

NY spent 2010s in demographic doldrums

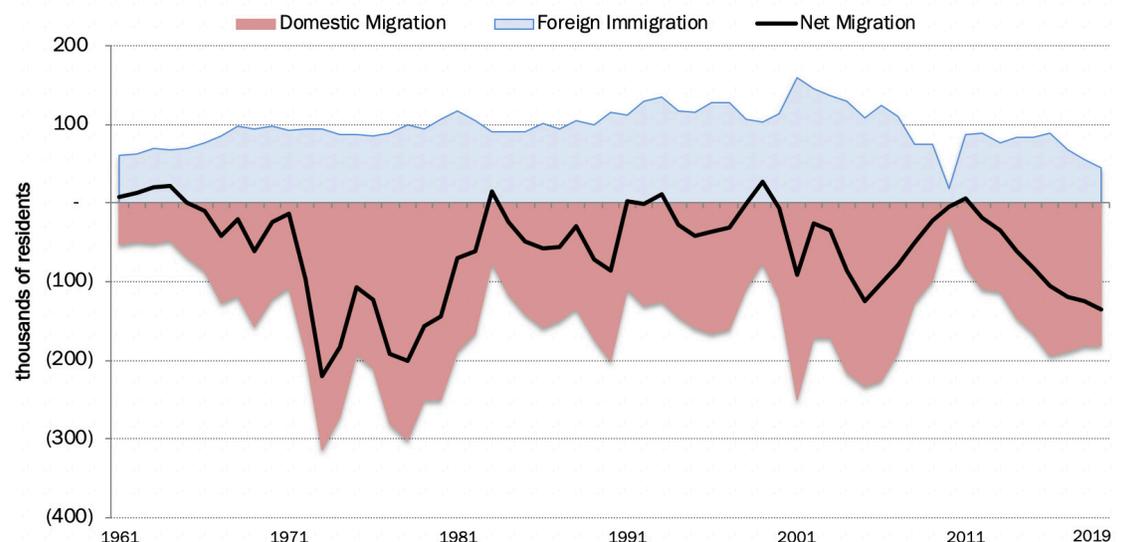
New York has lost nearly 1.4 million residents to the rest of the country since 2010—and largely as a result of this outflow, the Empire State’s total population barely budged during the decade, according to the U.S. Census Bureau’s latest annual update of population estimates.

As of July 1, 2019, Census Bureau estimates show:

- **180,649** more residents had moved out of New York State than moved in from other states over the previous 12 months.
- New York gained **45,753** foreign immigrants over the previous year—the lowest annual immigrant total since 2010, and the second lowest in at least 58 years. The result was a net migration loss of **134,896** people—the second largest since 1980.
- New York’s cumulative net domestic migration loss of **1,379,210** residents to other states since 2010 was the largest of any state in absolute terms, and second only to Alaska as a percentage of estimated population at the start of the decade.
- The total New York population as of mid-2019 stood at **19,453,561**—down by 76,790, or 0.4 percent, from the previous year.
- New York was one of only 10 states to experience a total population decline in 2018-19—its fourth consecutive annual decrease after five years of growth, and the largest population drop in any state. Only West Virginia, Alaska and Illinois saw their populations fall at a faster percentage rate.
- The Empire State’s population has grown by just 75,459 since 2010—a growth rate of just 0.4 percent, ranking 46th out of 50 states and the District of Columbia.
- The total estimated U.S. population of **328,239,523** was up about 1.6 million, or 0.48 percent, over the 2018 total. Since 2010, the national population has increased by 19,493,985, or 6.3 percent—nearly 16 times the New York rate.

Migration data for all 50 states since 2010 are detailed on the back page.

NY Migration Trends, 1961-2019



Source: U.S. Census Bureau. Data for 2010-2019 re-estimated as of Dec. 20, 2019 release.

Components of Migration, 2010-19

	Foreign Immigration			Domestic Migration			Net Migration		
	Total	Rate ¹	Rank ²	Total	Rate ¹	Rank ²	Total	Rate ¹	Rank ²
Alabama	39,655	0.83%	45	13,838	0.29%	23	53,493	1.12%	26
Alaska	16,537	2.33%	14	-58,591	-8.25%	51	-42,054	-5.92%	51
Arizona	142,125	2.22%	15	453,723	7.10%	4	595,848	9.32%	4
Arkansas	23,180	0.79%	47	11,404	0.39%	22	34,584	1.19%	25
California	1,021,544	2.74%	13	-912,038	-2.45%	39	109,506	0.29%	32
Colorado	95,710	1.90%	22	351,863	7.00%	5	447,573	8.90%	6
Connecticut	136,392	3.82%	5	-200,291	-5.60%	48	-63,899	-1.79%	42
Delaware	13,227	1.47%	34	39,538	4.40%	14	52,765	5.88%	13
District of Columbia	33,805	5.62%	2	27,260	4.53%	13	61,065	10.15%	2
Florida	1,107,039	5.89%	1	1,289,614	6.86%	6	2,396,653	12.75%	1
Georgia	188,808	1.95%	20	252,948	2.61%	17	441,756	4.56%	17
Hawaii	59,793	4.40%	4	-70,222	-5.16%	46	-10,429	-0.77%	40
Idaho	14,457	0.92%	43	113,148	7.22%	3	127,605	8.14%	8
Illinois	242,945	1.89%	23	-865,873	-6.75%	49	-622,928	-4.86%	50
Indiana	99,099	1.53%	30	-48,857	-0.75%	26	50,242	0.77%	29
Iowa	47,837	1.57%	29	-29,125	-0.96%	28	18,712	0.61%	31
Kansas	51,058	1.79%	25	-107,795	-3.78%	44	-56,737	-1.99%	46
Kentucky	50,229	1.16%	38	-13,270	-0.31%	24	36,959	0.85%	27
Louisiana	44,961	0.99%	42	-102,203	-2.25%	35	-57,242	-1.26%	41
Maine	11,551	0.87%	44	15,956	1.20%	19	27,507	2.07%	23
Maryland	198,996	3.45%	9	-159,993	-2.77%	42	39,003	0.68%	30
Massachusetts	361,770	5.53%	3	-158,778	-2.42%	38	202,992	3.10%	19
Michigan	193,031	1.95%	19	-266,084	-2.69%	40	-73,053	-0.74%	39
Minnesota	114,414	2.16%	17	-26,253	-0.49%	25	88,161	1.66%	24
Mississippi	18,949	0.64%	49	-80,197	-2.70%	41	-61,248	-2.06%	47
Missouri	62,409	1.04%	40	-60,466	-1.01%	29	1,943	0.03%	34
Montana	6,357	0.64%	48	49,358	4.99%	10	55,715	5.63%	14
Nebraska	35,100	1.92%	21	-20,197	-1.11%	30	14,903	0.82%	28
Nevada	22,389	0.83%	46	234,563	8.69%	1	256,952	9.51%	3
New Hampshire	26,296	2.00%	18	9,840	0.75%	20	36,136	2.74%	20
New Jersey	298,681	3.40%	10	-491,174	-5.59%	47	-192,493	-2.19%	48
New Mexico	26,589	1.29%	35	-63,522	-3.08%	43	-36,933	-1.79%	43
New York	698,000	3.60%	6	-1,379,210	-7.12%	50	-681,210	-3.52%	49
North Carolina	163,662	1.72%	28	475,508	4.99%	11	639,170	6.70%	12
North Dakota	12,724	1.89%	24	34,664	5.15%	8	47,388	7.05%	11
Ohio	170,595	1.48%	33	-217,531	-1.89%	33	-46,936	-0.41%	37
Oklahoma	56,503	1.51%	32	27,964	0.75%	21	84,467	2.25%	22
Oregon	58,232	1.52%	31	233,498	6.09%	7	291,730	7.61%	10
Pennsylvania	274,060	2.16%	16	-256,728	-2.02%	34	17,332	0.14%	33
Rhode Island	36,913	3.51%	7	-39,790	-3.78%	45	-2,877	-0.27%	36
South Carolina	50,964	1.10%	39	367,227	7.94%	2	418,191	9.04%	5
South Dakota	14,192	1.74%	26	13,480	1.66%	18	27,672	3.40%	18
Tennessee	79,086	1.25%	36	259,342	4.09%	15	338,428	5.33%	15
Texas	818,757	3.26%	12	1,145,629	4.56%	12	1,964,386	7.81%	9
Utah	48,077	1.74%	27	82,126	2.97%	16	130,203	4.71%	16
Vermont	7,501	1.20%	37	-10,907	-1.74%	32	-3,406	-0.54%	38
Virginia	261,541	3.27%	11	-71,103	-0.89%	27	190,438	2.38%	21
Washington	234,772	3.49%	8	336,251	5.00%	9	571,023	8.49%	7
West Virginia	6,726	0.36%	51	-43,024	-2.32%	36	-36,298	-1.96%	45
Wisconsin	59,251	1.04%	41	-72,006	-1.27%	31	-12,755	-0.22%	35
Wyoming	3,371	0.60%	50	-13,514	-2.40%	37	-10,143	-1.80%	44

¹ Rate is percentage of population in previous decennial census.

² Rate ranked from highest to lowest

Source: U.S. Census Bureau

— E.J. McMahon