
Introduction

In January 2026, the U.S. Census Bureau released its 2025 population estimates for all fifty states, Puerto Rico, and the District of Columbia. This fact sheet analyzes these data to inform policymakers about general population trends occurring at the national and state levels that may impact Pennsylvania population trends. The county-level release for these same data is currently scheduled to be published in March 2026, and the Center will be able to analyze the 2025 population trends specific to rural Pennsylvania at that time.

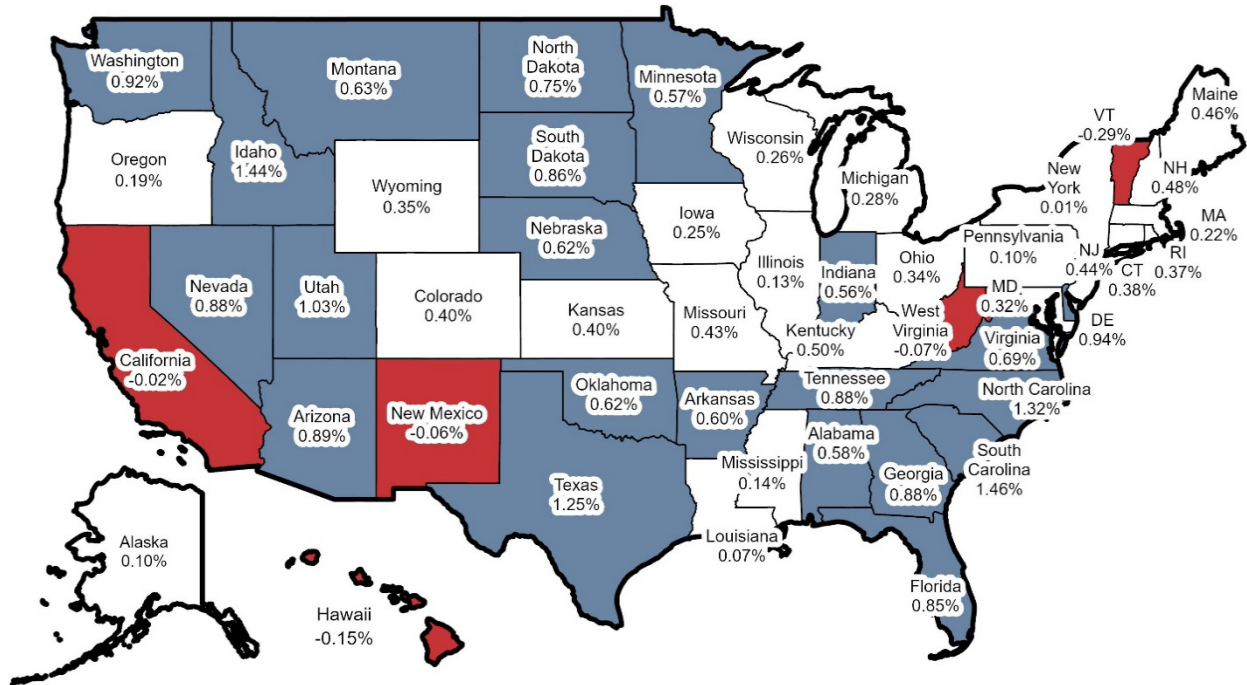
Key Findings

- From 2024 to 2025, Pennsylvania's population grew by 13,600 people, an increase of 0.10 percent from the prior year.
- International migration again drove the increase in Pennsylvania's population, more than offsetting net population declines due to natural change (births minus deaths) and net domestic out-migration. Despite this trend, these recent data show a significant decline (54 percent) in Pennsylvania's net international migration, in line with national trends, which showed an almost 54-percent decline in net international migration to the U.S. from 2024 to 2025.
- Pennsylvania remains the fifth most populous state in the U.S. with over 13 million residents. California (39 million residents), Texas (32 million residents), Florida (23 million residents), and New York (20 million residents) were the only states to have larger populations than Pennsylvania.
- Five states (California, Hawaii, New Mexico, Vermont, and West Virginia) and Puerto Rico experienced population declines from 2024 to 2025, while strong growth (above 1 percent year over year) occurred in Idaho, North Carolina, South Carolina, Texas, and Utah.

Total Population Change From 2024 to 2025

From 2024 to 2025, Pennsylvania's population increased at the very slow rate of 0.10 percent. However, it was not the slowest rate of growth among all the U.S. states, since five states (California, Hawaii, New Mexico, Vermont, and West Virginia) experienced population declines over that same period. Strong growth continued in states like Idaho (1.44 percent) and Florida (0.85 percent), but that growth has slowed somewhat in the recent data. For 2025, the data show that states like South Carolina (1.46 percent) and North Carolina (1.32 percent) experienced more recent population growth, while states like Texas (1.25 percent) and Utah (1.03 percent) have maintained strong growth since 2020.

Figure 1: Percent Change in Population by U.S. State, 2024 to 2025



U.S. Total Population Percent Change, 2024 to 2025 = 0.52%

- Negative Population Growth
- Positive Population Growth, At or Below U.S. Avg.
- Positive Population Growth, Above U.S. Avg.

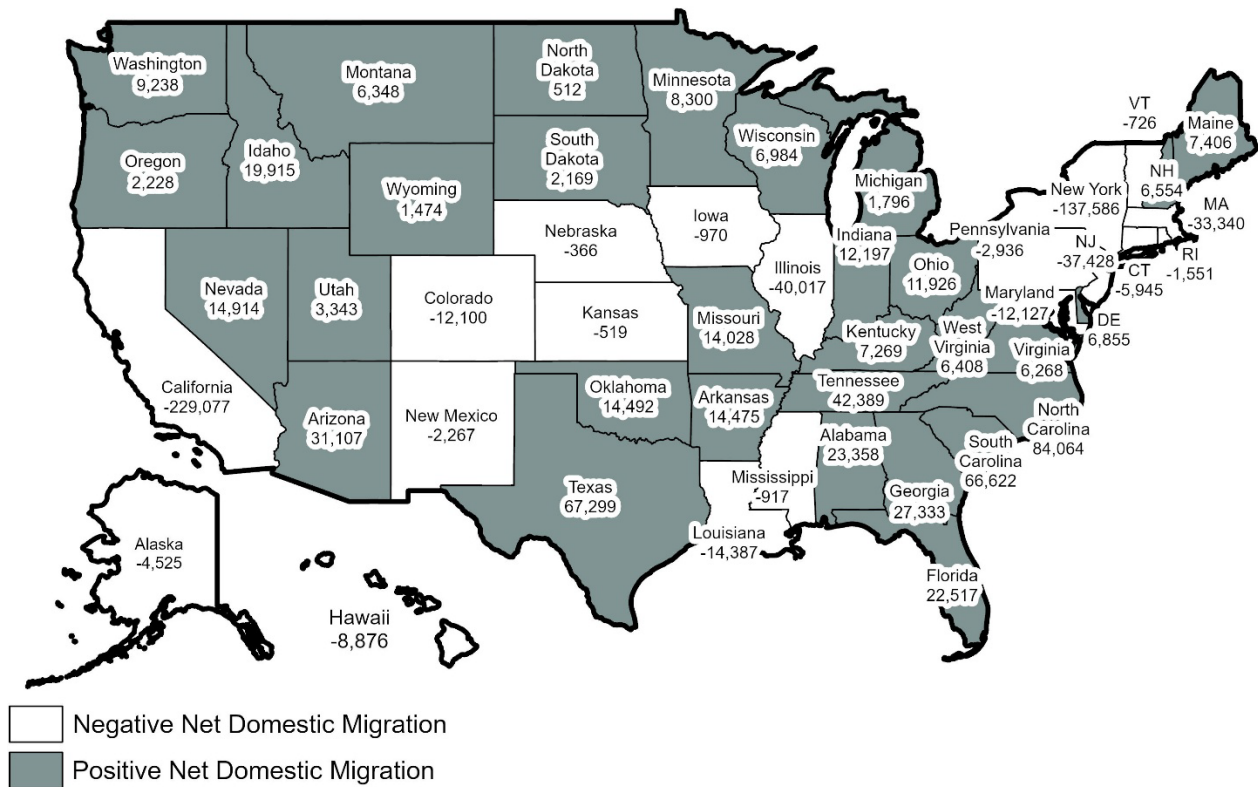
Data Source: 2025 Population and Housing Unit Estimates, U.S. Census Bureau.

Since 2020, Pennsylvania’s population has grown by almost half a percent, adding almost 64,000 new residents. Most of the total U.S. population growth over the past five years has been in Texas and Florida, which each grew by over 1 million people during this period.

Migration Patterns Between U.S. States

Pennsylvania’s population growth was not due to domestic in-migrants. The Commonwealth has experienced negative annual net domestic migration rates since 2021, meaning that more people have moved out of Pennsylvania to another state than have moved into Pennsylvania from other states. From 2024 to 2025, the latest Census data show that Pennsylvania again had a negative net domestic migration rate, which translated to a net decline of almost 3,000 people leaving Pennsylvania for another U.S. state, bringing the total to 50,700 net domestic out-migrants since 2020.

Figure 2: Net Change in Domestic Migration by U.S. State, 2024 to 2025



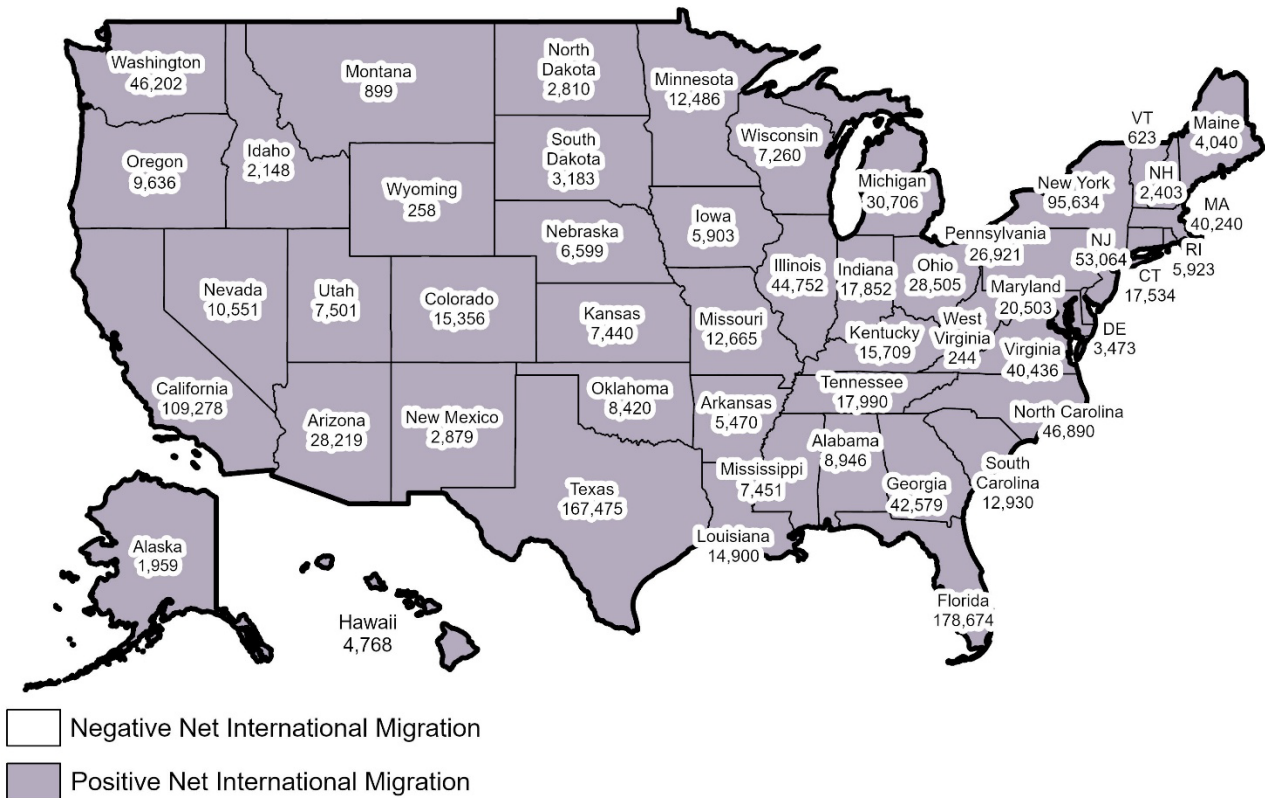
Data Source: 2025 Population and Housing Unit Estimates, U.S. Census Bureau.

Nineteen other states experienced negative net domestic migration in the past year, primarily in historically high-population states like California, New York, and Illinois. Over the past five years, the states with the largest net domestic in-migrations have been Florida (828,700), Texas (760,200), and North Carolina (468,100).

International Migration Trends in 2025

All fifty U.S. states and the District of Columbia experienced positive net international migration in 2025 (see Figure 3). In total, Pennsylvania gained a net 26,900 new residents as a result of net international migration, more than offsetting population declines from natural change (births minus deaths) and net domestic migration (see Figure 2). However, since 2020, the average annual net international migration figure for Pennsylvania has been closer to 40,000, meaning that Pennsylvania experienced a decline in net international migration of about 35 percent. This phenomenon mirrored international trends, which showed a 54-percent drop in net international migration for the whole country in a single year. Given that Pennsylvania’s entire population growth for 2025 was due to international migration, this could indicate constraint for future growth and population stability for the Commonwealth, should these trends continue.

Figure 3: Net Change in International Migration by U.S. State, 2024 to 2025



Data Source: 2025 Population and Housing Unit Estimates, U.S. Census Bureau.

How Do Population Projections Compare?

In October 2023, with partnership from the Pennsylvania State Data Center, the Center for Rural Pennsylvania released population projections by county in five-year increments from 2020 to 2050. For 2025, the forecast projected Pennsylvania’s total population to be 13.11 million residents. The latest estimates from the Census Bureau data currently show that Pennsylvania’s population totals to 13.06 million, which is a difference of 49,210 residents, or 0.38 percent lower than was projected in the 2023 release. That outcome suggests the potential for the Commonwealth’s population to be growing somewhat slower than anticipated.

Conclusion

Legislators and policymakers can continue to keep a pulse on broader trends that may be impacting Pennsylvania’s population with the release of these state-level population estimates. Importantly, Pennsylvania’s entire population growth in recent decades has been driven by international migration, given its negative natural change (births minus deaths) and net domestic migration patterns. It will be important to consider how these changes may trickle down to Pennsylvania, with national patterns indicating a steep decline in international migration to the U.S. overall.

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