States, April 1, 2020 to July 1, 2024

Geography	Estimates Base April 1, 2020	Estimate July 1, 2020	Estimate July 1, 2021	Estimate July 1, 2022	Estimate July 1, 2023	Estimate July 1, 2024	National Rank Population 2024
United States	331,515,736	331,577,720	332,099,760	334,017,321	336,806,231	340,110,988	X
Northeast Region	57,617,706	57,431,458	57,252,533	57,159,597	57,398,303	57,832,935	4
Midwest Region	68,998,970	68,984,258	68,872,831	68,903,297	69,186,401	69,596,584	3
South Region	126,281,537	126,476,549	127,368,010	129,037,849	130,893,358	132,665,693	1
West Region	78,617,523	78,685,455	78,606,386	78,916,578	79,328,169	80,015,776	2
Connecticut	3,607,701	3,579,918	3,606,607	3,617,925	3,643,023	3,675,069	29
Maine	1,363,196	1,364,571	1,378,931	1,390,922	1,399,646	1,405,012	42
Massachusetts	7,033,132	6,994,598	7,000,474	7,022,468	7,066,568	7,136,171	16
New Hampshire	1,377,546	1,378,756	1,387,677	1,396,678	1,402,199	1,409,032	41
New Jersey	9,289,014	9,272,794	9,270,541	9,295,227	9,379,642	9,500,851	11
New York	20,203,772	20,105,171	19,848,276	19,703,747	19,737,367	19,867,248	4
Pennsylvania	13,002,909	12,996,143	13,015,571	12,984,990	13,017,721	13,078,751	5
Rhode Island	1,097,354	1,096,530	1,097,246	1,099,498	1,103,429	1,112,308	44
Vermont	643,082	642,977	647,210	648,142	648,708	648,493	50

UMass Donahue Institute. Source data: NST-EST2024-POPCHG2020-2024. U.S. Census Bureau Population Division. December. 19, 2024.

**Table 2. Population Change for United States, U.S. Regions, and Northeast States:
Single Year July 1, 2023 to July 1, 2024 and Cumulative April 1, 2020 to July 1, 2024**

Geography	Single Year Population Change July 1, 2023 to July 1, 2024	Rank Single Year Population Change July 1, 2023 to July 1, 2024	Cumulative Population Change April 1, 2020 to July 1, 2024	Rank Cumulative Population Change April 1, 2020 to July 1, 2024
United States	3,304,757	X	8,595,252	X
Northeast Region	434,632	3	215,229	4
Midwest Region	410,183	4	597,614	3
South Region	1,772,335	1	6,384,156	1
West Region	687,607	2	1,398,253	2
Connecticut	32,046	27	67,368	26
Maine	5,366	45	41,816	33
Massachusetts	69,603	13	103,039	18
New Hampshire	6,833	42	31,486	37
New Jersey	121,209	6	211,837	10
New York	129,881	5	(336,524)	51
Pennsylvania	61,030	15	75,842	25
Rhode Island	8,879	40	14,954	39
Vermont	(215)	50	5,411	44

UMass Donahue Institute. Source data: NST-EST2024-POPCHG2020-2024. U.S. Census Bureau Population Division. December. 19, 2024.

**Table 3. Percent Population Change for United States, U.S. Regions, and Northeast States:
Single Year July 1, 2023 to July 1, 2024 and Cumulative April 1, 2020 to July 1, 2024**

Geography	Single Year Percent Population Change July 1, 2023 to July 1, 2024	Rank Single Year Percent Population Change July 1, 2023 to July 1, 2024	Cumulative Percent Population Change April 1, 2020 to July 1, 2024	Rank Cumulative Percent Population Change April 1, 2020 to July 1, 2024
United States	1.0%	X	2.6%	X
Northeast Region	0.8%	3	0.4%	4
Midwest Region	0.6%	4	0.9%	3
South Region	1.4%	1	5.1%	1
West Region	0.9%	2	1.8%	2
Connecticut	0.9%	19	1.9%	27
Maine	0.4%	46	3.1%	17
Massachusetts	1.0%	15	1.5%	33
New Hampshire	0.5%	41	2.3%	20
New Jersey	1.3%	11	2.3%	21
New York	0.7%	29	-1.7%	51
Pennsylvania	0.5%	42	0.6%	44
Rhode Island	0.8%	22	1.4%	34
Vermont	0.0%	51	0.8%	39

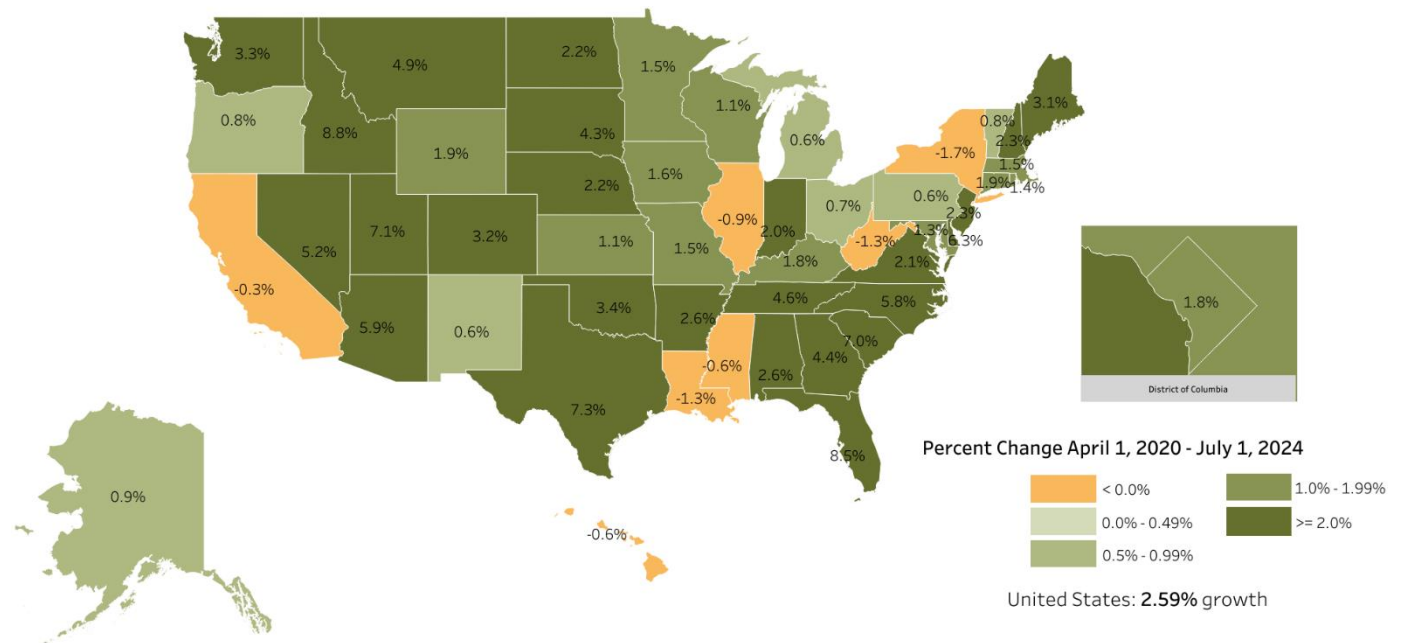
UMass Donahue Institute. Source data: NST-EST2024-POPCHG2020-2024. U.S. Census Bureau Population Division. December. 19, 2024.

Cumulative Change

Population in the U.S. increased overall from 2023 to 2024, and Massachusetts was among the eight out of nine Northeast states that gained population over the last year. Cumulatively since the 2020 Census, Massachusetts has gained population along with seven other Northeast States, with New York being the only state to have lost population since 2020. According to the latest estimates, while the Massachusetts population increased by 69,603, or 0.985% over the year, since the last Census count on April 1, 2020, the state population increased by 103,039, up from 7,033,132. This 1.5% cumulative increase is more substantial than Rhode Island (1.4%), Vermont (0.8%), Pennsylvania (0.6%), and New York (-1.7%) over the same period (Tables 1-3).

The Northeast Region increased by 0.4% since the 2020 Census count, compared to the 1.5% increase estimated in Massachusetts. These estimates reflect a shift in international migration observed in recent years following the Census Bureau’s methodology revision. Meanwhile, the Midwest, South, and the West have all increased in population since 2020 at faster rates than the Northeast, as has been the trend for many years, as the U.S. population gradually moves south and west over time.

Figure 7. Cumulative Percent Change in Population, April 1, 2020 to July 1, 2024 by State

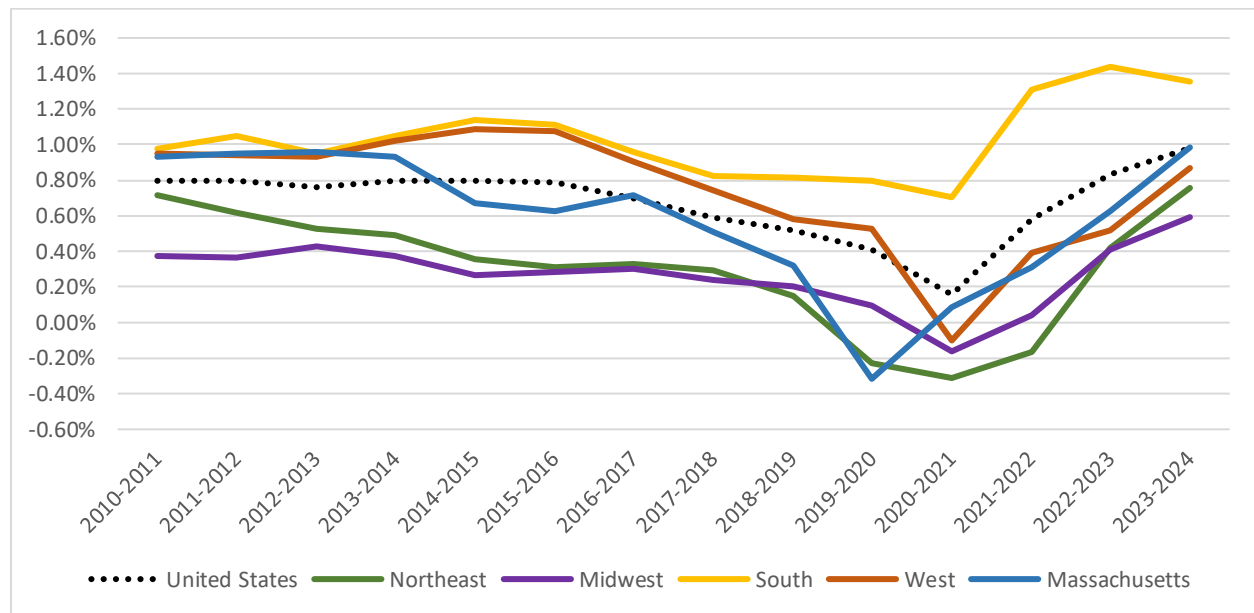


UMass Donahue Institute. Source data: NST-EST2024-POPCHG2020-2024. U.S. Census Bureau Population Division. December 19, 2024.

Long-Term Trends

Figure 8 below shows the estimated annual percent change in population for the United States, U.S. Regions, and Massachusetts from 2010 through 2024. The graph shows that before the 2020-2021 period, growth in the U.S., both on average and in each of its regions, was gradually slowing. Reasons for this include both an overall aging population -- resulting in increasing deaths and decreasing births -- and decreasing international immigration. However, after 2020, annual percent change began to climb increasing again in 2021-2022 and in 2022-2023 for all regions, the U.S. and Massachusetts. Only the Southern region saw a slight dip in its percentage change from 2023 to 2024 and Massachusetts was the only geographic entity on the chart to show an increase in percent population change from 2020 to 2021.

Figure 8. Estimated Annual Percent Change in Population 2010-2024 for the United States, U.S. Regions, and Massachusetts



UMass Donahue Institute. Source data: NST-EST2020INT-POP and NST-EST2024-ALLDATA. U.S. Census Bureau, Population Division. Release dates: November 2024 and December 2024.

Components of Change: Regional and State Comparisons

An examination of the components-of-change data begins to answer the question of why some states or regions are racing ahead in growth while others lag behind. The 2024 estimated components data, as shown below in Table 4, suggests that Massachusetts and all other Northeastern states saw positive *total migration* with positive international migration offsetting domestic out-migration in all states, and with New York, New Jersey, and Massachusetts leading in highest immigration numbers. Of all the Northeast states, only Maine and New Hampshire experienced positive domestic migration. In the Southern Region of the U.S. both births and domestic in-migration lead to stronger population growth, while all other regions of the U.S. experienced domestic outmigration to the South that was offset by gains in immigration and less impactful natural gain due to births greater than deaths during the year.

Table 4. Estimated Components of Change for the United States, U.S. Regions, and Northeast States, 2024

Geography	Vital Events			Migration		
	Births	Deaths	Natural Increase	International Migration	Domestic Migration	Total Net Migration
United States	3,605,563	3,086,925	518,638	2,786,119	(X)	2,786,119
Northeast Region	574,868	515,524	59,344	567,420	-192,109	375,311
Midwest Region	735,023	682,282	52,741	406,737	-49,214	357,523
South Region	1,471,082	1,252,515	218,567	1,144,168	411,004	1,555,172
West Region	824,590	636,604	187,986	667,794	-169,681	498,113
Connecticut	34,609	32,778	1,831	36,214	-6,060	30,154
Maine	11,609	16,766	-5,157	5,196	5,329	10,525
Massachusetts	67,851	61,133	6,718	90,217	-27,480	62,737
New Hampshire	11,777	14,140	-2,363	4,290	4,889	9,179
New Jersey	101,199	75,189	26,010	130,692	-35,554	95,138
New York	205,289	161,588	43,701	207,161	-120,917	86,244
Pennsylvania	127,571	136,882	-9,311	82,101	-11,500	70,601
Rhode Island	9,924	10,286	-362	9,525	-305	9,220
Vermont	5,039	6,762	-1,723	2,024	-511	1,513

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2024_ALLDATA. Release Date December 19, 2024.

The natural increase in the Northeast Region is slow overall, accounting for just 59,344 in population gain across all nine Northeast states from July 1, 2023 to July 1, 2024.

Massachusetts, Connecticut, New York, and New Jersey were the only Northeast states in which the number of births outnumbered the number of deaths in the year. Nationwide, according to the Census Bureau release, Massachusetts was one of 34 states (including D.C.) that experienced a greater number of births over deaths in the 2024 period.

In terms of migration, Massachusetts has a long history of positive and robust international migration offsetting loss from domestic out-migration (people moving from Massachusetts to other U.S. States). While international migration had started to fall off dramatically after 2017 (see Figure 7), the biggest factor in population loss in 2021 was the effect of net domestic out-migration without the usual international offset. However, the updated V2024 series estimates show a reversal of this trend, with net international migration far exceeding domestic out-migration, leading to positive total migration of 62,737 in 2024.

Components-of-Change Rates: Regional and State Comparisons

Another way to compare this data over different geographies is to first convert it to a rate –so that larger and smaller geographies can be evaluated together. Table 5 below shows the rate per 1,000 persons of each change component for the United States, U.S. Regions, and the Northeast States, including Massachusetts.

Table 5. Estimated Components of Change Rates for the United States, U.S. Regions, and Northeast States, 2024

Geography	Vital Events			Migration		
	Births	Deaths	Natural Increase	International Migration	Domestic Migration	Total Net Migration
United States	10.7	9.1	1.5	8.2	(X)	8.2
Northeast Region	10.0	8.9	1.0	9.8	(3.3)	6.5
Midwest Region	10.6	9.8	0.8	5.9	(0.7)	5.2
South Region	11.2	9.5	1.7	8.7	3.1	11.8
West Region	10.3	8.0	2.4	8.4	(2.1)	6.3
Connecticut	9.5	9.0	0.5	9.9	(1.7)	8.2
Maine	8.3	12.0	(3.7)	3.7	3.8	7.5
Massachusetts	9.6	8.6	0.9	12.7	(3.9)	8.8
New Hampshire	8.4	10.1	(1.7)	3.1	3.5	6.5
New Jersey	10.7	8.0	2.8	13.8	(3.8)	10.1
New York	10.4	8.2	2.2	10.5	(6.1)	4.4
Pennsylvania	9.8	10.5	(0.7)	6.3	(0.9)	5.4
Rhode Island	9.0	9.3	(0.3)	8.6	(0.3)	8.3
Vermont	7.8	10.4	(2.7)	3.1	(0.8)	2.3

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2024_ALLDATA. Release Date December 19, 2024. Rates per 1,000 average population.

These estimated component rates indicate that Massachusetts births are occurring at a lower rate (9.6 per 1,000 average population) than in the United States as a whole (10.7) and each U.S. region on average (Table 5). Deaths in Massachusetts are also occurring at a lower rate (8.6) than the U.S. (9.1) and all other regions of the U.S. except the West (8.0). Taken together, these vital events lead to a natural increase rate (0.9) that is below that of the U.S. on average (1.5) and each of its regions except the Midwest (0.8). Notably, Massachusetts still has a higher natural increase rate than all other states in the Northeast except for New Jersey and New York.

As for migration, the Northeast, Midwest, and West regions all experienced net domestic out-migration (-3.3, -0.7, and -2.1 per 1,000 population, respectively) while the Southern region has positive domestic migration (3.1). The domestic migration rate of -3.9 in Massachusetts is slightly higher than the Northeast regional average of -3.3 and indicates net domestic outmigration, most likely to Southern states. On the other hand, the international migration rate of 12.7 for Massachusetts is significantly higher than the U.S. average of 8.2 and is the second highest rate among Northeast states, trailing only New Jersey at 13.8 immigrants per 1,000 population. As of 2024, the Census estimates indicate that Massachusetts has the fourth highest rate of annual net international immigration per 1,000 population and trails only the District of Columbia, Florida, and New Jersey (Table 6). In terms of the number of net immigrants, Massachusetts ranked seventh in the 2024 estimates (Table 7). In terms of domestic migration, however, Massachusetts ranked 46th. Only Illinois, Alaska, California, New York, and Hawaii lost more domestic migrants per 1,000 population than Massachusetts between July 1, 2023 and July 1, 2024.

Table 6. States With Highest Net International Immigration Rates, 2024

State	Rate of Net International Immigration	Ranking
District of Columbia	18.0	1
Florida	17.8	2
New Jersey	13.8	3
Massachusetts	12.7	4
New York	10.5	5
Washington	10.3	6
Texas	10.3	7
Nevada	10.2	8
Connecticut	9.9	9
Utah	9.5	10
California	9.2	11
Illinois	8.9	12
Rhode Island	8.6	13
Arizona	8.6	14
Maryland	8.5	15

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2024_ALLDATA. Release Date December 19, 2024. Rates per 1,000 average population. State rankings include District of Columbia.

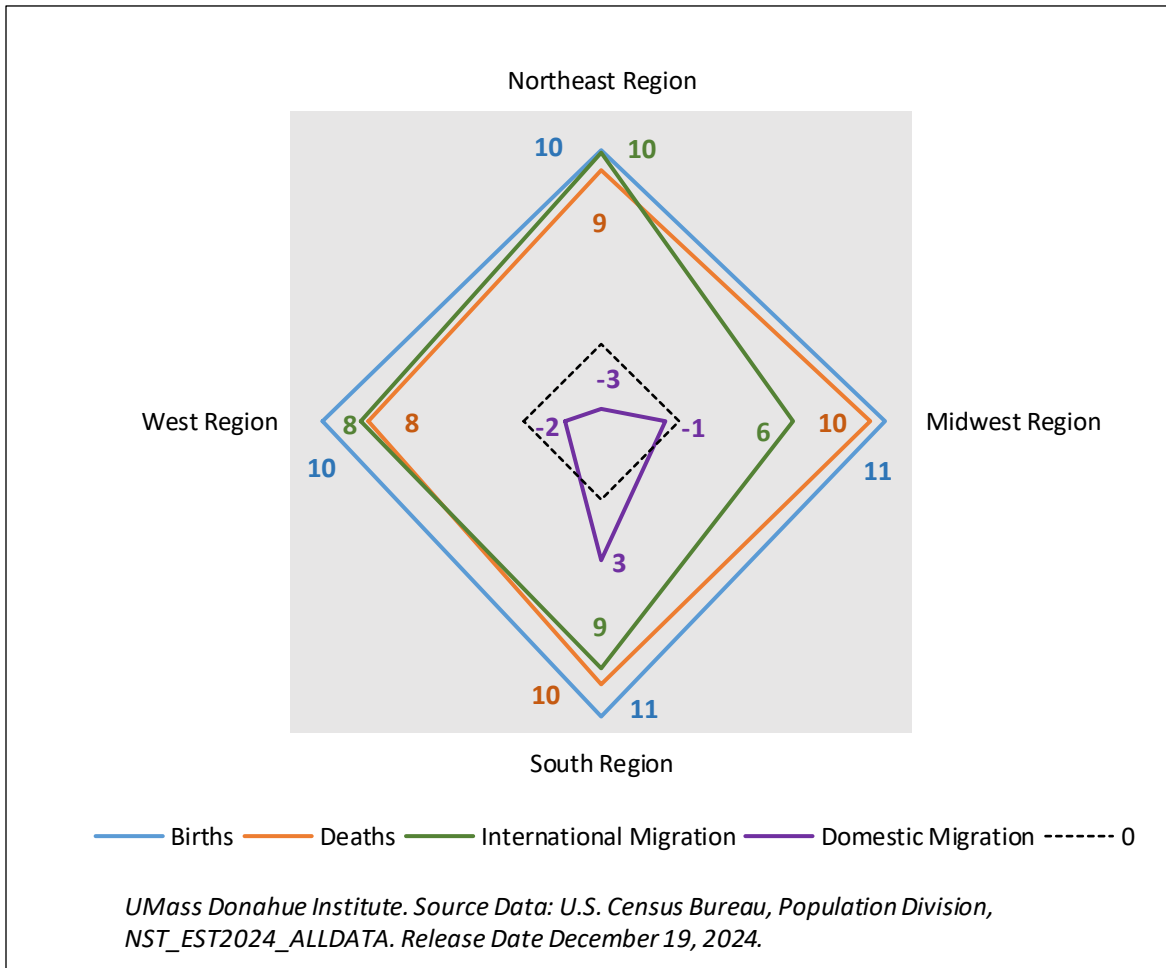
Table 7. States With the Highest Net International Immigration, 2024

State	Net International Immigrants	Ranking
Florida	411,322	1
California	361,057	2
Texas	319,569	3
New York	207,161	4
New Jersey	130,692	5
Illinois	112,955	6
Massachusetts	90,217	7
Pennsylvania	82,101	8
Washington	81,581	9
North Carolina	69,792	10
Michigan	67,608	11
Arizona	64,486	12
Georgia	63,088	13
Ohio	62,378	14
Virginia	56,155	15

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2024_ALLDATA. Release Date December 19, 2024. State rankings include District of Columbia.

Figure 8 demonstrates the magnitude of each of the components of population change, graphing component rates by U.S. region. Births represent the component with the greatest influence on population change for all four regions of the United States. Deaths are the second most influential component in the Midwest and South Regions while international Migration is the second most influential component in the Northeast and West Regions. International migration is weighted to the West, South, and Northeast, while domestic migration adds notably to the South, with losses in the Midwest, West, and especially the Northeast.

Figure 8. Rates of Estimated Components of Change by U.S. Region, 2024



Additional Information and estimates data can be found on the U.S. Census Bureau’s website at <https://www.census.gov/programs-surveys/popest.html>

Additional UMass Donahue Institute Massachusetts summaries of U.S. Census Bureau releases can be accessed at <http://www.donahue.umass.edu/business-groups/economic-public-policy-research/massachusetts-population-estimates-program/population-estimates-by-massachusetts-geography>

Summary prepared by:

Susan Strate, Senior Manager, Population Estimates Program
 Denis McAuliffe, Research Analyst II
 Chris Diaz, Research Analyst II