

Population Distribution and Change: 2000 to 2010

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INTRODUCTION

The 2010 Census reported 308.7 million people in the United States, a 9.7 percent increase from the Census 2000 population of 281.4 million. This report discusses population change between 2000 and 2010 for several geographic levels, including regions, states, metropolitan and micro-metropolitan statistical areas, counties, and places.

NATIONAL AND REGIONAL CHANGE

The increase of 9.7 percent over the last decade was lower than the 13.2 percent increase for the 1990s and comparable to the growth during the 1980s of 9.8 percent (Figure 1). Since 1900, only the 1930s experienced a lower growth rate (7.3 percent) than this past decade.¹

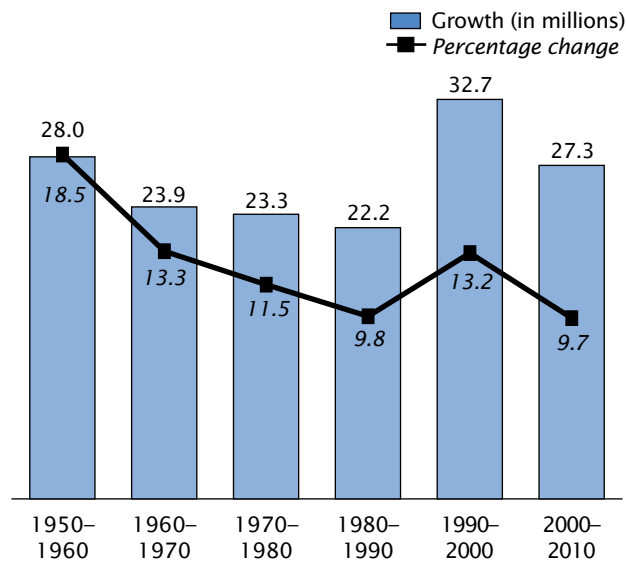
From 2000 to 2010, regional growth was much faster for the South and West (14.3 and 13.8 percent, respectively) than for the Midwest (3.9 percent) and Northeast (3.2 percent)

¹ References to historical data in the report are based on the Census 2000 PHC-T series <www.census.gov/population/www/cen2000/briefs/tablist.html>; Frank Hobbs and Nicole Stoops, *Demographic Trends in the 20th Century*, Census 2000 Special Reports, CENSR-4, U.S. Census Bureau, Washington, DC, 2002; and Richard L. Forstall, *Population of States and Counties of the United States: 1790 to 1990*, U.S. Census Bureau, Washington, DC, 1996. National historical data calculations before 1960 include Alaska and Hawaii.

Figure 1.

U.S. Population Change: 1950–1960 to 2000–2010

(For more information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)



Note: Change for 1950–1960 includes the populations of Alaska and Hawaii in the U.S. total, although they were not U.S. states at the time of the 1950 census.

Source: U.S. Census Bureau, 2010 Census; Census 2000; Frank Hobbs and Nicole Stoops, *Demographic Trends in the 20th Century*, Census 2000 Special Reports, CENSR-4, U.S. Census Bureau, Washington, DC, 2002; and Richard L. Forstall, *Population of States and Counties of the United States: 1790 to 1990*, U.S. Census Bureau, Washington, DC, 1996.

(Table 1, Figure 2). The South grew by 14.3 million over the decade to 114.6 million people, while the West increased by 8.7 million to reach 71.9 million people—surpassing the population of the Midwest. The Midwest gained 2.5 million, increasing that region's population to 66.9 million, and the Northeast's gain of 1.7 million brought that region's

By
Paul Mackun
and
Steven Wilson

(With Thomas Fischetti
and Justyna Goworowska)

Table 1.
**Population Change for the United States, Regions, States,
 and Puerto Rico: 2000 to 2010**

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)

Area	Population		Change	
	2000	2010	Number	Percent
United States	281,421,906	308,745,538	27,323,632	9.7
REGION				
Northeast	53,594,378	55,317,240	1,722,862	3.2
Midwest	64,392,776	66,927,001	2,534,225	3.9
South	100,236,820	114,555,744	14,318,924	14.3
West	63,197,932	71,945,553	8,747,621	13.8
STATE				
Alabama	4,447,100	4,779,736	332,636	7.5
Alaska	626,932	710,231	83,299	13.3
Arizona	5,130,632	6,392,017	1,261,385	24.6
Arkansas	2,673,400	2,915,918	242,518	9.1
California	33,871,648	37,253,956	3,382,308	10.0
Colorado	4,301,261	5,029,196	727,935	16.9
Connecticut	3,405,565	3,574,097	168,532	4.9
Delaware	783,600	897,934	114,334	14.6
District of Columbia	572,059	601,723	29,664	5.2
Florida	15,982,378	18,801,310	2,818,932	17.6
Georgia	8,186,453	9,687,653	1,501,200	18.3
Hawaii	1,211,537	1,360,301	148,764	12.3
Idaho	1,293,953	1,567,582	273,629	21.1
Illinois	12,419,293	12,830,632	411,339	3.3
Indiana	6,080,485	6,483,802	403,317	6.6
Iowa	2,926,324	3,046,355	120,031	4.1
Kansas	2,688,418	2,853,118	164,700	6.1
Kentucky	4,041,769	4,339,367	297,598	7.4
Louisiana	4,468,976	4,533,372	64,396	1.4
Maine	1,274,923	1,328,361	53,438	4.2
Maryland	5,296,486	5,773,552	477,066	9.0
Massachusetts	6,349,097	6,547,629	198,532	3.1
Michigan	9,938,444	9,883,640	-54,804	-0.6
Minnesota	4,919,479	5,303,925	384,446	7.8
Mississippi	2,844,658	2,967,297	122,639	4.3
Missouri	5,595,211	5,988,927	393,716	7.0
Montana	902,195	989,415	87,220	9.7
Nebraska	1,711,263	1,826,341	115,078	6.7
Nevada	1,998,257	2,700,551	702,294	35.1
New Hampshire	1,235,786	1,316,470	80,684	6.5
New Jersey	8,414,350	8,791,894	377,544	4.5
New Mexico	1,819,046	2,059,179	240,133	13.2
New York	18,976,457	19,378,102	401,645	2.1
North Carolina	8,049,313	9,535,483	1,486,170	18.5
North Dakota	642,200	672,591	30,391	4.7
Ohio	11,353,140	11,536,504	183,364	1.6
Oklahoma	3,450,654	3,751,351	300,697	8.7
Oregon	3,421,399	3,831,074	409,675	12.0
Pennsylvania	12,281,054	12,702,379	421,325	3.4
Rhode Island	1,048,319	1,052,567	4,248	0.4
South Carolina	4,012,012	4,625,364	613,352	15.3
South Dakota	754,844	814,180	59,336	7.9
Tennessee	5,689,283	6,346,105	656,822	11.5
Texas	20,851,820	25,145,561	4,293,741	20.6
Utah	2,233,169	2,763,885	530,716	23.8
Vermont	608,827	625,741	16,914	2.8
Virginia	7,078,515	8,001,024	922,509	13.0
Washington	5,894,121	6,724,540	830,419	14.1
West Virginia	1,808,344	1,852,994	44,650	2.5
Wisconsin	5,363,675	5,686,986	323,311	6.0
Wyoming	493,782	563,626	69,844	14.1
Puerto Rico	3,808,610	3,725,789	-82,821	-2.2

Source: U.S. Census Bureau, 2010 Census and Census 2000.

population to 55.3 million. Overall, the South and West accounted for 84.4 percent of the U.S. population increase from 2000 to 2010, an increase from their 77.0 percent share of the total change from 1990 to 2000.

STATE-LEVEL CHANGE

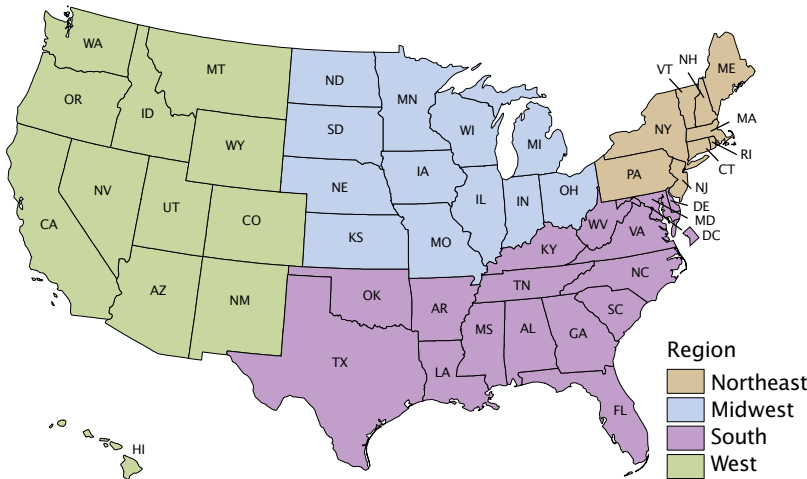
Nevada was the fastest-growing state between 2000 and 2010, growing by 35.1 percent (Table 1). It was followed by Arizona (24.6 percent), Utah (23.8 percent), Idaho (21.1 percent), and Texas (20.6 percent). Rhode Island, Louisiana, and Ohio were the slowest-increasing states, all of which grew by less than 2.0 percent. Unlike the 1990s in which every state grew, one state (Michigan) declined over this decade, losing 0.6 percent of its population.² (Puerto Rico's population declined by 2.2 percent to 3.7 million people.)

Between 2000 and 2010, Texas experienced the highest numeric increase, up by 4.3 million people. California, which had the largest population increase in the previous decade, increased by 3.4 million over the same period; followed by Florida (2.8 million), Georgia (1.5 million), North Carolina (1.5 million), and Arizona (1.3 million). These six states, which were the only states to gain over a million people during the decade, accounted for over half (54.0 percent) of the overall increase for the United States.

The concentration of high percentage changes among the western and southern states maintains a pattern from recent decades (Figure 3). Nevada is the only state that has maintained a growth rate of 25.0 percent or greater for the last three decades; it has been the fastest-growing state for five

² The District of Columbia's population declined between 1990 and 2000.

Figure 2.
Regions and States: 2010



Source: U.S. Census Bureau, 2010 Census.

straight decades. Six states, including five in the West, grew by 25.0 percent or more between 1990 and 2000. Wyoming, after having lost population between 1980 and 1990, has grown over the past two decades, surpassing the national level between 2000 and

2010. Between 2000 and 2010, the District of Columbia experienced its first decennial population increase since the 1940s, increasing by 5.2 percent to surpass 600,000 people.

New Hampshire increased by 6.5 percent between 2000 and

2010, the fifth straight decade it has grown at a rate faster than any other state in the Northeast. Whereas New York and New Jersey had the largest numeric gains in the region in the 1990s, Pennsylvania gained the most population in the region between 2000 and 2010, increasing by 421,000 people.

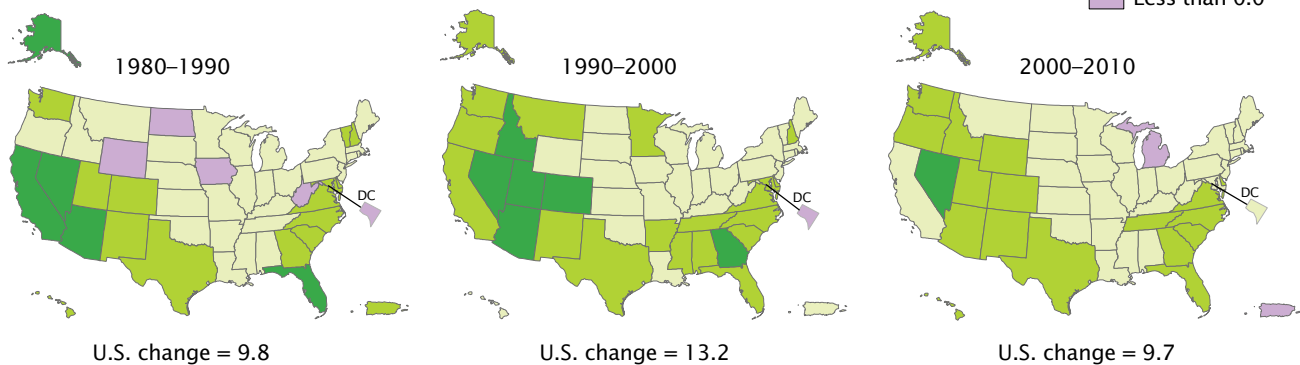
South Dakota, growing by 7.9 percent between 2000 and 2010, was the fastest-growing state in the Midwest during this period—replacing Minnesota, which had been the fastest-growing state over the previous three decades. Illinois and Indiana had the largest numeric increases in that region over the decade, increasing by 411,000 and 403,000, respectively.

MOST POPULOUS STATES

The ten most populous states contained 54.0 percent of the U.S. population in 2010 (similar to the percentage in 2000) with one-fourth (26.5 percent) of the U.S. population in the three largest states: California (the most populous state since the 1970 Census), Texas, and New York. These three states had April 1, 2010, populations of

Figure 3.
Percentage Change in Population by State and Decade: 1980–1990 to 2000–2010

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)



Source: U.S. Census Bureau, 2010 Census, Census 2000, 1990 Census, and 1980 Census.

37.3 million, 25.1 million, and 19.4 million, respectively. The next seven most populous states—Florida, Illinois, Pennsylvania, Ohio, Michigan, Georgia, and North Carolina—contained an additional 27.5 percent of the population. Nine of the ten largest states in 2000 were also among the ten largest in 2010. North Carolina, which was the eleventh largest state in 2000, moved into the top ten for 2010 (tenth largest)—replacing New Jersey, which fell from ninth largest in 2000 to eleventh in 2010.

The ten most populous and the ten least populous states are distributed among the four regions. The South contained the greatest number (four) of the ten largest states, with three others in the Midwest, two in the Northeast, and one in the West. Furthermore, the Northeast contained four of the ten least populous states (Maine, New Hampshire, Rhode Island, and Vermont), with three others in the West (Alaska, Montana, and Wyoming), two in the Midwest (North Dakota and South Dakota), and one in the South (Delaware).

METROPOLITAN AND MICROPOLITAN STATISTICAL AREAS

Over four-fifths (83.7 percent) of the U.S. population in 2010 lived in the nation's 366 metro areas, and another one-tenth (10.0 percent)

Metropolitan and micropolitan statistical areas—metro and micro areas—are geographic entities defined by the U.S. Office of Management and Budget for use by federal statistical agencies in collecting, tabulating, and publishing federal statistics. Metro and micro areas are collectively known as core based statistical areas (CBSAs). A metro area contains a core urban area population of 50,000 or more. A micro area contains a core urban area population of at least 10,000 (but less than 50,000). Each metro or micro area consists of one or more counties and includes the counties containing the core urban area, as well as any adjacent counties that have a high degree of social and economic integration (as measured by commuting to work) with the urban core.

of the population resided in the nation's 576 micro areas (Table 2). Metro areas grew almost twice as fast as micro areas, 10.8 percent compared to 5.9 percent. Population growth of at least twice the national rate occurred in many metro and micro areas, such as some areas in parts of California, Nevada, Arizona, Texas, Florida, and the Carolinas. No metro area in the West region declined (Figure 4).

All ten of the most populous metro areas in 2010 grew over the decade, with Houston, Atlanta, and Dallas-Fort Worth (26.1 percent, 24.0 percent, and 23.4 percent, respectively) the fastest-growing among them (Table 3). The Atlanta metro area accounted for over one-half (54.4 percent) of Georgia's 2010 population and over two-thirds (68.0 percent) of the state's population growth during the last decade. In addition, the Houston

and Dallas-Fort Worth metro areas together accounted for almost one-half (49.0 percent) of Texas' population and over one-half (56.9 percent) of its population growth.

Two other top-ten metro areas experienced double-digit growth: Washington, DC (16.4 percent) and Miami (11.1 percent). The New York metro area, with a population of 18.9 million (6.1 percent of the U.S. population), and Los Angeles, with a population of 12.8 million (4.2 percent of the U.S. population), were the two most populous metro areas in the nation. Combined, approximately 1 of every 10 people in the United States lived in either the New York or Los Angeles metro areas in 2010.

Among all 366 metro areas, Palm Coast, FL, was the fastest-growing between 2000 and 2010 (up 92.0 percent), followed by St. George, UT, (up 52.9 percent), and by three

Table 2.
Population by Core Based Statistical Area (CBSA) Status: 2000 and 2010

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)

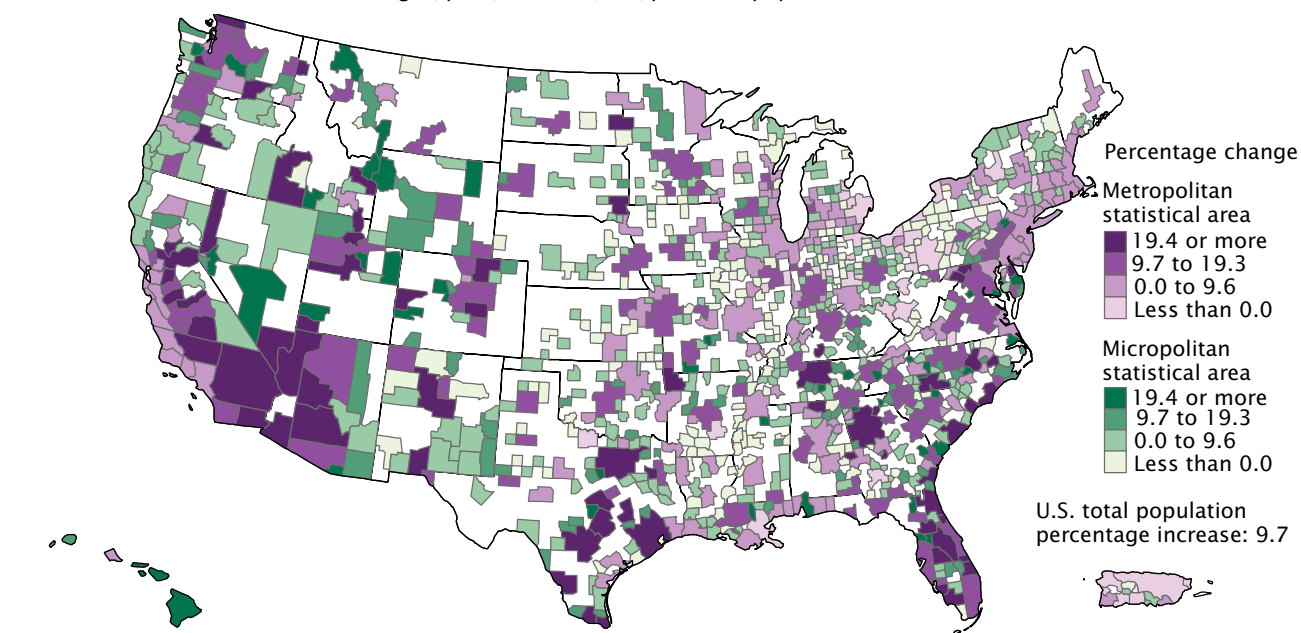
Area	Population		Share of U.S. population		Change	
	2000	2010	2000	2010	Number	Percent
United States	281,421,906	308,745,538	100.0	100.0	27,323,632	9.7
Inside CBSA	262,290,227	289,261,315	93.2	93.7	26,971,088	10.3
Metropolitan	233,069,827	258,317,763	82.8	83.7	25,247,936	10.8
Micropolitan	29,220,400	30,943,552	10.4	10.0	1,723,152	5.9
Outside CBSA	19,131,679	19,484,223	6.8	6.3	352,544	1.8

Note: Metropolitan and micropolitan statistical areas defined by the Office of Management and Budget as of December 2009.

Source: U.S. Census Bureau, 2010 Census and Census 2000.

Figure 4.
Percentage Change in Metropolitan and Micropolitan Statistical Area Population: 2000 to 2010

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)



Note: Metropolitan and micropolitan statistical areas defined by the Office of Management and Budget as of December 2009. Broomfield County, CO, was formed from parts of Adams, Boulder, Jefferson, and Weld Counties, CO, on November 15, 2001, and was coextensive with Broomfield city. For purposes of presenting data for metropolitan and micropolitan statistical areas, Broomfield is treated as if it were a county at the time of Census 2000.

Source: U.S. Census Bureau, 2010 Census and Census 2000.

other areas with population growth rates over 40.0 percent: Las Vegas, Raleigh, and Cape Coral (Table 3).

The ten fastest-growing metro areas included both large and small metro areas, ranging from three areas with 2010 populations of more than 1.0 million (Las Vegas, Austin, and Raleigh) to one below 100,000 (Palm Coast, FL). The Las Vegas metro area accounted for almost three-quarters (72.3 percent) of Nevada's 2010 population and over four-fifths (81.9 percent) of the state's growth.

Many of the fast-growing micro areas were located near fast-growing metro areas. Likewise, many of the micro areas that were slow-growing or declining were

located near slow-growing or declining metro areas.

COUNTIES

Almost two-thirds of the nation's 3,143 counties gained population between 2000 and 2010. Most counties along the Pacific, Atlantic, and Gulf Coasts grew between 2000 and 2010, as did most counties adjacent to the southern U.S. border (Figure 5). Furthermore, many counties in the South—such as those in parts of Florida, northern Georgia, North Carolina, Virginia, and the eastern half of Texas—experienced growth at or above 10 percent. In the West, all counties in Utah experienced population growth in the last decade, with some of those gains being

25 percent or more. Most New England counties grew, but most of these increased at rates below 10 percent.³

The counties that lost population were mostly regionally clustered and mirrored decades of population loss for those areas; for example, many Appalachian counties in eastern Kentucky and West Virginia; many Great Plains counties in the Dakotas, Kansas, Nebraska, and Texas; and a group of counties in and around the Mississippi Delta saw population declines. In addition, many counties along the Great Lakes and on the northern U.S.

³ New England consists of Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut.

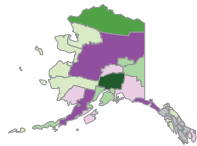
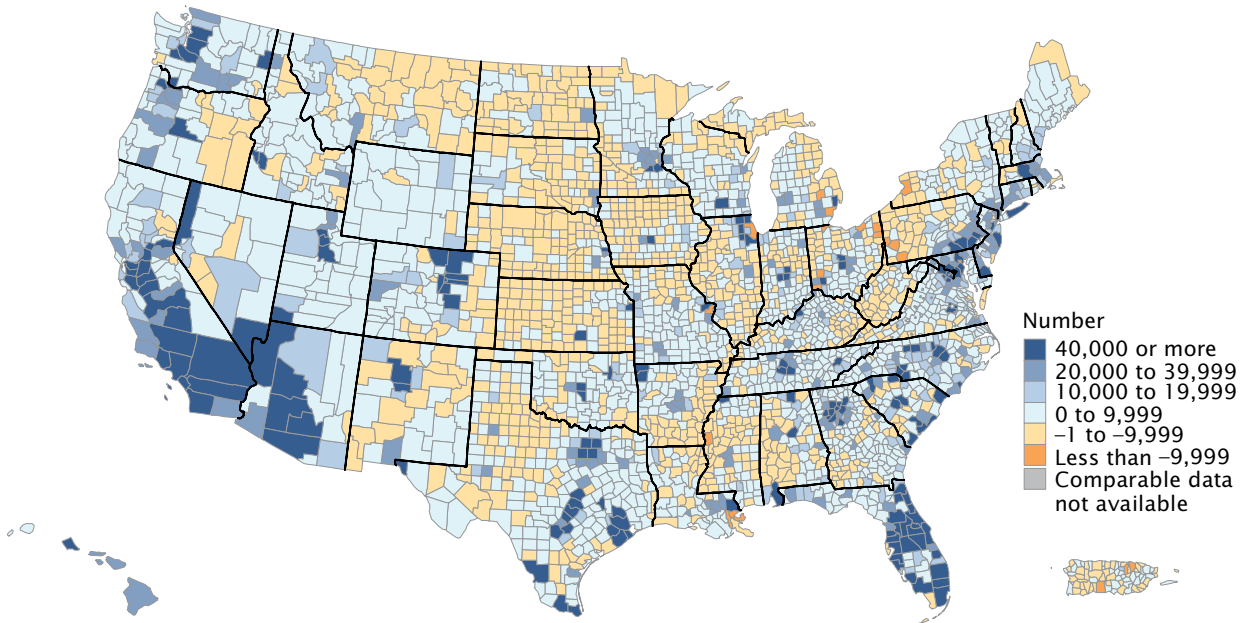
Figure 5.

Change in Population by County: 2000 to 2010

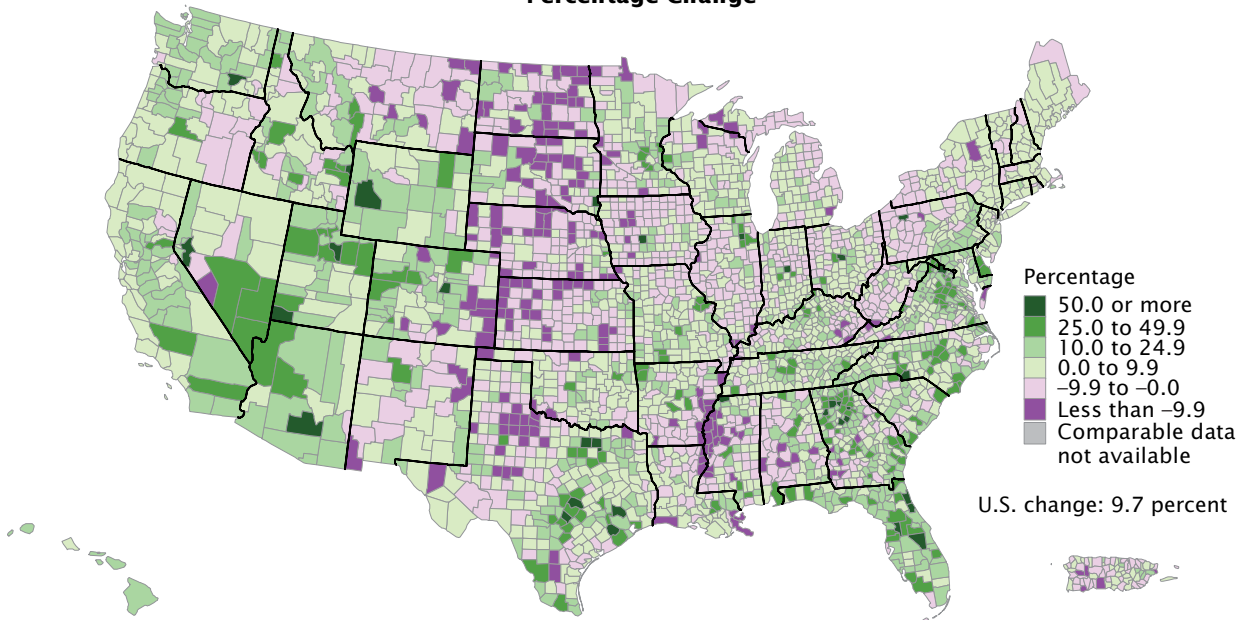
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Numeric Change



Percentage Change



Source: U.S. Census Bureau, 2010 Census and Census 2000.

Figure 6.
Population Distribution by County: 2010
 The area of each diamond symbol is proportioned to the number of people in a county. The legend presents example symbol sizes from the many symbols shown on the map. (For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)

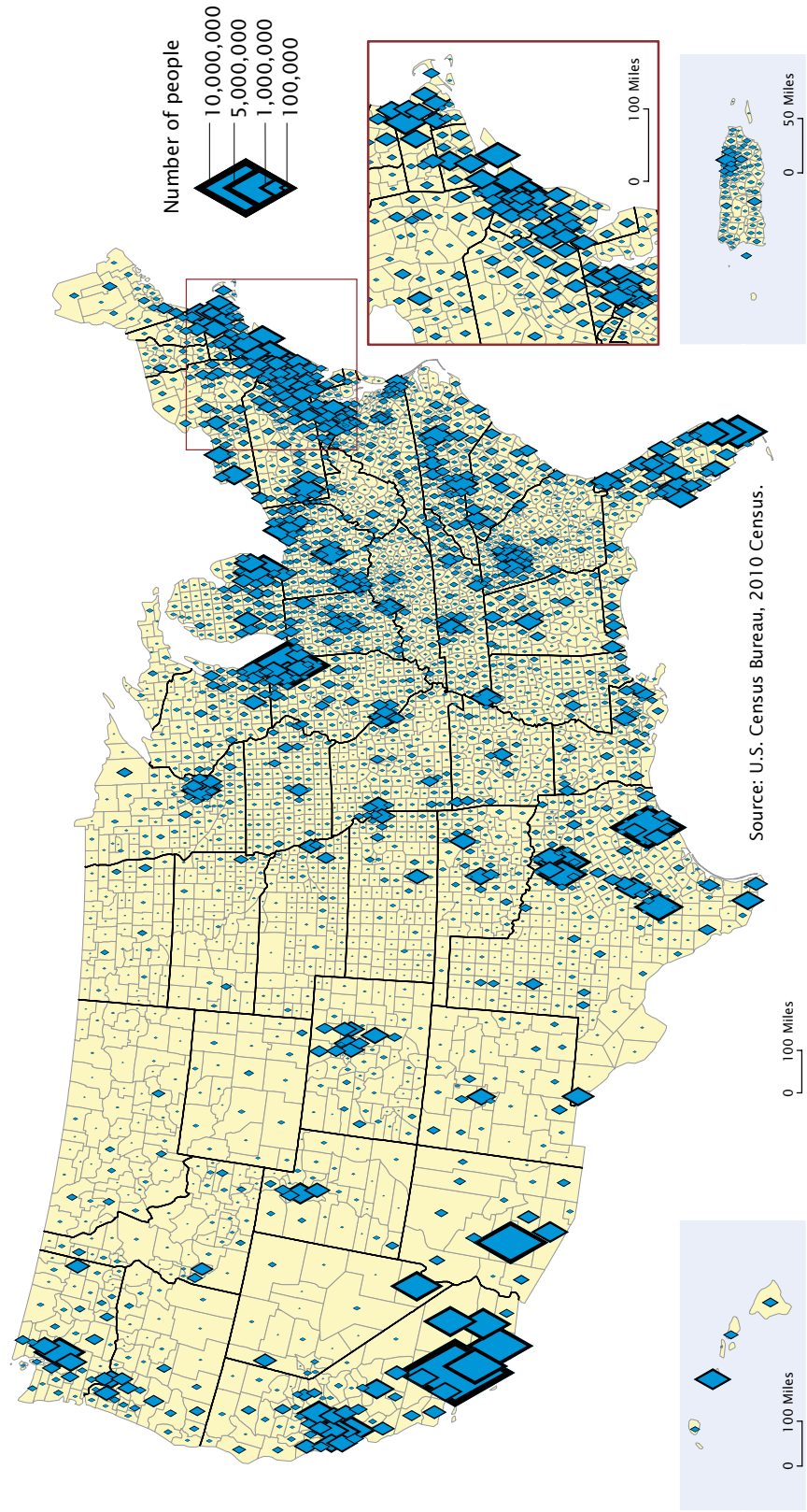
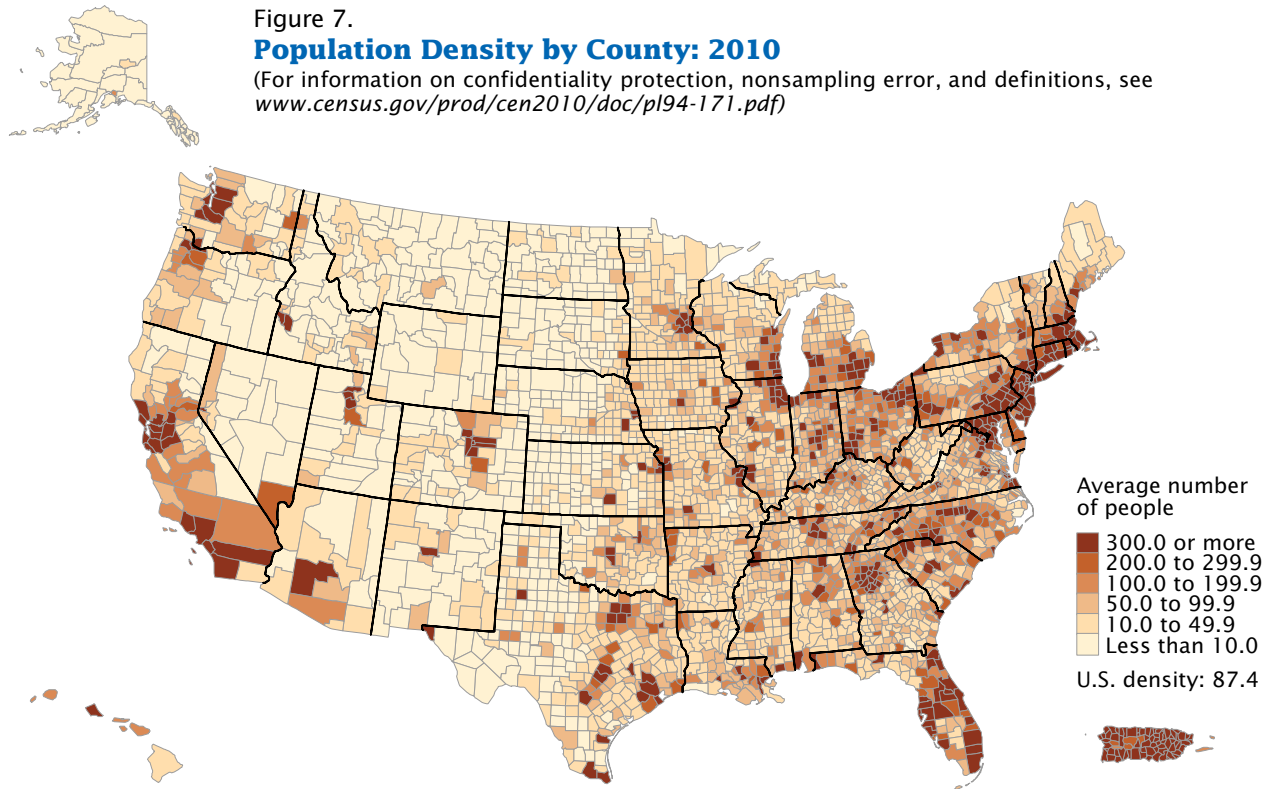


Figure 7.
Population Density by County: 2010

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)



Note: Population density expressed as average number of people per square mile of land area.
 Source: U.S. Census Bureau, 2010 Census.

2010 were located in either western or southern states—one was located in the Midwest (Plainfield, IL)—and all ten were located in metro areas with 2010 Census populations of 1 million or more (metro area in parentheses): Lincoln, CA, (Sacramento); Surprise, AZ, and Goodyear, AZ, (Phoenix); Frisco, TX, and Wylie, TX, (Dallas-Fort Worth); Beaumont, CA, (Riverside-San Bernardino); Plainfield, IL, (Chicago); Louisville/Jefferson County, KY (Louisville/Jefferson County); Pflugerville, TX, (Austin); and Indian Trail, NC, (Charlotte). Six of the places more than tripled their populations between 2000 and 2010: Lincoln (282.1 percent); Surprise (281.0 percent); Frisco (247.0 percent); Goodyear (245.2 percent); Beaumont (223.9 percent);

and Plainfield (203.6 percent). The next four places grew between 170 and 190 percent.

METHODOLOGY AND SOURCES OF DATA

This report used decennial census data primarily for the years 1990, 2000, and 2010. The population universe is the resident population of the United States (50 states and the District of Columbia) and Puerto Rico. All derived values were computed using unrounded data. For readability, most whole numbers in the text are expressed in millions or rounded to the nearest hundred or thousand, and percentages are rounded to tenths. In the tables, whole numbers are unrounded and percentages are rounded to the nearest tenth. In the maps, data are

categorized based on unrounded percentages. In Figure 5 and the tables, numeric and percentage change for counties are only calculated for the universe of counties that existed in both Census 2000 and the 2010 Census.

FOR MORE INFORMATION

Data for state and local areas from the *2010 Census Redistricting Data (Public Law 94-171) Summary File* are available on the Internet at <http://factfinder2.census.gov/main.html> and on DVD. For more information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf. For more information on metropolitan and micropolitan statistical areas, including concepts,

Table 5.
Population Change for the Ten Most Populous and Ten Fastest-Growing Incorporated Places: 2000 to 2010

(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)

Place	Population		Change	
	2000	2010	Number	Percent
MOST POPULOUS				
New York city, NY	8,008,278	8,175,133	166,855	2.1
Los Angeles city, CA	3,694,820	3,792,621	97,801	2.6
Chicago city, IL	2,896,016	2,695,598	-200,418	-6.9
Houston city, TX	1,953,631	2,099,451	145,820	7.5
Philadelphia city, PA	1,517,550	1,526,006	8,456	0.6
Phoenix city, AZ	1,321,045	1,445,632	124,587	9.4
San Antonio city, TX	1,144,646	1,327,407	182,761	16.0
San Diego city, CA	1,223,400	1,307,402	84,002	6.9
Dallas city, TX	1,188,580	1,197,816	9,236	0.8
San Jose city, CA	894,943	945,942	50,999	5.7
FASTEST-GROWING¹				
Lincoln city, CA	11,205	42,819	31,614	282.1
Surprise city, AZ	30,848	117,517	86,669	281.0
Frisco city, TX	33,714	116,989	83,275	247.0
Goodyear city, AZ	18,911	65,275	46,364	245.2
Beaumont city, CA	11,384	36,877	25,493	223.9
Plainfield village, IL	13,038	39,581	26,543	203.6
Louisville/Jefferson County metro government, KY ²	256,231	741,096	484,865	189.2
Pflugerville city, TX	16,335	46,936	30,601	187.3
Indian Trail town, NC	11,905	33,518	21,613	181.5
Wylie city, TX	15,132	41,427	26,295	173.8

¹ Among incorporated places with Census 2000 populations of 10,000 or more.

² Louisville city and Jefferson County, Kentucky, formed a consolidated government after Census 2000. The 2000 population for the incorporated place of Louisville city is before consolidation.

Source: U.S. Census Bureau, 2010 Census and Census 2000.

definitions, reports, and maps, go to www.census.gov/population/www/metroareas/metroarea.html. For more information on historical census data, go to www.census.gov/population/www/censusdata/hiscendata.html.

Information on other population and housing topics is presented in the 2010 Census Briefs series, located on the U.S. Census Bureau's Web site at www.census.gov/prod/cen2010/. This series also presents information about race, Hispanic origin, age, sex, household type, housing tenure, and people who reside in group quarters.

If you have questions or need additional information, please call the Customer Services Center at 1-800-923-8282. You can also visit the Census Bureau's Question and Answer Center at ask.census.gov to submit your questions online.

