U.S. Immigration & Population Atlas 2026

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2026 edition • Census Vintage 2025

Key findings at a glance

International migration helped 247 counties grow despite losses from their other population changes. In another **882 counties**, international migration added people, but the counties still shrank because their other losses were larger.

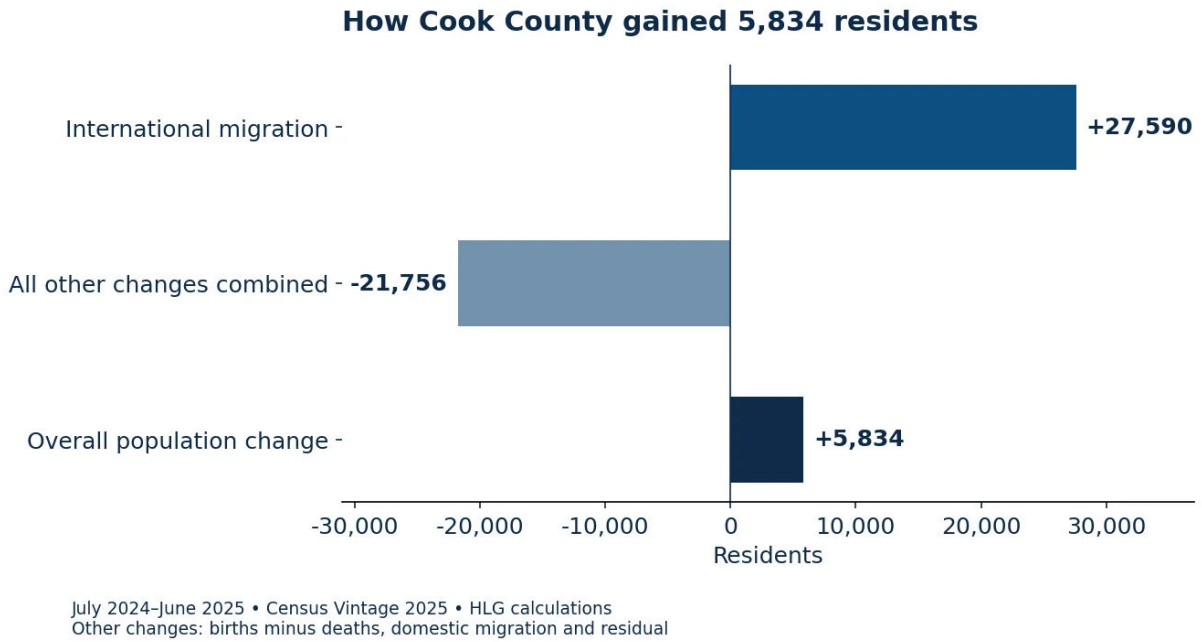
A county's population changes when people are born, die, move within the United States, or move internationally. This atlas separates those changes so you can see what is happening where you live.

Who this atlas is for: Journalists, researchers, educators and local civic organizations can use the county lookup, downloadable data and reusable charts to describe migration and population change in their communities. The methodology and source files allow each finding to be checked independently.

One example: Cook County, Illinois

How Cook County gained 5,834 residents in one year

Part of the population balance	Residents
Gain from international migration, after movement in both directions	+27,590
All other changes combined	−21,756
Overall population gain	+5,834



Cook County, Illinois; annual population components, July 2024-June 2025. Source: Census Vintage 2025; HLG calculations. Download vector chart · Download PNG

The international gain was larger than the other losses, so the county grew. “Other changes” combines births minus deaths, moves within the United States, and the Census residual adjustment.

What this tells us: international migration outweighed other losses in some places and only partly offset them in others. These are population estimates, not predictions of what would happen under a different immigration policy.

The 2026 atlas uses Census estimates for July 2024-June 2025. “Counties” includes county equivalents such as independent cities and parishes. International migration includes more than foreign-born immigrants; see the definitions below.

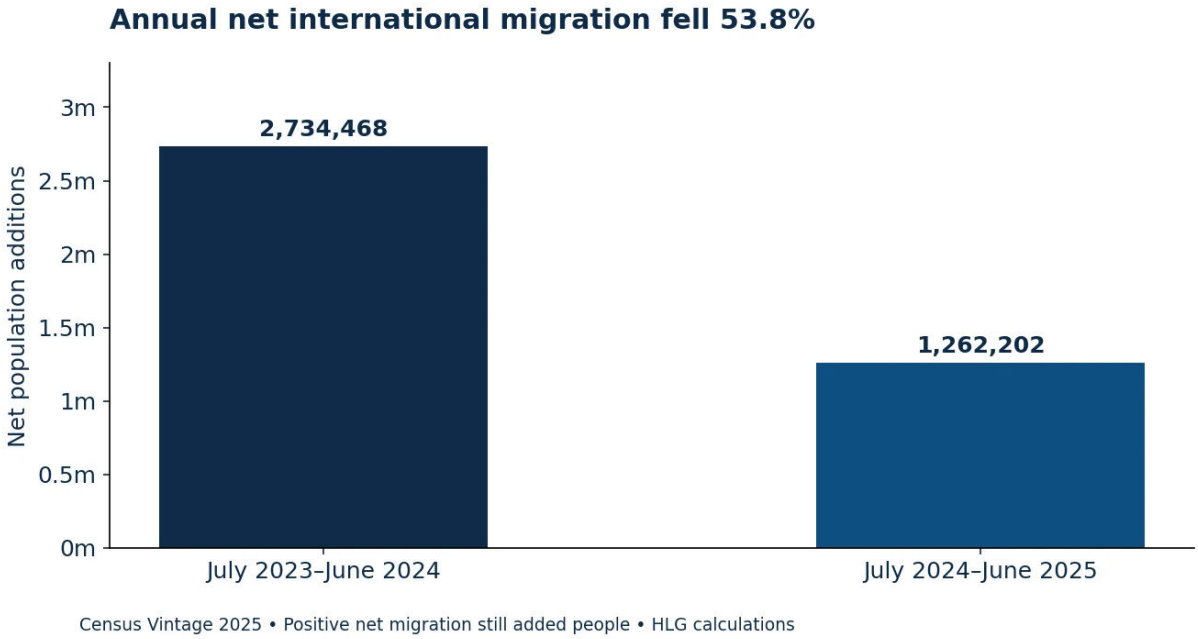
Source: U.S. Census Bureau, Vintage 2025, CO-EST2025-ALLDATA; HLG calculations. Annual components: July 2024-June 2025. Accessed October 11, 2026.

Two different measures of decline

53.8% lower annual net migration2.73 million to 1.26 million net additions.
July 2023-June 2024 compared with July 2024-June 2025.

2.6% estimated foreign-born population decrease53.3 million to 51.9 million residents.
January-June 2025 CPS estimates; survey limitations apply.

A slower inflow is different from a smaller resident population. The two percentages measure different things and must not be substituted for one another.



July 2023-June 2024 versus July 2024-June 2025; Census Vintage 2025. This is a decline in migration flow, not a 53.8% population decline. Download vector chart · Download PNG

Annual migration flow fell 53.8%

Net international migration fell from 2,734,468 in July 2023-June 2024 to 1,262,202 in July 2024-June 2025: 1,472,266 fewer net additions, a 53.8% decrease. Both estimates use Census Vintage 2025. The balance remained positive: international migration still added people, but more slowly. Census explanation and limitations.

Foreign-born population: estimated 2.6% decrease

Separately, Census reports that the Current Population Survey estimated 53.3 million foreign-born residents in January 2025 and 51.9 million in June 2025. That is approximately 1.4 million fewer people, or 2.6% over the interval, calculated as (51.9 - 53.3) / 53.3 using rounded published values. This is not an annualized rate or a count of confirmed departures. Census explanation and limitations.

How certain is the population decrease?

Census cautions that changes in survey response, coverage error and population controls can affect the foreign-born comparison. The 2.6% is a descriptive change between survey estimates, not a demonstrated statistically significant decline. It is separate national context, not an input to the county classifications. Foreign-born includes naturalized U.S. citizens and noncitizens; it excludes people who were U.S. citizens at birth.

What can we say about Trump’s second term?

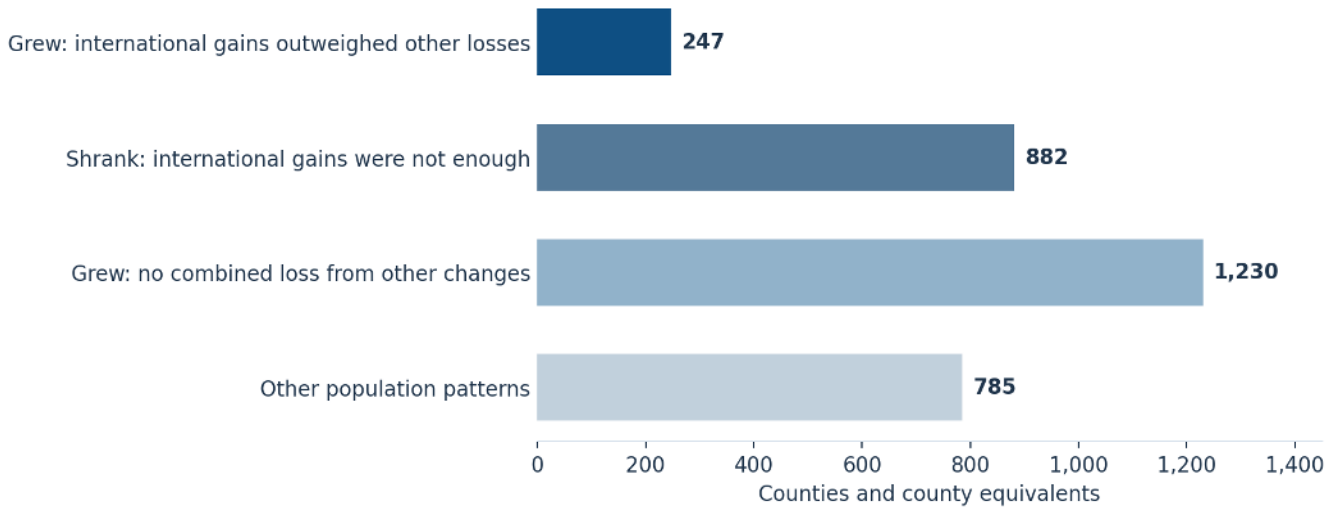
Trump began his second term on January 20, 2025. The annual migration comparison spans the end of the Biden administration and approximately the first five months of the Trump administration. The January-June survey comparison overlaps the transition but is not an exact inauguration-day baseline. Neither comparison isolates the effects of particular policies or measures the full period since Trump took office. Census explanation and limitations.

Does this include international workers and students?

Yes. International migration includes temporary migrants such as resident workers and students, as well as permanent immigrants, humanitarian migrants and undocumented residents. It also includes certain movements of U.S. citizens, Puerto Rico migration and overseas Armed Forces movements. It measures population movement, not visa issuance or tourist entries. The atlas cannot separate the decline by visa category. Census explanation and limitations.

Sources: Census explanation, January 27, 2026; Census population definitions. HLG calculations; accessed October 11, 2026. The CPS comparison is national context only and is not used in county classifications.

Four patterns of county population change



HLG analysis of Census Vintage 2025 • July 2024–June 2025 • 50 states and DC • n = 3,144

All 3,144 records are assigned to exactly one category. Exact values and definitions appear below. Chart (SVG) · Chart (PNG)

Grew: international gains outweighed other losses

These counties gained population. Their gain from international migration was larger than the combined loss from all other population changes.

Shrank: international gains were not enough

These counties gained people through international migration, but lost more through the other changes combined. Their total population fell.

Grew: no combined loss from other changes

These counties gained population and had positive international migration. All other population changes, added together, were positive or zero.

Other population patterns

The remaining counties include places with no population change and places with zero or negative net international migration. Full rules appear in the methodology.

Source: U.S. Census Bureau, Vintage 2025, CO-EST2025-ALLDATA; HLG calculations. Annual components: July 2024-June 2025. Accessed October 11, 2026.

Local evidence behind the national finding

Ten large counties where international gains outweighed other losses (category A), ranked by July 1, 2025 population. The selection shows scale; it does not rank policy effects or demographic certainty.

Ten largest category A counties

County / state	2025 population	Population change	Net international migration	Other changes combined
Cook County / Illinois	5,194,625	+5,834	+27,590	-21,756
Harris County / Texas	5,045,026	+48,695	+57,225	-8,530
King County / Washington	2,344,939	+26,980	+28,428	-1,448
Santa Clara County / California	1,914,391	+6,481	+18,658	-12,177
Wayne County / Michigan	1,769,038	+3,504	+8,004	-4,500
Middlesex County / Massachusetts	1,669,979	+6,050	+13,193	-7,143
Alameda County / California	1,636,630	+6	+10,373	-10,367
Palm Beach County / Florida	1,575,726	+1,578	+14,302	-12,724
Philadelphia County / Pennsylvania	1,574,281	+1,546	+7,216	-5,670
Hillsborough County / Florida	1,574,115	+2,917	+13,621	-10,704

Cook County, Illinois: +27,590 in net international migration plus -21,756 in other components equals population growth of 5,834.

A small-margin example: Alameda County, California grew by an estimated six residents. It meets the rule, but even a small estimate revision could change its category. No significance test or minimum-growth threshold is applied.

Among the 247 category A counties and equivalents, 50 had estimated gains of 1-9 residents, 90 gained 10-99, and 107 gained 100 or more. These disjoint groups total 247. They describe absolute growth size, not confidence intervals or statistical significance.

Download the growth-size breakdown (CSV)

Source: U.S. Census Bureau, Vintage 2025, CO-EST2025-ALLDATA; HLG calculations. Annual components: July 2024-June 2025. Accessed October 11, 2026.

Find your county

Start with your county name. Add your state if the name is common. The results show whether its population grew or shrank, how much international migration added or subtracted, and the combined effect of all other changes. You can also search by five-digit county code (FIPS).

Patterns: A = international gains offset other losses; B = decline despite international gains; C = growth with other components nonnegative; D = other pattern. The matching CSV includes births-minus-deaths, domestic migration and the residual separately.

Source: U.S. Census Bureau, Vintage 2025, CO-EST2025-ALLDATA; HLG calculations. Annual components: July 2024-June 2025. Accessed October 11, 2026.

The searchable web atlas and companion CSV contain all 3,144 counties and equivalents. This paper includes the national findings, worked examples, and state comparisons; the complete county table is supplied separately.

Compare every state and DC

County counts differ substantially across states. The share column uses the number of counties and equivalents in that jurisdiction; it is not a population-weighted measure. DC is included as one county equivalent.

Category A and B by state; alphabetic order

State / DC	Counties	Grew (A)	A share	Shrank (B)
Alabama	67	3	4.5%	22
Alaska	30	3	10.0%	13
Arizona	15	2	13.3%	4
Arkansas	75	1	1.3%	20
California	58	8	13.8%	25
Colorado	64	3	4.7%	26
Connecticut	9	4	44.4%	0
Delaware	3	1	33.3%	0
District of Columbia	1	1	100.0%	0
Florida	67	8	11.9%	6
Georgia	159	10	6.3%	24
Hawaii	5	0	0.0%	3
Idaho	44	4	9.1%	6
Illinois	102	10	9.8%	42

State / DC	Counties	Grew (A)	A share	Shrank (B)
Indiana	92	10	10.9%	21
Iowa	99	7	7.1%	47
Kansas	105	7	6.7%	41
Kentucky	120	2	1.7%	20
Louisiana	64	6	9.4%	35
Maine	16	1	6.3%	4
Maryland	24	2	8.3%	6
Massachusetts	14	5	35.7%	6
Michigan	83	6	7.2%	33
Minnesota	87	8	9.2%	29
Mississippi	82	7	8.5%	30
Missouri	115	7	6.1%	20
Montana	56	2	3.6%	5
Nebraska	93	6	6.5%	30
Nevada	17	0	0.0%	2
New Hampshire	10	0	0.0%	1
New Jersey	21	9	42.9%	1
New Mexico	33	1	3.0%	16
New York	62	7	11.3%	37
North Carolina	100	9	9.0%	17
North Dakota	53	3	5.7%	17
Ohio	88	8	9.1%	20
Oklahoma	77	4	5.2%	25
Oregon	36	3	8.3%	14
Pennsylvania	67	5	7.5%	34
Rhode Island	5	1	20.0%	3
South Carolina	46	3	6.5%	8
South Dakota	66	10	15.2%	15
Tennessee	95	2	2.1%	9

State / DC	Counties	Grew (A)	A share	Shrank (B)
Texas	254	18	7.1%	61
Utah	29	1	3.4%	3
Vermont	14	1	7.1%	9
Virginia	133	12	9.0%	32
Washington	39	6	15.4%	2
West Virginia	55	1	1.8%	17
Wisconsin	72	7	9.7%	18
Wyoming	23	2	8.7%	3

Source: U.S. Census Bureau, Vintage 2025, CO-EST2025-ALLDATA; HLG calculations. Annual components: July 2024-June 2025. Accessed October 11, 2026.

Five state research briefs

Five selected state briefs examine local patterns within the national findings. Each brief includes every category A county in the state and the same definitions used nationally.

Michigan

6 of 83 counties in category A; **33** in category B.

Michigan gained 27,922 residents, with net international migration of 30,706 and other components totaling -2,784. Six counties show the same category A pattern. Wayne County is a local example; its figures describe the county, not Detroit alone.

One-page brief (PDF) · All state counties (CSV)

Pennsylvania

5 of 67 counties in category A; **34** in category B.

Pennsylvania gained 13,584 residents. Net international migration was 26,921 while other components totaled -13,337. Five counties fell in category A, including Philadelphia County. The data identify a population accounting pattern, not its economic consequences.

One-page brief (PDF) · All state counties (CSV)

Indiana

10 of 92 counties in category A; **21** in category B.

Indiana gained 38,579 residents, with positive international migration and positive other components statewide. Ten counties nevertheless had negative other-component balances and grew with international gains. Marion County offers a central Indiana example.

One-page brief (PDF) · All state counties (CSV)

Wisconsin

7 of 72 counties in category A; **18** in category B.

Wisconsin gained 15,619 residents. Its other components were positive statewide, but seven counties grew with negative other-component balances. Some local margins are small; they deserve verification against future Census revisions, not a claim of permanent demographic dependence.

One-page brief (PDF) · All state counties (CSV)

New York

7 of 62 counties in category A; **37** in category B.

New York gained 1,008 residents. Its net international migration of 95,634 offset -94,626 from other components. Seven counties met category A, including Monroe County. The estimates do not establish city-level population change or a policy counterfactual.

One-page brief (PDF) · All state counties (CSV)

Methodology you can reproduce

Population change = natural change + domestic migration + international migration + residual

Coverage and period

This analysis uses all 3,144 county and county-equivalent records in the 50 states and District of Columbia in CO-EST2025-ALLDATA. Puerto Rico and other territories are outside this table. County equivalents include independent cities, parishes, Alaska equivalents and Connecticut planning regions. Stocks are July 1 estimates; annual components cover July 1, 2024 through June 30, 2025. The 2026 title is the report edition, not the data year.

How the calculation works

Population change = natural change + net domestic migration + net international migration + residual. Natural change is births minus deaths. Other components = population change - net international migration. The residual stays in every calculation. Category A requires growth > 0, international migration > 0 and other components < 0. The categories are mutually exclusive and cover every record.

What international migration means

The Census component includes U.S.-born and non-U.S.-born migration, migration between the United States and Puerto Rico, and overseas Armed Forces movements. It is a net flow, not gross arrivals, a foreign-born population count, or a measure of any visa or immigration status.

What the findings do not establish

Subtracting a component is an accounting comparison, not a forecast of a world without immigration. Births, deaths and domestic migration could change under different conditions. These data do not estimate economic impact, employment, tax revenue, deportation effects or the effect of a particular policy. County totals should be treated as city totals only when the geographic boundaries match.

Revisions and small differences

All comparisons use Vintage 2025, including the 2024 values. Census revises earlier estimates when it releases a new vintage; values should not be mixed across vintages. The release notes describe updated international migration estimation and domestic migration inputs. These are estimates: a small positive or negative balance can change after revision. We apply no minimum-growth threshold or statistical significance test.

Validation and reproducibility

The source contains 51 state/DC rows and 3,144 county-equivalent rows. We verified 47,925 population, natural-change and component identities across 2021-2025, plus 2,040 county-to-state aggregations. The package includes the original CSV, its SHA-256 digest, an executable Python analysis, complete derived data and a data dictionary. The checks establish arithmetic consistency, not independent accuracy of the Census estimates.

Data snapshot SHA-256: 4f5a499d851e2cb48fd7a5405e5a9235453a8a66933657aacd10df0e264f35d5

Quick answers

Where did international migration outweigh other population losses?

247 counties and county equivalents in the 50 states and District of Columbia met this definition in the year ending July 1, 2025. Their gains from international migration were larger than the losses from all other population changes combined. Those other changes include births, deaths, moves within the United States and the Census residual.

How many counties declined despite international migration gains?

882 counties and county equivalents lost population while recording positive net international migration. International gains were not large enough to offset their other negative components in the accounting total.

Is this a count of immigrants or undocumented residents?

No. It analyzes net international migration, a Census population-change component that includes multiple kinds of movement. It does not identify immigration status or count the foreign-born population.

Does this show what would happen without immigration?

No. The classification subtracts one observed component from the estimated population balance. It does not model how other components would respond to a policy change.

Why is the report called 2026 if the data end in 2025?

2026 is the edition year. Census released these Vintage 2025 county estimates in March 2026. The report labels the data period separately to avoid confusing publication year with observation year.

Source documents and citation

- County data and downloads
- Original Census CSV
- Field definitions and component coverage
- Vintage 2025 methodology
- Vintage 2025 release notes
- March 26, 2026 county release

Suggested citation

Herman, Richard T. *U.S. Immigration & Population Atlas 2026.* Herman Legal Group working paper. Analysis of U.S. Census Bureau Population Estimates Program, Vintage 2025, CO-EST2025-ALLDATA. Data accessed October 11, 2026.

Suggested chart credit: “Herman Legal Group analysis of U.S. Census Bureau Vintage 2025 estimates.” A public source link can be added when the final report is approved and available.

Related HLG research: Immigration & the Economy research collection. Browse the Immigration Resource Center for other resources.

Author, affiliation and research transparency

Richard T. Herman, Esq. is an immigration attorney with more than 30 years of practice, founder of Herman Legal Group in Cleveland, Ohio, and co-author of *Immigrant, Inc.* His legal practice and writing address immigration and immigrant entrepreneurship.

Affiliation: Herman Legal Group. This paper presents a descriptive analysis of public Census data. It has not undergone independent peer review

Preparation and reproducibility: AI tools assisted with drafting, coding and checks. Source data, formulas and analysis code are supplied for independent verification.

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