

U.S. 2024 Estimated Population by State and Territory

U.S. States and Territories by Population

State or Territory	Census/Estimated Population by State or Territory [a]		Net Change in Population From 2010-2020 [a]		Number of Seats in the House of Representatives [b]		Population Per Electoral Vote (2020) [c]	Population Per Seat in the House 2020 [a]
	7/1/2024 (Estimate)	4/1/2020 (Census)	% Diff.	Absolute Diff.	Seats	% of Total		
California	39,431,263	39,538,223	6.13%	2,284,267	52	11.95%	732,189	760,350
Texas	31,290,831	29,145,505	15.91%	3,999,944	38	8.74%	728,638	766,987
Florida	23,372,215	21,538,187	14.56%	2,736,877	28	6.44%	717,940	769,221
New York	19,867,248	20,201,249	4.25%	823,147	26	5.98%	721,473	776,971
Pennsylvania	13,078,751	13,002,700	2.36%	300,321	17	3.91%	684,353	764,865
Illinois	12,710,158	12,812,508	-0.14%	-18,124	17	3.91%	674,343	753,677
Ohio	11,883,304	11,799,448	2.28%	262,944	15	3.45%	694,085	786,630
Georgia	11,180,878	10,711,908	10.57%	1,024,255	14	3.22%	669,494	765,136
North Carolina	11,046,024	10,439,388	9.48%	903,905	14	3.22%	652,462	745,671
Michigan	10,140,459	10,077,331	1.96%	193,691	13	2.99%	671,822	775,179
New Jersey	9,500,851	9,288,994	5.65%	497,100	12	2.76%	663,500	774,083
Virginia	8,811,195	8,631,393	7.88%	630,369	11	2.53%	663,953	784,672
Washington	7,958,180	7,705,281	14.58%	980,741	10	2.30%	642,107	770,528
Arizona	7,582,384	7,151,502	11.88%	759,485	9	2.07%	650,137	794,611
Tennessee	7,227,750	6,910,840	8.90%	564,735	9	2.07%	628,258	767,871
Massachusetts	7,136,171	7,029,917	7.37%	482,288	9	2.07%	639,083	781,102
Indiana	6,924,275	6,785,528	4.65%	301,726	9	2.07%	616,866	753,948
Maryland	6,263,220	6,177,224	6.99%	403,672	8	1.84%	617,722	772,153
Missouri	6,245,466	6,154,913	2.77%	165,986	8	1.84%	615,491	769,364
Wisconsin	5,960,975	5,893,718	3.64%	206,732	8	1.84%	589,372	736,715
Colorado	5,957,493	5,773,714	14.80%	744,518	8	1.84%	577,371	721,714

Minnesota	5,793,151	5,706,494	7.59%	402,569	8	1.84%	570,649	713,312
South Carolina	5,478,831	5,118,425	10.66%	493,061	7	1.61%	568,714	731,204
Alabama	5,157,699	5,024,279	5.12%	244,543	7	1.61%	558,253	717,754
Louisiana	4,597,740	4,657,757	2.74%	124,385	6	1.38%	582,220	776,293
Kentucky	4,588,372	4,505,836	3.84%	166,469	6	1.38%	563,230	750,973
Oregon	4,272,371	4,237,256	10.60%	406,182	6	1.38%	529,657	706,209
Oklahoma	4,095,393	3,959,353	5.54%	208,002	5	1.15%	565,622	791,871
Connecticut	3,675,069	3,605,944	0.89%	31,847	5	1.15%	515,135	721,189
Utah	3,503,613	3,271,616	18.37%	507,731	4	0.92%	545,269	817,904
Nevada	3,267,467	3,104,614	14.96%	404,063	4	0.92%	517,436	776,154
Iowa	3,241,488	3,190,369	4.73%	144,014	4	0.92%	531,728	797,592
Puerto Rico	3,203,295	3,285,874	-11.81%	-439,915	1*	—	—	—
Arkansas	3,088,354	3,011,524	3.28%	95,606	4	0.92%	501,921	752,881
Kansas	2,970,606	2,937,880	2.97%	84,762	4	0.92%	489,647	734,470
Mississippi	2,943,045	2,961,279	-0.20%	-6,018	4	0.92%	493,547	740,320
New Mexico	2,130,256	2,117,522	2.83%	58,343	3	0.69%	423,504	705,841
Nebraska	2,005,465	1,961,504	7.40%	135,163	3	0.69%	392,301	653,835
Idaho	2,001,619	1,839,106	17.32%	271,524	2	0.46%	459,777	919,553
West Virginia	1,769,979	1,793,716	-3.20%	-59,278	2	0.46%	448,429	896,858
Hawaii	1,446,146	1,455,271	6.98%	94,970	2	0.46%	363,818	727,636
New Hampshire	1,409,032	1,377,529	4.66%	61,059	2	0.46%	344,382	688,765
Maine	1,405,012	1,362,359	2.56%	33,998	2	0.46%	340,590	681,180
Montana	1,137,233	1,084,225	9.58%	94,810	2	0.46%	271,056	542,113
Rhode Island	1,112,308	1,097,379	4.26%	44,812	2	0.46%	274,345	548,690
Delaware	1,051,917	989,948	10.25%	92,014	1	0.23%	329,983	989,948
South Dakota	924,669	886,667	8.90%	72,487	1	0.23%	295,556	886,667
North Dakota	796,568	779,094	15.83%	106,503	1	0.23%	259,698	779,094
Alaska	740,133	733,391	3.26%	23,160	1	0.23%	244,464	733,391
District of Columbia	702,250	689,545	14.60%	87,822	1*	—	229,848	—
Vermont	648,493	643,077	2.77%	17,336	1	0.23%	214,359	643,077
Wyoming	587,618	576,851	2.35%	13,225	1	0.23%	192,284	576,851
Guam ^[11]	172,952	153,836	-3.47%	-5,522	1*	—	—	—

U.S. Virgin Islands ^[12]	104,917	87,146	-18.10%	-19,259	1*	—	—	—
American Samoa ^[13]	47,521	49,710	-10.46%	-5,809	1*	—	—	—
Northern Mariana Islands ^[14]	45,143	47,329	-12.16%	-6,554	1*	—	—	—
Contiguous United States	337,924,709	329,260,619	7.36%	22,585,613	432 (+1*)	99.31%	623,600	756,921
<i>The 50 states</i>	339,408,738	330,759,736	7.34%	22,615,921	435	100%	618,242	760,367
<i>The 50 states and D.C.</i>	340,110,988	331,449,281	7.35%	22,703,743	435 (+1*)	100%	616,077	—
Total US and territories	N/A	335,073,176	7.10%	22,226,684	435 (+6*)	100%	—	—

* — non-voting member of the House of Representatives.

a. ^ Jump up to:^{a b c} Resident population only; does not include overseas population. In 2022, the Census Bureau announced the following undercounts (missed residents) in the 2020 census: Arkansas (-5.04%), Florida (-3.48%), Illinois (-1.97%), Mississippi (-4.11%), Tennessee (-4.78%) and Texas (-1.92%). These were the overcounts: Delaware (+5.45%), Hawaii (+6.79%), Massachusetts (+2.24%), Minnesota (+3.84%), New York (+3.44%), Ohio (+1.49%), Rhode Island (+5.05%) and Utah (+2.59%).^[10]

b. ^ Effective from 2022 onward.

c. ^ Effective from the 2022 elections onward. Each state has a number of votes in the Electoral College equal to its number of senators (two) and representatives in the Congress, while D.C. is granted three electoral votes. The Electoral College is used to elect the President and Vice President of the United States.

Source: https://en.wikipedia.org/wiki/List_of_U.S._states_and_territories_by_population

General References

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