

2024 Colorado Population Growth

First Look at 2024 Components of Change

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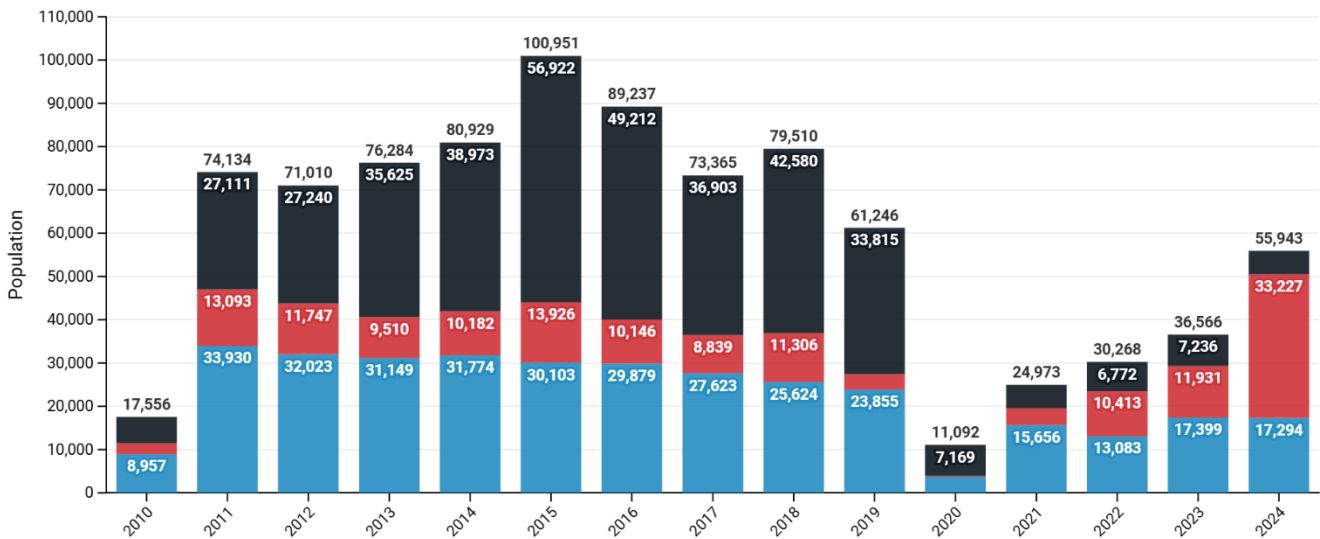
In line with the national trend, international migration fueled Colorado’s population growth in 2024. Colorado gained over 33,000 people this year through net international migration alone, accounting for more than half of its population growth. The latest estimates from the U.S. Census include an updated methodology to incorporate federal administrative data for 2020 through 2024 to account for larger numbers of international migrants not picked up in the 2020 Census.

Colorado is still one of the 32 states experiencing a net positive increase in domestic migrants, attracting the 17th highest number nationally. However, the total number of net domestic migrants has slowed considerably and reached the second-lowest point since 2010. Colorado’s share of domestic migrants as a total of overall population growth reached the lowest point since 2010.ⁱ

- The state’s total population increased by 56,154 people, reaching 5.96 million. 2024 added 19,853, or 53% more people to Colorado than did 2023.
- Colorado gained 33,227 individuals on net from **international migration**, accounting for 59% of population growth between 2023 and 2024.
- This is nearly three times higher than the previous year and near the level of net domestic migration seen in 2019.
- The state gained more people through net international migration than it did through natural growth and domestic migration combined.
- **Net domestic migration** declined to 5,422, 1,314 fewer than in 2023. This is the second lowest net domestic migration since 2010. In 2021, Colorado attracted 5,404 domestic migrants in 2021 in the midst of the pandemic.
- **Natural growth** remained flat at 17,300.

Colorado Population Components of Change

■ Natural Growth ■ Net International Migration ■ Net Domestic Migration

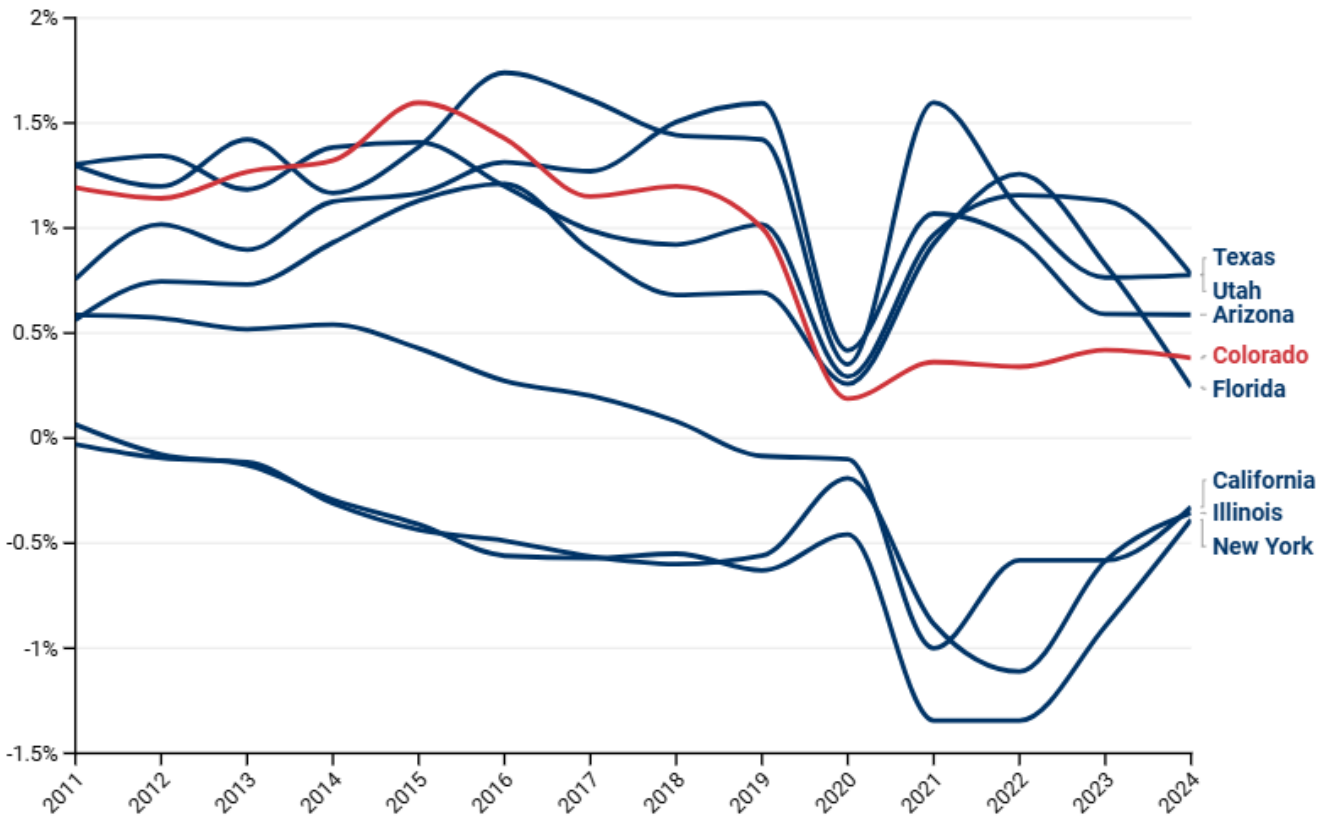


Source: U.S. Census

Domestic Migration

- California, New York, and Illinois remained among the five states with the largest outflow of population. California lost 239,575 people to domestic emigration, whereas New York and Illinois lost 120,971 and 56,235, respectively.
- **Colorado remains moderate in its desirability for domestic migration. Colorado ranked 17th** for number in domestic population gain in 2024 out of 32 states that had a net increase. Throughout the 2010s, it ranked in the top ten, including 2nd in the nation in 2015.
- Colorado's net migration + natural increase as share of population maintained its rank as 16th in the nation in 2024. Colorado's rank was in the top ten between 2010 and 2019, peaking at 2nd in 2015.

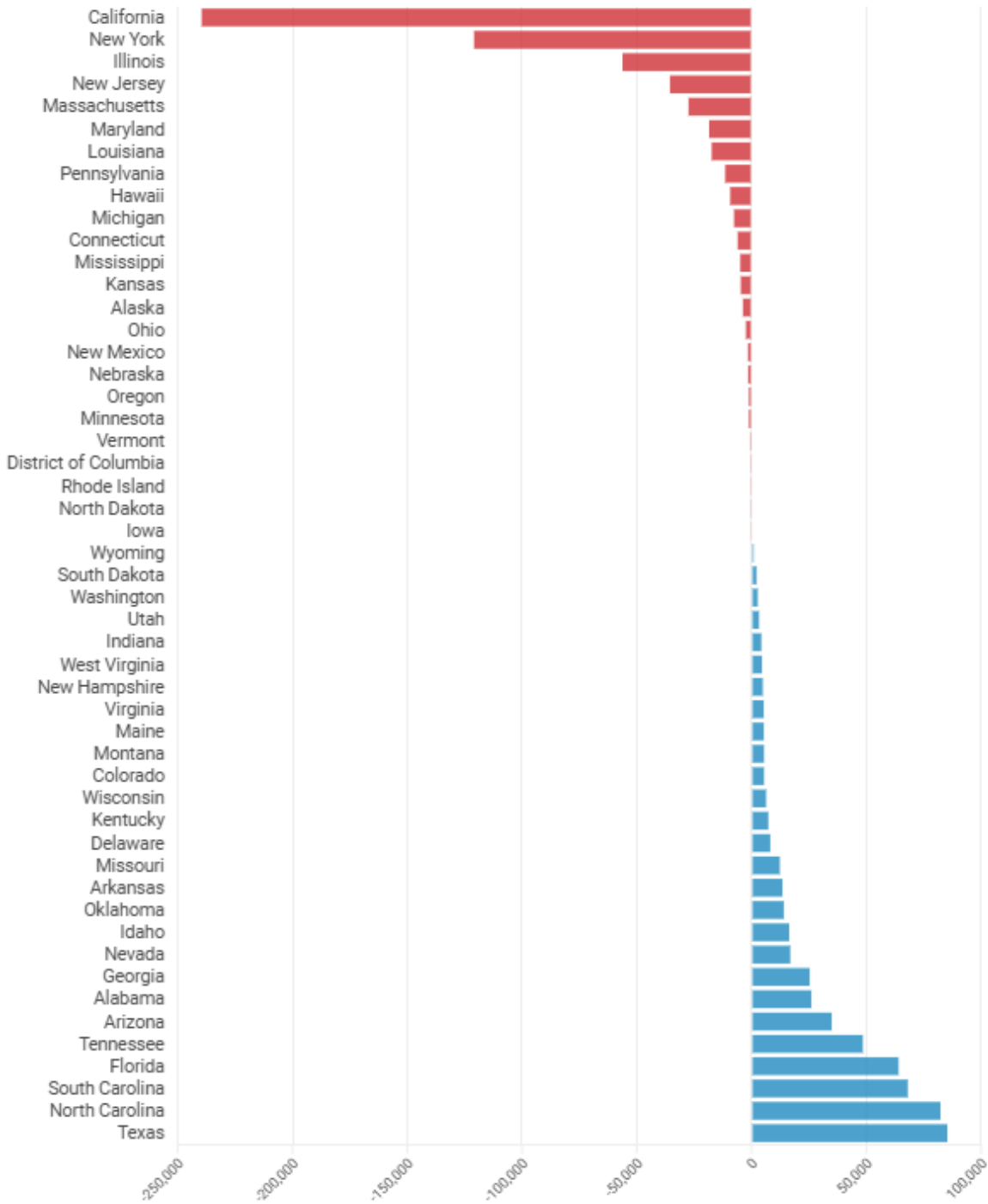
Domestic Migration + Natural Increase as a Share of Population, 2011–2024



Source: U.S. Census (2011-2019 from 2010 Census, 2020-2023 from 2020 Census)

2024 Net Domestic Migration by State

■ Net Domestic Migration Up
 ■ Net Domestic Migration Down



Source: U.S. Census



ⁱ [Improved Method Better Estimates Net International Migration Increase](#)