US state and nation population estimates, 7/1/25, with components of change, since 2020
Part 1: Data values

AreaName	Resident Population Base, 4/1/20	Total Population (est.), 7/25	Net Population Change, 4/20-7/25	% Population Change, 4/20-7/25	Net Population Change, 7/24-7/25	% Population Change, 7/24-7/25	Net Migration, 4/20-7/25	Net Domestic Migration, 4/20-7/25	Natural Increase, 4/20-7/25
Alabama	5,025,437	5,193,088	160,126	3.18155	30033	0.58169	195,050	141,048	-27,563
Alaska	733,383	737,270	4,364	0.59544	733	0.09952	-14,456	-24,270	18,405
Arizona	7,158,104	7,623,818	437,171	6.08310	67394	0.89188	446,276	282,626	19,241
Arkansas	3,011,530	3,114,791	100,392	3.33041	18711	0.60434	115,310	83,544	-12,691
California	39,555,703	39,355,309	-172,499	-0.43640	-9465	-0.02404	-718,055	-1691867	531,304
Colorado	5,775,326	6,012,561	225,688	3.90000	24059	0.40175	147,947	17,729	87,669
Connecticut	3,607,750	3,688,496	108,853	3.04089	14047	0.38229	82,224	-27,919	2,610
Delaware	989,950	1,059,952	68,062	6.86185	9829	0.93599	72,899	53,212	-3,150
District of Columbia	689,544	693,645	22,687	3.38128	2335	0.33776	-6,501	-33,903	14,157
Florida	21,538,207	23,462,518	1,871,193	8.66640	196680	0.84536	2,023,675	890,348	-102,970
Georgia	10,713,861	11,302,748	570,153	5.31235	98540	0.87949	468,194	232,849	117,082
Hawaii	1,455,267	1,432,820	-18,310	-1.26178	-2132	-0.14858	-34,923	-59,402	12,812
Idaho	1,839,123	2,029,733	180,405	9.75517	28861	1.44242	163,930	139,784	28,510
Illinois	12,821,741	12,719,141	-76,207	-0.59558	16108	0.12680	-142,687	-456,378	37,108
Indiana	6,786,605	6,973,333	183,043	2.69566	38579	0.55631	159,891	41,968	26,122
Iowa	3,190,582	3,238,387	47,306	1.48244	7933	0.24557	34,866	-10,148	12,433
Kansas	2,937,986	2,977,220	38,946	1.32547	11968	0.40361	20,000	-24,277	18,332
Kentucky	4,506,287	4,606,864	98,593	2.18694	22818	0.49777	117,607	35,818	-18,600
Louisiana	4,657,894	4,618,189	-33,956	-0.72990	3311	0.07175	-53,051	-143,806	12,073
Maine	1,363,218	1,414,874	50,328	3.68826	6436	0.45696	77,918	56,775	-26,514
Maryland	6,181,640	6,265,347	86,960	1.40749	20033	0.32077	24,343	-134,770	56,788
Massachusetts	7,033,112	7,154,084	168,764	2.41598	15524	0.21747	104,620	-182,145	26,617
Michigan	10,079,362	10,127,884	55,590	0.55191	27922	0.27646	90,878	-65,699	-44,601
Minnesota	5,706,733	5,830,405	119,843	2.09862	33000	0.56922	59,610	-37,202	63,075
Mississippi	2,961,264	2,954,160	-4,225	-0.14281	3988	0.13518	11,316	-22,888	-18,670
Missouri	6,154,913	6,270,541	115,467	1.87596	26997	0.43240	126,379	56,671	-11,801
Montana	1,084,221	1,144,694	57,538	5.29252	7137	0.62740	64,302	59,510	-3,631
Nebraska	1,961,980	2,018,006	54,688	2.78549	12415	0.61902	26,361	-14,092	29,523
Nevada	3,105,593	3,282,188	165,337	5.30462	28645	0.88042	165,020	96,046	11,343
New Hampshire	1,377,573	1,415,342	36,590	2.65385	6824	0.48448	48,550	36,247	-11,368
New Jersey	9,289,024	9,548,215	277,739	2.99595	41861	0.44035	157,634	-222,194	101,219
New Mexico	2,117,492	2,125,498	7,052	0.33289	-1276	-0.06000	19,205	-10,540	-11,473
New York	20,203,696	20,002,427	-119,835	-0.59553	1008	0.00504	-356,676	-1106013	167,522
North Carolina	10,441,392	11,197,968	747,753	7.15538	145907	1.32018	708,901	476,921	48,219
North Dakota	779,136	799,358	19,746	2.53280	5971	0.75260	7,038	-6,050	13,465
Ohio	11,799,445	11,900,510	101,976	0.86431	39889	0.33631	146,471	-30,482	-45,739
Oklahoma	3,959,354	4,123,288	158,045	3.98576	25530	0.62302	158,938	107,244	3,973
Oregon	4,237,282	4,273,586	30,042	0.70795	8262	0.19370	56,066	-670	-19,463
Pennsylvania	13,002,753	13,059,432	63,856	0.49137	13584	0.10413	142,431	-54,290	-89,333
Rhode Island	1,097,357	1,114,521	18,034	1.64471	4106	0.36977	20,777	-10,150	-3,923
South Carolina	5,118,250	5,570,274	438,282	8.54019	79958	1.45635	466,148	379,062	-17,705
South Dakota	886,656	935,094	47,286	5.32615	7984	0.86117	36,099	23,257	11,765
Tennessee	6,912,319	7,315,076	387,340	5.59115	63785	0.87964	408,268	292,727	-9,876
Texas	29,149,498	31,709,821	2,471,926	8.45452	391243	1.24924	1,830,571	812,735	723,693
Utah	3,271,601	3,538,904	254,934	7.76298	35921	1.02544	140,030	54,893	126,873
Vermont	643,077	644,663	1,698	0.26409	-1858	-0.28738	10,279	5,385	-8,669
Virginia	8,631,419	8,880,107	242,804	2.81111	60465	0.68557	178,516	-29,169	68,140
Washington	7,707,519	8,001,020	274,208	3.54878	73062	0.92157	210,277	-12,979	85,478
West Virginia	1,793,759	1,766,147	-25,523	-1.42454	-1255	-0.07101	21,691	16,553	-49,462
Wisconsin	5,894,323	5,972,787	75,416	1.27881	15619	0.26219	77,328	9,667	1,022
Wyoming	576,872	588,753	11,084	1.91875	2031	0.34616	11,352	8,684	536

US state and nation population estimates, 7/1/25, with components of change, since 2020
Part 2: Data rankings (states only)

AreaName	Rank: Total Population Base, 4-1-20	Rank: Total Population (est.), 2025	Rank: Population Change, 2020-2025	Rank: % Change 2020-2025	Rank: Population Change, 2024-2025
Alabama	38	38	30	25	29
Alaska	63	63	57	52	60
Arizona	28	28	16	9	19
Arkansas	48	48	37	23	38
California	11	11	66	60	65
Colorado	35	34	24	19	35
Connecticut	43	43	35	27	42
Delaware	60	60	41	7	46
District of Columbia	64	64	52	22	57
Florida	15	14	6	2	8
Georgia	22	22	13	15	15
Hawaii	55	55	60	64	64
Idaho	53	52	27	1	30
Illinois	20	20	63	62	39
Indiana	31	31	26	31	26
Iowa	46	46	47	43	49
Kansas	50	49	49	45	45
Kentucky	40	40	38	36	36
Louisiana	39	39	62	63	56
Maine	57	57	46	20	52
Maryland	32	33	39	44	37
Massachusetts	29	30	28	35	41

AreaName	Rank: % Change 2024-2025	Rank: Domestic Migration, 2020-2025	Rank: International Migration, 2020-2025	Rank: Net Migration, 2020-2025	Rank: Natural Increase, 2020-2025
Alabama	25	13	44	21	59
Alaska	58	43	61	58	30
Arizona	9	11	28	14	29
Arkansas	24	17	50	34	51
California	61	65	12	66	7
Colorado	36	27	31	28	18
Connecticut	37	45	34	37	40
Delaware	7	22	57	40	43
District of Columbia	41	48	53	57	32
Florida	16	3	10	5	66
Georgia	14	12	22	12	15
Hawaii	64	51	54	60	34
Idaho	2	14	55	24	26
Illinois	56	58	19	63	24
Indiana	27	23	32	25	28
Iowa	49	36	46	46	35
Kansas	35	44	47	51	31
Kentucky	29	25	39	33	53
Louisiana	59	55	36	61	36
Maine	32	19	56	38	58
Maryland	44	54	29	48	22
Massachusetts	50	56	20	35	27

US state and nation population estimates, 7/1/25, with components of change, since 2020
Part 2: Data rankings (states only)

AreaName	Rank: Total Population Base, 4-1-20	Rank: Total Population (est.), 2025	Rank: Population Change, 2020-2025	Rank: % Change 2020-2025	Rank: Population Change, 2024-2025
Michigan	24	24	44	53	32
Minnesota	36	36	32	37	28
Mississippi	49	50	59	59	55
Missouri	33	32	34	40	33
Montana	59	58	43	17	50
Nebraska	52	53	45	30	44
Nevada	47	45	29	16	31
New Hampshire	56	56	50	32	51
New Jersey	25	25	20	28	24
New Mexico	51	51	56	56	62
New York	16	17	65	61	59
North Carolina	23	23	10	6	10
North Dakota	62	62	53	34	53
Ohio	21	21	36	49	25
Oklahoma	42	42	31	18	34
Oregon	41	41	51	51	47
Pennsylvania	19	19	42	55	43
Rhode Island	58	59	54	42	54
South Carolina	37	37	15	3	16
South Dakota	61	61	48	14	48
Tennessee	30	29	17	12	20
Texas	12	12	5	4	5

AreaName	Rank: % Change 2024-2025	Rank: Domestic Migration, 2020-2025	Rank: International Migration, 2020-2025	Rank: Net Migration, 2020-2025	Rank: Natural Increase, 2020-2025
Michigan	47	52	30	36	60
Minnesota	26	49	35	42	21
Mississippi	53	42	49	54	54
Missouri	34	20	40	32	50
Montana	20	18	64	41	44
Nebraska	22	41	48	47	25
Nevada	11	16	41	23	38
New Hampshire	30	24	60	44	48
New Jersey	33	57	17	27	17
New Mexico	62	38	52	52	49
New York	60	61	14	64	10
North Carolina	3	7	23	9	23
North Dakota	17	35	58	56	33
Ohio	42	47	27	29	61
Oklahoma	21	15	45	26	39
Oregon	51	34	43	43	55
Pennsylvania	57	50	26	30	65
Rhode Island	38	37	51	50	45
South Carolina	1	9	37	13	52
South Dakota	15	26	59	45	37
Tennessee	13	10	33	15	47
Texas	4	5	11	6	5

US state and nation population estimates, 7/1/25, with components of change, since 2020
Part 2: Data rankings (states only)

AreaName	Rank: Total Population Base, 4-1-20	Rank: Total Population (est.), 2025	Rank: Population Change, 2020-2025	Rank: % Change 2020-2025	Rank: Population Change, 2024-2025
Utah	45	44	22	5	27
Vermont	65	65	58	57	63
Virginia	26	26	23	29	21
Washington	27	27	21	21	17
West Virginia	54	54	61	65	61
Wisconsin	34	35	40	46	40
Wyoming	66	66	55	39	58

AreaName	Rank: % Change 2024-2025	Rank: Domestic Migration, 2020-2025	Rank: International Migration, 2020-2025	Rank: Net Migration, 2020-2025	Rank: Natural Increase, 2020-2025
Utah	5	21	38	31	14
Vermont	65	31	63	55	46
Virginia	19	46	25	22	20
Washington	8	40	24	20	19
West Virginia	63	28	62	49	62
Wisconsin	48	29	42	39	41
Wyoming	40	30	65	53	42