

# U.S. Population Projections

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## State Interim Population Projections by Age and Sex: 2004 - 2030

The state population projections associated with this release were produced by the Population Division as an interim product consistent with the [U.S. interim projections](#) released in March 2004. The projections were produced for each of the 50 states and the District of Columbia by age and sex for the years 2001 to 2030, based on Census 2000 results, and the general assumption that recent state-specific trends in fertility, mortality, domestic migration, and international migration will continue. The projections to 2006 have been superseded by population estimates which are available on the [Estimates web site](#).

### Highlights (Press release)

- [News Release](#)
- [Table 1](#): Ranking of census 2000 and projected 2030 state population and change
- [Table 2](#): Percent distribution of projected population and change for regions and divisions
- [Table 3](#): Ranking of states by projected percent of population age 65 and over: 2000, 2010, and 2030
- [Table 4](#): Change in Total population and population 65 and older by state: 2000 to 2030
- [Table 5](#): Population under age 18 and 65 and older: 2000, 2010, and 2030
- [Table 6](#): Total population for regions, divisions, and states: 2000 to 2030
- [Table 7](#): Change in total population for regions, divisions, and states: 2000 to 2030
- [Figure 1](#): Percent change in population by region of the United States, 2000 to 2030
- [Figure 2](#): Numerical change in population by region by the United States, 2000 to 2030
- [Figure 3](#): Percent distribution of population growth by region of the United States: 2000 to 2030
- [Figure 4](#): Percent distribution of population by region of the United States, 2000 to 2030
- [Figure 5](#): Percent change in population by region of the United States for five-year periods: 2000 to 2030

### Summary tables of projections

- Table A1. The total population ([PDF](#)) or ([Excel](#))
- Table A2. The male population ([PDF](#)) or ([Excel](#))
- Table A3. The female population ([PDF](#)) or ([Excel](#))
- Table A4. The population by region and division ([PDF](#)) or ([Excel](#))
- Table B1. The total population by selected age groups ([PDF](#)) or ([Excel](#))
- Table B2. The male population by selected age groups ([PDF](#)) or ([Excel](#))
- Table B3. The female population by selected age groups ([PDF](#)) or ([Excel](#))
- Table C1. The selected age groups of total population by region and division ([PDF](#)) or ([Excel](#))
- Table C2. The selected age groups of male population by region and division ([PDF](#)) or ([Excel](#))
- Table C3. The selected age groups of female population by region and division ([PDF](#)) or ([Excel](#))

### Population pyramids and demographic summary indicators

- [States](#)
- [U.S. regions and divisions](#)

### Detailed Data Files

- [File layouts](#)
- File 1. Annual projections of total population, male, and female ([Excel](#)) or ([CSV](#))
- File 2. Annual projections by 5-year and selected age groups by sex ([Excel](#)) or ([CSV](#))

- File 3. Annual projections by single year of age ([Excel](#)) or ([CSV](#))
- File 4. Annual projections by single year of age by sex ([Excel](#)) or ([CSV](#))

## Methodology

- Methodology Summary for the Interim Population Projections for States by Age and Sex: 2004-2030
  - [Word Version](#) (.doc 39kb)
- Tables for Interim State Projections Methodology
  - Methodology Table 1 [Excel](#) or [CSV](#)
  - Methodology Table 2 [Excel](#) or [CSV](#)
  - Methodology Table 3 [Excel](#) or [CSV](#)
  - Methodology Table 4 [Excel](#) or [CSV](#)

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Source: U.S. Census Bureau, Population Division  
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Page Last Modified: August 28, 2008