

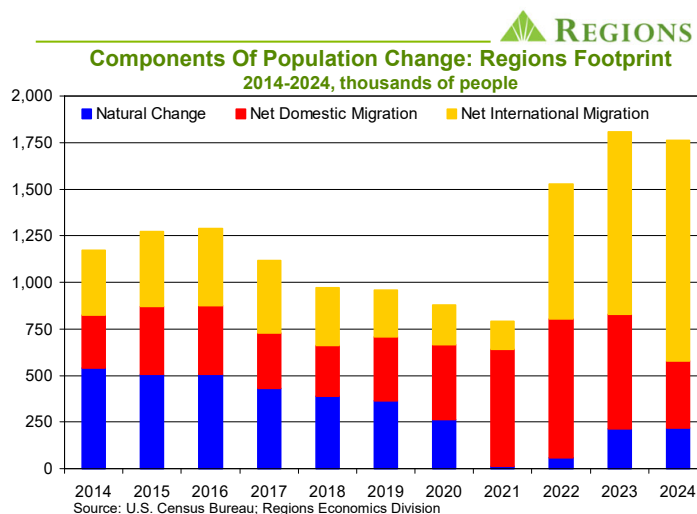


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Total Population, Components Of Change 2022-2024: Regions Footprint

Each January the U.S. Census Bureau releases comprehensive data on state level population, including the components of change in population, and upon the release of the data, we produce a summary of the results for the Regions footprint. In that sense, this year was like any other, and we sent our summary out in early-January. What made this year unlike any others, however, was a change in the methodology used by the Census Bureau to estimate international migration flows, which yielded significantly higher estimates of net international in-migration into the U.S. and the Regions footprint in 2022 and 2023 than had previously been reported. The net result was significantly faster population growth, nationally and within the Regions footprint, than had previously been reported. As we discussed in this year’s update, we and many others had been arguing that the Census data were meaningfully undercounting the scope of net international in-migration, which the change in methodology helped resolve. One reason this mattered is that foreign born labor was the primary fuel of what was notably rapid labor supply growth over recent years. That said, changes in U.S. policy starting in June 2024 and the perception that more dramatic, and significantly more restrictive, policy changes were in store in 2025 have led to significant reductions in net international in-migration, which we’ve argued pose the risk of an adverse labor supply shock in 2025.

Though the state level data are released in January of each year, it takes longer for the estimates on the metro area level to be produced, but Census recently released these estimates. Given the dramatic change in estimates of population growth in 2022 and 2023 and what was another notably large increase in 2024, we thought it would be useful to present a summary of the data on the metro area level for the group of in-footprint metro areas we track each month in our economic data updates. That summary is presented, in tabular form, in the pages that follow. Given that we discussed the data, including the implications of the change in methodology employed by the Census Bureau, in detail in our January summary of the state level data, we will not repeat that here. Instead, the table that follows shows, for each of the in-footprint metro areas, the components of change in total population over the 2022-2024 period – natural change (the difference between births and deaths), net domestic migration, and net international migration.



As we noted in our January summary, international in-migration accounted for roughly eighty-five percent of the change in the total population of the U.S. over the 2022-2024 period, with the remaining fifteen percent accounted for by natural change (recall that net domestic migration is, by definition, zero for the U.S. as a whole). For the states within the Regions footprint, international in-migration accounted for 56.7 percent of the change in total population over the 2022-2024 period, with domestic migration accounting for 33.7 percent, and natural change accounting for 9.6 percent. The shares are a bit different for the group of 104 in-footprint metro areas as a whole, but the main point is the heavy reliance on international in-migration, which accounted for 59.2 percent of total population change over the 2022-2024 period, with domestic migration accounting for 26.8 percent and natural change accounting for 14.0 percent. As seen in the chart to the side, international in-migration surged over this span but,

as we discussed in January, international in-migration has already slowed sharply in 2025 and is likely to remain low for some time to come. This will have implications for labor supply growth, and in turn job growth and overall economic growth, as we move through 2025 and beyond. Just as we are tracking this on the national and state levels, we’ll track it on the metro area to the extent the data allow.

Again, we see no reason to repeat the discussion of the broader trends in the data, and the implications, that we offered back in January. The table that follows presents a breakdown of the components of population change over the 2022-2024 period for each of the 104 in-footprint metro areas we include in our monthly data summaries.

	thousands of people:			
		Net	Net	
Total Population: Components of Change 2022-2024:	Natural	Domestic	International	Total
	Change	Migration	Migration	Change
Deltona-Daytona Beach-Ormond Beach, FL	-12.815	53.597	9.597	50.379
Gainesville, FL	0.781	2.133	9.226	12.140
Jacksonville, FL	5.451	75.092	36.889	117.432
Ocala, FL	-8.417	44.545	6.535	42.663
Palm Bay-Melbourne-Titusville, FL	-10.387	40.939	8.917	39.469
Tallahassee, FL	0.170	1.796	7.462	9.428
Fort Lauderdale-Pompano Beach-Deerfield Beach, FL	11.510	-48.253	139.984	103.241
Miami-Miami Beach-Kendall, FL	19.580	-156.494	304.793	167.879
Orlando-Kissimmee-Sanford, FL	21.920	54.316	163.851	240.087
West Palm Beach-Boca Raton-Delray Beach, FL	-3.635	1.403	81.483	79.251
Cape Coral-Fort Myers, FL	-4.934	41.543	31.078	67.687
Lakeland-Winter Haven, FL	0.934	74.486	19.461	94.881
Naples-Immokalee-Marco Island, FL	-3.055	12.619	18.913	28.477
North Port-Sarasota-Bradenton, FL	-14.890	65.895	19.087	70.092
Punta Gorda, FL	-6.673	20.016	3.049	16.392
Tampa-St. Petersburg-Clearwater, FL	-14.582	99.600	106.434	191.452
Albany, GA	-0.679	0.429	0.607	0.357
Athens-Clarke County, GA	1.017	1.623	2.861	5.501
Atlanta-Sandy Springs-Roswell, GA	72.766	51.819	126.016	250.601
Augusta-Richmond County, GA-SC	2.087	14.222	3.980	20.289
Charleston-North Charleston, SC	8.302	35.184	10.859	54.345
Columbia, SC	1.659	21.954	8.891	32.504
Columbus, GA-AL	1.304	-5.313	1.949	-2.060
Dalton, GA	0.403	1.877	1.469	3.749
Gainesville, GA	2.505	8.430	3.547	14.482
Greenville-Anderson-Mauldin, SC	0.516	41.398	12.336	54.250
Macon, GA	-1.126	4.763	0.897	4.534
Rome, GA	-0.530	2.454	0.952	2.876
Savannah, GA	3.126	13.257	5.380	21.763
Spartanburg, SC	0.093	28.175	4.573	32.841
Valdosta, GA	1.147	1.747	0.786	3.680
Warner Robins, GA	1.123	6.883	1.207	9.213
Charlotte-Concord-Gastonia, NC-SC	26.588	83.208	66.090	175.886
Chattanooga, TN-GA	-2.089	17.508	4.147	19.566
Cleveland, TN	-0.874	4.383	1.098	4.607
Johnson City, TN	-3.538	9.811	1.168	7.441
Kingsport-Bristol-Bristol, TN-VA	-7.044	11.705	0.329	4.990
Knoxville, TN	-7.451	41.302	6.066	39.917
Morristown, TN	-1.540	7.541	0.876	6.877
Raleigh, NC	22.087	54.064	34.212	110.363
Wilmington, NC	-0.669	17.527	2.700	19.558
Fayetteville-Springdale-Rogers, AR-MO	8.991	23.796	10.115	42.902
Fort Smith, AR-OK	-0.535	5.388	1.188	6.041
Hot Springs, AR	-1.954	1.294	0.310	-0.350
Jonesboro, AR	0.807	2.781	0.259	3.847
Little Rock-North Little Rock-Conway, AR	2.605	11.152	3.972	17.729

	thousands of people:			
		Net	Net	
	Natural Change	Domestic Migration	International Migration	Total Change
Total Population: Components of Change 2022-2024:				
Alexandria, LA	-0.639	-3.504	1.226	-2.917
Longview, TX	-0.130	4.177	1.351	5.398
Monroe, LA	-0.095	-2.408	1.122	-1.381
Shreveport-Bossier City, LA	-0.725	-8.594	2.883	-6.436
Texarkana, TX-AR	-1.715	0.220	0.458	-1.037
Tyler, TX	1.448	8.652	1.637	11.737
Bloomington, IN	-0.711	-3.722	4.218	-0.215
Bloomington, IL	0.533	-3.306	3.399	0.626
Champaign-Urbana, IL	1.228	-9.816	13.422	4.834
Chicago-Naperville-Elgin, IL-IN-WI	49.653	-233.525	229.644	45.772
Decatur, IL	-0.679	-2.142	0.942	-1.879
Evansville, IN-KY	-0.935	1.144	1.564	1.773
Indianapolis-Carmel-Anderson, IN	21.740	6.919	39.891	68.550
Kokomo, IN	-0.827	1.149	0.177	0.499
Lafayette-West Lafayette, IN	1.823	-5.691	8.501	4.633
Louisville/Jefferson County, KY-IN	-0.065	-1.300	32.771	31.406
Peoria, IL	-1.399	-3.687	4.127	-0.959
Springfield, IL	-0.555	-2.681	1.967	-1.269
Terre Haute, IN	-1.187	0.624	0.829	0.266
Austin-Round Rock, TX	47.830	73.851	67.439	189.120
Dallas-Plano-Irving, TX	104.947	112.776	191.675	409.398
Fort Worth-Arlington, TX	38.776	65.106	56.822	160.704
Houston-The Woodlands-Sugar Land, TX	138.630	98.788	311.370	548.788
San Antonio-New Braunfels, TX	32.019	85.371	38.808	156.198
Cedar Rapids, IA	1.039	-2.203	3.864	2.700
Columbia, MO	1.730	0.373	4.062	6.165
Des Moines-West Des Moines, IA	9.194	10.204	13.727	33.125
Iowa City, IA	2.351	-1.508	4.401	5.244
Jefferson City, MO	0.126	0.935	0.609	1.670
Springfield, MO	0.439	11.782	3.032	15.253
St. Louis, MO-IL	-5.855	-23.536	28.333	-1.058
Waterloo-Cedar Falls, IA	0.575	-1.175	2.697	2.097
Clarksville, TN-KY	7.548	6.408	1.972	15.928
Nashville-Davidson-Murfreesboro-Franklin, TN	21.554	58.664	35.802	116.020
Jackson, TN	-0.287	1.795	0.728	2.236
Memphis, TN-MS-AR	6.805	-23.921	14.123	-2.993
Auburn-Opelika, AL	1.525	4.926	3.741	10.192
Dothan, AL	-1.019	3.660	0.695	3.336
Montgomery, AL	1.522	-2.042	3.845	3.325
Decatur, AL	-0.773	2.850	1.270	3.347
Florence-Muscle Shoals, AL	-1.535	4.743	0.569	3.777
Huntsville, AL	2.379	29.940	5.481	37.800
Anniston-Oxford-Jacksonville, AL	-1.203	1.831	0.211	0.839
Birmingham-Hoover, AL	-0.625	3.778	8.703	11.856
Gadsden, AL	-1.527	1.500	0.402	0.375
Tuscaloosa, AL	1.014	1.529	2.419	4.962

	thousands of people:			
		Net	Net	
Total Population: Components of Change 2022-2024:	Natural	Domestic	International	Total
	Change	Migration	Migration	Change
Crestview-Fort Walton Beach-Destin, FL	1.437	8.814	6.195	16.446
Mobile, AL	-0.077	-2.324	1.897	-0.504
Panama City, FL	-0.778	16.701	5.169	21.092
Pensacola-Ferry Pass-Brent, FL	-1.579	17.559	5.625	21.605
Baton Rouge, LA	5.212	-7.960	13.325	10.577
Houma-Thibodaux, LA	0.307	-9.622	1.692	-7.623
Lafayette, LA	3.806	-0.797	4.506	7.515
New Orleans-Metairie, LA	3.838	-48.689	23.908	-20.943
Gulfport-Biloxi-Pascagoula, MS	-1.009	4.726	3.668	7.385
Hattiesburg, MS	0.637	0.278	0.865	1.780
Jackson, MS	1.139	-11.533	4.976	-5.418
U.S.	1,237.275	N/A	6,773.953	8,011.228
Regions Total	596.930	1,139.682	2,514.354	4,250.966
East Region	100.141	859.184	1,269.755	2,229.080
Mid-America Region	484.098	260.630	1,145.437	1,890.165
South Region	12.691	19.868	99.162	131.721
	Source: U.S. Census Bureau; Regions Economics Division			