

**Change in total population
July 1, 2024 to July 1, 2025**

State	# Change	% Change
Alabama	30,033	0.6%
Alaska	733	0.1%
Arizona	67,394	0.9%
Arkansas	18,711	0.6%
California	-9,465	0.0%
Colorado	24,059	0.4%
Connecticut	14,047	0.4%
Delaware	9,829	0.9%
District of Columbia	2,335	0.3%
Florida	196,680	0.8%
Georgia	98,540	0.9%
Hawaii	-2,132	-0.1%
Idaho	28,861	1.4%
Illinois	16,108	0.1%
Indiana	38,579	0.6%
Iowa	7,933	0.2%
Kansas	11,968	0.4%
Kentucky	22,818	0.5%
Louisiana	3,311	0.1%
Maine	6,436	0.5%
Maryland	20,033	0.3%
Massachusetts	15,524	0.2%
Michigan	27,922	0.3%
Minnesota	33,000	0.6%
Mississippi	3,988	0.1%
Missouri	26,997	0.4%
Montana	7,137	0.6%
Nebraska	12,415	0.6%
Nevada	28,645	0.9%
New Hampshire	6,824	0.5%
New Jersey	41,861	0.4%
New Mexico	-1,276	-0.1%
New York	1,008	0.0%
North Carolina	145,907	1.3%
North Dakota	5,971	0.8%
Ohio	39,889	0.3%
Oklahoma	25,530	0.6%
Oregon	8,262	0.2%
Pennsylvania	13,584	0.1%
Rhode Island	4,106	0.4%
South Carolina	79,958	1.5%
South Dakota	7,984	0.9%
Tennessee	63,785	0.9%
Texas	391,243	1.2%
Utah	35,921	1.0%
Vermont	-1,858	-0.3%
Virginia	60,465	0.7%
Washington	73,062	0.9%
West Virginia	-1,255	-0.1%
Wisconsin	15,619	0.3%
Wyoming	2,031	0.3%
United States	1,781,060	0.5%

Sources: U.S. Census Bureau, National Restaurant Association

Change in population due to natural change (births minus deaths)
July 1, 2024 to July 1, 2025

State	# Change	% Change
Alabama	-2,188	0.0%
Alaska	3,308	0.4%
Arizona	7,649	0.1%
Arkansas	-1,224	0.0%
California	109,715	0.3%
Colorado	20,608	0.3%
Connecticut	2,283	0.1%
Delaware	-554	-0.1%
District of Columbia	2,516	0.4%
Florida	-1,333	0.0%
Georgia	28,631	0.3%
Hawaii	2,024	0.1%
Idaho	6,900	0.3%
Illinois	10,903	0.1%
Indiana	8,561	0.1%
Iowa	2,949	0.1%
Kansas	4,951	0.2%
Kentucky	-83	0.0%
Louisiana	2,774	0.1%
Maine	-5,019	-0.4%
Maryland	11,444	0.2%
Massachusetts	8,419	0.1%
Michigan	-4,998	0.0%
Minnesota	12,071	0.2%
Mississippi	-2,607	-0.1%
Missouri	177	0.0%
Montana	-90	0.0%
Nebraska	6,136	0.3%
Nevada	3,051	0.1%
New Hampshire	-2,167	-0.2%
New Jersey	26,023	0.3%
New Mexico	-1,885	-0.1%
New York	42,815	0.2%
North Carolina	15,129	0.1%
North Dakota	2,630	0.3%
Ohio	-729	0.0%
Oklahoma	2,559	0.1%
Oregon	-3,764	-0.1%
Pennsylvania	-10,708	-0.1%
Rhode Island	-304	0.0%
South Carolina	564	0.0%
South Dakota	2,605	0.3%
Tennessee	3,597	0.0%
Texas	157,711	0.5%
Utah	24,961	0.7%
Vermont	-1,769	-0.3%
Virginia	13,817	0.2%
Washington	17,230	0.2%
West Virginia	-7,887	-0.4%
Wisconsin	1,161	0.0%
Wyoming	295	0.1%
United States	518,858	0.2%

Sources: U.S. Census Bureau, National Restaurant Association

**Change in population due to net domestic migration
July 1, 2024 to July 1, 2025**

State	# Change	% Change
Alabama	23,358	0.5%
Alaska	-4,525	-0.6%
Arizona	31,107	0.4%
Arkansas	14,475	0.5%
California	-229,077	-0.6%
Colorado	-12,100	-0.2%
Connecticut	-5,945	-0.2%
Delaware	6,855	0.7%
District of Columbia	-4,128	-0.6%
Florida	22,517	0.1%
Georgia	27,333	0.2%
Hawaii	-8,876	-0.6%
Idaho	19,915	1.0%
Illinois	-40,017	-0.3%
Indiana	12,197	0.2%
Iowa	-970	0.0%
Kansas	-519	0.0%
Kentucky	7,269	0.2%
Louisiana	-14,387	-0.3%
Maine	7,406	0.5%
Maryland	-12,127	-0.2%
Massachusetts	-33,340	-0.5%
Michigan	1,796	0.0%
Minnesota	8,300	0.1%
Mississippi	-917	0.0%
Missouri	14,028	0.2%
Montana	6,348	0.6%
Nebraska	-366	0.0%
Nevada	14,914	0.5%
New Hampshire	6,554	0.5%
New Jersey	-37,428	-0.4%
New Mexico	-2,267	-0.1%
New York	-137,586	-0.7%
North Carolina	84,064	0.8%
North Dakota	512	0.1%
Ohio	11,926	0.1%
Oklahoma	14,492	0.4%
Oregon	2,228	0.1%
Pennsylvania	-2,936	0.0%
Rhode Island	-1,551	-0.1%
South Carolina	66,622	1.2%
South Dakota	2,169	0.2%
Tennessee	42,389	0.6%
Texas	67,299	0.2%
Utah	3,343	0.1%
Vermont	-726	-0.1%
Virginia	6,268	0.1%
Washington	9,238	0.1%
West Virginia	6,408	0.4%
Wisconsin	6,984	0.1%
Wyoming	1,474	0.3%

Sources: U.S. Census Bureau, National Restaurant Association

Change in population due to net international migration
July 1, 2024 to July 1, 2025

State	# Change	% Change
Alabama	8,946	0.2%
Alaska	1,959	0.3%
Arizona	28,219	0.4%
Arkansas	5,470	0.2%
California	109,278	0.3%
Colorado	15,356	0.3%
Connecticut	17,534	0.5%
Delaware	3,473	0.3%
District of Columbia	3,915	0.6%
Florida	178,674	0.8%
Georgia	42,579	0.4%
Hawaii	4,768	0.3%
Idaho	2,148	0.1%
Illinois	44,752	0.4%
Indiana	17,852	0.3%
Iowa	5,903	0.2%
Kansas	7,440	0.3%
Kentucky	15,709	0.3%
Louisiana	14,900	0.3%
Maine	4,040	0.3%
Maryland	20,503	0.3%
Massachusetts	40,240	0.6%
Michigan	30,706	0.3%
Minnesota	12,486	0.2%
Mississippi	7,451	0.3%
Missouri	12,665	0.2%
Montana	899	0.1%
Nebraska	6,599	0.3%
Nevada	10,551	0.3%
New Hampshire	2,403	0.2%
New Jersey	53,064	0.6%
New Mexico	2,879	0.1%
New York	95,634	0.5%
North Carolina	46,890	0.4%
North Dakota	2,810	0.4%
Ohio	28,505	0.2%
Oklahoma	8,420	0.2%
Oregon	9,636	0.2%
Pennsylvania	26,921	0.2%
Rhode Island	5,923	0.5%
South Carolina	12,930	0.2%
South Dakota	3,183	0.3%
Tennessee	17,990	0.2%
Texas	167,475	0.5%
Utah	7,501	0.2%
Vermont	623	0.1%
Virginia	40,436	0.5%
Washington	46,202	0.6%
West Virginia	244	0.0%
Wisconsin	7,260	0.1%
Wyoming	258	0.0%
United States	1,262,202	0.4%

Sources: U.S. Census Bureau, National Restaurant Association