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Donahue Institute

Economic and
Public Policy Research

January 27, 2026

Summary of U.S. Census Bureau Vintage 2025 Massachusetts Population Estimates

National Overview

On January 27, 2026, the U.S. Census Bureau released annual population estimates for U.S. States and Puerto Rico for July 1, 2025. According to the new Vintage 2025 population estimates released by the U.S. Census Bureau:

> "Population growth in the United States has slowed significantly with an increase of only 1.8 million, or 0.5%, between July 1, 2024, and July 1, 2025 …. This was the nation's slowest population growth since the early period of the COVID-19 pandemic, when the population grew by a historically low 0.2% in 2021. The slowdown also comes after a sizeable uptick of growth in 2024, when the country added 3.2 million people and grew by 1.0%, the fastest annual population growth rate since 2006.
>
> The slowdown in U.S. population growth is largely due to a historic decline in net international migration, which dropped from 2.7 million to 1.3 million in the period from July 2024 through June 2025 …. With births and deaths remaining relatively stable compared to the prior year, the sharp decline in net international migration is the main reason for the slower growth rate we see today.
>
> Slower population growth was felt across the country. All four census regions and every state except Montana and West Virginia saw their growth slow, or their decline accelerate." [1]

Massachusetts Overview

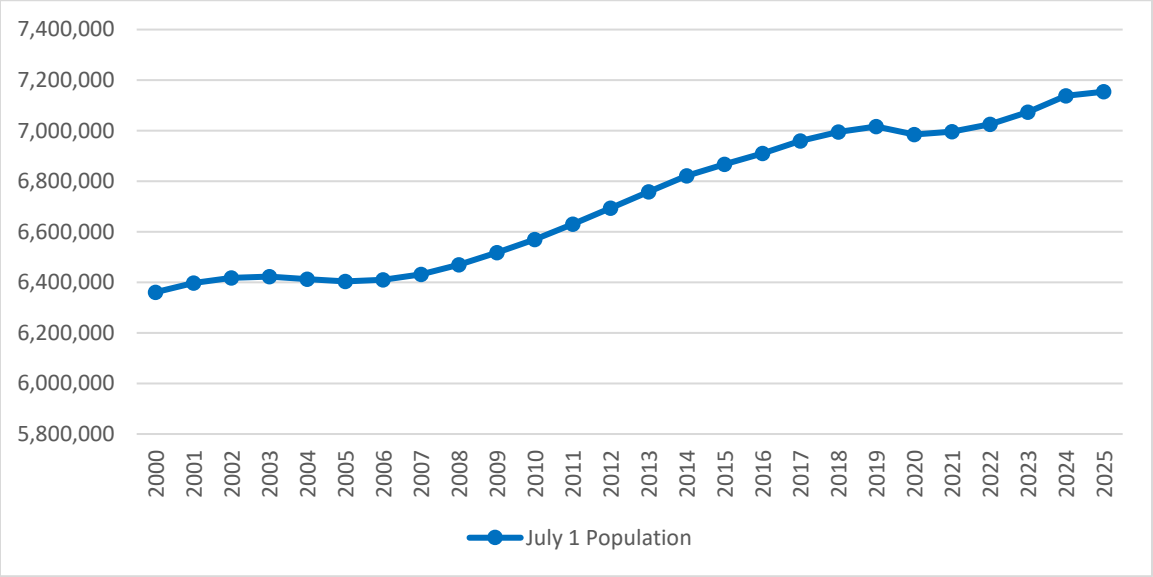
According to the Vintage 2025 estimates (V2025), the Massachusetts population grew modestly from July 1, 2024 to 2025, experiencing both positive natural increase and positive net immigration. The state population increased by 15,524 over the year, from 7,138,560 to 7,154,084, representing a percentage increase of 0.2%. This 0.2% percentage increase

[1] U.S. Census Bureau, *"U.S. Population Growth Slows Due to Historic Decline in Net International Migration,"* Press Release no. CB26-20, January 27, 2026, https://www.census.gov/newsroom/press-releases/2026/population-growth-slows.html

represents a slowdown in population growth for the state compared to the previous year, when the Census Bureau estimated a 1.0% increase in the state population in its Vintage 2024 series for the 2023-to-2024 period. In the V2025 series, the 2023-2024 growth is also revised slightly downwards to 0.92%.

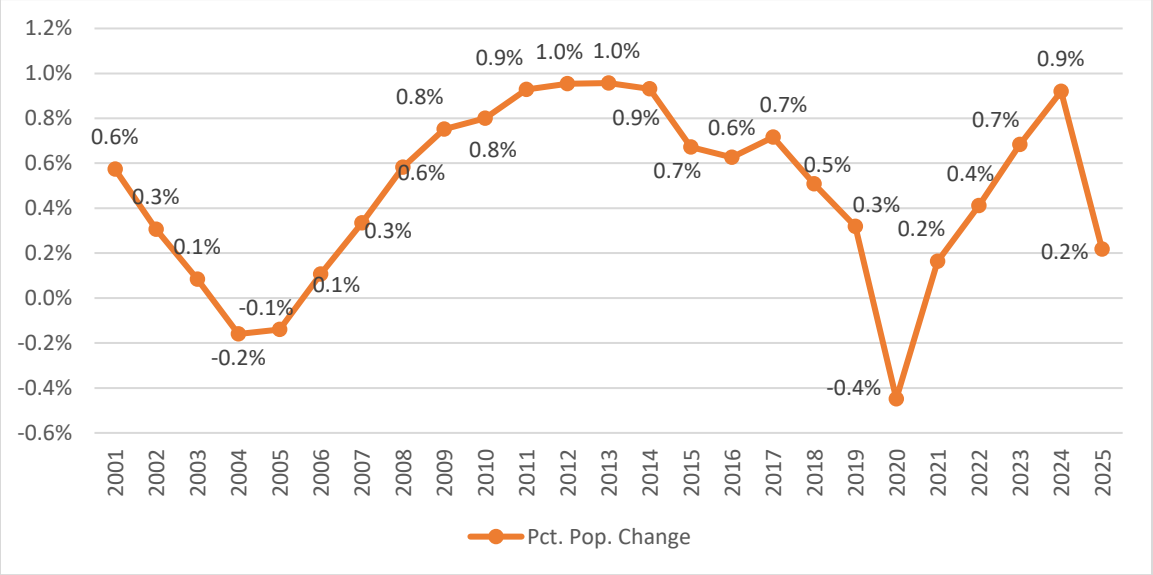
Figure 1, below, shows the estimated Massachusetts population from 2000 through 2025 and Figure 2 shows the annual percent change in population.

Figure 1. Massachusetts Estimated Population, July 1, 2000 - July 1, 2025



UMass Donahue Institute. Source data: ST-EST00INT-01, NST-EST2020INT-POP, and NST-EST2025-ALLDATA. U.S. Census Bureau, Population Division. Release dates: September 2011, September 2025, and January 2026.

Figure 2. Annual Percent Population Change in Massachusetts, 2001-2025



UMass Donahue Institute. Source data: ST-EST00INT-01, NST-EST2020INT-POP, and NST-EST2025-ALLDATA. U.S. Census Bureau, Population Division. Release dates: September 2011, September 2025, and January 2026.

Fluctuations in Population Change

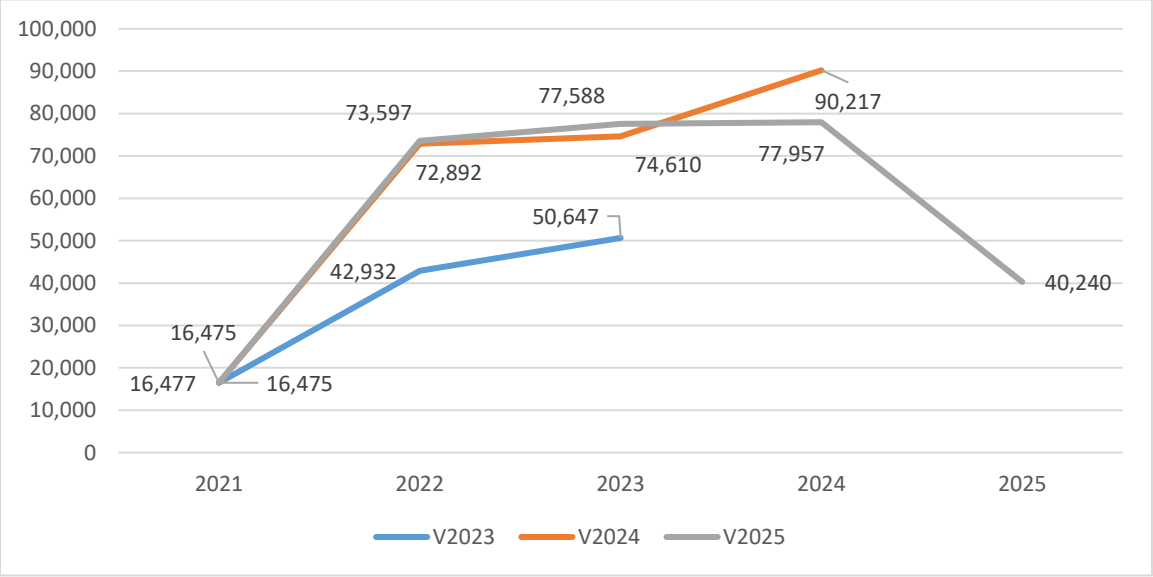
The rapid growth and subsequent slowdown in Massachusetts' estimated population are due primarily to two factors: recent volatility in U.S. immigration levels and revisions that the Census Bureau made to their estimates methodology to try to account for these fluctuations. Prior to V2024, the U.S. Census Bureau estimated immigration primarily according to ACS survey response data on place of birth and "residence one year ago." In last year's V2024 estimates 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. In the current V2025 series, the Census Bureau improved the subnational geographic distribution applied to the flow of humanitarian migrants by utilizing immigration court records from the 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. At the same time, however, 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.

Figure 3 below displays the effect of the Census Bureau's revised methodology on the immigration component in the V2025 series compared to the V2024 and V2023 series released in previous years. 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; 2023 immigration is 23,963 higher, and 2024 immigration reaches a level not seen in decades, at 90,217. [2] In the latest V2025 series, net immigration for 2024 is adjusted downwards to 77,957, and 2025 net immigration is estimated at 40,240.

While the reasons for adjustments to the domestic migration component are less straightforward, the U.S. Census Bureau also made changes to the April 1, 2020 population base, incorporating more data from the Decennial Census 2020 count. Resulting changes to age and race distributions likely factored into adjusted migration totals, as domestic migration rates are developed distinctly for each age group in the Bureau's estimates process. Figure 4 below shows the fluctuating estimated levels of domestic migration by year and by vintage for years 2021 through 2025 and vintages V2023 through V2025.

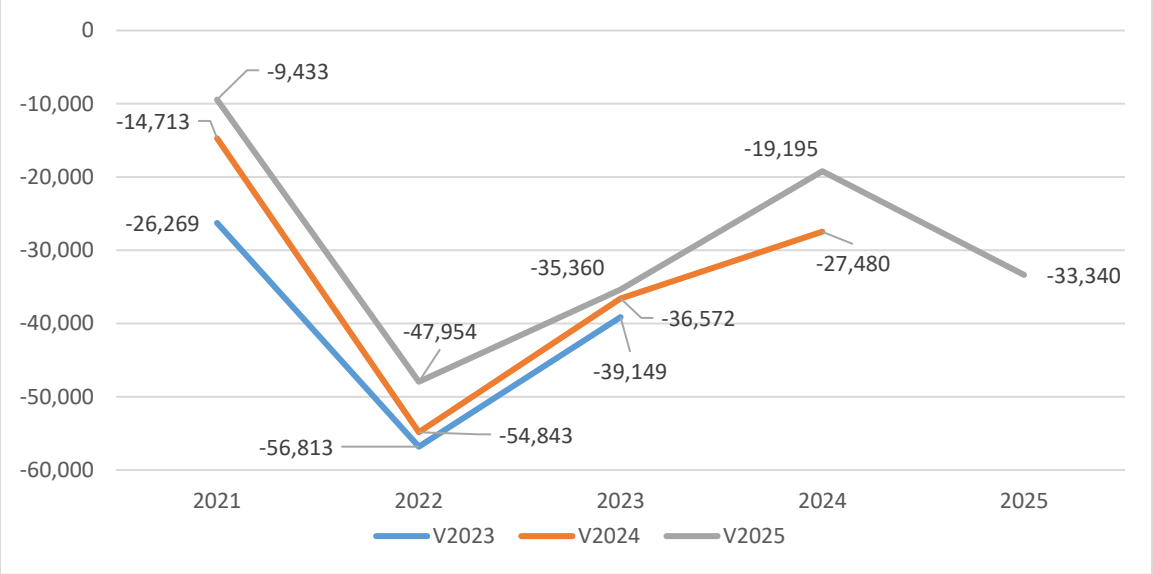
[2] For pre-1990 estimates the Census Bureau combined "net international migration, Federal Citizen movement, net domestic migration, and a statistical residual" into a single "residual" component. In post-1990 estimates, the estimates methodology was refined to allow separate identification of these 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

Figure 3. Massachusetts Estimated Net International Migration by Year and Vintage, 2021-2025



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, NST-EST2025-ALLDATA, January 27, 2026

Figure 4. Massachusetts Estimated Net Domestic Migration by Year and Vintage, 2021-2025

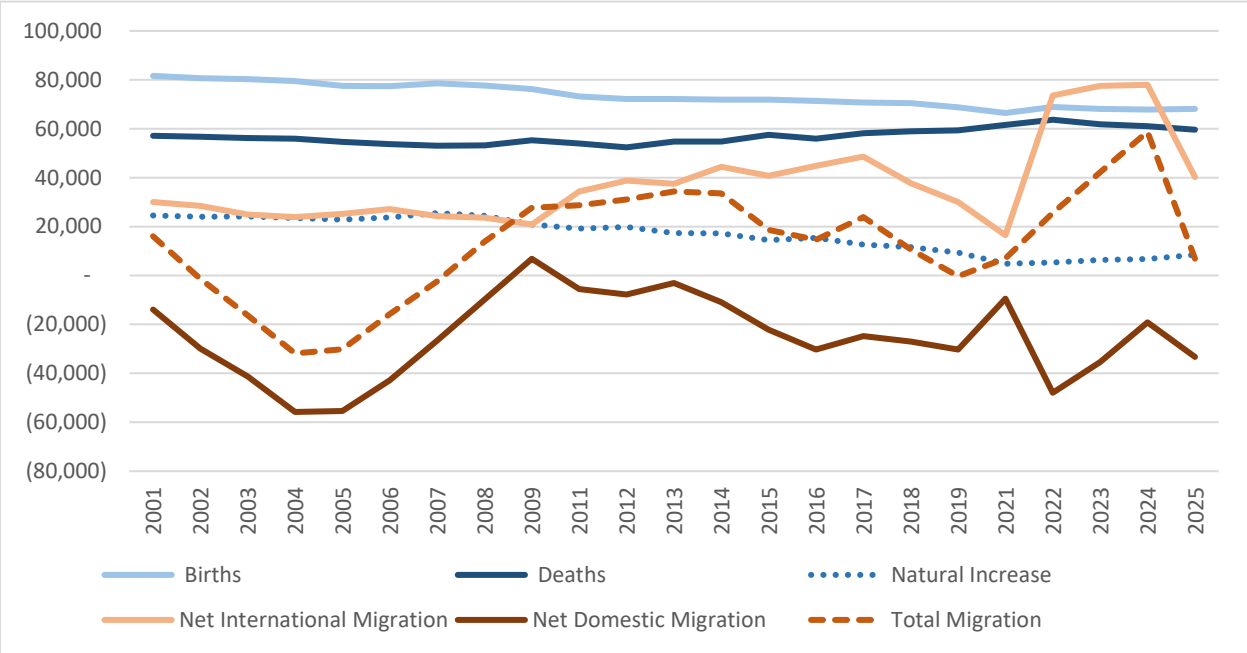


UMass Donahue Institute. Source: U.S. Census Bureau, Population Division, NST-EST2023-ALLDATA, December 19, 2023; U.S. Census Bureau, Population Division, NST-EST2024-ALLDATA, December 19, 2024, NST-EST2025-ALLDATA, January 27, 2026

Massachusetts Components of Change

While immigration and migration fluctuations are the main drivers in year-to-year population change, 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***. Figure 5 below shows the long-term trends in these components from 2001 through 2025. A fifth component, the *group quarters* population, is also factored into annual estimates for the first time in the V2025 series, not shown below. 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 5. Massachusetts Estimated Components of Change 2001-2025*



UMass Donahue Institute. Source Data: Population Division. *Note that the Census Bureau provides only 3 months of component estimates for years 2010 and 2020. ST-2000-7; CO-EST2010-ALLDATA; and NST-EST2025-ALLDATA, U.S. Census Bureau 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 2001-2025 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.

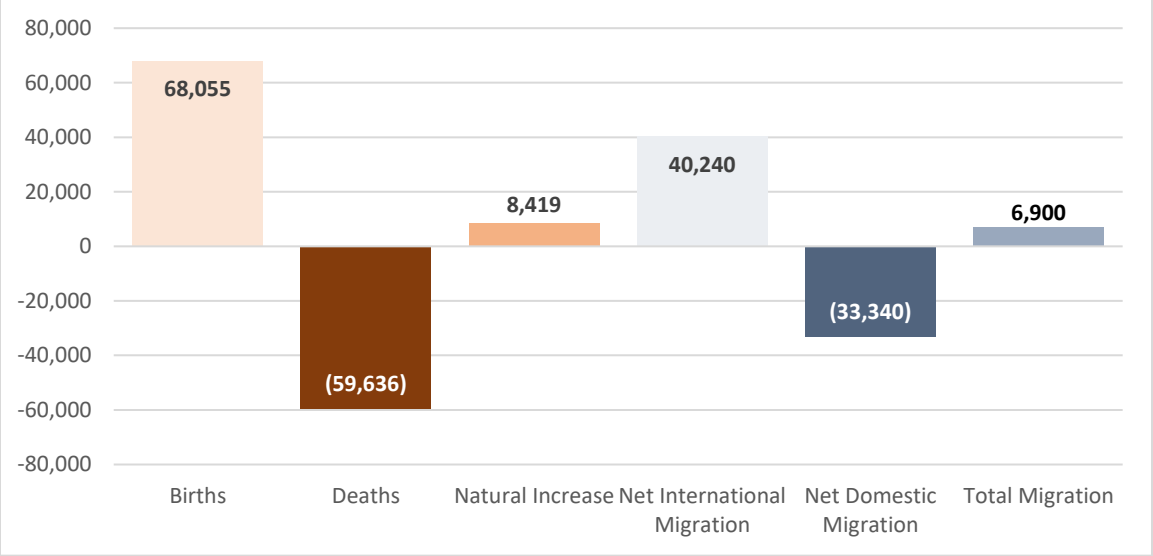
In the years since 2010, domestic migration reverted to a negative value again, and hit a low point in 2022, when an estimated 47,954 more persons left Massachusetts than moved in, within the U.S. Since 2022, however, domestic migration rebounded, suggesting that the 2022 period may have been related to a short-term shock effect, potentially influenced by work-from-home trends or urban-to-rural movement following the COVID-19 pandemic. By 2024, net domestic outmigration decreased to just -19,195 and in 2025 it is estimated at-33,340.

At the same time, estimated net international migration for 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 73,597. The surge continued in 2023, with an estimated 77,588 immigrants coming into Massachusetts on net, and peaked in 2024 at an estimated 77,957 before falling off to 40,240 in 2025.

With positive immigration increasing and domestic outflow decreasing in recent years, the net effect of total migration increased in the years since 2020, with total net migration increasing from 7,042 in the period ending 2021 to 25,643 in 2022; 42,228 in 2023, and 58,762 in 2024 – before falling off to just 6,900 in 2025 when immigration drops off.

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 2025, Massachusetts saw more births (68,05) than deaths (59,636), contributing 8,419, on net, to the population growth in Massachusetts. Figure 6 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 the July 1 2024-to-2025 period.

Figure 6. Massachusetts Estimated Components of Change, 2025



UMass Donahue Institute. Source: U.S. Census Bureau, Population Division, NST-EST2025-ALLDATA, January 27, 2026

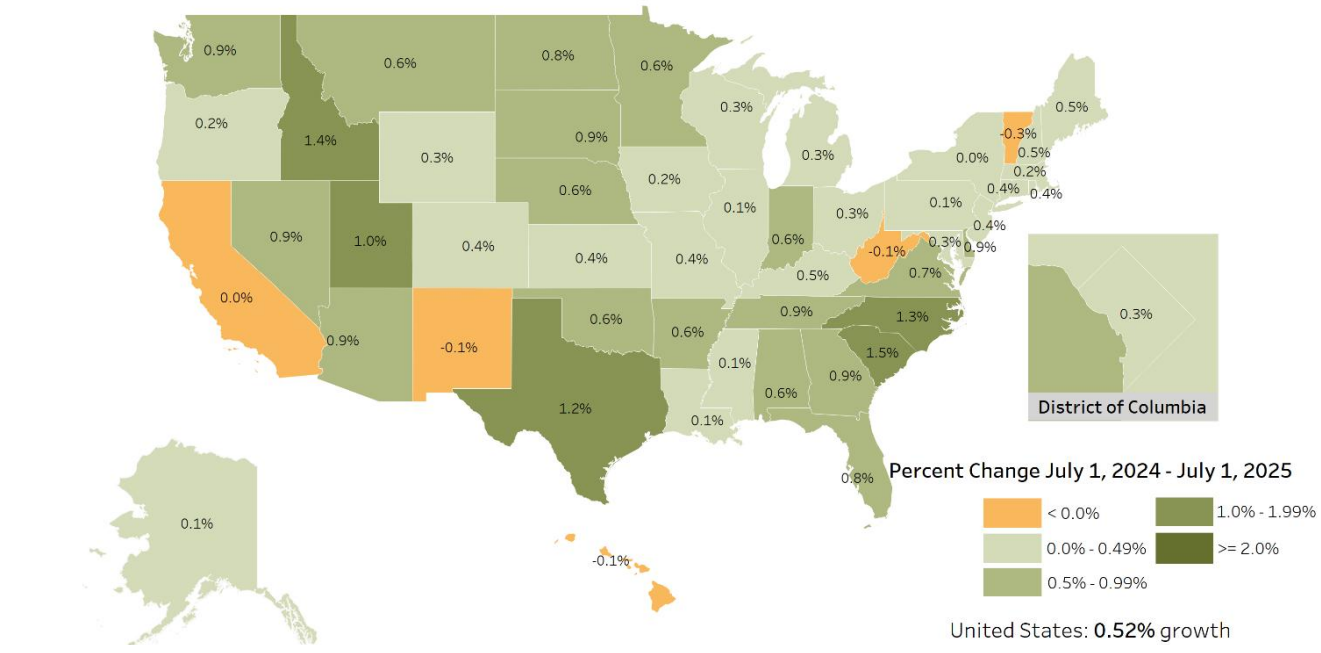
Regional Comparisons

Population in the U.S. increased overall from 2024 to 2025, and Massachusetts was among the eight out of nine Northeast states that gained population over the last year. Massachusetts' **annual percentage growth** of 0.22% from 2024 to 2025 was less than the U.S. growth of 0.52%. The state grew more rapidly than the Northeast average of 0.18% but more slowly than the New England average of 0.29% and the Midwestern, Southern, and Western regions of the U.S. (0.35%, 0.88%, and 0.33%, respectively.) Within the Northeast Region, it ranked 6 out of 9 states in percentage growth, ahead of only Pennsylvania (.10%), New York (0.01%), and Vermont (-0.29%), while New Hampshire (0.48%), Maine (0.46%), and New Jersey (0.44%) led the region in percentage population growth.

In terms of numeric **population change**, however, Massachusetts added 15,524 persons net and ranked 2nd in the Northeast region, behind New Jersey at 41,861 and just ahead of Connecticut, Pennsylvania, and New Hampshire, which added 14,047, 13,584, and 6,824, respectively. Among the seven New England states, it added the most population in the year.

Nationally, Massachusetts ranked 27th in total population change from July 1, 2024 to July 1, 2025, down from 13th last year, and 39th in percent population change, down from 15th last year. Cumulatively since the 2020 Census, Massachusetts ranks 19th in population change and 31st in percentage population change. In 2025, 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 2024 to 2025 (Figure 7) and cumulatively since the 2020 Census count, along with other U.S. states and regions.

Figure 7. Annual Percent Change in Population, July 1, 2024 to July 1, 2025



Source data: NST-EST2025-POPCHG2020-2025. U.S. Census Bureau Population Division. January 27, 2026.

Table 1. Population for United States, U.S. Regions, and Northeast States, April 1, 2020 to July 1, 2025

Geography	Estimates Base April 1, 2020	July 1 2020	July 1 2021	July 1 2022	July 1 2023	July 1 2024	July 1 2025	National Rank, Pop. Est.
United States	331,516,113	331,578,104	332,100,166	333,996,304	336,755,052	340,003,797	341,784,857	
Northeast Region	57,617,560	57,436,027	57,234,503	57,174,375	57,458,539	57,940,522	58,042,054	4
Midwest Region	68,999,462	68,979,566	68,867,096	68,872,112	69,132,050	69,518,281	69,762,666	3
South Region	126,281,605	126,473,371	127,380,165	129,066,102	130,894,372	132,662,072	133,833,983	1
West Region	78,617,486	78,689,140	78,618,402	78,883,715	79,270,091	79,882,922	80,146,154	2
Connecticut	3,607,750	3,579,643	3,607,765	3,618,707	3,641,369	3,674,449	3,688,496	29
Maine	1,363,218	1,364,546	1,379,009	1,391,585	1,401,992	1,408,438	1,414,874	42
Massachusetts	7,033,112	6,985,320	6,996,721	7,025,465	7,073,479	7,138,560	7,154,084	16
New Hampshire	1,377,573	1,378,752	1,387,907	1,396,647	1,401,530	1,408,518	1,415,342	41
New Jersey	9,289,024	9,270,476	9,266,509	9,298,402	9,395,315	9,506,354	9,548,215	11
New York	20,203,696	20,122,262	19,835,345	19,713,025	19,786,543	20,001,419	20,002,427	4
Pennsylvania	13,002,753	12,995,576	13,016,628	12,984,655	13,009,406	13,045,848	13,059,432	5
Rhode Island	1,097,357	1,096,487	1,097,381	1,098,275	1,101,183	1,110,415	1,114,521	44
Vermont	643,077	642,965	647,238	647,614	647,722	646,521	644,663	50

Source: NST-EST2025-POPCHG2020-2025. U.S. Census Bureau Population Division. January 27, 2026.

Table 2. Population Change for United States, U.S. Regions, and Northeast States: Single Year July 1, 2024 to July 1, 2025 and Cumulative April 1, 2020 to July 1, 2025

Geography	Single Year Population Change, July 1, 2024 to July 1, 2025	National Rank Single Year Population Change, July 1, 2024 to July 1, 2025	Cumulative Population Change, April 1, 2020 to July 1, 2025	National Rank Cumulative Population Change, April 1, 2020 to July 1, 2025
United States	1,781,060	(X)	10,268,744	(X)
Northeast	101,532	4	424,494	4
Midwest	244,385	3	763,204	3
South	1,171,911	1	7,552,378	1
West	263,232	2	1,528,668	2
Connecticut	14,047	28	80,746	25
Maine	6,436	38	51,656	31
Massachusetts	15,524	27	120,972	19
New Hampshire	6,824	37	37,769	36
New Jersey	41,861	10	259,191	10
New York	1,008	45	-201,269	51
Pennsylvania	13,584	29	56,679	29
Rhode Island	4,106	40	17,164	39
Vermont	-1,858	49	1,586	44

Source: U.S. Census Bureau, Population Division NST-EST2025-CHG, Release Date: January 27, 2026

Table 3. Percent Population Change for United States, U.S. Regions, and Northeast States: Single Year July 1, 2024 to July 1, 2025 and Cumulative April 1, 2020 to July 1, 2025

Geography	Single Year Percent Population Change, July 1, 2024 to July 1,2025	National Rank Single Year Percent Population Change July 1, 2024 to July 1, 2025	Cumulative Percent Population Change April 1, 2020 to July 1, 2025	Rank Cumulative Percent Population Change April 1, 2020 to July 1, 2025
United States	0.5	(X)	3.1	(X)
Northeast	0.2	4	0.7	4
Midwest	0.4	2	1.1	3
South	0.9	1	6.0	1
West	0.3	3	1.9	2
Connecticut	0.4	30	2.2	26
Maine	0.5	25	3.8	17
Massachusetts	0.2	39	1.7	31
New Hampshire	0.5	24	2.7	24
New Jersey	0.4	26	2.8	22
New York	0.0	46	-1.0	49
Pennsylvania	0.1	43	0.4	42
Rhode Island	0.4	31	1.6	32
Vermont	-0.3	51	0.2	44

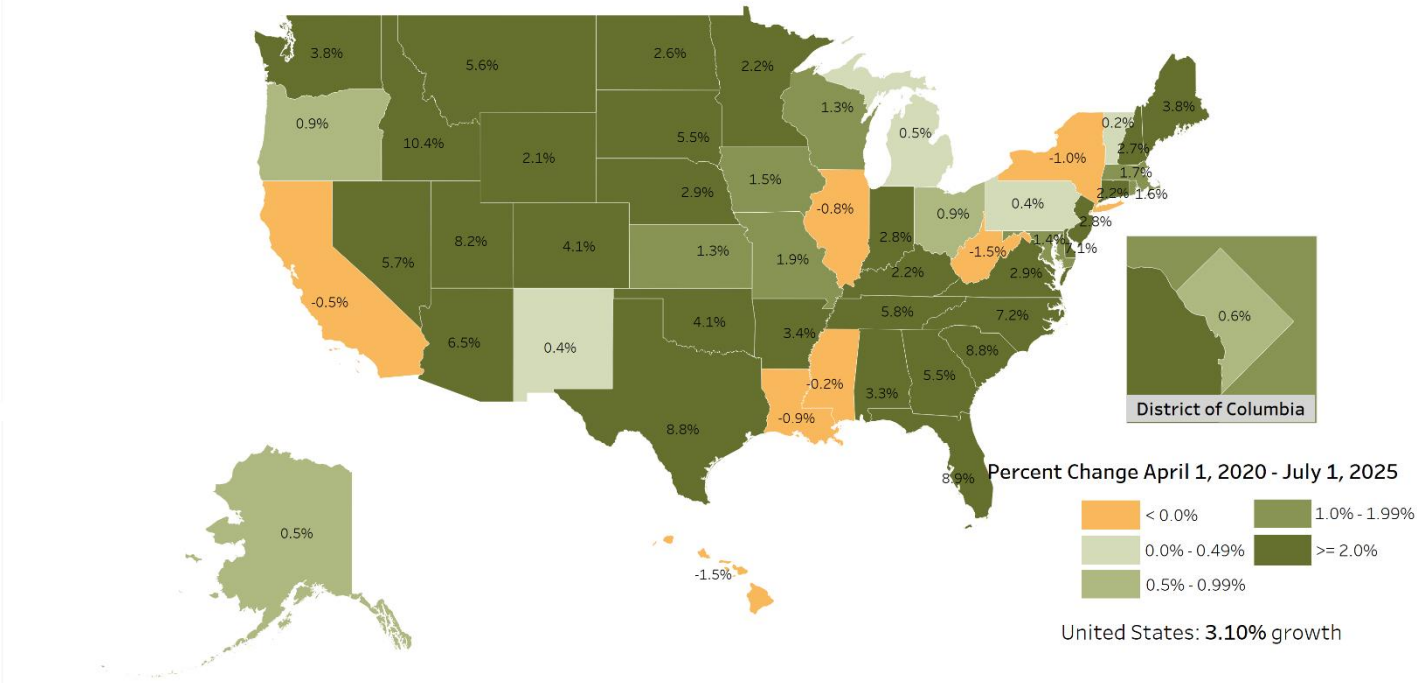
Source: U.S. Census Bureau, Population Division NST-EST2025-CHG, Release Date: January 27, 2026

Cumulative Change

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 15,524, or 0.22% over the past year, since the last Census count on April 1, 2020 the state population increased by 120,972, up from 7,033,132. This 1.7% cumulative increase is more substantial than some other Northeast states, including Rhode Island (1.6%), Vermont (0.2%), Pennsylvania (0.4%), and New York (-1.0%) over the same period (Tables 1-3).

The Northeast Region increased by 0.7% since the 2020 Census count, compared to the 1.7% increase estimated in Massachusetts. Meanwhile, the Midwest (1.1%), South (6.0%), and the West (1.9%) 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 8. Cumulative Percent Change in Population, April 1, 2020 to July 1, 2025 by State

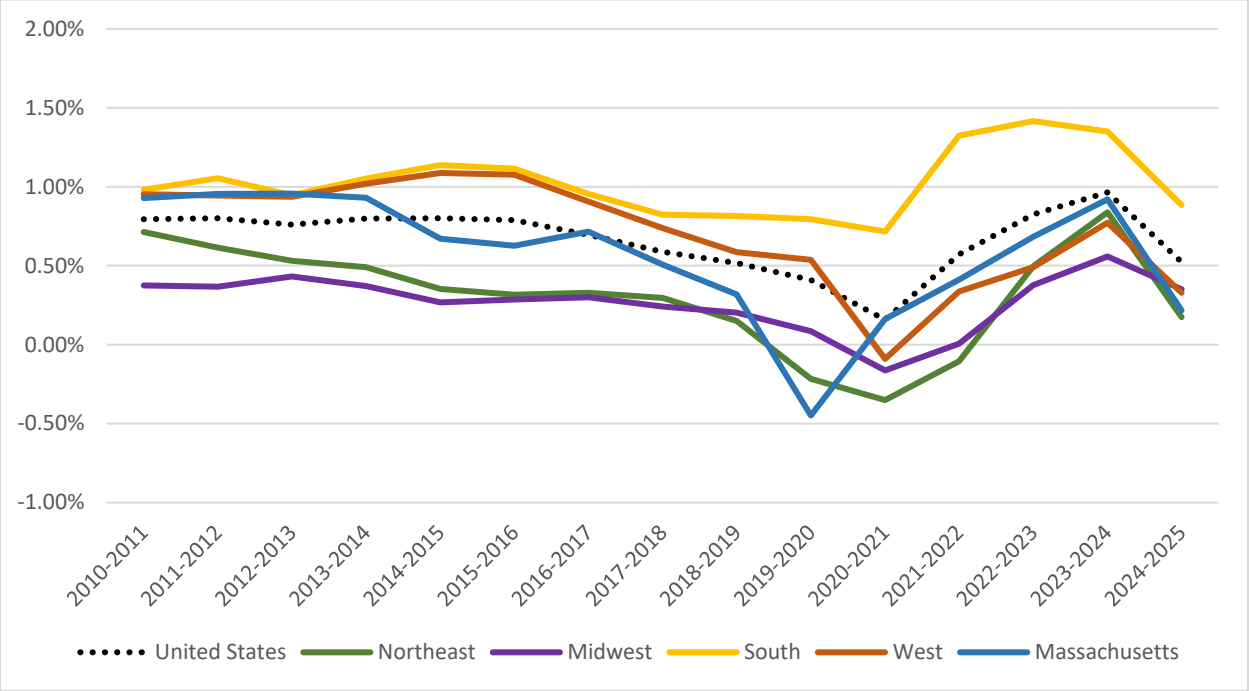


UMass Donahue Institute. Source data: NST-EST2025-POPCHG2020-2025. U.S. Census Bureau Population Division. January 27, 2026.

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 2025. 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, 2022-2023, and in 2023-2024 for all regions, the U.S. and Massachusetts. 2025 marks a turning point for all regions of the U.S., as the annual percentage growth stops climbing and starts to drop, due mainly to the large decrease in immigration nationwide.

Figure 8. Estimated Annual Percent Change in Population 2010-2025 for the United States, U.S. Regions, and Massachusetts



UMass Donahue Institute. Source data: NST-EST2020INT-POP and NST-EST2025-ALLDATA. U.S. Census Bureau, Population Division. Release dates: November 2024 and January 2026.

Components of Change: Regional and State Comparisons

An examination of the components-of-change data shows the ways in which some states and regions gained more population than others in the 2024-to-2025 period. The Northeast Region as a whole saw positive *total migration* with positive international migration of 246,382 offsetting domestic out-migration of -205,552. New York, New Jersey, Massachusetts, and Pennsylvania had the highest immigration numbers while, out of all the Northeastern states, only Maine and New Hampshire experienced positive net domestic migration. The Western region also saw immigration high enough to offset negative domestic migration, while the Southern and Midwest regions saw both positive immigration and domestic migration over the year.

All U.S. regions saw more births than deaths in the year, but among the nine Northeast states only four had more births than deaths, including Connecticut, Massachusetts, New Jersey, and New York. In the other five Northeast States, more deaths than births mitigated the overall population gain. The natural increase in the Northeast Region is slow overall, accounting for just 59,573 in population gain across all nine Northeast states from July 1, 2024 to July 1, 2025. Nationwide, according to the Census Bureau release, Massachusetts was one of 31 states (including D.C.) that experienced a greater number of births over deaths in the 2025 period.

Table 4. Estimated Components of Change for the United States, U.S. Regions, and Northeast States, 2025

Geography	Vital Events			Migration		
	Births	Deaths	Natural Increase	International Migration	Domestic Migration	Total Net Migration
United States	3,620,461	3,101,603	518,858	1,262,202	(X)	1,262,202
Northeast Region	572,507	512,934	59,573	246,382	-205,552	40,830
Midwest Region	737,743	691,326	46,417	180,161	16,040	196,201
South Region	1,481,266	1,258,400	222,866	596,005	357,790	953,795
West Region	828,945	638,943	190,002	239,654	-168,278	71,376
Connecticut	34,700	32,417	2283	17,534	-5,945	11,589
Maine	11,783	16,802	-5,019	4,040	7,406	11,446
Massachusetts	68,055	59,636	8,419	40,240	-33,340	6,900
New Hampshire	11,911	14,078	-2,167	2,403	6,554	8,957
New Jersey	100,999	74,976	26,023	53,064	-37,428	15,636
New York	203,078	160,263	42,815	95,634	-137,586	-41,952
Pennsylvania	126,981	137,689	-10,708	26,921	-2,936	23,985
Rhode Island	10,021	10,325	-304	5,923	-1,551	4,372
Vermont	4,979	6,748	-1,769	623	-726	-103

Source: U.S. Census Bureau Population Division NST_EST2025_ALLDATA. Release Date January 27, 2026.

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 5), the biggest factor in population loss in 2021 was the effect of net domestic out-migration without the usual international offset. While the V2025 estimates show a decline in net immigration this year, at 40,420 net it is still large enough to offset the outflow of 33,340 persons to other states, leading to positive total migration of 6,900 in 2025.

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.

These estimated component rates indicate that Massachusetts births are occurring at a lower rate (9.5 per 1,000 average population) than in the United States as a whole (10.6) and all U.S. regions on average (Table 5). Deaths in Massachusetts are also occurring at a lower rate (8.3) 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 (1.2) that is below that of the U.S. on average (1.5) but greater than the Midwest (0.7) and the Northeast (1.0). Notably, Massachusetts still has a

higher natural increase rate than all other states in the Northeast except for New Jersey (2.7) and New York (2.1).

Table 5. Estimated Components of Change Rates for the United States, U.S. Regions, and Northeast States, 2025

Geography	Vital Events			Migration		
	Births	Deaths	Natural Increase	International Migration	Domestic Migration	Total Net Migration
United States	10.6	9.1	1.5	3.7	(X)	3.7
Northeast Region	9.9	8.8	1.0	4.2	-3.5	0.7
Midwest Region	10.6	9.9	0.7	2.6	0.2	2.8
South Region	11.1	9.4	1.7	4.5	2.7	7.2
West Region	10.4	8.0	2.4	3.0	-2.1	0.9
Connecticut	9.4	8.8	0.6	4.8	-1.6	3.1
Maine	8.3	11.9	-3.6	2.9	5.2	8.1
Massachusetts	9.5	8.3	1.2	5.6	-4.7	1.0
New Hampshire	8.4	10.0	-1.5	1.7	4.6	6.3
New Jersey	10.6	7.9	2.7	5.6	-3.9	1.6
New York	10.2	8.0	2.1	4.8	-6.9	-2.1
Pennsylvania	9.7	10.5	-0.8	2.1	-0.2	1.8
Rhode Island	9.0	9.3	-0.3	5.3	-1.4	3.9
Vermont	7.7	10.5	-2.7	1.0	-1.1	-0.2

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2025_ALLDATA. Release Date January 27, 2026. Rates per 1,000 average population.

As for migration, the Northeast and Western regions all experienced net domestic out-migration (-3.5 and -2.1 per 1,000 population, respectively) while the Southern region has a strong positive domestic migration rate (2.7) and the Midwest has very moderate domestic migration rate of 0.2. The domestic migration rate of -4.7 in Massachusetts is higher than the Northeast regional average of -3.5 and indicates net domestic outmigration, most likely to Southern states.

On the other hand, the international migration rate of 5.6 for Massachusetts is higher than the U.S. average of 3.7 and is tied for the highest rate (rounded) with New Jersey, also at 5.6 net immigrants per 1,000 population. Before rounding, Massachusetts has the highest immigration rate in the Northeast. Nationally, the V2025 estimates indicate that Massachusetts has the fourth highest rate of annual net international immigration per 1,000 population and trails only Florida, Washington State, and the District of Columbia (Table 6). In terms of the number of net immigrants, Massachusetts ranked 11th in the 2025 estimates (Table 7). In terms of domestic migration, however, Massachusetts ranked 46th. Only New York, Hawaii, Alaska, Washington D.C., and California lost more domestic migrants per 1,000 population than Massachusetts between July 1, 2024 and July 1, 2025.

Table 6. States With Highest Net International Immigration Rates, 2025

State	Rate of Net International Immigration	Ranking
Florida	7.6	1
Washington	5.8	2
District of Columbia	5.7	3
Massachusetts	5.6	4
New Jersey	5.6	5
Rhode Island	5.3	6
Texas	5.3	7
New York	4.8	8
Connecticut	4.8	9
Virginia	4.6	10
North Carolina	4.2	11
Georgia	3.8	12
Arizona	3.7	13
North Dakota	3.5	14
Illinois	3.5	15

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2025_ALLDATA. Release Date January 27, 2026. Rates per 1,000 average population. State rankings include District of Columbia.

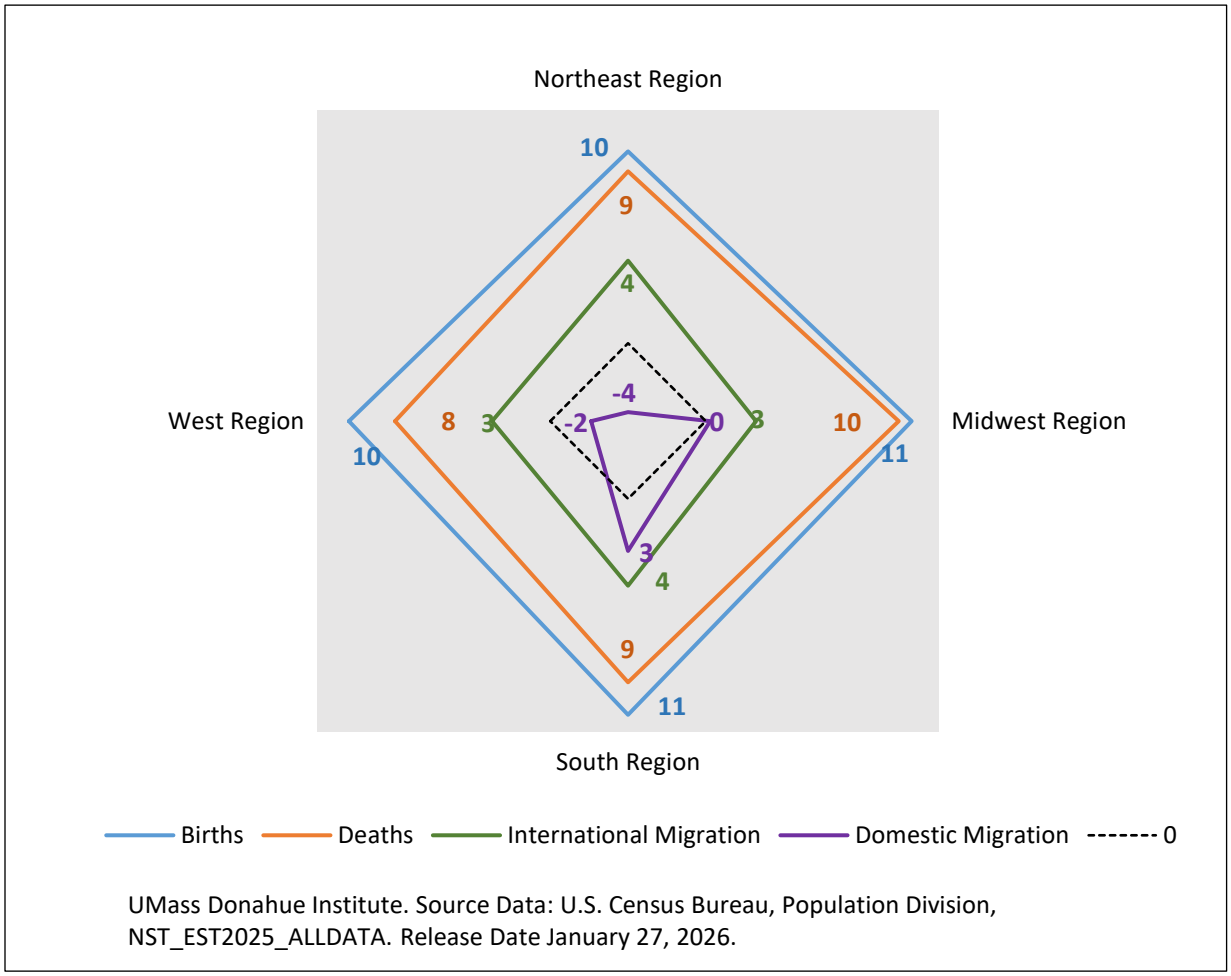
Table 7. States With the Highest Net International Immigration, 2025

State	Net International Immigrants	Ranking
Florida	178,674	1
Texas	167,475	2
California	109,278	3
New York	95,634	4
New Jersey	53,064	5
North Carolina	46,890	6
Washington	46,202	7
Illinois	44,752	8
Georgia	42,579	9
Virginia	40,436	10
Massachusetts	40,240	11
Michigan	30,706	12
Ohio	28,505	13
Arizona	28,219	14
Pennsylvania	26,921	15

UMass Donahue Institute. Source U.S. Census Bureau Population Division NST_EST2025_ALLDATA. Release Date January 27, 2026. 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 while deaths have the second greatest influence in all regions. International migration is the third most influential component in all regions, with greater influence in the Southern and Northeastern regions compared to the West and Midwest. Finally, domestic migration adds most predominately to the South, with slight gains in the Midwest and losses in the West and especially the Northeast.

Figure 8. Rates of Estimated Components of Change by U.S. Region, 2025



UMass Donahue Institute. Source Data: U.S. Census Bureau, Population Division, NST_EST2025_ALLDATA. Release Date January 27, 2026.

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

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