

Table 1A. Annual Population Estimates for the United States, Regions and States: April 1, 2020 to July 1, 2025

Area	2020 Census	Base estimate		July 1, 2020 to July 1, 2025 Annual Population Estimates and July 1, 2025 State Population Rank						
		April 1, 2020	Rank	2020	2021	2022	2023	2024	2025	Rank
United States	331,449,281	331,516,113		331,578,104	332,100,166	333,996,304	336,755,052	340,003,797	341,784,857	
Northeast Region	57,609,148	57,617,560		57,436,027	57,234,503	57,174,375	57,458,539	57,940,522	58,042,054	
Midwest Region	68,985,454	68,999,462		68,979,566	68,867,096	68,872,112	69,132,050	69,518,281	69,762,666	
South Region	126,266,107	126,281,605		126,473,371	127,380,165	129,066,102	130,894,372	132,662,072	133,833,983	
West Region	78,588,572	78,617,486		78,689,140	78,618,402	78,883,715	79,270,091	79,882,922	80,146,154	
Alabama	5,024,279	5,025,437	24	5,032,962	5,050,058	5,076,868	5,117,850	5,163,055	5,193,088	24
Alaska	733,391	733,383	48	732,906	734,590	733,659	734,654	736,537	737,270	48
Arizona	7,151,502	7,158,104	14	7,186,647	7,274,022	7,370,065	7,452,073	7,556,424	7,623,818	14
Arkansas	3,011,524	3,011,530	33	3,014,399	3,027,127	3,047,429	3,069,856	3,096,080	3,114,791	33
California	39,538,223	39,555,703	1	39,527,808	39,152,927	39,125,347	39,181,667	39,364,774	39,355,309	1
Colorado	5,773,714	5,775,326	21	5,786,873	5,814,368	5,853,355	5,912,240	5,988,502	6,012,561	20
Connecticut	3,605,944	3,607,750	29	3,579,643	3,607,765	3,618,707	3,641,369	3,674,449	3,688,496	29
Delaware	989,948	989,950	45	991,890	1,005,130	1,020,279	1,035,354	1,050,123	1,059,952	45
District of Columbia	689,545	689,544	49	670,958	669,637	674,501	682,559	691,310	693,645	49
Florida	21,538,187	21,538,207	3	21,591,325	21,836,698	22,413,989	22,929,248	23,265,838	23,462,518	3
Georgia	10,711,908	10,713,861	8	10,732,595	10,793,038	10,929,992	11,063,669	11,204,208	11,302,748	8
Hawaii	1,455,271	1,455,267	40	1,451,130	1,446,909	1,437,812	1,434,950	1,434,952	1,432,820	40
Idaho	1,839,106	1,839,123	38	1,849,328	1,904,855	1,942,951	1,970,497	2,000,872	2,029,733	37
Illinois	12,812,508	12,821,741	6	12,795,348	12,703,354	12,609,577	12,633,389	12,703,033	12,719,141	6
Indiana	6,785,528	6,786,605	17	6,790,290	6,814,223	6,841,491	6,881,373	6,934,754	6,973,333	17
Iowa	3,190,369	3,190,582	31	3,191,081	3,199,037	3,201,890	3,214,739	3,230,454	3,238,387	32
Kansas	2,937,880	2,937,986	35	2,938,274	2,938,966	2,938,034	2,949,749	2,965,252	2,977,220	34
Kentucky	4,505,836	4,506,287	26	4,508,271	4,508,348	4,521,238	4,549,953	4,584,046	4,606,864	26
Louisiana	4,657,757	4,657,894	25	4,652,145	4,628,595	4,600,892	4,598,777	4,614,878	4,618,189	25
Maine	1,362,359	1,363,218	42	1,364,546	1,379,009	1,391,585	1,401,992	1,408,438	1,414,874	42
Maryland	6,177,224	6,181,640	18	6,178,387	6,176,035	6,183,257	6,204,927	6,245,314	6,265,347	19
Massachusetts	7,029,917	7,033,112	15	6,985,320	6,996,721	7,025,465	7,073,479	7,138,560	7,154,084	16
Michigan	10,077,331	10,079,362	10	10,072,294	10,042,362	10,043,906	10,062,124	10,099,962	10,127,884	10
Minnesota	5,706,494	5,706,733	22	5,710,562	5,714,055	5,727,565	5,752,998	5,797,405	5,830,405	22

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		April 1, 2020	Rank	2020	2021	2022	2023	2024	2025	Rank
Mississippi	2,961,279	2,961,264	34	2,958,385	2,947,603	2,941,237	2,942,470	2,950,172	2,954,160	35
Missouri	6,154,913	6,154,913	19	6,155,074	6,172,551	6,179,285	6,205,956	6,243,544	6,270,541	18
Montana	1,084,225	1,084,221	44	1,087,156	1,106,416	1,121,533	1,130,612	1,137,557	1,144,694	43
Nebraska	1,961,504	1,961,980	37	1,963,318	1,964,697	1,972,595	1,988,172	2,005,591	2,018,006	38
Nevada	3,104,614	3,105,593	32	3,116,851	3,148,472	3,177,672	3,211,077	3,253,543	3,282,188	31
New Hampshire	1,377,529	1,377,573	41	1,378,752	1,387,907	1,396,647	1,401,530	1,408,518	1,415,342	41
New Jersey	9,288,994	9,289,024	11	9,270,476	9,266,509	9,298,402	9,395,315	9,506,354	9,548,215	11
New Mexico	2,117,522	2,117,492	36	2,118,446	2,117,300	2,112,859	2,119,349	2,126,774	2,125,498	36
New York	20,201,249	20,203,696	4	20,122,262	19,835,345	19,713,025	19,786,543	20,001,419	20,002,427	4
North Carolina	10,439,388	10,441,392	9	10,450,215	10,565,503	10,705,768	10,871,849	11,052,061	11,197,968	9
North Dakota	779,094	779,136	47	779,612	777,977	780,191	787,071	793,387	799,358	47
Ohio	11,799,448	11,799,445	7	11,798,534	11,761,443	11,764,950	11,808,390	11,860,621	11,900,510	7
Oklahoma	3,959,353	3,959,354	28	3,965,243	3,992,760	4,025,327	4,062,716	4,097,758	4,123,288	28
Oregon	4,237,256	4,237,282	27	4,243,544	4,254,691	4,245,964	4,250,392	4,265,324	4,273,586	27
Pennsylvania	13,002,700	13,002,753	5	12,995,576	13,016,628	12,984,655	13,009,406	13,045,848	13,059,432	5
Rhode Island	1,097,379	1,097,357	43	1,096,487	1,097,381	1,098,275	1,101,183	1,110,415	1,114,521	44
South Carolina	5,118,425	5,118,250	23	5,131,992	5,194,346	5,288,957	5,390,798	5,490,316	5,570,274	23
South Dakota	886,667	886,656	46	887,808	896,303	909,156	917,739	927,110	935,094	46
Tennessee	6,910,840	6,912,319	16	6,927,736	6,966,687	7,063,325	7,153,029	7,251,291	7,315,076	15
Texas	29,145,505	29,149,498	2	29,237,895	29,572,672	30,118,002	30,719,247	31,318,578	31,709,821	2
Utah	3,271,616	3,271,601	30	3,283,970	3,339,874	3,393,928	3,449,259	3,502,983	3,538,904	30
Vermont	643,077	643,077	50	642,965	647,238	647,614	647,722	646,521	644,663	50
Virginia	8,631,393	8,631,419	12	8,637,303	8,660,007	8,681,038	8,732,034	8,819,642	8,880,107	12
Washington	7,705,281	7,707,519	13	7,726,812	7,744,316	7,786,828	7,838,655	7,927,958	8,001,020	13
West Virginia	1,793,716	1,793,759	39	1,791,670	1,785,921	1,774,003	1,770,036	1,767,402	1,766,147	39
Wisconsin	5,893,718	5,894,323	20	5,897,371	5,882,128	5,903,472	5,930,350	5,957,168	5,972,787	21
Wyoming	576,851	576,872	51	577,669	579,662	581,742	584,666	586,722	588,753	51

SOURCE: U. S. Bureau of the Census, Population Division, January 2026
 Prepared by Maryland Department of Planning, State Data and Analysis Center, 2026

For a list of states in each region see Geographic Terms and Definitions at <http://www.census.gov/popest/about/geo/terms.html>