

**Table 7B. Percent Net Domestic Migration for Selected Regions and States in the United States: April 1, 2020 to June 30, 2022**

Area	Net Domestic Migration Cumulative 4/1/2020 - 6/30/2021			April 1, 2020 to June 30, 2022 Net Domestic Migration; and July 1, 2020 to June 30, 2022 Annual Net Domestic Migration		
	4/1/2020 - 6/30/2022	Percent of Population Loss	Cumulative Percent of Loss	4/1/2020 - 6/30/2020	7/1/2020 - 6/30/2021	7/1/2021 - 6/30/2022
<b>States with Population Loss</b>	-2,499,976	100.00%		-242,224	-1,070,174	-1,187,578
Northeast Region	-852,538	34.10%		-113,328	-278,474	-460,736
Midwest Region	-395,836	15.83%		-39,524	-182,263	-174,049
West Region	-489,601	19.58%		5,738	-262,189	-233,150
Connecticut	-76	0.00%	0.00%	-5,548	19,019	-13,547
Oregon	-776	0.03%	0.03%	6,270	10,285	-17,331
New Mexico	-5,058	0.20%	0.24%	653	-1,207	-4,504
Rhode Island	-5,281	0.21%	0.45%	-474	389	-5,196
Iowa	-6,877	0.28%	0.72%	-1,392	1,807	-7,292
North Dakota	-7,186	0.29%	1.01%	-482	-3,994	-2,710
Washington	-7,376	0.30%	1.31%	11,592	-15,388	-3,580
Nebraska	-11,108	0.44%	1.75%	-844	-5,994	-4,270
Wisconsin	-11,383	0.46%	2.20%	-139	-18,901	7,657
Mississippi	-11,408	0.46%	2.66%	-2,216	-3,476	-5,716
Alaska	-11,412	0.46%	3.12%	-1,716	-3,570	-6,126
Kansas	-14,392	0.58%	3.69%	-2,008	-4,975	-7,409
Pennsylvania	-16,218	0.65%	4.34%	-4,008	27,747	-39,957
District of Columbia	-26,210	1.05%	5.39%	-15,939	-6,624	-3,647
Hawaii	-29,684	1.19%	6.58%	-4,993	-9,479	-15,212
Virginia	-29,775	1.19%	7.77%	-358	-5,465	-23,952
Minnesota	-37,377	1.50%	9.26%	-1,665	-16,312	-19,400
Ohio	-39,915	1.60%	10.86%	-3,120	-27,630	-9,165
Michigan	-43,188	1.73%	12.59%	-5,140	-29,566	-8,482
<b>Maryland</b>	<b>-68,287</b>	<b>2.73%</b>	<b>15.32%</b>	<b>-5,489</b>	<b>-17,697</b>	<b>-45,101</b>
Louisiana	-80,278	3.21%	18.53%	-5,318	-28,288	-46,672
New Jersey	-107,749	4.31%	22.84%	-9,775	-33,743	-64,231
Massachusetts	-110,866	4.43%	27.28%	-26,857	-26,717	-57,292
Illinois	-282,048	11.28%	38.56%	-24,768	-115,624	-141,656
New York	-664,921	26.60%	65.15%	-69,544	-295,820	-299,557
California	-871,127	34.85%	100.00%	-68,946	-458,951	-343,230

SOURCE: U. S. Bureau of the Census, Population Division, December 2022

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For a list of states in each region see Geographic Terms and Definitions at <http://www.census.gov/popest/about/geo/terms.html>