

Indicators Program

Census 2020: Population in the United States, 2000 - 2020

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The United States population numbered 331,449,281 at the Decennial Census of 2020. This represented a numerical increase of 22.7 million residents since the Decennial Census of 2010 but less gain than in either of the two previous decades (Figure 1; Table 1).¹

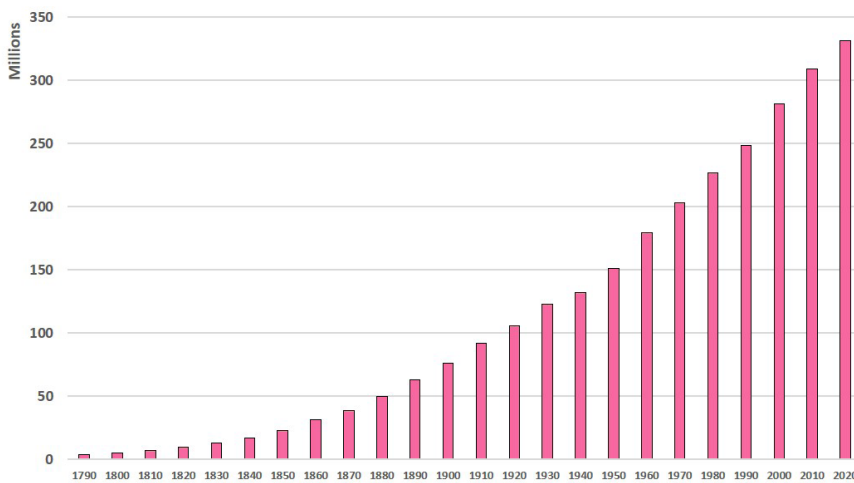
Across the U.S., states differed significantly in population. The Decennial 2020 counts show that Wyoming had the smallest population (576,851) among the states. Ten other states along with the District of Columbia had fewer than 1.5 million

residents. In contrast, the largest four states ranged from 20.2 million in New York, 21.5 million in Florida, 29.1 million in Texas, to 39.5 million in California. Together, these four states had one-third of the nation's entire population. Another eight states ranged between 8.6 and 13.0 million, 12 others were counted at 5.0 to 7.9 million, along with 15 states and Puerto Rico which had 1.5 to 4.9 million. Iowa, with 3.19 million residents was in this latter group (Figure 2, Table 2).

States registered significantly different population changes between 2010 and 2020. Three states (Mississippi, Illinois, West Virginia) along with Puerto Rico had fewer people in 2020 than in 2010. Puerto Rico, in particular, lost nearly 440,000 people in the decade likely due to out-migration after devastating hurricanes. All the other 47 states, as well as the District of Columbia, gained population between the Censuses.

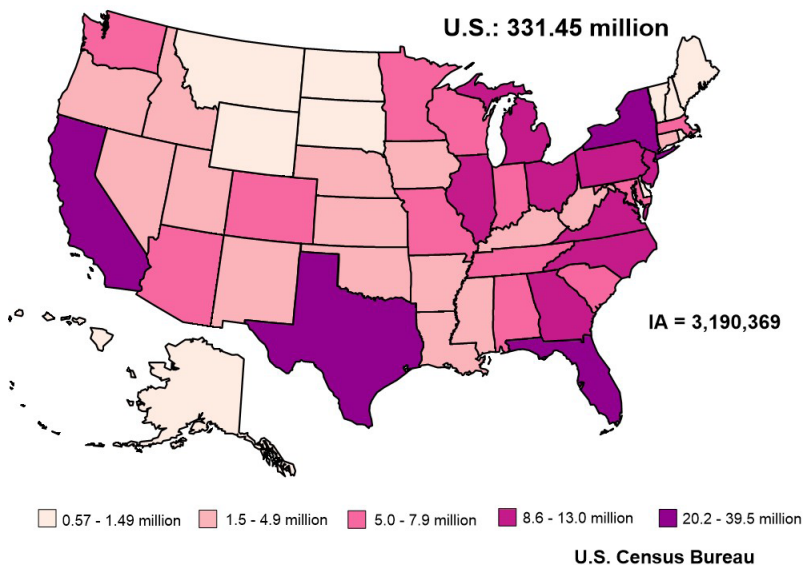
Among the states, fourteen of them and the District of Columbia recorded very modest numerical gains of less than 100,000 residents. Both Vermont and Wyoming gained fewer than 18,000. These small population states contrast, again, with the changes in several very large states. Georgia, California, Florida, and Texas all increased by at least a million people. The increase in Texas, the largest, was nearly 4 million. This meant that Texas gained the equivalent of more than the entire population of Iowa. Fifteen states recorded gains of 400,000 to under one million. The 14 other states increased between 100,000 to 400,000. Iowa's gain of 144,000 was in this group (Figure 3, Table 2).

Figure 1. United States Decennial Population, 1790 - 2020



Source: U.S. Census Bureau

Figure 2. Decennial Census Total Population, United States, 2020



U.S. Census Bureau

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Table 1. United States Decennial Population and Number and Percentage Change, 1790 - 2020.

Year	Population ²	Change from Previous Decennial Census	
		Number	Percent
2020	331,449,281	22,703,743	7.4
2010	308,745,538	27,320,935	9.7
2000	281,424,603	32,706,301	13.1
1990	248,718,302	22,176,103	9.8
1980	226,542,199	23,240,168	11.4
1970	203,302,031	23,978,856	13.4
1960	179,323,175	27,997,377	18.5
1950	151,325,798	19,161,229	14.5
1940	132,164,569	8,961,945	7.3
1930	123,202,624	17,181,087	16.2
1920	106,021,537	13,793,041	15.0
1910	92,228,496	16,016,328	21.0
1900	76,212,168	13,232,402	21.0
1890	62,979,766	12,790,557	25.5
1880	50,189,209	11,630,838	30.2
1870	38,558,371	7,115,050	22.6
1860	31,443,321	8,251,445	35.6
1850	23,191,876	6,128,523	35.9
1840	17,063,353	4,202,651	32.7
1830	12,860,702	3,222,249	33.4
1820	9,638,453	2,398,572	33.1
1810	7,239,881	1,931,398	36.4
1800	5,308,483	1,379,269	35.1
1790	3,929,214	na	na

¹Source U.S. Census Bureau; ²Some may vary from originally released data; na = not available.

As a whole, the nation gained 7.4% in population between 2010 and 2020. This represented one of the smallest percentage gains of any decade since the first Decennial Census in 1790. Only the decade of 1930 - 1940 during the Great Depression registered a percentage increase (7.3%) that was smaller. In most recent decades, percentage gains ranged 10% or higher (Figure 4, Table 1).

Although Puerto Rico is not a state, it had the largest percentage loss of nearly 12%. Percentage changes for the states ranged from a 3.2% loss for West Virginia to Utah's 18.4% increase. Along with Utah, 10% gains were recorded for 12 other states and the District of Columbia. Iowa's change (4.7%) was more modest. It is worth noting that not only did both Texas

Figure 3. Population Change, United States, 2010 -2020

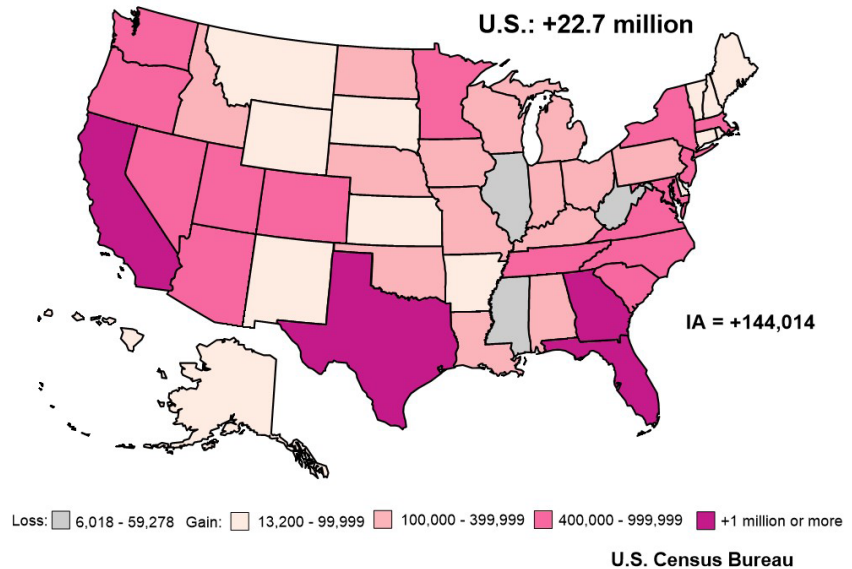


Figure 4. Decennial Census Percentage Population Change, United States, 1790 - 2020.

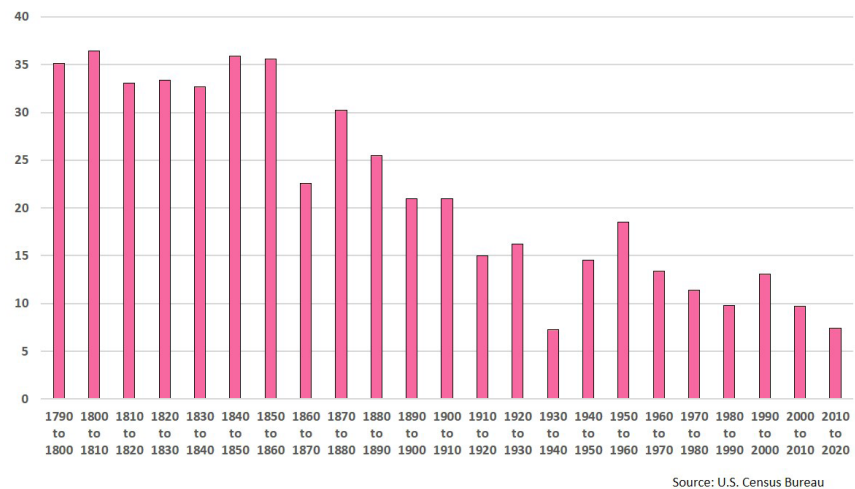
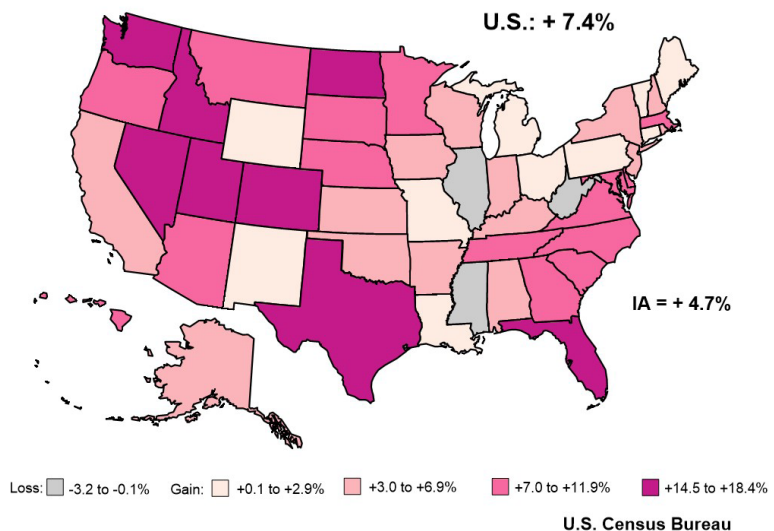


Figure 5. Percentage Population Change, 2010 -2020



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Table 2. Decennial Census Population, Number and Percentage Change, and Percentage of U.S. Population, United States, 2000 - 2020.¹

State	2020	Change 2010 - 2020		2020	2010	2000	Change 2000 - 2010		2010	2000
	Population ²	Number	Percent	Percent of U.S.	Population ²	Population ²	Number	Percent	Percent of U.S.	Percent of U.S.
Alabama	5,024,279	244,543	5.1	1.52	4,779,736	4,447,351	332,385	7.5	1.55	1.58
Alaska	733,391	23,160	3.3	0.22	710,231	626,931	83,300	13.3	0.23	0.22
Arizona	7,151,502	759,485	11.9	2.16	6,392,017	5,130,632	1,261,385	24.6	2.07	1.82
Arkansas	3,011,524	95,606	3.3	0.91	2,915,918	2,673,400	242,518	9.1	0.94	0.95
California	39,538,223	2,284,267	6.1	11.93	37,253,956	33,871,653	3,382,303	10.0	12.07	12.04
Colorado	5,773,714	744,518	14.8	1.74	5,029,196	4,302,015	727,181	16.9	1.63	1.53
Connecticut	3,605,944	31,847	0.9	1.09	3,574,097	3,405,602	168,495	4.9	1.16	1.21
Delaware	989,948	92,014	10.2	0.30	897,934	783,600	114,334	14.6	0.29	0.28
District of Columbia	689,545	87,822	14.6	0.21	601,723	572,059	29,664	5.2	0.19	0.20
Florida	21,538,187	2,736,877	14.6	6.50	18,801,310	15,982,824	2,818,486	17.6	6.09	5.68
Georgia	10,711,908	1,024,255	10.6	3.23	9,687,653	8,186,816	1,500,837	18.3	3.14	2.91
Hawaii	1,455,271	94,970	7.0	0.44	1,360,301	1,211,537	148,764	12.3	0.44	0.43
Idaho	1,839,106	271,524	17.3	0.55	1,567,582	1,293,956	273,626	21.1	0.51	0.46
Illinois	12,812,508	-18,124	-0.1	3.87	12,830,632	12,419,647	410,985	3.3	4.16	4.41
Indiana	6,785,528	301,726	4.7	2.05	6,483,802	6,080,517	403,285	6.6	2.10	2.16
Iowa	3,190,369	144,014	4.7	0.96	3,046,355	2,926,382	119,973	4.1	0.99	1.04
Kansas	2,937,880	84,762	3.0	0.89	2,853,118	2,688,824	164,294	6.1	0.92	0.96
Kentucky	4,505,836	166,469	3.8	1.36	4,339,367	4,042,285	297,082	7.4	1.41	1.44
Louisiana	4,657,757	124,385	2.7	1.41	4,533,372	4,468,958	64,414	1.4	1.47	1.59
Maine	1,362,359	33,998	2.6	0.41	1,328,361	1,274,923	53,438	4.2	0.43	0.45
Maryland	6,177,224	403,672	7.0	1.86	5,773,552	5,296,507	477,045	9.0	1.87	1.88
Massachusetts	7,029,917	482,288	7.4	2.12	6,547,629	6,349,105	198,524	3.1	2.12	2.26
Michigan	10,077,331	193,691	2.0	3.04	9,883,640	9,938,480	-54,840	-0.6	3.20	3.53
Minnesota	5,706,494	402,569	7.6	1.72	5,303,925	4,919,492	384,433	7.8	1.72	1.75
Mississippi	2,961,279	-6,018	-0.2	0.89	2,967,297	2,844,656	122,641	4.3	0.96	1.01
Missouri	6,154,913	165,986	2.8	1.86	5,988,927	5,596,683	392,244	7.0	1.94	1.99
Montana	1,084,225	94,810	9.6	0.33	989,415	902,195	87,220	9.7	0.32	0.32
Nebraska	1,961,504	135,163	7.4	0.59	1,826,341	1,711,265	115,076	6.7	0.59	0.61
Nevada	3,104,614	404,063	15.0	0.94	2,700,551	1,998,257	702,294	35.1	0.87	0.71
New Hampshire	1,377,529	61,059	4.6	0.42	1,316,470	1,235,786	80,684	6.5	0.43	0.44
New Jersey	9,288,994	497,100	5.7	2.80	8,791,894	8,414,347	377,547	4.5	2.85	2.99
New Mexico	2,117,522	58,343	2.8	0.64	2,059,179	1,819,046	240,133	13.2	0.67	0.65
New York	20,201,249	823,147	4.2	6.09	19,378,102	18,976,821	401,281	2.1	6.28	6.74
North Carolina	10,439,388	903,905	9.5	3.15	9,535,483	8,046,485	1,488,998	18.5	3.09	2.86
North Dakota	779,094	106,503	15.8	0.24	672,591	642,200	30,391	4.7	0.22	0.23
Ohio	11,799,448	262,944	2.3	3.56	11,536,504	11,353,145	183,359	1.6	3.74	4.03
Oklahoma	3,959,353	208,002	5.5	1.19	3,751,351	3,450,652	300,699	8.7	1.22	1.23
Oregon	4,237,256	406,182	10.6	1.28	3,831,074	3,421,436	409,638	12.0	1.24	1.22
Pennsylvania	13,002,700	300,321	2.4	3.92	12,702,379	12,281,054	421,325	3.4	4.11	4.36
Puerto Rico	3,285,874	-439,915	-11.8	0.99	3,725,789	3,808,603	-82,814	-2.2	1.21	1.35
Rhode Island	1,097,379	44,812	4.3	0.33	1,052,567	1,048,319	4,248	0.4	0.34	0.37
South Carolina	5,118,425	493,061	10.7	1.54	4,625,364	4,011,816	613,548	15.3	1.50	1.43
South Dakota	886,667	72,487	8.9	0.27	814,180	754,844	59,336	7.9	0.26	0.27
Tennessee	6,910,840	564,735	8.9	2.09	6,346,105	5,689,267	656,838	11.5	2.06	2.02
Texas	29,145,505	3,999,944	15.9	8.79	25,145,561	20,851,790	4,293,771	20.6	8.14	7.41
Utah	3,271,616	507,731	18.4	0.99	2,763,885	2,233,198	530,687	23.8	0.90	0.79
Vermont	643,077	17,336	2.8	0.19	625,741	608,827	16,914	2.8	0.20	0.22
Virginia	8,631,393	630,369	7.9	2.60	8,001,024	7,079,030	921,994	13.0	2.59	2.52
Washington	7,705,281	980,741	14.6	2.32	6,724,540	5,894,141	830,399	14.1	2.18	2.09
West Virginia	1,793,716	-59,278	-3.2	0.54	1,852,994	1,808,350	44,644	2.5	0.60	0.64
Wisconsin	5,893,718	206,732	3.6	1.78	5,686,986	5,363,715	323,271	6.0	1.84	1.91
Wyoming	576,851	13,225	2.3	0.17	563,626	493,782	69,844	14.1	0.18	0.18
United States	331,449,281	22,703,743	7.4	100.00	308,745,538	281,424,603	27,320,935	9.7	100.00	100.00

¹Source: U.S. Census Bureau; ²Some may be revised from originally released data

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(15.9%) and Florida (14.6%) have large percentage gains, they were both among the four states with the highest numerical increases as well (Figures 3, 5; Table 2).

The Decennial Census is mandated in the U.S. Constitution in order to apportion the U.S. House of Representatives.² After each Decennial Census, the 435 Representatives are redistributed

among the states with each state's number of representatives determined by its population. Each state gets at least one seat with the remaining 385 seats apportioned based on population. Neither Puerto Rico nor the District of Columbia have representatives in the U.S. House.

It is usual, after a Census, that some states gain seats and other states

lose seats. With this 2020 Decennial Census, seven states, California, Illinois, Michigan, New York, Ohio, Pennsylvania, and West Virginia will each lose one representative. Five states (Colorado, Florida, Montana, North Carolina, and Oregon) will each gain one seat with Texas gaining two. All the other states will have the same number as before with Iowa retaining the state's four representatives.

Notes

¹U.S. Census Bureau, Decennial Censuses; <https://www.census.gov/> and <https://www.census.gov/programs-surveys/decennial-census/2020-census.html>

²U.S. Census Bureau; <https://www.census.gov/topics/public-sector/congressional-apportionment.html>

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