



Lessons from 2024 Population Estimates



July 2025

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metro council.org

Today's plan

Outline

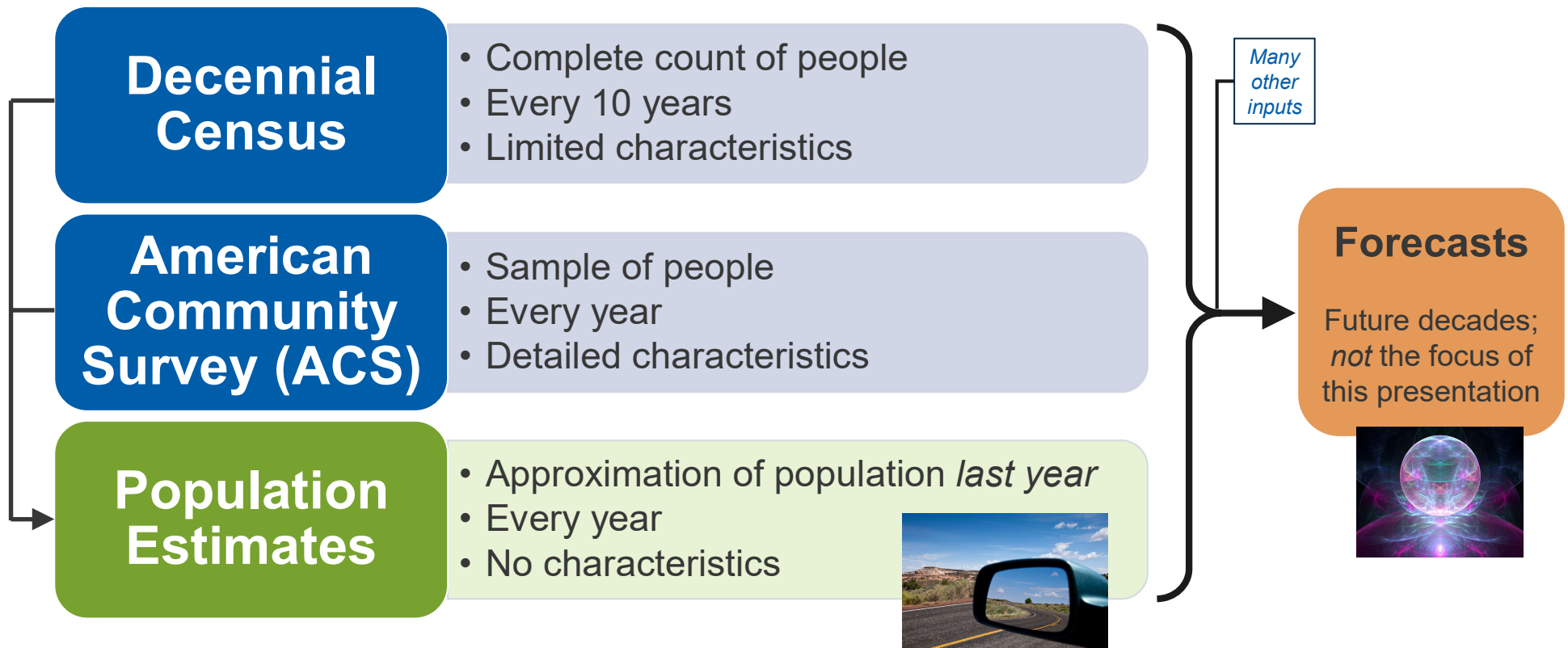
- About population estimates
- Slower, less balanced growth
- Why is population growth slower?
- Caution with the narrative
- Looking ahead



About Met Council population estimates



What estimates are (and are not)



Who's involved?

- Population estimates for seven-county region

Metropolitan Council



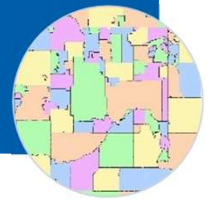
- Population estimates for Greater Minnesota (outside 7-county region)

State Demographic Center



- Supply data
- Review preliminary estimates
- Comment if desired

Local governments



Population estimates are governed by Minnesota Statutes [4A.02](#) and [473.24](#).

The estimates timeline

Preliminary estimates (by June 1)

- Transmitted to highest elected and appointed officials via email and US Mail
- Detailed reports
- Spreadsheets

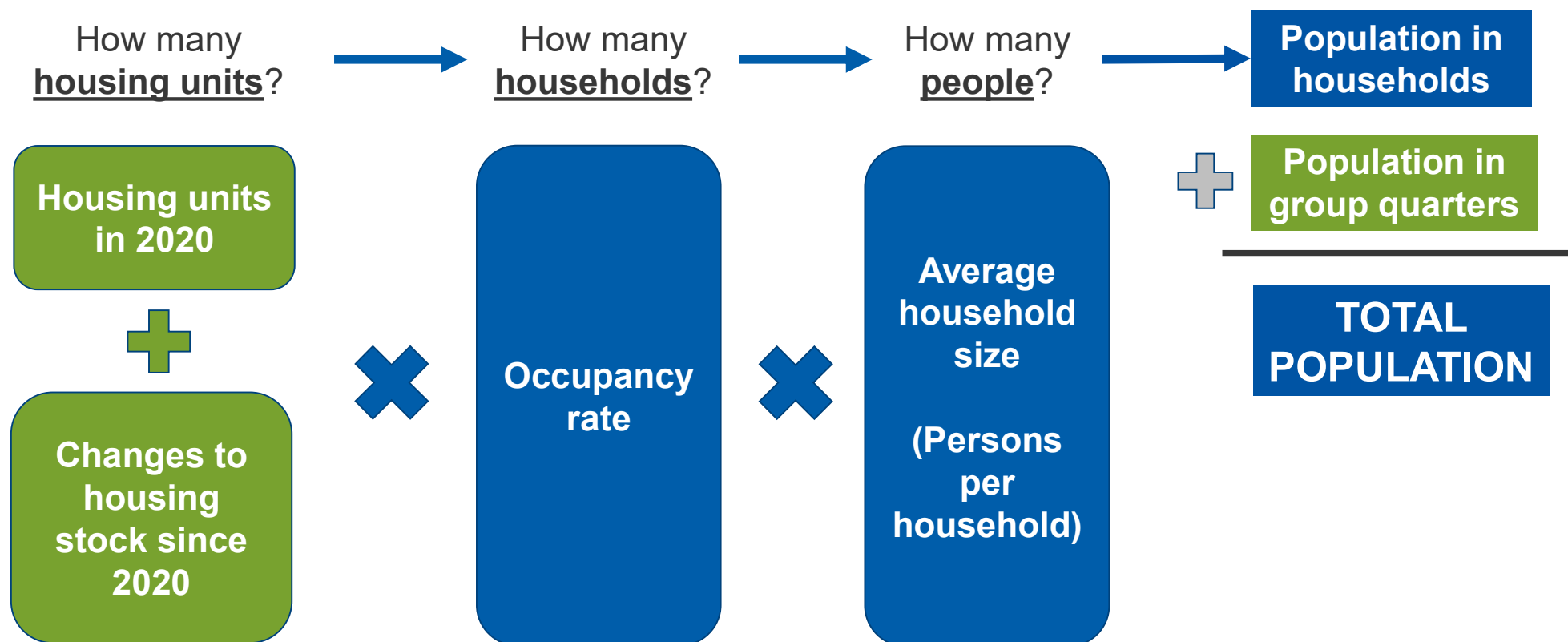
Local review (by June 24)

- 6 comments resolved by answering questions
- 5 comments resulting in revisions
- 1 comment resulting in no revision

Final estimates (by July 15)

- Local Government Aid
- State Aid for Local Transportation
- Tax-base sharing (Fiscal Disparities)
- Miscellaneous local purposes

How estimates are calculated

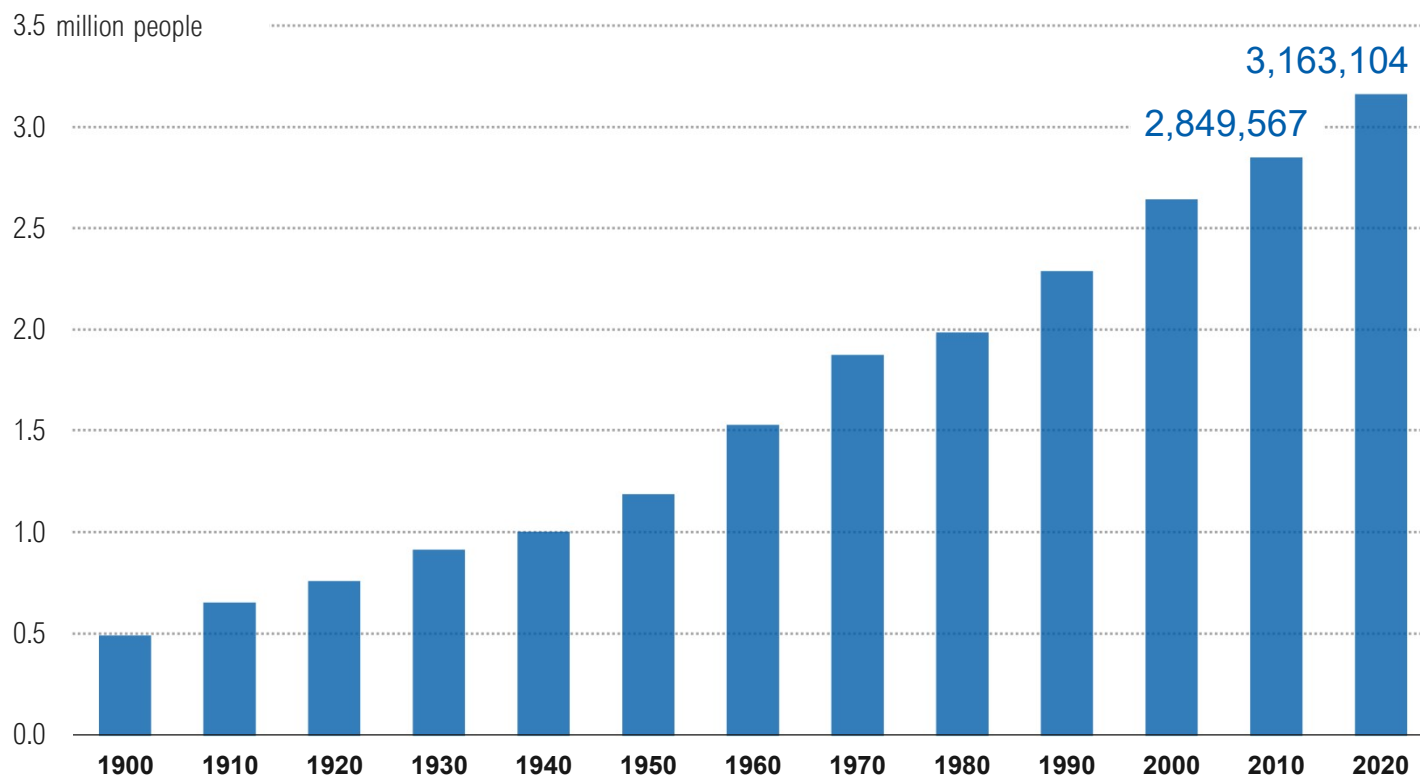


**What the
estimates show:**

**Slower, less
balanced growth**



2010-2020: Steady population growth



Between 2010 & 2020,
the Twin Cities region's
population grew:

+313,537
+11.0%

Source: Metropolitan Council staff analysis of U.S. Census Bureau data. "Twin Cities region" represents all seven counties in the jurisdiction of the Metropolitan Council (Minn. Stat. § 473.121, subd. 2)

2024 population estimates



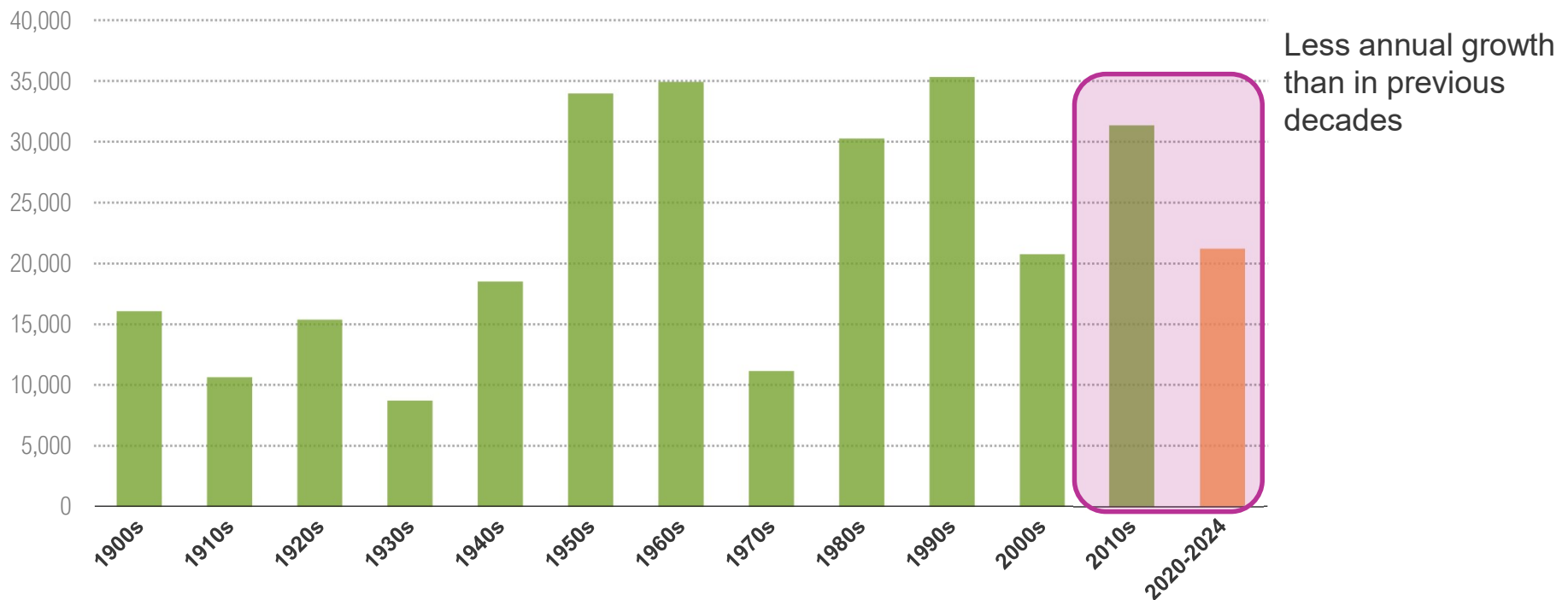
As of April 1, 2024, the Twin Cities region had:

	Estimate for April 1, 2024	Change since 2020 Census	Percent change since 2020 Census
Housing units	1,379,351	+84,488	+6.5%
Households	1,303,817	+64,291	+5.2%
People	3,247,971	+84,867	+2.7%

Source: Metropolitan Council population estimates for April 1, 2024. "Twin Cities region" represents all seven counties in the jurisdiction of the Metropolitan Council ([Minn. Stat. § 473.121, subd. 2](#))

Region is still growing, but not as much

Average annual population growth by decade



Source: Metropolitan Council staff analysis of U.S. Census Bureau data via the National Historical Geographic Information System ([NHGIS](#)); Metropolitan Council population estimates for April 1, 2024. "Twin Cities region" represents all seven counties in the jurisdiction of the Metropolitan Council ([Minn. Stat. § 473.121, subd. 2](#))

Here's where population growth is happening the most:

Average annual change in population, 2020-2024

Gain of 500 or more

Gain of 100 to 499

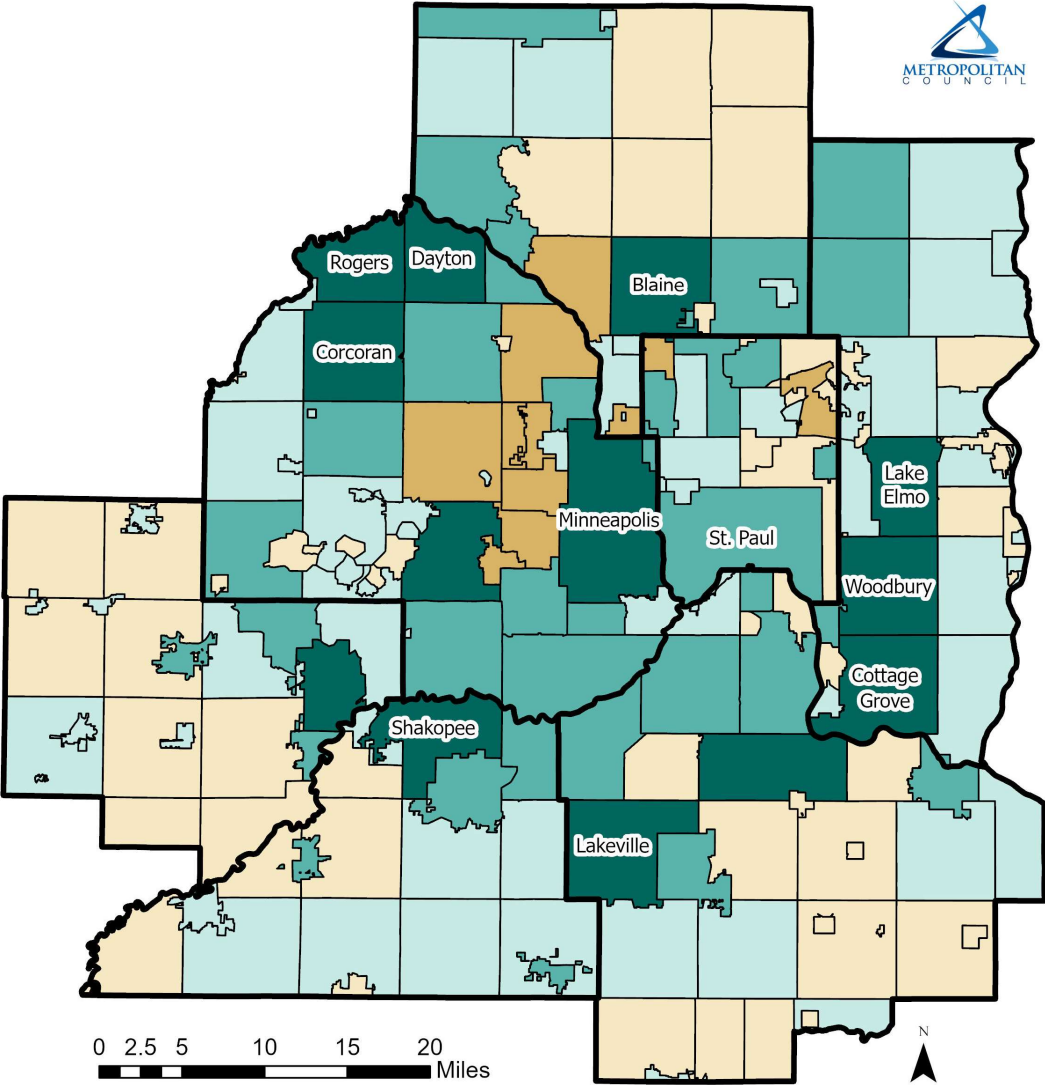
Gain of 1 to 99

Loss of 1 to 49, or no change

Loss of 50 or more

Note: Labels identify cities with the ten largest population gains as well as Saint Paul (for orientation purposes).

Source: Metropolitan Council staff analysis of U.S. Census Bureau data; Metropolitan Council annual population estimates for April 1, 2024

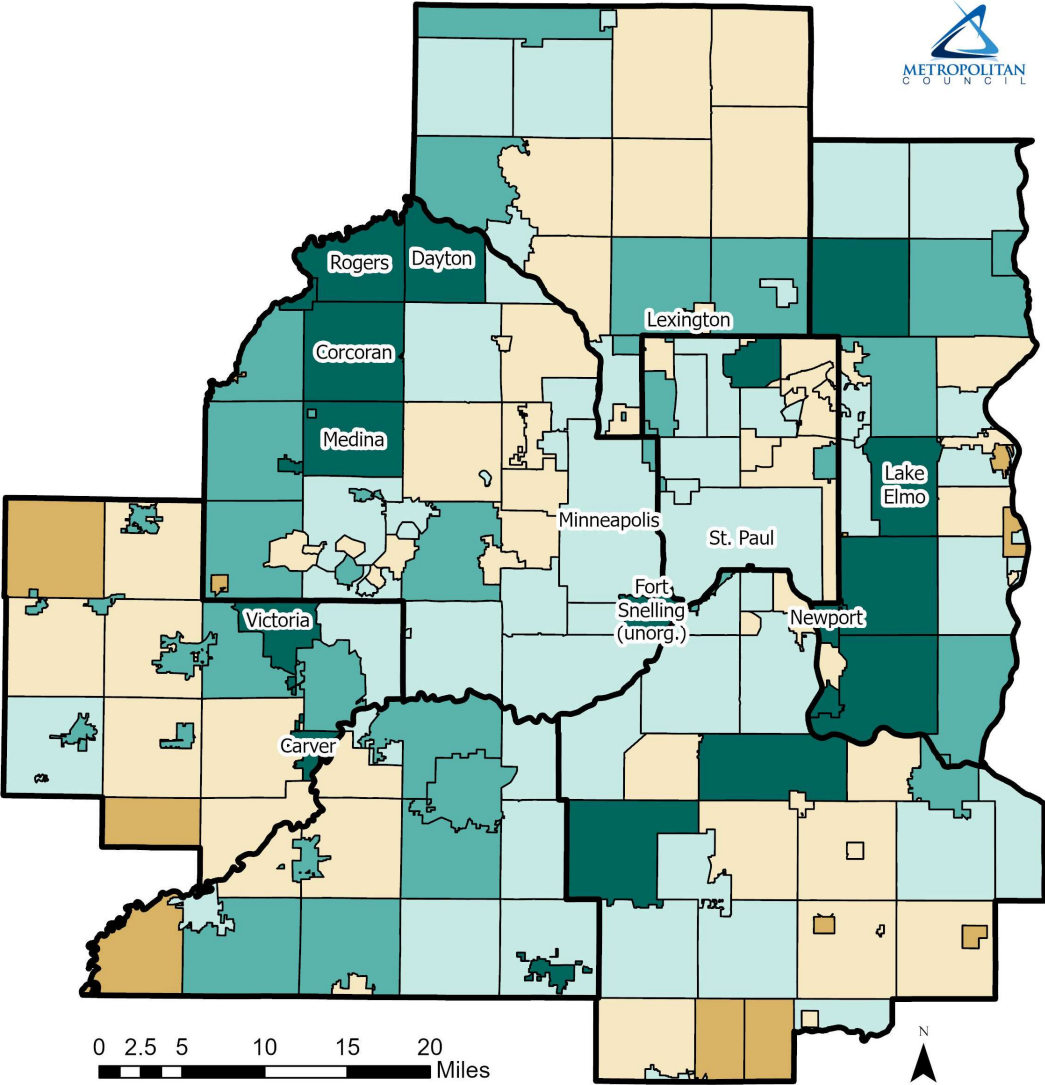


Here's where population growth is happening most rapidly:

Average annual % change in population, 2020-2024
Rapid growth (2% or more)
Moderate growth (1%-2%)
Slow growth (under 1%)
Loss under 1%
Loss of 1% or more

Note: Labels identify cities with the ten highest growth rates as well as Minneapolis and Saint Paul (for orientation purposes).

Source: Metropolitan Council staff analysis of U.S. Census Bureau data; Metropolitan Council annual population estimates for April 1, 2024



The previous decade was more balanced:

Average annual % change in population, 2010-2020

Rapid growth (2% or more)

Moderate growth (1%-2%)

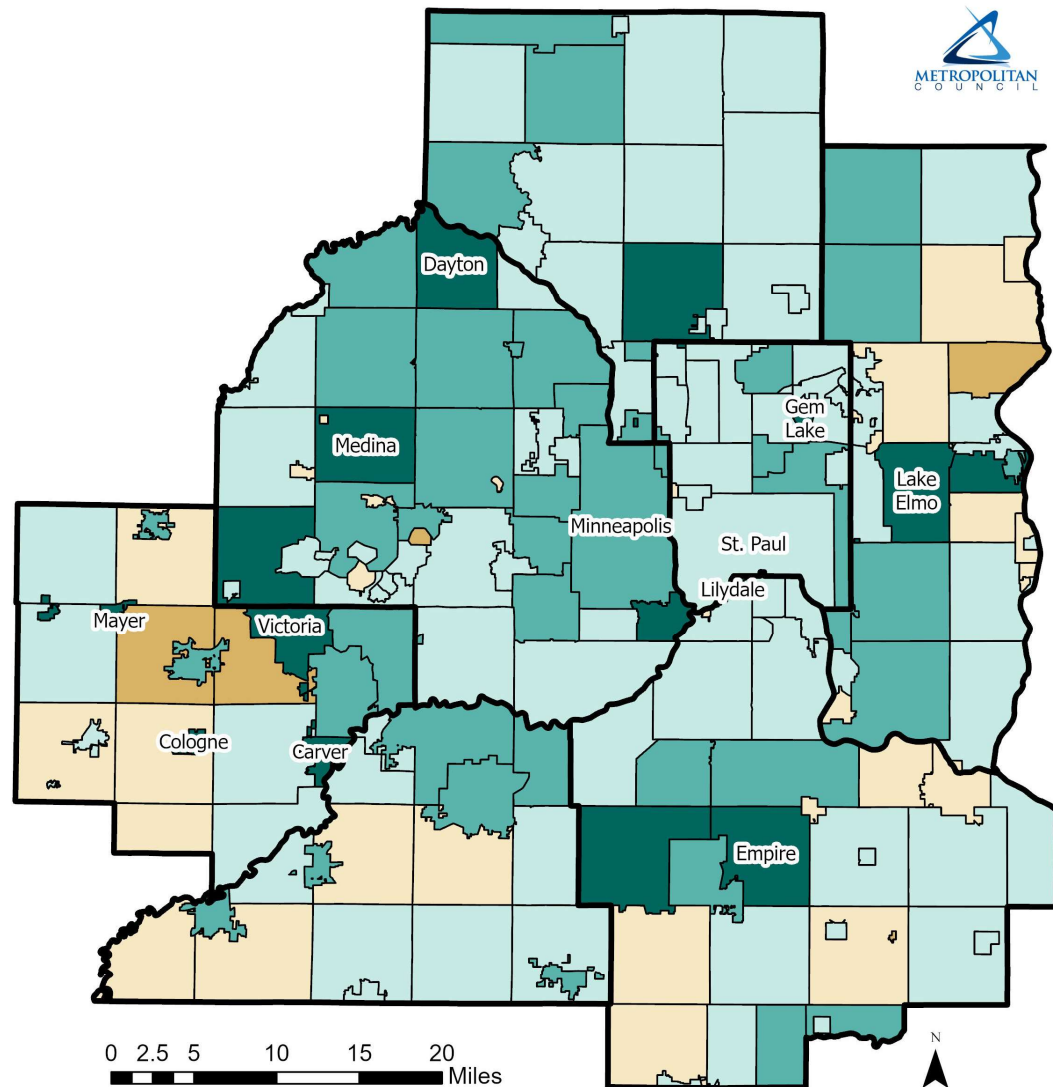
Slow growth (under 1%)

Loss under 1%

Loss of 1% or more

Note: Labels identify cities with the ten highest growth rates as well as Minneapolis and Saint Paul (for orientation purposes).

Source: Metropolitan Council staff analysis of U.S. Census Bureau data



2020-2024: Growth less spatially balanced

**Average annual population
change, 2020-2024**

Rural Service Area

Suburban Edge

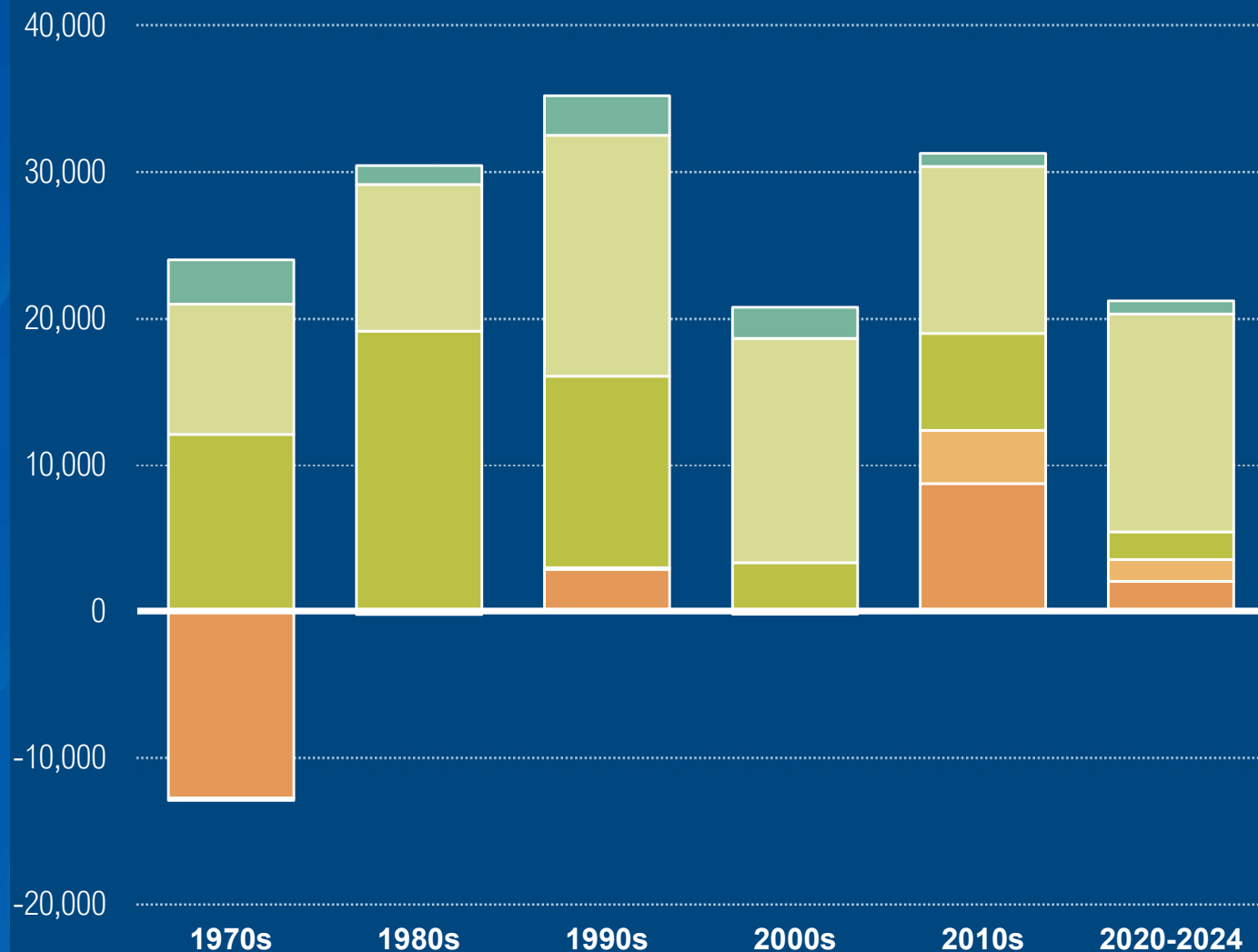
Suburban

Urban Edge

Urban

[Click here](#) for a map of Imagine 2050 Community Designations

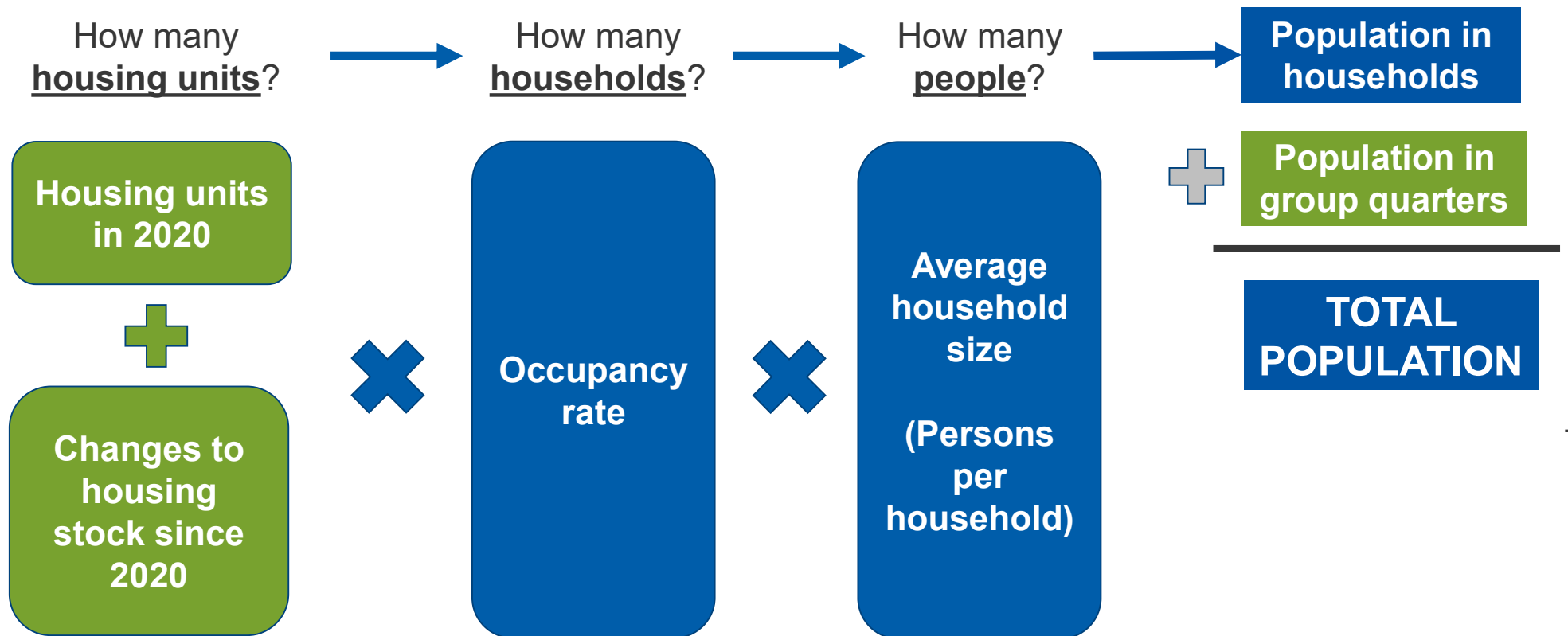
Source: Metropolitan Council staff analysis of U.S. Census Bureau data; Metropolitan Council population estimates for April 1, 2024



**Why has
growth slowed?**



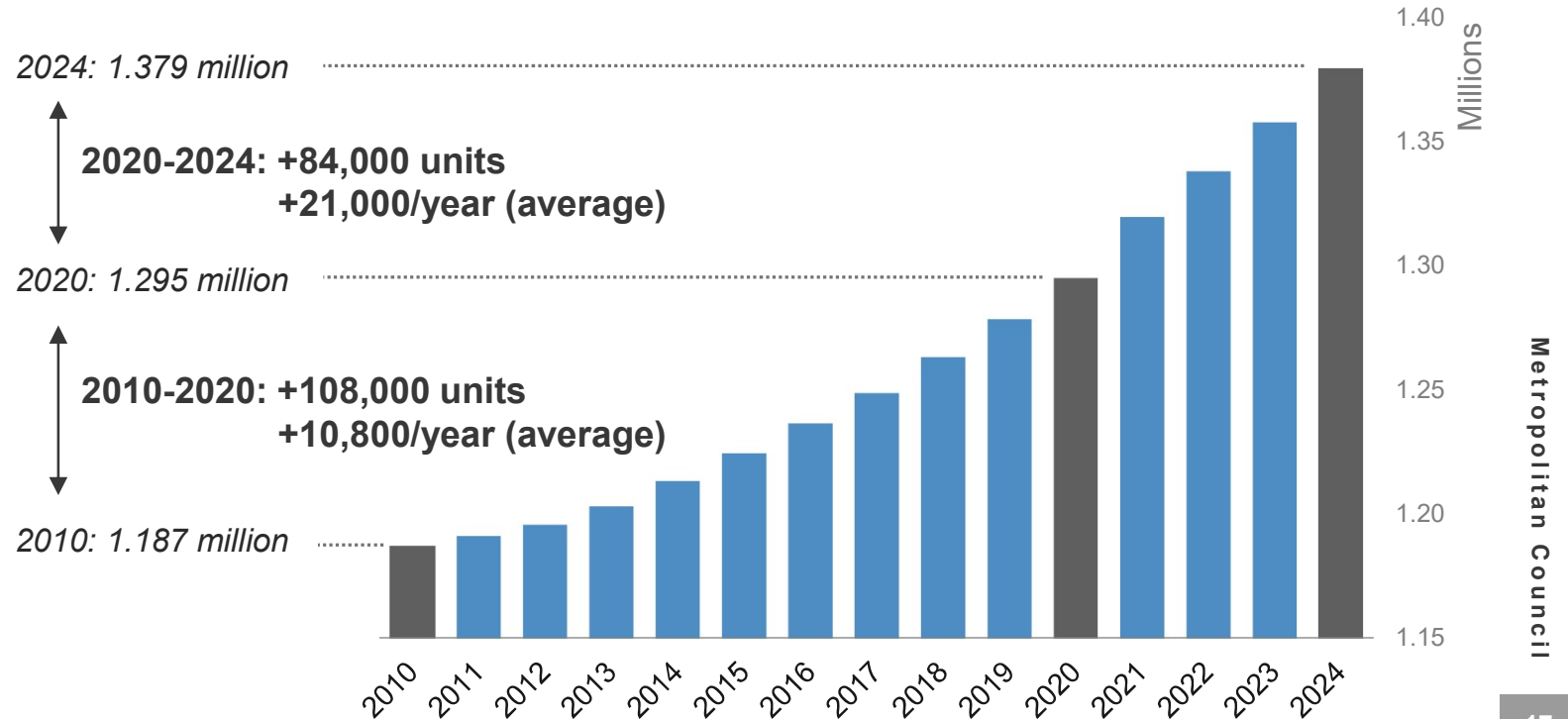
How estimates are calculated (refresher)



Housing production hasn't slowed...



Number of housing units, 2010-2024



Source: U.S. Census Bureau (2010, 2020) and Metropolitan Council housing stock estimates (all other years)

... but there are more vacant units...



As of April 1, 2024, the Twin Cities region had:

	Estimate for April 1, 2024	Change since 2020 Census	Percent change since 2020 Census
Housing units	1,379,351	+84,488	+6.5%
Households	1,303,817	+64,291	+5.2%
People	3,247,971	+84,867	+2.7%

Occupancy rate fell from 95.7%
in 2020 to 94.5% in 2024.

Source: Metropolitan Council population estimates for April 1, 2024. "Twin Cities region" represents all seven counties in the jurisdiction of the Metropolitan Council (Minn. Stat. § 473.121, subd. 2)

... and households are getting smaller



As of April 1, 2024, the Twin Cities region had:

	Estimate for April 1, 2024	Change since 2020 Census	Percent change since 2020 Census
Housing units	1,379,351	+84,488	+6.5%
Households	1,303,817	+64,291	+5.2%
People in households	3,187,155	+85,171	+2.7%

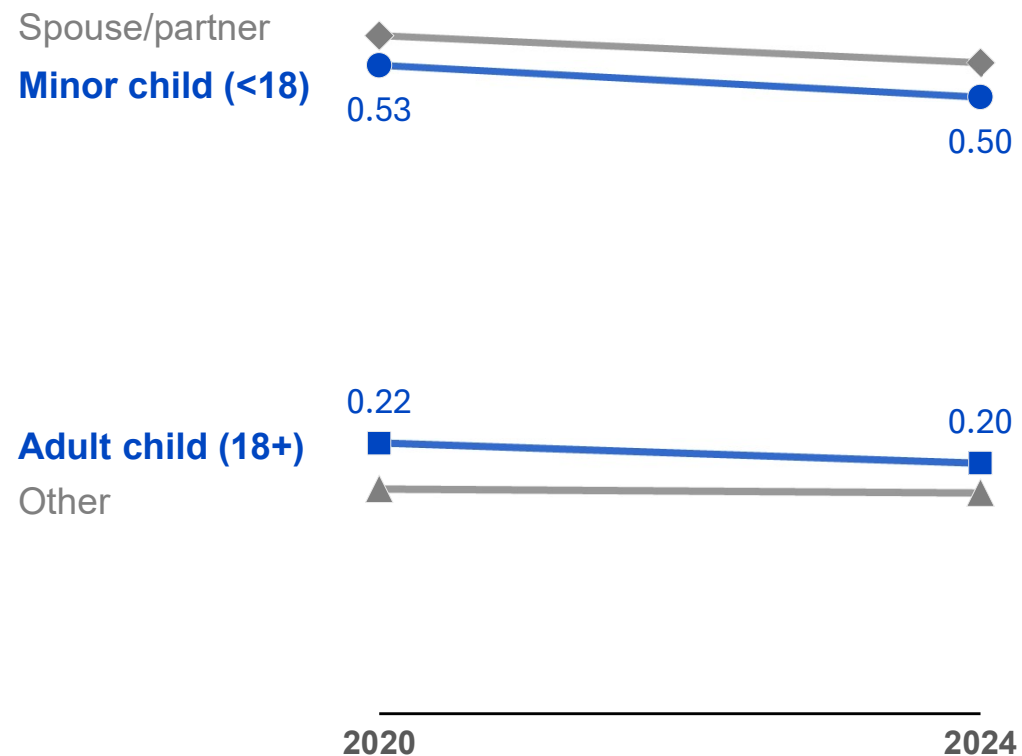
Average household size fell from
2.503 in 2020 to 2.445 in 2024.

Source: Metropolitan Council population estimates for April 1, 2024. "Twin Cities region" represents all seven counties in the jurisdiction of the Metropolitan Council (Minn. Stat. § 473.121, subd. 2)

Children (and others) are leaving home

Persons per household, by relationship to householder

Note that these numbers are not directly comparable to Met Council estimates.



Source: U.S. Census Bureau, Current Population Survey (CPS) Annual Social and Economic Supplement (ASEC), via IPUMS CPS, University of Minnesota, www.ipums.org.

Numbers in the chart reflect all metropolitan areas in states in the Midwest region as defined by the Census Bureau ([map](#)).

Births are down; deaths are up

	2016-2020 annual average	2021-2024 annual average	
Births	38,900	35,900	3,000 fewer births per year
Deaths	(21,200)	(24,600)	3,400 more deaths per year
Net population change	17,700	11,300	“Natural increase” lower by 6,400 per year

Source: U.S. Census Bureau, Annual Resident Population Estimates, Estimated Components of Resident Population Change, and Rates of the Components of Resident Population Change for States and Counties: April 1, 2020 to July 1, 2020 and April 1, 2020 to July 1, 2024.

Caution against oversimplification



“The end of the urban boom”? Not quite...



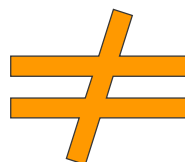
Minnesota's urban core boomed over the past decade. Momentum is now shifting back to the suburbs.

New population estimates show slowed growth for the region and faster growth in farther-out suburbs.

By Katie Galioto and Jeff Hargarten Star Tribune | JUNE 15, 2024 — 4:20PM



RENÉE JONES SCHNEIDER, STAR TRIBUNE



“All cities in the urban core are rapidly losing population, and all edge cities are rapidly gaining.”

(Don't oversimplify.)

Most cities are gaining households...

Average annual % change in households, 2020-2024

Rapid growth (2% or more)

Moderate growth (1%-2%)

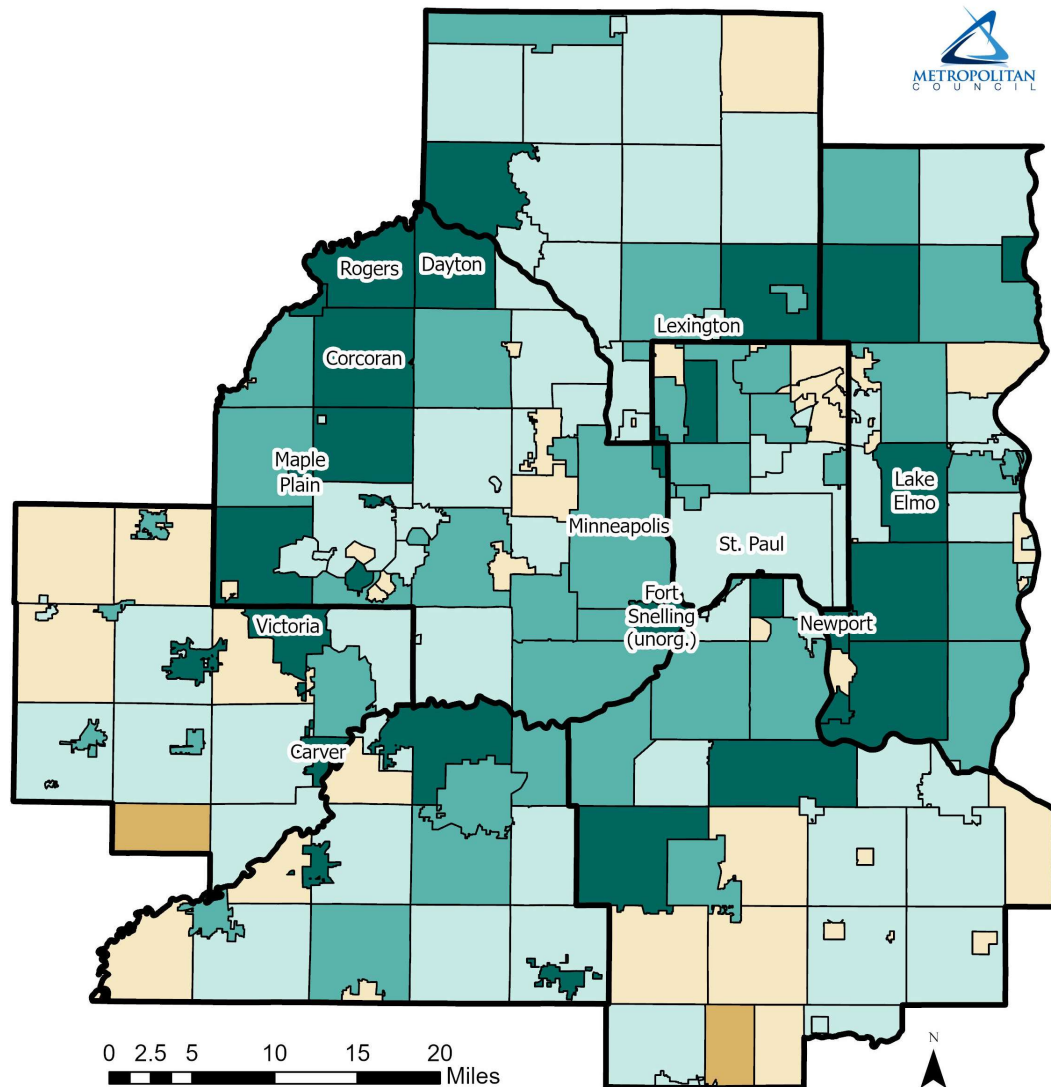
Slow growth (under 1%)

Loss under 1%

Loss of 1% or more

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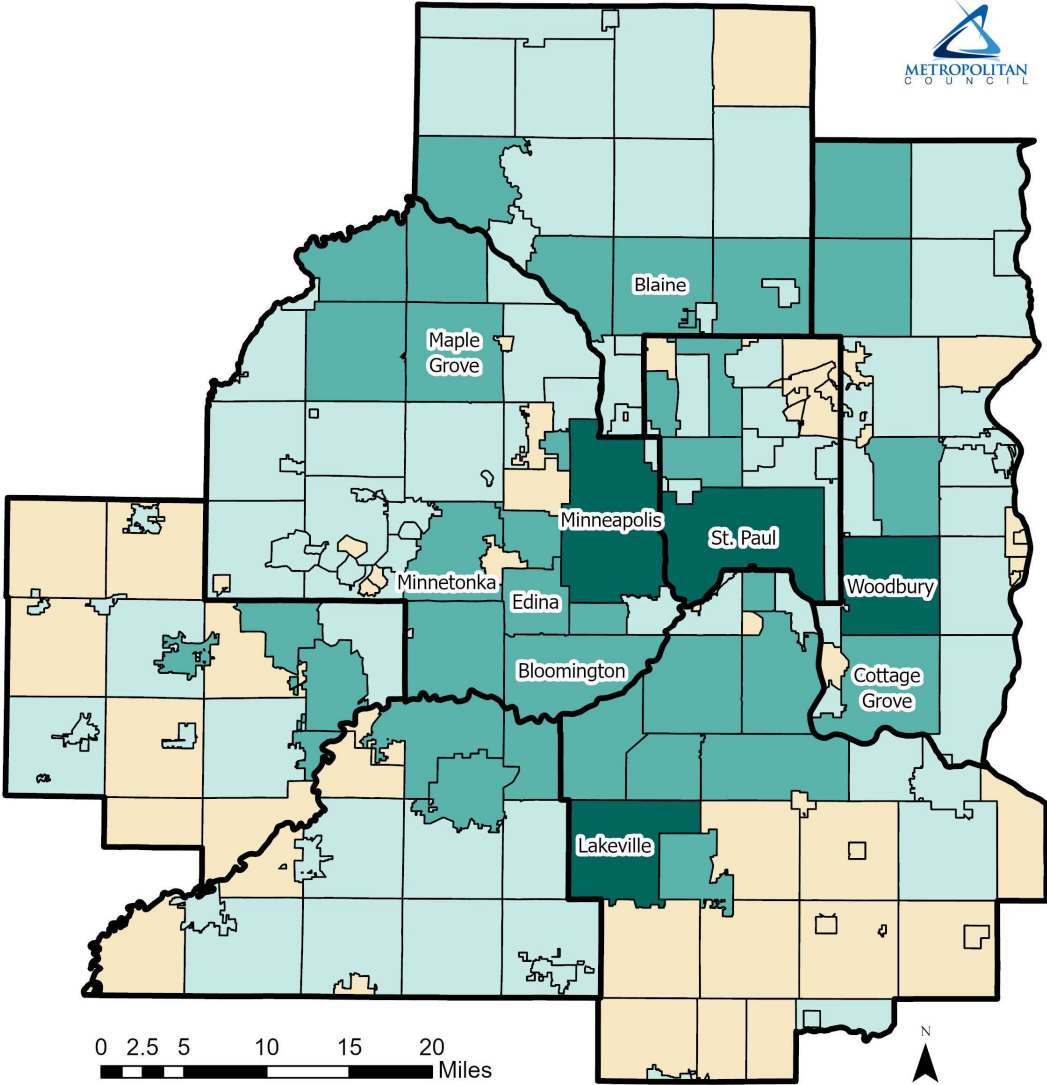


... and Minneapolis and Saint Paul gained more households than any other city.

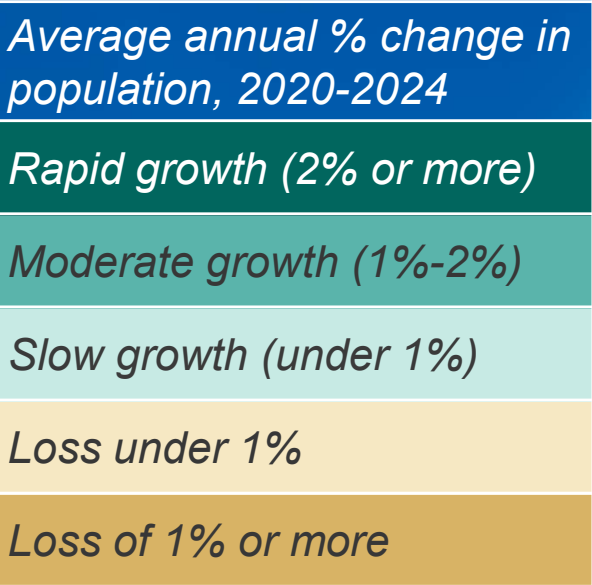
Average annual change in households, 2020-2024
Gain of 500 or more
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Gain of 1 to 99
Loss of 1 to 49, or no change
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Note: Labels identify cities with the ten largest household gains.

Source: Metropolitan Council staff analysis of U.S. Census Bureau data; Metropolitan Council annual population estimates for April 1, 2024

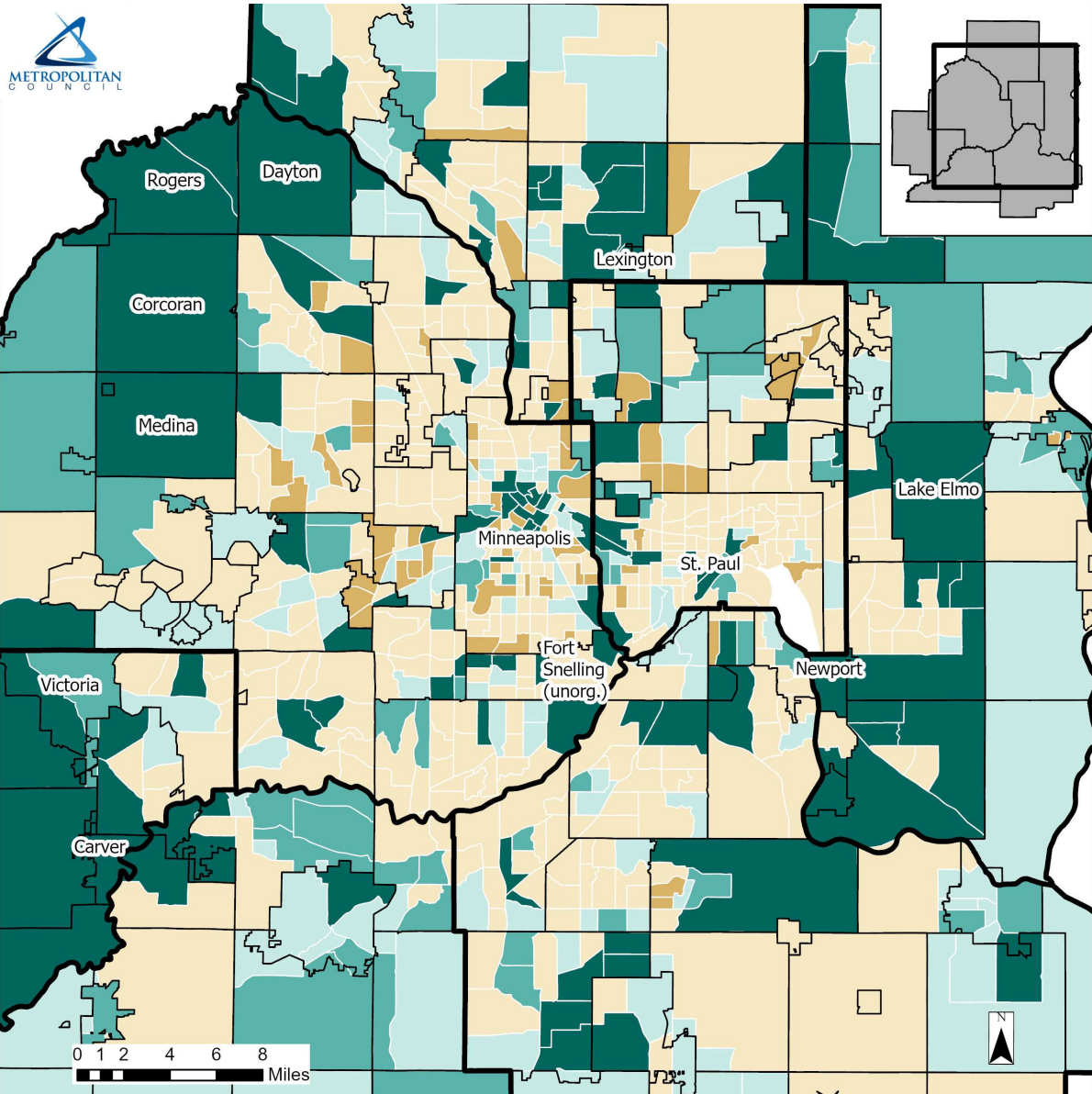


Most cities have census tracts that are adding people.



Note: Labels identify cities with the ten highest growth rates as well as Minneapolis and Saint Paul (for orientation purposes).

Source: Metropolitan Council staff analysis of U.S. Census Bureau data; Metropolitan Council annual population estimates for April 1, 2024



What might next year's estimates for 2025 look like?

Positive contributions

- Death rates should continue to drop
- Strong increase in multifamily occupancy

Negative contributions

- Ongoing decline in multifamily permitting
- Immigration restrictions and deportations
- Possible recession and cooling homeownership market (though it hasn't happened yet...)

Question marks

- Potential external shocks (like pandemics)
- Effects of climate change?



Thank you

Matt Schroeder

Community Development Research

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metro council.org/populationestimates

