

U.S. Population Statistics by State, Territory, Division, and Region

State/Federal District/Territory/		Rank	2020 Population	Rank	2010 Population	Rank	2000 Population	Rank	2010-2020 Change	Geo. Sort
Division/	Region									
Massachusetts		15	7,029,917	14	6,547,629	13	6,349,097	21	7.40%	NEng
Connecticut		29	3,605,944	29	3,574,097	29	3,405,565	47	0.90%	NEng
New Hampshire		41	1,377,529	42	1,316,470	41	1,235,786	30	4.60%	NEng
Maine		42	1,362,359	41	1,328,361	40	1,274,923	42	2.60%	NEng
Rhode Island		43	1,097,379	43	1,052,567	43	1,048,319	31	4.30%	NEng
Vermont		49	643,077	49	625,741	49	608,827	40	2.80%	NEng
New England		9	15,116,205	9	14,444,865	9	13,922,517	7	4.60%	NEast
New York		4	20,201,249	3	19,378,102	3	18,976,457	32	4.20%	MAtl
Pennsylvania		5	13,002,700	6	12,702,379	6	12,281,054	43	2.40%	MAtl
New Jersey		11	9,288,994	11	8,791,894	9	8,414,350	25	5.70%	MAtl
Mid-Atlantic		4	42,492,943	4	40,872,375	4	39,671,861	8	4.00%	NEast
Northeast		4	57,609,148	4	55,317,240	4	53,594,378	3	4.10%	USA
Florida		3	21,538,187	4	18,801,310	4	15,982,378	8	14.60%	SAtl
Georgia		8	10,711,908	9	9,687,653	10	8,186,453	12	10.60%	SAtl
North Carolina		9	10,439,388	10	9,535,483	11	8,049,313	15	9.50%	SAtl
Virginia		12	8,631,393	12	8,001,024	12	7,078,515	18	7.90%	SAtl
Maryland		18	6,177,224	19	5,773,552	19	5,296,486	22	7.00%	SAtl
South Carolina		23	5,118,425	24	4,625,364	26	4,012,012	10	10.70%	SAtl
West Virginia		39	1,793,716	37	1,852,994	37	1,808,344	50	-3.2%	SAtl
Delaware		45	989,948	45	897,934	45	783,600	13	10.20%	SAtl
District of Columbia		–	689,545	–	601,723	–	572,059	–	14.60%	SAtl
South Atlantic		1	66,089,734	1	59,777,037	1	51,769,160	3	10.60%	South
Tennessee		16	6,910,840	17	6,346,105	16	5,689,283	17	8.90%	ESC
Alabama		24	5,024,279	23	4,779,736	23	4,447,100	27	5.10%	ESC
Kentucky		26	4,505,836	26	4,339,367	25	4,041,769	33	3.80%	ESC
Mississippi		34	2,961,279	31	2,967,297	31	2,844,658	49	-0.2%	ESC
East South Central		8	19,402,234	8	18,432,505	8	17,022,810	6	5.30%	South

Texas	2	29,145,505	2	25,145,561	2	20,851,820	3	15.90%	WSC
Louisiana	25	4,657,757	25	4,533,372	22	4,468,976	41	2.70%	WSC
Oklahoma	28	3,959,353	28	3,751,351	27	3,450,654	26	5.50%	WSC
Arkansas	33	3,011,524	32	2,915,918	33	2,673,400	35	3.30%	WSC
West South Central	5	40,774,139	5	36,346,202	5	31,444,850	2	12.20%	South
South	1	126,266,107	1	114,555,744	1	100,236,820	1	10.20%	USA
Illinois	6	12,812,508	5	12,830,632	5	12,419,293	48	-0.1%	ENC
Ohio	7	11,799,448	7	11,536,504	7	11,353,140	45	2.30%	ENC
Michigan	10	10,077,331	8	9,883,640	8	9,938,444	46	2.00%	ENC
Indiana	17	6,785,528	15	6,483,802	14	6,080,485	29	4.70%	ENC
Wisconsin	20	5,893,718	20	5,686,986	18	5,363,675	34	3.60%	ENC
East North Central	3	47,368,533	3	46,421,564	2	45,155,037	9	2.00%	MWest
Missouri	19	6,154,913	18	5,988,927	17	5,595,211	39	2.80%	WNC
Minnesota	22	5,706,494	21	5,303,925	21	4,919,479	19	7.60%	WNC
Iowa	31	3,190,369	30	3,046,355	30	2,926,324	28	4.70%	WNC
Kansas	35	2,937,880	33	2,853,118	32	2,688,418	37	3.00%	WNC
Nebraska	37	1,961,504	38	1,826,341	38	1,711,263	20	7.40%	WNC
South Dakota	46	886,667	46	814,180	46	754,844	16	8.90%	WNC
North Dakota	47	779,094	48	672,591	47	642,200	4	15.80%	WNC
West North Central	7	21,616,921	7	20,505,437	6	19,237,739	5	5.40%	MWest
Midwest	3	68,985,454	3	66,927,001	2	64,392,776	4	3.10%	USA
Arizona	14	7,151,502	16	6,392,017	20	5,130,632	9	11.90%	Mtn
Colorado	21	5,773,714	22	5,029,196	24	4,301,261	6	14.80%	Mtn
Utah	30	3,271,616	34	2,763,885	34	2,233,169	1	18.40%	Mtn
Nevada	32	3,104,614	35	2,700,551	35	1,998,257	5	15.00%	Mtn
New Mexico	36	2,117,522	36	2,059,179	36	1,819,046	38	2.80%	Mtn
Idaho	38	1,839,106	39	1,567,582	39	1,293,953	2	17.30%	Mtn
Montana	44	1,084,225	44	989,415	44	902,195	14	9.60%	Mtn
Wyoming	50	576,851	50	563,626	50	493,782	44	2.30%	Mtn
Mountain	6	24,919,150	6	22,065,451	7	18,172,295	1	12.90%	West
California	1	39,538,223	1	37,253,956	1	33,871,648	24	6.10%	Pac
Washington	13	7,705,281	13	6,724,540	15	5,894,121	7	14.60%	Pac
Oregon	27	4,237,256	27	3,831,074	28	3,421,399	11	10.60%	Pac
Hawaii	40	1,455,271	40	1,360,301	42	1,211,537	23	7.00%	Pac

Alaska	48	733,391	47	710,231	48	626,932	36	3.30%	Pac
Pacific	2	53,669,422	2	49,880,102	3	45,025,637	4	7.60%	West
West	2	78,588,572	2	71,945,553	3	63,197,932	2	9.20%	USA
50 states and District of Columbia	–	331,449,281	–	308,745,538	–	281,421,906	–	7.40%	NAmer
Puerto Rico	1	3,285,874	1	3,725,789	1	3,808,610	3	-11.8%	I.A.
Guam	2	153,836	2	159,358	2	154,805	1	-3.5%	I.A.
U.S. Virgin Islands	3	87,146	3	106,405	3	108,612	2	-18.1%	I.A.
American Samoa	4	49,710	4	55,519	5	57,291	4	-7.7%	I.A.
Northern Mariana Islands	5	47,329	5	53,883	4	69,221	5	-14.8%	I.A.
U.S. Minor Outlying Islands	6	300	6	305	6	316	6	–	I.A.
Island Areas (Territories)	–	3,623,895	–	4,100,954	–	4,198,855	–	-11.6%	USA

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

General References

"National Totals: Vintage 2015". United States Census Bureau. Archived from the original on December 23, 2015. Retrieved December 24, 2015.

"2010 Census Tables". U. S. Census Bureau. Retrieved November 6, 2020.

"Congressional Apportionment: 2010 Census Brief". U. S. Census Bureau. November 2011. Retrieved November 6, 2020.

"2009 Census estimates". U. S. Census Bureau. Archived from the original on August 7, 2010. Retrieved August 13, 2010.

Statistical Abstract of the United States, 1995, U.S. Census Bureau, Section 29: Outlying Areas, Table No. 1347. Land Area and Population Characteristics, by [Outlying] Area: 1990 (page 828). Retrieved May 28, 2011