



Public Affairs Research Council of Alabama®

Alabama Grows through Domestic and International Migration

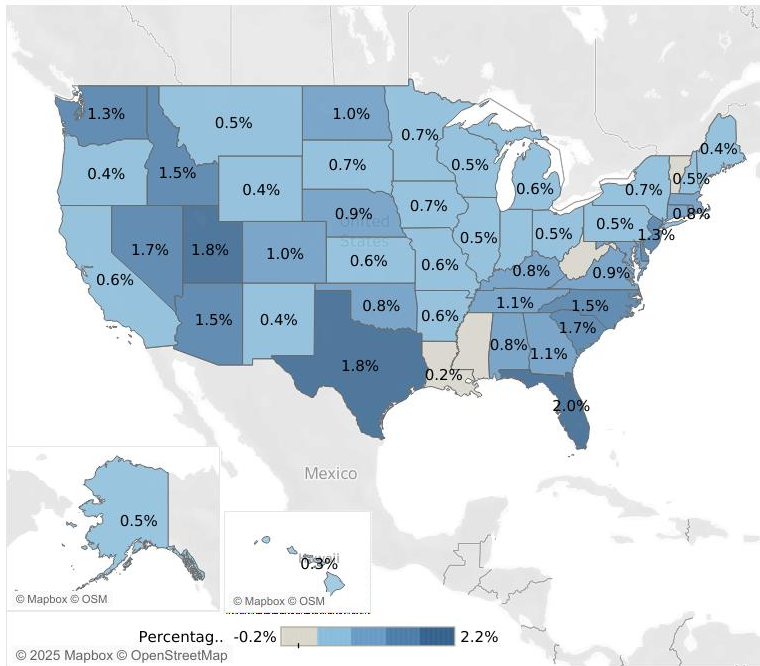
By [Thomas Spencer](#) on January 7th, 2025 in , [State Government](#), [U.S. Census Analysis](#) : in [Education & Workforce Development](#), [Quality of Life](#)

Alabama’s population increased by more than 40,000, between July 2023 and July 2024, reaching a total of 5,157,699, according to estimates issued in December by the U.S. Census Bureau. Alabama ranked 22nd in percentage population increase and No. 24 in numeric population change.

U.S. Census Population Estimates for 2024

Numeric Change	Percentage Change	Numeric Change by Year	Migration vs Natural Change	Trend in Domestic vs International Migration	Trend in Natural Change	Rank of...
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2023-2024 % Change



Name	Percentage Change	Rank of Percentage Change along Table (Down)
Florida	2.0%	1
Texas	1.8%	2
Utah	1.8%	3
South Carolina	1.7%	4
Nevada	1.7%	5
Idaho	1.5%	6
North Carolina	1.5%	7
Delaware	1.5%	8
Arizona	1.5%	9
New Jersey	1.3%	10
Washington	1.3%	11
Tennessee	1.1%	12
Georgia	1.1%	13
Massachusetts	1.0%	14
North Dakota	1.0%	15
Colorado	1.0%	16
Nebraska	0.9%	17
U.S. 2023-2024 % Change		
United States	1.0%	

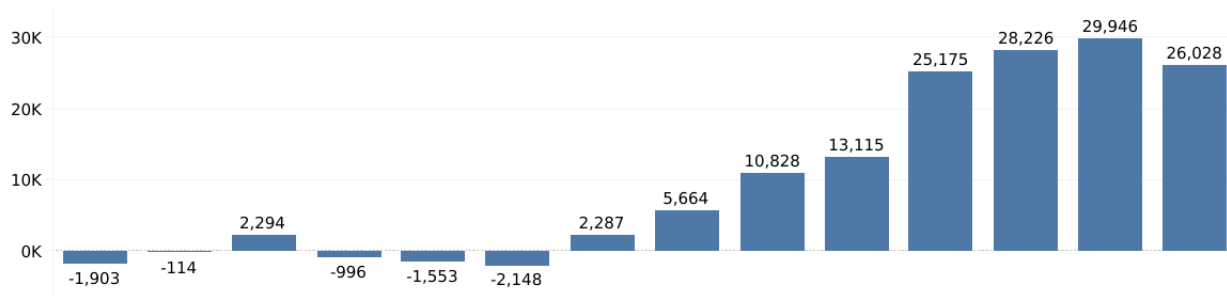
The number of new Alabama residents arriving from other states (26,028) was down somewhat compared to 2023, part of a national trend of slowing domestic

migration. However, international immigration increased over the same period, bringing 15,763 new residents from abroad into the state.

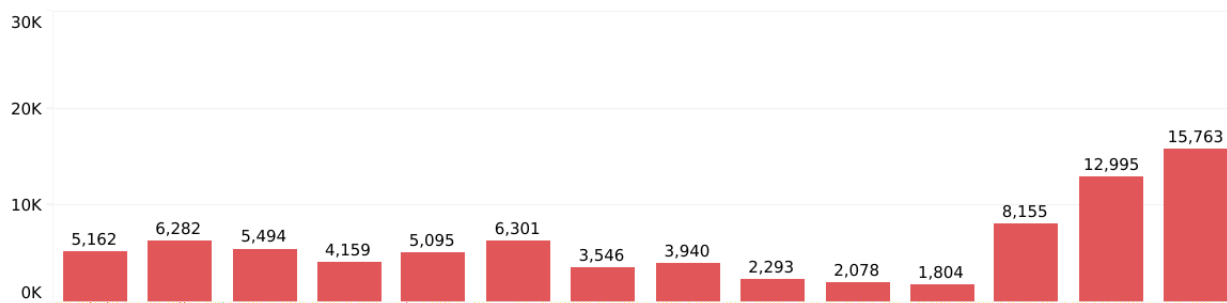
U.S. Census Population Estimates for 2024

Percentage Change	Numeric Change by Year	Migration vs Natural Change	Trend in Domestic vs International Migration	Trend in Natural Change	Rates of Change	Comparison Table
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Estimated Domestic Migration by Year, 2011-2024, Alabama



Estimated International Migration By Year, 2011-2024, Alabama

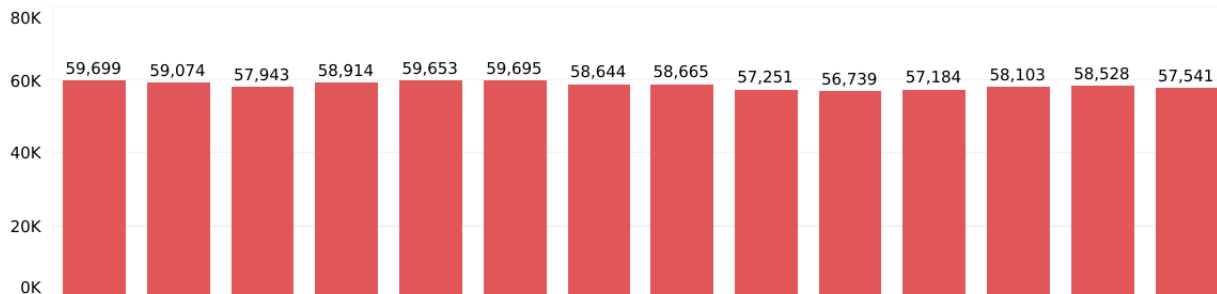


When it comes to natural population change in Alabama’s resident population, deaths exceeded births in 2024, according to the estimates. That is a trend that began in 2020 with the arrival of Covid-19 and has persisted thanks to an aging population and a smaller rising generation producing few babies.

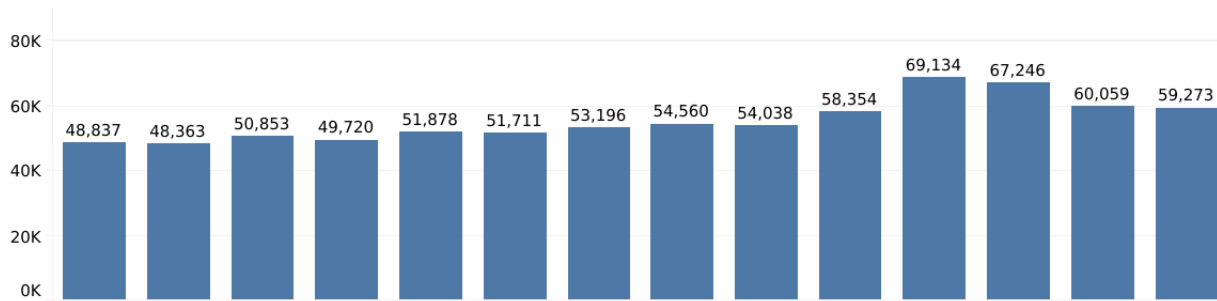
U.S. Census Population Estimates for 2024

Numeric Change by Year	Migration vs Natural Change	Trend in Domestic vs International Migration	Trend in Natural Change	Rates of Change	Comparison Table	Components of Change
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Estimated Births by Year, 2011-2024, Alabama



Estimated Deaths by Year, 2011-2024, Alabama



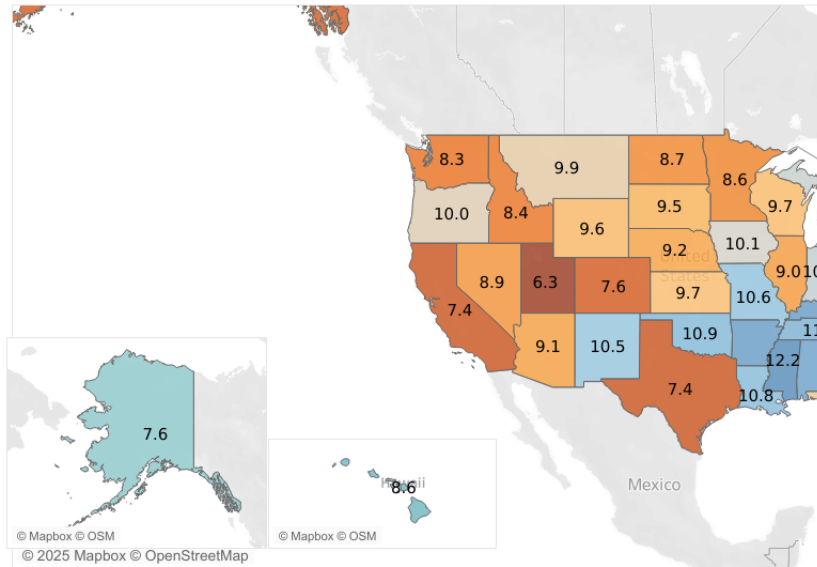
Due to a range of negative health indicators, Alabama’s resident population has a shorter life expectancy than other states, resulting in a higher death rate. Alabama’s birth rate is higher than the U.S. average, but trails states with younger populations and higher levels of international immigration, both of which are associated with more births.

U.S. Census Population Estimates for 2024

Migration vs Natural Change	Trend in Domestic vs International Migration	Trend in Natural Change	Rates of Change	Comparison Table	Components of Change	Year by Year estimated change
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Death Rate 2024

Rate per 1,000
Death Rate 2024



Death Rate 2024

Name	Rate per 1,000	Rank of Rate per 1,000 along Table (Down)
Utah	6.3	50
California	7.4	49
Texas	7.4	48
Colorado	7.6	47
Alaska	7.6	46
New Jersey	8.0	45
New York	8.2	44
Washington	8.3	43
Idaho	8.4	42
Hawaii	8.6	41
Minnesota	8.6	40

U.S. Death Rate 2024

United States	9.1
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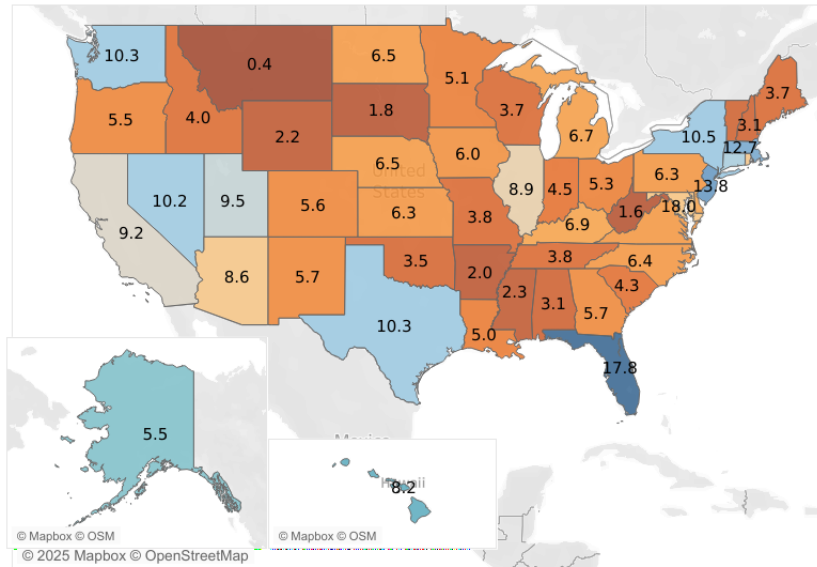
Nationally, international immigration drove population change with 2.8 new residents coming to the U.S. from abroad during the 2024 estimate period. The highest number of international migrants arrived in Florida (411,322), California (361,057) and Texas (319,569). Alabama has one of lowest rates of international immigration in the U.S. (ranking No. 43). Despite that, the state did see an increase in new arrivals compared to 2023, when about 13,000 international immigrants arrived. Both the 2023 and 2024 totals for international immigration are about double the average number of arrivals between 2010 and 2020. And far exceed the levels seen during the first Trump administration and the record lows during the pandemic.

U.S. Census Population Estimates for 2024

Migration vs Natural Change	Trend in Domestic vs International Migration	Trend in Natural Change	Rates of Change	Comparison Table	Components of Change	Year by Year estimated change
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International Migration Rate 20234

Rate per 1,000
International Migration Rate 20234



International Migration Rate 20234

Name	Rate per 1,000	Rank of Rate per 1,000 along Table (Down)
Montana	0.4	50
West Virginia	1.6	49
South Dakota	1.8	48
Arkansas	2.0	47
Wyoming	2.2	46
Mississippi	2.3	45
New Hampshi..	3.1	44
Alabama	3.1	43
Vermont	3.1	42
Oklahoma	3.5	41

U.S. International Migration Rate 20234

United States	8.2
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The Southeastern U.S. is one of the fastest-growing regions in the U.S. Alabama ranks in the middle of pack of Southeastern states when it comes to population growth, outpacing Mississippi, Louisiana, Arkansas, and Kentucky, but well behind the rates of growth seen in Florida, North Carolina, Georgia, South Carolina, and Tennessee.

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