

**Table 1C. Percent Population Change and Rank; for the United States, Regions and States: April 1, 2020 to July 1, 2025**

Area	April 1, 2020 to July 1, 2025 Net Population Percent Change and Rank; and July 1, 2020 to July 1, 2025 Annual Net Population Percent Change and Rank													
	2020 Census -		4/1/2020 -		7/1/2020 -		7/1/2021 -		7/1/2022 -		7/1/2023 -		7/1/2024 -	
	7/1/2025	Rank	7/1/2020	Rank	7/1/2021	Rank	7/1/2022	Rank	7/1/2023	Rank	7/1/2024	Rank	7/1/2025	Rank
United States	3.1%		0.0%		0.2%		0.6%		0.8%		1.0%		0.5%	
Northeast Region	0.7%		-0.3%		-0.4%		-0.1%		0.5%		0.8%		0.2%	
Midwest Region	1.1%		0.0%		-0.2%		0.0%		0.4%		0.6%		0.4%	
South Region	6.0%		0.2%		0.7%		1.3%		1.4%		1.4%		0.9%	
West Region	1.9%		0.1%		-0.1%		0.3%		0.5%		0.8%		0.3%	
Alabama	3.3%	19	0.1%	14	0.3%	23	0.5%	21	0.8%	19	0.9%	21	0.6%	20
Alaska	0.5%	40	-0.1%	38	0.2%	28	-0.1%	42	0.1%	45	0.3%	48	0.1%	44
Arizona	6.5%	8	0.4%	2	1.2%	5	1.3%	11	1.1%	11	1.4%	8	0.9%	8
Arkansas	3.4%	18	0.1%	20	0.4%	20	0.7%	17	0.7%	22	0.9%	24	0.6%	19
California	-0.5%	46	-0.1%	40	-0.9%	50	-0.1%	41	0.1%	44	0.5%	37	0.0%	47
Colorado	4.1%	15	0.2%	11	0.5%	19	0.7%	18	1.0%	14	1.3%	11	0.4%	29
Connecticut	2.2%	26	-0.8%	50	0.8%	13	0.3%	28	0.6%	26	0.9%	20	0.4%	30
Delaware	7.1%	7	0.2%	12	1.3%	4	1.5%	6	1.5%	6	1.4%	7	0.9%	6
District of Columbia	0.6%	39	-2.7%	51	-0.2%	40	0.7%	16	1.2%	10	1.3%	12	0.3%	33
Florida	8.9%	2	0.2%	9	1.1%	8	2.6%	1	2.3%	1	1.5%	6	0.8%	13
Georgia	5.5%	12	0.2%	13	0.6%	17	1.3%	12	1.2%	9	1.3%	13	0.9%	11
Hawaii	-1.5%	51	-0.3%	47	-0.3%	43	-0.6%	49	-0.2%	50	0.0%	49	-0.1%	50
Idaho	10.4%	1	0.6%	1	3.0%	1	2.0%	2	1.4%	7	1.5%	5	1.4%	2
Illinois	-0.8%	47	-0.2%	46	-0.7%	49	-0.7%	51	0.2%	42	0.6%	33	0.1%	42
Indiana	2.8%	23	0.1%	27	0.4%	21	0.4%	24	0.6%	28	0.8%	27	0.6%	22
Iowa	1.5%	33	0.0%	31	0.2%	27	0.1%	35	0.4%	33	0.5%	36	0.2%	38
Kansas	1.3%	35	0.0%	32	0.0%	35	0.0%	40	0.4%	34	0.5%	34	0.4%	28
Kentucky	2.2%	27	0.0%	30	0.0%	36	0.3%	29	0.6%	25	0.7%	29	0.5%	23
Louisiana	-0.9%	48	-0.1%	44	-0.5%	48	-0.6%	47	0.0%	49	0.4%	45	0.1%	45
Maine	3.8%	17	0.1%	19	1.1%	10	0.9%	14	0.7%	21	0.5%	38	0.5%	25
<b>Maryland</b>	<b>1.4%</b>	<b>34</b>	<b>-0.1%</b>	<b>36</b>	<b>0.0%</b>	<b>37</b>	<b>0.1%</b>	<b>33</b>	<b>0.4%</b>	<b>37</b>	<b>0.7%</b>	<b>30</b>	<b>0.3%</b>	<b>35</b>
Massachusetts	1.7%	31	-0.7%	49	0.2%	30	0.4%	22	0.7%	23	0.9%	19	0.2%	39
Michigan	0.5%	41	-0.1%	39	-0.3%	44	0.0%	39	0.2%	43	0.4%	41	0.3%	36
Minnesota	2.2%	28	0.1%	25	0.1%	34	0.2%	32	0.4%	31	0.8%	28	0.6%	21
Mississippi	-0.2%	45	-0.1%	42	-0.4%	47	-0.2%	45	0.0%	47	0.3%	47	0.1%	41
Missouri	1.9%	30	0.0%	33	0.3%	24	0.1%	34	0.4%	32	0.6%	32	0.4%	27
Montana	5.6%	11	0.3%	6	1.8%	2	1.4%	9	0.8%	18	0.6%	31	0.6%	16
Nebraska	2.9%	21	0.1%	23	0.1%	33	0.4%	23	0.8%	20	0.9%	22	0.6%	18
Nevada	5.7%	10	0.4%	4	1.0%	11	0.9%	13	1.1%	12	1.3%	10	0.9%	9
New Hampshire	2.7%	24	0.1%	21	0.7%	16	0.6%	19	0.3%	38	0.5%	35	0.5%	24

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			4/1/2020 - 7/1/2020	Rank	7/1/2020 - 7/1/2021	Rank	7/1/2021 - 7/1/2022	Rank	7/1/2022 - 7/1/2023	Rank	7/1/2023 - 7/1/2024	Rank	7/1/2024 - 7/1/2025	Rank
New Jersey	2.8%	22	-0.2%	45	0.0%	38	0.3%	27	1.0%	13	1.2%	14	0.4%	26
New Mexico	0.4%	43	0.0%	29	-0.1%	39	-0.2%	44	0.3%	39	0.4%	44	-0.1%	48
New York	-1.0%	49	-0.4%	48	-1.4%	51	-0.6%	48	0.4%	35	1.1%	16	0.0%	46
North Carolina	7.2%	6	0.1%	22	1.1%	9	1.3%	10	1.6%	5	1.7%	3	1.3%	3
North Dakota	2.6%	25	0.1%	26	-0.2%	41	0.3%	30	0.9%	17	0.8%	26	0.8%	14
Ohio	0.9%	38	0.0%	34	-0.3%	45	0.0%	38	0.4%	36	0.4%	40	0.3%	34
Oklahoma	4.1%	14	0.1%	15	0.7%	14	0.8%	15	0.9%	16	0.9%	23	0.6%	17
Oregon	0.9%	37	0.1%	16	0.3%	26	-0.2%	43	0.1%	46	0.4%	43	0.2%	40
Pennsylvania	0.4%	42	-0.1%	37	0.2%	31	-0.2%	46	0.2%	41	0.3%	46	0.1%	43
Rhode Island	1.6%	32	-0.1%	41	0.1%	32	0.1%	36	0.3%	40	0.8%	25	0.4%	31
South Carolina	8.8%	3	0.3%	7	1.2%	6	1.8%	4	1.9%	3	1.8%	2	1.5%	1
South Dakota	5.5%	13	0.1%	18	1.0%	12	1.4%	7	0.9%	15	1.0%	17	0.9%	12
Tennessee	5.8%	9	0.2%	10	0.6%	18	1.4%	8	1.3%	8	1.4%	9	0.9%	10
Texas	8.8%	4	0.3%	5	1.1%	7	1.8%	3	2.0%	2	2.0%	1	1.2%	4
Utah	8.2%	5	0.4%	3	1.7%	3	1.6%	5	1.6%	4	1.6%	4	1.0%	5
Vermont	0.2%	44	0.0%	35	0.7%	15	0.1%	37	0.0%	48	-0.2%	51	-0.3%	51
Virginia	2.9%	20	0.1%	24	0.3%	25	0.2%	31	0.6%	27	1.0%	18	0.7%	15
Washington	3.8%	16	0.3%	8	0.2%	29	0.5%	20	0.7%	24	1.1%	15	0.9%	7
West Virginia	-1.5%	50	-0.1%	43	-0.3%	46	-0.7%	50	-0.2%	51	-0.1%	50	-0.1%	49
Wisconsin	1.3%	36	0.1%	28	-0.3%	42	0.4%	25	0.5%	30	0.5%	39	0.3%	37
Wyoming	2.1%	29	0.1%	17	0.3%	22	0.4%	26	0.5%	29	0.4%	42	0.3%	32

SOURCE: U. S. Bureau of the Census, Population Division, January 2026  
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For a list of states in each region see Geographic Terms and Definitions at <http://www.census.gov/popest/about/geo/terms.html>