

Table 7B. Net Domestic Migration Losses for Selected Regions and States in the United States: April 1, 2020 to June 30, 2023

Area	Net Domestic Migration 4/1/2020 - 6/30/2022			April 1, 2020 to June 30, 2023 Net Domestic Migration/ July 1, 2020 to June 30, 2023 Annual Net Domestic Migration			
	4/1/2020 - 6/30/2022	Percent of Population Loss	Cumulative Percent of Loss	4/1/2020 - 6/30/2020	7/1/2020 - 6/30/2021	7/1/2021 - 6/30/2022	7/1/2022 - 6/30/2023
States with Population Loss	-3,397,528	100%		-254,191	-1,063,987	-1,186,154	-893,196
Northeast Region	-1,181,700			-276,548	-450,321	-323,300	-127,099
Midwest Region	-480,336			-177,584	-181,443	-85,729	-32,506
West Region	-774,966			-261,754	-224,617	-297,237	12,089
New Mexico	-6,088	0.18%	0.18%	702	-1,206	-4,496	-1,088
Wisconsin	-6,237	0.18%	0.36%	13	-19,290	7,392	5,648
Oregon	-6,966	0.21%	0.57%	6,407	10,253	-17,575	-6,051
North Dakota	-7,192	0.21%	0.78%	-448	-4,008	-2,727	-9
Rhode Island	-8,144	0.24%	1.02%	-430	365	-4,855	-3,224
Iowa	-11,058	0.33%	1.34%	-1,270	1,805	-7,990	-3,603
Nebraska	-12,016	0.35%	1.70%	-778	-6,037	-4,367	-834
Mississippi	-13,944	0.41%	2.11%	-2,122	-3,456	-5,752	-2,614
Alaska	-17,356	0.51%	2.62%	-1,663	-2,948	-7,202	-5,543
Kansas	-18,473	0.54%	3.16%	-1,920	-4,975	-7,004	-4,574
Connecticut	-21,485	0.63%	3.80%	-21,420	19,032	-10,081	-9,016
Washington	-23,497	0.69%	4.49%	11,889	-15,418	-4,692	-15,276
District of Columbia	-28,452	0.84%	5.32%	-15,475	-6,551	-4,917	-1,509
Ohio	-34,716	1.02%	6.35%	-2,867	-27,624	-4,862	637
Virginia	-37,414	1.10%	7.45%	-31	-5,468	-24,930	-6,985
Pennsylvania	-40,449	1.19%	8.64%	-3,696	27,803	-39,731	-24,825
Hawaii	-41,670	1.23%	9.86%	-4,831	-9,982	-15,664	-11,193
Minnesota	-45,976	1.35%	11.22%	-1,510	-10,887	-28,893	-4,686
Michigan	-58,379	1.72%	12.94%	-4,859	-29,881	-8,588	-15,051
Maryland	-99,579	2.93%	15.87%	-5,257	-17,683	-45,734	-30,905
Louisiana	-110,709	3.26%	19.13%	-5,154	-28,324	-47,539	-29,692
Massachusetts	-149,466	4.40%	23.52%	-27,235	-26,269	-56,813	-39,149
New Jersey	-153,193	4.51%	28.03%	-9,361	-33,561	-65,605	-44,666
Illinois	-364,443	10.73%	38.76%	-22,545	-115,656	-142,403	-83,839
New York	-882,676	25.98%	64.74%	-72,398	-295,159	-298,341	-216,778
California	-1,197,950	35.26%	100.00%	-67,932	-458,862	-332,785	-338,371

SOURCE: U. S. Bureau of the Census, Population Division, December 2023

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For a list of states in each region see Geographic Terms and Definitions at <http://www.census.gov/popest/about/geo/terms.html>