2025 County and Economic Development Regions Population Estimates

Analysis of the US Census Bureau
Vintage 2025
Total County Population Estimates

Program on Applied Demographics

The Cornell Jeb E. Brooks School of Public Policy

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Introduction

On March 26 2026, the U.S. Census Bureau released the Vintage 2025 County population estimates with data available from April 1, 2020 to July 1, 2025. This report highlights results from these estimates including the components of change: natural increase and net-migration. Natural increase is the difference between the number of births and the number of deaths, while net-migration is the difference between the number of people moving into and out of an area and can be broken into net domestic and net international migration. Each section includes highlights at the Economic Development Region and county level.

Highlights:

- The population in New York State declined by 1.0% (201,269 people) since the 2020 Census. However, the population remained stable (negligible increase of 0.01%) in the most recent year.

Regions

- Three Economic Regions gained population since April 1st, 2020: Capital Region, Long Island and Mid-Hudson. The other seven regions lost population during this period.

- Six of the state's ten regions lost population between 2024 to 2025. Mid-Hudson gained the most in relative population (+13,285; 0.54%) while the North Country lost the most (-2,323; -0.56%).

- Seven regions saw more deaths than births in the most recent year, with the Southern Tier losing the most relative population due to natural decrease (-0.3%).

  o Mid-Hudson and New York City were tied for the largest relative gains (0.42%) due to natural increase, with New York City gaining more numerically (+36,101).

- Four regions lost population due to net migration overall migration between July 2024 and 2025, but eight regions lost population due to negative net domestic migration.

  o Four regions with negative net domestic migration had enough net international migration to result in positive total net migration: Finger Lakes, Mid-Hudson, Southern Tier, and Western New York.

Counties

- Between 2020 and 2025, the population in 35 counties declined by 1% or more, and increased by 1% or more in 14 counties.

  o Schuyler county lost the most in relative population (-5.41%) while Rockland gained the most (5.63%).

- In the most recent year, five counties declined by -0.75% or more while only one county grew by over 0.75% (Montgomery; 0.94%).

- Most counties (47 out of 62) experienced more deaths than births (natural decrease) between 2024 and 2025. Rockland gained the most in relative population due to natural increase (1.29%) while Hamilton lost the most due to natural decrease (-0.96%).

- Between 2024 and 2025, more people moved into than out of (positive net migration) 38 counties.

  o Negative net domestic migration was offset by positive net international migration (resulting in positive net migration) in 12 counties.

Vintage 2025 Estimates (covering April 1, 2020 – July 1, 2025)

Estimates

The idea of the population estimates as produced by the U.S. Census Bureau is that if we know the population size at a certain point in time, and we know the change in population between that point in time and another point in the future, we can then calculate the population size at that future point in time.

This estimates series starts with an estimate of the population on Census Day (April 1, 2020). Estimates of births, deaths and population moving in and out of the area determine the estimated change in population.

2020 Base population

In early 2025, the Census Bureau released the Modified Age and Race Census (MARC) file[1]. The 2020 Modified Age & Race Census (MARC) files provide data from the 2020 Census in race categories that are consistent with the race categories used by the Population Estimates Program (PEP). Additionally, the age values for a subset of observations on the MARC files have been adjusted to produce more accurate age distributions.

The 2020 base population is different from the MARC file as successful challenges to the Census Count from the Census Question Resolution (CQR) and Post-Censal Group Quarters Review (PCGQR) programs are included as changes. The Census Bureau also altered the number of 0- to 9-year-olds to compensate for the undercount of young children. Because the total number is unchanged, this change in the younger population is compensated for in the counts at other ages. This release does not show the impact of these adjustments for young children, but there is still a very small effect on the migration components.

Births and deaths

To estimate the number births and deaths, the Census Bureau uses data collected from the State Health departments and the National Center for Health Statistics (NCHS). This data is based on information from the Birth and Death certificates.

Processing the Birth and Death certificates takes time, especially because the data is collected by place of occurrence and needs to be allocated to a place of residence in order to be processed. For the population estimates this means that the number of births and deaths in the most recent years is often not, or only partly, based on administrative data. Gaps in the data are filled by extrapolation of the most recent data. Recent process improvements at the NCHS have resulted in much smaller delays, which benefits the population estimates.

Migration

The migration component of change is further split into domestic migration and international migration. Domestic migration, or people moving within the United States, is estimated using location information from successive data from tax filings, Medicare enrollment data, and the Social Security Administration's Numerical Identification File (NUMIDENT). Increases and decreases in group quarters (e.g. nursing homes, dormitories, prisons) populations are also accounted for in the net domestic migration. Because of the COVID Pandemic many Group Quarters saw large, temporary reductions in the resident counts.

International migration is estimated using a variety of resources. One of the main sources of information for the number of people moving into the United States is the American Community Survey (ACS). The ACS is also the main source used to estimate the flow of the foreign born out of the United States. Other sources used to

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[1] See https://www.census.gov/programs-surveys/popest/technical-documentation/research/modified-race-data.html
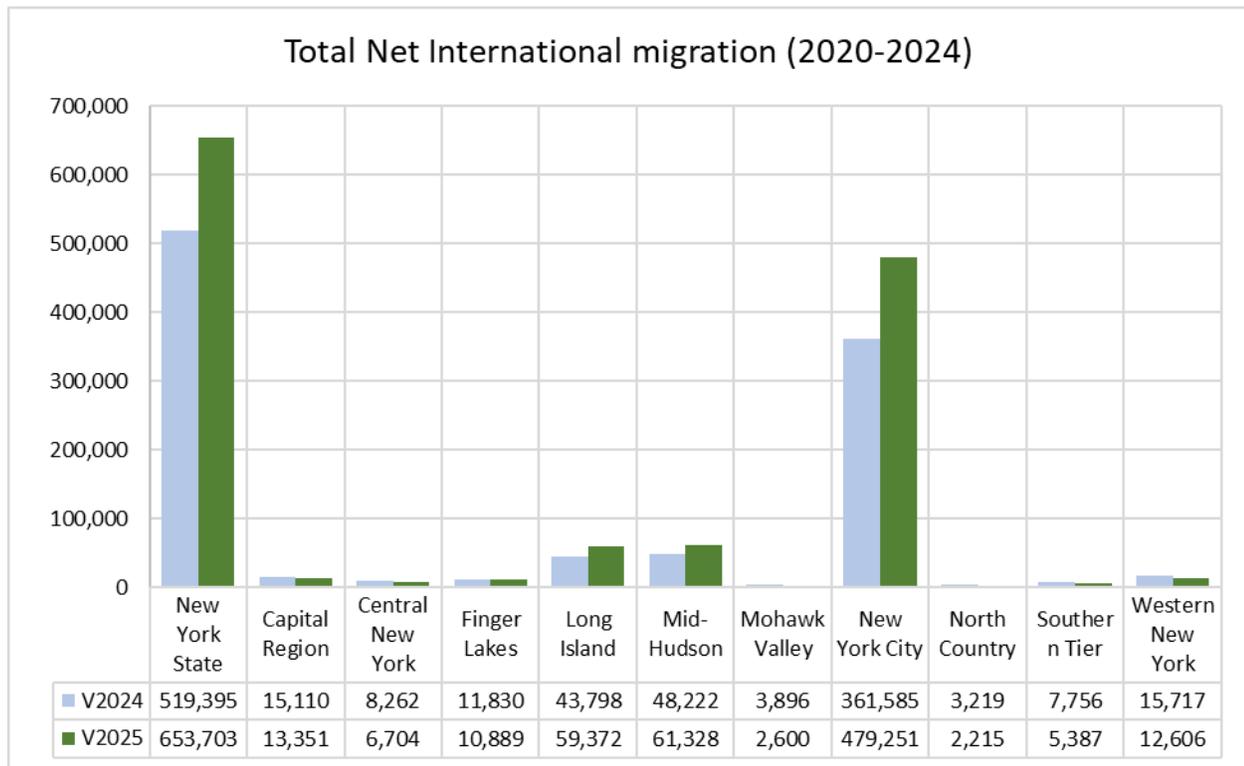
estimate international movements include foreign population Censuses and registers, the Puerto Rico Community Survey (PRCS), and the movement of Armed Forces. The ACS data is not recent; the latest ACS used for the Vintage 2025 is the 2023 1-year ACS and recent fluctuations in international migration are not captured in this source.

Since the last vintage, the Census Bureau added a new data source for estimates for international migration. Data from Department of Homeland Security (DHS) is used to make an estimate of the total immigration of humanitarian migrants[2]. Data from the Executive Office for Immigration Review (EOIR) is used to distribute these humanitarian migrants among the states and counties.

Difference between Vintage 2025 and previous vintage 2024

The US Census Bureau is constantly looking for ways to make the population estimates better. This often leads to changes in the estimates methodology which is why it is not recommended to use estimates from different vintages.

There are some notable differences between last year's vintage 2024 and these vintage 2025 estimates; most noticeable are the differences in estimates of international migration. While the national total estimate of net international migration didn't change much, adding the use of local data on EIOR encounters changed the distribution of the new arrivals over the states and counties.

Total Net International migration (2020-2024)

	New York State	Capital Region	Central New York	Finger Lakes	Long Island	Mid-Hudson	Mohawk Valley	New York City	North Country	Southern Tier	Western New York
V2024	519,395	15,110	8,262	11,830	43,798	48,222	3,896	361,585	3,219	7,756	15,717
V2025	653,703	13,351	6,704	10,889	59,372	61,328	2,600	479,251	2,215	5,387	12,606

In the previous vintage, the total net internation migration over the years 2020 through 2024 added around 519 thousand people and in these new estimates this number was revised to almost 654 thousand. This revision had the biggest impact on New York City. Other regions had smaller revisions upwards or downwards.

Another difference is in the new base population which uses much more age/sex/race/ethnicity data from the 2020 Census. The impact of this change on estimates of total population and the components of change is

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[2] https://www.census.gov/newsroom/blogs/random-samplings/2024/12/international-migration-population-estimates.html

minimal, but some differences are expected when the estimates of characteristics are released (planned for June 2026).

Estimates for 2010-2020

The Vintage 2020 population estimates covered the period of April 1, 2010 through July 1, 2020 and contained annual estimates of components of change starting in 2010 and ending in 2020. After 10 years of estimating components of change, it is expected that differences exist between the estimated population in 2020 and the 2020 Census. Differences in coverage (overcount and undercount) between Census 2010 and 2020 can also contribute to the difference between estimates and the Census. For New York State the difference between the 2020 estimates and 2020 Census was substantial, as the Census counted about 820 thousand more people than were estimated.

Intercensal estimates

After the 2020 Census results are released, the original estimates can be adjusted such that the estimates series ends with the 2020 Census count. This series, called the intercensal estimates, produces estimates of the population between 2010 and 2020 that are consistent with both the 2010 and 2020 Census. The Census Bureau released intercensal estimates for housing unit and population totals in 2024.

Components of change

Although the estimates of the components of change in Vintage 2020 resulted in a population different from the Census, it is not possible to adjust them as the source of this difference is not known. In this report, estimated components of change for 2010-2019 come from Vintage 2020. For births and deaths that cover July 2019 – July 2020, this report takes ¾ of these estimates from Vintage 2020, which can be seen as an estimate for July 1, 2019 through April 1, 2020, and adds the components taken from the 2021 Vintage estimates which included change from April 1, 2020 to July 1, 2020. For the migration components we took the Vintage 2020 value, but introduced a break in the time series indicating estimates coming from a different set of post-censal estimates.

Economic Development Regions

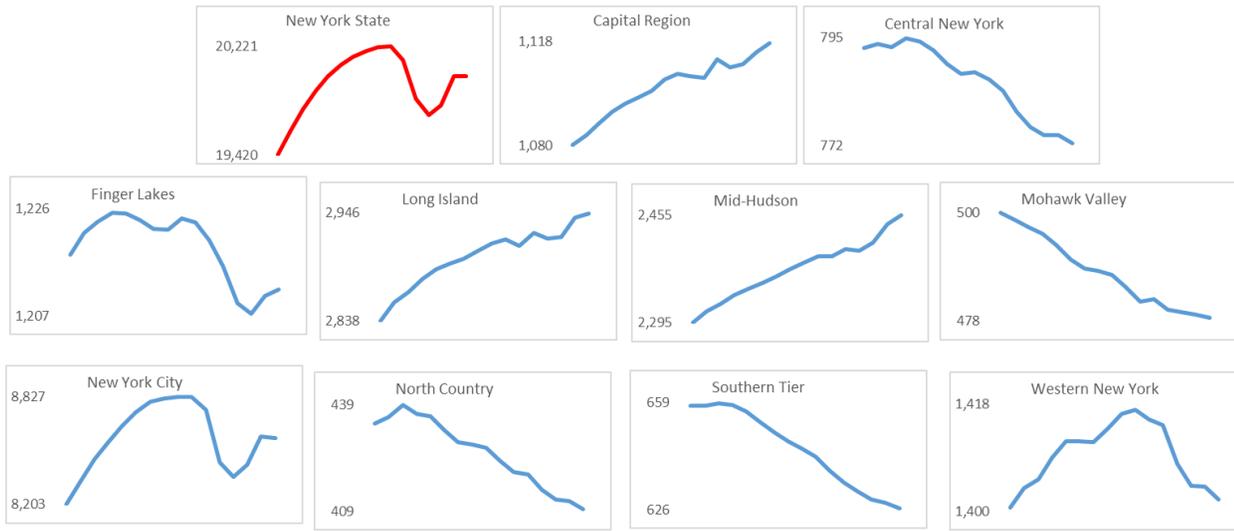*Figure 1: Annual population estimate (*1,000) by region, (2010-2025)*

Table 1: Vintage 2025 Population Estimates by Economic Region, change since 2020 Decennial Census and in most recent year

| | Change between Census 2020 and 2025 | | | | Change between 2024 and 2025 | | | |
| | | | Difference | | | | Difference | |
	Census 2020	Estimate 2025	Count	%	Estimate 2024	Estimate 2025	Count	%
New York State	20,203,696	20,002,427	**-201,269**	**-1.0%**	20,001,419	20,002,427	**1,008**	**0.01%**
Capital Region	1,106,043	1,117,438	11,395	1.0%	1,114,080	1,117,438	3,358	0.30%
Central New York	785,120	772,488	-12,632	-1.6%	774,252	772,488	-1,764	-0.23%
Finger Lakes	1,222,896	1,211,736	-11,160	-0.9%	1,210,615	1,211,736	1,121	0.09%
Long Island	2,921,696	2,945,029	23,333	0.8%	2,941,113	2,945,029	3,916	0.13%
Mid-Hudson	2,399,251	2,454,461	55,210	2.3%	2,441,176	2,454,461	13,285	0.54%
Mohawk Valley	483,371	478,638	-4,733	-1.0%	479,293	478,638	-655	-0.14%
New York City	8,805,594	8,584,629	-220,965	-2.5%	8,596,825	8,584,629	-12,196	-0.14%
North Country	421,678	409,589	-12,089	-2.9%	411,912	409,589	-2,323	-0.56%
Southern Tier	640,000	626,450	-13,550	-2.1%	628,023	626,450	-1,573	-0.25%
Western New York	1,418,047	1,401,969	-16,078	-1.1%	1,404,130	1,401,969	-2,161	-0.15%

Highlights:

- New York State's population trend closely mirrors that of New York City- gradually increasing between 2010 and 2020, declining during covid (2020-2022), rebounding slightly, then plateauing between 2023 and 2025.

- No region gained or lost population in every year since 2010. Mid-Hudson experienced population growth every year except for 2021-2022, when there was a slight decline (-0.1%).

    o The Mohawk Valley region lost population every year except for 2020-2021, when it increased by 0.1%. North Country and Southern Tier lost population every year starting in 2012-2013.

- The population in New York State declined by 1.0% (-201,269 people) between April 1, 2020 and July 1, 2025. In the most recent year, the NYS population rose by 0.01% (+1,008 people). [Table 1]

- Seven of the ten regions in New York State lost population between April 1st, 2020 and July 1st, 2025.

    - Six regions lost population in the most recent year (July 1st, 2024 to July 1st, 2025).

- Mid-Hudson grew the most, both since the Census (+2.3%; + 55,210) and in the past year (+0.54%; +13,285).

    - The North Country lost the most population of the regions, both since the Census (-2.9%; -12,089) and in the past year (-0.56%; -2,323).

Counties

Table 4 in Appendix B is a table with population estimates and change in population for all counties.

Figure 2: Number of counties with Positive or Negative Change in Population the year prior, 2011-2025
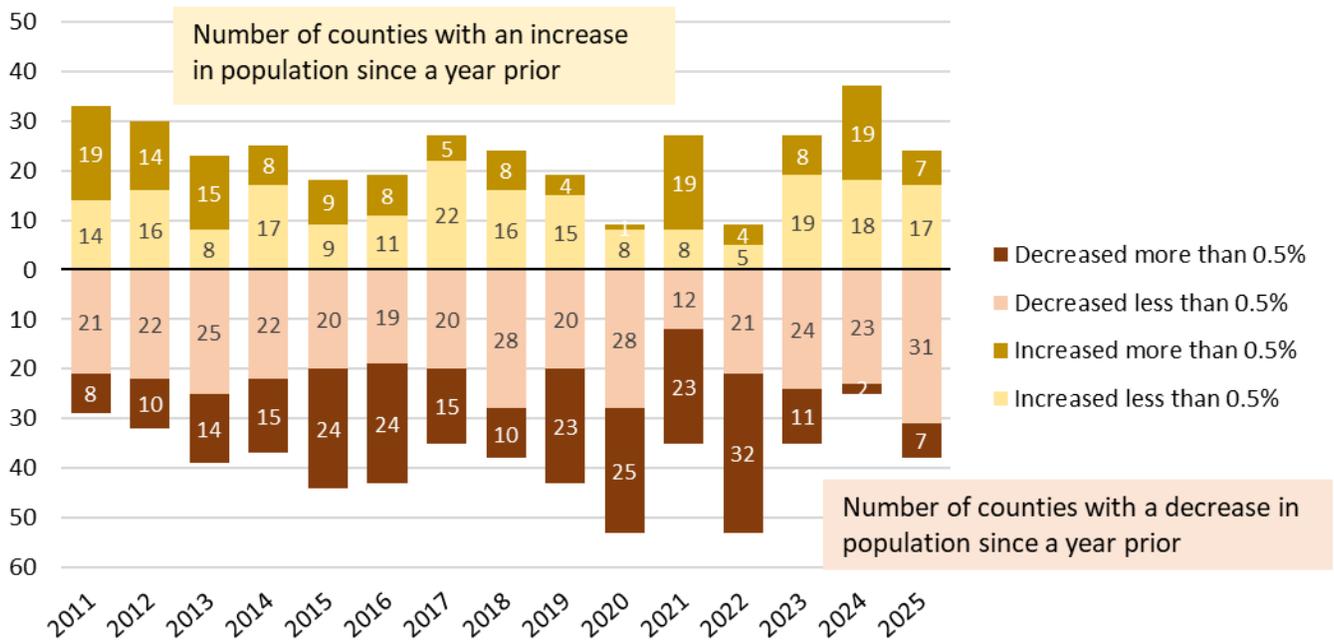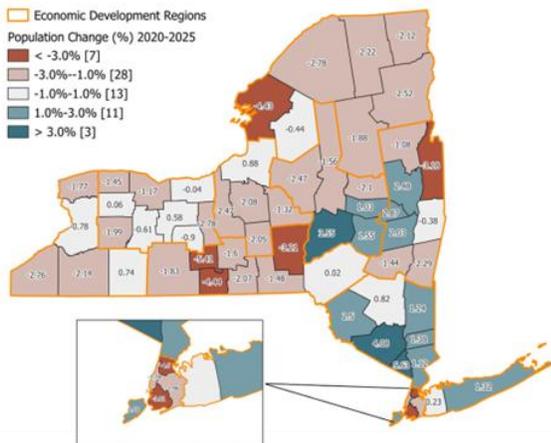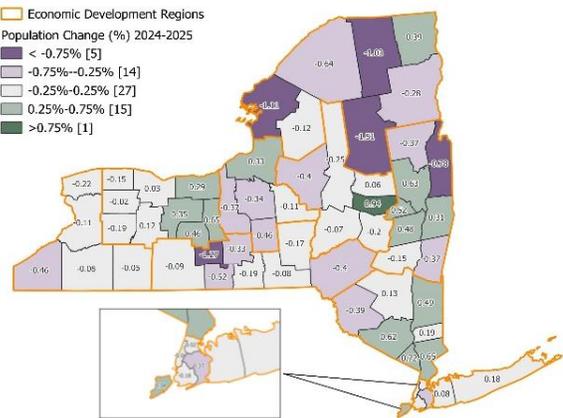

Figure 3: Maps of County Population Change, Since 2020 and in the Past Year

Map 1: Population Change (%), 2020-2025

Map 2: Population Change (%), 2024-2025

Highlights:

- At the beginning of the last decade, counties were almost evenly split between annual growth and decline (33 increasing and 29 decreasing in population for 2011). From 2012 to 2023, over half of the counties in New York State experienced declines [Figure 2].

    o The number of counties in New York State experiencing an annual increase in population did not surpass half again until the 2023-2024 year (37 counties experienced an increase).

- The maximum number of counties with a "large" annual increase (>0.5%) was 19 (reached in 2011, 2021, and 2024) while the maximum number with a "large" annual decrease (<-0.5%) was 32 and occurred in 2022.

- Seven counties declined in population by 3% or more since Census Day. Schuyler county population fell the most (-5.41%), followed by Bronx County (-4.5%). [Map 1]

- Three counties increased by 3% or more between 2020 and 2025, with the largest growth occurring in Rockland County (5.63%) followed by Orange (4.08%).

- In the most recent year (2024-2025) five counties declined by 0.75% or more, while only one grew by over 0.75% (Montgomery County; 0.94%) [Map 2].

    o The population of Hamilton County fell the most at -1.51%, followed by Schuyler (-1.27%).

Natural Increase/Decrease

Natural increase is the difference between the number of births and the number of deaths during a period. First, we present annual change and trends in births, deaths, and natural increase for New York State and its ten economic development regions. We then focus on county change in natural increase and its components over time, since the Census, and in the most recent year.

Economic Development Regions

Figure 4: Trends in Births, Deaths, and Natural Increase by Economic Region
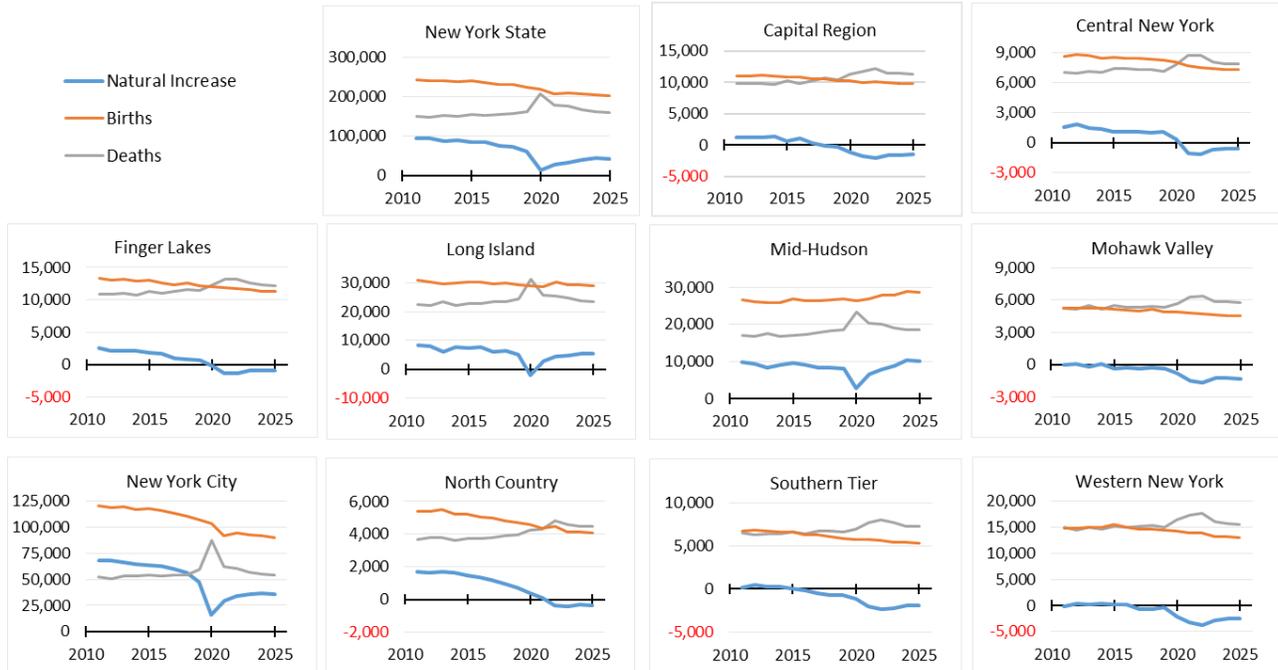
Table 2: Natural Increase by Economic Region, July 2024 to July 2025

	Natural Increase, July 2024 to July 2025			
	Natural Increase		Births	Deaths
	Count	Rate		
New York State	**42,815**	**0.21%**	**203,078**	**160,263**
Capital Region	-1,543	-0.14%	9,758	11,301
Central New York	-558	-0.07%	7,257	7,815
Finger Lakes	-883	-0.07%	11,293	12,176
Long Island	5,501	0.19%	29,025	23,524
Mid-Hudson	10,210	0.42%	28,709	18,499
Mohawk Valley	-1,282	-0.27%	4,504	5,786
New York City	36,101	0.42%	90,084	53,983
North Country	-353	-0.09%	4,097	4,450
Southern Tier	-1,868	-0.30%	5,339	7,207
Western New York	-2,510	-0.18%	13,012	15,522

Highlights:

- Natural increase in New York State began around 93,336 more births than deaths at the start of the last decade and declined gradually to about 61,220 in 2018/2019 [Figure 4]

    o Natural increase fell to only 12,343 more births than deaths in the next year with the onset of the COVID19 Pandemic (2019/2020). It rebounded slightly to 28,302 (2020/2021), and continued to rise in the proceeding years.

- At the beginning of the time series (2010/2011), 2 out of 10 regions experienced slightly more deaths than births (natural decrease) but by the most recent year (2024/2025) 7 out of 10 regions had natural decreases.

    o While all regions experienced more annual deaths at the end of the 2010-2025 period than they did at the beginning, only Mid-Hudson ended with higher births (and natural increase) than it started with.

- All regions experienced an increase in deaths between 2018/2019 and 2019/2020, but the sharpness of this increase (and degree of rebound afterwards) varied.

- In the most recent year, New York City and Mid-Hudson had the highest rates of natural increase at 0.42%, while the Southern Tier had the highest rate of natural decrease at -0.30% [Table 2].

    o Numerically, New York City had the largest natural increase (36,101 more births than deaths) while Western New York had the largest natural decrease (2,510 more deaths than births).

Counties

Figure 5: Number of counties with Natural Increase/Decrease the year prior, 2011-2025
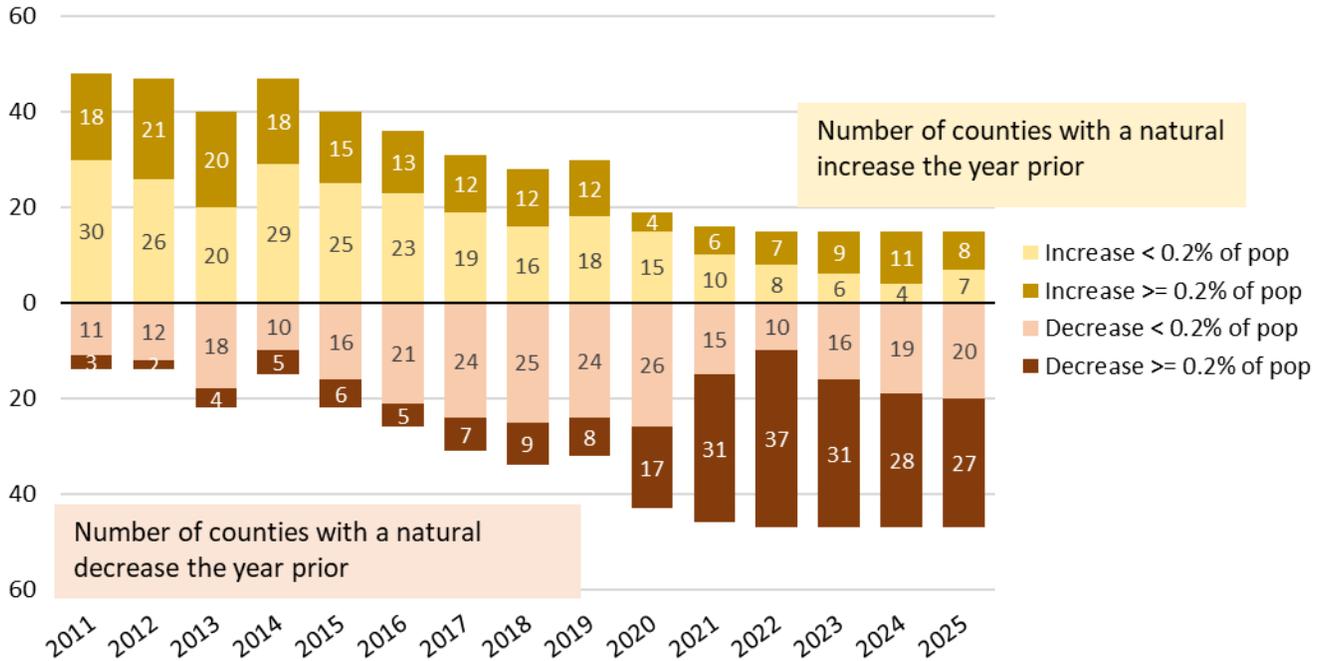
Figure 6: Maps of County Change Due to Natural Increase/Decrease, Since 2020 and in the Last year

Map 3: % Change Due to Natural Increase/Decrease, 2020-2025   Map 4: % Change Due to Natural Increase/Decrease, 2024-2025
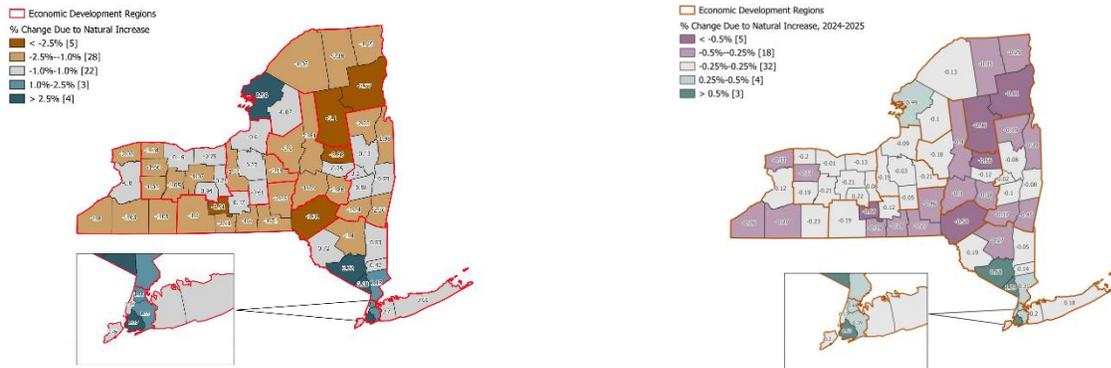
Highlights:

- Until 2017/2018, there were more counties experiencing natural increase than natural decrease. From 2018 to 2025 however, there were more counties with natural decrease than increase [Figure 6].

- In 2021/2022, 37 counties lost over 0.2% of their population due to natural decrease (more deaths than births).

- Since April 1st 2020, 33 of New York State's 62 counties lost more than 1% of their population due to natural decrease. [Map 3]

  o Only 7 counties gained more than 1% in population due to natural increase between 2020 and 2025.

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- Hamilton County had the largest loss due to natural decrease between 2020 and 2025 (-5.1%) while Rockland had the largest growth (+6.18%).

- From July 2024 to July 2025, 23 counties lost more than 0.25% of their population due to natural decrease, while only 7 gained over 0.25% due to natural increase [Map 4].

    - Hamilton and Rockland counties had the largest changes due to natural increase/decrease in the most recent year (-0.96% and +1.29% respectively).

Migration

Net migration is the difference between the number of people moving into an area and the number of people moving out. Migration flows occur for an area both domestically (within the same country) and internationally (between countries). Net migration is the sum of net domestic migration (difference between the number moving in from other domestic areas and moving out to other domestic areas) and net international migration (difference between the number moving in from another country and moving out to another country). First, we present trends in net migration and its two components for New York State and its 10 economic development regions. We then display county patterns in net migration (total, domestic, and international) for the 62 counties in New York State.

Economic Development Regions

Figure 7: Net Migration by Region, 2010-2025

Note: A gap is shown to separate the Vintage 2020 estimates (ending with the 2019/2020 year) from the Vintage 2025 estimates (beginning with 2020/2021).

Table 3: Net Migration by Economic Region in the most recent year

|	Net Migration, July 2024 to July 2025					
	Net migration		Domestic migration		International migration	
	Count	Rate	Count	Rate	Count	Rate
New York State	**-41,952**	**-0.2%**	**-137,586**	**-0.7%**	**95,634**	**0.5%**
Capital Region	4,859	0.4%	1,936	0.2%	2,923	0.3%
Central New York	-1,224	-0.2%	-2,841	-0.4%	1,617	0.2%
Finger Lakes	1,949	0.2%	-330	-0.0%	2,279	0.2%
Long Island	-1,810	-0.1%	-9,625	-0.3%	7,815	0.3%
Mid-Hudson	2,932	0.1%	-6,960	-0.3%	9,892	0.4%
Mohawk Valley	627	0.1%	130	0.0%	497	0.1%
New York City	-47,894	-0.6%	-113,718	-1.3%	65,824	0.8%
North Country	-1,940	-0.5%	-2,476	-0.6%	536	0.1%
Southern Tier	273	0.0%	-1,196	-0.2%	1,469	0.2%
Western New York	276	0.0%	-2,506	-0.2%	2,782	0.2%

Highlights:

- More people moved out of New York State than into it from 2011/2012 until 2022/2023, where net migration became positive [Figure 7].

    o In 2024/2025, net migration became negative again, but at a similar level to 2012/2013.

    o More people moved out of the North Country than into it in every year except 2011/2012.

- Four regions experienced negative net domestic migration in every year of the time series (2010-2025): Central New York, New York City, North Country, and the Southern Tier.

- Though all regions experienced positive net international migration in every year, they also reached a 15-year low in 2020/2021.

- In the most recent year, New York state lost 0.2% of its population due to net migration. This was driven by negative net domestic migration (-137,586) which was slightly offset by net international migration (+95,634) [Table 3].

- Net domestic migration was negative for eight out of ten regions in the most recent year. Net domestic migration was positive in Capital Region and Mohawk Valley (though negligible).

- Not all regions that experienced negative net domestic migration had negative total net migration.

    o Finger Lakes, Mid-Hudson, Southern Tier and Western New York lost population through net domestic migration but recovered population through international movement.

Counties

Overall net migration is the balance of net domestic and net international migration. As with regions, some counties have enough people coming in through international migration to compensate for a net domestic loss. Figure 8 plots percent change in population due to net domestic migration (X-axis) against percent change due to international migration (Y-axis) for each county. The green line represents the threshold at which the sum of net positive international migration and net negative domestic migration is zero. For example, Westchester County is almost on top of the line with percent change due to net migration at -0.01% (-3.5% through net domestic migration, +3.4% through net international migration).

Figure 8: County Net Migration by Degree and Direction of Net international and Net Domestic Migration, 2020-2025
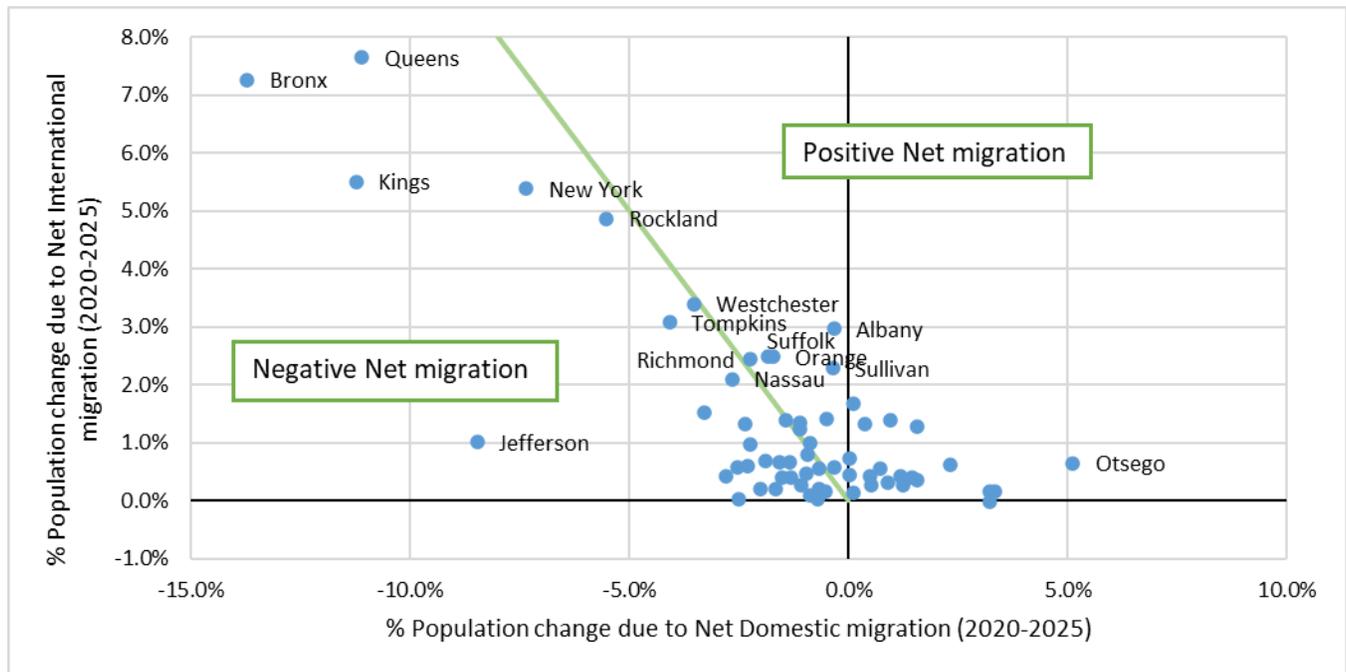
Net Domestic Migration

Figure 9: Number of Counties with Positive/Negative Net Domestic Migration the Year Prior, 2011-2025
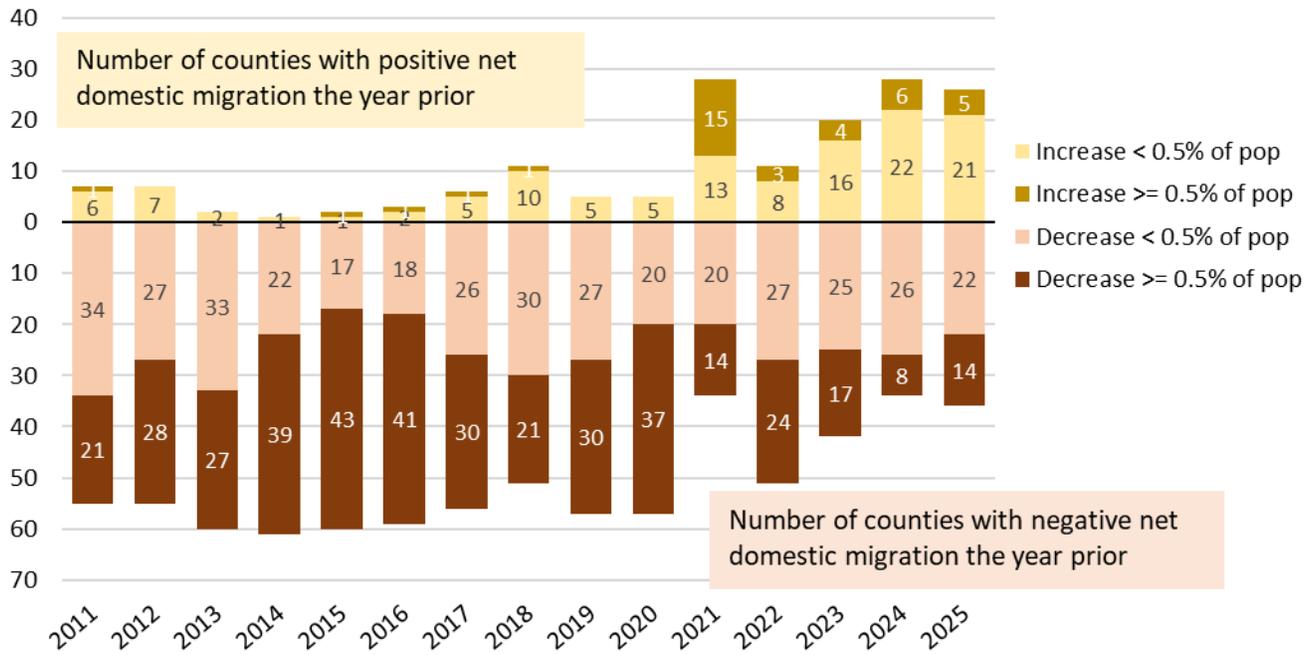
Figure 10: Maps of County Change due to Net Domestic Migration, Since 2020 and in the Past Year

Map 5: County Change Due to Net Domestic Migration, 2020-2025
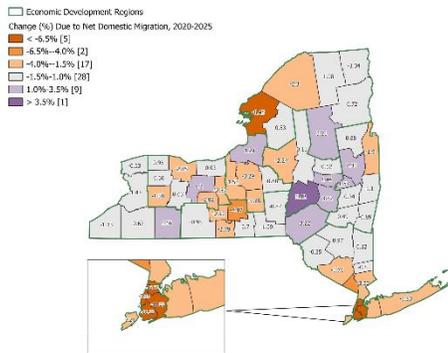
Map 6: County Change Due to Net Domestic Migration, 2024-2025
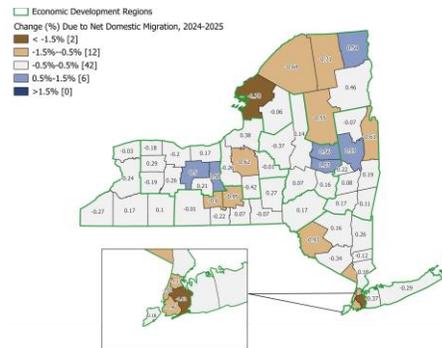
Highlights:

- Most counties in New York State lost population due to net domestic migration between 2011 and 2020. For 2020/2021 however, almost half of the counties (45%) gained population through domestic migration [Figure 8].

    o 15 counties in NYS gained over 0.5% of their population through domestic migration in 2020/2021.

- Though there was a dip in the number of counties gaining population through domestic migration in 2021/2022, it stayed at 20 or higher in the three most recent years.

- 24 of New York State's 62 counties lost over 1.5% of their population due to domestic migration since the 2020 Census. [Map 5]

    o Bronx county lost the most population due to net domestic migration since 2020 (-13.71%), followed by Kings [Brooklyn] (-11.22%).

- 10 counties gained more than 1% of their population due to net domestic migration since 2020. Otsego county gained the most (5.1%) followed by Schoharie (3.3%).

- In the most recent year, 42 counties in New York State experienced negligible change due to net domestic migration (between -0.5% and +0.5%) [Map 6].

    o 14 counties lost more than 0.5% of their population due to domestic migration, with the biggest losses in Jefferson County (-1.78%) and Queens (-1.62%).

    o 6 counties had gains larger than 0.5%, the largest of which was in Montgomery County (+1.03%).

Net International Migration

Figure 11: Number of Counties with Positive/Negative Net International Migration, 2011-2025
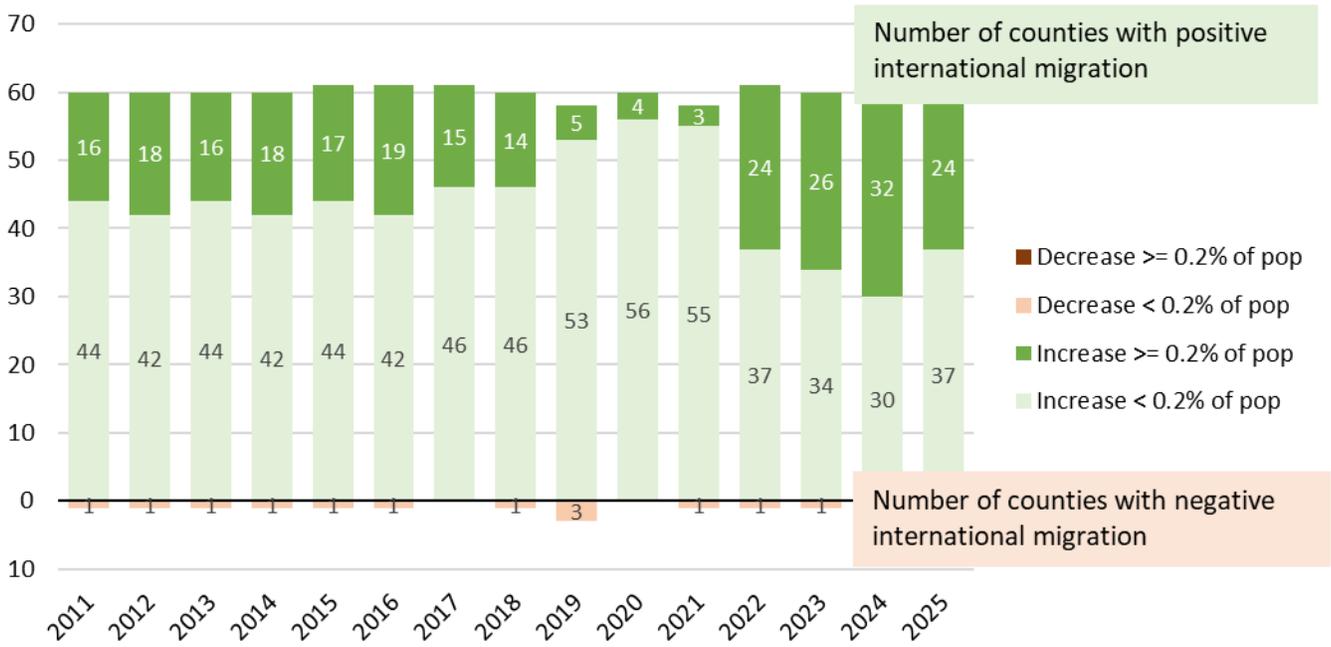
Figure 12: Maps of County Population Change Due to Net International Migration, since 2020 and in the last year

Map 7: County Change Due to Net International Migration, 2020-2025   Map 8: County Change Due to Net International Migration, 2024-2025
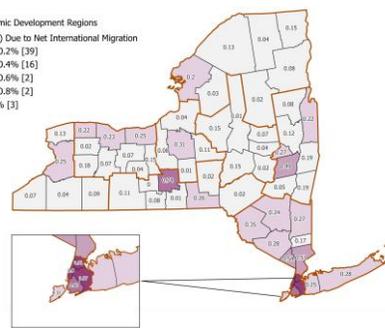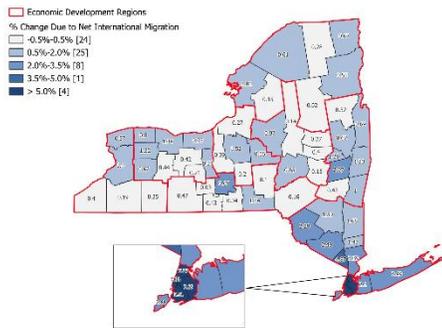
Highlights:

- In each year of the time series, most counties experience growth in population due to net international migration. However, in the past four years a larger number of counties had gains from international migration of 0.2% or higher than the rest of the period. [Figure 10]

    o In the 2023/2024 year over half of counties in NYS gained over 0.2% through international migration. This corresponds with the peak in net international migration for NYS in the same year [Figure 7].

- 38 counties gained 0.5% or more due to net international migration between 2020 and 2025. [Map 7]

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- - The largest gains were in four of five NYC boroughs: Queens (+7.65%), Bronx (+7.27%), Kings [Brooklyn] (+5.51%), and New York [Manhattan] (+5.38%).

- In the most recent year, 39 counties gained less than 0.2% of their population through net international migration [Map 8].

  - Bronx (0.91%), Queens (0.87%), and Manhattan (0.8%) gained the most population through net international migration between July 2024 and July 2025.

Map 1: Map of Estimated Percent Population Change between April 2020 and July 2025, by County

Economic Development Regions

Population Change (%) 2024-2025

< -0.75% [5]
-0.75%--0.25% [14]
-0.25%-0.25% [27]
0.25%-0.75% [15]
>0.75% [1]

Map 4: Map of Population Change (%) due to Natural Increase between July 2024 and July 2025, by County

Map 5: Map of Population Change (%) due to Net Domestic Migration between April 2020 and July 2025, by County

Economic Regions

Change (%) Due to Net Domestic Migration, 2020-2025

- < -6.5% [5]
- -6.5%–-4.0% [2]
- -4.0%–-1.5% [17]
- -1.5%–-1.0% [28]
- 1.0%-3.5% [9]
- > 3.5% [1]

Inset:
-2.24
-7.35
-11.22
-13.71
-11.09

Main map:
-1.33
-0.67
-1.43
-0.33
-1.58
0.36
-0.95
1.56
0.03
-2.35
-0.98
1.2
0.03
-2.02
-2.52
-2.52
-2.79
-1.52
-4.07
-3.29
1.24
-0.7
-1.65
-0.68
-8.45
-1.09
-0.87
-2.24
-0.53
1.24
3.22
5.12
0.11
-2.3
-0.35
3.32
1.44
0.52
3.21
-1.71
0.97
0.49
-0.34
1.57
2.33
0.88
-1.08
-5.53
-0.5
0.12
-0.89
-1.1
-1.9
0.72
-1.34
-3.52
-2.65
-1.83

24

% Change Due to Net International Migration

> 5.0% [4]
3.5%-5.0% [1]
2.0%-3.5% [8]
0.5%-2.0% [25]
-0.5%-0.5% [24]

Economic Development Regions

Economic Development Regions

Change (%) Due to Net International Migration

- 0.0%-0.2% [39]
- 0.2%-0.4% [16]
- 0.4%-0.6% [2]
- 0.6%-0.8% [2]
- > 0.8% [3]

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Appendix B: Vintage 2025 Population Estimates and components of change by County

Table 4: Population Change by County (2020-2025 & 2024-2025)

	Estimates			Change between Census 2020 and 2025			Change between 2024 and 2025		
	Census 2020	Estimate 2024	Estimate 2025	Count	%	Rank	Count	%	Rank
New York	**20,203,696**	**20,001,419**	**20,002,427**	**-201,269**	**-1.0%**		**1,008**	**0.005%**	
Albany	314,840	319,702	321,225	6,385	2.0%	7	1,523	0.48%	9
Allegany	46,458	46,822	46,800	342	0.7%	17	-22	-0.05%	27
Bronx	1,472,640	1,406,052	1,406,332	-66,308	-4.5%	61	280	0.02%	24
Broome	198,675	195,893	195,736	-2,939	-1.5%	33	-157	-0.08%	30
Cattaraugus	77,042	75,448	75,390	-1,652	-2.1%	47	-58	-0.08%	29
Cayuga	76,249	74,642	74,365	-1,884	-2.5%	51	-277	-0.37%	49
Chautauqua	127,650	124,697	124,126	-3,524	-2.8%	53	-571	-0.46%	54
Chemung	84,148	80,837	80,415	-3,733	-4.4%	60	-422	-0.52%	56
Chenango	47,229	45,793	45,715	-1,514	-3.2%	58	-78	-0.17%	37
Clinton	79,833	77,832	78,138	-1,695	-2.1%	46	306	0.39%	11
Columbia	61,576	60,389	60,168	-1,408	-2.3%	49	-221	-0.37%	47
Cortland	46,808	46,062	45,850	-958	-2.0%	42	-212	-0.46%	55
Delaware	44,295	44,481	44,305	10	0.0%	21	-176	-0.40%	52
Dutchess	297,018	299,256	300,708	3,690	1.2%	11	1,452	0.49%	8
Erie	954,226	947,783	946,741	-7,485	-0.8%	26	-1,042	-0.11%	33
Essex	37,379	36,539	36,438	-941	-2.5%	52	-101	-0.28%	44
Franklin	47,554	46,983	46,500	-1,054	-2.2%	48	-483	-1.03%	59
Fulton	53,334	52,184	52,216	-1,118	-2.1%	45	32	0.06%	22
Genesee	58,383	58,428	58,416	33	0.1%	20	-12	-0.02%	25
Greene	47,926	47,311	47,238	-688	-1.4%	31	-73	-0.15%	36
Hamilton	5,102	5,083	5,006	-96	-1.9%	39	-77	-1.51%	62
Herkimer	60,155	59,368	59,219	-936	-1.6%	34	-149	-0.25%	43
Jefferson	116,710	112,795	111,540	-5,170	-4.4%	59	-1,255	-1.11%	60
Kings	2,736,291	2,658,657	2,653,963	-82,328	-3.0%	56	-4,694	-0.18%	38
Lewis	26,595	26,512	26,479	-116	-0.4%	24	-33	-0.12%	34
Livingston	61,813	61,364	61,438	-375	-0.6%	25	74	0.12%	20
Madison	68,020	67,193	67,120	-900	-1.3%	30	-73	-0.11%	32
Monroe	759,385	750,294	750,506	-8,879	-1.2%	29	212	0.03%	23
Montgomery	49,534	49,580	50,046	512	1.0%	13	466	0.94%	1
Nassau	1,395,776	1,397,783	1,398,939	3,163	0.2%	19	1,156	0.08%	21
New York	1,694,984	1,665,510	1,664,862	-30,122	-1.8%	37	-648	-0.04%	26
Niagara	212,671	209,380	208,912	-3,759	-1.8%	36	-468	-0.22%	42
Oneida	232,123	227,292	226,392	-5,731	-2.5%	50	-900	-0.40%	53
Onondaga	476,513	468,173	466,584	-9,929	-2.1%	44	-1,589	-0.34%	46
Ontario	112,476	112,733	113,130	654	0.6%	18	397	0.35%	12
Orange	401,312	415,088	417,669	16,357	4.1%	2	2,581	0.62%	6
Orleans	40,412	39,886	39,825	-587	-1.5%	32	-61	-0.15%	35
Oswego	117,530	118,182	118,569	1,039	0.9%	15	387	0.33%	14
Otsego	58,510	60,634	60,589	2,079	3.6%	3	-45	-0.07%	28
Putnam	97,680	98,842	99,028	1,348	1.4%	9	186	0.19%	17
Queens	2,405,427	2,367,034	2,358,182	-47,245	-2.0%	40	-8,852	-0.37%	50
Rensselaer	161,126	160,014	160,510	-616	-0.4%	23	496	0.31%	15
Richmond	496,252	499,572	501,290	5,038	1.0%	14	1,718	0.34%	13
Rockland	338,332	354,829	357,397	19,065	5.6%	1	2,568	0.72%	2
St. Lawrence	108,505	106,168	105,488	-3,017	-2.8%	54	-680	-0.64%	57
Saratoga	235,501	239,834	241,343	5,842	2.5%	6	1,509	0.63%	5
Schenectady	158,041	161,747	162,581	4,540	2.9%	4	834	0.52%	7
Schoharie	29,715	30,235	30,176	461	1.6%	8	-59	-0.20%	41
Schuyler	17,892	17,141	16,924	-968	-5.4%	62	-217	-1.27%	61
Seneca	33,824	32,671	32,883	-941	-2.8%	55	212	0.65%	4
Steuben	93,570	91,939	91,855	-1,715	-1.8%	38	-84	-0.09%	31
Suffolk	1,525,920	1,543,330	1,546,090	20,170	1.3%	10	2,760	0.18%	18
Sullivan	78,618	80,901	80,586	1,968	2.5%	5	-315	-0.39%	51
Tioga	48,456	47,545	47,453	-1,003	-2.1%	43	-92	-0.19%	40
Tompkins	105,735	104,394	104,047	-1,688	-1.6%	35	-347	-0.33%	45
Ulster	181,835	183,095	183,330	1,495	0.8%	16	235	0.13%	19
Warren	65,730	65,261	65,020	-710	-1.1%	28	-241	-0.37%	48
Washington	61,303	59,822	59,353	-1,950	-3.2%	57	-469	-0.78%	58
Wayne	91,287	90,988	91,250	-37	-0.0%	22	262	0.29%	16
Westchester	1,004,456	1,009,165	1,015,743	11,287	1.1%	12	6,578	0.65%	3
Wyoming	40,546	39,817	39,741	-805	-2.0%	41	-76	-0.19%	39
Yates	24,770	24,434	24,547	-223	-0.9%	27	113	0.46%	10

Table 5: Components of Change by County (2020-2025)

| | Census 2020 | Estimate 2025 | Change between Census 2020 and 2025 | | | | | | | | |
| | | | Difference | | | Due to Natural Increase | | | Due to Net migration | | |
			Count	%	Rank	Count	%	Rank	Count	%	Rank
New York	**20,203,696**	**20,002,427**	**-201,269**	**-1.0%**		**167,522**	**0.8%**		**-356,676**	**-1.8%**	
Albany	314,840	321,225	6,385	2.0%	7	-1,818	-0.6%	22	8,278	2.6%	7
Allegany	46,458	46,800	342	0.7%	17	-504	-1.1%	34	888	1.9%	10
Bronx	1,472,640	1,406,332	-66,308	-4.5%	61	27,672	1.9%	5	-94,791	-6.4%	61
Broome	198,675	195,736	-2,939	-1.5%	33	-3,398	-1.7%	46	481	0.2%	26
Cattaraugus	77,042	75,390	-1,652	-2.1%	47	-1,259	-1.6%	44	-369	-0.5%	36
Cayuga	76,249	74,365	-1,884	-2.5%	51	-997	-1.3%	39	-859	-1.1%	48
Chautauqua	127,650	124,126	-3,524	-2.8%	53	-2,296	-1.8%	48	-1,178	-0.9%	45
Chemung	84,148	80,415	-3,733	-4.4%	60	-1,773	-2.1%	53	-1,989	-2.4%	57
Chenango	47,229	45,715	-1,514	-3.2%	58	-1,109	-2.3%	56	-361	-0.8%	42
Clinton	79,833	78,138	-1,695	-2.1%	46	-1,189	-1.5%	43	-529	-0.7%	40
Columbia	61,576	60,168	-1,408	-2.3%	49	-1,453	-2.4%	57	71	0.1%	30
Cortland	46,808	45,850	-958	-2.0%	42	-286	-0.6%	25	-679	-1.5%	51
Delaware	44,295	44,305	10	0.0%	21	-1,464	-3.3%	60	1,498	3.4%	3
Dutchess	297,018	300,708	3,690	1.2%	11	-1,583	-0.5%	21	5,324	1.8%	12
Erie	954,226	946,741	-7,485	-0.8%	26	-7,608	-0.8%	29	-328	-0.0%	31
Essex	37,379	36,438	-941	-2.5%	52	-1,408	-3.8%	61	476	1.3%	16
Franklin	47,554	46,500	-1,054	-2.2%	48	-658	-1.4%	40	-382	-0.8%	43
Fulton	53,334	52,216	-1,118	-2.1%	45	-1,527	-2.9%	58	417	0.8%	20
Genesee	58,383	58,416	33	0.1%	20	-968	-1.7%	45	983	1.7%	13
Greene	47,926	47,238	-688	-1.4%	31	-1,072	-2.2%	55	439	0.9%	18
Hamilton	5,102	5,006	-96	-1.9%	39	-260	-5.1%	62	163	3.2%	4
Herkimer	60,155	59,219	-936	-1.6%	34	-1,089	-1.8%	49	150	0.2%	25
Jefferson	116,710	111,540	-5,170	-4.4%	59	3,450	3.0%	3	-8,683	-7.4%	62
Kings	2,736,291	2,653,963	-82,328	-3.0%	56	78,645	2.9%	4	-156,277	-5.7%	60
Lewis	26,595	26,479	-116	-0.4%	24	-19	-0.1%	16	-102	-0.4%	35
Livingston	61,813	61,438	-375	-0.6%	25	-648	-1.0%	32	292	0.5%	24
Madison	68,020	67,120	-900	-1.3%	30	-806	-1.2%	37	-93	-0.1%	33
Monroe	759,385	750,506	-8,879	-1.2%	29	-1,252	-0.2%	17	-7,679	-1.0%	47
Montgomery	49,534	50,046	512	1.0%	13	-372	-0.8%	27	911	1.8%	11
Nassau	1,395,776	1,398,939	3,163	0.2%	19	9,816	0.7%	12	-7,776	-0.6%	38
New York	1,694,984	1,664,862	-30,122	-1.8%	37	12,525	0.7%	10	-33,289	-2.0%	56
Niagara	212,671	208,912	-3,759	-1.8%	36	-4,294	-2.0%	52	507	0.2%	27
Oneida	232,123	226,392	-5,731	-2.5%	50	-2,549	-1.1%	35	-2,952	-1.3%	50
Onondaga	476,513	466,584	-9,929	-2.1%	44	-1,269	-0.3%	18	-8,426	-1.8%	53
Ontario	112,476	113,130	654	0.6%	18	-1,207	-1.1%	33	1,826	1.6%	14
Orange	401,312	417,669	16,357	4.1%	2	12,919	3.2%	2	3,130	0.8%	21
Orleans	40,412	39,825	-587	-1.5%	32	-462	-1.1%	36	-59	-0.1%	34
Oswego	117,530	118,569	1,039	0.9%	15	-707	-0.6%	24	1,774	1.5%	15
Otsego	58,510	60,589	2,079	3.6%	3	-1,044	-1.8%	47	3,377	5.8%	1
Putnam	97,680	99,028	1,348	1.4%	9	414	0.4%	14	885	0.9%	19
Queens	2,405,427	2,358,182	-47,245	-2.0%	40	37,226	1.5%	6	-82,925	-3.4%	59
Rensselaer	161,126	160,510	-616	-0.4%	23	-946	-0.6%	23	213	0.1%	29
Richmond	496,252	501,290	5,038	1.0%	14	3,791	0.8%	9	994	0.2%	28
Rockland	338,332	357,397	19,065	5.6%	1	20,905	6.2%	1	-2,211	-0.7%	39
St. Lawrence	108,505	105,488	-3,017	-2.8%	54	-1,122	-1.0%	31	-1,836	-1.7%	52
Saratoga	235,501	241,343	5,842	2.5%	6	-1,048	-0.4%	19	6,965	3.0%	5
Schenectady	158,041	162,581	4,540	2.9%	4	162	0.1%	15	4,518	2.9%	6
Schoharie	29,715	30,176	461	1.6%	8	-553	-1.9%	50	1,033	3.5%	2
Schuyler	17,892	16,924	-968	-5.4%	62	-521	-2.9%	59	-444	-2.5%	58
Seneca	33,824	32,883	-941	-2.8%	55	-253	-0.7%	26	-661	-2.0%	55
Steuben	93,570	91,855	-1,715	-1.8%	38	-1,220	-1.3%	38	-475	-0.5%	37
Suffolk	1,525,920	1,546,090	20,170	1.3%	10	9,244	0.6%	13	10,031	0.7%	23
Sullivan	78,618	80,586	1,968	2.5%	5	563	0.7%	11	1,521	1.9%	9
Tioga	48,456	47,453	-1,003	-2.1%	43	-678	-1.4%	41	-322	-0.7%	41
Tompkins	105,735	104,047	-1,688	-1.6%	35	-498	-0.5%	20	-1,049	-1.0%	46
Ulster	181,835	183,330	1,495	0.8%	16	-2,548	-1.4%	42	4,294	2.4%	8
Warren	65,730	65,020	-710	-1.1%	28	-1,466	-2.2%	54	789	1.2%	17
Washington	61,303	59,353	-1,950	-3.2%	57	-1,214	-2.0%	51	-738	-1.2%	49
Wayne	91,287	91,250	-37	-0.0%	22	-724	-0.8%	28	690	0.8%	22
Westchester	1,004,456	1,015,743	11,287	1.1%	12	11,509	1.1%	7	-1,315	-0.1%	32
Wyoming	40,546	39,741	-805	-2.0%	41	-413	-1.0%	30	-370	-0.9%	44
Yates	24,770	24,547	-223	-0.9%	27	233	0.9%	8	-447	-1.8%	54

Table 6: Components of Change by County (2024-2025)

	Estimate 2024	Estimate 2025	Difference		Births		Deaths		Net Domestic Migration		Net Internation migration	
			Est	%	Est	%	Est	%	Est	%	Est	%
New York	**20,001,419**	**20,002,427**	**1,008**	**0.0%**	**203,078**	**1.0%**	**160,263**	**-0.8%**	**-137,586**	**-0.7%**	**95,634**	**0.5%**
Albany	319,702	321,225	1,523	0.5%	2,710	0.8%	3,044	-1.0%	258	0.1%	1,572	0.5%
Allegany	46,822	46,800	-22	-0.0%	426	0.9%	535	-1.1%	46	0.1%	40	0.1%
Bronx	1,406,052	1,406,332	280	0.0%	16,287	1.2%	10,067	-0.7%	-18,685	-1.3%	12,760	0.9%
Broome	195,893	195,736	-157	-0.1%	1,717	0.9%	2,245	-1.1%	-143	-0.1%	501	0.3%
Cattaraugus	75,448	75,390	-58	-0.1%	733	1.0%	949	-1.3%	125	0.2%	31	0.0%
Cayuga	74,642	74,365	-277	-0.4%	653	0.9%	793	-1.1%	-196	-0.3%	57	0.1%
Chautauqua	124,697	124,126	-571	-0.5%	1,225	1.0%	1,551	-1.2%	-332	-0.3%	86	0.1%
Chemung	80,837	80,415	-422	-0.5%	753	0.9%	1,071	-1.3%	-177	-0.2%	68	0.1%
Chenango	45,793	45,715	-78	-0.2%	429	0.9%	641	-1.4%	123	0.3%	11	0.0%
Clinton	77,832	78,138	306	0.4%	595	0.8%	824	-1.1%	422	0.5%	114	0.1%
Columbia	60,389	60,168	-221	-0.4%	422	0.7%	691	-1.1%	-67	-0.1%	115	0.2%
Cortland	46,062	45,850	-212	-0.5%	442	1.0%	464	-1.0%	-194	-0.4%	4	0.0%
Delaware	44,481	44,305	-176	-0.4%	332	0.7%	590	-1.3%	74	0.2%	8	0.0%
Dutchess	299,256	300,708	1,452	0.5%	2,582	0.9%	2,727	-0.9%	775	0.3%	814	0.3%
Erie	947,783	946,741	-1,042	-0.1%	8,783	0.9%	9,960	-1.1%	-2,280	-0.2%	2,361	0.2%
Essex	36,539	36,438	-101	-0.3%	201	0.6%	498	-1.4%	168	0.5%	29	0.1%
Franklin	46,983	46,500	-483	-1.0%	398	0.8%	563	-1.2%	-334	-0.7%	19	0.0%
Fulton	52,184	52,216	32	0.1%	411	0.8%	703	-1.3%	290	0.6%	34	0.1%
Genesee	58,428	58,416	-12	-0.0%	477	0.8%	668	-1.1%	168	0.3%	10	0.0%
Greene	47,311	47,238	-73	-0.2%	388	0.8%	564	-1.2%	79	0.2%	26	0.1%
Hamilton	5,083	5,006	-77	-1.5%	32	0.6%	81	-1.6%	-28	-0.6%	1	0.0%
Herkimer	59,368	59,219	-149	-0.3%	531	0.9%	770	-1.3%	84	0.1%	6	0.0%
Jefferson	112,795	111,540	-1,255	-1.1%	1,627	1.4%	1,072	-1.0%	-2,009	-1.8%	227	0.2%
Kings	2,658,657	2,653,963	-4,694	-0.2%	32,463	1.2%	15,628	-0.6%	-38,847	-1.5%	17,564	0.7%
Lewis	26,512	26,479	-33	-0.1%	252	1.0%	278	-1.0%	-17	-0.1%	8	0.0%
Livingston	61,364	61,438	74	0.1%	479	0.8%	607	-1.0%	159	0.3%	41	0.1%
Madison	67,193	67,120	-73	-0.1%	538	0.8%	682	-1.0%	-5	-0.0%	71	0.1%
Monroe	750,294	750,506	212	0.0%	7,181	1.0%	7,258	-1.0%	-1,466	-0.2%	1,706	0.2%
Montgomery	49,580	50,046	466	0.9%	602	1.2%	660	-1.3%	512	1.0%	19	0.0%
Nassau	1,397,783	1,398,939	1,156	0.1%	13,402	1.0%	10,613	-0.8%	-5,219	-0.4%	3,483	0.2%
New York	1,665,510	1,664,862	-648	-0.0%	12,901	0.8%	10,003	-0.6%	-16,852	-1.0%	13,270	0.8%
Niagara	209,380	208,912	-468	-0.2%	1,845	0.9%	2,527	-1.2%	-65	-0.0%	264	0.1%
Oneida	227,292	226,392	-900	-0.4%	2,279	1.0%	2,677	-1.2%	-846	-0.4%	341	0.2%
Onondaga	468,173	466,584	-1,589	-0.3%	4,501	1.0%	4,641	-1.0%	-2,901	-0.6%	1,442	0.3%
Ontario	112,733	113,130	397	0.4%	942	0.8%	1,182	-1.0%	560	0.5%	78	0.1%
Orange	415,088	417,669	2,581	0.6%	5,791	1.4%	2,974	-0.7%	-1,410	-0.3%	1,150	0.3%
Orleans	39,886	39,825	-61	-0.2%	347	0.9%	426	-1.1%	-73	-0.2%	89	0.2%
Oswego	118,182	118,569	387	0.3%	1,123	1.0%	1,235	-1.0%	455	0.4%	43	0.0%
Otsego	60,634	60,589	-45	-0.1%	474	0.8%	654	-1.1%	42	0.1%	91	0.2%
Putnam	98,842	99,028	186	0.2%	928	0.9%	794	-0.8%	-114	-0.1%	164	0.2%
Queens	2,367,034	2,358,182	-8,852	-0.4%	23,556	1.0%	14,406	-0.6%	-38,449	-1.6%	20,672	0.9%
Rensselaer	160,014	160,510	496	0.3%	1,525	1.0%	1,653	-1.0%	303	0.2%	310	0.2%
Richmond	499,572	501,290	1,718	0.3%	4,877	1.0%	3,879	-0.8%	-885	-0.2%	1,558	0.3%
Rockland	354,829	357,397	2,568	0.7%	6,787	1.9%	2,219	-0.6%	-3,926	-1.1%	1,919	0.5%
St. Lawrence	106,168	105,488	-680	-0.6%	992	0.9%	1,134	-1.1%	-678	-0.6%	138	0.1%
Saratoga	239,834	241,343	1,509	0.6%	1,947	0.8%	2,131	-0.9%	1,415	0.6%	282	0.1%
Schenectady	161,747	162,581	834	0.5%	1,732	1.1%	1,699	-1.1%	356	0.2%	434	0.3%
Schoharie	30,235	30,176	-59	-0.2%	207	0.7%	322	-1.1%	48	0.2%	6	0.0%
Schuyler	17,141	16,924	-217	-1.3%	135	0.8%	248	-1.4%	-103	-0.6%	0	0.0%
Seneca	32,671	32,883	212	0.6%	342	1.0%	369	-1.1%	190	0.6%	50	0.2%
Steuben	91,939	91,855	-84	-0.1%	910	1.0%	1,086	-1.2%	-6	-0.0%	99	0.1%
Suffolk	1,543,330	1,546,090	2,760	0.2%	15,623	1.0%	12,911	-0.8%	-4,406	-0.3%	4,332	0.3%
Sullivan	80,901	80,586	-315	-0.4%	958	1.2%	802	-1.0%	-753	-0.9%	281	0.3%
Tioga	47,545	47,453	-92	-0.2%	408	0.9%	541	-1.1%	32	0.1%	7	0.0%
Tompkins	104,394	104,047	-347	-0.3%	655	0.6%	785	-0.8%	-996	-1.0%	775	0.7%
Ulster	183,095	183,330	235	0.1%	1,377	0.8%	1,869	-1.0%	285	0.2%	435	0.2%
Warren	65,261	65,020	-241	-0.4%	494	0.8%	746	-1.1%	-44	-0.1%	54	0.1%
Washington	59,822	59,353	-469	-0.8%	540	0.9%	773	-1.3%	-364	-0.6%	130	0.2%
Wayne	90,988	91,250	262	0.3%	872	1.0%	991	-1.1%	155	0.2%	223	0.2%
Westchester	1,009,165	1,015,743	6,578	0.7%	10,286	1.0%	7,114	-0.7%	-1,817	-0.2%	5,129	0.5%
Wyoming	39,817	39,741	-76	-0.2%	339	0.9%	414	-1.0%	-75	-0.2%	72	0.2%
Yates	24,434	24,547	113	0.5%	314	1.3%	261	-1.1%	52	0.2%	10	0.0%

Appendix C: Trends for New York State and its Economic Regions

New York State

Table 7: Vintage 2025 population estimates and estimated components of change

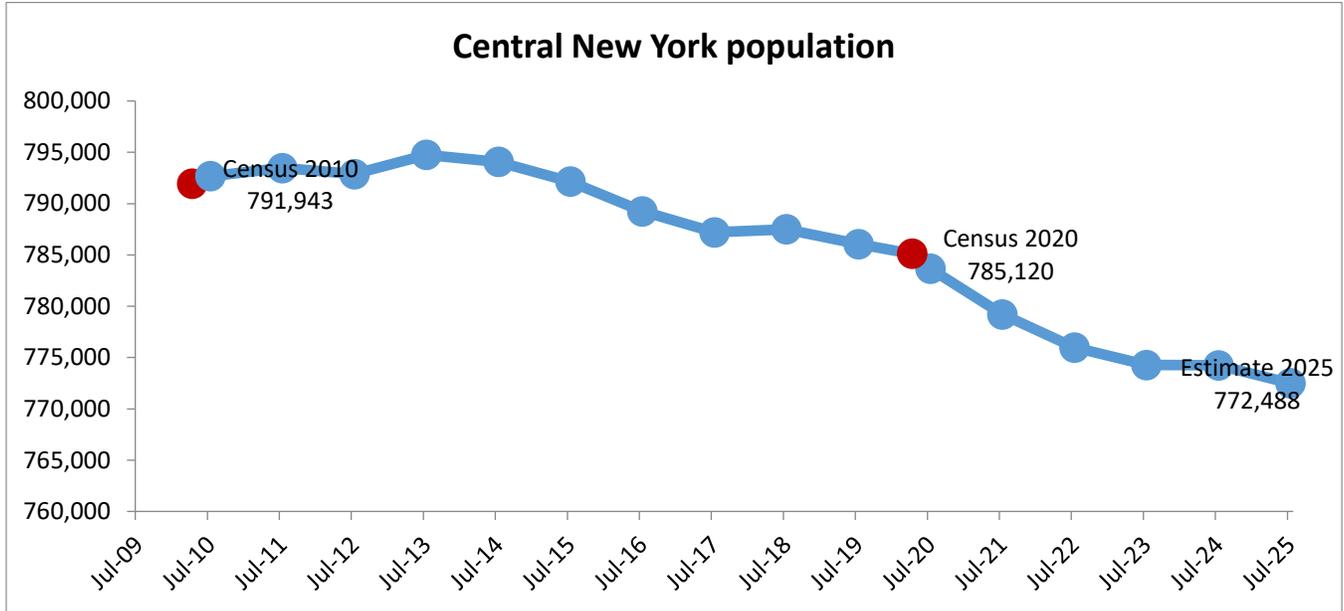| Base (4/1)	20,203,696	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	20,122,262								
2021	19,835,345	-286,917	-1.4%	205,539	177,237	28,302	-326,190	28,772	-297,418
2022	19,713,025	-122,320	-0.6%	209,944	176,586	33,358	-284,910	121,570	-163,340
2023	19,786,543	73,518	0.4%	205,879	166,689	39,190	-177,852	211,383	33,531
2024	20,001,419	214,876	1.1%	205,405	161,811	43,594	-119,231	290,637	171,406
2025	20,002,427	1,008	0.0%	203,078	160,263	42,815	-137,586	95,634	-41,952
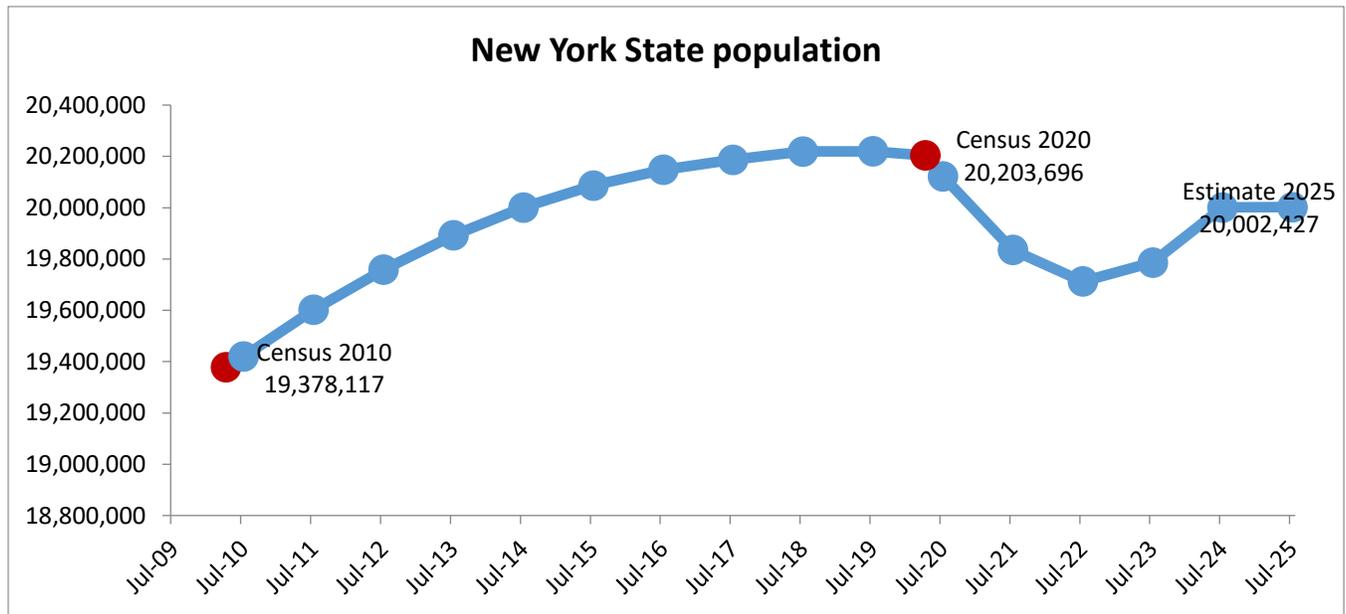
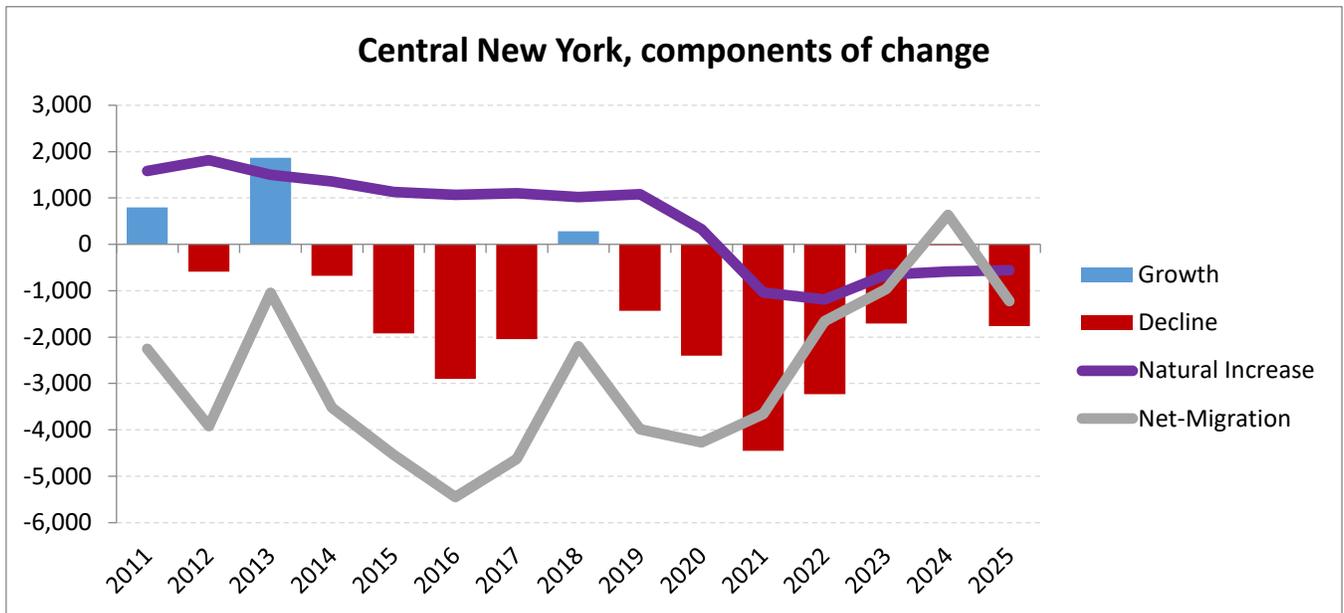*Figure 13: Total population, 2010-2025*
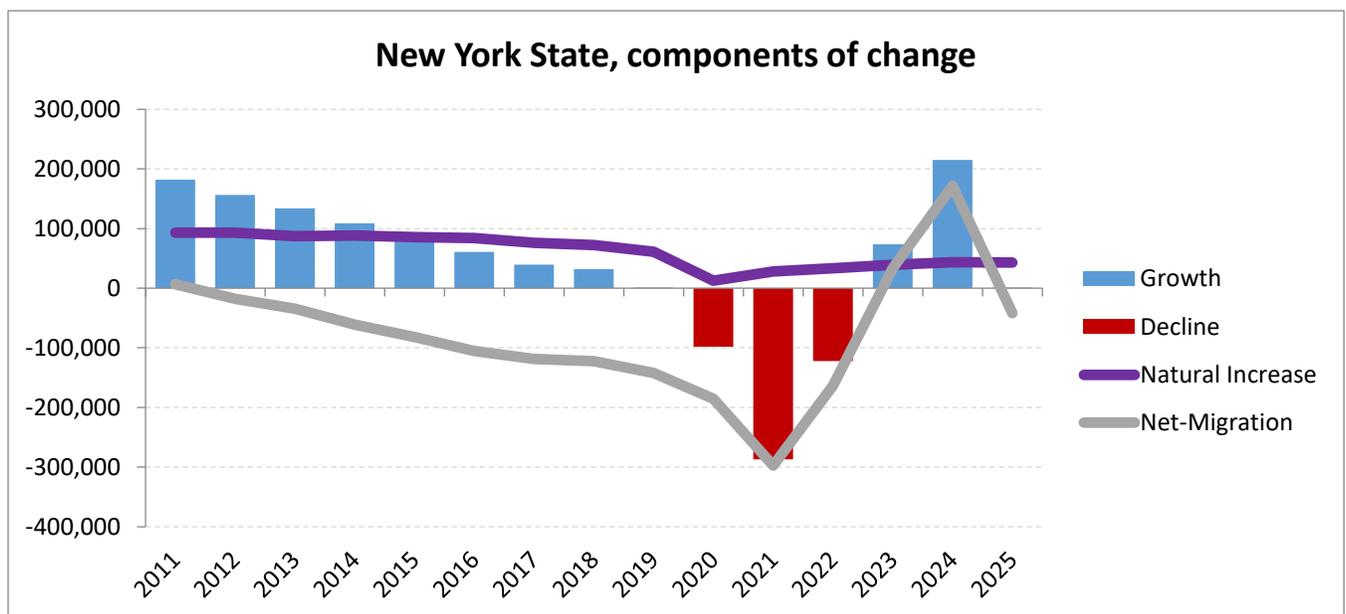
Figure 14: Population Change and its Components, 2011-2025

Capital Region

Table 8: Vintage 2025 population estimates and estimated components of change

Base (4/1)	1,106,043	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	1,104,806								
2021	1,111,471	6,665	0.6%	9,958	11,718	-1,760	7,105	888	7,993
2022	1,108,389	-3,082	-0.3%	10,123	12,197	-2,074	-3,103	2,682	-421
2023	1,109,560	1,171	0.1%	9,912	11,480	-1,568	-1,452	4,404	2,952
2024	1,114,080	4,520	0.4%	9,842	11,413	-1,571	820	5,358	6,178
2025	1,117,438	3,358	0.3%	9,758	11,301	-1,543	1,936	2,923	4,859
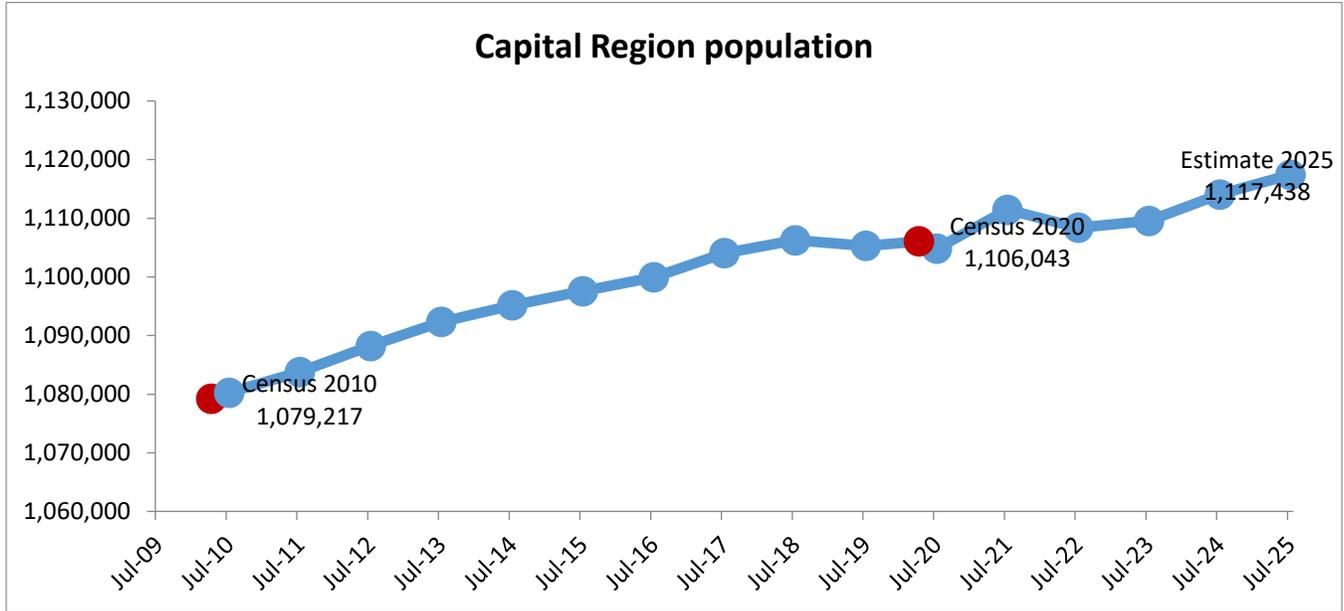
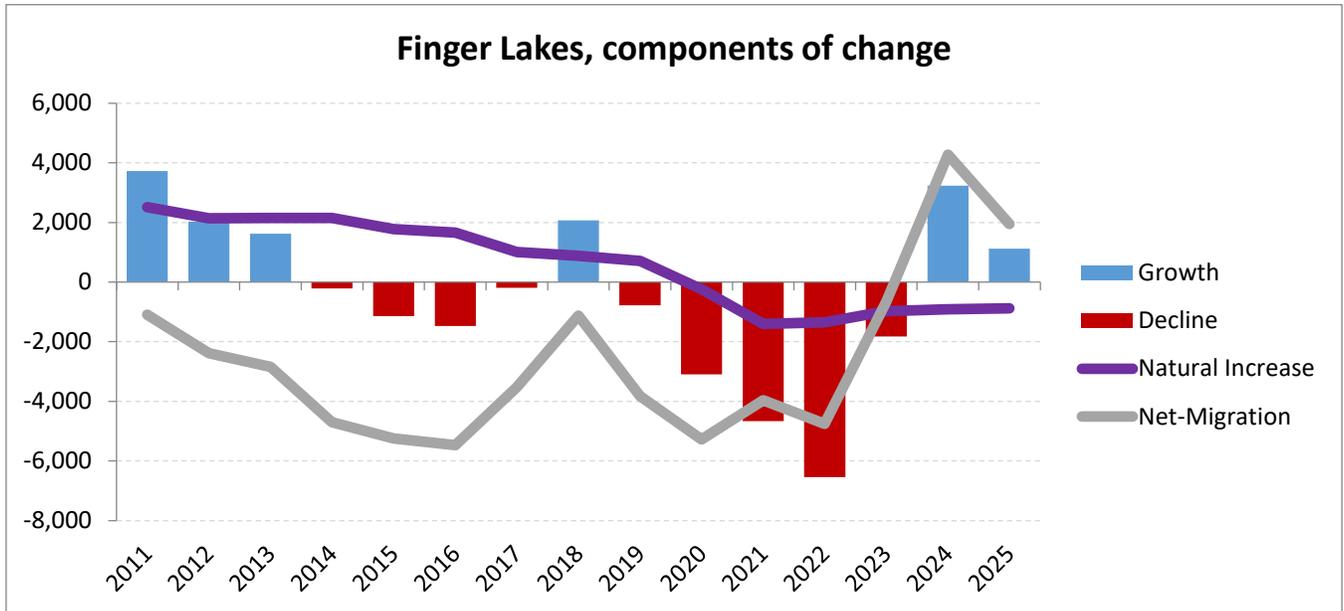*Figure 15: Total population, 2010-2025*
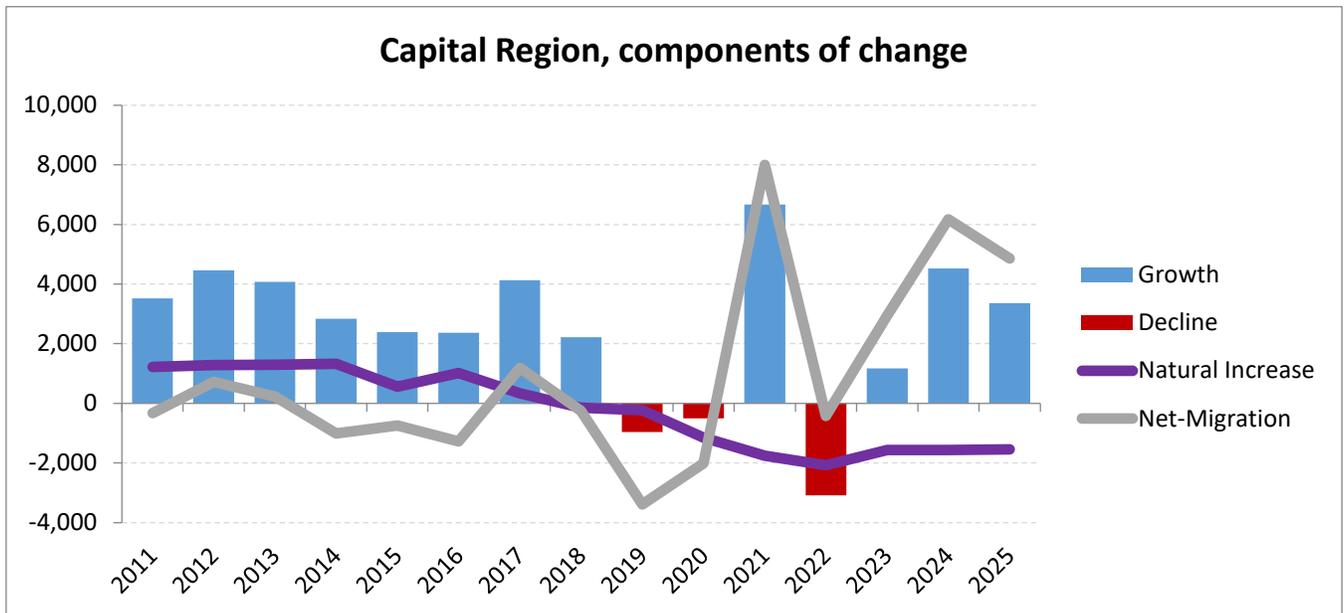
Figure 16: Population Change and its Components, 2011-2025

Central New York

Table 9: Vintage 2025 population estimates and estimated components of change

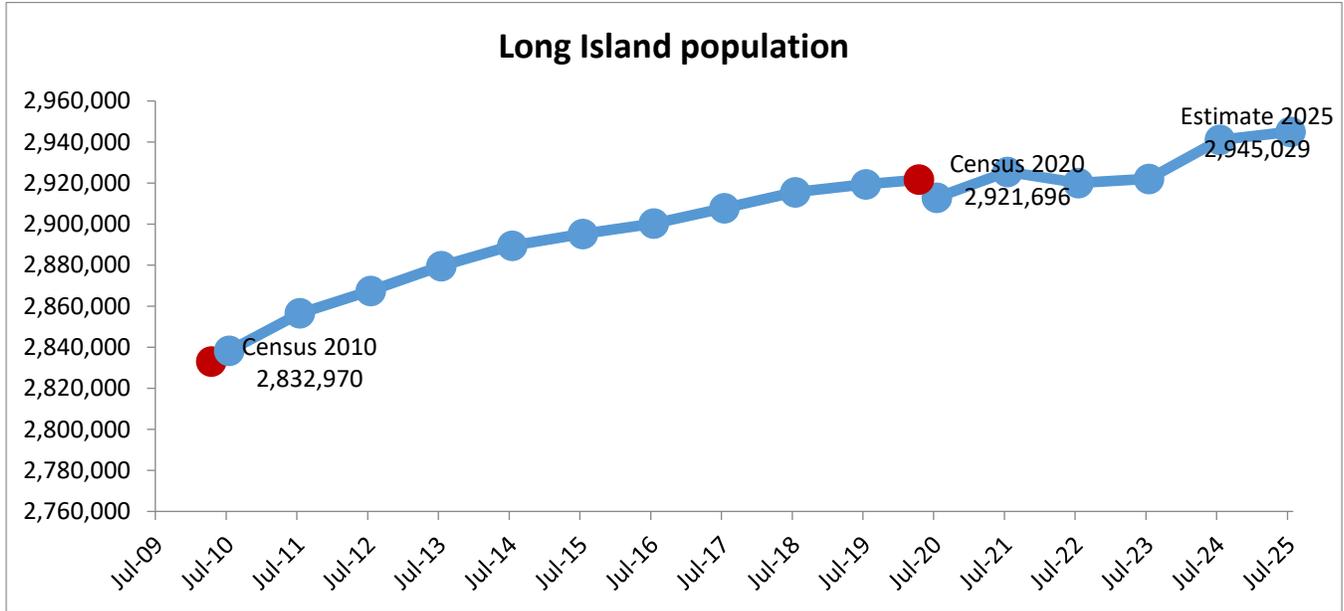| Base (4/1)	785,120	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	783,660								
2021	779,205	-4,455	-0.6%	7,670	8,708	-1,038	-4,222	562	-3,660
2022	775,977	-3,228	-0.4%	7,496	8,685	-1,189	-3,161	1,504	-1,657
2023	774,272	-1,705	-0.2%	7,385	8,037	-652	-3,056	2,093	-963
2024	774,252	-20	-0.0%	7,299	7,888	-589	-1,905	2,540	635
2025	772,488	-1,764	-0.2%	7,257	7,815	-558	-2,841	1,617	-1,224

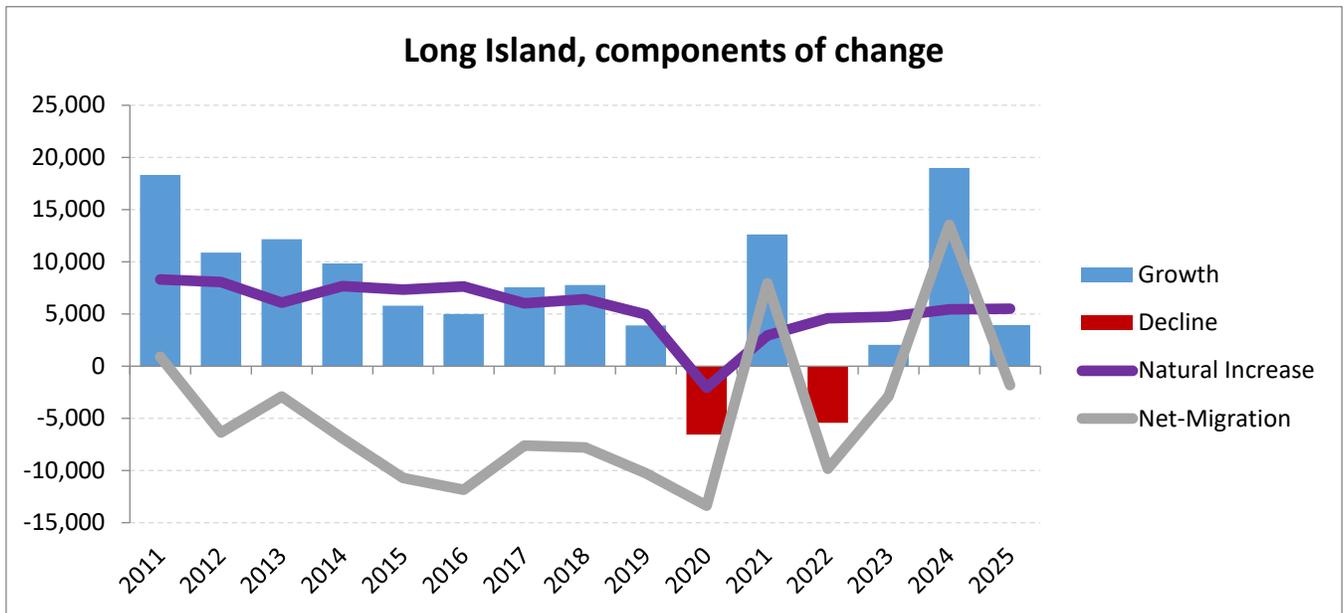*Figure 17: Total population, 2010-2025*

Figure 18: Population Change and its Components, 2011-2025

Finger Lakes

Table 10: Vintage 2025 population estimates and estimated components of change

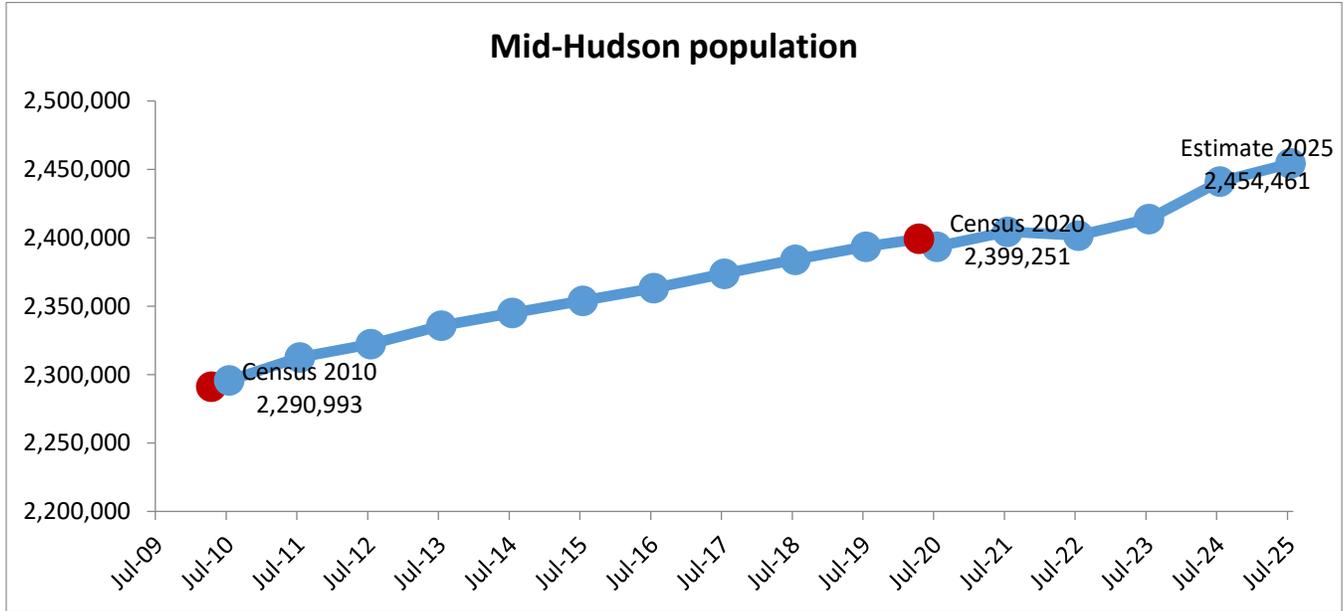| Base (4/1)	1,222,896	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	1,220,419								
2021	1,215,757	-4,662	-0.4%	11,818	13,221	-1,403	-4,821	856	-3,965
2022	1,209,212	-6,545	-0.5%	11,764	13,118	-1,354	-7,022	2,265	-4,757
2023	1,207,385	-1,827	-0.2%	11,575	12,555	-980	-4,282	3,624	-658
2024	1,210,615	3,230	0.3%	11,351	12,265	-914	167	4,111	4,278
2025	1,211,736	1,121	0.1%	11,293	12,176	-883	-330	2,279	1,949
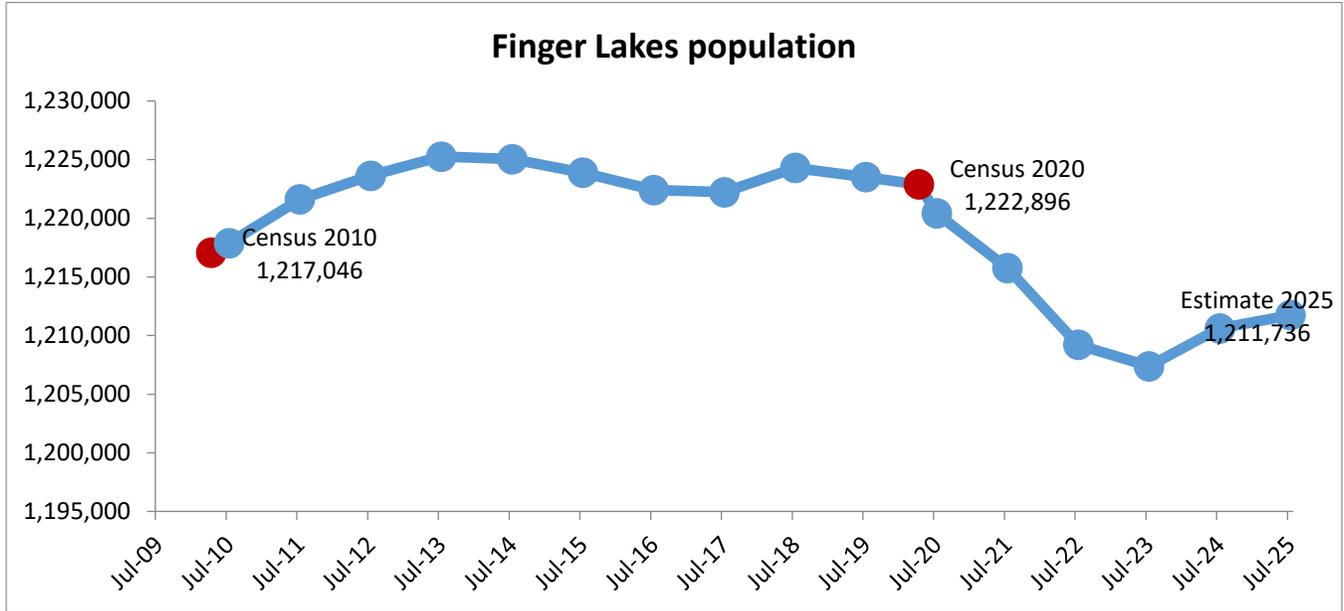
Figure 19: Total population, 2010-2025

Figure 20: Population Change and its Components, 2011-2025

Long Island

Table 11: Vintage 2025 population estimates and estimated components of change

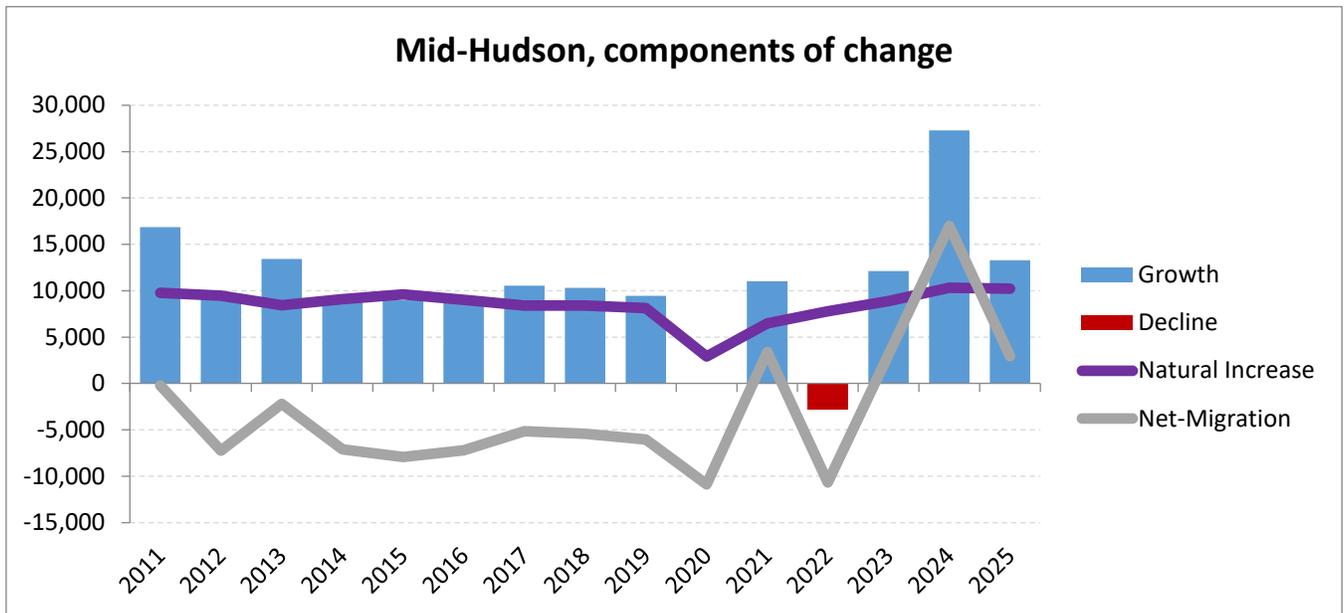| Base (4/1)	2,921,696	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	2,912,916								
2021	2,925,529	12,613	0.4%	28,566	25,624	2,942	5,682	2,258	7,940
2022	2,920,082	-5,447	-0.2%	30,070	25,483	4,587	-23,708	13,863	-9,845
2023	2,922,113	2,031	0.1%	29,356	24,633	4,723	-21,742	18,840	-2,902
2024	2,941,113	19,000	0.7%	29,229	23,795	5,434	-10,729	24,273	13,544
2025	2,945,029	3,916	0.1%	29,025	23,524	5,501	-9,625	7,815	-1,810

Figure 21: Total population, 2010-2025

Figure 22: Population Change and its Components, 2011-2025

Mid-Hudson

Table 12: Vintage 2025 population estimates and estimated components of change

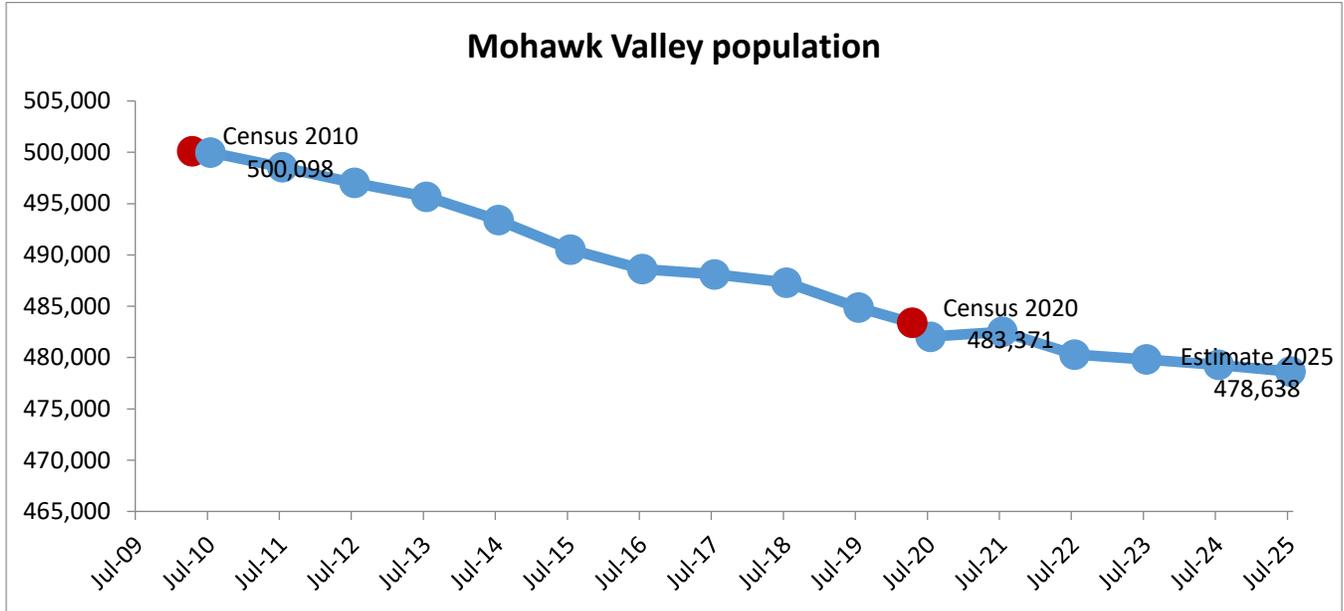| Base (4/1)	2,399,251	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	2,393,563								
2021	2,404,571	11,008	0.5%	26,844	20,350	6,494	950	2,437	3,387
2022	2,401,770	-2,801	-0.1%	27,784	19,992	7,792	-23,290	12,605	-10,685
2023	2,413,881	12,111	0.5%	27,890	19,021	8,869	-16,366	19,471	3,105
2024	2,441,176	27,295	1.1%	28,997	18,686	10,311	-9,744	26,725	16,981
2025	2,454,461	13,285	0.5%	28,709	18,499	10,210	-6,960	9,892	2,932

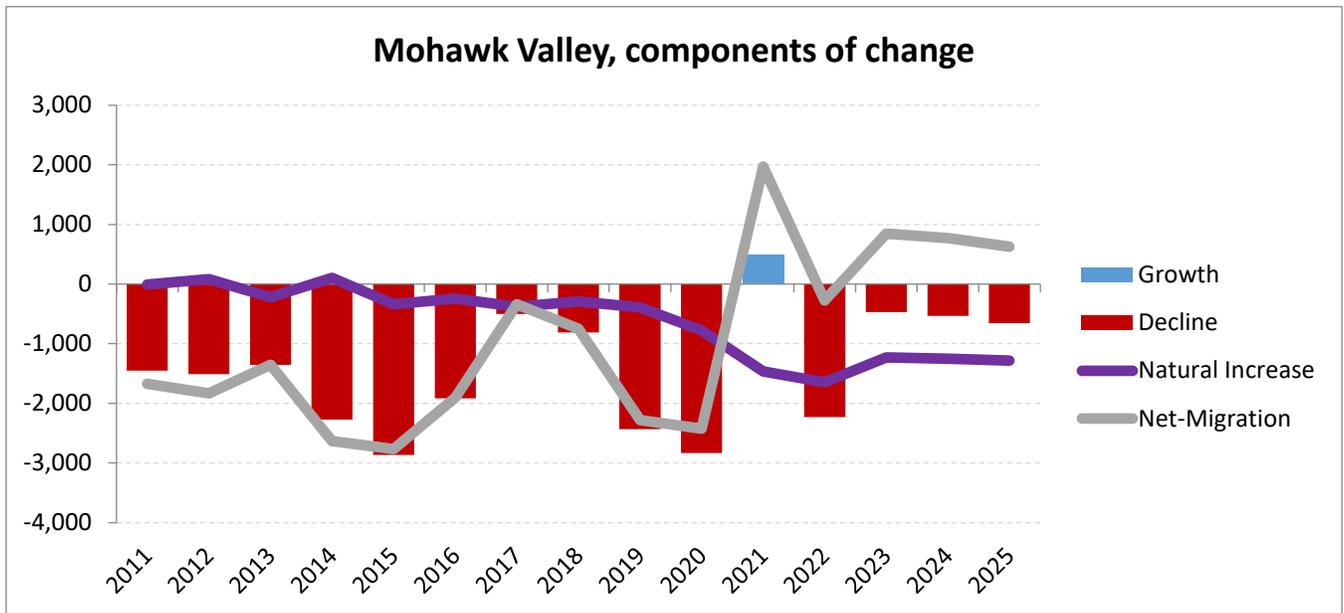*Figure 23: Total population, 2010-2025*

Figure 24: Population Change and its Components, 2011-2025

Mohawk Valley

Table 13: Vintage 2025 population estimates and estimated components of change

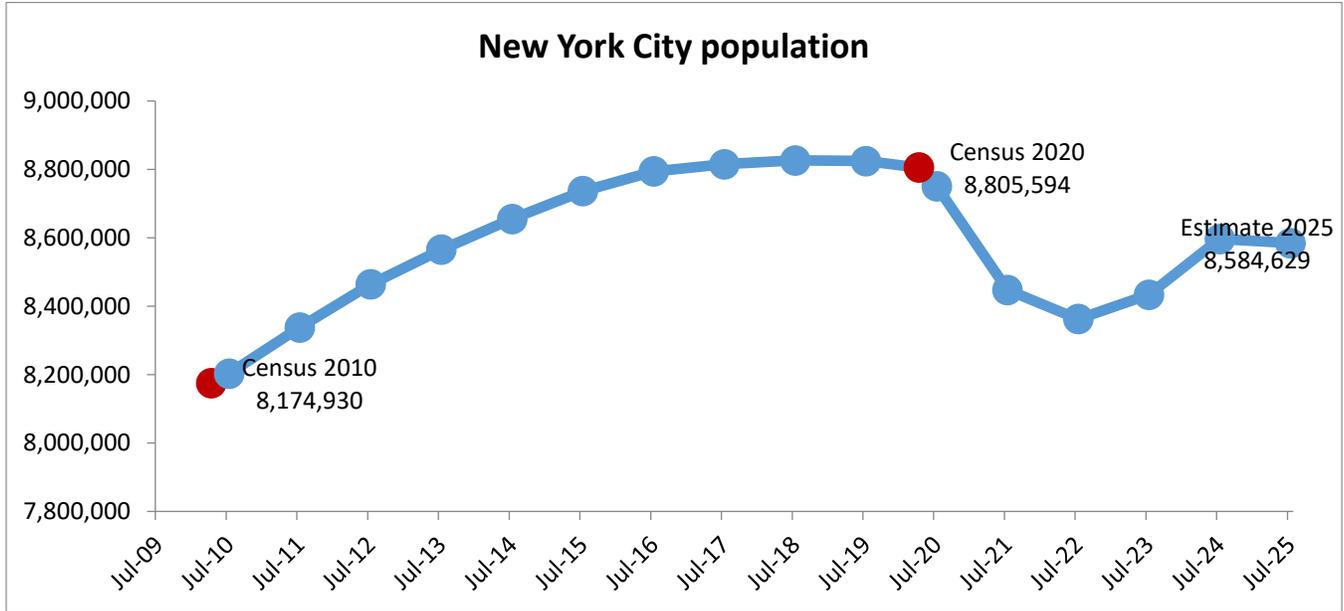| Base (4/1)	483,371	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	482,038								
2021	482,523	485	0.1%	4,797	6,261	-1,464	1,731	240	1,971
2022	480,295	-2,228	-0.5%	4,671	6,315	-1,644	-913	636	-277
2023	479,826	-469	-0.1%	4,606	5,837	-1,231	-75	922	847
2024	479,293	-533	-0.1%	4,558	5,811	-1,253	-26	799	773
2025	478,638	-655	-0.1%	4,504	5,786	-1,282	130	497	627

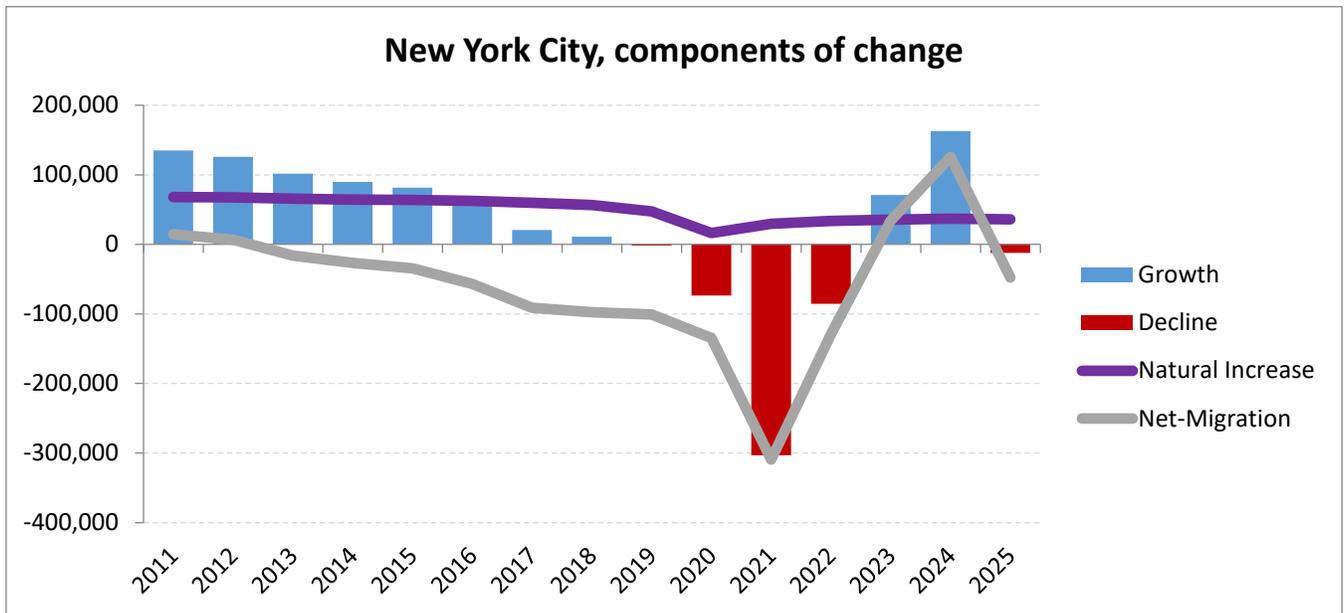*Figure 25: Total population, 2010-2025*

Figure 26: Population Change and its Components, 2011-2025

New York City

Table 14: Vintage 2025 population estimates and estimated components of change

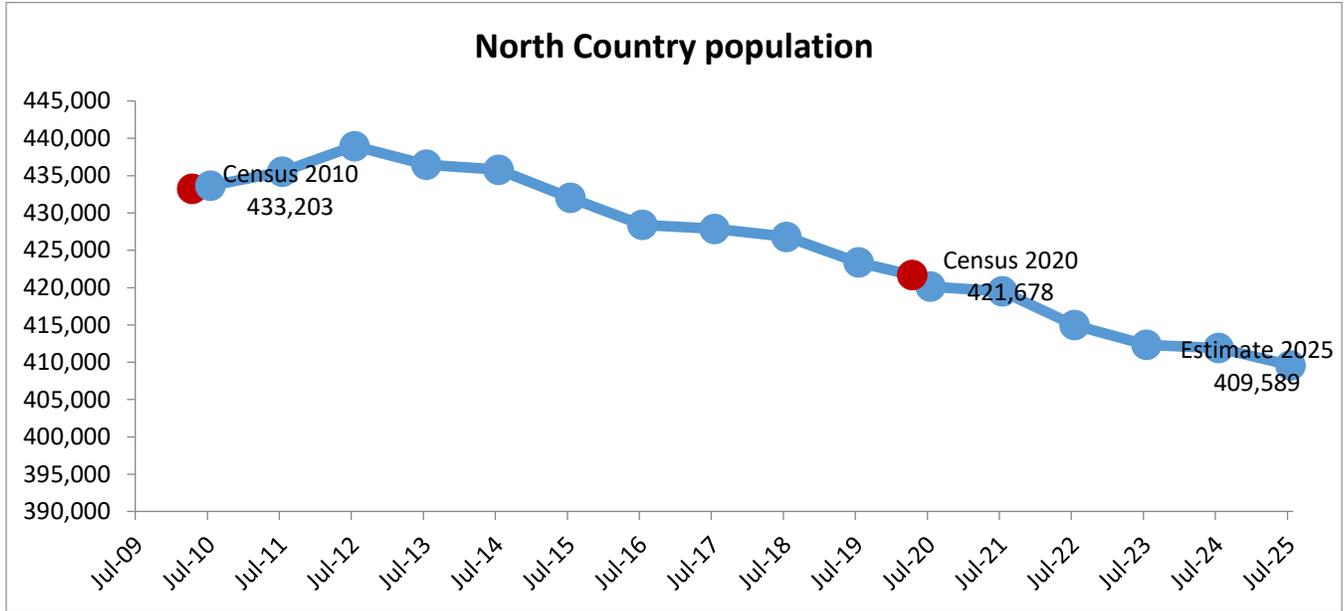| Base (4/1)	8,805,594	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	8,751,188								
2021	8,447,958	-303,230	-3.5%	91,969	62,178	29,791	-329,532	19,997	-309,535
2022	8,362,665	-85,293	-1.0%	94,076	60,358	33,718	-212,791	83,564	-129,227
2023	8,433,834	71,169	0.9%	92,402	56,755	35,647	-120,939	155,131	34,192
2024	8,596,825	162,991	1.9%	91,465	54,559	36,906	-93,867	219,578	125,711
2025	8,584,629	-12,196	-0.1%	90,084	53,983	36,101	-113,718	65,824	-47,894

Figure 27: Total population, 2010-2025

Figure 28: Population Change and its Components, 2011-2025

North Country

Table 15: Vintage 2025 population estimates and estimated components of change

Base (4/1)	421,678	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	420,141								
2021	419,503	-638	-0.2%	4,340	4,279	61	-965	113	-852
2022	414,990	-4,513	-1.1%	4,464	4,810	-346	-4,728	501	-4,227
2023	412,338	-2,652	-0.6%	4,157	4,599	-442	-3,006	786	-2,220
2024	411,912	-426	-0.1%	4,131	4,462	-331	-885	810	-75
2025	409,589	-2,323	-0.6%	4,097	4,450	-353	-2,476	536	-1,940

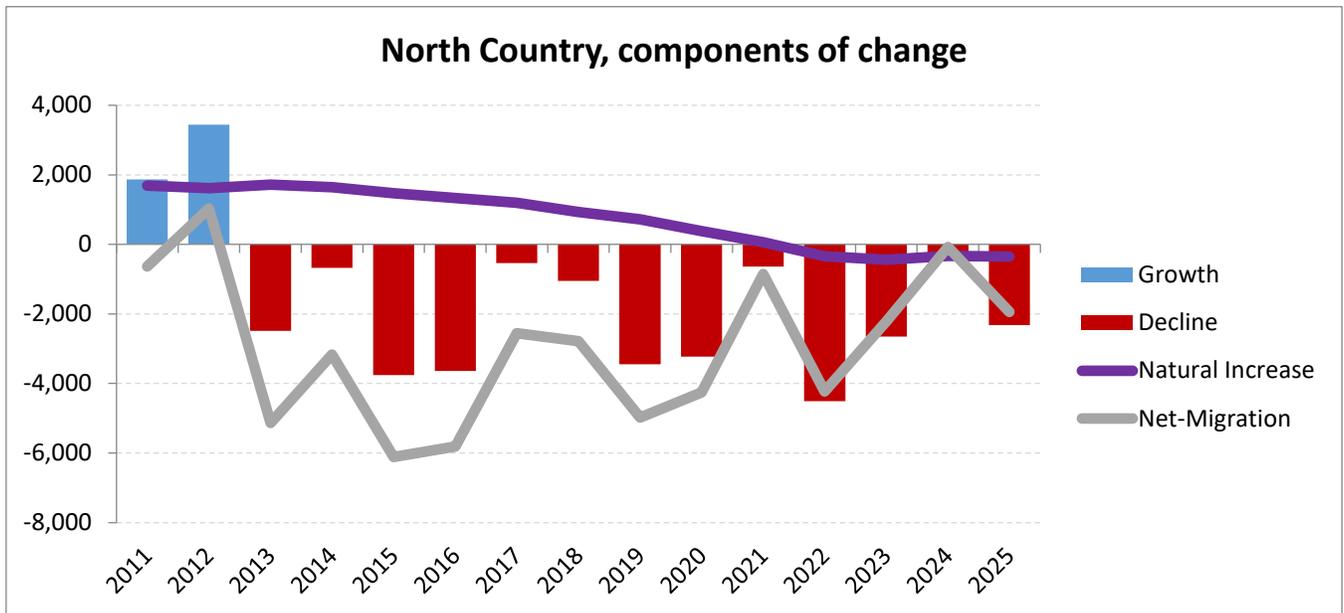*Figure 29: Total population, 2010-2025*

Figure 30: Population Change and its Components, 2011-2025

Southern Tier

Table 16: Vintage 2025 population estimates and estimated components of change

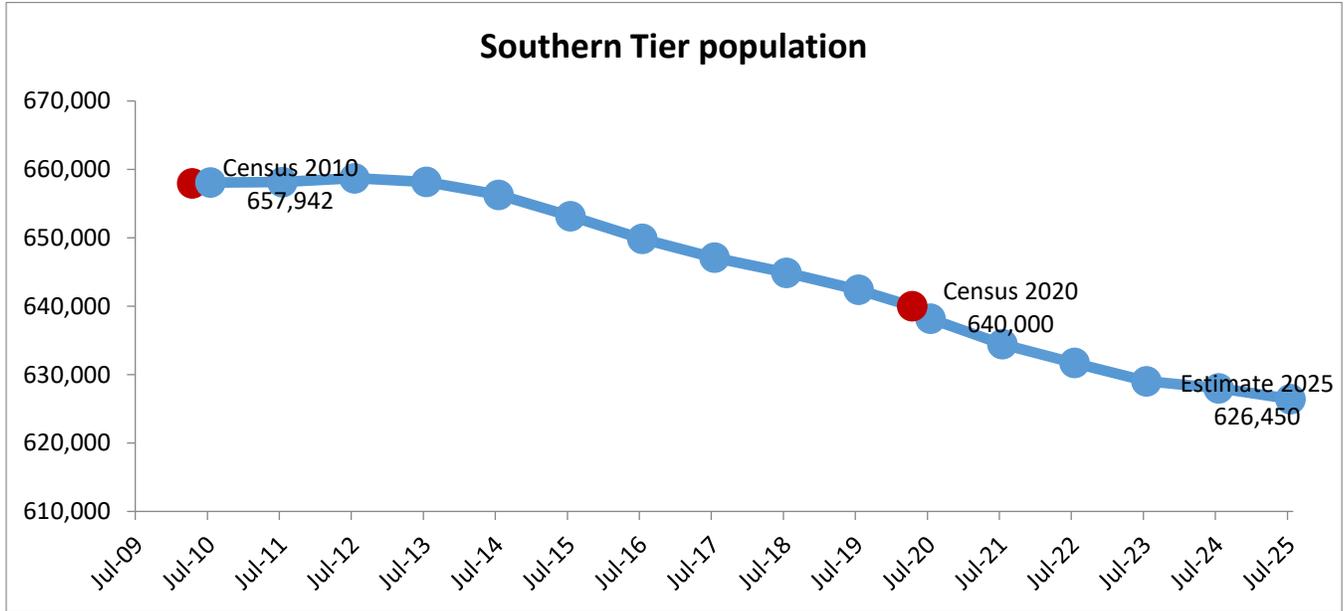| Base (4/1)	640,000	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	638,177								
2021	634,463	-3,714	-0.6%	5,680	7,685	-2,005	-2,164	442	-1,722
2022	631,730	-2,733	-0.4%	5,666	8,050	-2,384	-1,532	1,229	-303
2023	629,039	-2,691	-0.4%	5,397	7,659	-2,262	-2,043	1,710	-333
2024	628,023	-1,016	-0.2%	5,404	7,260	-1,856	-1,119	1,995	876
2025	626,450	-1,573	-0.3%	5,339	7,207	-1,868	-1,196	1,469	273

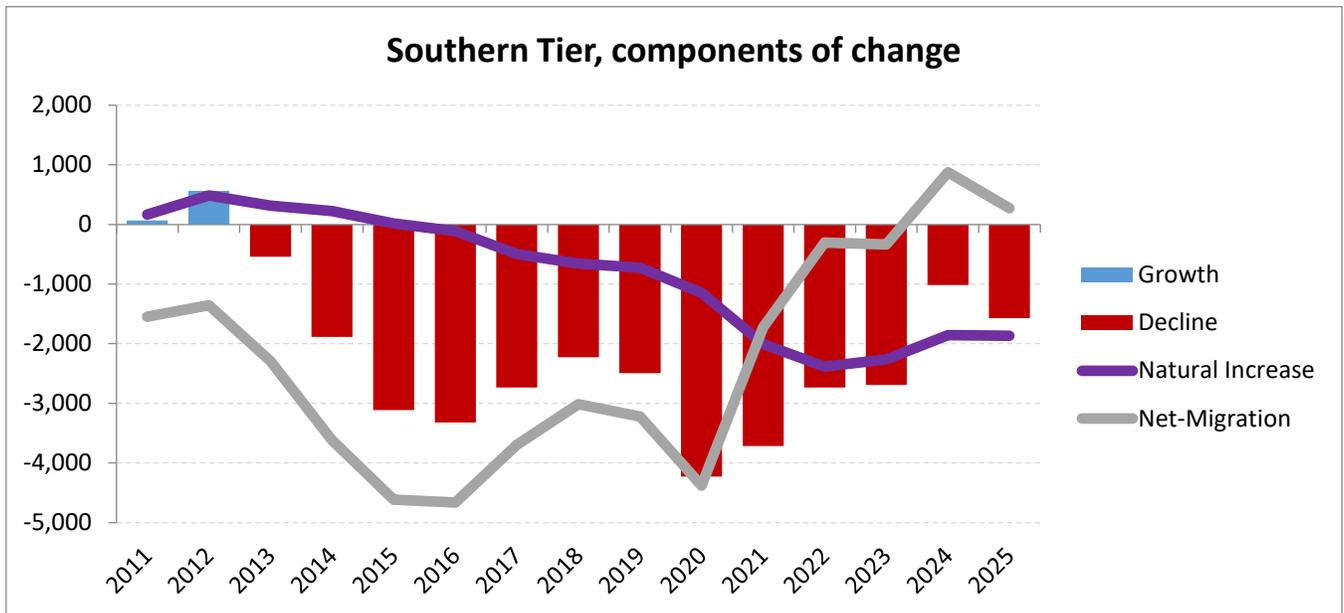*Figure 31: Total population, 2010-2025*

Figure 32: Population Change and its Components, 2011-2025

Western New York

Table 17: Vintage 2025 population estimates and estimated components of change

| Base (4/1)	1,418,047	Population Change		Natural Increase			Migration		
Year	July 1 Population	Number	Percentage	Births	Deaths	Natural Increase	Domestic	International	Net-Migration
2020	1,415,354								
2021	1,414,365	-989	-0.1%	13,897	17,213	-3,316	46	979	1,025
2022	1,407,915	-6,450	-0.5%	13,830	17,578	-3,748	-4,662	2,721	-1,941
2023	1,404,295	-3,620	-0.3%	13,199	16,113	-2,914	-4,891	4,402	-489
2024	1,404,130	-165	-0.0%	13,129	15,672	-2,543	-1,943	4,448	2,505
2025	1,401,969	-2,161	-0.2%	13,012	15,522	-2,510	-2,506	2,782	276
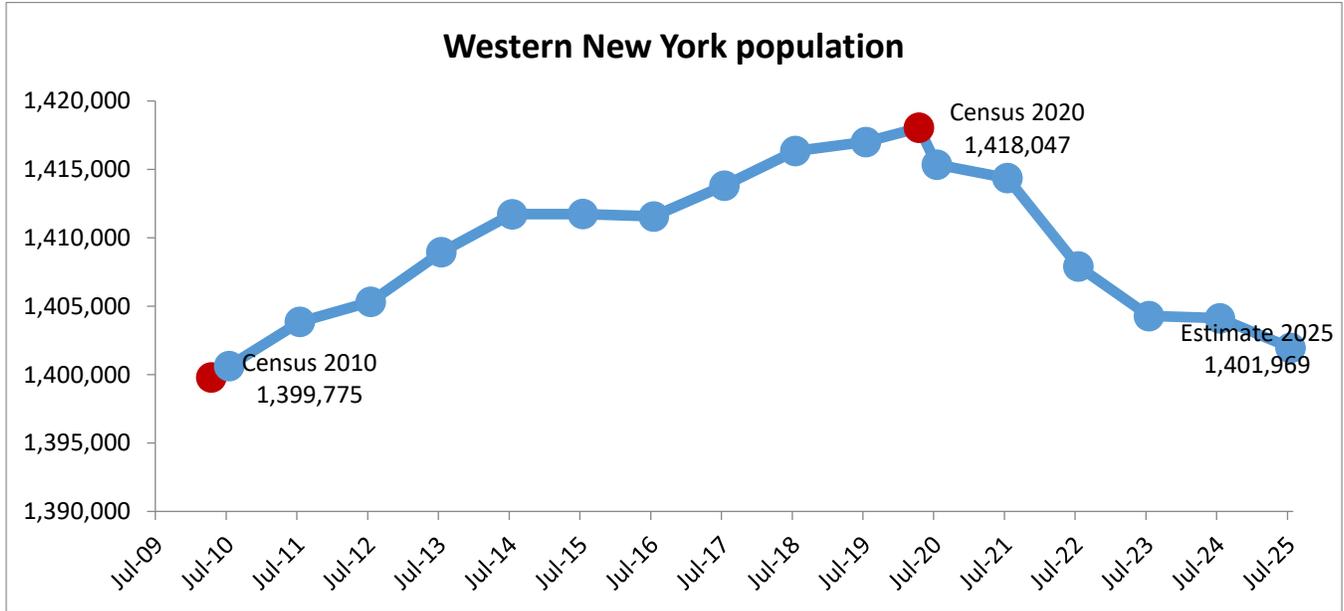
Figure 33: Total population, 2010-2025
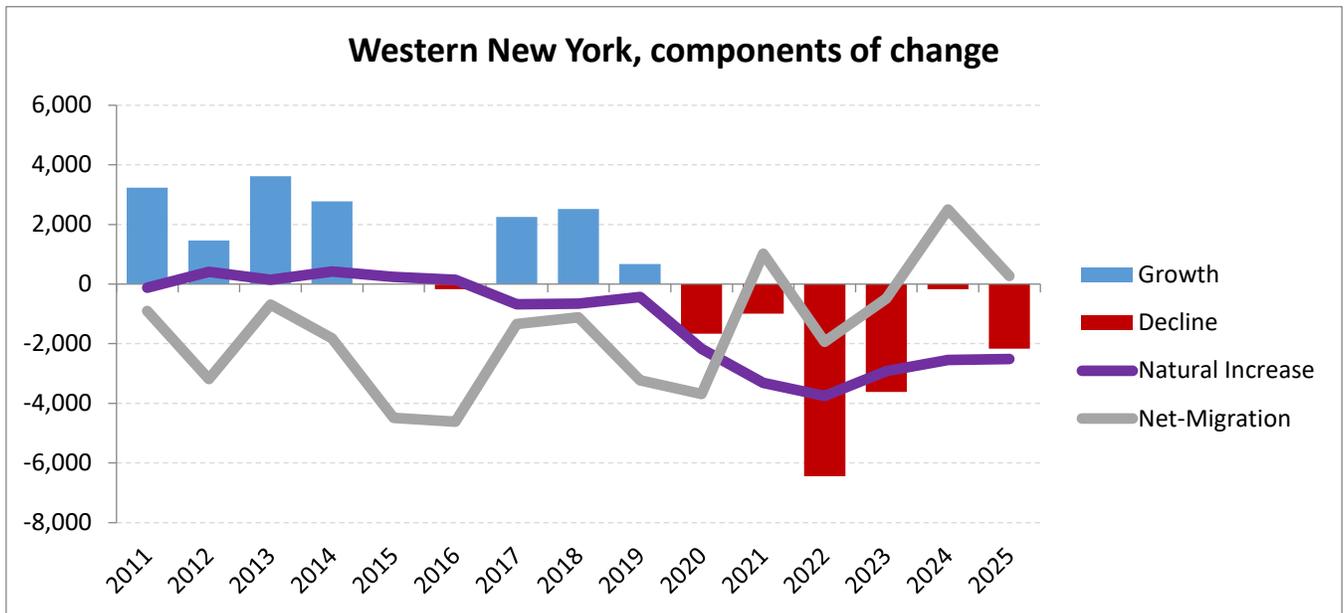
Figure 34: Population Change and its Components, 2011-2025

Appendix D: References

Data

Current Estimates data (Vintage 2025)
https://www2.census.gov/programs-surveys/popest/datasets/2020-2025/counties/totals/

Intercensal Estimates (population totals, 2010-2020)
https://www2.census.gov/programs-surveys/popest/tables/2010-2020/intercensal/county/co-est2020int-pop-36.xlsx

Evaluation Estimates (components, 2010-2020)
https://www2.census.gov/programs-surveys/popest/datasets/2010-2020/counties/totals/

Methodology

Vintage 2025 State and County Population Estimates Methodology
https://www2.census.gov/programs-surveys/popest/technical-documentation/methodology/2020-2025/methods-statement-v2025.pdf

More analyses, other publications, projections and additional trends can be found at our web site:
https://pad.human.cornell.edu/