



## **Population Change in North Carolina**

*Implications for Workforce Development*

**Governor's Council on Workforce  
and Apprenticeships**

April 28, 2025

Raleigh, NC

*Mike Cline, PhD  
State Demographer*

Integrity

Innovation

Teamwork

Excellence



## What Does the State Demographer Do?

- **Certified Municipal & County Population Estimates (Annual)**
- **Official State & County Population Projections**
- **Demographic analyses**
  - **Governor's Budget ([2025 Population Dynamics](#))**
  - **State Agencies**
- **Demographic Education**
- **Assist Census Bureau (Fed-State Cooperative)**
  - **Population & Housing Unit Estimates**
  - **Decennial, ACS, Other**



<https://www.osbm.nc.gov/facts-figures/population-demographics>



## Largest Population Gains, 2020 - 2024

State	Population as of:		Population Change	
	April 1, 2020	July 1, 2024	Numeric	Percent
United States	331,515,736	340,110,988	8,595,252	2.6
Texas	29,149,458	31,290,831	2,141,373	7.3
Florida	21,538,192	23,372,215	1,834,023	8.5
<b>North Carolina</b>	<b>10,441,499</b>	<b>11,046,024</b>	<b>604,525</b>	<b>5.8</b>
Georgia	10,713,755	11,180,878	467,123	4.4
Arizona	7,158,110	7,582,384	424,274	5.9
South Carolina	5,118,252	5,478,831	360,579	7.0
Tennessee	6,912,347	7,227,750	315,403	4.6
Washington	7,707,586	7,958,180	250,594	3.3
Utah	3,271,608	3,503,613	232,005	7.1
New Jersey	9,289,014	9,500,851	211,837	2.3

Source: US Census Bureau, Population Estimates, Vintage 2024.



## Largest Population Gains, 2010 - 2020

Geographic Area	April 1 Census Count		Change 2010-20	
	2010	2020	Number	Percent
United States	308,745,538	331,449,281	22,703,743	7.4%
Texas	25,145,561	29,145,505	3,999,944	15.9%
Florida	18,801,310	21,538,187	2,736,877	14.6%
California	37,253,956	39,538,223	2,284,267	6.1%
Georgia	9,687,653	10,711,908	1,024,255	10.6%
Washington	6,724,540	7,705,281	980,741	14.6%
<b>North Carolina</b>	<b>9,535,483</b>	<b>10,439,388</b>	<b>903,905</b>	<b>9.5%</b>
New York	19,378,102	20,201,249	823,147	4.2%
Arizona	6,392,017	7,151,502	759,485	11.9%
Colorado	5,029,196	5,773,714	744,518	14.8%
Virginia	8,001,024	8,631,393	630,369	7.9%

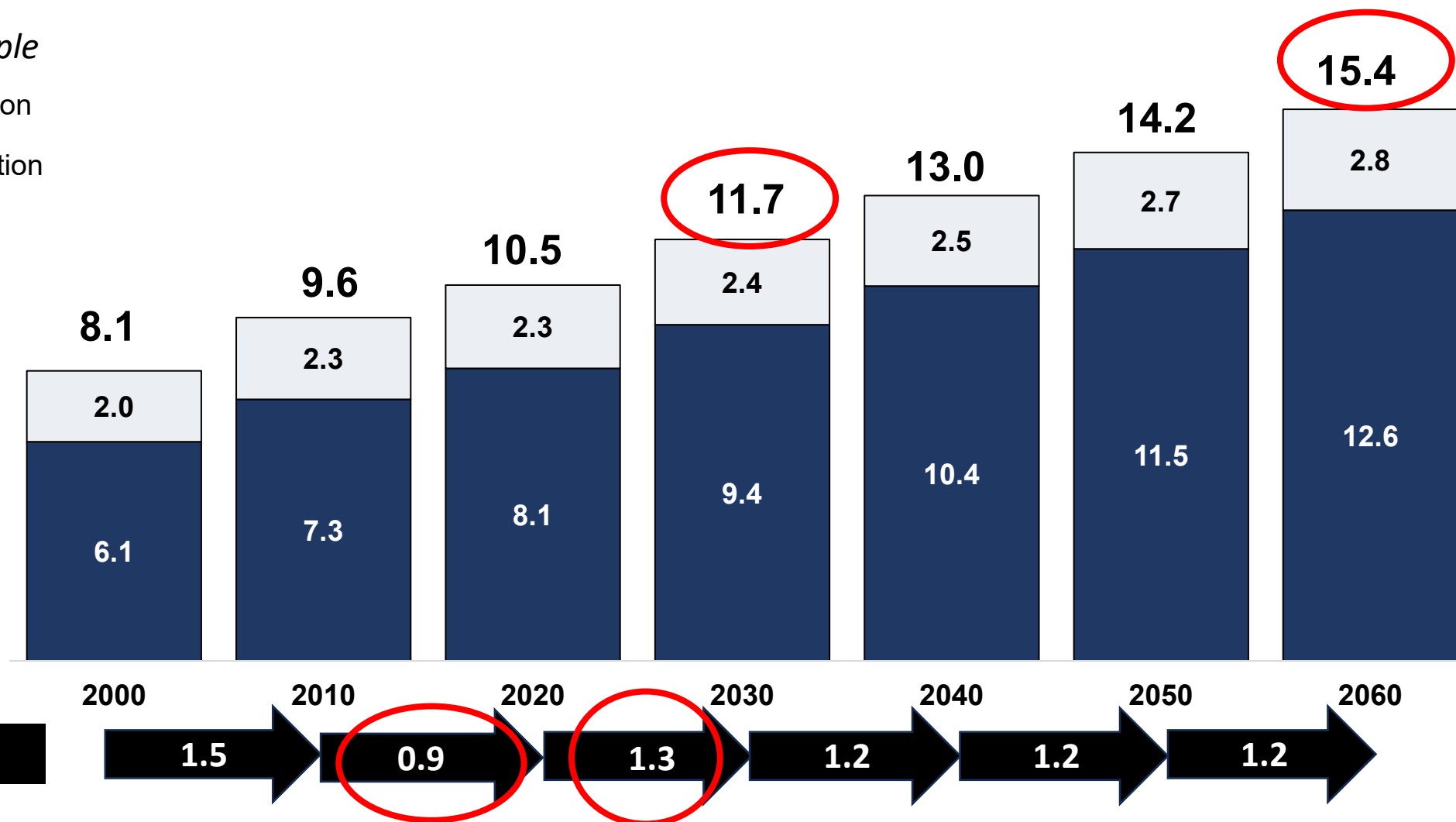
Source: US Census Bureau, 2010 & 2020 Census



# Past and Future North Carolina Resident Population

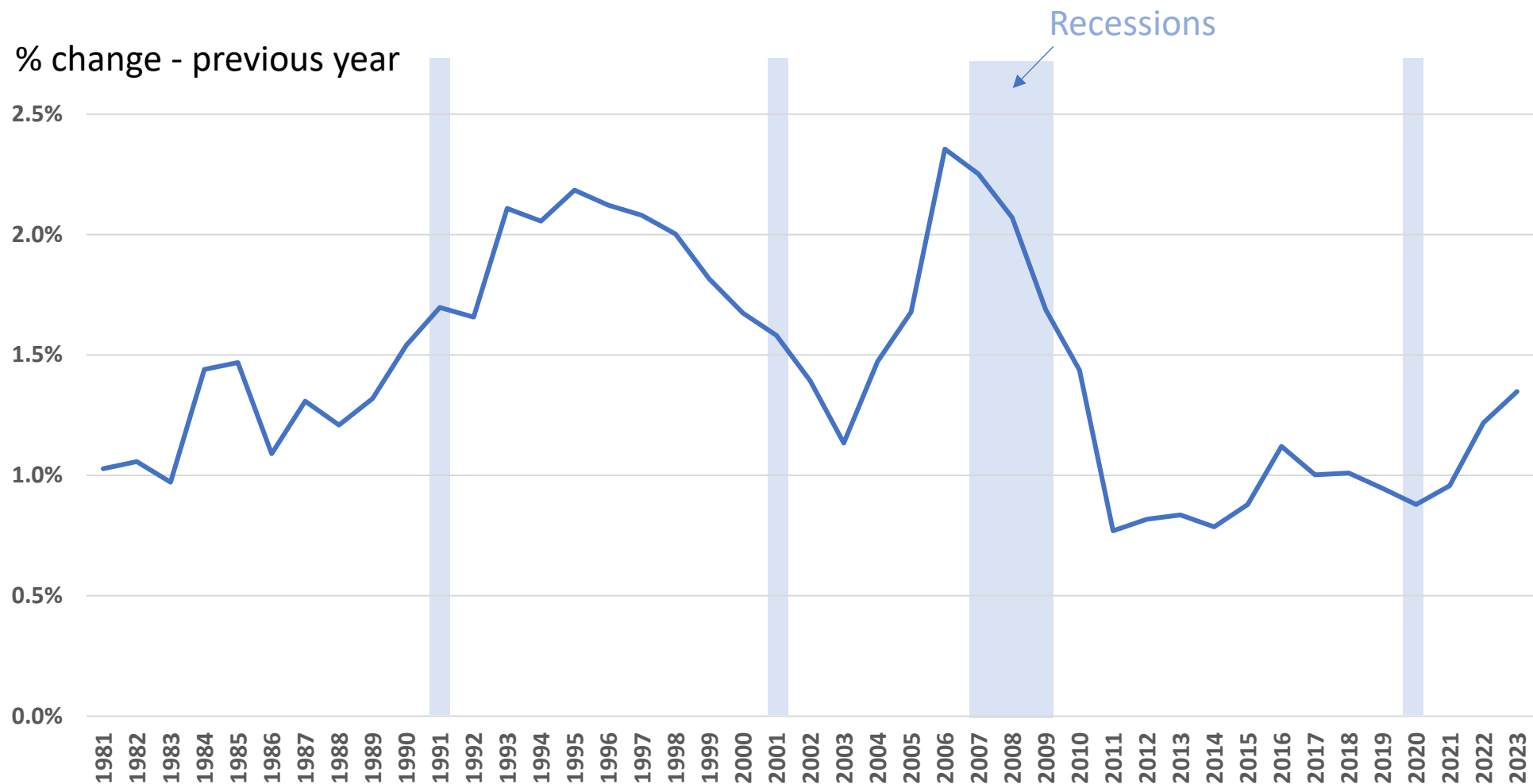
*Millions of People*

- Childhood Population
- Voting Age Population



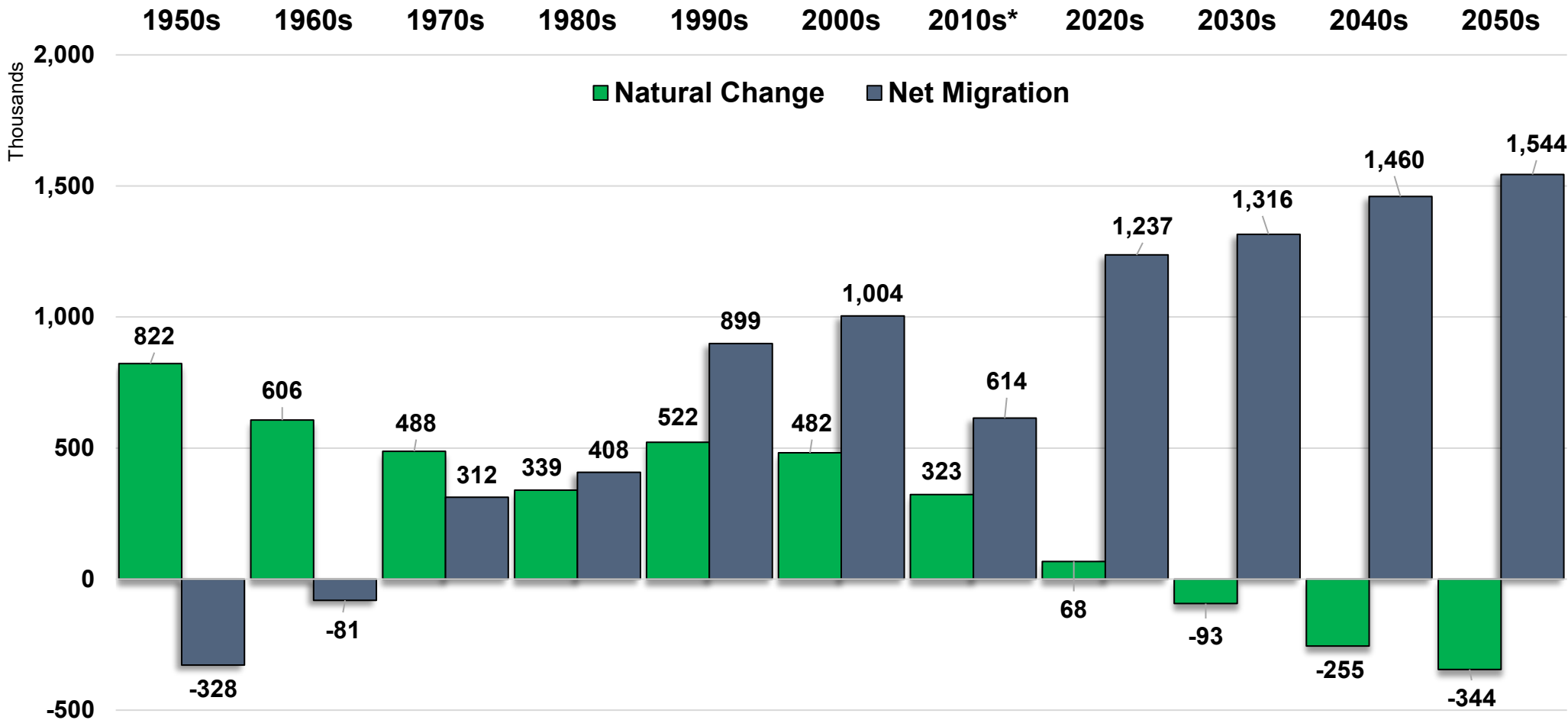


# Annual Percent Population Change, 1981 - 2023





# Migration Will Account for Almost ALL Population Growth in the Future



Source: Derived from Age-Specific Net Migration Estimates for US Counties, 1950-2010. Applied Population Laboratory, UW-Madison and NC OSBM Population Estimates, Vintage 2023 and Population Projections, 2024.

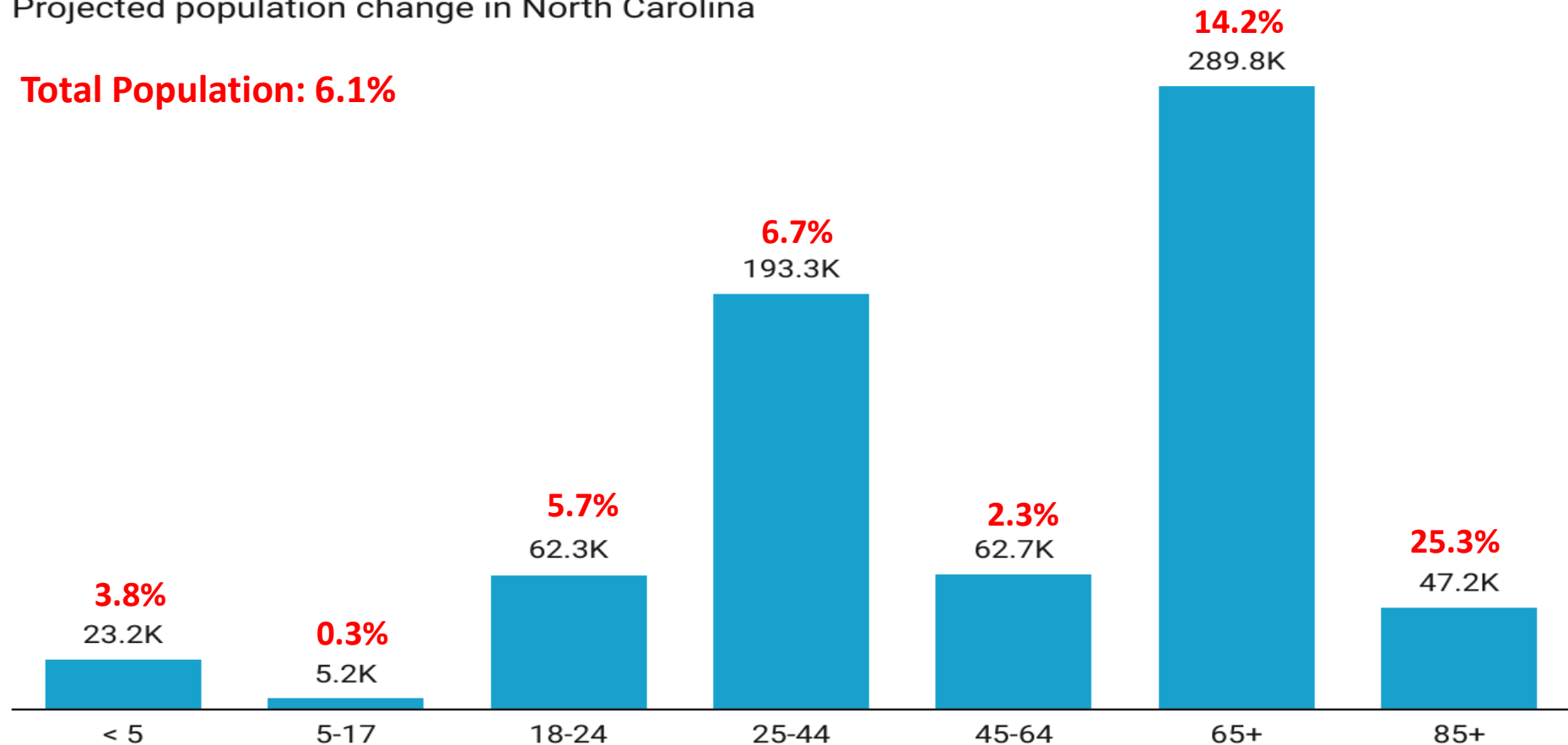


## Older Population Growing at More the Double the Rate of the Total Population

### Change by Age Group, 2025-30

Projected population change in North Carolina

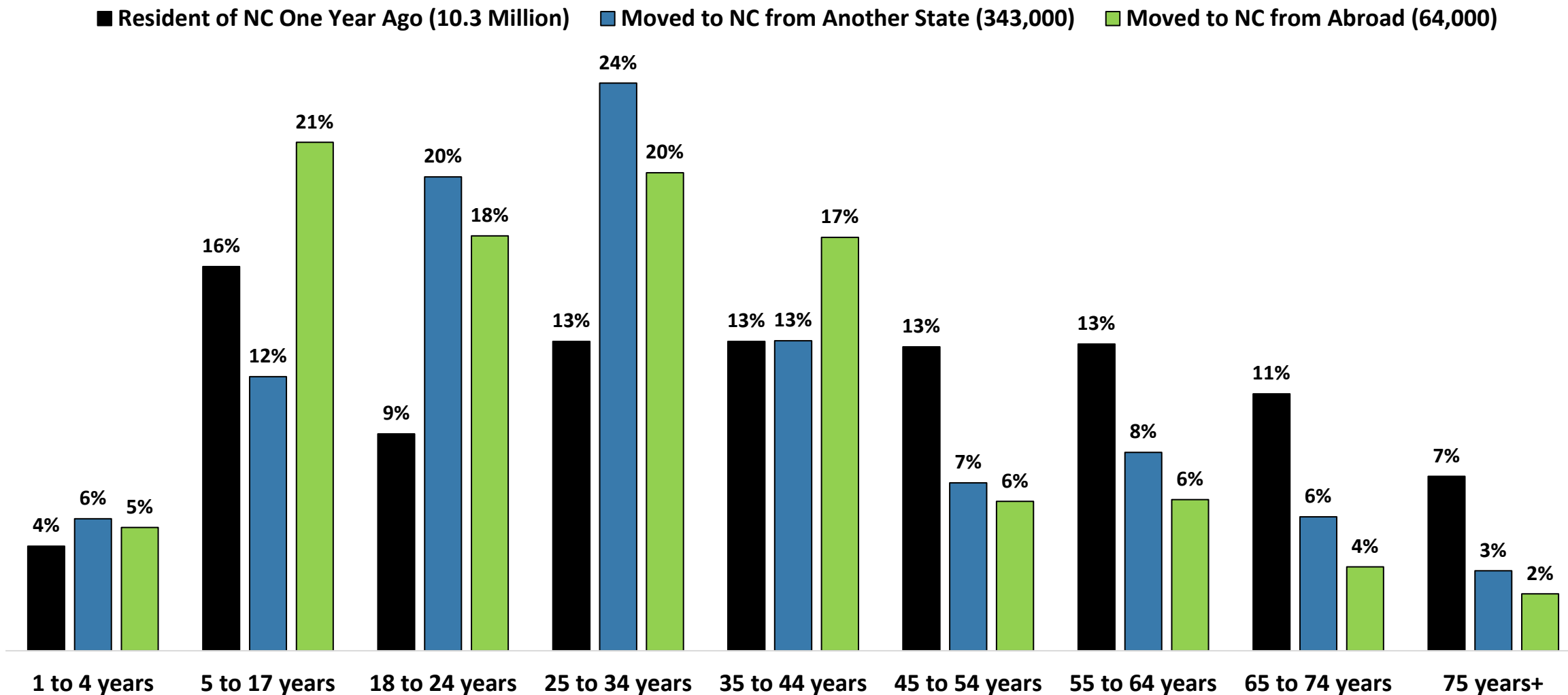
**Total Population: 6.1%**



Source: NC OSBM, Population Projections, Vintage 2024 • Created with Datawrapper



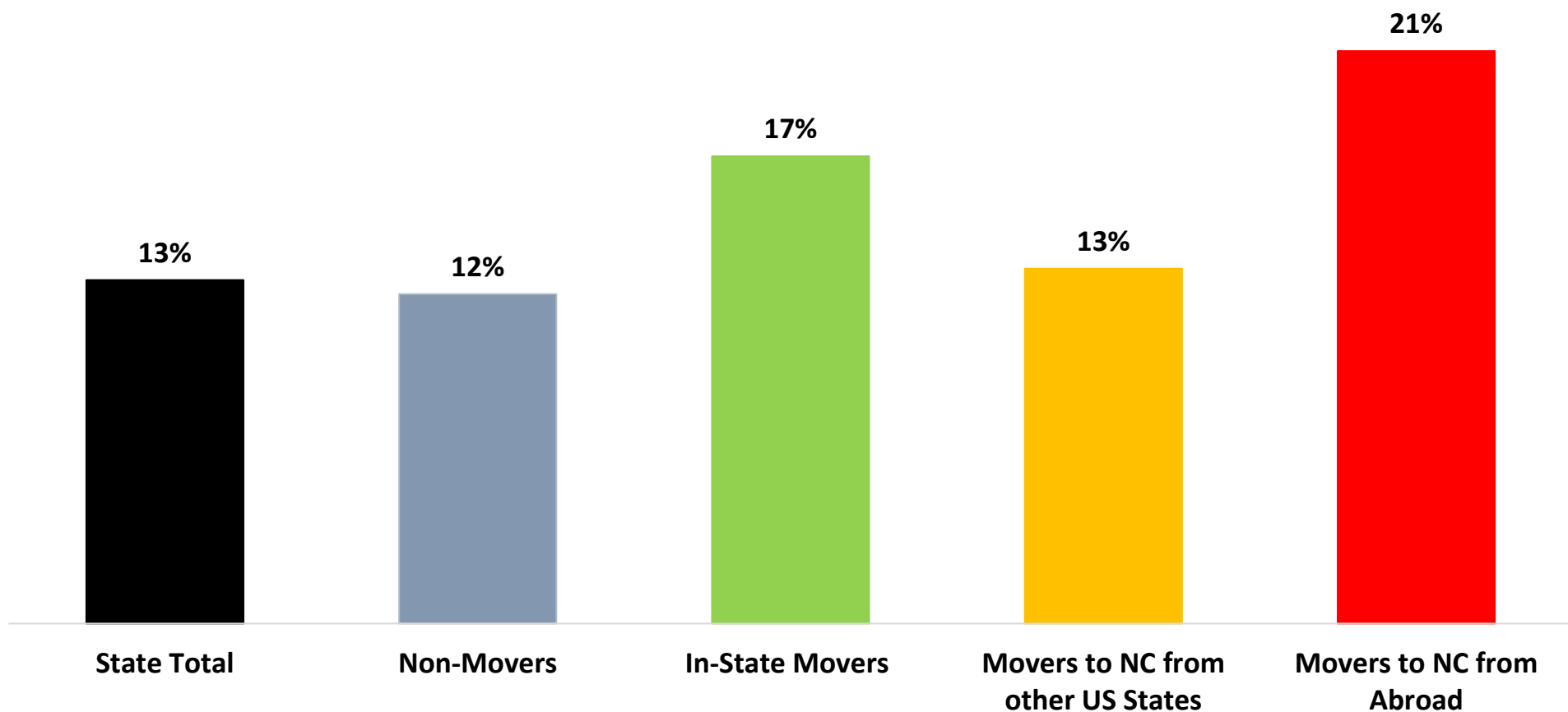
## Population by Age (%) and Migration Status and Origin, 2023



Source: U.S. Census Bureau, American Community Survey, 2023 1-Year Estimates



## Poverty Rate by Migration Status and Origin, 2023

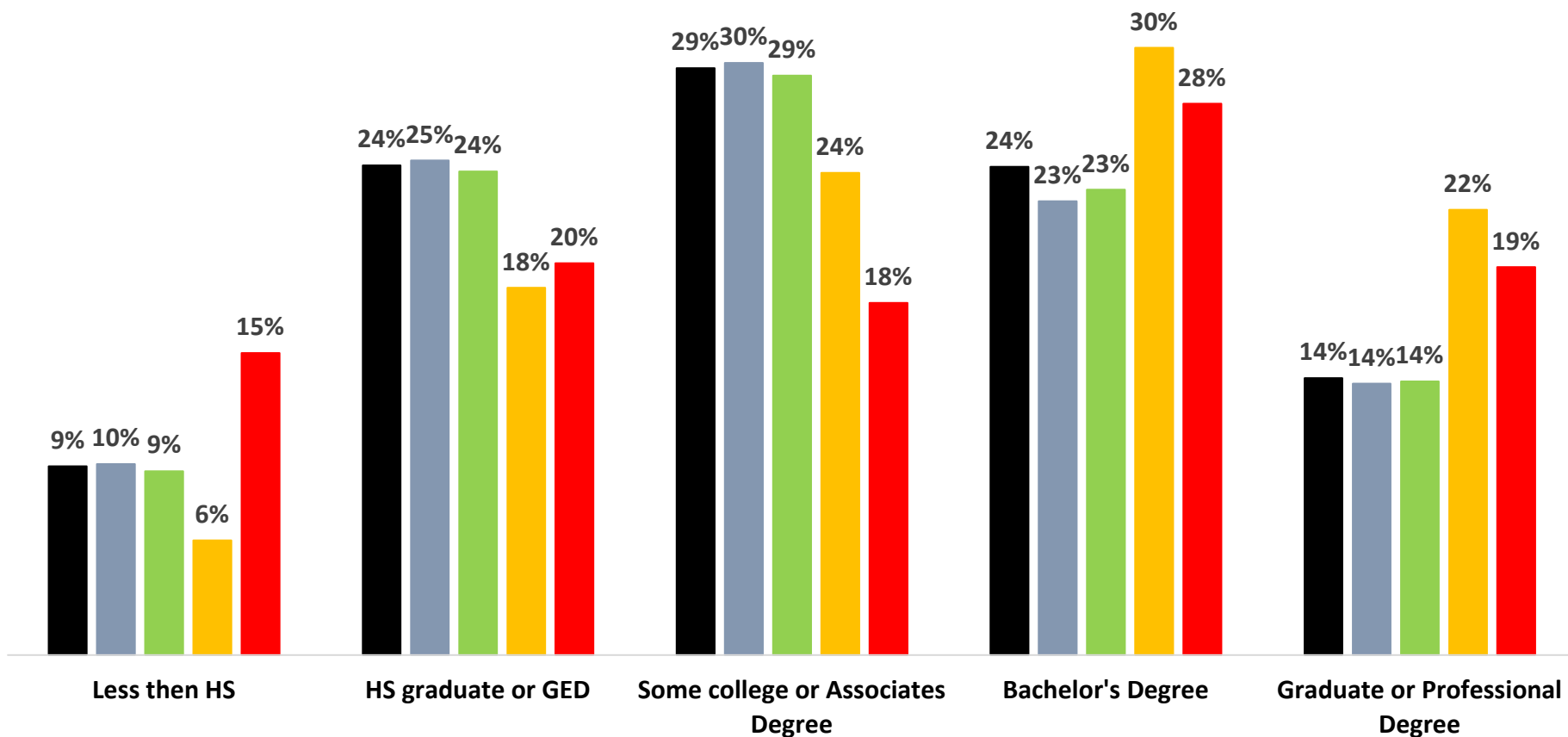


Source: U.S. Census Bureau, American Community Survey, 2023 1-Year Estimates



## Educational Attainment by Migration Status and Origin for Population 25 and Older, 2023

■ State Total ■ Non-Movers ■ In-State Movers ■ Movers to NC from other US States ■ Movers to NC from Abroad



Source: U.S. Census Bureau, American Community Survey, 2023 1-Year Estimates



## Charlotte & Raleigh Among Fastest Growing Large Cities in the United States

Rank		Decade Population Growth				
% Growth*	Population Size	City	2020 Population	1990-2000	2000-2010	2010-2020
1	13	Fort Worth	918,915	19.5%	38.6%	24.0%
2	11	Austin	961,855	41.0%	20.4%	21.7%
3	18	Seattle	737,015	9.1%	8.0%	21.1%
4	16	Charlotte	874,579	36.6%	35.2%	19.6%
5	19	Denver	715,522	18.6%	8.2%	19.2%
6	38	Omaha	486,051	16.1%	4.9%	18.9%
7	50	Aurora, CO	386,261	24.4%	17.6%	18.8%
8	37	Atlanta	498,715	5.7%	0.8%	18.7%
9	22	Oklahoma City	681,054	13.8%	14.6%	17.4%
10	47	Bakersfield	403,455	41.3%	40.6%	16.1%
11	40	Raleigh	467,665	32.8%	46.3%	15.8%
12	12	Jacksonville	949,611	15.8%	11.7%	15.6%
13	14	Columbus	905,748	12.4%	10.6%	15.1%
14	39	Colorado Springs	478,961	28.4%	15.4%	15.0%
15	36	Mesa	504,258	37.6%	10.8%	14.9%
16	21	Nashville	689,447	11.7%	10.2%	14.7%
17	20	Washington DC	689,545	-5.7%	5.2%	14.6%
18	44	Oakland	440,646	7.3%	-2.2%	12.8%
19	34	Sacramento	524,943	10.2%	14.6%	12.5%
20	45	Minneapolis	429,954	3.9%	0.0%	12.4%

\*Rank among 50 largest cities in the U.S.

Source: Brookings Institution Analysis of 1990, 2000, 2010 and 2020 US Census

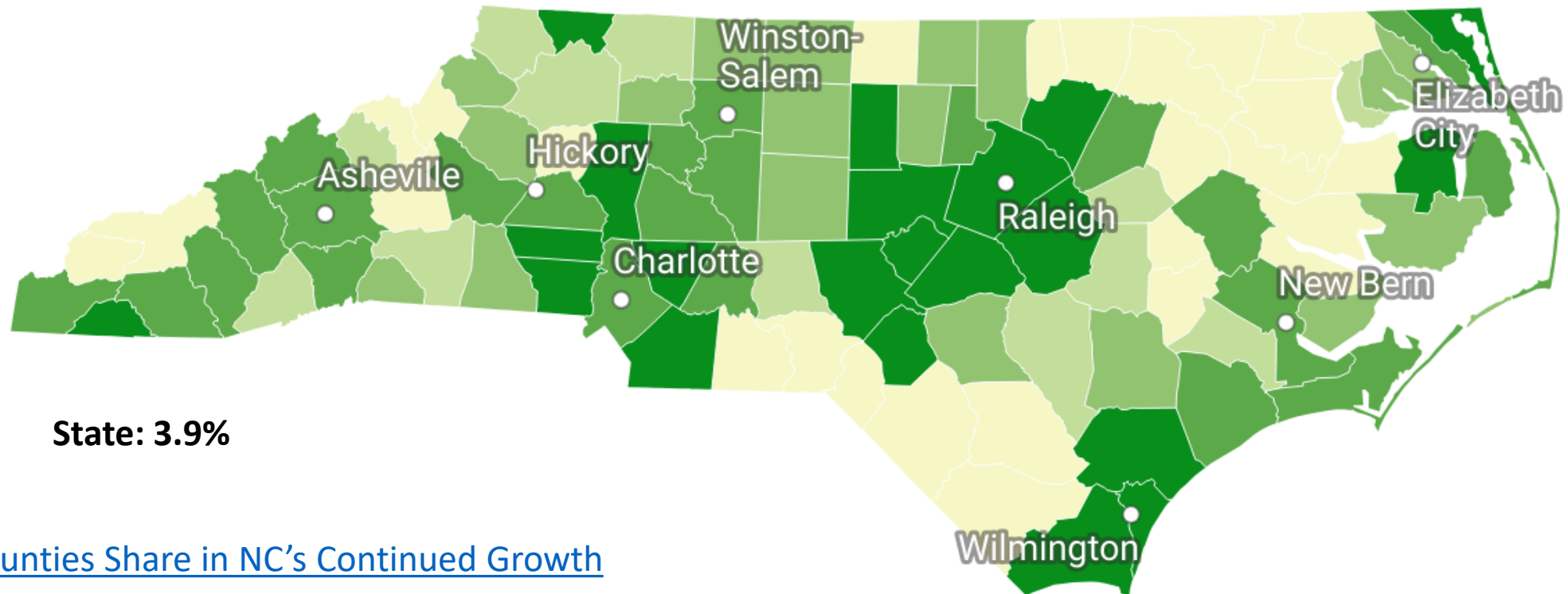
[2020 Census: Big cities grew and became more diverse, especially among their youth \(brookings.edu\)](https://www.brookings.edu/research/2020-census-big-cities-grew-and-became-more-diverse-especially-among-their-youth/)

# Population Percent Change, 2020 - 2023

Change from April 1, 2020 - July 1, 2023

## Percent Change

< 0   0-1   1-3   3-5    $\geq 5$



[Most Counties Share in NC's Continued Growth](#)

[North Carolina Counties Bests Trends in the South and Nation](#)

Map: NC Office of State Budget & Management • Source: NC OSBM Standard & Revised Population Estimates, Vintage 2023 • Created with Datawrapper

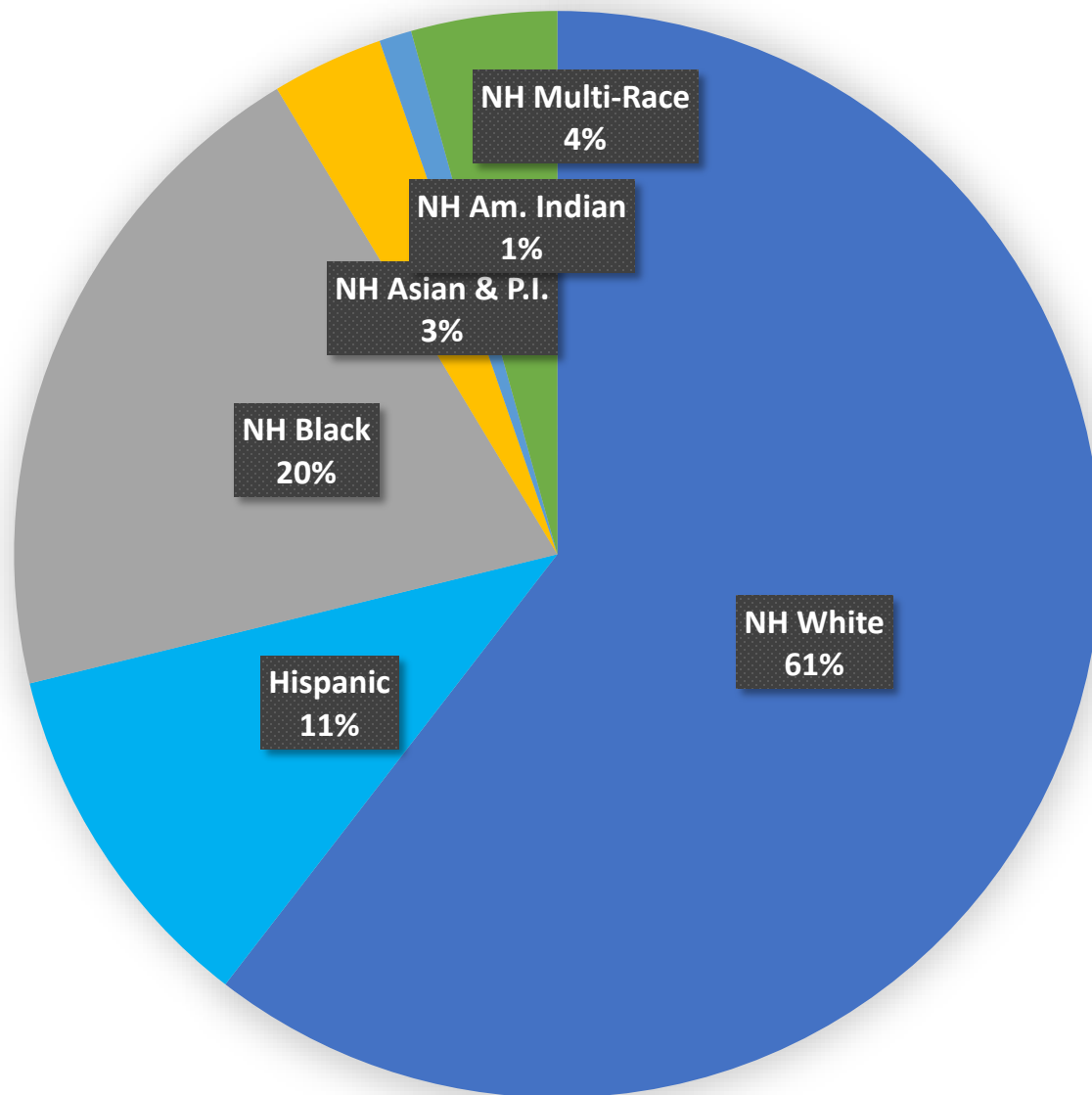


## Population Change Among Key Workforce Age Groups by Region, 2020 - 2040

Region	Population				Numeric Change			Percent Change		
	2020	2025	2030	2040	2020-25	2025-30	2025-40	2020-25	2025-30	2025-40
Age 16 to 24										
State	1,254,656	1,385,305	1,440,736	1,449,660	130,649	55,431	64,355	10.4	4.0	4.6
Eastern North Carolina	360,674	387,299	403,264	408,522	26,625	15,965	21,223	7.4	4.1	5.5
Central North Carolina	671,784	755,557	784,782	794,509	83,773	29,225	38,952	12.5	3.9	5.2
Western North Carolina	222,198	242,449	252,690	246,629	20,251	10,241	4,180	9.1	4.2	1.7
Age 25 to 34										
State	1,403,077	1,425,273	1,477,168	1,700,235	22,196	51,895	274,962	1.6	3.6	19.3
Eastern North Carolina	375,483	380,621	374,302	423,427	5,138	(6,319)	42,806	1.4	-1.7	11.2
Central North Carolina	783,023	789,685	848,529	989,248	6,662	58,844	199,563	0.9	7.5	25.3
Western North Carolina	244,571	254,967	254,337	287,560	10,396	(630)	32,593	4.3	-0.2	12.8
Age 35 to 44										
State	1,320,932	1,448,234	1,589,635	1,695,310	127,302	141,401	247,076	9.6	9.8	17.1
Eastern North Carolina	336,049	370,519	404,891	406,436	34,470	34,372	35,917	10.3	9.3	9.7
Central North Carolina	745,067	816,205	893,916	990,483	71,138	77,711	174,278	9.5	9.5	21.4
Western North Carolina	239,816	261,510	290,828	298,391	21,694	29,318	36,881	9.0	11.2	14.1
Age 45 to 64										
State	2,713,556	2,756,244	2,818,957	3,181,654	42,688	62,713	425,410	1.6	2.3	15.4
Eastern North Carolina	701,994	691,760	693,548	785,315	(10,234)	1,788	93,555	-1.5	0.3	13.5
Central North Carolina	1,442,068	1,502,284	1,569,995	1,795,131	60,216	67,711	292,847	4.2	4.5	19.5
Western North Carolina	569,494	562,200	555,414	601,208	(7,294)	(6,786)	39,008	-1.3	-1.2	6.9



## North Carolina's Population Becoming More Racially/Ethnically Diverse

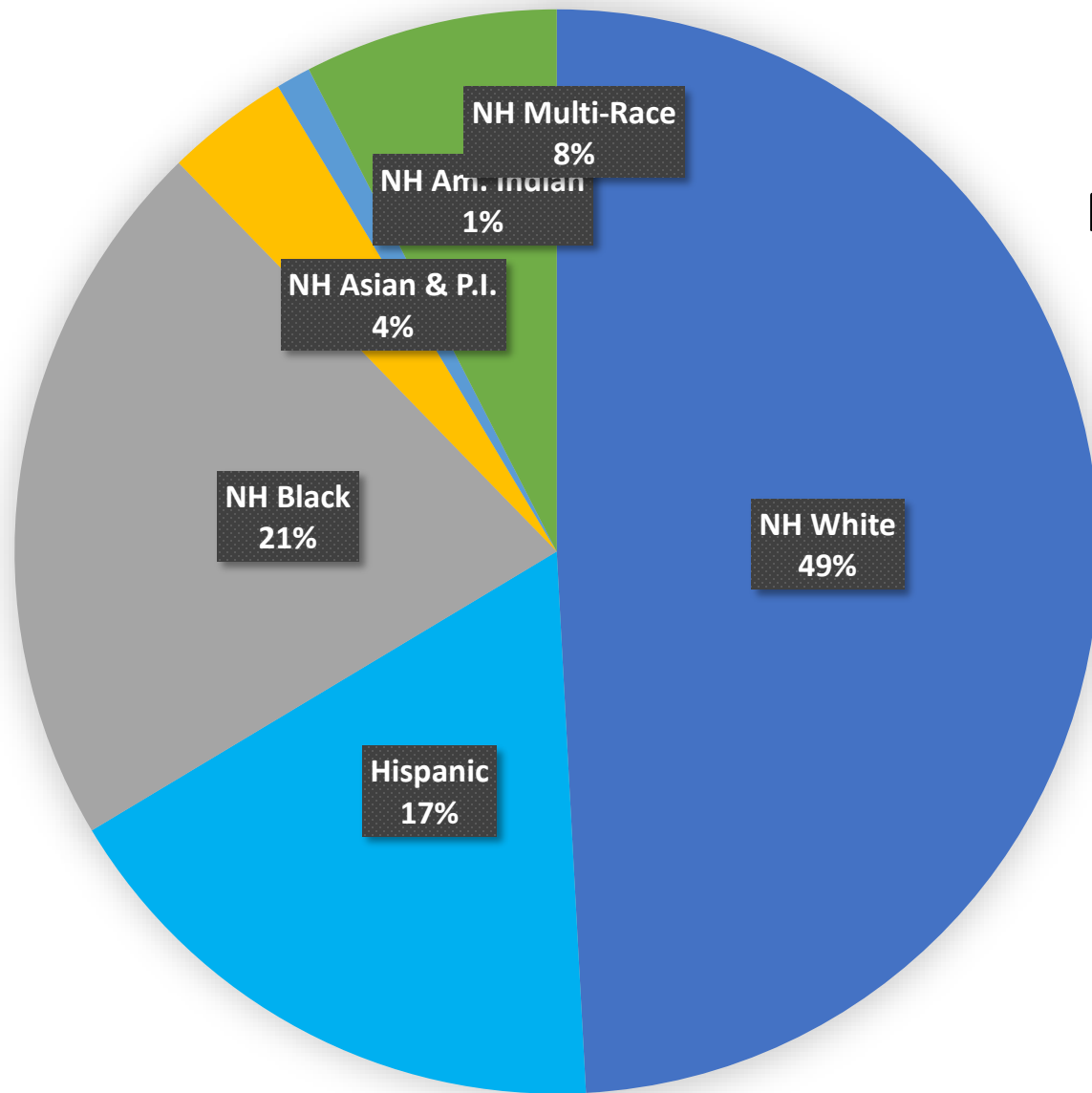


**North Carolina Population in 2020:  
10.4 Million**

Source: US Census Bureau, 2020 Census



## North Carolina's Children – Picture of the Future

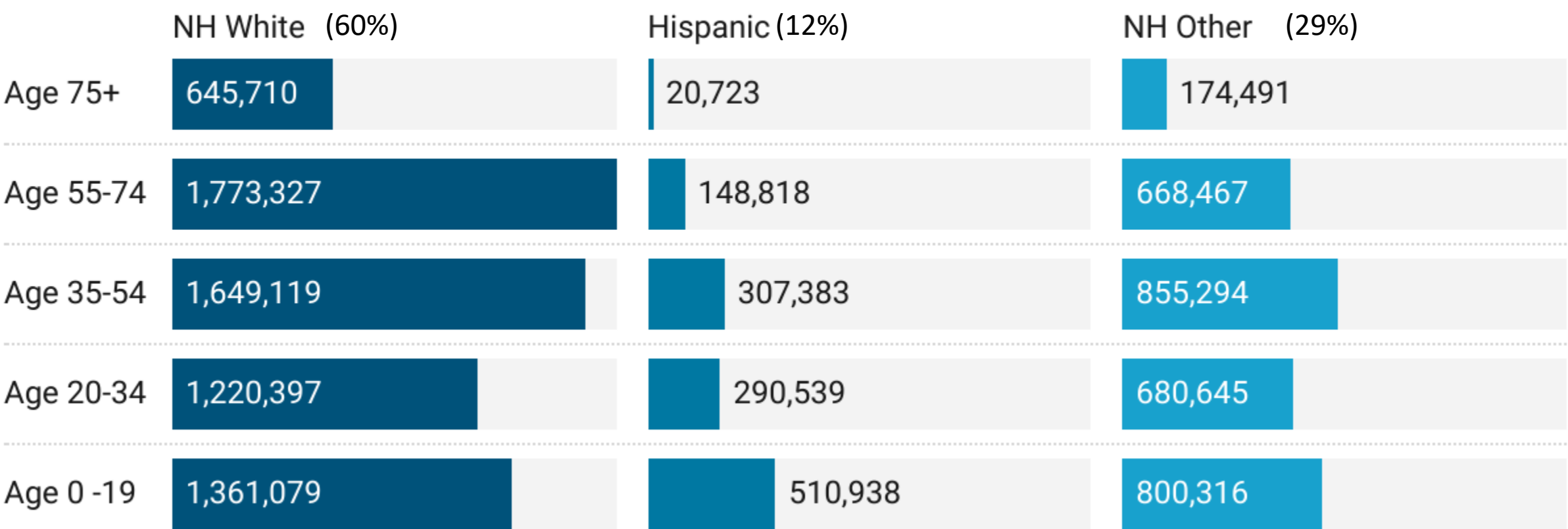


**North Carolina <18 Population in 2020:  
2.3 Million**



# North Carolina Population by Race/Ethnicity, 2025

Projected Population as of July 1, 2025

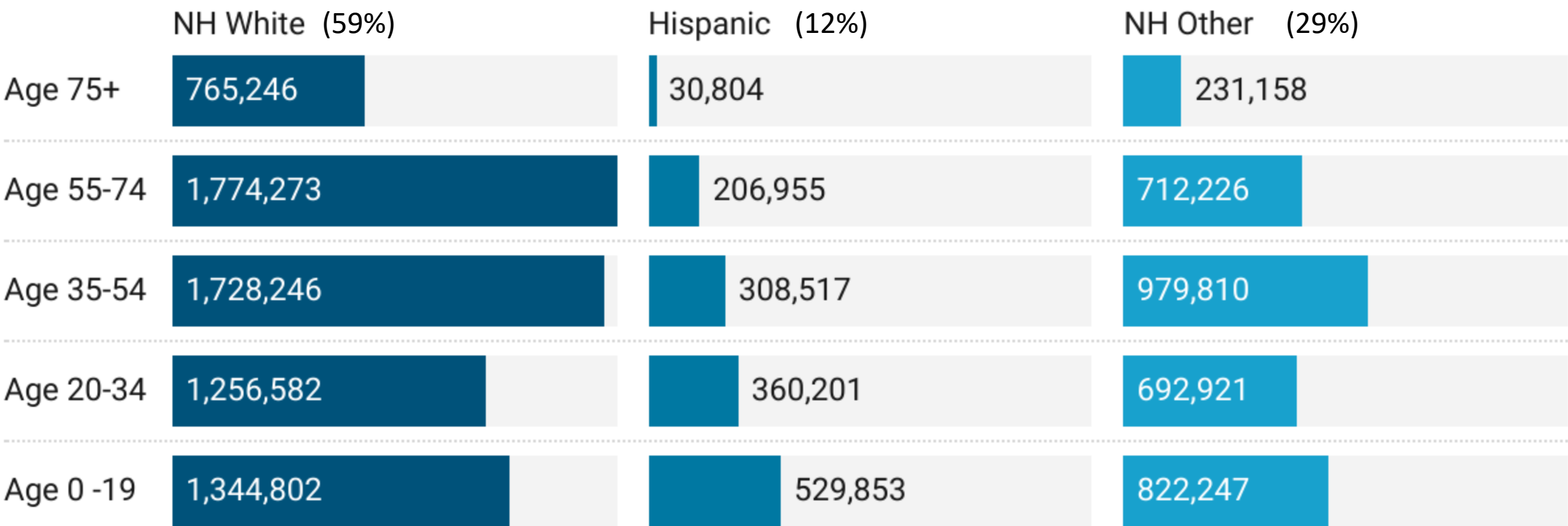


Source: NC OSBM Population Projections, Vintage 2024 • Created with Datawrapper



# North Carolina Population by Race/Ethnicity, 2030

Projected Population as of July 1, 2030

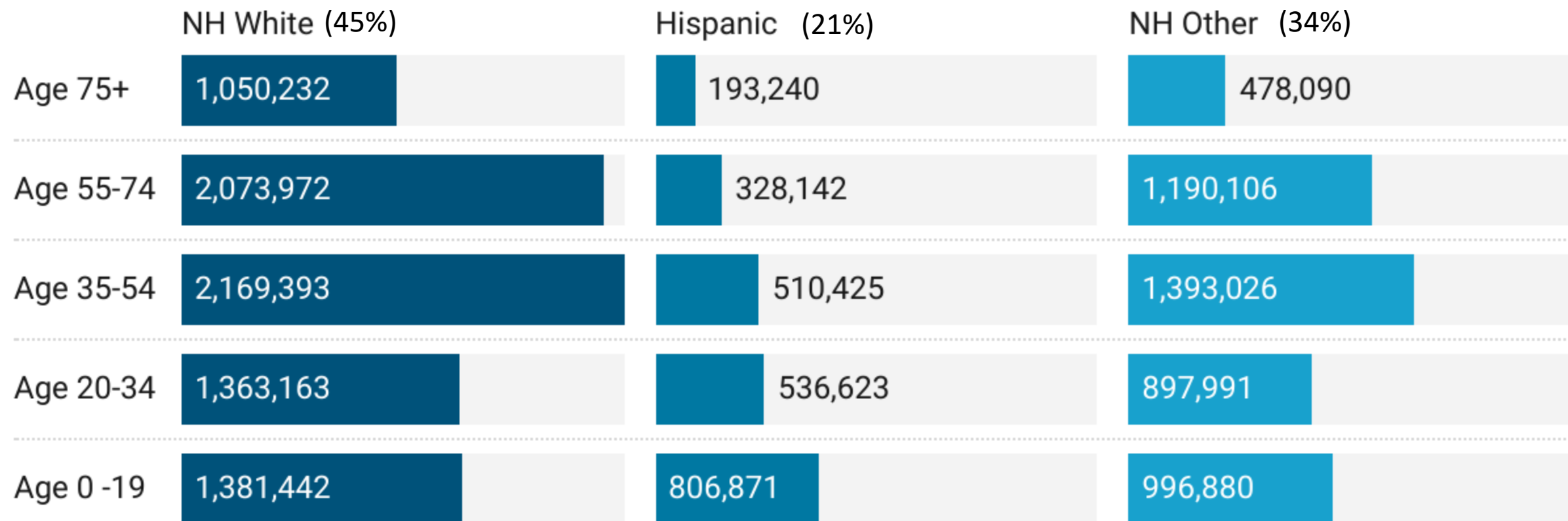


Source: NC OSBM Population Projections, Vintage 2024 • Created with Datawrapper



# North Carolina Population by Race/Ethnicity, 2060

Projected Population as of July 1, 2060



Source: NC OSBM Population Projections, Vintage 2024 • Created with Datawrapper



# *Stay in touch!*

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