

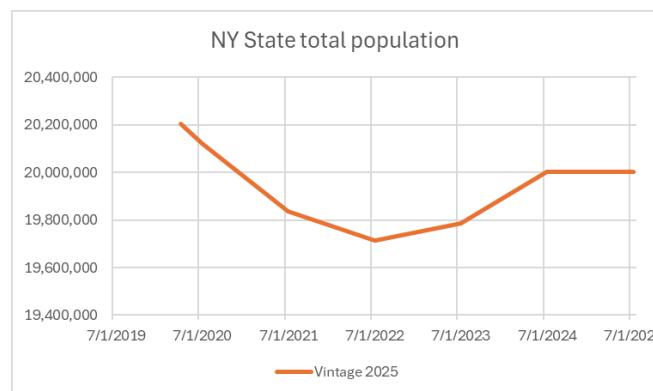
On January 27, 2026 the Census Bureau released Vintage 2025 estimates for the nation and the states. This product includes estimates for the components of change (births, deaths and migration), and covers the period of April 1, 2020 through July 1, 2025.

According to the latest estimates, New York State had 20,002,427 residents on July 1st, 2025. This is 1,008 more than a year earlier- a negligible change. Since the 2020 Census, NY lost 201,269 residents for a decline of 1.0%.

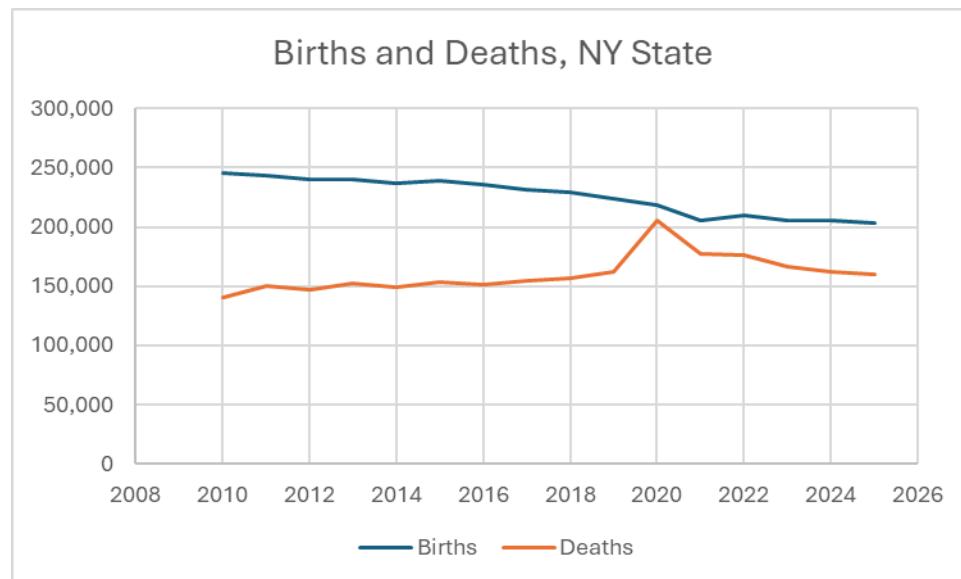
The US grew with 0.52% in the last year to 341,784,857, 46 states gained population and 5 states lost population. South Carolina was the fastest growing state (+1.5%) and Vermont lost relatively the most (-0.3%).

Table 1: Estimates of total population in New York

	Population	Change since previous	Count	%
4/1/2020	20,203,696			
7/1/2020	20,122,262	-81,434	-0.4%	
7/1/2021	19,835,345	-286,917	-1.4%	
7/1/2022	19,713,025	-122,320	-0.6%	
7/1/2023	19,786,543	73,518	0.4%	
7/1/2024	20,001,419	214,876	1.1%	
7/1/2025	20,002,427	1,008	0.0%	



Births and Deaths



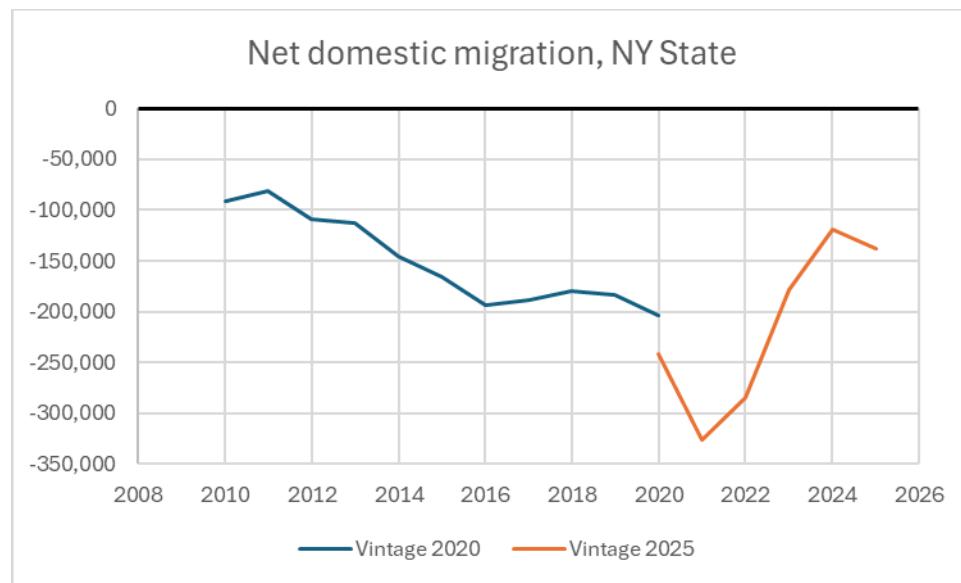
The number of births declined in the previous decade but has remained almost flat in the last few years (203,078 in the last estimates year).

The number of deaths has slowly gone up in the previous decade, peaked due to the Covid-19 pandemic, and have been slowly declining since (160,263 in the last estimates year). This trend is hard to interpret as people that passed away during the pandemic would likely have died later if it weren't for the pandemic. With the oldest baby boom generation now reaching 80 years old, it is to be expected for deaths to trend upwards again in the near future.

Natural increase is the gap between births and deaths and has declined from around 100,000 in 2010 to around 43,000 in 2025.

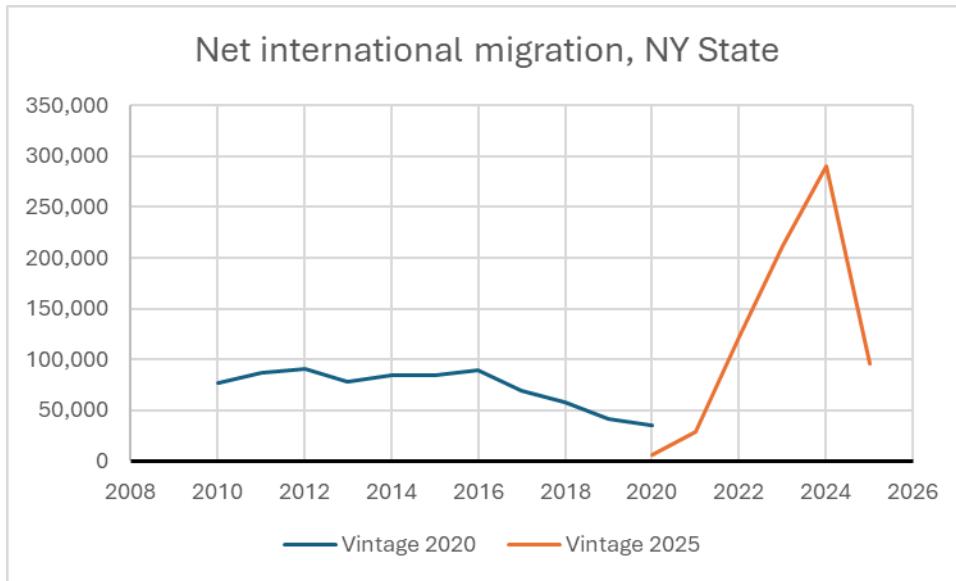
Domestic migration

Net domestic migration is the difference between the number of people moving into the state from another state and the number of people that moved out.



For a few decades more people have left the state than have arrived, resulting in a negative net domestic migration component. During the previous decade the population loss due to domestic migration went from around -100,000 to -200,000. During the Covid-19 pandemic this peaked to a loss of more than 300,000, but in the two most recent years the net difference was -119,231 (2024) and -137,586 (2025)

International migration



During the first half of last decade New York gained almost 100,000 population from more people moving in from abroad then leaving. That number went down in the second half of the decade to almost zero during the Covid pandemic. Mainly because of an increase in the number of humanitarian migrants, the net international migration estimate peaked in 2024 to almost 300,000. For the last estimates year- which covers July 1, 2024 to July 1, 2025- net international migration was estimated to be around 100,000.

Differences between Vintage 2025 and Vintage 2024

Base population

The base population is the estimated population on April 1, 2020. In Vintage 2024, the Census Bureau relied on the so-called blended base which included very limited information (including total population) from the 2020 Census.

The Vintage 2025 base population is based on the MARC file, which is a Census 2020 product where “Other race” answers were recoded and the age distribution was smoothed.

The MARC file was published early last year, and the Vintage 2025 base population is that MARC file but adjusted to account for the undercount of young children.

Differences will be noticeable in June when the estimates of the population by age, sex, race and ethnicity are released.

Distribution of immigrants among the states

In Vintage 2024, new data sources were added to more accurately estimate immigration at the national level. However, these new data sources didn’t have information on where those immigrants should be counted. During research for this Vintage the Census Bureau found additional information that they used to distribute immigrants.

If we look at the net international migration estimates for the 2024 estimates year, we see that this improvement changed the estimate from a peak of 207,161 to 290,637 while the estimate for the nationwide net international migration was revised slightly downwards.

Table 2: Estimates of net international migration

	US	NY
V2024	2,786,119	207,161
V2025	2,734,468	290,637

Domestic migration

The Federal government shutdown and changed policies at CMS, impacted availability of data used as input to the estimates of net domestic migration, and caused estimates of domestic migration in the last estimates year to be more preliminary than usual. Next year’s estimate of the 2025 estimates year might be slightly different.

Because the age structure of Vintage 2025 is slightly different from Vintage 2024 and domestic migration is estimated for three age groups (0-17, 18-64 and 65+) there could be some differences in the estimated domestic migration.

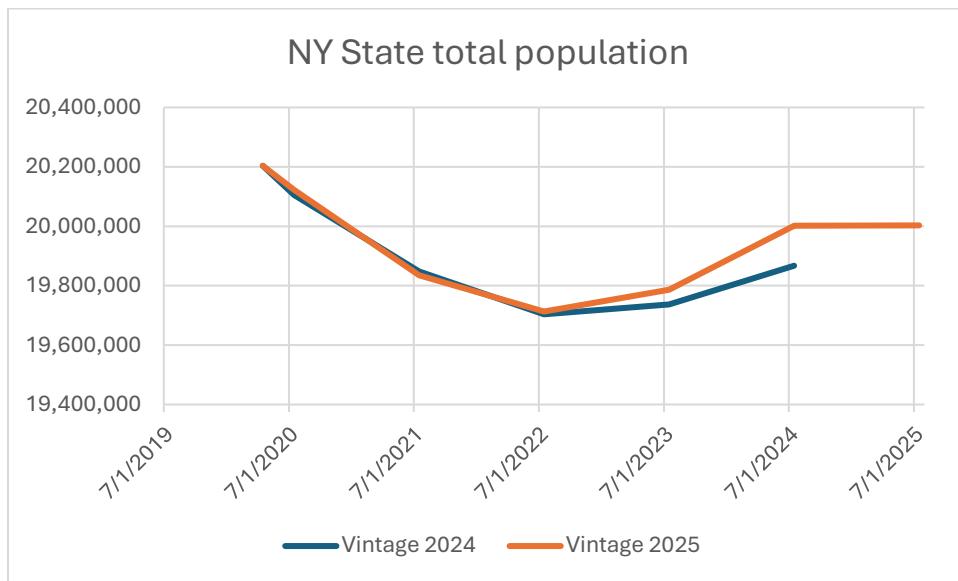
Table 3: Estimates of total net domestic migration (2020-2024)

	Net Domestic migration 2020-2024
V2024	-966,209
V2025	-968,427

There is a minimal difference in the estimates of total net domestic migration between April 1, 2020 and July 1, 2024.

Total population

Revisions caused by these changes in methodology and data sources can be seen in the chart below.



The 2024 estimate received the most revision between vintages, mainly due to the revisions in the international migration component.

State-to-State migration estimates (ACS)

On January 20th, the Census Bureau released estimates of state-to-state migration based on the 2024 1-year ACS.

Table 4: Top 3 states, ranked on different aspects of state-to-state migration

	Moved to NY from	
1	New Jersey	36,002
2	California	31,367
3	Florida	28,080

	Net gain (in – out)	
1	California	6,440
2	Colorado	4,193
3	District of Columbia	1,678

	Moved from NY to	
1	New Jersey	56,799
2	Florida	50,661
3	Pennsylvania	29,274

	Net loss (in – out)	
1	Florida	-22,581
2	New Jersey	-20,797
3	South Carolina	-12,575

New Jersey and Florida are among the top 3 origins and the top 3 destinations for migration to and from New York.

New York gained the most population from migration between New York and California and lost the most population to Florida.

We compared these estimates with estimates from the 2021 ACS (in the middle of the pandemic) and the 2018 ACS (pre pandemic) and selected the top 10 states with the most gross migration in 2024.

Table 5: Volume and direction of domestic migration in 2018, 2021 and 2024

	2024 ACS			2021 ACS			2018 ACS		
	Gross	Net	Efficiency	Gross	Net	Efficiency	Gross	Net	Efficiency
New Jersey	92,801	-20,797	-22%	129,643	-53,199	-41%	101,211	-28,409	-28%
Florida	78,741	-22,581	-29%	116,202	-67,314	-58%	87,117	-38,949	-45%
California	56,294	6,440	11%	64,058	-1,388	-2%	60,103	-9,593	-16%
Pennsylvania	52,426	-6,122	-12%	71,506	-27,898	-39%	62,387	-23,709	-38%
Texas	44,557	-11,909	-27%	41,769	-8,133	-19%	33,633	-4,217	-13%
Connecticut	40,255	-9,935	-25%	53,328	-28,252	-53%	41,781	-12,941	-31%
Massachusetts	36,559	-835	-2%	46,097	-2,881	-6%	33,528	-6,392	-19%
North Carolina	28,054	-7,902	-28%	40,120	-25,398	-63%	34,866	-16,326	-47%
Virginia	26,674	-6,054	-23%	22,548	-4,284	-19%	27,285	-8,681	-32%
South Carolina	24,073	-12,575	-52%	16,206	-7,024	-43%	17,178	-8,264	-48%
Total	700,172	-130,436	-19%	858,290	-283,792	-33%	712,461	-203,567	-29%

Gross migration is the total number of people moving between states, and net migration is the difference between the number of people moving in and out. For example, in 2024 92,801 people moved between New York and New Jersey and there were 20,787 more people moving from NY to NJ than moving from NJ to NY.

Efficiency is the quotient of net and gross migration and is a good indicator of the general direction of the moves. An efficiency of -100% means all migration is outwards, an efficiency of 100% means all migration is inwards. If efficiency is 0% than in- and out migration are equal.

Among these top 10, California was the only state where in-migration outnumbered out-migration (positive efficiency) and South Carolina had the most negative efficiency.

Of note is that 8 out of those ten states saw efficiency rates that were higher in 2024 than in 2018. South Carolina saw a similar efficiency rate and Texas saw a downward trend.

The total net migration for New York was -130,436 in 2024 and -203,567 in 2018. This difference can be attributed mostly to a change in efficiency and less by the volume of movers (gross).

The 2021 ACS revealed an increase in the total number of movers, and a number of states that saw spikes in negative migration efficiency.

Resources

Press Release	Population Growth Slows Due to Decline in Net International Migration
Data files	Population and Housing Unit Estimates Datasets
Methodology description	Index of /programs-surveys/popest/technical-documentation/methodology/2020-2025
Blog posts	Improved Method Better Estimates Net International Migration Increase (Dec 2024) Annual Updates to the Data and Methodology for Population Estimates (Jan 2026) New Population Estimates Show Decline in Net International Migration (Jan 2026)
State-to-State migration	State-to-State Migration Flows