

Utah's 2020 Census Apportionment, Resident, and Overseas Populations

Apportionment data is the first statistical release of the 2020 census suite of products. Key highlights for Utah include:

The April 1, 2020 resident population was

Utah	United States
3,271,616	331,449,281

Utah was the **fastest-growing state** in the nation from 2010 to 2020, at 18.4%. This represents an average growth of 1.7% per year.¹

18.4%

65% **Natural increase** drove 65% of the state's growth this decade; net migration accounted for 35%.

Utah continues to have **four congressional seats**.

Utah Maintains Four Congressional Seats in 2020 Apportionment

Utah's status as the fastest-growing state in the nation this decade could not match the absolute growth in other states, which drives the apportionment process. With an apportionment population of 3,275,252, Utah's congressional delegation remains at four seats for the next decade, with each seat representing approximately 818,813 Utahns.

Utah was first represented in the U.S. House following the 1890 apportionment. The state's second seat was gained in 1910, third in 1980, and fourth in 2010.²

Utah's apportionment population of 3,275,252 includes the resident population and the 3,636 overseas federal employees (and their dependents) whose home state is Utah. The overseas population decreased from 6,880 in 2010 to 3,636 in 2020. The overseas population does not include missionaries for the Church of Jesus Christ of Latter-day Saints serving outside the United States. Overseas is defined as any location outside the 50 states and the District of Columbia.

What is Apportionment?

Apportionment is the process of allocating the 435 seats in the U.S. House of Representatives among the 50 states. It is the Constitutional purpose of the decennial census. Congress has used census population counts to reapportion membership of the House following every census from 1790 to 2010, except 1920.³

The apportionment data released by the U.S. Census Bureau on April 26, 2021 shares counts of the apportionment population, resident population, and overseas population. The resident population counts all people living in the United States on April 1, 2020 (Census Day)—both citizens and noncitizens. The resident population also includes military and civilian employees of the U.S. government stationed or assigned in the United States who are deployed outside the country but have a usual U.S. address (and their dependents living with them).

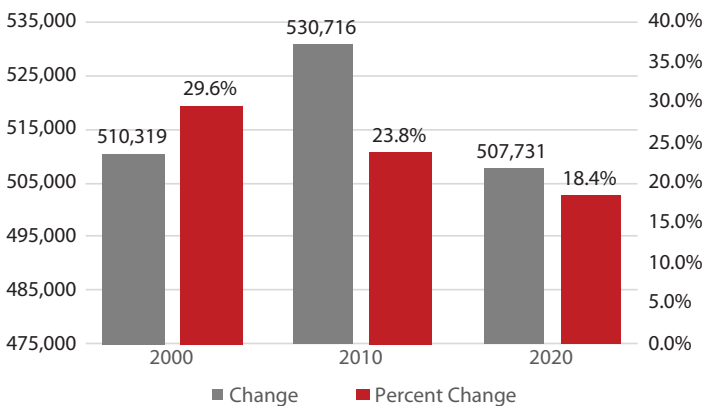
A state's apportionment population is the total of its resident population and overseas federal employees (military and civilian) and their dependents living with them who have been allocated to their home states by federal agencies. Overseas personnel are those stationed or assigned outside the United States or District of Columbia. The counts of overseas personnel and dependents are used for apportionment purposes only. For more information, visit the [Apportionment FAQs](#) page.⁴

In the context of apportionment data, the term "total population" may be ambiguous as it can refer to either the apportionment or resident population. This document avoids the term "total population."

Utah's Growth is Fastest in the Nation, but Slower than the 1990s and 2000s

Utah's 2020 resident population is 3,271,616, a 507,731 (18.4%) increase from 2,763,885 in 2010. Despite being the highest in the nation, this decade's resident population growth rate was lower than the past two decadal changes. Between 2000 and 2010, the state's population grew 23.8%. The growth rate of the 1990s was even higher, at 29.6%. National population growth from 2010 to 2020 (7.4%) was also slower than prior decades, representing the second slowest decadal growth since 1790. The slowest growth decade was the 1930s (7.3%).

Figure 1: Utah Resident Population Change and Percent Change, 2000-2020 Censuses



Source: Historical Population Change Data (1910-2020), U.S. Census Bureau

Table 1: Utah Resident Population and Change from Previous Census, 2000-2020 Censuses

Year	Resident Population	Change	Percent Change	Average Annual Percent Change*
2000	2,233,169	510,319	29.6%	2.6%
2010	2,763,885	530,716	23.8%	2.2%
2020	3,271,616	507,731	18.4%	1.7%

*Compound annual growth rate (CAGR). These figures represent the average annual change across the decade rather than actual year-to-year changes.

Note: The 1990 census population was 1,722,850.

Source: Historical Population Change Data (1910-2020), U.S. Census Bureau

Table 2: Utah Components of Change, 2000-2020 Censuses

	1990-2000	2000-2010	2010-2020
Resident Population Change	510,319	530,716	507,731
Natural Increase	296,285	381,181	330,489
Net Migration	214,034	149,535	177,242
Share of Change Due to Natural Increase	58.1%	71.8%	65.1%
Share of Change Due to Net Migration	41.9%	28.2%	34.9%

Source: Kem C. Gardner Policy Institute analysis of U.S. Census Bureau Apportionment Data, 1990-2020, and Utah Department of Health.

Idaho and Texas had the second and third-fastest growth rates from 2010 to 2020, at 17.3% and 15.9%, respectively.

Utah is now the 30th most populous of the 50 states, ranked between Connecticut at 29th and Iowa at 31st. In both 2010 and 2000, Utah's population ranked 34th in the nation (see Figure 1 and Table 1).

Natural Increase is the Primary Driver of Utah's Growth, but Net Migration is Higher than 2000s

This decade, 35% of statewide growth was driven by net migration and 65% by natural increase. Natural increase totaled 330,489 (498,875 births and 168,386 deaths) and net migration totaled 177,242 from April 1, 2010, through March 31, 2020.

Natural increase, or births minus deaths, decreased compared to last decade, when this number was over 380,000. However, it exceeds the natural increase from 1990 to 2000. Net migration this decade is higher than the net migration between 2000 and 2010, but lower than between 1990 and 2000 (see Table 2).

Regional Apportionment Shifts

All seven congressional seat gains in the nation occurred in the South and West. Texas gained two seats, and Florida, North Carolina, Colorado, Oregon, and Montana each gained one seat. Nationally, six of the seven states that lost a congressional seat were in the Midwest and Northeast. California was the remaining state that lost a seat.

Nationally, congressional seats represent about 761,000 residents on average. Utah's population per representative of nearly 819,000 is not only higher than the national average, but is the fifth-highest in the nation. Delaware has the most population per representative at 990,837 and Montana the fewest at 542,704.

Regional Population Change

The national 2020 resident population is 331,449,281. The 2010 resident population was 308,745,538, indicating an increase of 22,703,743 or 7.4%. The South was the fastest-growing region at 10.2%, followed by the West at 9.2%. The Northeast grew 4.1%; the Midwest grew 3.1%. The pattern of fast growth in the South and West and slower growth in the Northeast and Midwest was also seen in the 2000s.

Dependents of Military Personnel are the Largest Component of Utah's Overseas Population

Utah's federally affiliated overseas population was 3,636 in the 2020 census. Nearly 70% of this group, or 2,540 people, is comprised of military employees stationed overseas and their dependents. About 29% (1,046 people) are federal civilian personnel overseas or their dependents. The overseas population also includes 50 unmatched deployed personnel.⁵

Additional Resources

- [2020 Census Apportionment Results⁶](#)
- [Historical Apportionment Data Map \(Interactive\)⁷](#)
- [Historic decennial census data and analysis for Utah⁸](#)
- [Press Release: 2020 Census Apportionment Results Delivered to the President⁹](#)

The next major 2020 census data release will be the [redistricting data](#), scheduled to go public in August and September 2021.¹⁰ This release will provide selected age, race, ethnicity, group quarters, and housing unit data for counties, cities, census tracts, and other areas.

Figure 2: Resident Population Percent Change and Apportionment Changes by State, 2010-2020

Note: Apportionment populations, rather than resident populations, drive the allocation of Congressional seats. Map labels indicate the change in resident population between census 2010 and census 2020. Seven seats were gained by six states: Texas gained two seats; the other states indicated on the map each gained one seat. Seven seats were lost across seven states; each state with a loss indicated on the map lost one seat. Source: 2020 Apportionment Data, U.S. Census Bureau

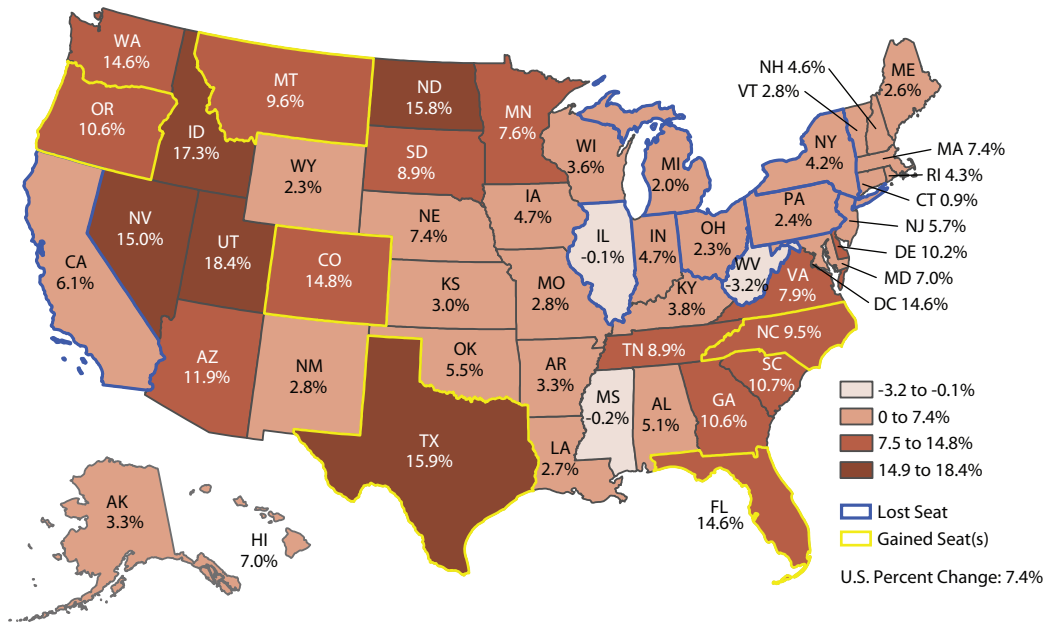


Table 3: Apportionment, Resident, and Overseas Populations for All States, 2010 and 2020

State/Area	2010 Apportionment Population	2020 Apportionment Population	Number of Apportioned Representatives Based on 2020 Census	Change in Seats from Census 2010 Apportionment	2010 Resident Population	2020 Resident Population	2010 Overseas Population	2020 Overseas Population
Alabama	4,802,982	5,030,053	7	0	4,779,736	5,024,279	23,246	5,774
Alaska	721,523	736,081	1	0	710,231	733,391	11,292	2,690
Arizona	6,412,700	7,158,923	9	0	6,392,017	7,151,502	20,683	7,421
Arkansas	2,926,229	3,013,756	4	0	2,915,918	3,011,524	10,311	2,232
California	37,341,989	39,576,757	52	-1	37,253,956	39,538,223	88,033	38,534
Colorado	5,044,930	5,782,171	8	1	5,029,196	5,773,714	15,734	8,457
Connecticut	3,581,628	3,608,298	5	0	3,574,097	3,605,944	7,531	2,354
Delaware	900,877	990,837	1	0	897,934	989,948	2,943	889
District of Columbia	—	—	—	—	601,723	689,545	2,875	1,988
Florida	18,900,773	21,570,527	28	1	18,801,310	21,538,187	99,463	32,340
Georgia	9,727,566	10,725,274	14	0	9,687,653	10,711,908	39,913	13,366
Hawaii	1,366,862	1,460,137	2	0	1,360,301	1,455,271	6,561	4,866
Idaho	1,573,499	1,841,377	2	0	1,567,582	1,839,106	5,917	2,271
Illinois	12,864,380	12,822,739	17	-1	12,830,632	12,812,508	33,748	10,231
Indiana	6,501,582	6,790,280	9	0	6,483,802	6,785,528	17,780	4,752
Iowa	3,053,787	3,192,406	4	0	3,046,355	3,190,369	7,432	2,037
Kansas	2,863,813	2,940,865	4	0	2,853,118	2,937,880	10,695	2,985
Kentucky	4,350,606	4,509,342	6	0	4,339,367	4,505,836	11,239	3,506
Louisiana	4,553,962	4,661,468	6	0	4,533,372	4,657,757	20,590	3,711

State/Area	2010 Apportionment Population	2020 Apportionment Population	Number of Apportioned Representatives Based on 2020 Census	Change in Seats from Census 2010 Apportionment	2010 Resident Population	2020 Resident Population	2010 Overseas Population	2020 Overseas Population
Maine	1,333,074	1,363,582	2	0	1,328,361	1,362,359	4,713	1,223
Maryland	5,789,929	6,185,278	8	0	5,773,552	6,177,224	16,377	8,054
Massachusetts	6,559,644	7,033,469	9	0	6,547,629	7,029,917	12,015	3,552
Michigan	9,911,626	10,084,442	13	-1	9,883,640	10,077,331	27,986	7,111
Minnesota	5,314,879	5,709,752	8	0	5,303,925	5,706,494	10,954	3,258
Mississippi	2,978,240	2,963,914	4	0	2,967,297	2,961,279	10,943	2,635
Missouri	6,011,478	6,160,281	8	0	5,988,927	6,154,913	22,551	5,368
Montana	994,416	1,085,407	2	1	989,415	1,084,225	5,001	1,182
Nebraska	1,831,825	1,963,333	3	0	1,826,341	1,961,504	5,484	1,829
Nevada	2,709,432	3,108,462	4	0	2,700,551	3,104,614	8,881	3,848
New Hampshire	1,321,445	1,379,089	2	0	1,316,470	1,377,529	4,975	1,560
New Jersey	8,807,501	9,294,493	12	0	8,791,894	9,288,994	15,607	5,499
New Mexico	2,067,273	2,120,220	3	0	2,059,179	2,117,522	8,094	2,698
New York	19,421,055	20,215,751	26	-1	19,378,102	20,201,249	42,953	14,502
North Carolina	9,565,781	10,453,948	14	1	9,535,483	10,439,388	30,298	14,560
North Dakota	675,905	779,702	1	0	672,591	779,094	3,314	608
Ohio	11,568,495	11,808,848	15	-1	11,536,504	11,799,448	31,991	9,400
Oklahoma	3,764,882	3,963,516	5	0	3,751,351	3,959,353	13,531	4,163
Oregon	3,848,606	4,241,500	6	1	3,831,074	4,237,256	17,532	4,244
Pennsylvania	12,734,905	13,011,844	17	-1	12,702,379	13,002,700	32,526	9,144
Rhode Island	1,055,247	1,098,163	2	0	1,052,567	1,097,379	2,680	784
South Carolina	4,645,975	5,124,712	7	0	4,625,364	5,118,425	20,611	6,287
South Dakota	819,761	887,770	1	0	814,180	886,667	5,581	1,103
Tennessee	6,375,431	6,916,897	9	0	6,346,105	6,910,840	29,326	6,057
Texas	25,268,418	29,183,290	38	2	25,145,561	29,145,505	122,857	37,785
Utah	2,770,765	3,275,252	4	0	2,763,885	3,271,616	6,880	3,636
Vermont	630,337	643,503	1	0	625,741	643,077	4,596	426
Virginia	8,037,736	8,654,542	11	0	8,001,024	8,631,393	36,712	23,149
Washington	6,753,369	7,715,946	10	0	6,724,540	7,705,281	28,829	10,665
West Virginia	1,859,815	1,795,045	2	-1	1,852,994	1,793,716	6,821	1,329
Wisconsin	5,698,230	5,897,473	8	0	5,686,986	5,893,718	11,244	3,755
Wyoming	568,300	577,719	1	0	563,626	576,851	4,674	868
TOTAL*	309,183,463	331,108,434	435	—	308,745,538	331,449,281	1,042,523	350,686

* The national apportionment total excludes the District of Columbia, which is not allocated congressional seats. The national resident and overseas population totals include the 50 states and the District of Columbia.

Note: For each state, the apportionment population is the sum of the resident and overseas populations. Populations reference April 1, 2020 and April 1, 2010.

Source: 2020 Apportionment Data, U.S. Census Bureau

Table 4: Resident Population, Changes, and Rankings for All States, 2010 and 2020

State/Area	Resident Population and Ranking			Resident Population Changes and Rankings			
	2010 Resident Population	2020 Resident Population	State Rank: 2020 Resident Population	2010-2020 Resident Population Change	2010-2020 Resident Population Change (%)	State Rank: 2010-2020 Resident Population Change	State Rank: 2010-2020 Resident Population Change (%)
Alabama	4,779,736	5,024,279	24	244,543	5.1%	24	27
Alaska	710,231	733,391	48	23,160	3.3%	45	36
Arizona	6,392,017	7,151,502	14	759,485	11.9%	8	9
Arkansas	2,915,918	3,011,524	33	95,606	3.3%	34	35
California	37,253,956	39,538,223	1	2,284,267	6.1%	3	24
Colorado	5,029,196	5,773,714	21	744,518	14.8%	9	6
Connecticut	3,574,097	3,605,944	29	31,847	0.9%	44	47
Delaware	897,934	989,948	45	92,014	10.2%	37	13

State/Area	Resident Population and Ranking			Resident Population Changes and Rankings			
	2010 Resident Population	2020 Resident Population	State Rank: 2020 Resident Population	2010-2020 Resident Population Change	2010-2020 Resident Population Change (%)	State Rank: 2010-2020 Resident Population Change	State Rank: 2010-2020 Resident Population Change (%)
District of Columbia	601,723	689,545	—	87,822	14.6%	—	—
Florida	18,801,310	21,538,187	3	2,736,877	14.6%	2	8
Georgia	9,687,653	10,711,908	8	1,024,255	10.6%	4	12
Hawaii	1,360,301	1,455,271	40	94,970	7.0%	35	23
Idaho	1,567,582	1,839,106	38	271,524	17.3%	22	2
Illinois	12,830,632	12,812,508	6	-18,124	-0.1%	49	48
Indiana	6,483,802	6,785,528	17	301,726	4.7%	20	29
Iowa	3,046,355	3,190,369	31	144,014	4.7%	30	28
Kansas	2,853,118	2,937,880	35	84,762	3.0%	38	37
Kentucky	4,339,367	4,505,836	26	166,469	3.8%	28	33
Louisiana	4,533,372	4,657,757	25	124,385	2.7%	32	41
Maine	1,328,361	1,362,359	42	33,998	2.6%	43	42
Maryland	5,773,552	6,177,224	18	403,672	7.0%	18	22
Massachusetts	6,547,629	7,029,917	15	482,288	7.4%	15	21
Michigan	9,883,640	10,077,331	10	193,691	2.0%	27	46
Minnesota	5,303,925	5,706,494	22	402,569	7.6%	19	19
Mississippi	2,967,297	2,961,279	34	-6,018	-0.2%	48	49
Missouri	5,988,927	6,154,913	19	165,986	2.8%	29	39
Montana	989,415	1,084,225	44	94,810	9.6%	36	14
Nebraska	1,826,341	1,961,504	37	135,163	7.4%	31	20
Nevada	2,700,551	3,104,614	32	404,063	15.0%	17	5
New Hampshire	1,316,470	1,377,529	41	61,059	4.6%	40	30
New Jersey	8,791,894	9,288,994	11	497,100	5.7%	13	25
New Mexico	2,059,179	2,117,522	36	58,343	2.8%	41	38
New York	19,378,102	20,201,249	4	823,147	4.2%	7	32
North Carolina	9,535,483	10,439,388	9	903,905	9.5%	6	15
North Dakota	672,591	779,094	47	106,503	15.8%	33	4
Ohio	11,536,504	11,799,448	7	262,944	2.3%	23	45
Oklahoma	3,751,351	3,959,353	28	208,002	5.5%	25	26
Oregon	3,831,074	4,237,256	27	406,182	10.6%	16	11
Pennsylvania	12,702,379	13,002,700	5	300,321	2.4%	21	43
Rhode Island	1,052,567	1,097,379	43	44,812	4.3%	42	31
South Carolina	4,625,364	5,118,425	23	493,061	10.7%	14	10
South Dakota	814,180	886,667	46	72,487	8.9%	39	16
Tennessee	6,346,105	6,910,840	16	564,735	8.9%	11	17
Texas	25,145,561	29,145,505	2	3,999,944	15.9%	1	3
Utah	2,763,885	3,271,616	30	507,731	18.4%	12	1
Vermont	625,741	643,077	49	17,336	2.8%	46	40
Virginia	8,001,024	8,631,393	12	630,369	7.9%	10	18
Washington	6,724,540	7,705,281	13	980,741	14.6%	5	7
West Virginia	1,852,994	1,793,716	39	-59,278	-3.2%	50	50
Wisconsin	5,686,986	5,893,718	20	206,732	3.6%	26	34
Wyoming	563,626	576,851	50	13,225	2.3%	47	44
TOTAL*	308,745,538	331,449,281	—	22,703,743	7.4%	—	—

* Totals include the District of Columbia.

Note: Populations reference April 1, 2020 and April 1, 2010.

Source: 2020 Apportionment Data, U.S. Census Bureau

Endnotes

1. Compound annual growth rate (CAGR). 1.7% represents the average annual change across the decade rather than actual year-to-year changes.
2. Apportionment of Membership of the U.S. House of Representatives: 1789 to 2010. <https://www2.census.gov/programs-surveys/decennial/2010/data/apportionment/2010-cph-2-1-table-3.pdf>
3. Congressional Apportionment, 2010 Census Briefs. <https://www.census.gov/content/dam/Census/library/publications/2011/dec/c2010br-08.pdf>
4. Apportionment FAQs: <https://www.census.gov/topics/public-sector/congressional-apportionment/about/faqs.html>
5. Unmatched deployed personnel are a subset of U.S. military and federal civilian employees deployed overseas (while stationed in the United States) that could not be included in the resident population because administrative records were insufficient to allocate them to a usual residence address in the United States. Therefore, they were allocated to their home state and included in overseas population counts.
6. 2020 Census Apportionment Results: <https://www.census.gov/data/tables/2020/dec/2020-apportionment-data.html>
7. Historical Apportionment Data Map (Interactive): <https://www.census.gov/library/visualizations/interactive/historical-apportionment-data-map.html>
8. Perlich, P., & Downen, J. (2011). Census 2010 - A First Look at Utah Results. Utah Economic and Business Review. Retrieved from <https://gardner.utah.edu/wp-content/uploads/UEBR2011no2-1.pdf>
9. Press Release: 2020 Census Apportionment Results Delivered to the President: <https://www.census.gov/newsroom/press-releases/2021/2020-census-apportionment-results.html>
10. Redistricting Data Program: <https://www.census.gov/programs-surveys/decennial-census/about/rdo.html>