



NPG 2025-2026 POPULATION FACT SHEET

Introduction to Students: Why Population Matters to You

From the moment you are born, you become a key participant in shaping the population dynamics of our country. Throughout your life, you will share in America's rich opportunities and help make our nation a better place to live. You will also compete for your individual portion of our country's limited resources.

Each step of the way, you will put your own personal imprint on our nation. And you will interact with hundreds of millions of fellow citizens who, like you, will be looking to enjoy a decent quality of life and pursue the American Dream.

The results of the 2020 U.S. Census found that America's population stood at 331.4 million people as of April 1, 2020. As you read this 2025 Population Fact Sheet, more than 10 million people have been added to that figure. By 2060, the U.S. population is projected to reach 364 million – a number that will create a far different quality of life than we all currently enjoy. This growth is unsustainable in the long term.

The information below is provided to stimulate discussion about population growth and to help you understand the dangers of our ever-increasing population.

Remember, you are part of a generation that has much to gain by advocating for responsible and sound population policies today.

World Population:

- ◀ The United Nations estimated world population reached 6 billion in 1999, 7 billion in 2011, and 8 billion in 2022. The UN now projects world population will grow to a peak of about 10.3 billion by the mid-2080s. It is very difficult to know for certain as many countries currently have very high fertility rates. Experts believe fertility rates in these countries will begin to fall – it is just a matter of when and by how much. It will take several generations of greatly reduced fertility rates to see a decrease in the population.

U.S. Population Info:

- ◀ With more than 342 million people, the United States ranks as the third most populated country in the world behind China and India.
- ◀ America's population increased by 22.7 million people between 2010 and 2020. We added a city roughly the size of Houston, TX to our population every year during that time. On average, about 6,200 new people were added to the United States each day between 2010 and 2020.
- ◀ The 5 fastest growing states in the U.S. between 2010 and 2020 were: Utah, Idaho, Texas, North Dakota, and Nevada.
- ◀ According to the U.S. Census Bureau, one birth currently occurs every 8 seconds in the U.S., and one death every 11 seconds. When immigration is factored in to the equation, the Census Bureau estimates that our population grows by one new person every 14 seconds. (Figures from September 3, 2025)

Environment and Habitat:

- ◀ Despite making strides to protect our fragile environment in recent years, evidence exists that the impact of population growth is negating many environmental victories.
- ◀ U.S. coastal areas have the highest population density in the country, and continued development puts coastal habitats at even greater risk.
- ◀ Numerous fish and wildlife species as well as their habitats (in areas such as the Great Lakes Basin, Lake Mead, Lake Powell, the Everglades, and the Chesapeake Bay), face serious threats.
- ◀ Increased population greatly contributes to climate change, leading to more extreme weather patterns including hurricanes, flooding, and droughts.

Farmland:

- ◀ One U.S. farm feeds 169 people annually in the U.S. and abroad. The global population is expected to increase by at least 2 billion by 2080, which means the world's farmers will have to grow even more food to provide for more and more people.
- ◀ America is losing 2,000 acres of agricultural land every day to development such as new housing and shopping centers.

Energy:

- ◀ In 2022, the United States was the world's second-largest energy consumer in terms of total use.
- ◀ In 2023, U.S. energy was derived from: Petroleum (38%), Natural Gas (36%), Coal (9%), Nuclear Power (9%), and Renewable Sources – including Solar, Wind, Biofuels, and Hydroelectric which make up about 9%.

Water:

Water is essential for all life – human, animal, and plant. It's needed to run businesses, farms, and factories. Much of America's water supply is contained in large underground aquifers. As our nation's population grows, so does the demand for water.

- ◀ According to the Environmental Protection Agency, the average American family uses more than 300 gallons of water every day.
- ◀ In addition to household use, water is needed to irrigate crops, for business and industrial needs, and for fire departments to protect their communities.

Future water supplies are among the most worrisome issues as our population grows. Droughts are frequent, and population growth in the western U.S. is causing new problems as cities and states compete for dwindling water resources.

What You Can Do to Protect Your Future

In America, there is a huge price to pay if our population numbers spin out of control. Make yourself aware of this growing crisis every day by watching the news and following online stories about population numbers and growth, especially regarding problems right in your own hometown.

We already have *too many people* in many of our communities, contributing to critical problems such as crowded schools and hospitals, traffic gridlock, and economic uncertainties. Other serious damage that is not as visible includes: competing for limited fresh water, increasing demand for energy, air pollution, the loss of open space, forest and farmland depletion, and destruction of America's fragile environment.

It is vitally important that our country's leaders – on the federal, state, and local levels – take steps to halt and reverse today's soaring population growth and help restore our population to a sustainable size.

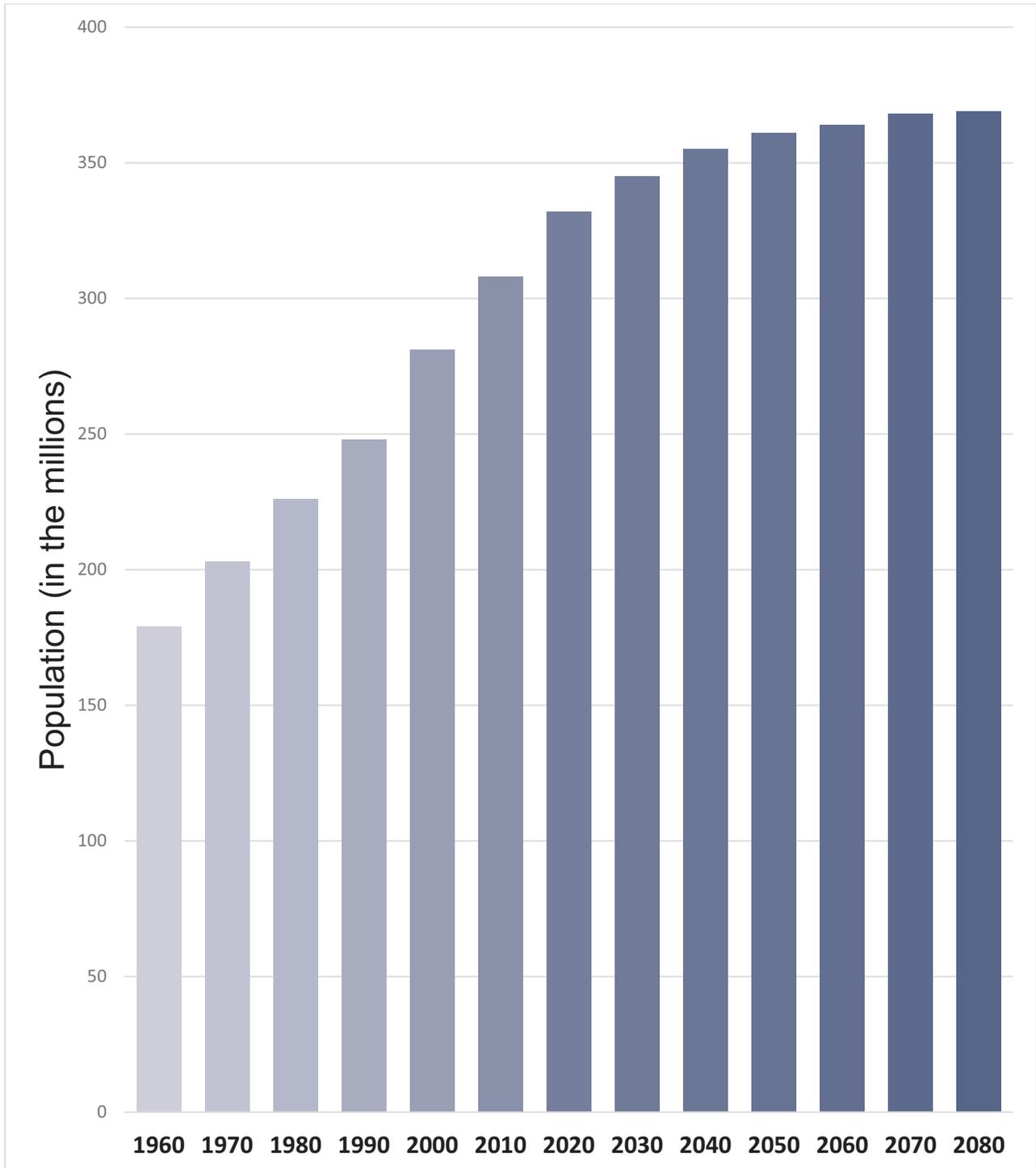
As part of a generation that has everything to lose if our nation continues to ignore our population problems, it is important that you speak up and get involved. America's future depends on your demand for responsible and sound population policies that shape a more livable nation.

Negative Population Growth (NPG) is a national nonprofit membership organization founded in 1972 to educate American citizens and legislators regarding the detrimental effects of overpopulation on our environment, resources, and quality of life. NPG advocates a smaller and truly sustainable United States population, accomplished through voluntary incentives for smaller families and reduced immigration levels. For additional information about population issues, please visit our website at www.NPG.org.

POPULATION BY STATE 1990-2020

	U.S. Census 1990	U.S. Census 2000	U.S. Census 2010	U.S. Census 2020
Alabama	4,040,587	4,447,100	4,779,736	5,024,279
Alaska	550,043	626,932	710,231	733,391
Arizona	3,665,228	5,130,632	6,392,017	7,151,502
Arkansas	2,350,725	2,673,400	2,915,918	3,011,524
California	29,760,021	33,871,648	37,253,956	39,538,223
Colorado	3,294,394	4,301,261	5,029,196	5,773,714
Connecticut	3,287,116	3,405,565	3,574,097	3,605,944
Delaware	666,168	783,600	897,934	989,948
District of Columbia	606,900	572,059	601,723	689,545
Florida	12,937,926	15,982,378	18,801,310	21,538,187
Georgia	6,478,216	8,186,453	9,687,653	10,711,908
Hawaii	1,108,229	1,211,537	1,360,301	1,455,271
Idaho	1,006,749	1,293,953	1,567,582	1,839,106
Illinois	11,430,602	12,419,293	12,830,632	12,812,508
Indiana	5,544,159	6,080,485	6,483,802	6,785,528
Iowa	2,776,755	2,926,324	3,046,355	3,190,369
Kansas	2,477,574	2,688,418	2,853,118	2,937,880
Kentucky	3,685,296	4,041,769	4,339,367	4,505,836
Louisiana	4,219,973	4,468,976	4,533,372	4,657,757
Maine	1,227,928	1,274,923	1,328,361	1,362,359
Maryland	4,781,468	5,296,486	5,773,552	6,177,224
Massachusetts	6,016,425	6,349,097	6,547,629	7,029,917
Michigan	9,295,297	9,938,444	9,883,640	10,077,331
Minnesota	4,375,099	4,919,479	5,303,925	5,706,494
Mississippi	2,573,216	2,844,658	2,967,297	2,961,279
Missouri	5,117,073	5,595,211	5,988,927	6,154,913
Montana	799,065	902,195	989,415	1,084,225
Nebraska	1,578,385	1,711,263	1,826,341	1,961,504
Nevada	1,201,833	1,998,257	2,700,551	3,104,614
New Hampshire	1,109,252	1,235,786	1,316,470	1,377,529
New Jersey	7,730,188	8,414,350	8,791,894	9,288,994
New Mexico	1,515,069	1,819,046	2,059,179	2,117,522
New York	17,990,455	18,976,457	19,378,102	20,201,249
North Carolina	6,628,637	8,049,313	9,535,483	10,439,388
North Dakota	638,800	642,200	672,591	779,094
Ohio	10,847,115	11,353,140	11,536,504	11,799,448
Oklahoma	3,145,585	3,450,654	3,751,351	3,959,353
Oregon	2,842,321	3,421,399	3,831,074	4,237,256
Pennsylvania	11,881,643	12,281,054	12,702,379	13,002,700
Rhode Island	1,003,464	1,048,319	1,052,567	1,097,379
South Carolina	3,486,703	4,012,012	4,625,364	5,118,425
South Dakota	696,004	754,844	814,180	886,667
Tennessee	4,877,185	5,689,283	6,346,105	6,910,840
Texas	16,986,510	20,851,820	25,145,561	29,145,505
Utah	1,722,850	2,233,169	2,763,885	3,271,616
Vermont	562,758	608,827	625,741	643,077
Virginia	6,187,358	7,078,515	8,001,024	8,631,393
Washington	4,866,692	5,894,121	6,724,540	7,705,281
West Virginia	1,793,477	1,808,344	1,852,994	1,793,716
Wisconsin	4,891,769	5,363,675	5,686,986	5,893,718
Wyoming	453,588	493,782	563,626	576,851
Total United States	248,709,873	281,421,906	308,745,538	331,449,281

UNITED STATES POPULATION 1960 - 2080



The above bar graph reflects America's population growth and projections for the years 1960 to 2080, using the Main Series of population projections from the U.S. Census Bureau. Depending on future immigration trends, total U.S. population in 2080 could be as high as 421 million or as low as 265 million.