

Massachusetts State Senate Census Hearing: Massachusetts Population Trends

February 10, 2025

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Population Estimates Program

UMass Donahue Institute

UMass Donahue Institute Population Estimates Program

Mission: To ensure that the population estimates and counts produced by the U.S. Census Bureau for Massachusetts are as accurate and up-to-date as possible.

- Funded through line item to the Secretary of the Commonwealth's Office
- State liaison and data inputs to the Population Division of the U.S. Census Bureau
- Population estimates and projections
- Census data evaluation, summary, and dissemination
- Decennial Census support and preparation

Massachusetts Population Trends

with a focus on the ***components of population*** change, especially immigration

Robust Count in Census 2020

Massachusetts Resident Population and 10-Year Percent Change 1930-2020

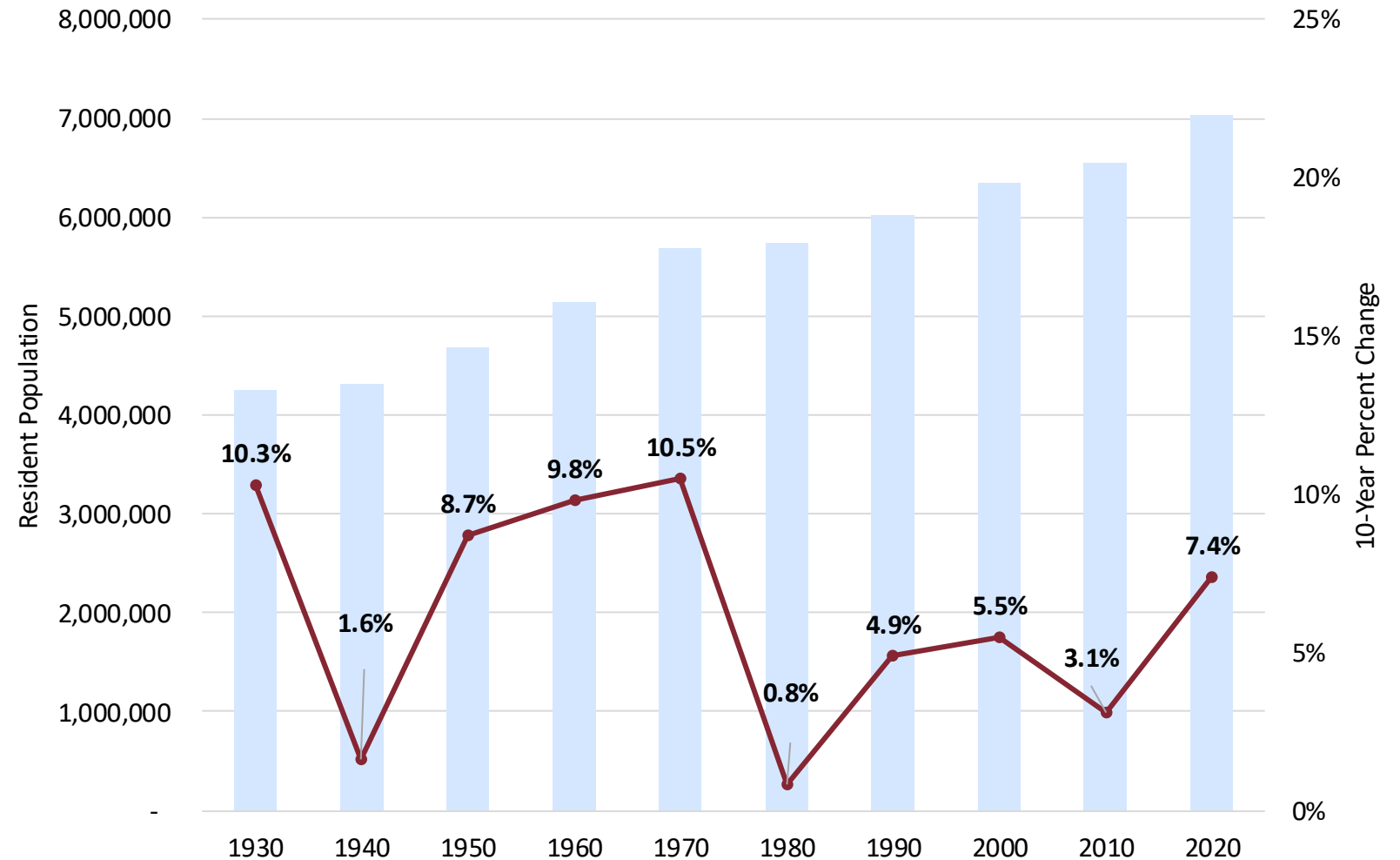
2020 Census, Massachusetts population increased by 482,288 to 7,029,917.

On par with the U.S. average of 7.4%

Highest growth in the Northeast States (average 4.1% growth)

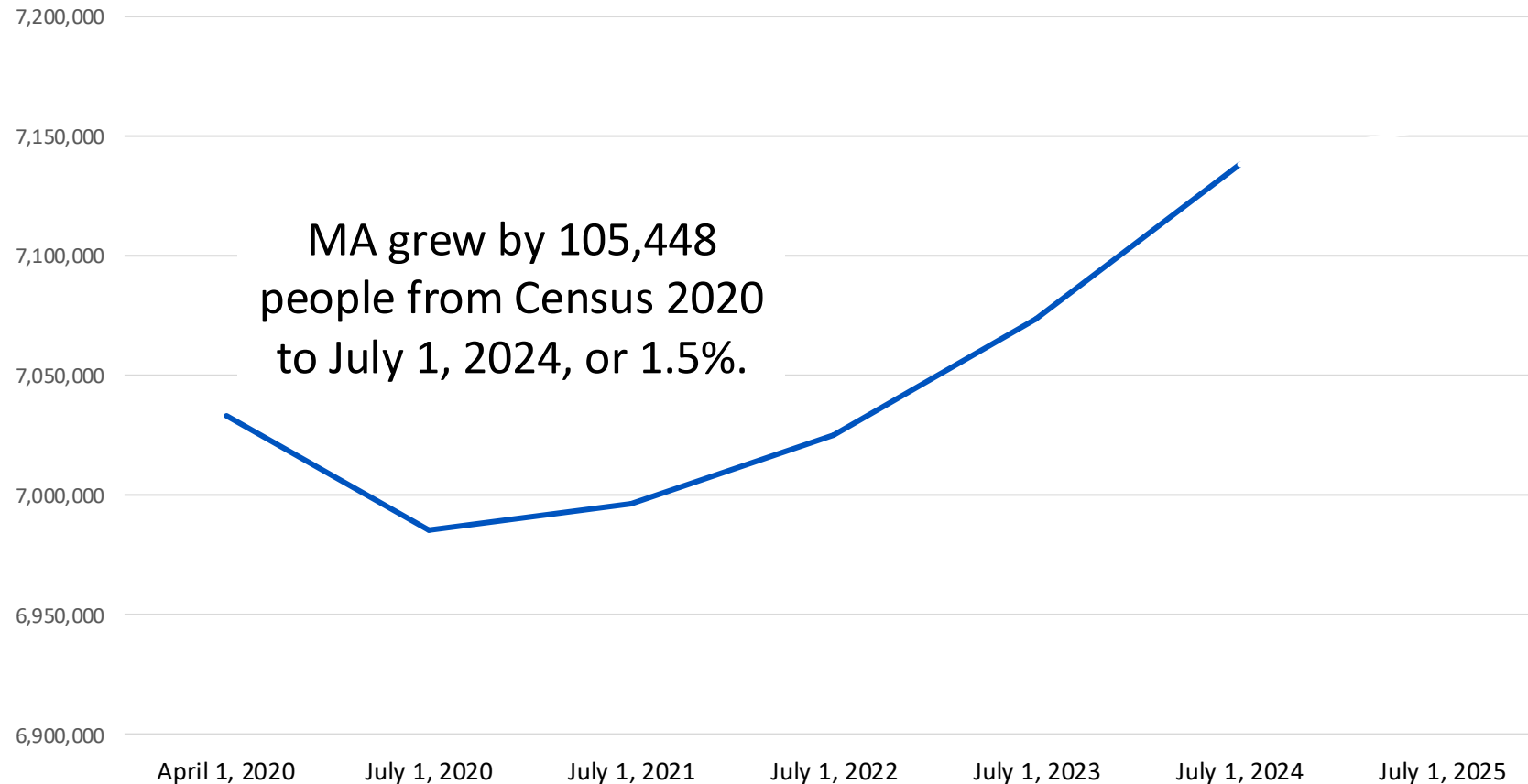
The highest percentage growth the state has experienced since the 1960s.

The final Census 2020 resident pop count came in 136,343 higher than the Bureau's V2020 estimate of 6,893,574.



What's happened since?

Massachusetts Population April 1, 2020 - July 1, 2024



Massachusetts Population April 1, 2020 - July 1, 2024

Last Year's News

Mass. population sees biggest growth rate in decade



The Worcester multi-family development now known as Aria on the Row under construction. Photo by Sam Drysdale for State House News Service. January 8, 2025.

BROOKINGS

Immigration | Global Security | U.S. Economy | Foresight Africa | Artificial Intelligence

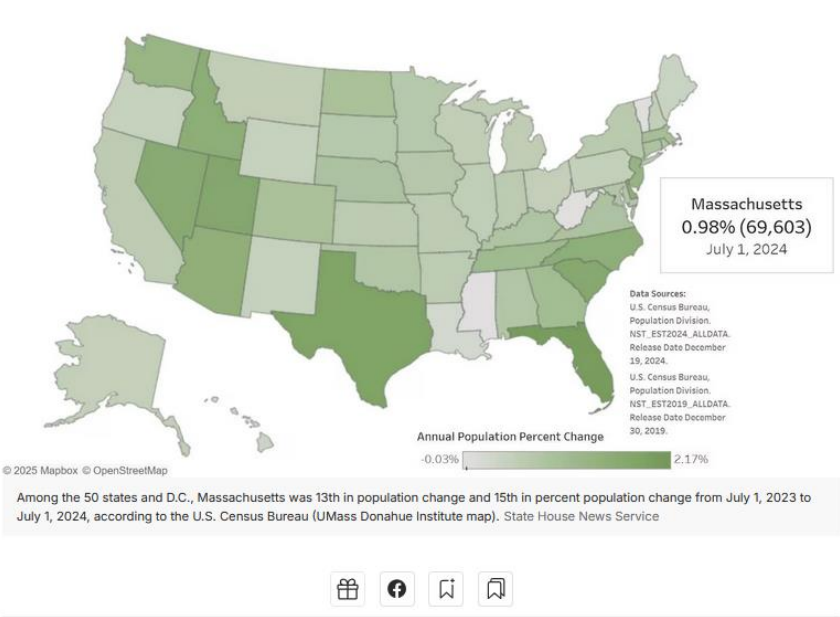
RESEARCH

Immigration drives the nation's healthy post-pandemic population growth, new census data show

William H. Frey
January 6, 2025

Immigration spurs biggest bump in Mass. population in 60 years

Updated: Jan. 08, 2025, 2:19 p.m. | Published: Jan. 08, 2025, 1:43 p.m.



By Sam Drysdale | State House News Service

Massachusetts Population April 1, 2020 - July 1, 2024

Last Year's News:

In the V2024 estimates, the Massachusetts population grew significantly from July 1, 2023, to 2024, benefiting largely from the Census Bureau's adjustment to the immigration estimates in the V2024 series

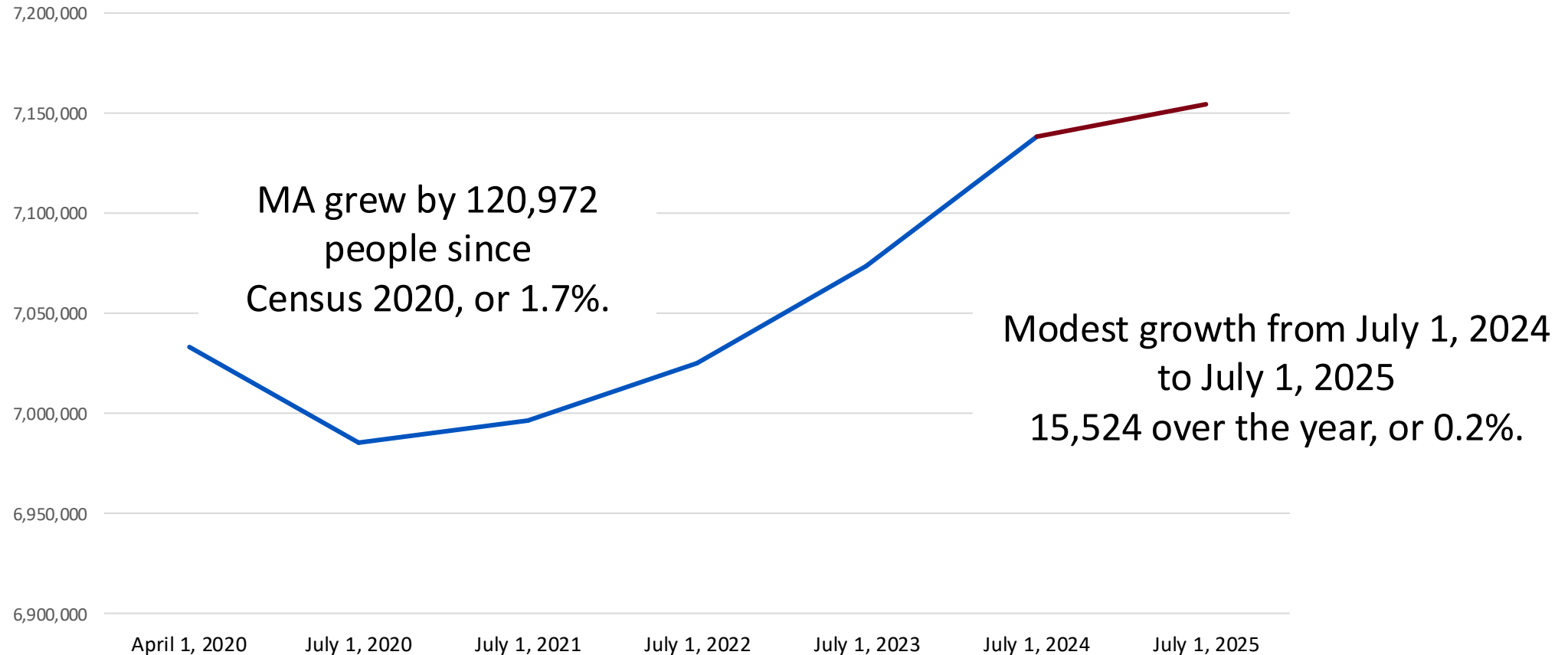
State population increased by 69,603 over the year, representing a percentage increase of just under 1.0% (0.985%)

The largest annual percentage increase that Massachusetts had experienced in over a decade, since the 2012-2013 annual increase also rounded to 1%.

Numbers wise, 2023 to 2024 saw the largest population increase in Massachusetts in 60 years.

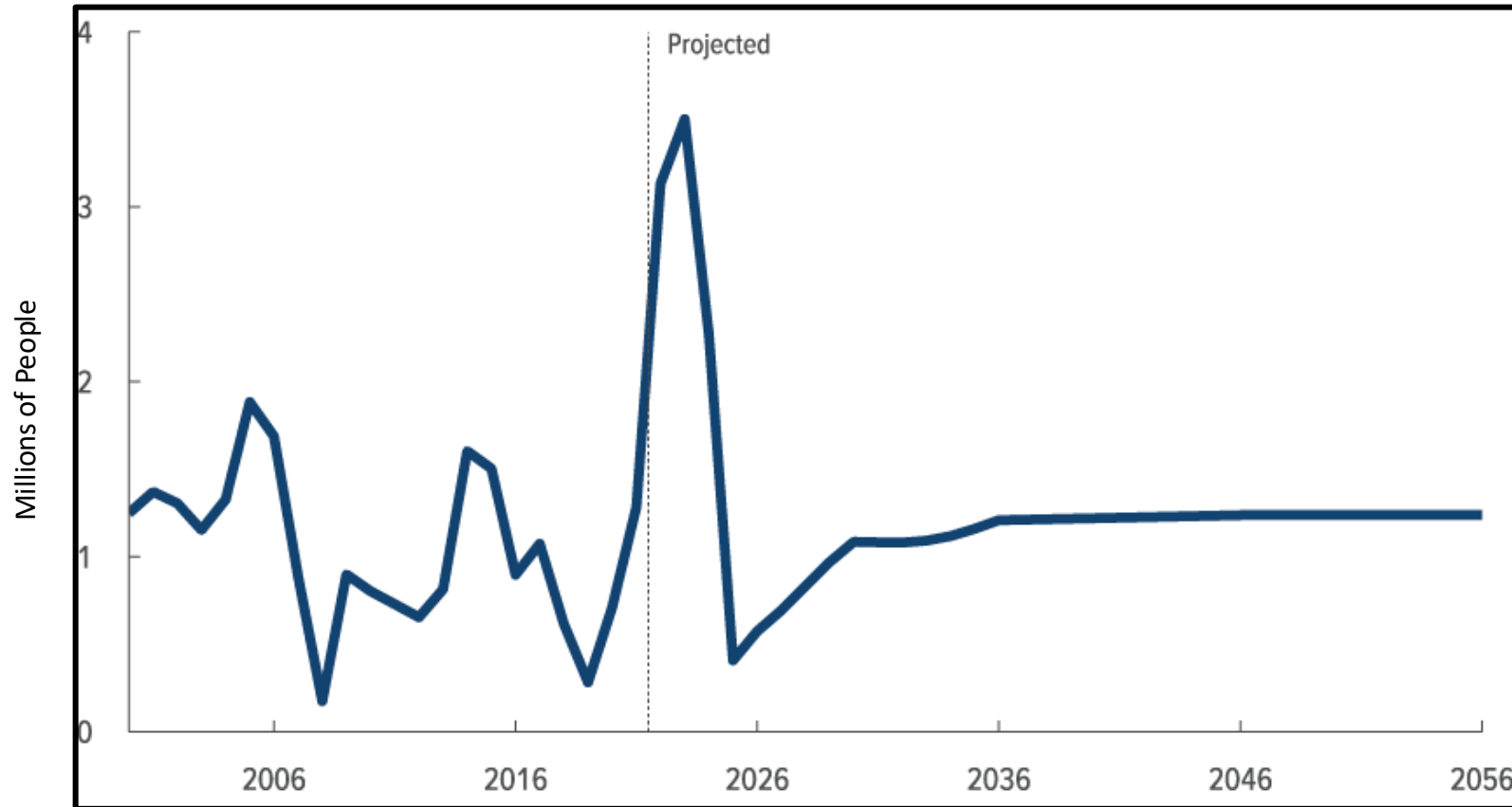
The state population was estimated to have increased by 104,000 persons at the tail end of the "Baby Boom" in 1964.

Massachusetts Population April 1, 2020 - July 1, 2025



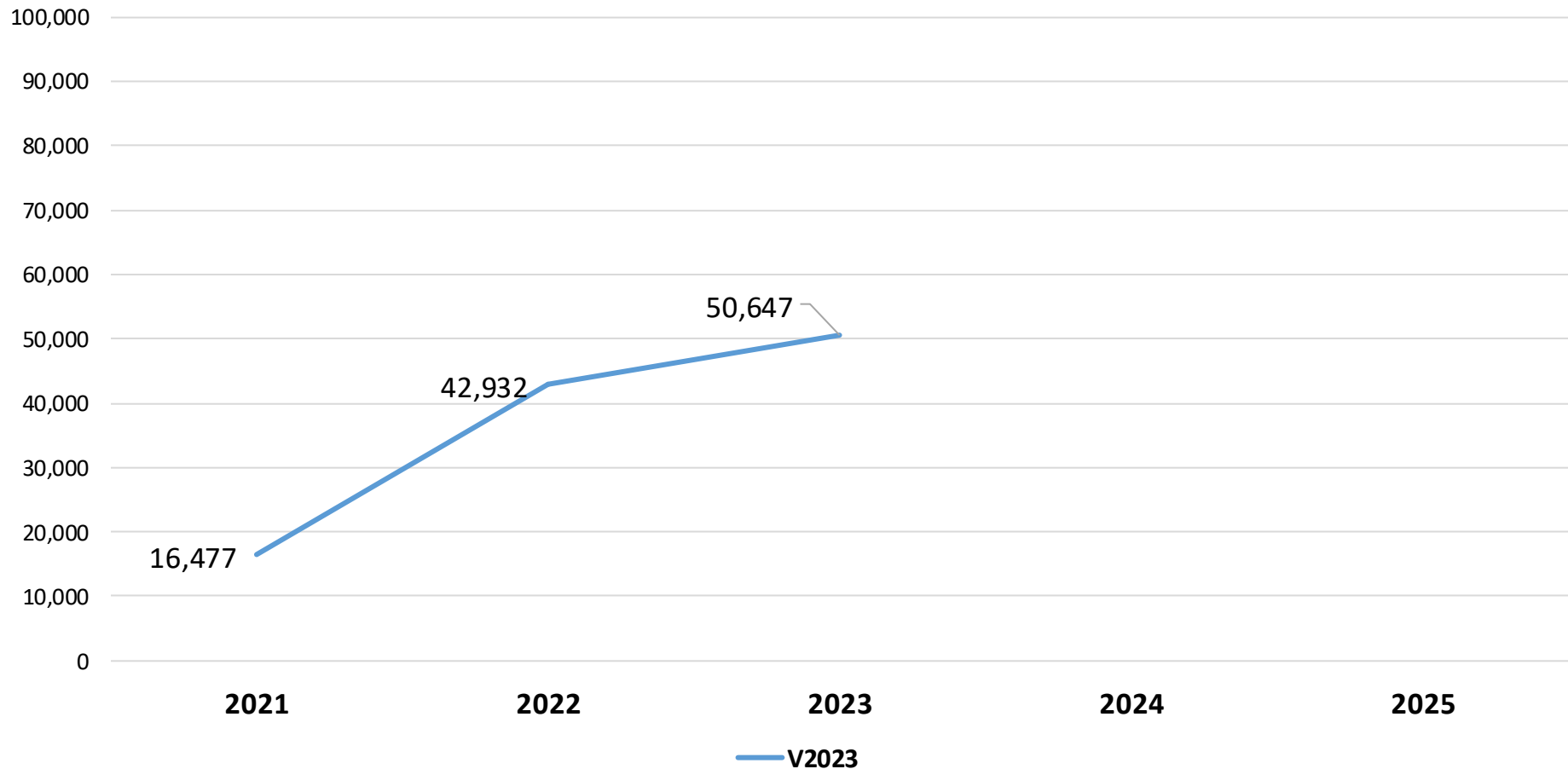
What changed?

Congressional Budget Office Estimate of Net International Migration out to 2056 for the U.S.

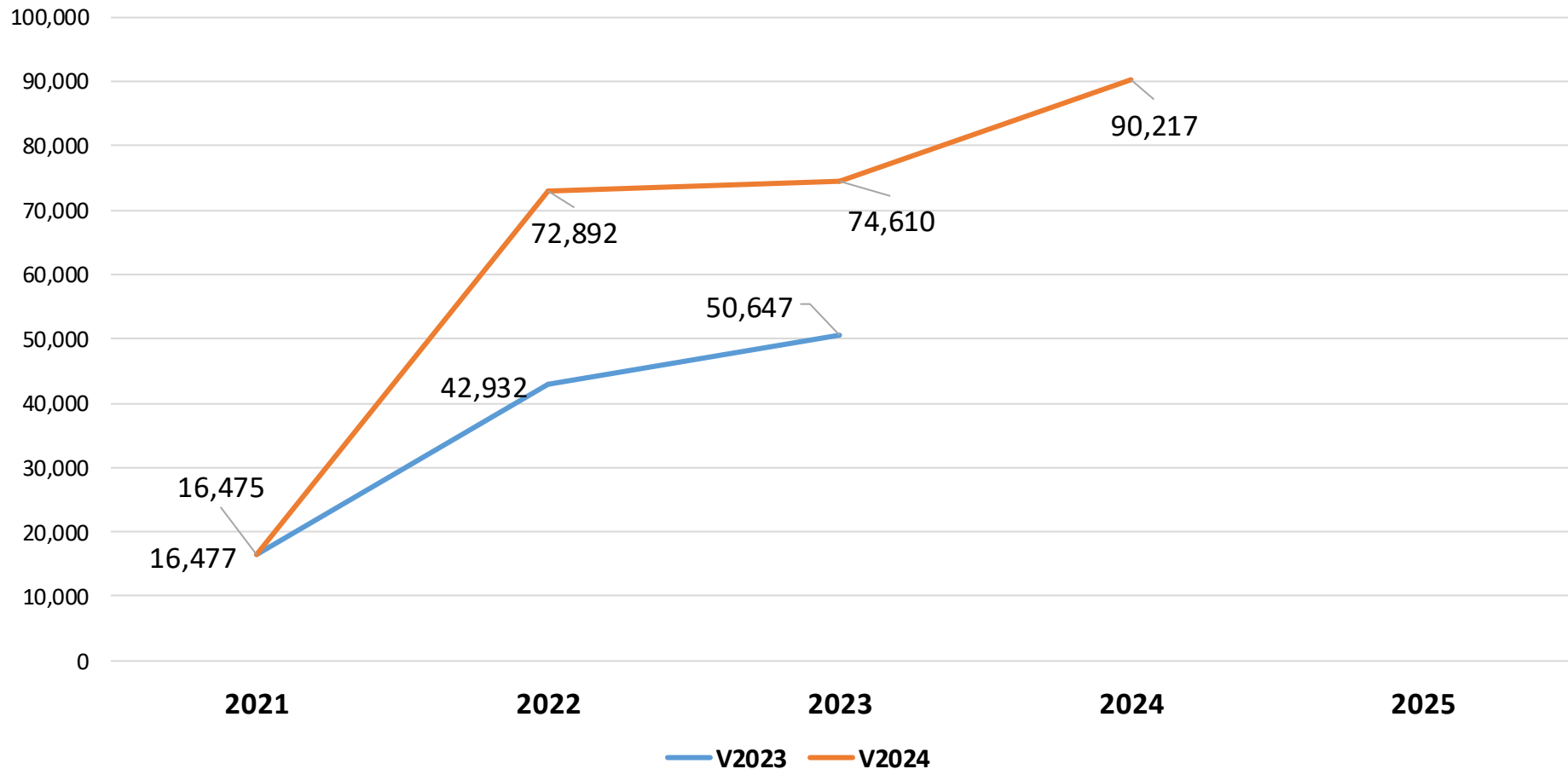


“CBO estimates that net immigration declined after 2023, to 410,000 people in 2025. In CBO’s projections, net immigration rises steadily through 2030 and then grows more slowly through 2036 because of declining net immigration of INA nonimmigrants (such as students and temporary workers). From 2037 to 2056, net immigration is projected to average 1.2 million people per year (close to the average of 1.1 million people per year seen from 1990 to 2021).”

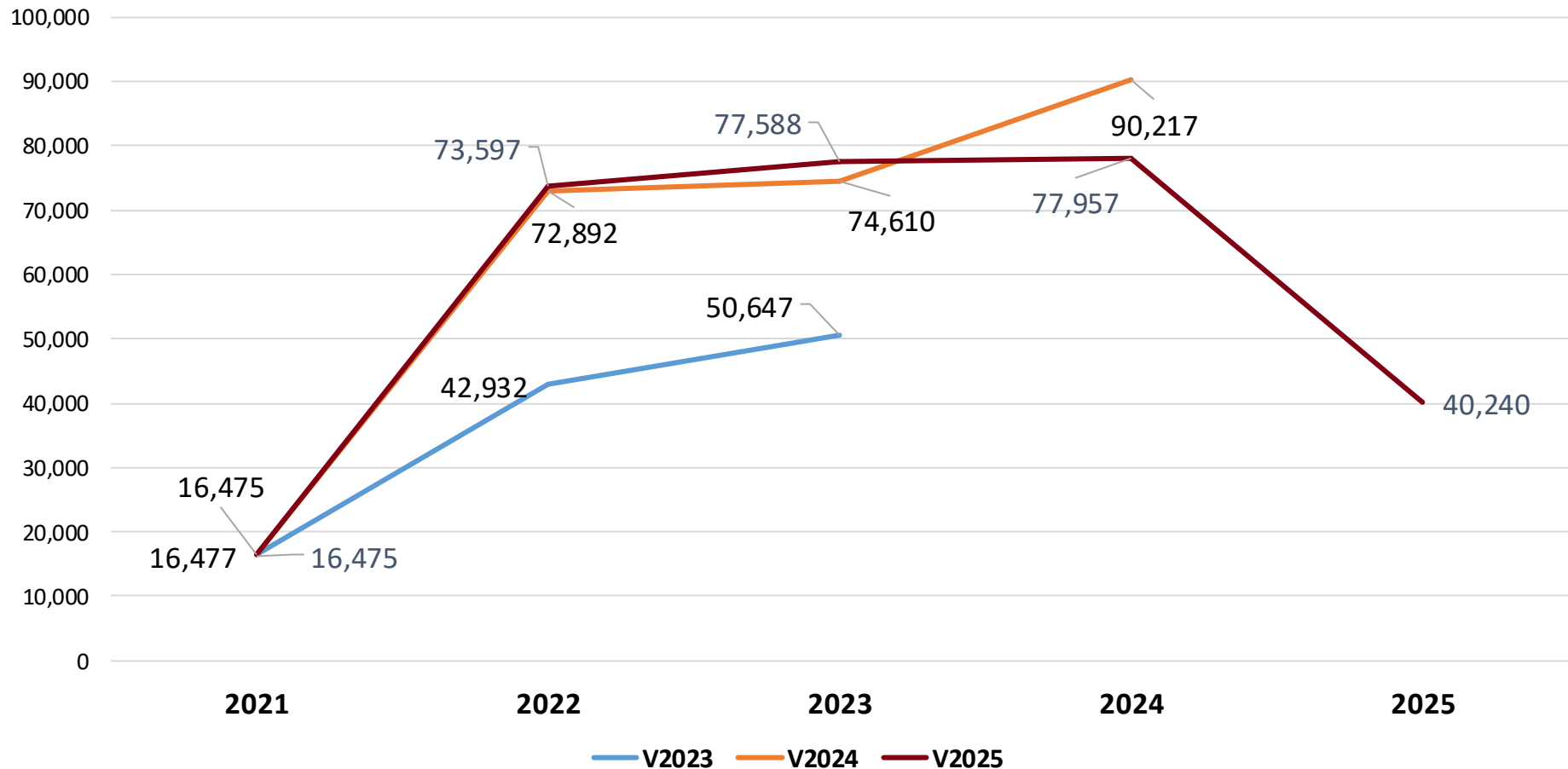
Massachusetts Estimated Net International Migration by Year and Vintage, 2021 - 2023



Massachusetts Estimated Net International Migration by Year and Vintage, 2021 - 2024



Massachusetts Estimated Net International Migration by Year and Vintage, 2021 - 2025



“Components of Change”

Components of Population Change

Census Population Count 2020

+ Births 2020-2025

- Deaths 2020-2025

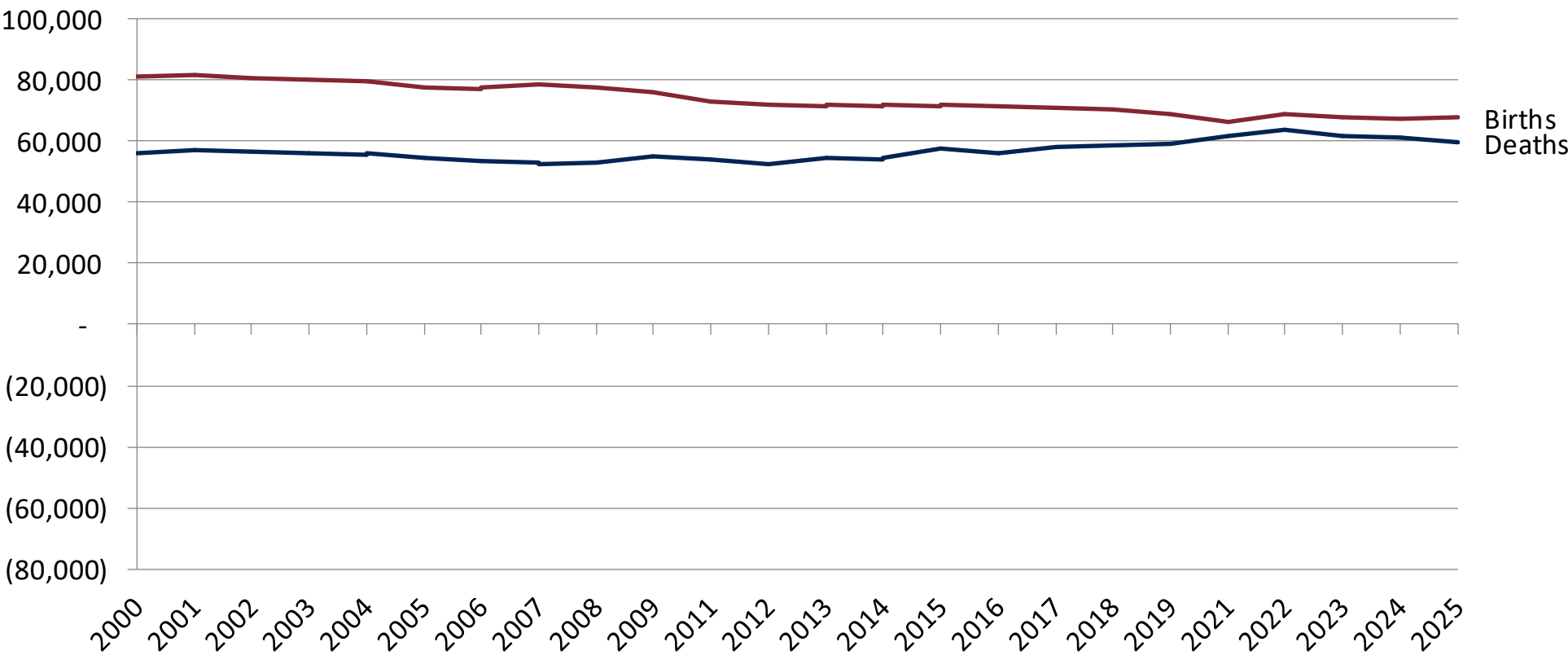
+ Net Domestic Migration (migration within the U.S.) 2020-2025

+ Net International Migration (Immigration – Emigration) 2020-2025

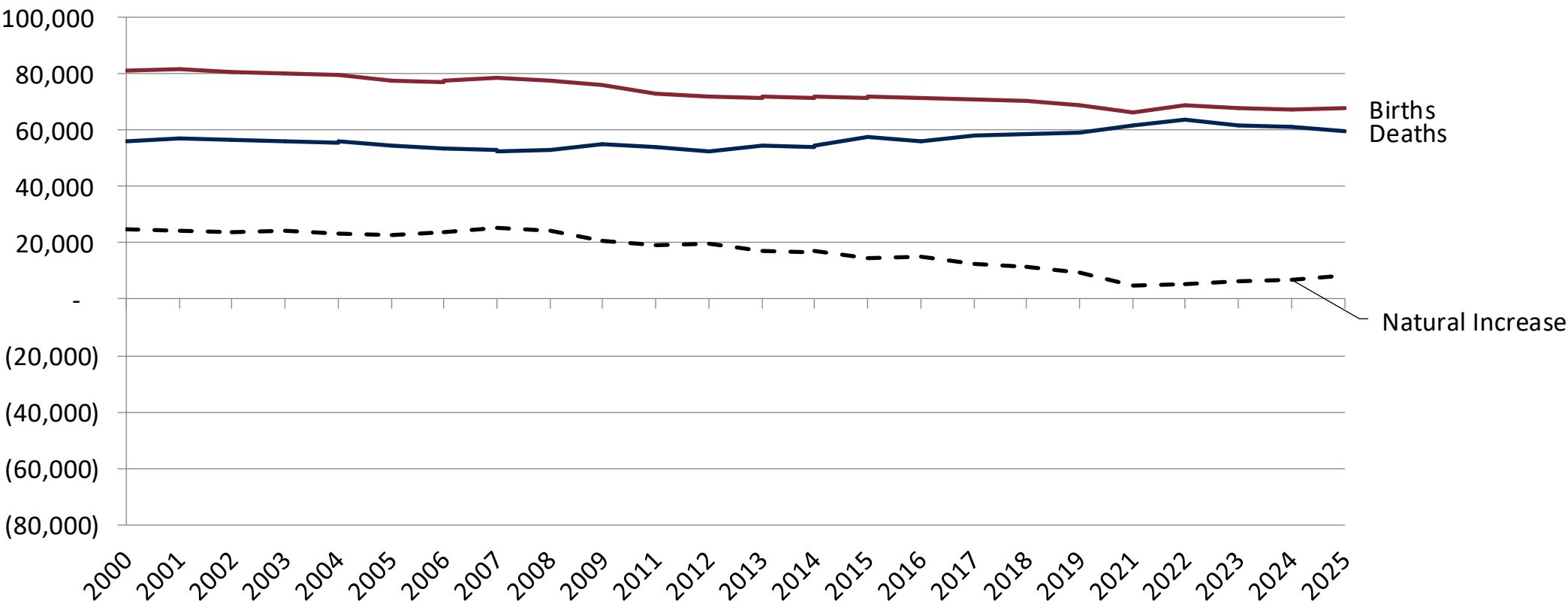
+ Change in Group Quarters Populations 2020-2025

Population Estimate 2025

Massachusetts Components of Population Change 2000-2025



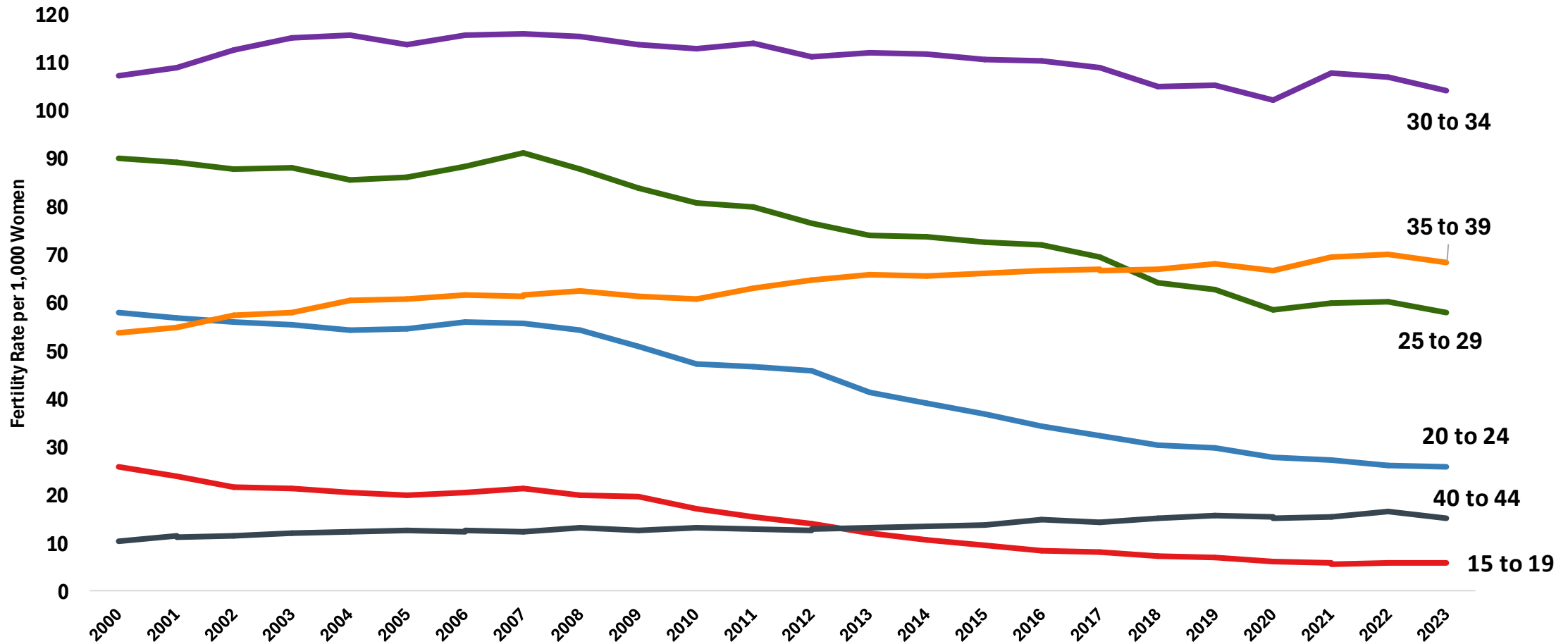
Massachusetts Components of Population Change 2000-2025



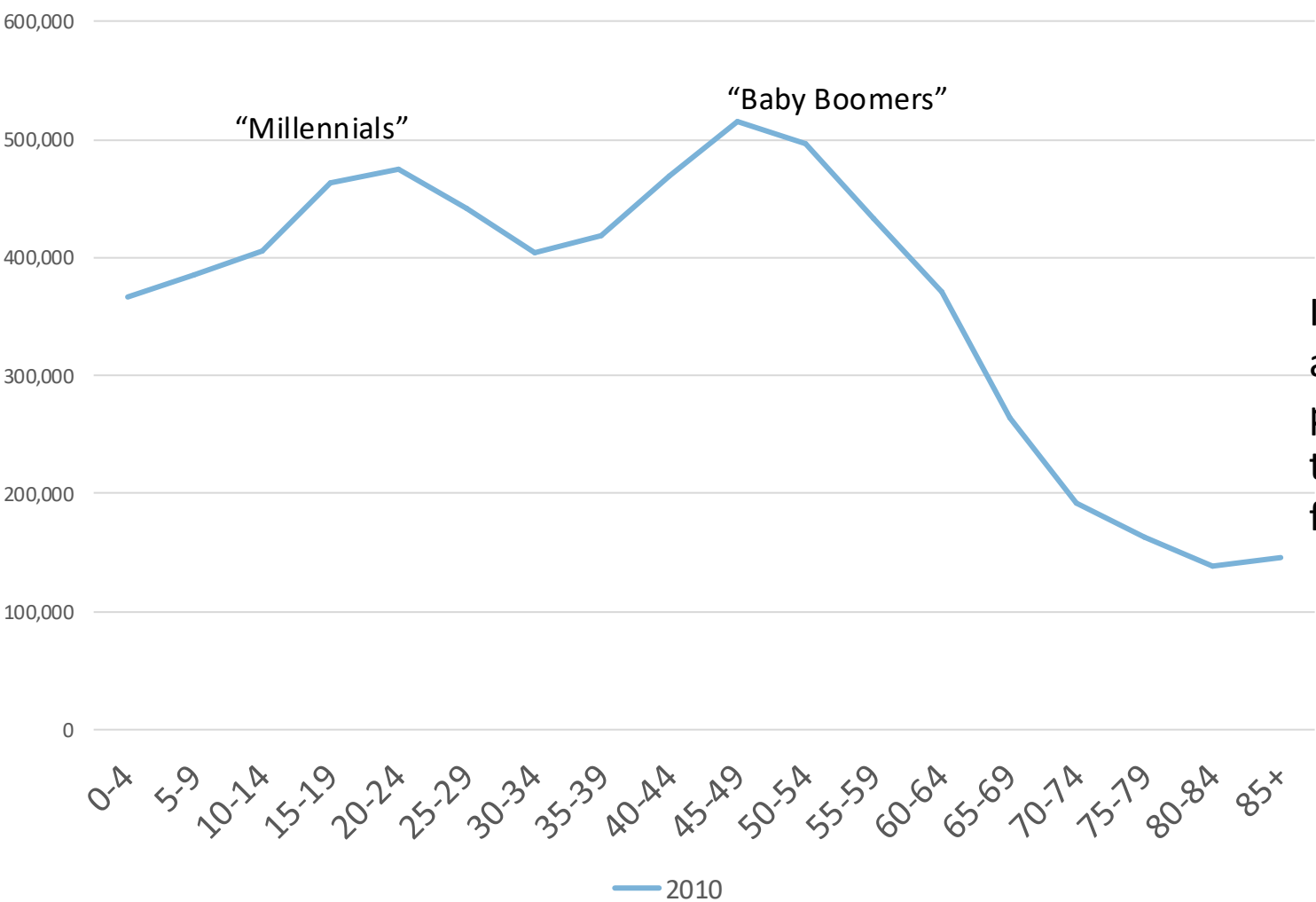
Focus: Births and Fertility Rates

Fertility Rates are decreasing over time in *most* age groups

Massachusetts Fertility Rates by Age Group, 2000-2023



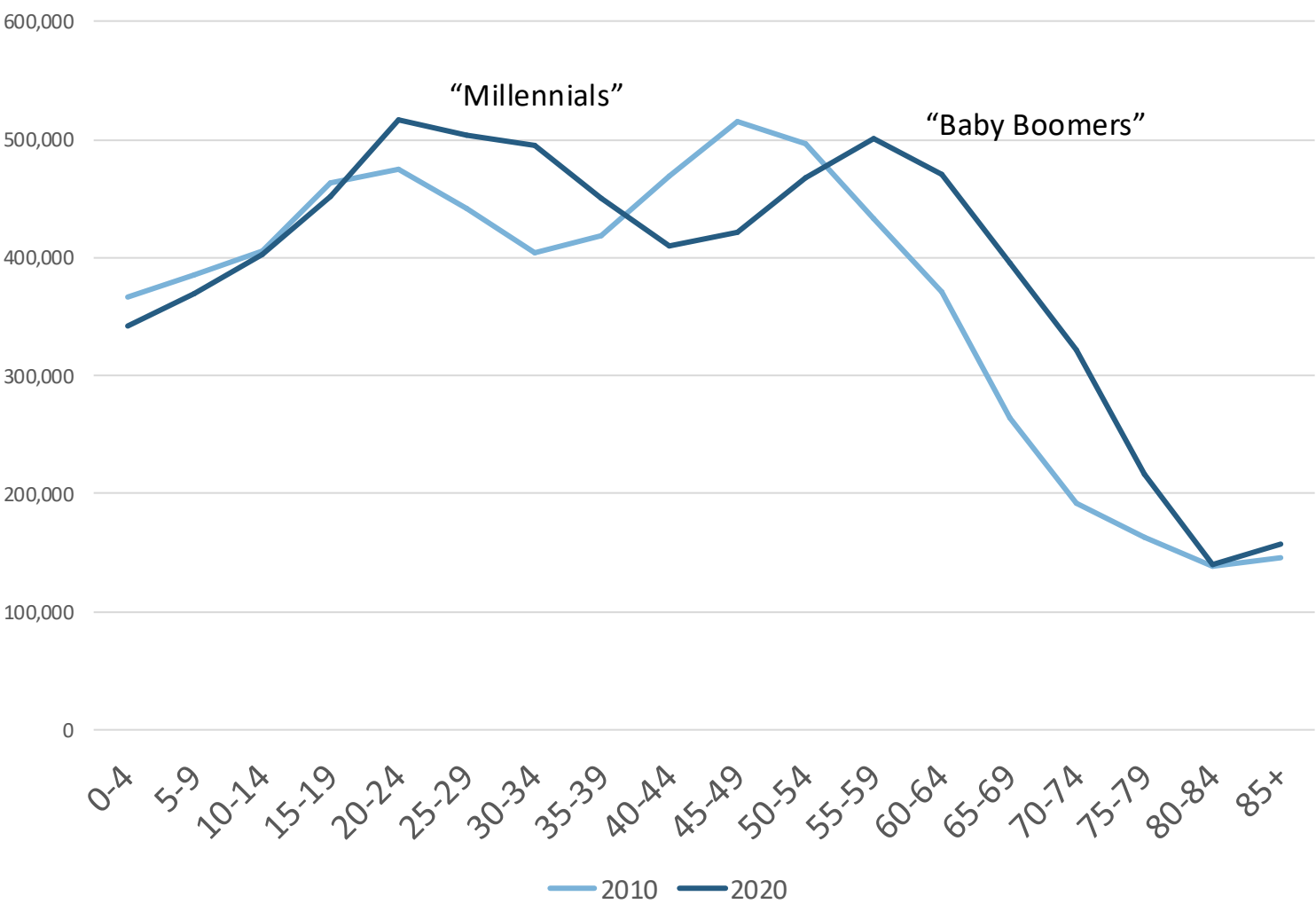
Massachusetts Population by Age and Year



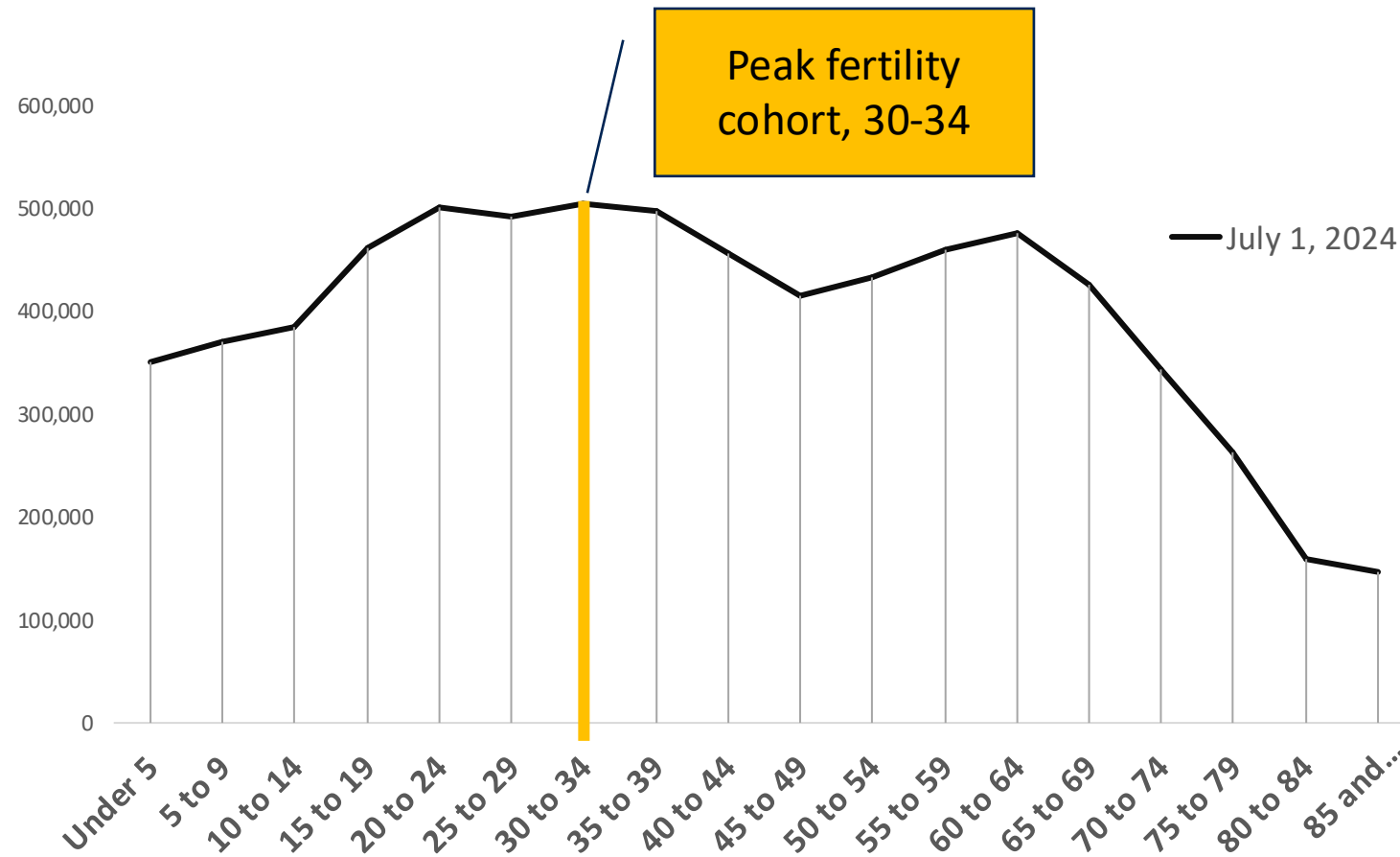
Age groups are not static.

It's important to look at when the MA population is passing through the "high-fertility" age cohorts.

Massachusetts Population by Age and Year

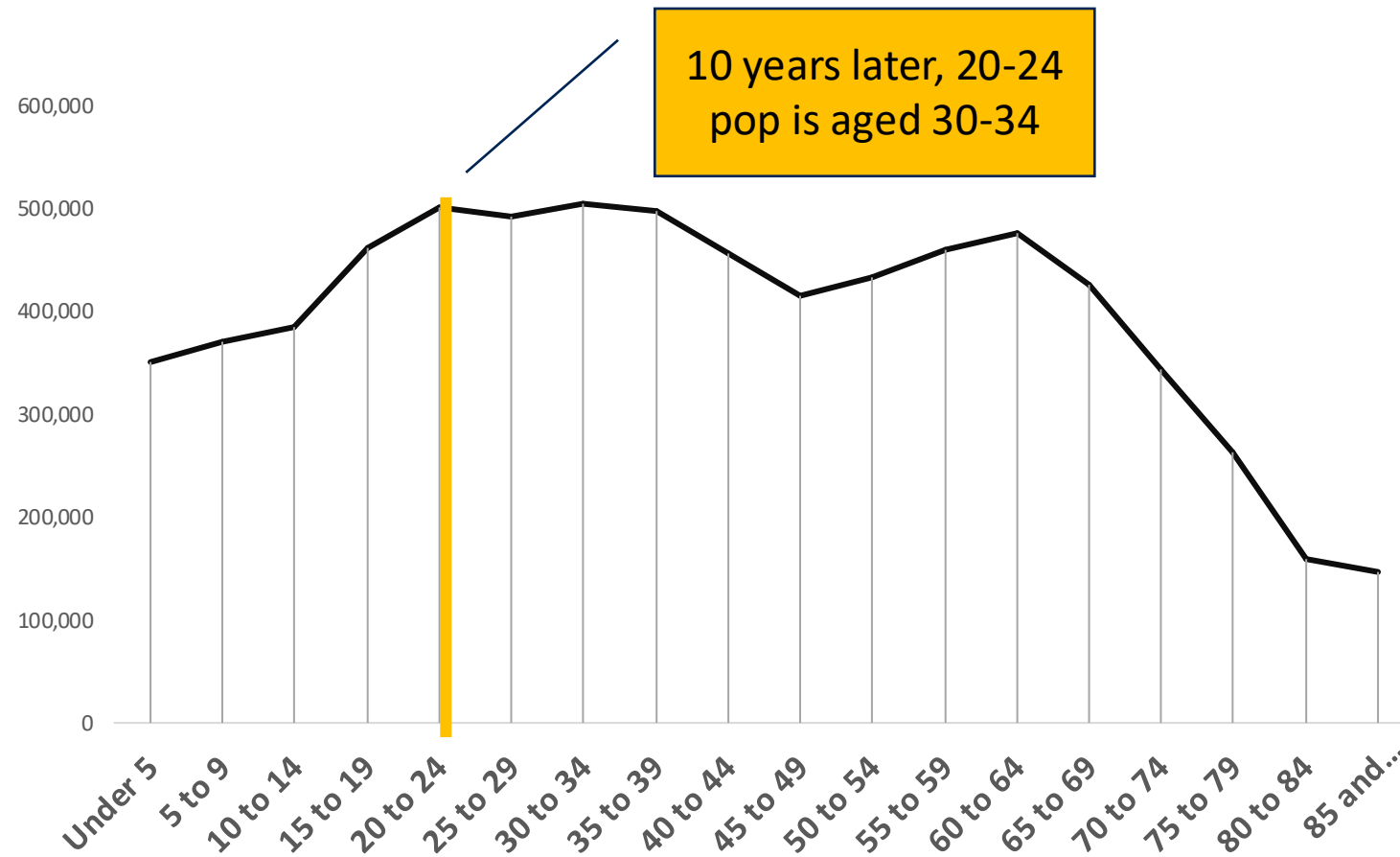


Population Cohorts and Peak Fertility Age in MA



In 2025, the Millennial generation is aged 28-43, with a median age of about 34.

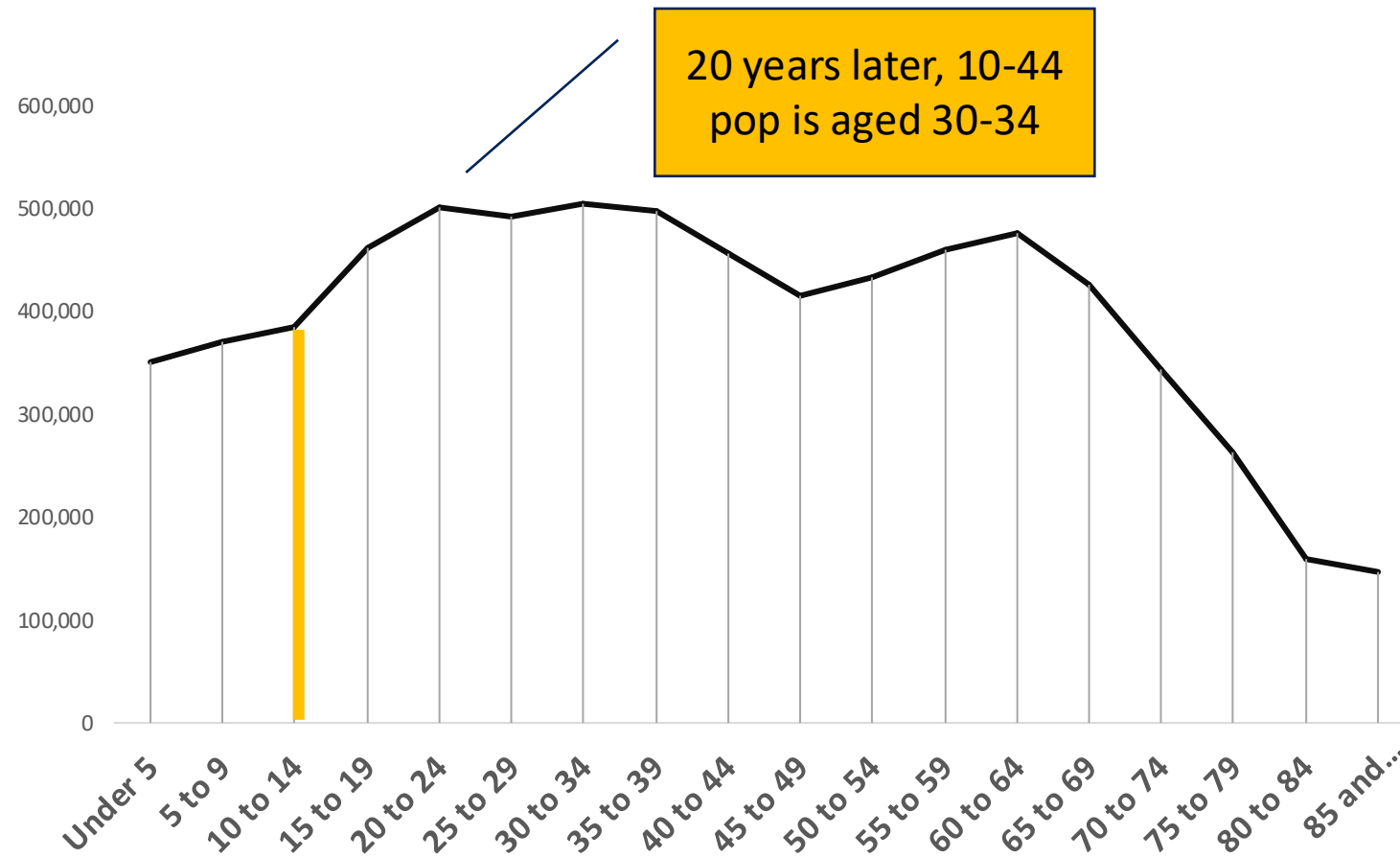
Population Cohorts and Peak Fertility Age in MA



In 2035, the Millennial generation is will be aged 38-53, with a median age of about 44.

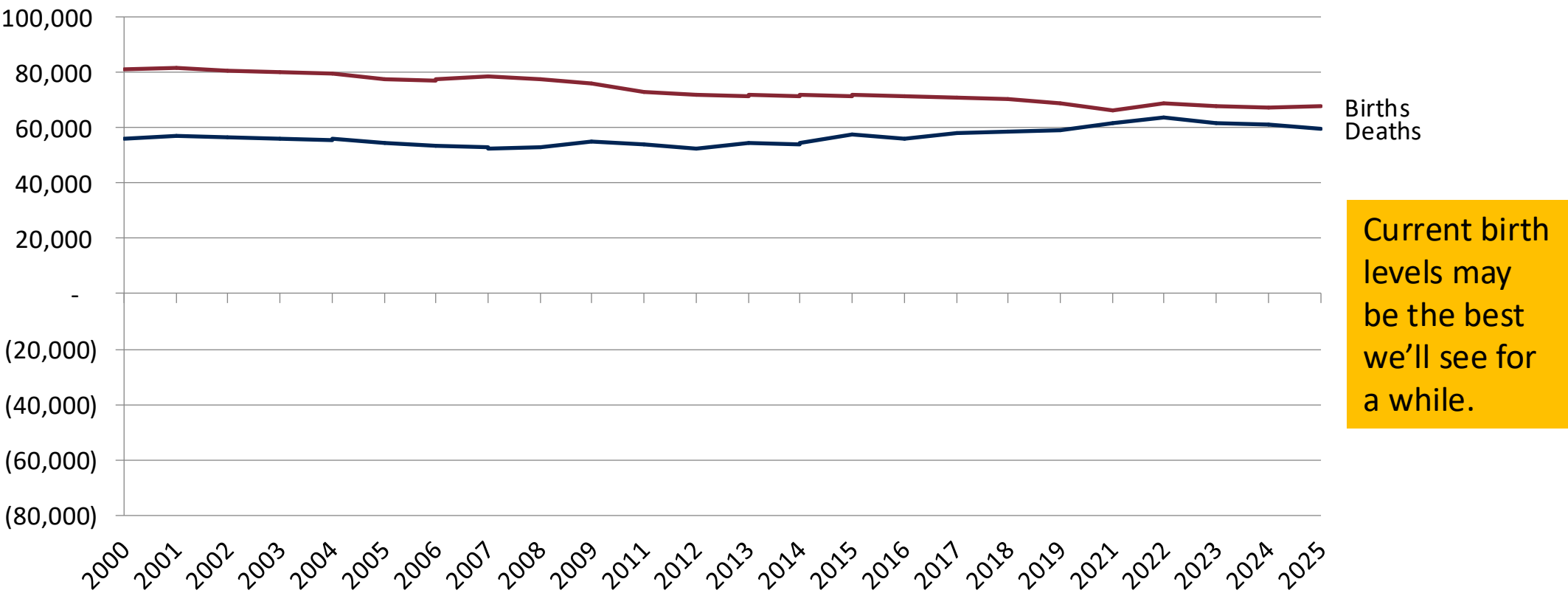
There is currently no “next wave” coming up behind them.

Population Cohorts and Peak Fertility Age in MA

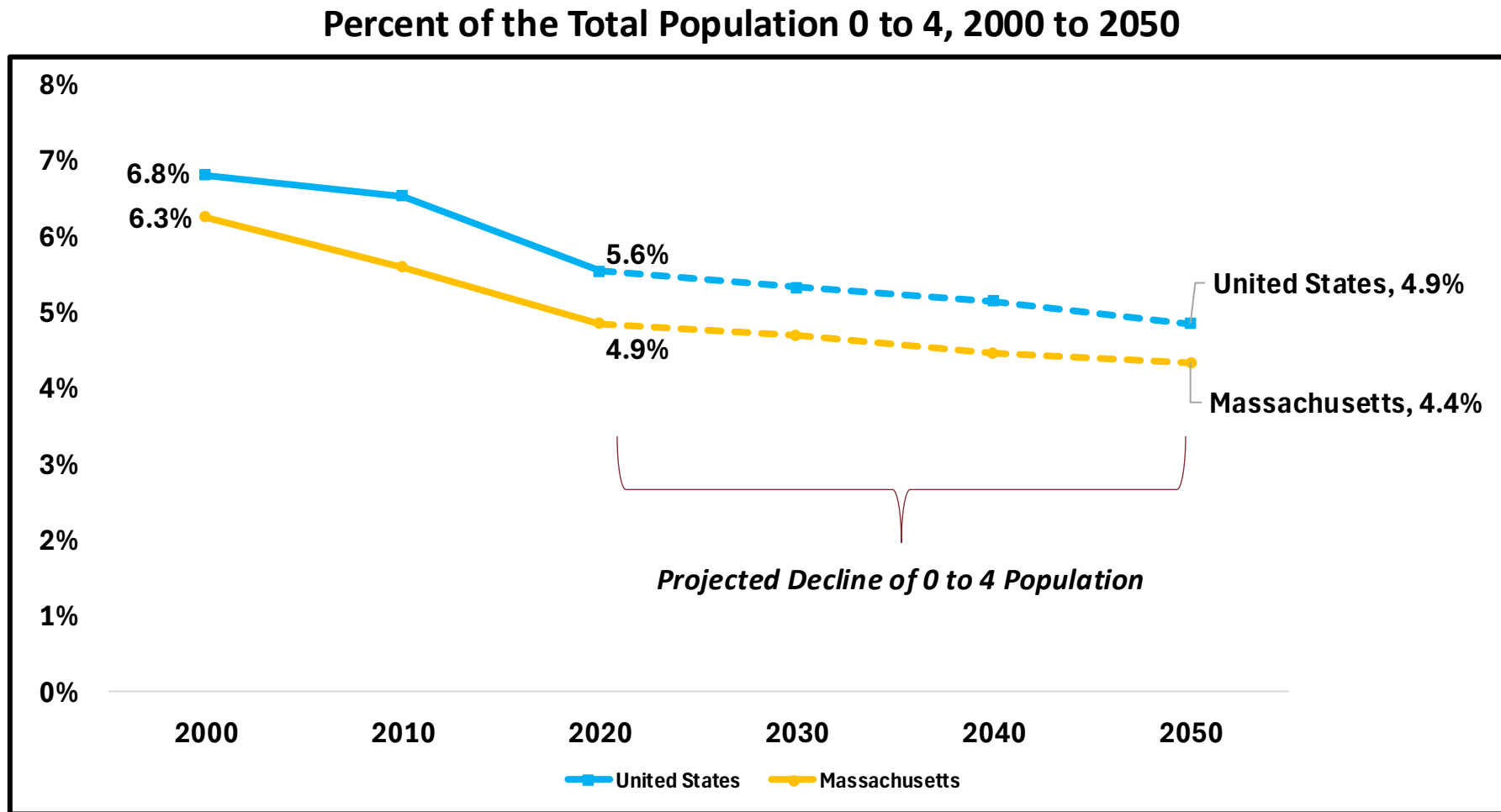


There is currently no “next wave” coming up behind them.

Massachusetts Components of Population Change 2000-2025

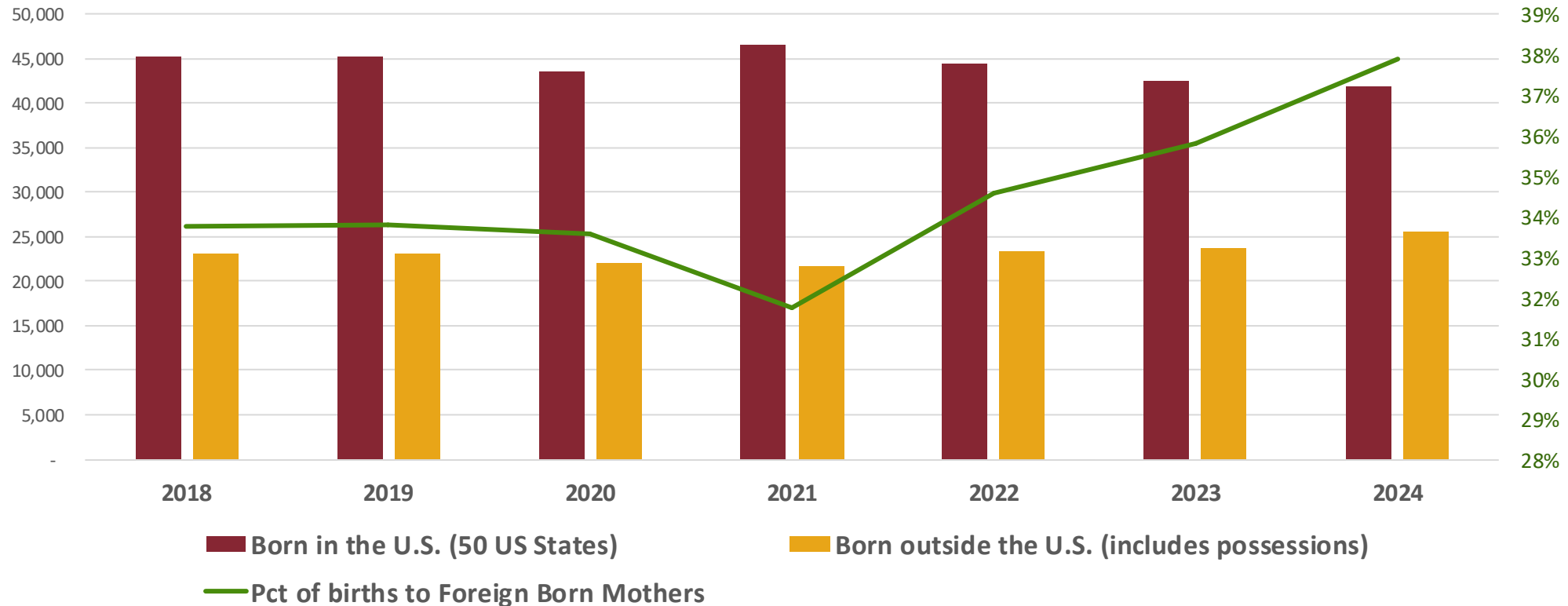


Child Population (0 to 4 years old) is falling

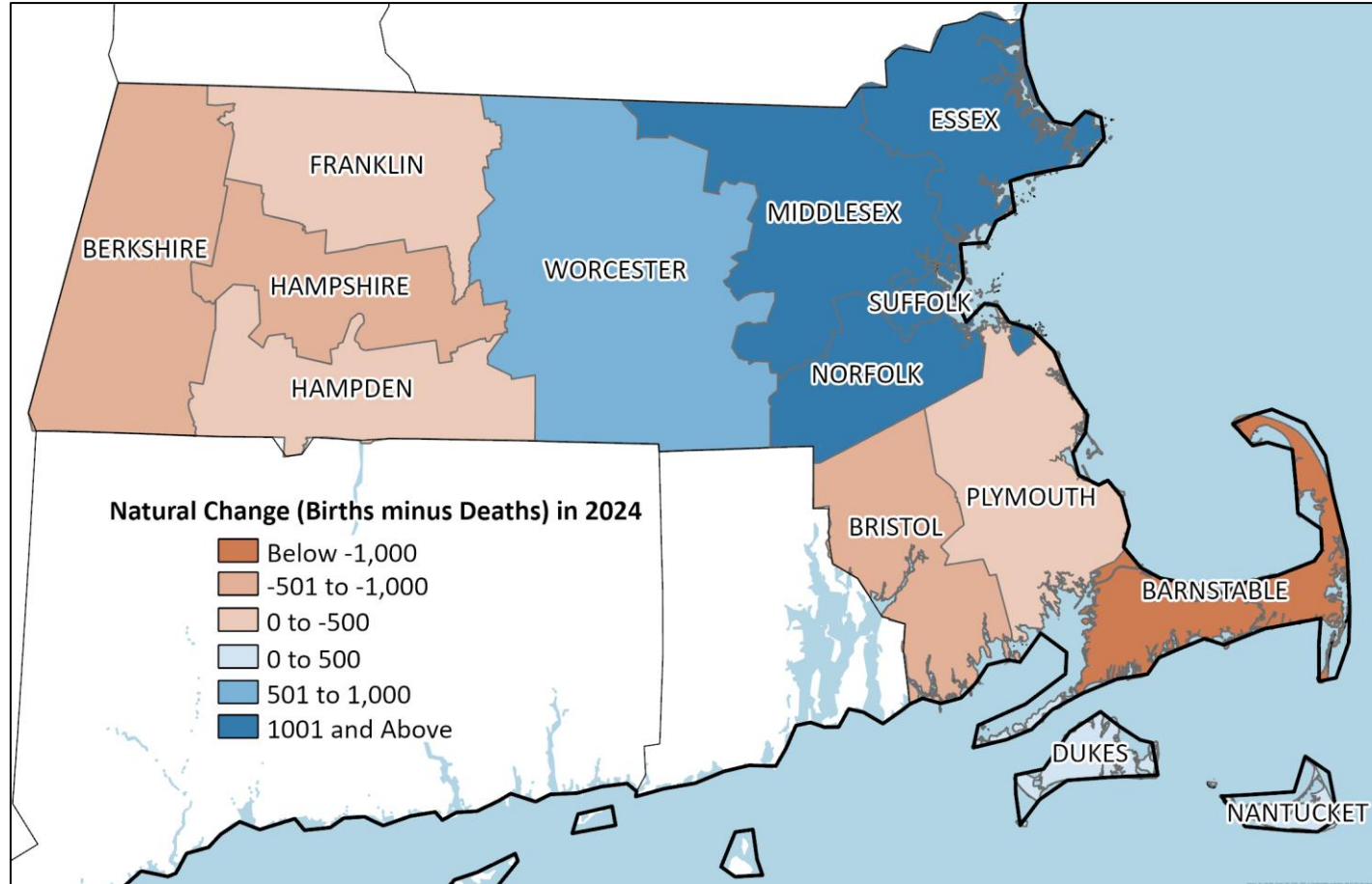


Declining Immigration Will Reduce Future Births

Massachusetts Births by Year and Nativity of Mother, 2018-2024



Half of Massachusetts counties saw more deaths than births in 2024, concentrated in Western Mass and the Cape



Focus: Aging Population

Our population is aging

Median Age, Massachusetts and the United States 2000, 2010, 2020, and 2024

Year	2000	2010	2020	2024
Massachusetts	36.6	39.1	39.8	40.1
United States	35.4	37.2	38.5	39.1

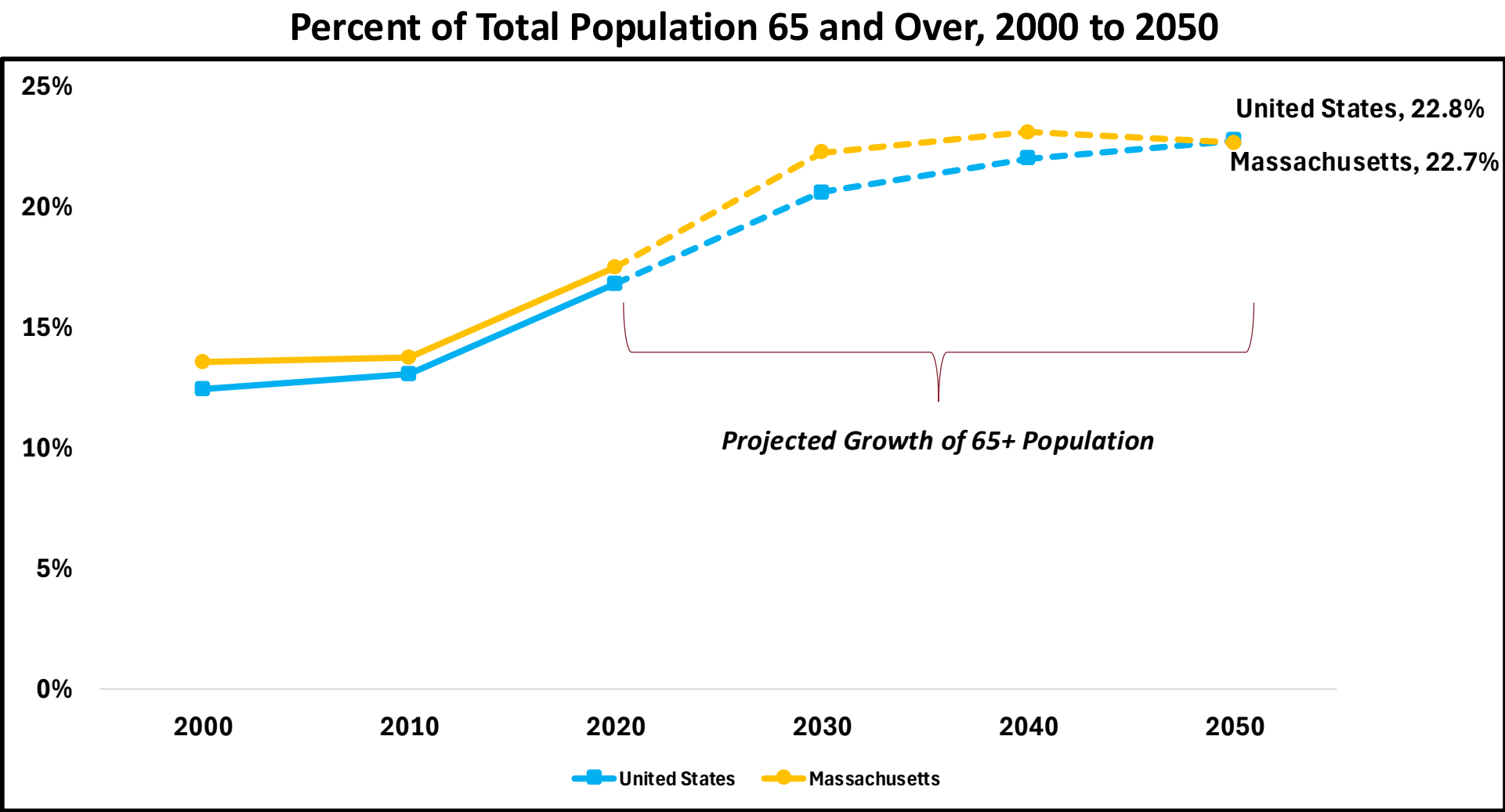
Median age increase of **3.5 years** from 2000 to 2024 for Massachusetts
and **3.7 years** for the United States

The percent of total population 65 and over is increasing...

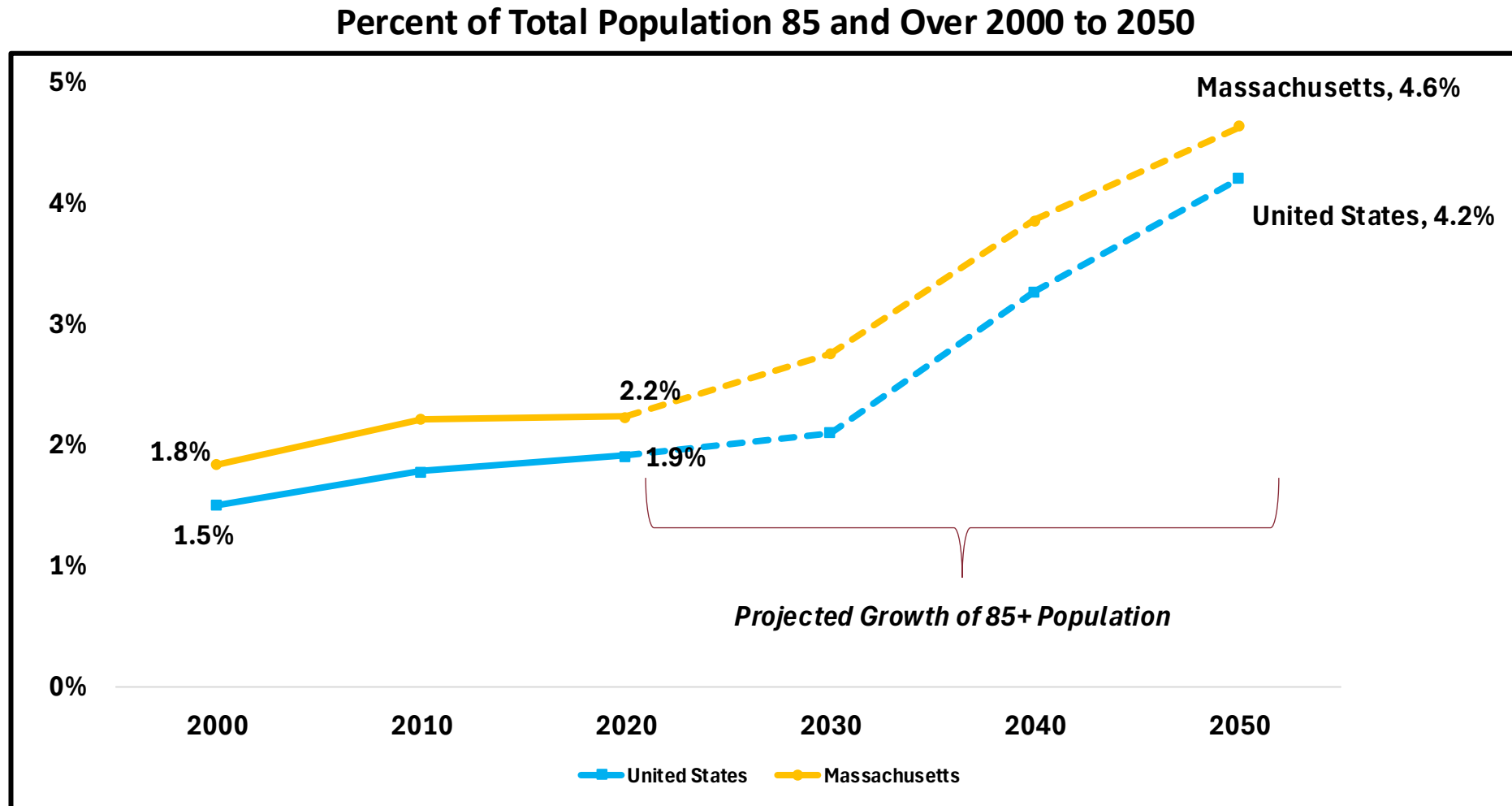
Percent of Total Population 65 and Over 2000, 2010, and 2020

Geography	2000	2010	2020
Massachusetts	13.5%	13.8%	17.5%
United States	12.4%	13.0%	16.8%

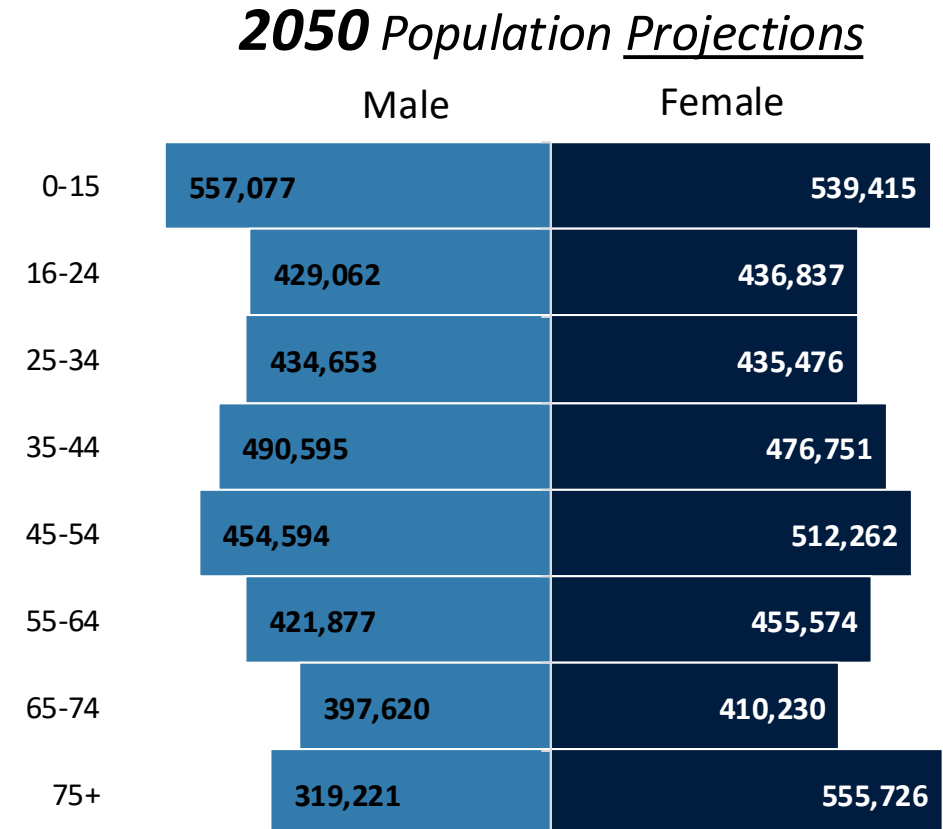
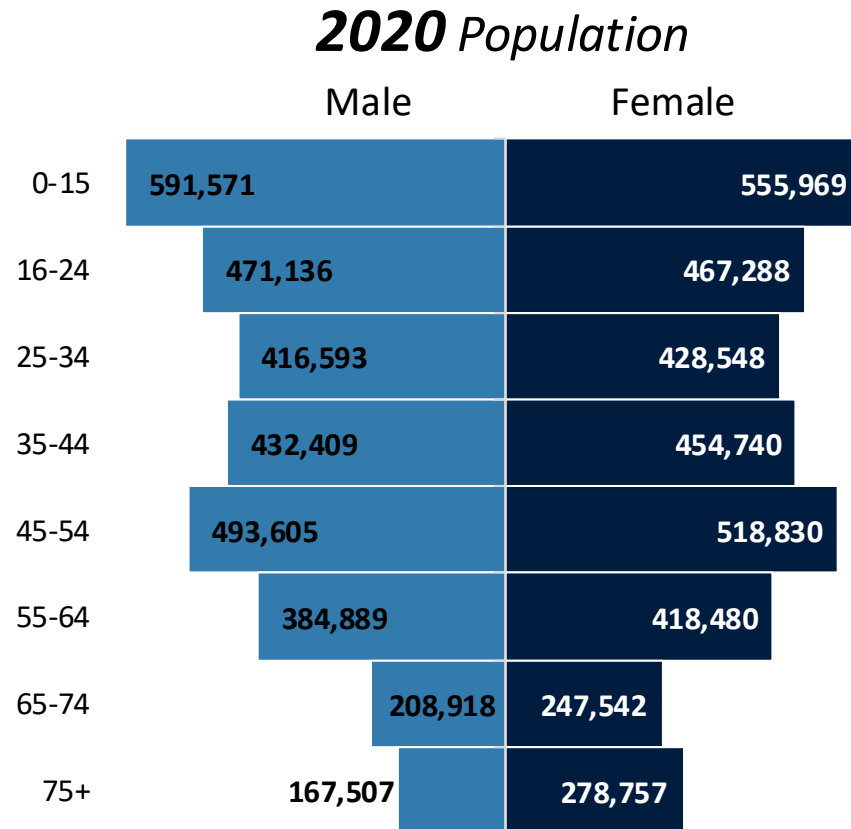
...and will continue to increase



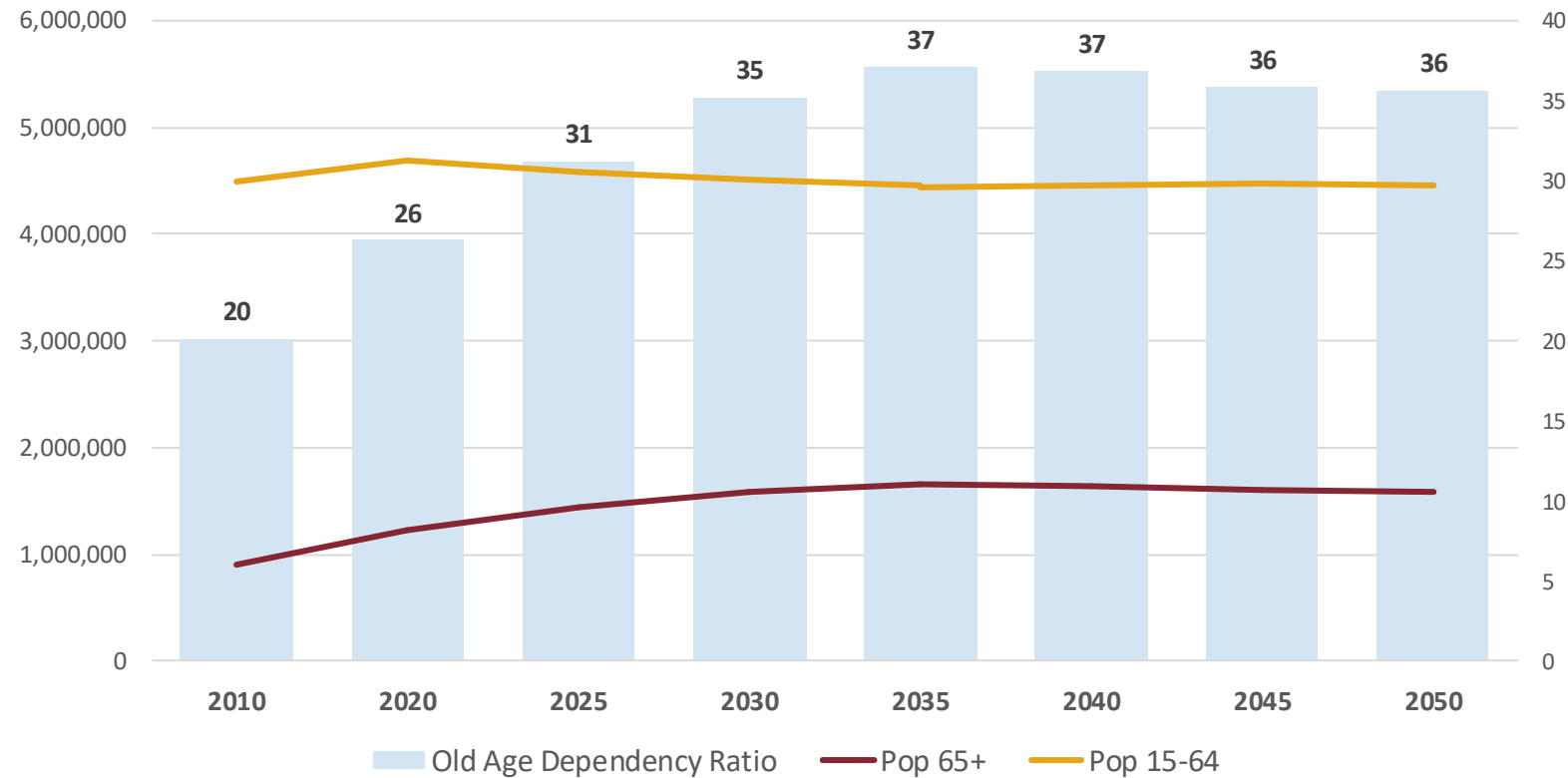
And so will the Percent of 85 and Over Population



Massachusetts's growth in our 65+ age groups will far exceed growth in our working age population through 2050



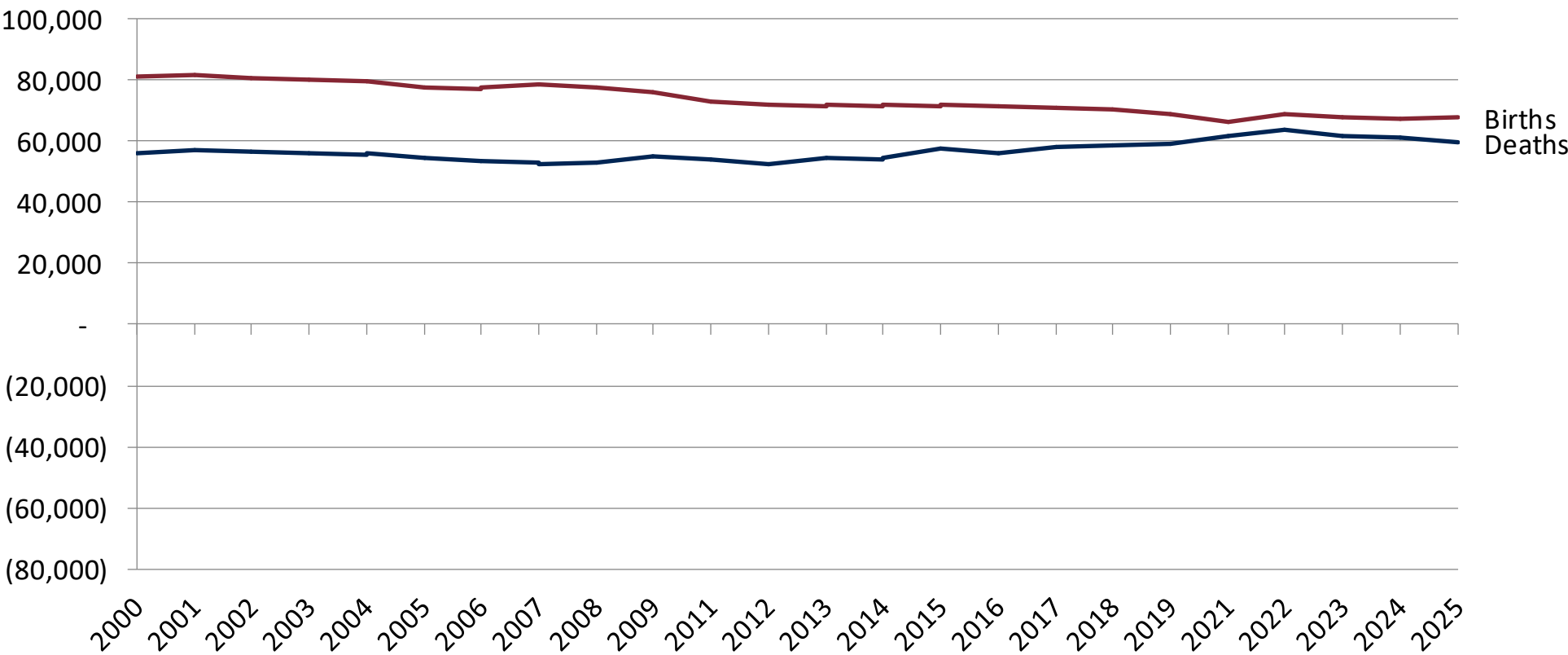
Old-Age Dependency Ratio



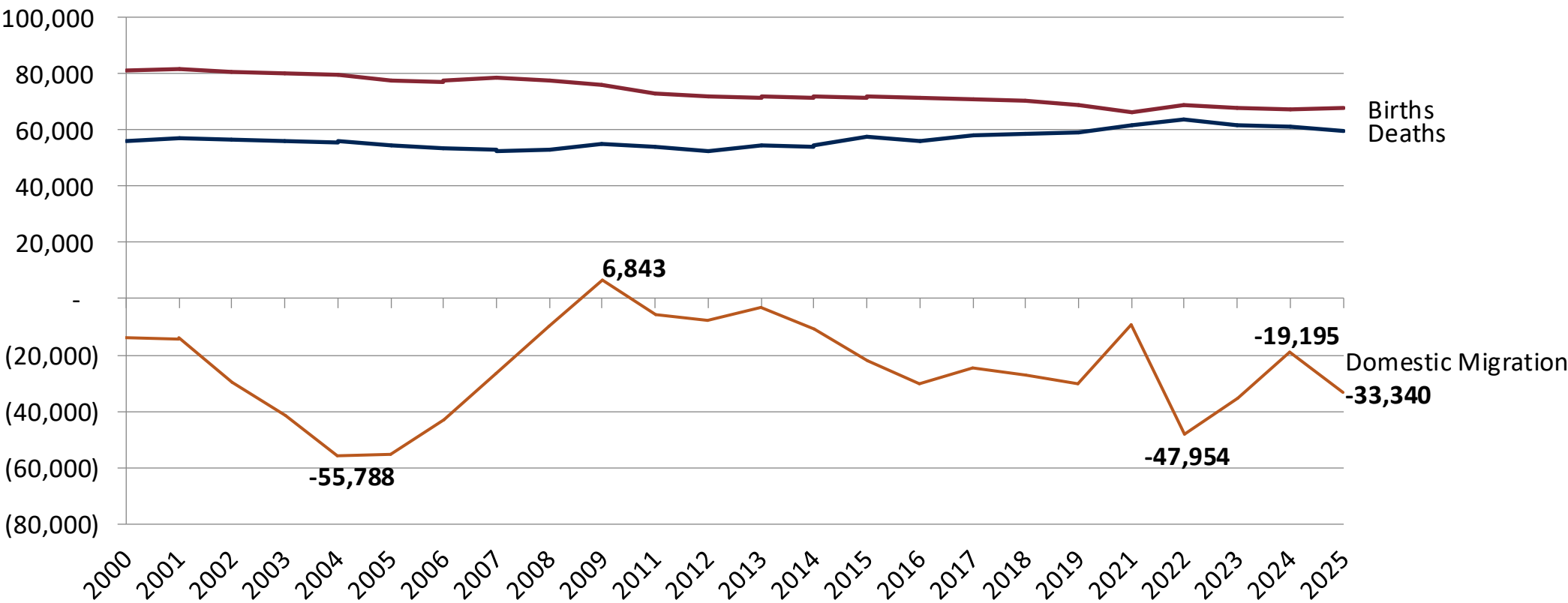
Number of elderly dependents per 100 working-age individuals

Focus: Migration

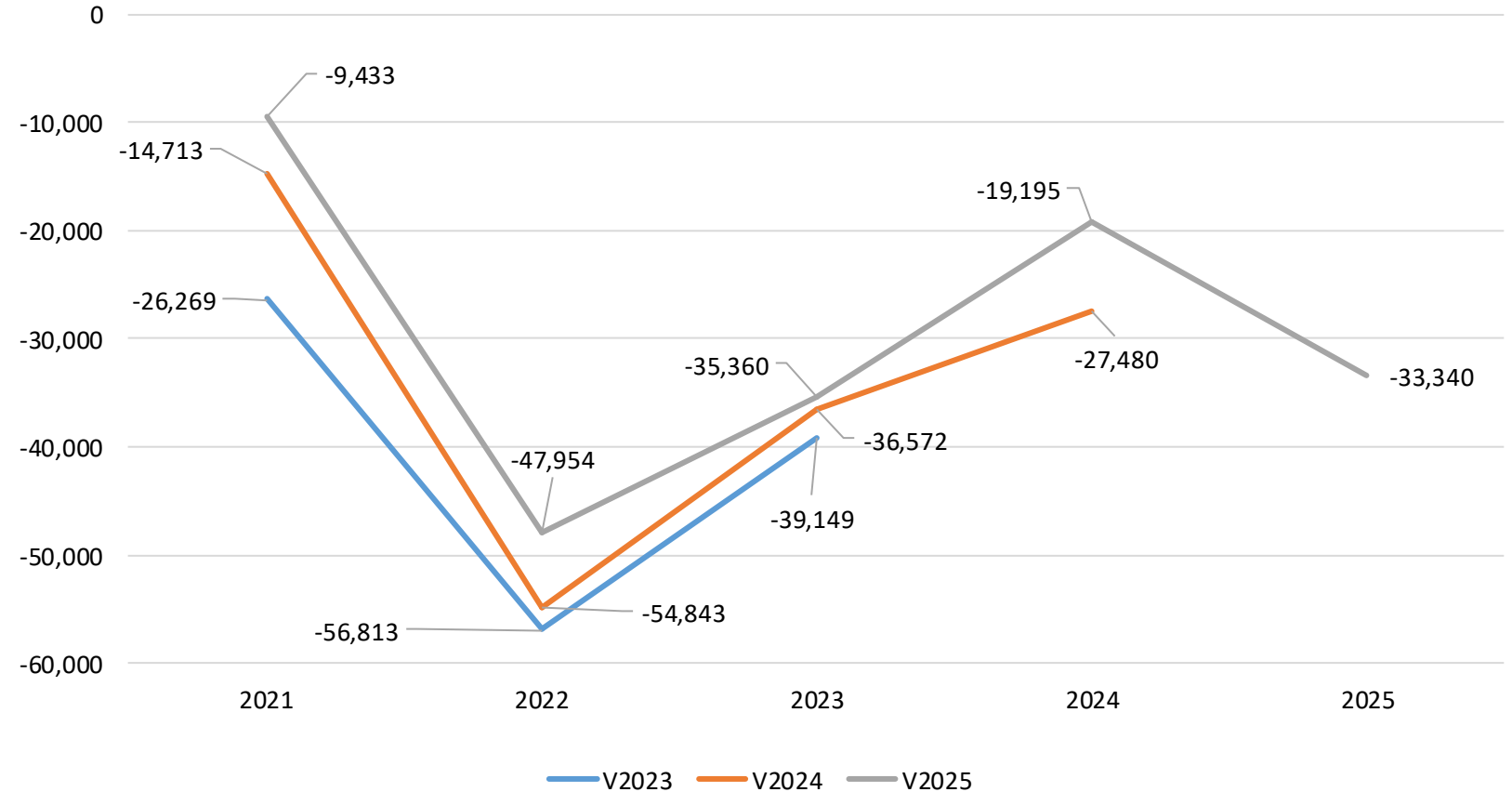
Massachusetts Components of Population Change 2000-2025



Massachusetts Components of Population Change 2000-2025



Massachusetts Estimated Net Domestic Migration by Year and Vintage, 2021 - 2025



State to State Migration Flows for Massachusetts

Inflow to Massachusetts from Other States, 2024

Rank	State	Estimate
1	New York	18,697
2	Rhode Island	15,235
3	California	13,810
4	New Hampshire	11,286
5	Florida	10,580
6	Connecticut	9,936
7	Maine	6,746
8	New Jersey	6,536
9	Texas	6,191
10	Pennsylvania	5,490

Outflow from Massachusetts to Other States, 2024

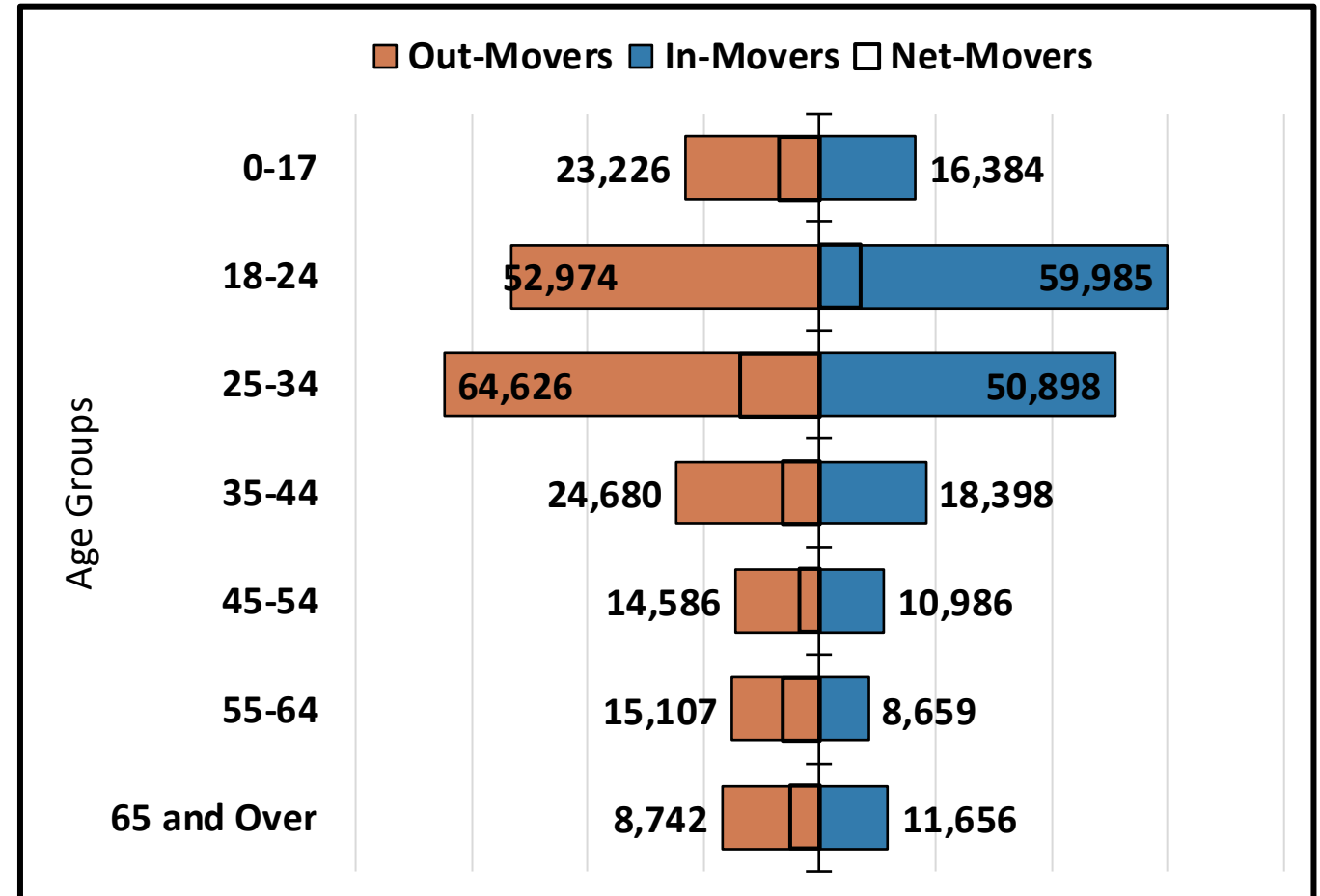
Rank	State	Estimate
1	Florida	21,834
2	New Hampshire	20,310
3	New York	17,862
4	California	15,720
5	Connecticut	11,612
6	Rhode Island	11,568
7	Texas	9,454
8	Maine	6,723
9	Pennsylvania	5,948
10	North Carolina	5,343

Massachusetts regularly sees more domestic outmigration, especially from ages 25 to 34

How to get younger?

- Stem the flow of Out-movers in the younger age cohorts, especially 25-34

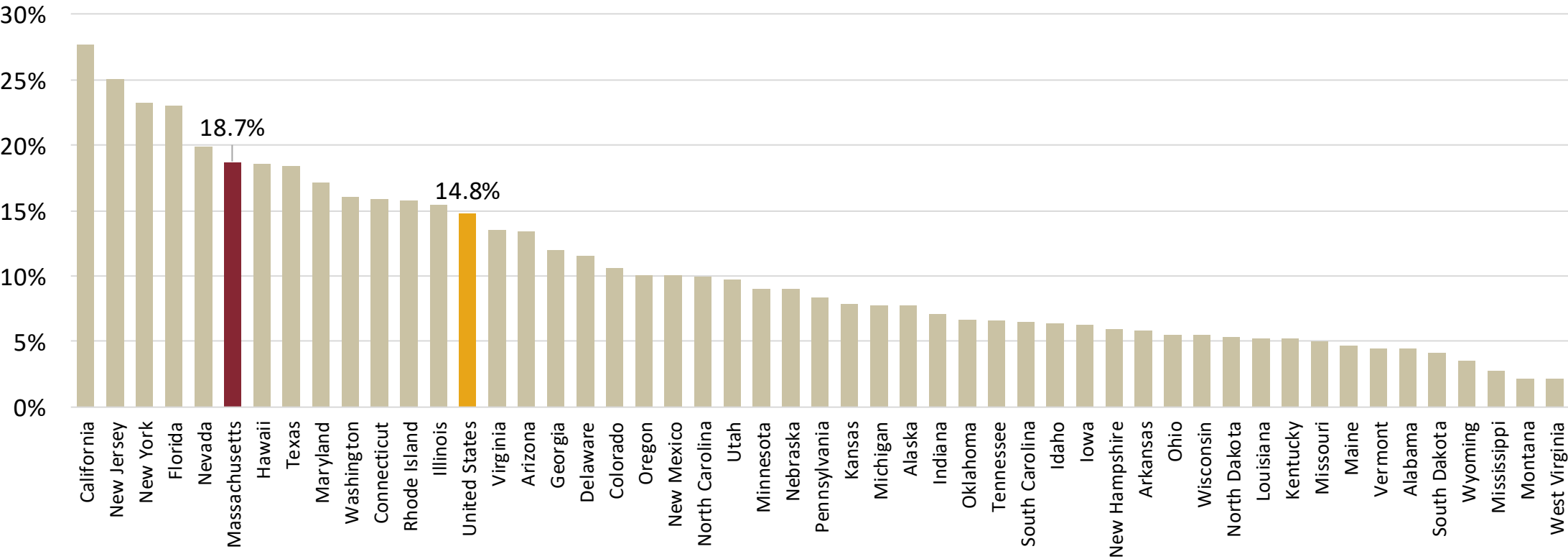
Massachusetts Domestic In- and Outmigration by Age Group in 2022



Focus: Immigration

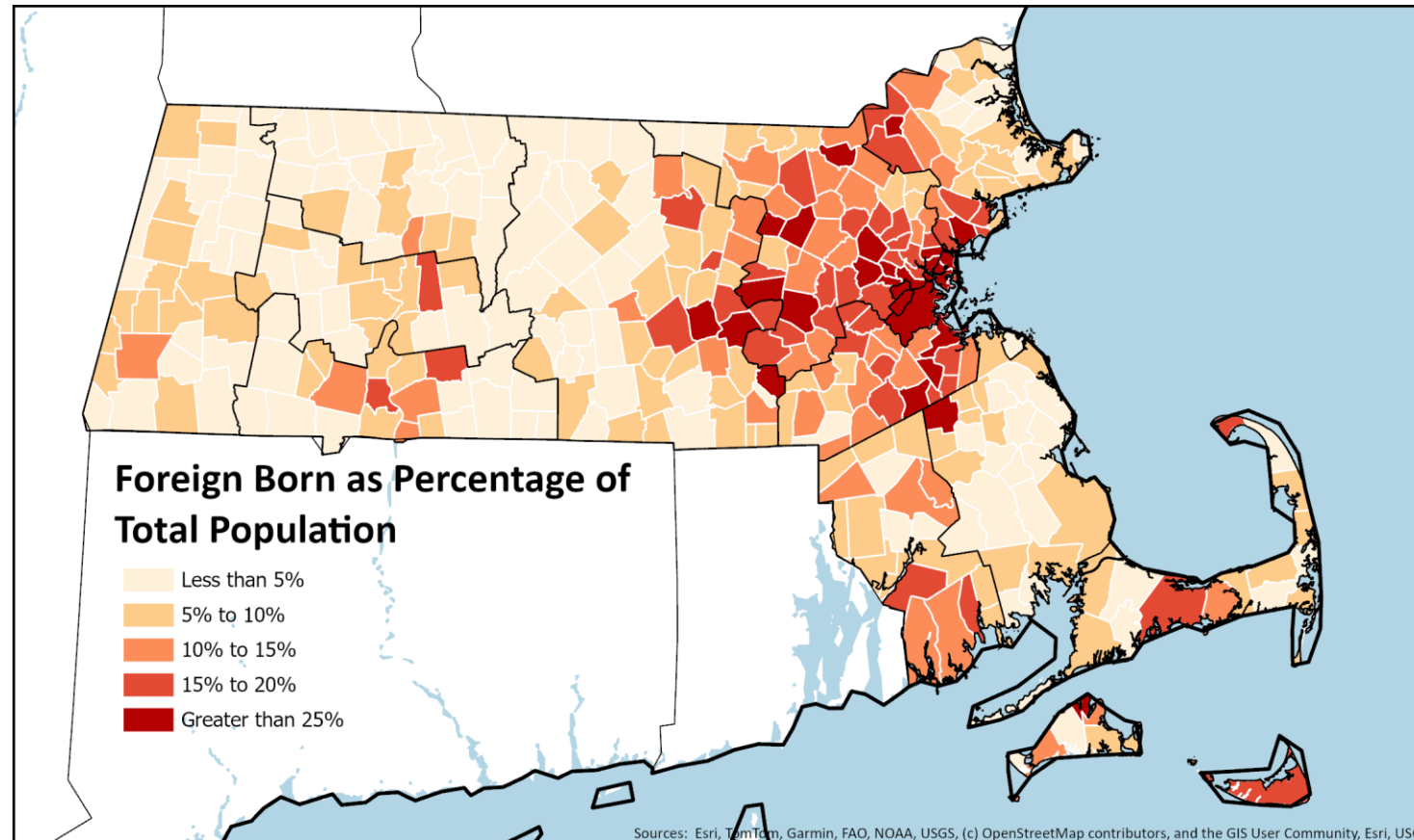
Massachusetts has the sixth highest proportion of foreign-born residents in the nation

Foreign Born as Percentage of Total Population, All States, 2024



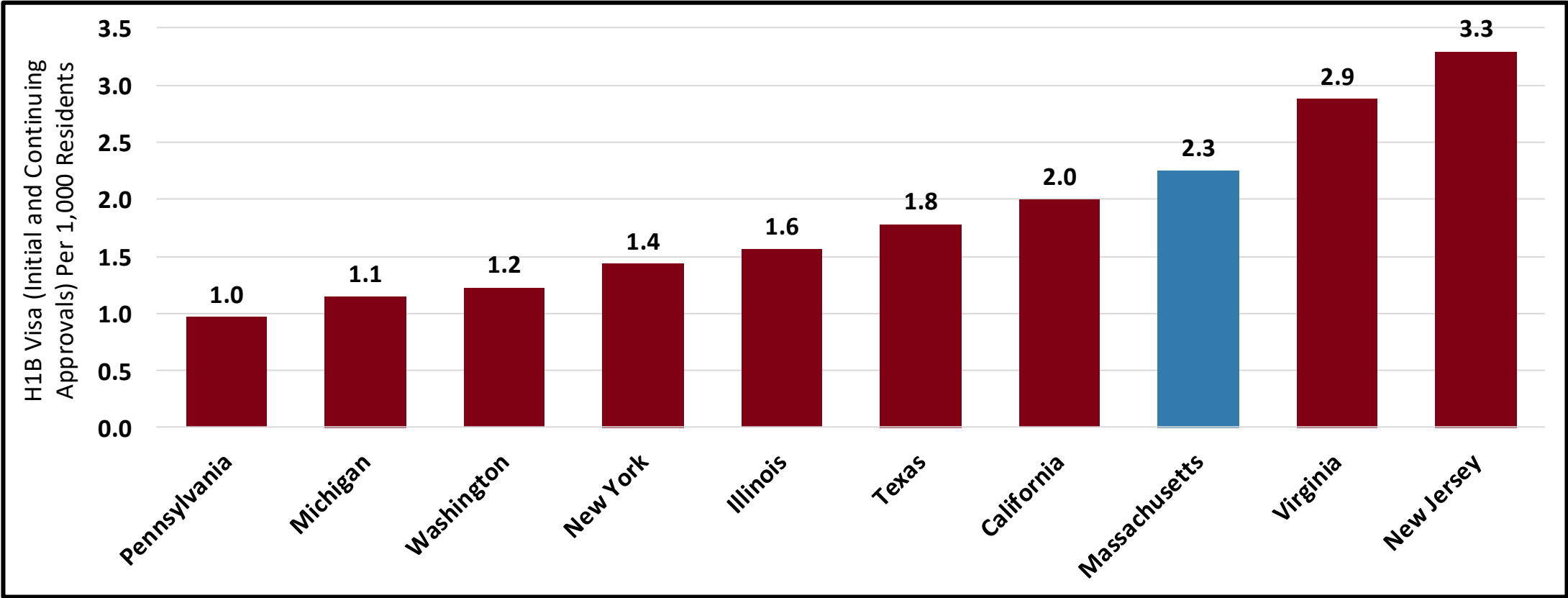
Massachusetts immigrants mainly live in Greater Boston, with some clusters in Pioneer Valley and South Coast/Cape & Islands

Foreign Born as Percentage of Total Population for Massachusetts Towns and Cities, 2023



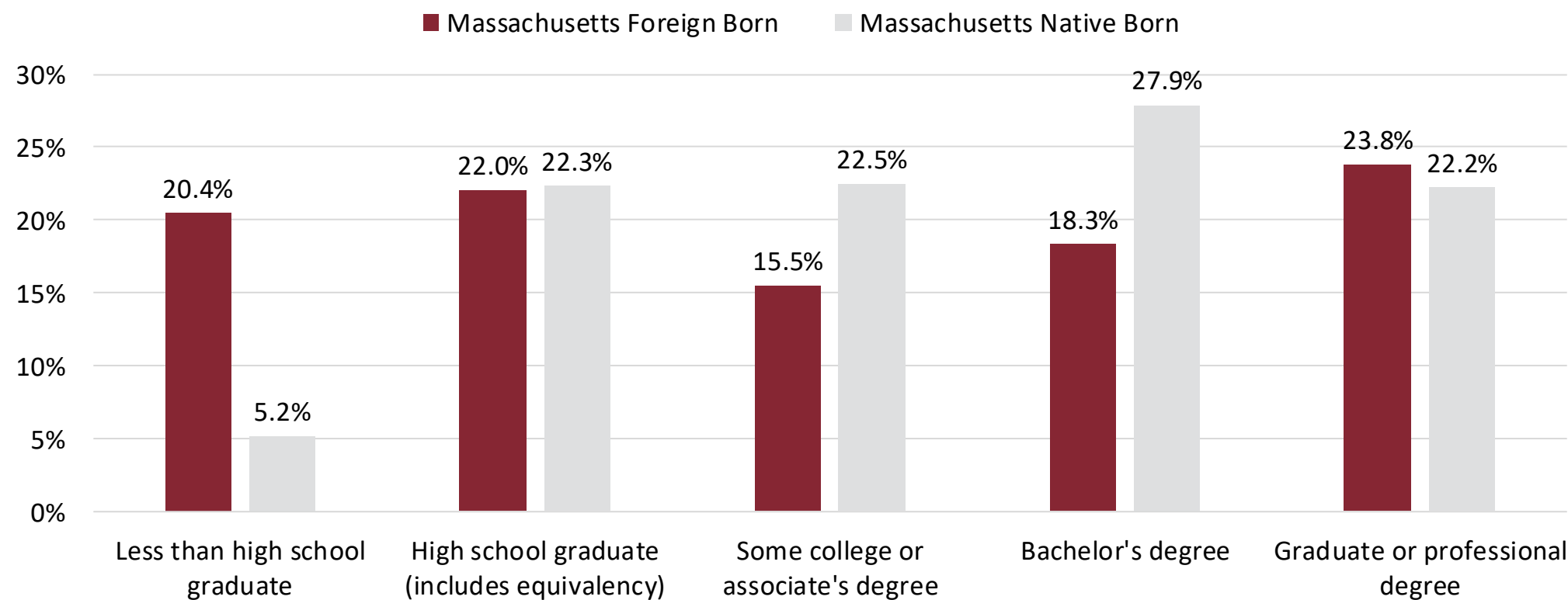
Massachusetts was third in the nation for per capita H1B visas in 2024

H1B Visas (Initial and Continuing Approvals) Per 1,000 Residents, 2024



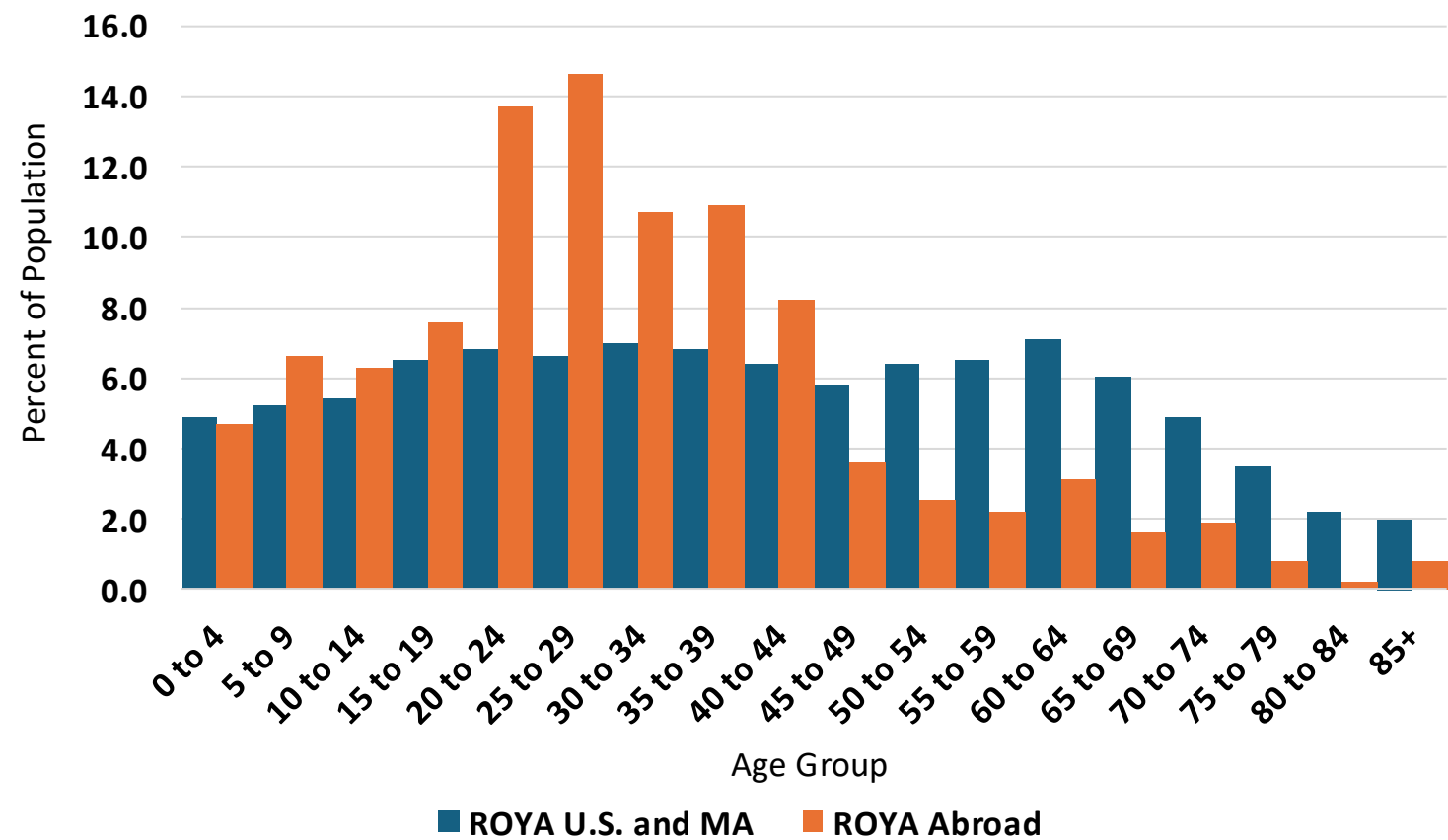
Immigrants in Massachusetts are more likely to have a graduate degree than native born residents

Educational Attainment by Foreign Born Status in Massachusetts, 2024



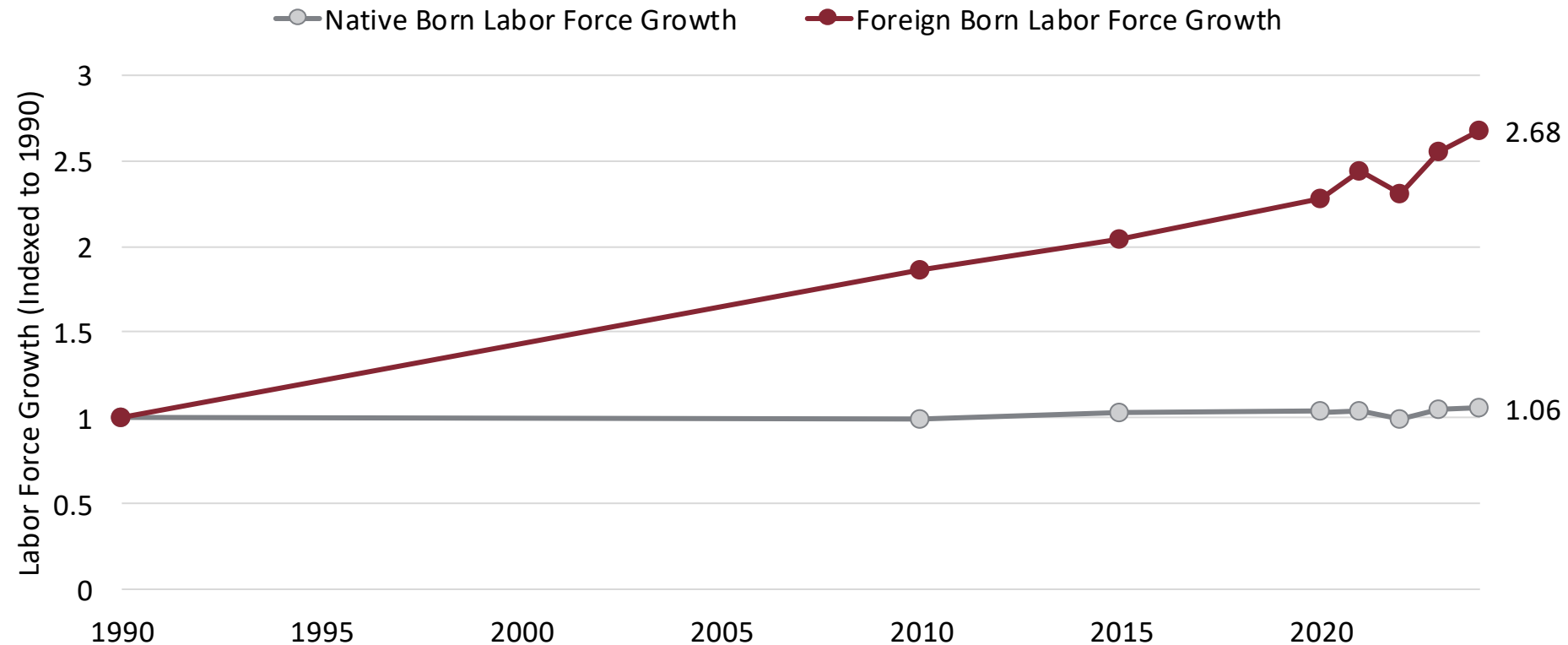
Foreign-born 2023 migrant population is younger than the U.S. born population in Massachusetts

Age Profile of Massachusetts Residents in 2023 based on Residence One Year Ago (ROYA)

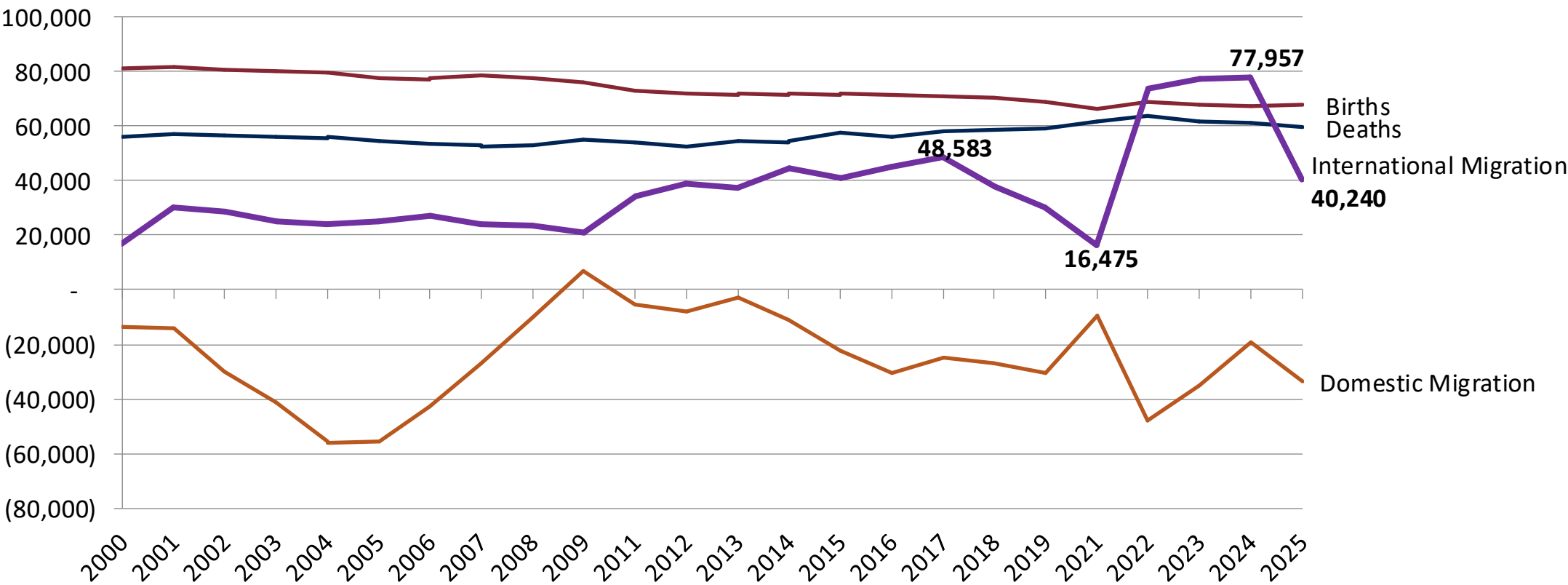


Native-born labor force has grown only 6% since 1990. Foreign-born labor force nearly tripled through 2024

Native- and Foreign-Born Labor Force Growth in Massachusetts, 1990-2024 (Indexed to 1990)



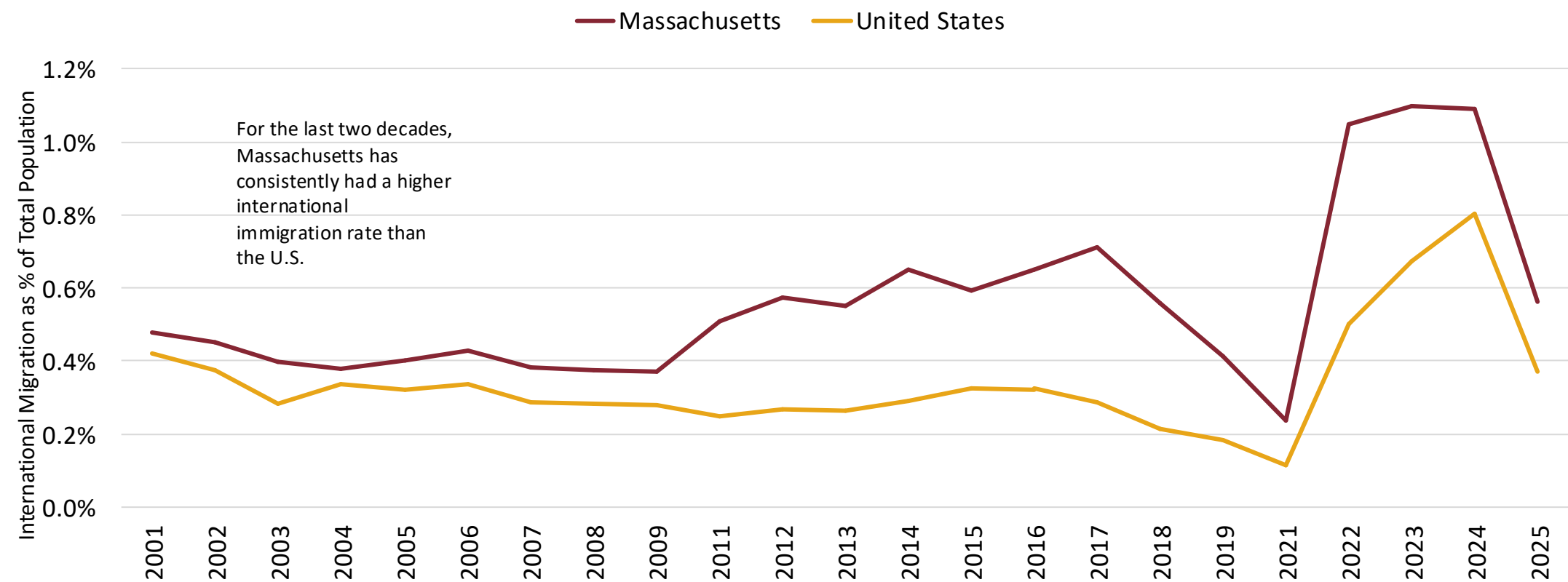
Massachusetts Components of Population Change 2000-2025



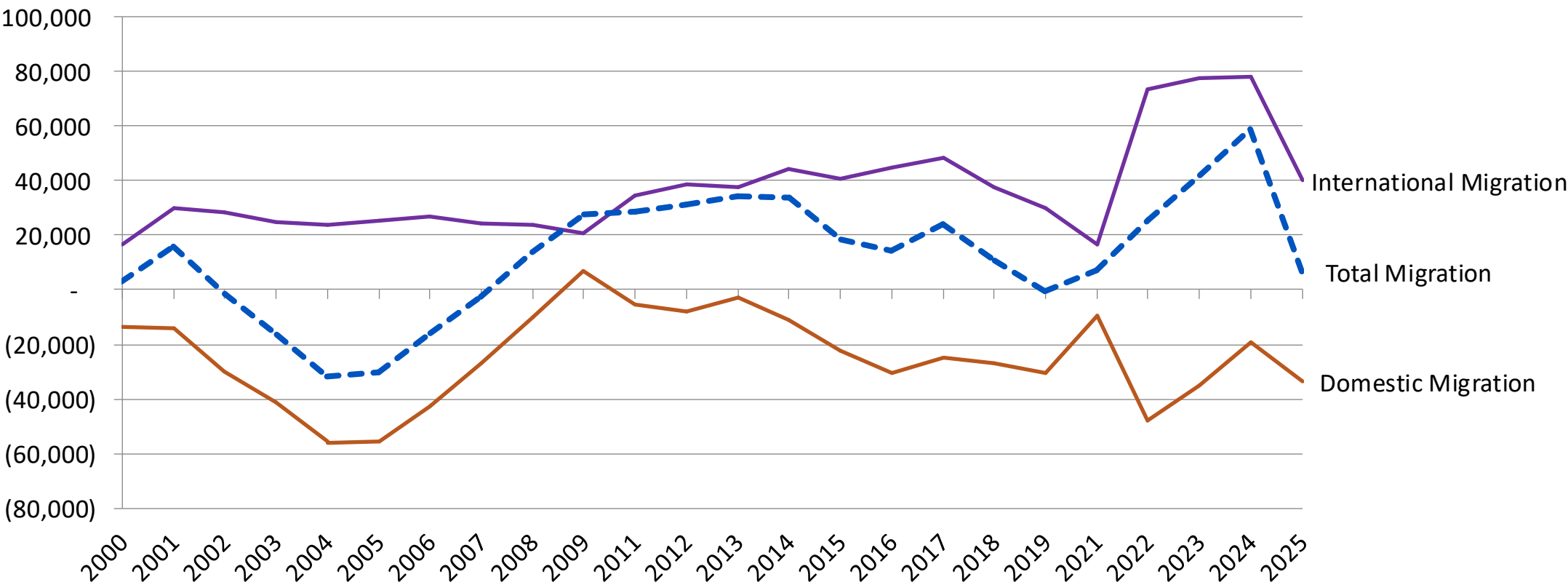
UMass Donahue Institute. Source Data: ST-2000-7; CO-EST2010-ALLDATA; and NST-EST2025-ALLDATA, U.S. Census Bureau Population Division. Note that the Census Bureau provides only 3 months of component estimates for years 2010 and 2020. These years are excluded from the time-series chart above.

International immigration has fallen at the start of the second Trump Administration

International Migration Rates for Massachusetts and the United States, 2001-2025 (Excluding Census Years)

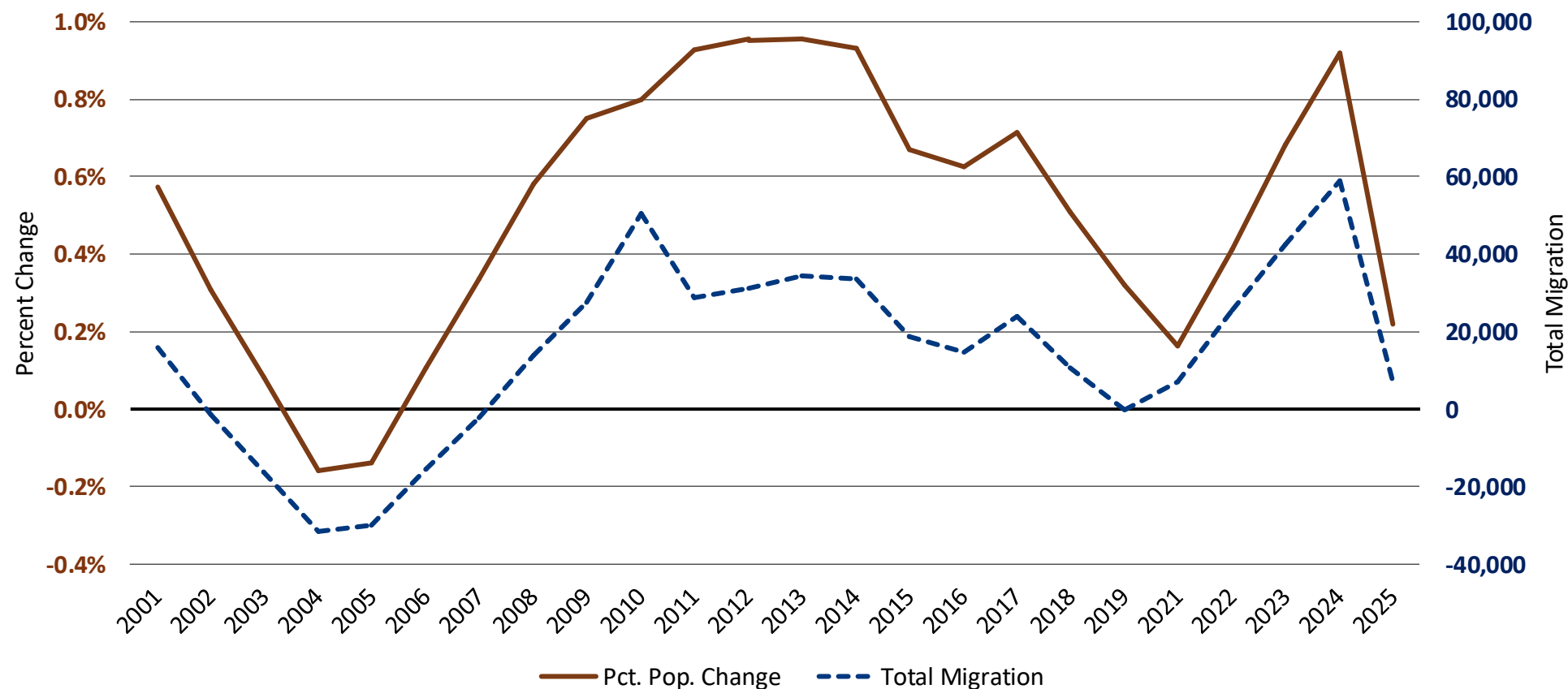


Massachusetts Components of Population Change 2000-2025



Consequences

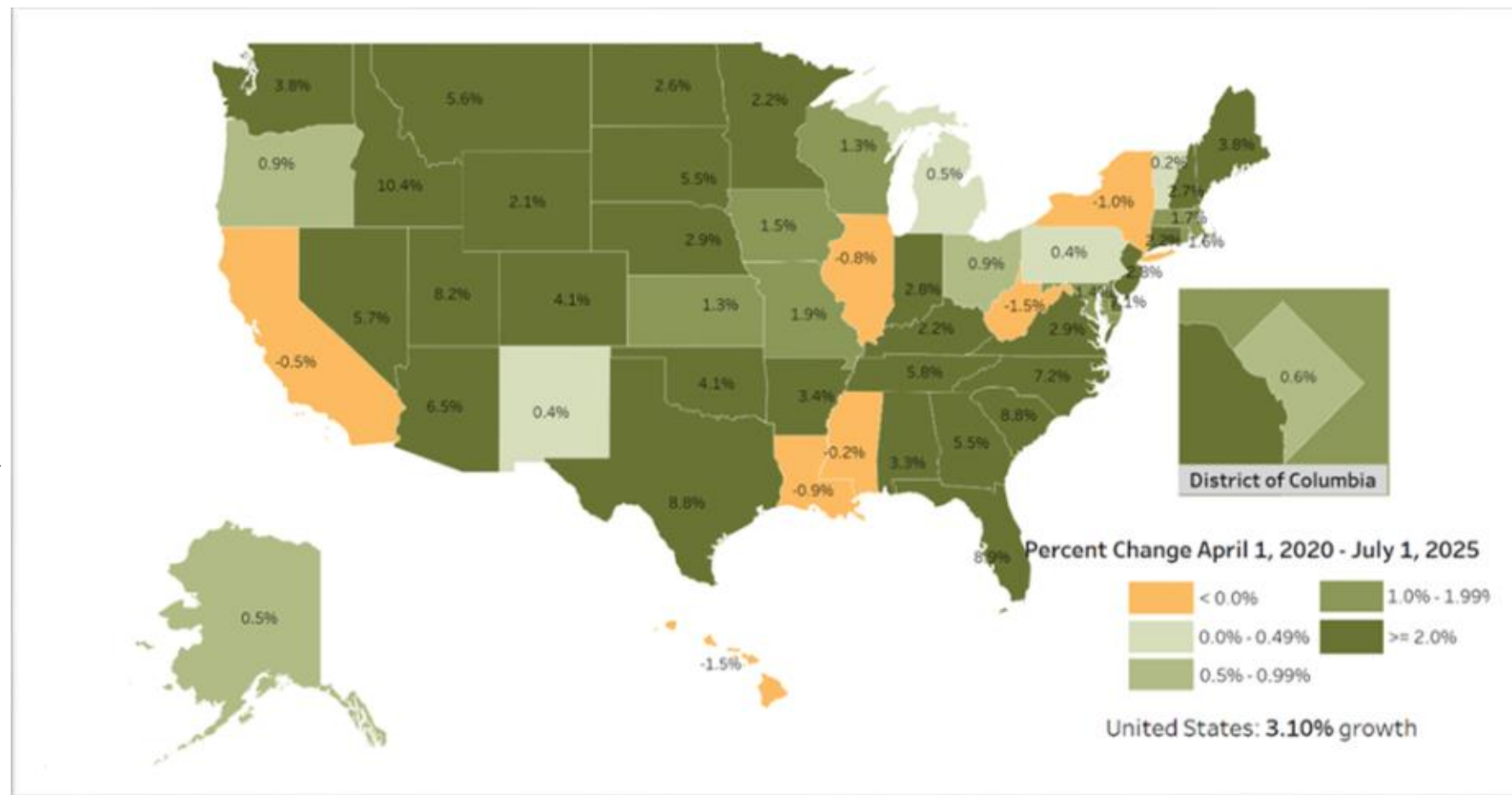
Population Change and Total Migration 2000-2025



Cumulative Percent Change in Population, April 1, 2020 to July 1, 2025

Cumulatively since the 2020 Census, Massachusetts has gained population along with seven other Northeast States, with New York being the only state to have lost population since 2020.

Gain of **1.7%**.

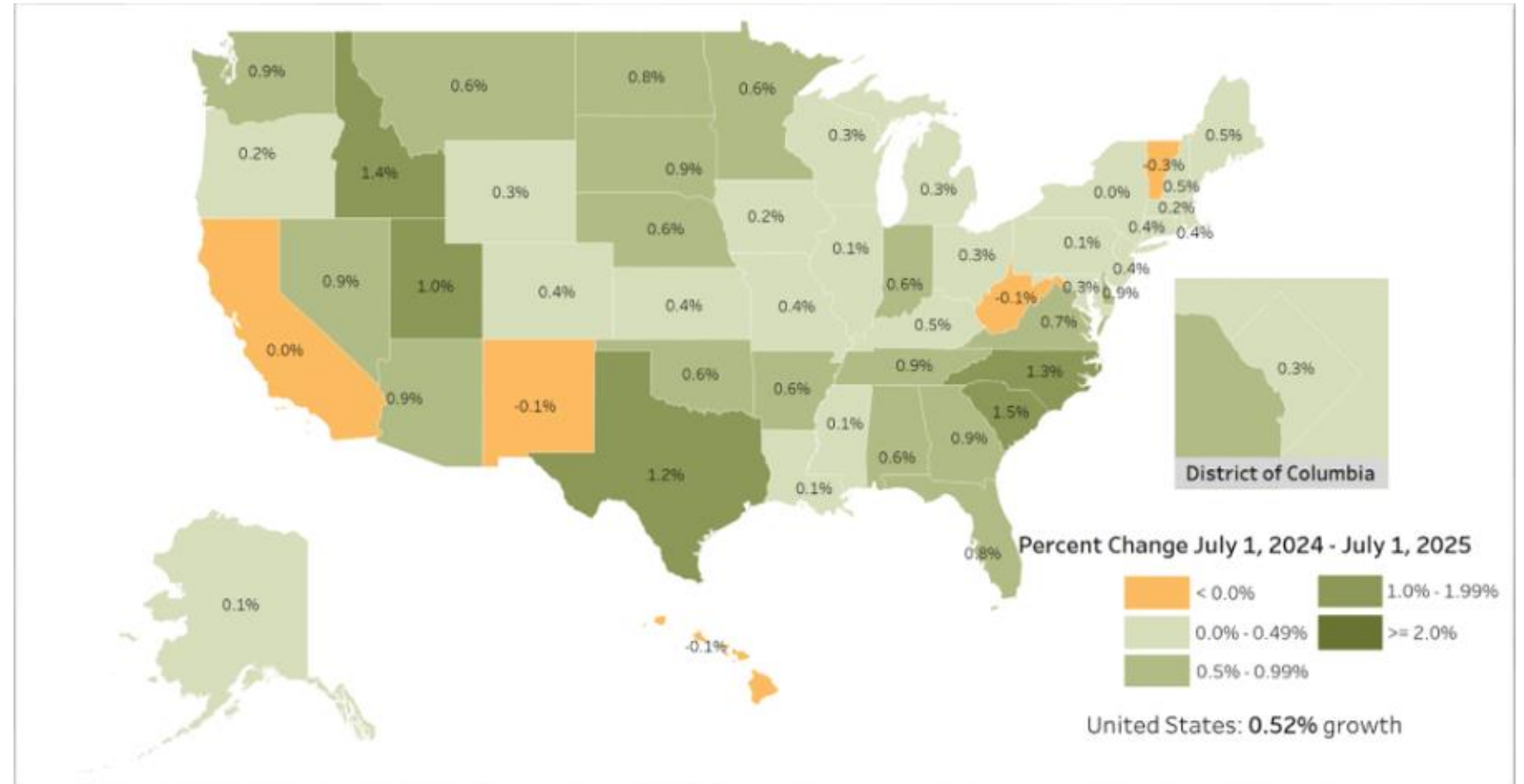


Losing Rank:

Annual Percent Change in Population, July 1, 2024 to July 1, 2025

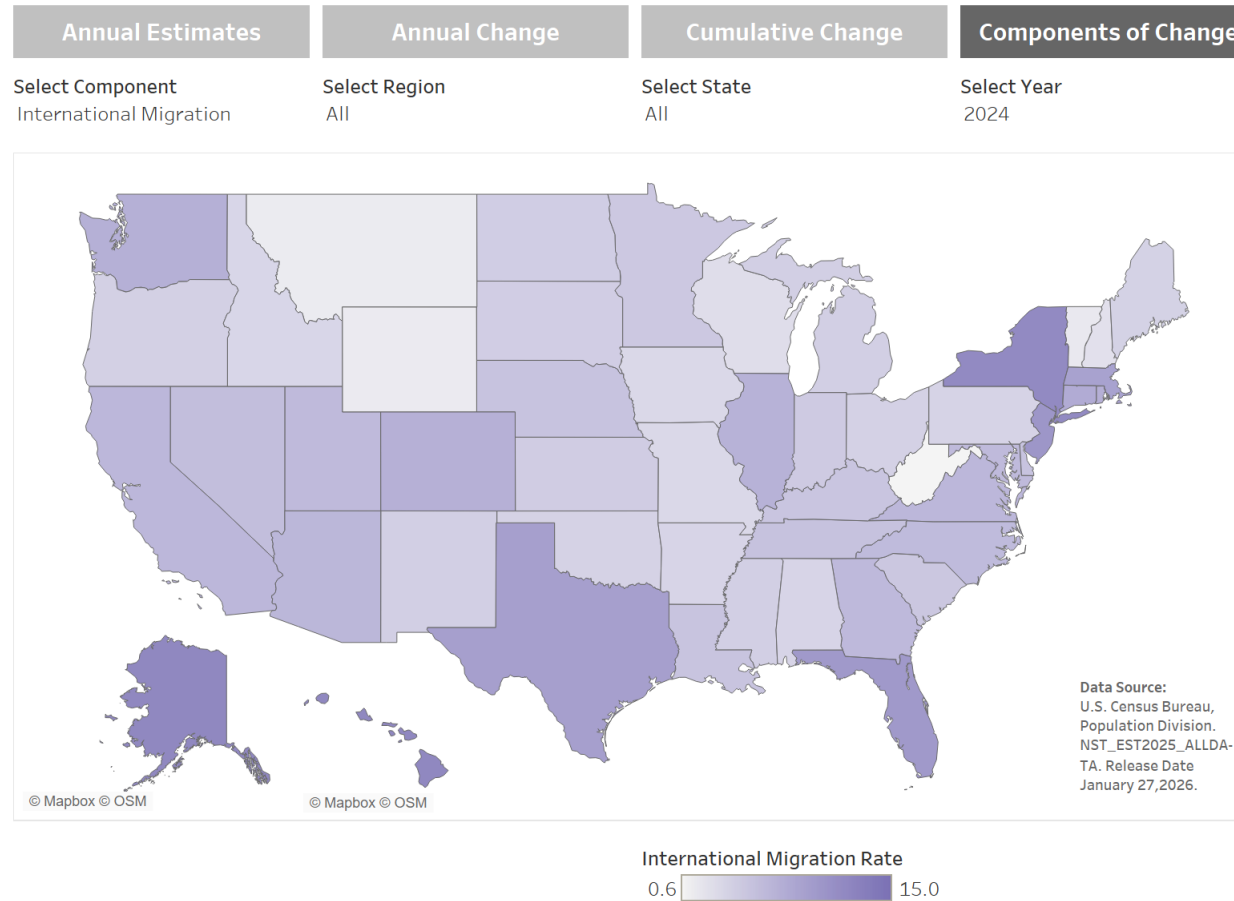
Nationally,
Massachusetts
ranked 27th in total
population change,
down from 13th last
year.

39th in percent
population change,
down from 15th last
year.



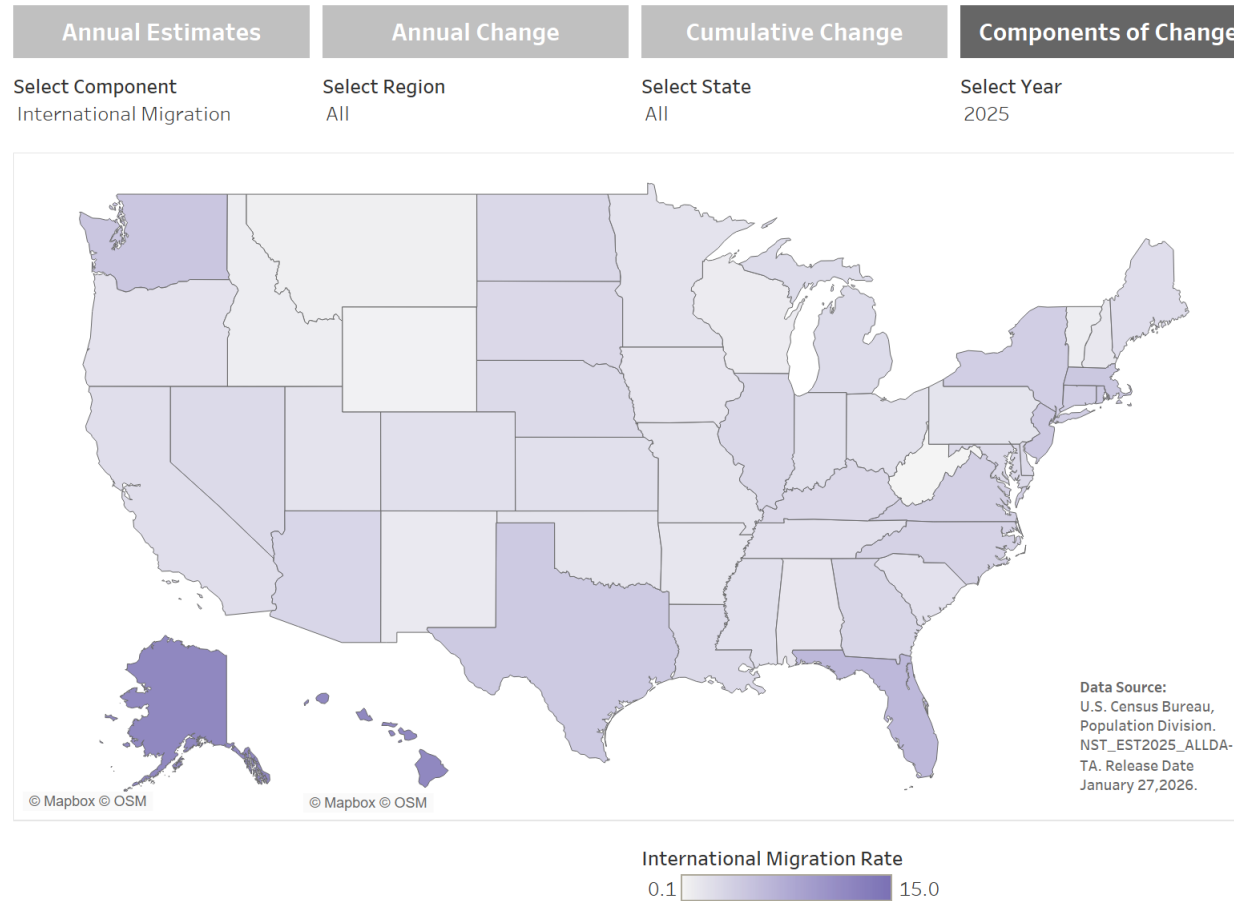
Relative to other U.S. states

Rate of Net International Migration, 2024



**Rate per 1,000
residents*

Rate of Net International Migration, 2025



**Rate per 1,000
residents*

Net International Migration by State, 2025

States With Highest Net International Immigration Rates, 2025

State	Rate of Net International Immigration	Ranking
Florida	7.6	1
Washington	5.8	2
District of Columbia	5.7	3
Massachusetts	5.6	4
New Jersey	5.6	5
Rhode Island	5.3	6
Texas	5.3	7
New York	4.8	8
Connecticut	4.8	9
Virginia	4.6	10
North Carolina	4.2	11
Georgia	3.8	12
Arizona	3.7	13
North Dakota	3.5	14
Illinois	3.5	15
South Dakota	3.4	16
Kentucky	3.4	17
Hawaii	3.3	18
Delaware	3.3	19
Nebraska	3.3	20
Maryland	3.3	21
Nevada	3.2	22
Louisiana	3.2	23
Michigan	3.0	24
Maine	2.9	25

States With the Highest Net International Immigration, 2025

State	Net International Immigrants	Ranking
Florida	178,674	1
Texas	167,475	2
California	109,278	3
New York	95,634	4
New Jersey	53,064	5
North Carolina	46,890	6
Washington	46,202	7
Illinois	44,752	8
Georgia	42,579	9
Virginia	40,436	10
Massachusetts	40,240	11
Michigan	30,706	12
Ohio	28,505	13
Arizona	28,219	14
Pennsylvania	26,921	15
Maryland	20,503	16
Tennessee	17,990	17
Indiana	17,852	18
Connecticut	17,534	19
Kentucky	15,709	20
Colorado	15,356	21
Louisiana	14,900	22
South Carolina	12,930	23
Missouri	12,665	24
Minnesota	12,486	25

Net International Migration by State, 2025

States With **Lowest** Net International Immigration Rates, 2025

State	Rate of Net International Immigration	Ranking
West Virginia	0.1	51
Wyoming	0.4	50
Montana	0.8	49
Vermont	1.0	48
Idaho	1.1	47
Wisconsin	1.2	46
New Mexico	1.4	45
New Hampshire	1.7	44
Alabama	1.7	43
Arkansas	1.8	42
Iowa	1.8	41

States With the **Lowest** Net International Immigration, 2025

State	Net International Immigrants	Ranking
West Virginia	244	51
Wyoming	258	50
Vermont	623	49
Montana	899	48
Alaska	1,959	47
Idaho	2,148	46
New Hampshire	2,403	45
North Dakota	2,810	44
New Mexico	2,879	43
South Dakota	3,183	42
Delaware	3,473	41

Net International Immigration as a Percent of Population Change, 2011-2020

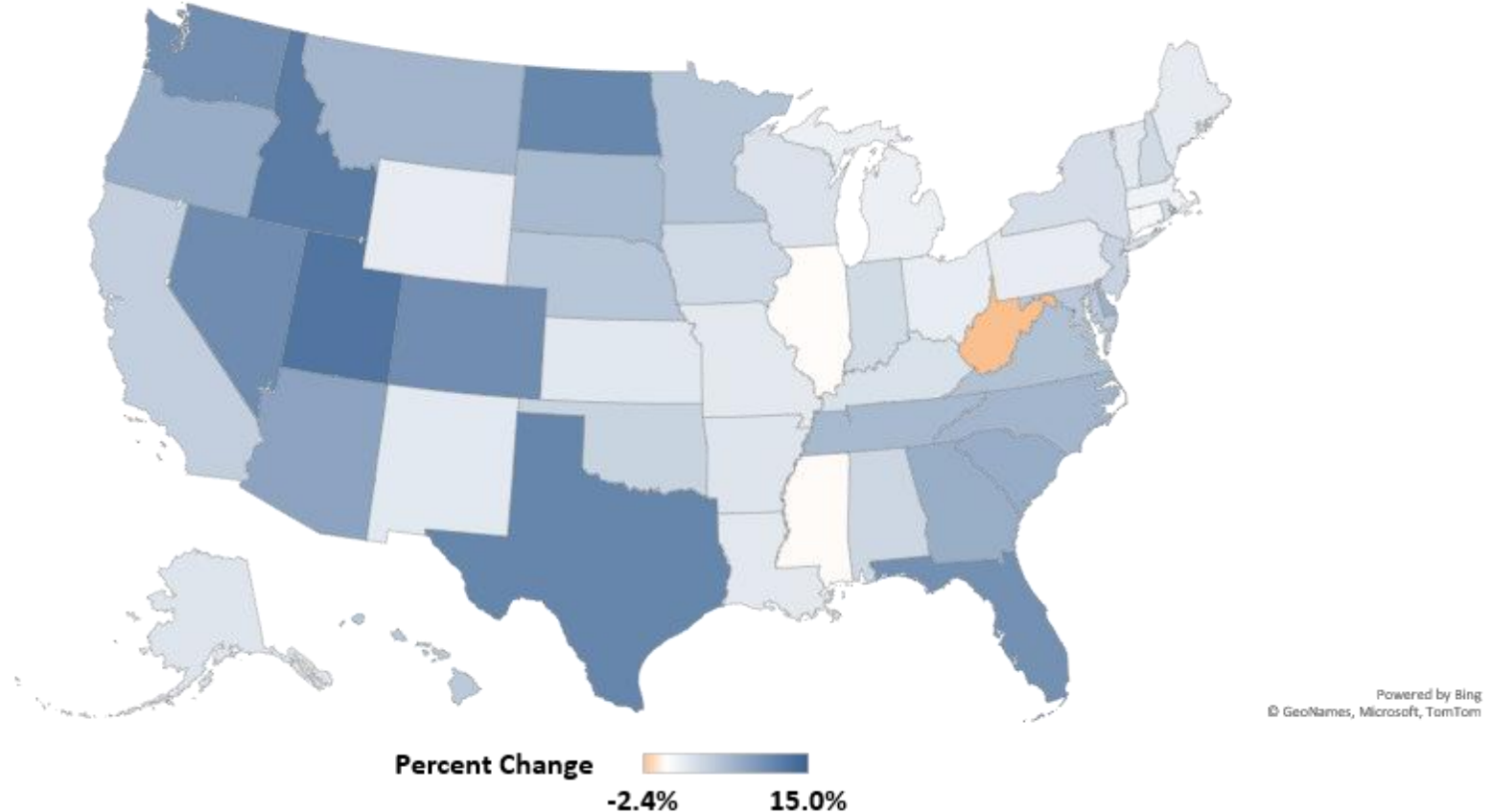
Top 25 States: 2011-2020 Total Net Immigration Count Estimate

State	Population Change 2010 to 2020	2011 to 2020 Immigration	Share of 2010 to 2020 Population Growth Driven by Immigration
Florida	2,736,877	1,176,364	43.0%
California	2,284,267	966,666	42.3%
Texas	3,999,944	854,732	21.4%
New York	823,147	717,364	87.1%
Massachusetts	482,288	382,377	79.3%
New Jersey	497,100	317,226	63.8%
Virginia	630,369	296,238	47.0%
Pennsylvania	300,321	286,870	95.5%
Washington	980,741	251,045	25.6%
Illinois	-18,124	245,230	N/A
Maryland	403,672	212,722	52.7%
Georgia	1,024,255	206,647	20.2%
Michigan	193,691	196,527	101.5%
Ohio	262,944	193,937	73.8%
North Carolina	903,905	183,827	20.3%
Arizona	759,485	156,791	20.6%
Connecticut	31,847	143,872	451.8%
Minnesota	402,569	122,973	30.5%
Indiana	301,726	106,538	35.3%
Colorado	744,518	95,443	12.8%
Tennessee	564,735	82,602	14.6%
Missouri	165,986	72,443	43.6%
Wisconsin	206,732	67,138	32.5%
South Carolina	493,061	63,087	12.8%
Oregon	406,182	61,147	15.1%

(Population Change
2010-2020)
÷
Total Net
Immigrants
(2011-2020)

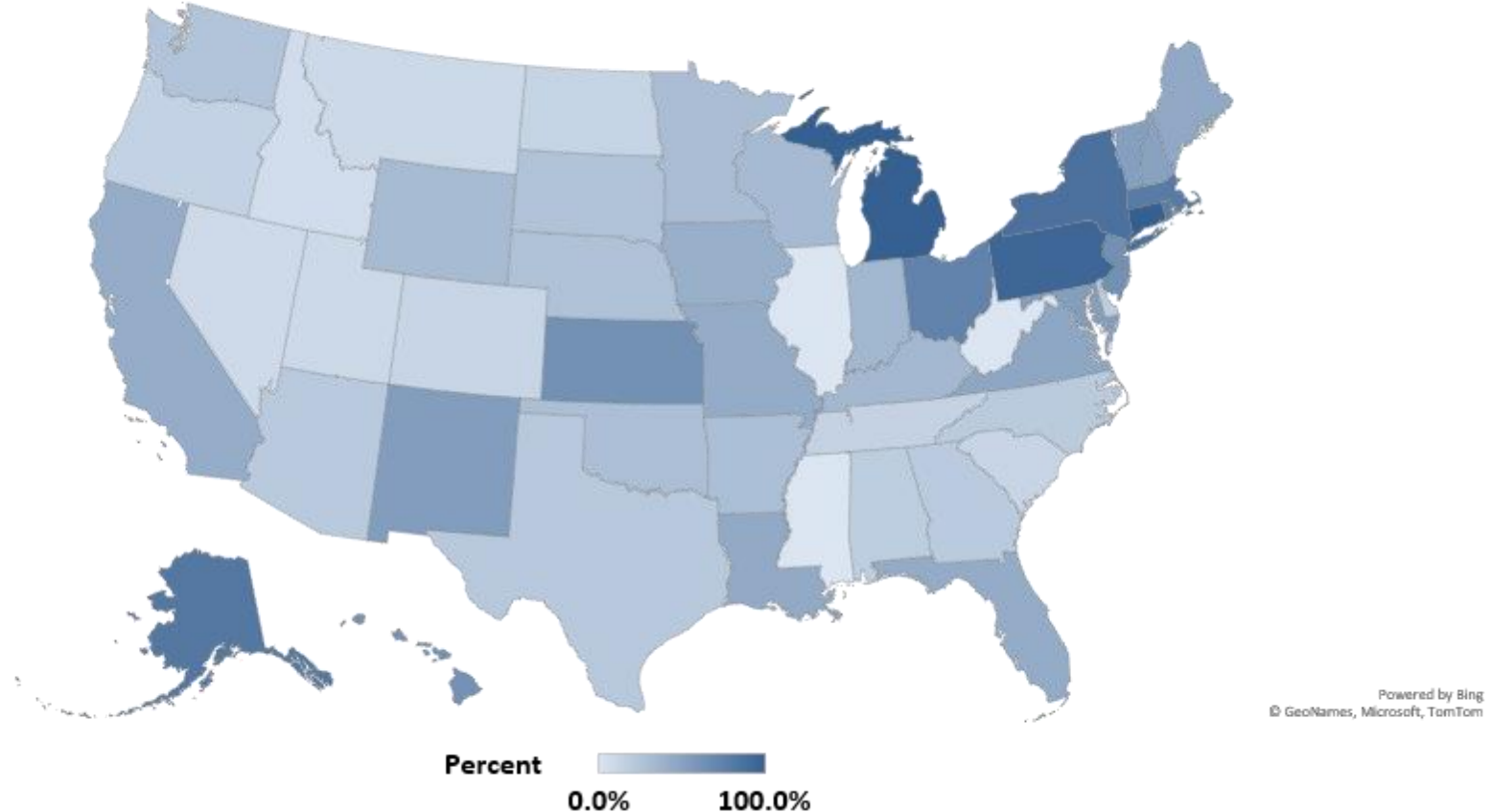
U.S. States Predicted Percent Population Change, 2020 to 2030

Percent Population Change 2020 to 2030, Weldon Cooper Projections

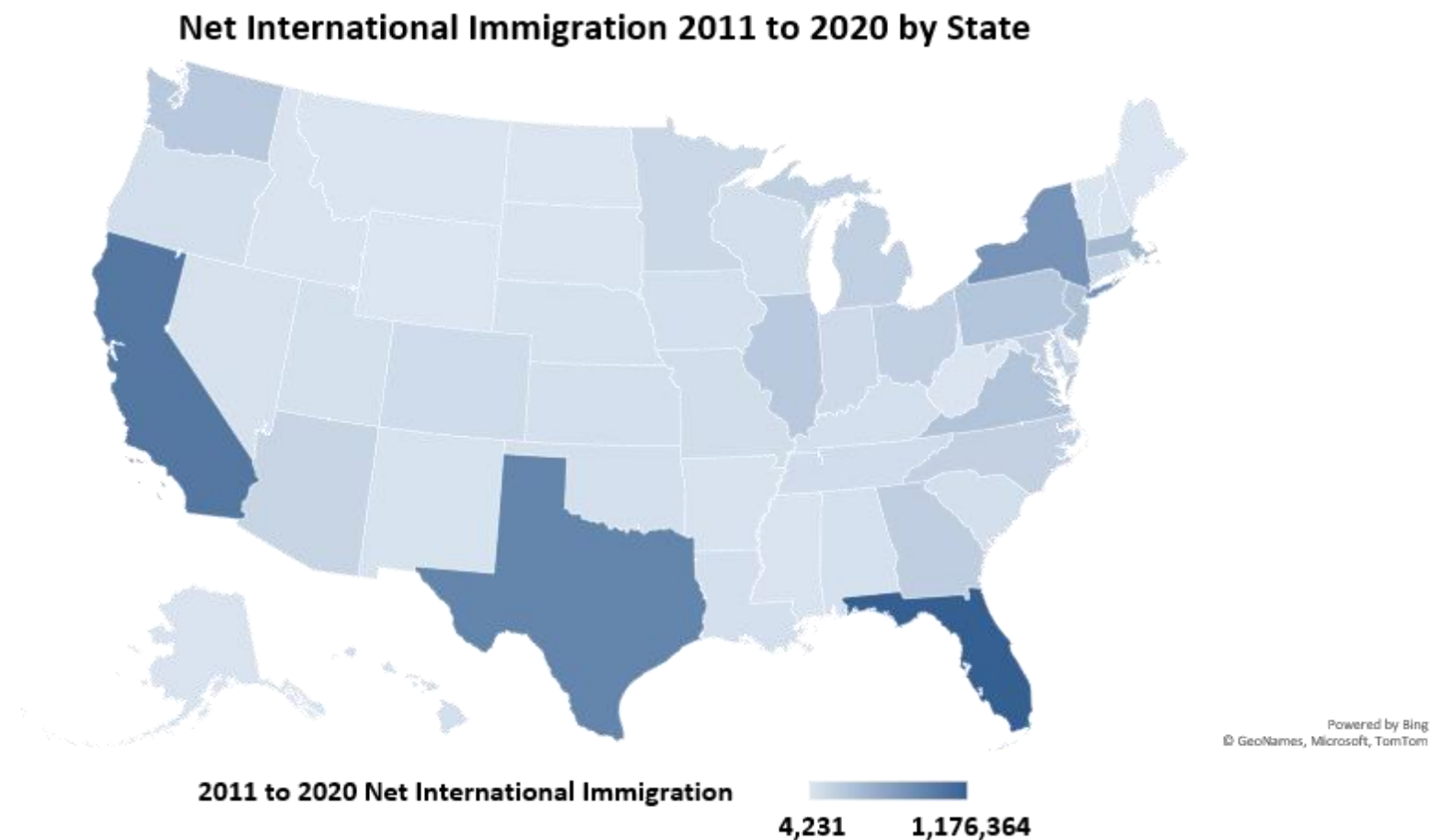


Share of 2010 to 2020 Population Growth Driven by International Immigration

Share of 2010 to 2020 Population Growth Driven by International Immigration



Net International Immigration 2011 to 2020 by State



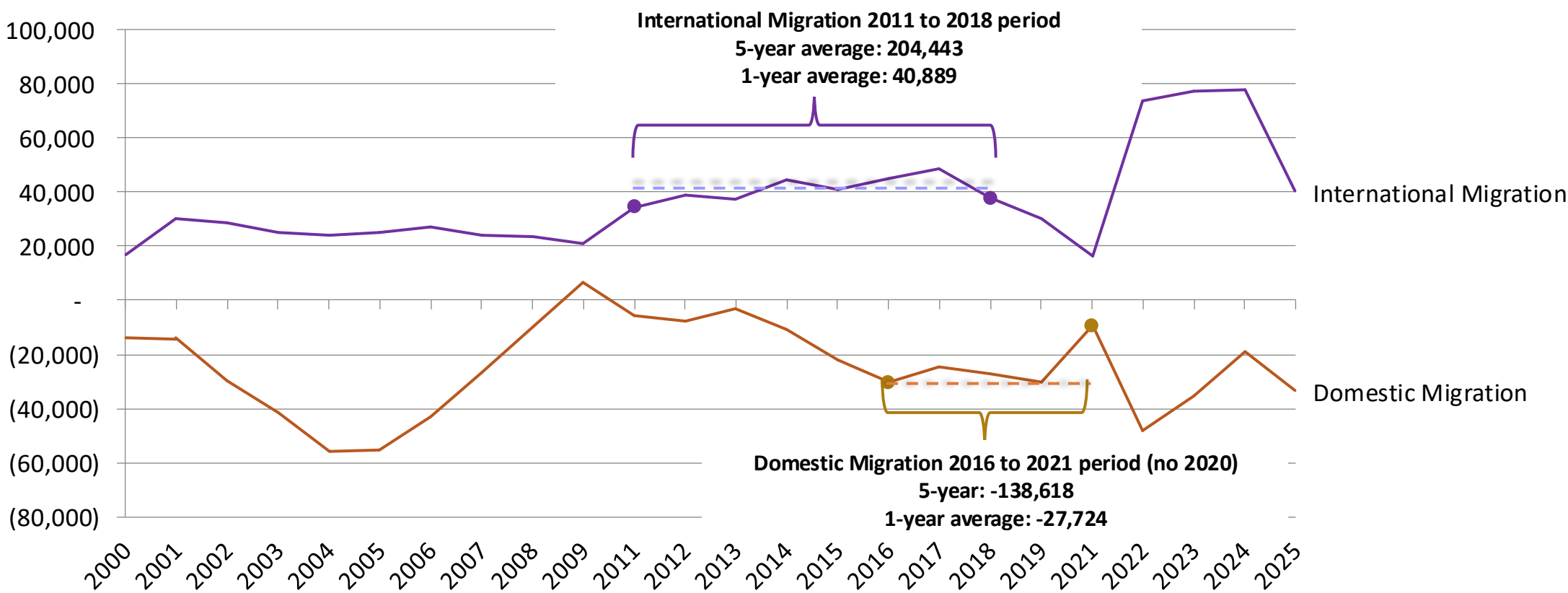
Census Estimates Release Schedule

Population Detail	Date of Next Release (Expected)	Latest Estimate Available
National and State population and demographic components of population change; population age 18+	December 2026 (7/1/2026 data)	7/1/2025
County population and demographic components of population change	March 2026 (7/1/2025 data)	7/1/2024
Metropolitan and micropolitan statistical area population	March 2026 (7/1/2025 data)	7/1/2024
City and town (incorporated place and minor civil division) population	May 2026 (7/1/2025 data)	7/1/2024
State population by age, sex, race, and Hispanic origin	June 2026 (7/1/2025 data)	7/1/2024
County population by age, sex, race, and Hispanic origin	June 2026 (7/1/2025 data)	7/1/2024

Migration Trends in the EOHLC Projections Series

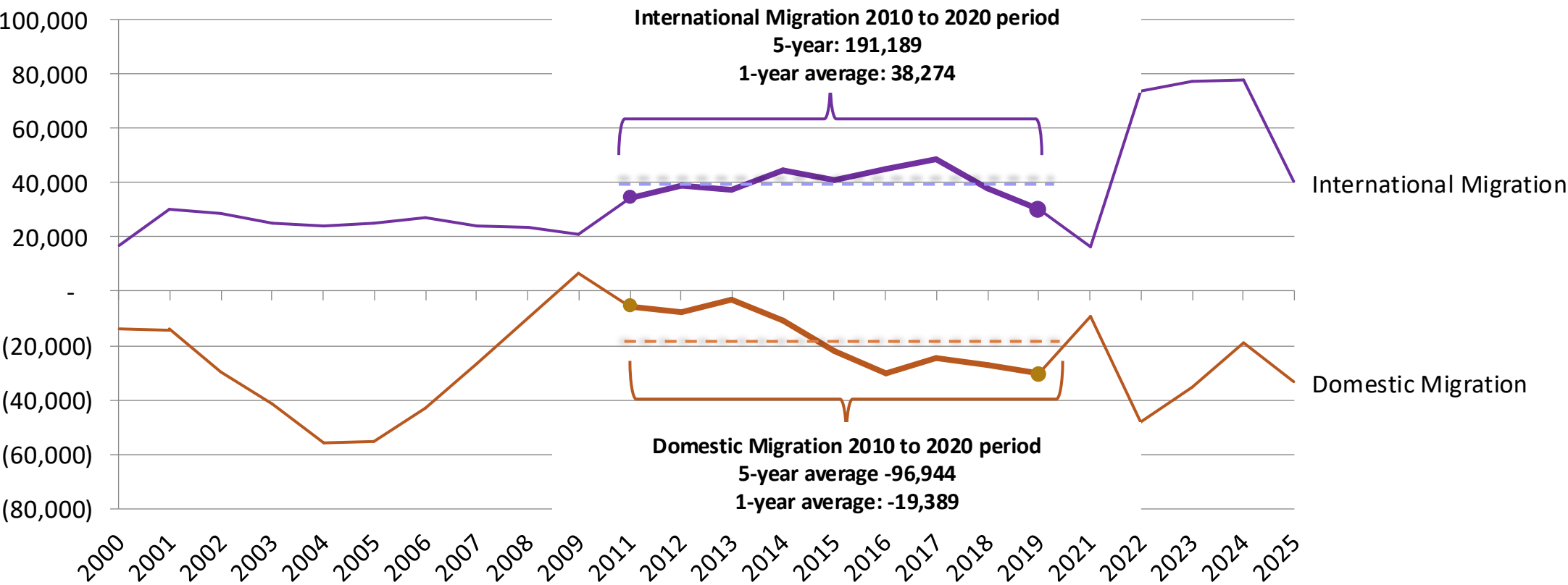
UMDI V2024_H2 Projection Series: Period of Migration

Scenario 1: Crisis as Usual & Scenario 2: A Sense of Normalcy



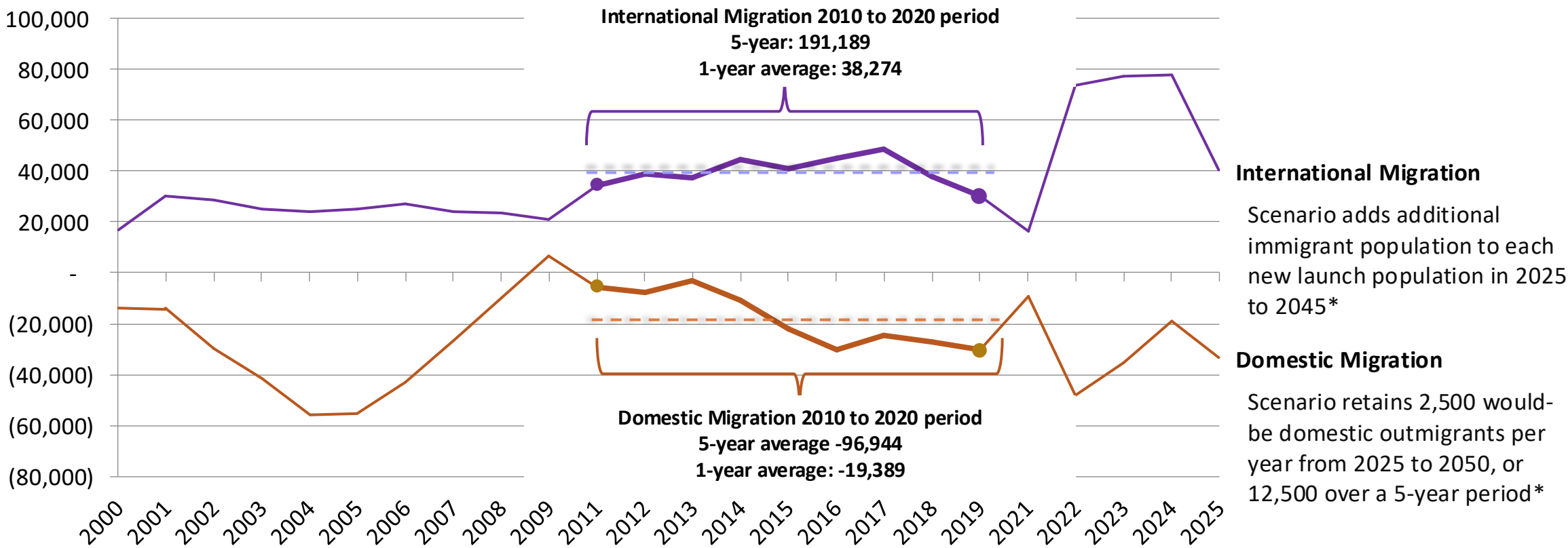
UMDI V2024_H1 Projection Series: Period of Migration

Scenario 3: “Competing and Growing”



UMDI V2024_H3 Projection Series: Period of Migration

Scenario 4: “Ready for What Comes”



Scenario 4: *Ready for What Comes*

Increase in Immigration over 2010-2019 Baseline by Period in CBO Immigration Estimates

Period	Percent Increase over 2010-2019 average
Baseline	5-year average 191,189 1-year average: 38,274
2021-2025	14,620 (5-year)
2026-2030	36%
2031-2035	22%
2036-2040	23%
2041-2045	25%
2046-2050	26%

Projected Immigration Estimates Sources

Baseline Immigration Levels	US Census Bureau Net International Migration 2010 to 2019
2021-2026	Estimation of Additional Migrant families based on State's emergency assistance program (EA) shelter applicants using shelter resident language and green card status statistics.
2026-2050	US Census Bureau Net International Migration 2010 to 2019 increased by the Congressional Budget Office immigration projections that are over and above immigration in years 2011 to 2020

Thank you!

For additional information:

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