



COLORADO
Department of Local Affairs
State Demography Office

2024 Colorado Population Summary

Colorado State Demography Office

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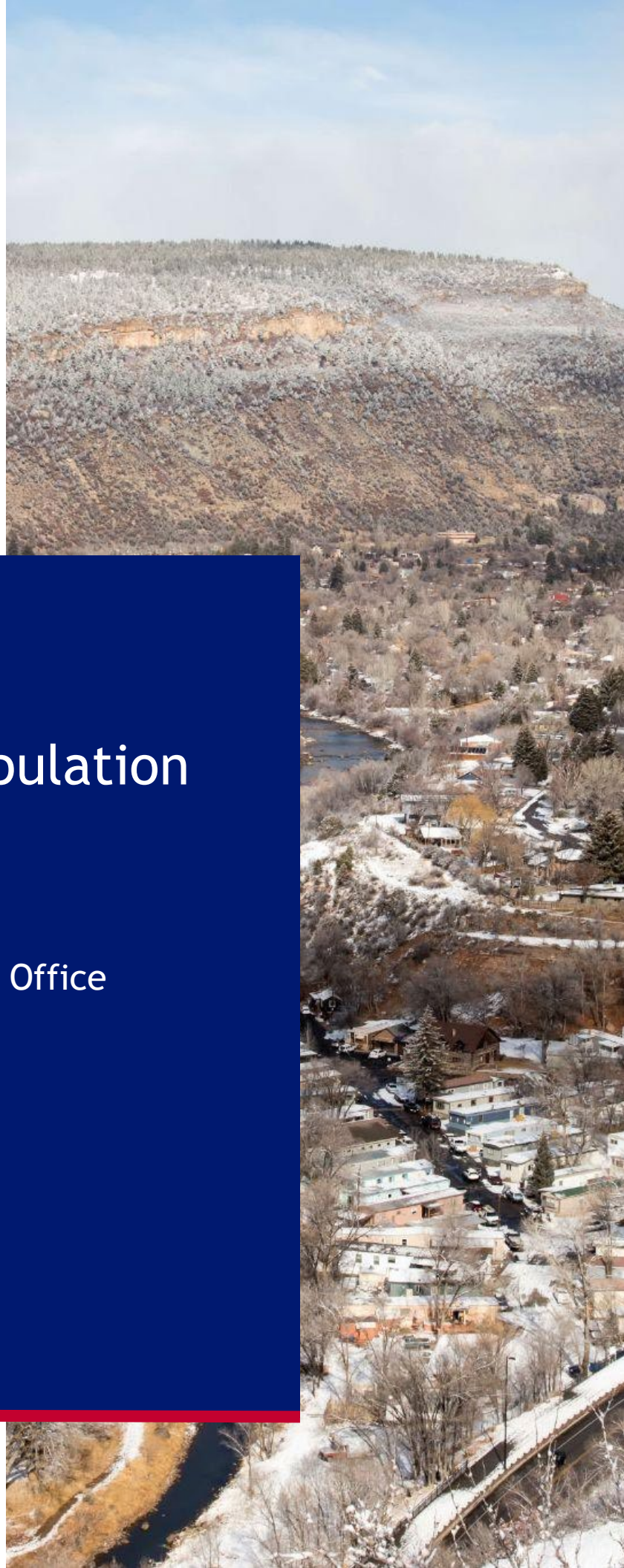


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2024 Colorado Population Summary

A Summary of the Colorado State Demography Office Vintage 2024 Population Estimates and Projections

This report summarizes the latest population estimates and projections for vintage 2024, published by the Colorado State Demography Office in November 2025. Vintage 2024 data include estimates up to 2024 and projections from 2025 to 2060. Census Bureau vintage 2024 population estimates for the nation and other states are included in this summary and compared to Colorado estimates.

Notably, Census Bureau vintage 2025 population estimates for 2020 through 2025 will become available January 2026 for states and March 2026 for counties. These estimates will differ from population estimates for 2020 through 2025 shown here.

Population Growth in the United States

The population growth between 2023 and 2024 in the United States reached a new high for the decade at 1.0%, with increases in both natural increase and international migration. All four regions of the U.S. had population growth between 2023 and 2024, boosted by increases in international migration. The South region continued to have the highest rate of growth at 1.4% and was the only region to have positive domestic migration during the year. Two-thirds (2,064) of U.S. counties gained population from 2023 to 2024, which is an increase from the 2021 to 2022 period when only 55% (1,729) of counties had population increases.

Colorado Population Estimates (1970 to 2024)

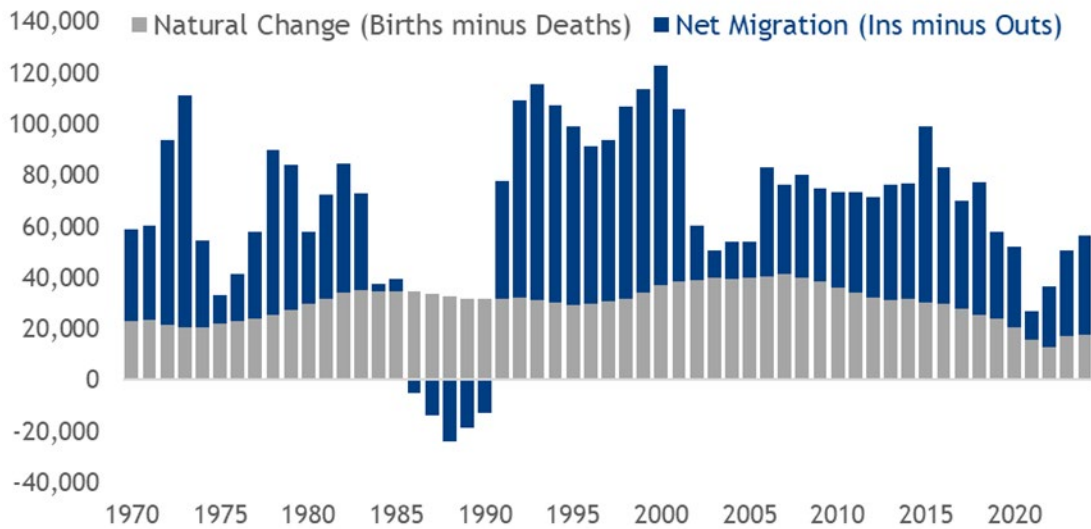
In July of 2024, Colorado's resident population was 5,956,729. The United States population reached 340,110,988, an increase of 3.3 million over the year, or a growth rate of 1.0%. Colorado ranked 21st in size among U.S. states, and its population increased by 56,309 from July 2023 to July 2024, or 1.0%. This ranks Colorado 19th in total change and 17th in percentage change.

Births in Colorado were 62,399, a slight increase from the previous year but lower than the peak of 70,700 in 2007. Births are the largest component of population change in Colorado. There were 44,950 deaths between July 2023 and 2024, a decrease from 49,700 in 2022. Deaths have been increasing due to aging in Colorado but have also temporarily increased due to COVID-19. Natural change (births minus deaths) was 17,449.

Despite lower levels of natural change, Colorado had the 7th-largest natural change in the country due to our younger average age. Three states declined in population between 2023 and 2024, and 17 states experienced natural decline, with more deaths than births.



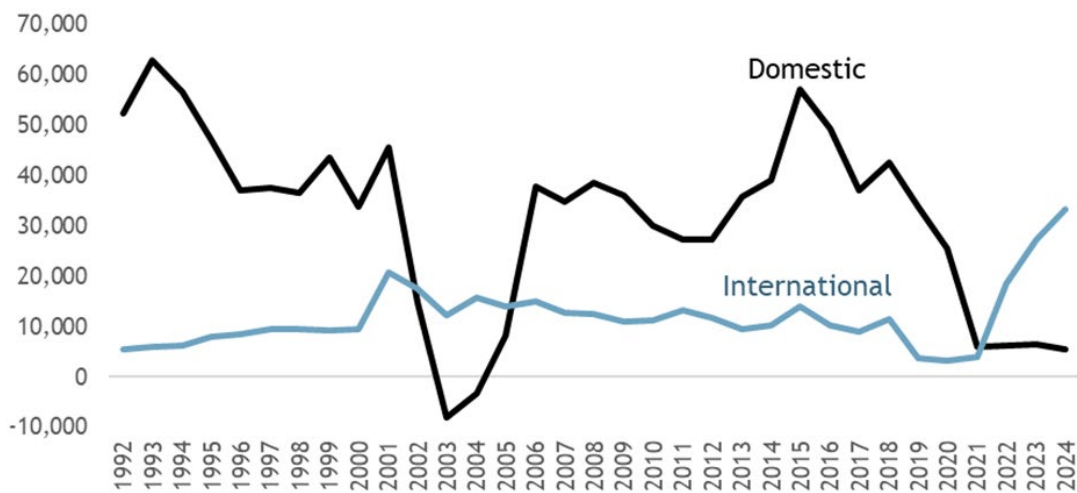
Figure 1. Colorado Components of Change, 1970 to 2024



Source: [Colorado State Demography Office, vintage 2024 estimates.](#)

Net migration accounted for 38,860 of the state's growth, the largest annual increase since 2018. International migration was estimated to account for 85 percent of the state's migration. Domestic migration was estimated at 5,422, significantly lower than the annual average of 38,000 over the last decade.

Figure 2. Colorado Domestic and International Net Migration Estimates, 1992 to 2024



Source: U.S. Census Bureau, Population Estimates Program. 2020 through 2024 estimates are vintage 2024.

Population Estimates by Colorado County

In Colorado, 21 of the 64 counties, or a third, declined in population between 2023 and 2024. Nineteen counties experienced net out-migration, and half of the 64 counties are in a phase of natural decline, meaning there were more deaths than births. Most of the counties in a phase of natural decline were in the non-metro parts of the state, where estimated population losses ranged between 1 and 370 people. The metro counties of Pueblo and Mesa



lead the list of counties in natural decline. In contrast, Adams, El Paso, and Denver counties saw the largest natural increase, averaging nearly 3,200 people each.

Between 2023 and 2024, 92% of the state's population growth occurred in the Front Range counties, with increases ranging from over 9,000 in Weld County to a couple of hundred in Pueblo and Teller Counties. Some counties outside of the Front Range experienced faster annual rates of growth, including the small-population counties (under 1,500) of Kiowa (2.7%) and San Juan (1.9%), and moderate-sized counties (over 25,000) of Elbert (1.9%) and Morgan (1.7%). Visit our components of change [page](#) for a comprehensive list of births, deaths, and migration by county.

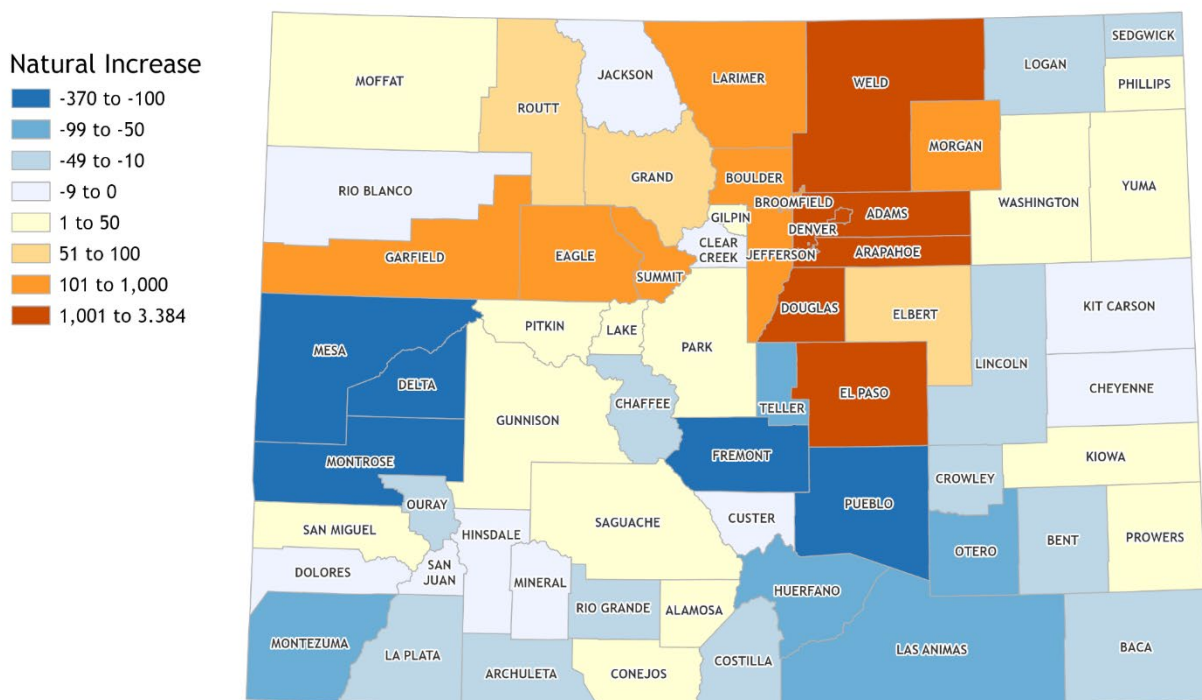
Counties with the most population growth from 2023 to 2024:

1. Weld: 9,608
2. Douglas: 8,889
3. Adams: 7,859
4. Denver: 7,424
5. El Paso: 5,975

Counties with the highest percent population growth from 2023 to 2024:

1. Kiowa: 2.68%
2. Weld: 2.67%
3. Douglas: 2.31%
4. Elbert: 1.88%
5. San Juan: 1.87%

Figure 3. Natural Change (Births Minus Deaths), July 2023 to July 2024

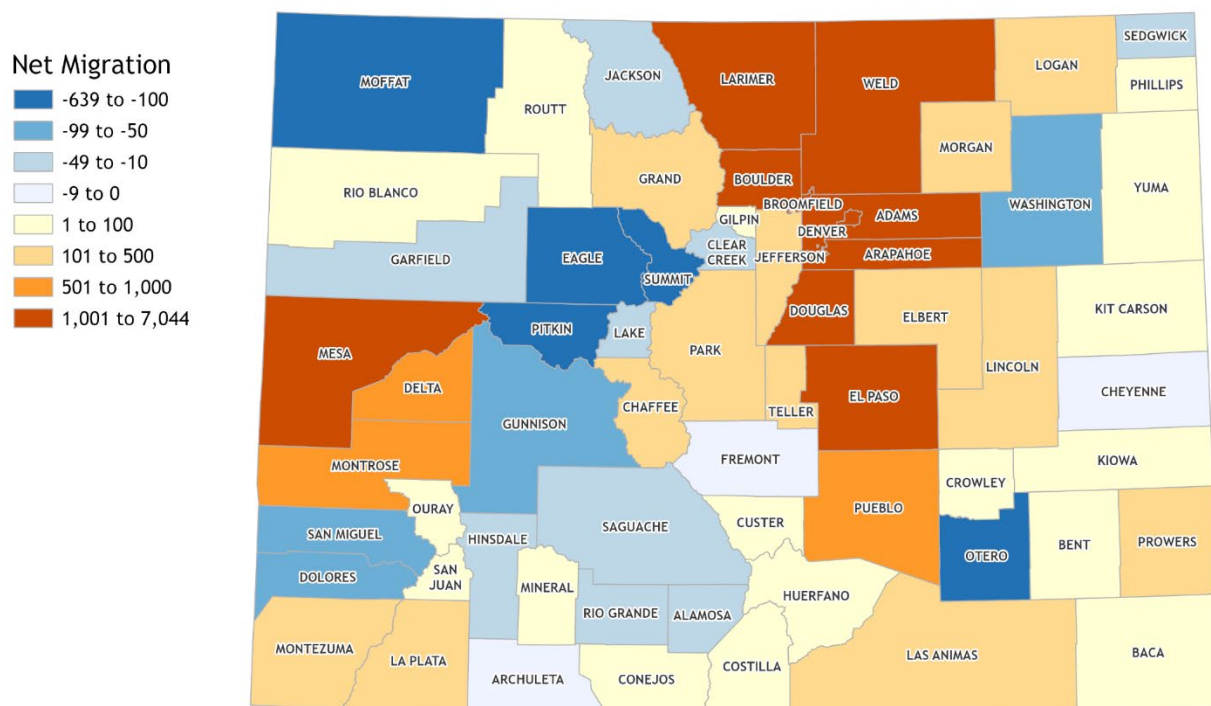


Source: [Colorado State Demography Office Population Estimates, Vintage 2024](#)

Births increased slightly in 2024 yet remained below historical trends. The slowing in births will continue to have long-run impacts on K-12 and higher education, as well as the labor force. The birth rate varies across Colorado counties. Most counties reached their peak birth rate in 2007, but some, like Jefferson County, reached theirs earlier in 2000. Weld County is the only Front Range County still experiencing an increase in births. Births for the state are forecast to remain steady over the next few years.

Over time, the number of deaths in Colorado has increased, reflecting an increased number of older adults. COVID-19 increased deaths from 2020 to 2023. After peaking at 49,740 in 2022, the number of deaths in 2023 and 2024 has been lower, with 44,950 recorded in 2024. Forecasts indicate a decrease in mortality in 2025, followed by gradual increases each year thereafter.

Figure 4. Net Migration, July 2023 to July 2024



Source: [Colorado State Demography Office Population Estimates, Vintage 2024.](#)

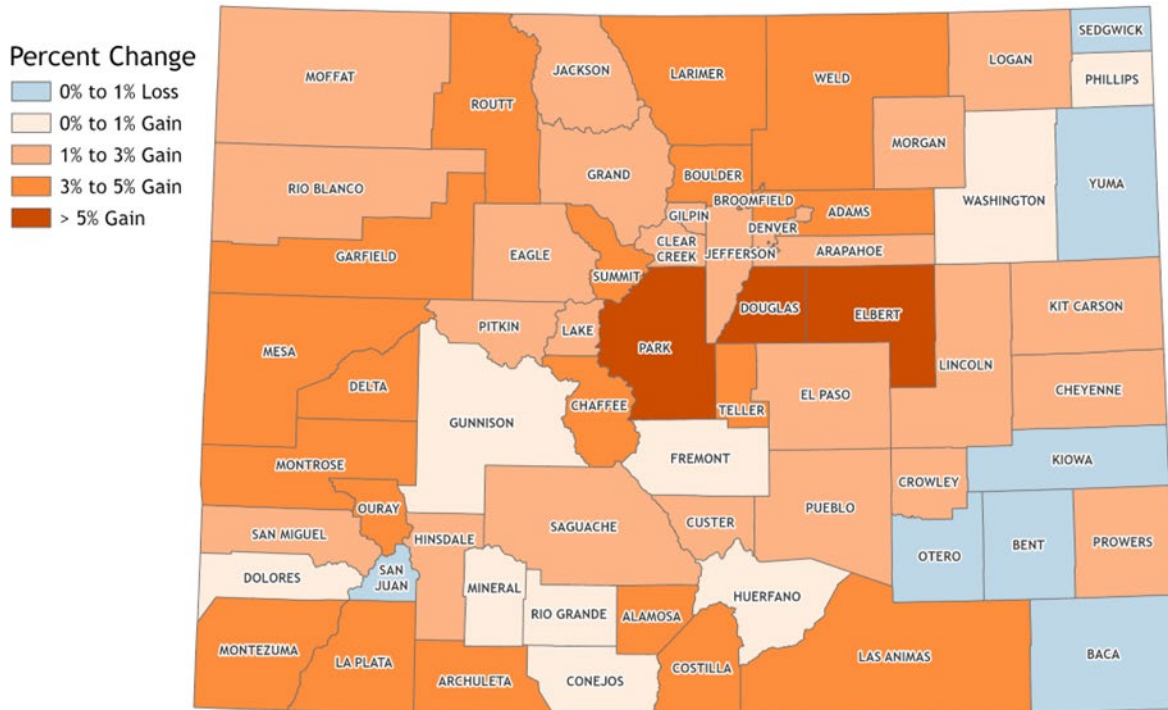
Population by Age

Growth in the proportion of people age 65 and older continues to be a defining factor in Colorado. It is estimated that 68,700 Coloradans turned 65 in 2024. The total population 65 years and over increased by 30,000 between 2023 and 2024. The growth in this group is primarily due to more Colorado residents aging into the cohort, rather than older people moving into Colorado. The growth in the 65 and older age group is impacting the labor force, with a growing number of retirements even as workers stay in the labor force longer. While retirement age may increase, an estimated 40,000 workers will retire annually this decade.

Additionally, the 65 and older population is driving parts of the economy through demand for various services, including health, leisure, and hospitality. Members of this cohort also affect

housing demand due to their smaller household sizes and lower mobility rates. About 94 percent of those aged 65 and older remain in the same home each year, according to the U.S. Census Bureau American Community Survey 2024 1-year estimates.

Figure 5. Change in the Age 65 and Older Population, July 2023 to July 2024



Source: [Colorado State Demography Office, vintage 2024 Single Year of Age estimates.](#)

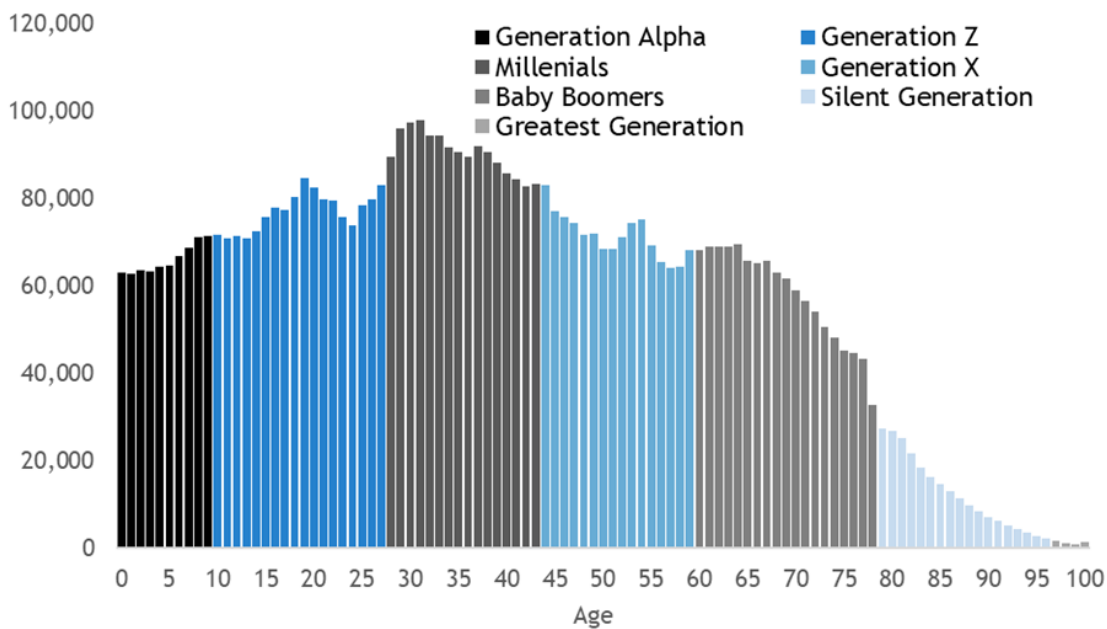
As seen in Table 3, the age cohort 65 and older is now about 984,000 people in the state, and is the fastest growing age cohort, increasing by almost 30,000 and growing at a rate of 3.1% year-over-year compared to the total population at 1.0% as of 2024. Growth in the 65 and older population represented 53% of the growth in the state between 2023 and 2024. At the same time, the under-18 population declined by 5,800 due to slower births since 2007. The age cohort 25 to 44 increased by 19,700, driven in part by unusually strong net international migration of individuals within this age range. This cohort is primarily composed of Millennials, individuals aged 28 to 43 in 2024. The Gen X cohort (persons born between 1965 and 1980) has aged into the 45 to 64 age range, replacing the Baby Boomers cohort (persons born between 1946 and 1964). The number of those aged 45 to 64 increased by 4,563 in 2024.

Table 1. Colorado Population Change by Age Cohort

Age	2023	2024	Change	Percent Change
0 to 17	1,251,954	1,246,088	-5,866	-0.5%
18 to 24	547,480	555,402	7,922	1.4%
25 to 44	1,750,139	1,769,856	19,717	1.1%
45 to 64	1,397,306	1,401,869	4,563	0.3%
65 and older	953,538	983,514	29,976	3.1%
Total	5,900,417	5,956,729	56,312	1.0%

Source: [Colorado State Demography Office, vintage 2024 Single Year of Age estimates.](#)

Figure 6. Colorado Population by Age, July 2024



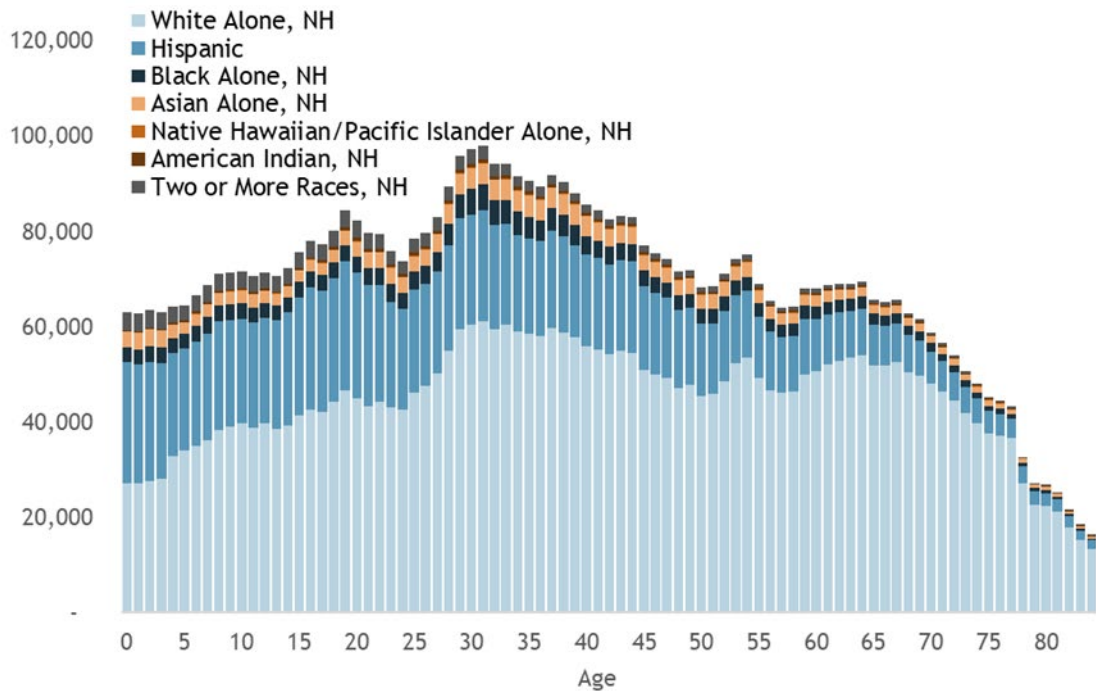
Source: [Colorado State Demography Office, vintage 2024 Single Year of Age estimates.](#)

Population by Race and Ethnicity

Colorado’s population by race and ethnicity is 65% White non-Hispanic, with a growing share of people of color. Since 2020, the number of White non-Hispanic people has declined, while growth in the non-White, non-Hispanic population has increased. The difference in growth is primarily driven by fewer births and more deaths among the White non-Hispanic population, as opposed to being driven by recent net migration. The population over age 65 is 82% White non-Hispanic, compared to the population under 25, who are 53% White non-Hispanic. Further, the White, non-Hispanic population makes up a larger share of the recent deaths and a smaller share of births than in the past. These trends are expected to continue.



Figure 7. Colorado Population by Single Year of Age and Race and Ethnicity, July 2024



Source: [Colorado State Demography Office, vintage 2024 Single Year of Age and Race and Ethnicity estimates](#). NH = Non-Hispanic.

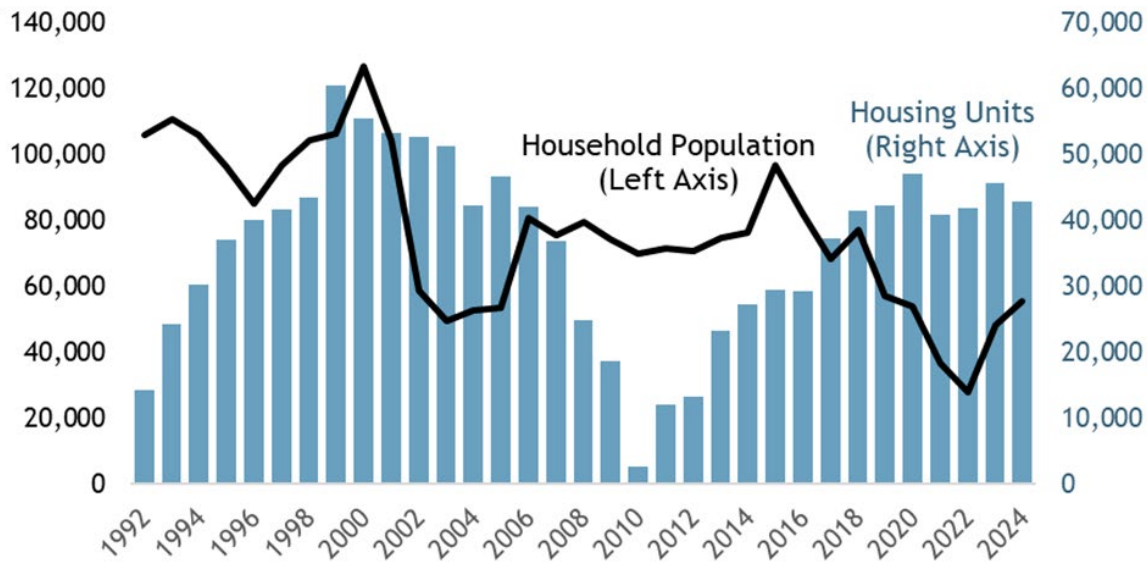
Housing Units and Household Population

In 2024, the number of housing units increased by 42,700, while households increased by 38,900. The average household size fell to 2.40 persons per household, continuing general downward trends experienced since the late 1990s. The declining household size reflects multiple factors, including an aging population and fewer births, as well as an increase in the number of vacation homes and second homes.

Since 2017, Colorado has built more housing units than new households have formed, making a dent in the housing undersupply that accumulated during and following the Great Recession. Household formation is forecast to grow by an average of 28,200 households each year over the next 10 years, a slower pace than the average of 33,500 over the past 10 years.

Colorado’s age composition will continue to affect housing demand. The largest generational cohort in Colorado, Millennials, is within an age range most likely to form new households and the primary age for first-time home buyers. The leading edge of the Millennials are in their early 40s, entering the highest-earning and the prime second home buying age cohort. The largest and fastest household growth will be in the 65 and older population, though most of these households already have housing. The 65 and older population has the lowest mobility (moving) rate, and Colorado does not attract many retirees (out-migrants in the 65 and older cohort slightly outpace in-migrants). In the decade ahead, the aging of Baby Boomers into their 70s and 80s may result in higher housing turnover as those in larger, single-family homes need greater assistance and as a growing number of older adults pass away.

Figure 8. Year-over-Year Change in Colorado Household Population and Housing Units



Source: [Colorado State Demography Office, vintage 2024 Household estimates.](#)

Population Forecast (2025 to 2060)

Colorado’s population growth rebounded substantially from 2023 to 2024. Year over year, births increased while deaths decreased, resulting in the largest natural increase in population since 2020. Net migration in Colorado reached its fourth consecutive year-over-year increase, with 38,860 more individuals entering the state than leaving. This level of net migration puts Colorado back to its 2001 to 2020 historic average after several years of slower-than-average migration following the onset of the 2020 COVID pandemic.

Despite consistent increases in net migration, Colorado’s future growth is harder than usual to predict. Since 2021, the increases in migration to Colorado have almost exclusively come from international migration, individuals migrating from outside of the United States directly to Colorado, rather than domestic migration (movement from other states into Colorado). International migration hit a historic high for the state in 2024, reaching a net count of 33,327 and accounting for more than 80% of the state’s total net migration. This is drastically different from what the state had observed in the years prior to 2020, when domestic rather than international migration accounted for nearly 80% of the state’s total net migration. This rise in international migration to the state coincides with a large increase in international migration to the United States as a whole; however, this trend is not expected to continue.

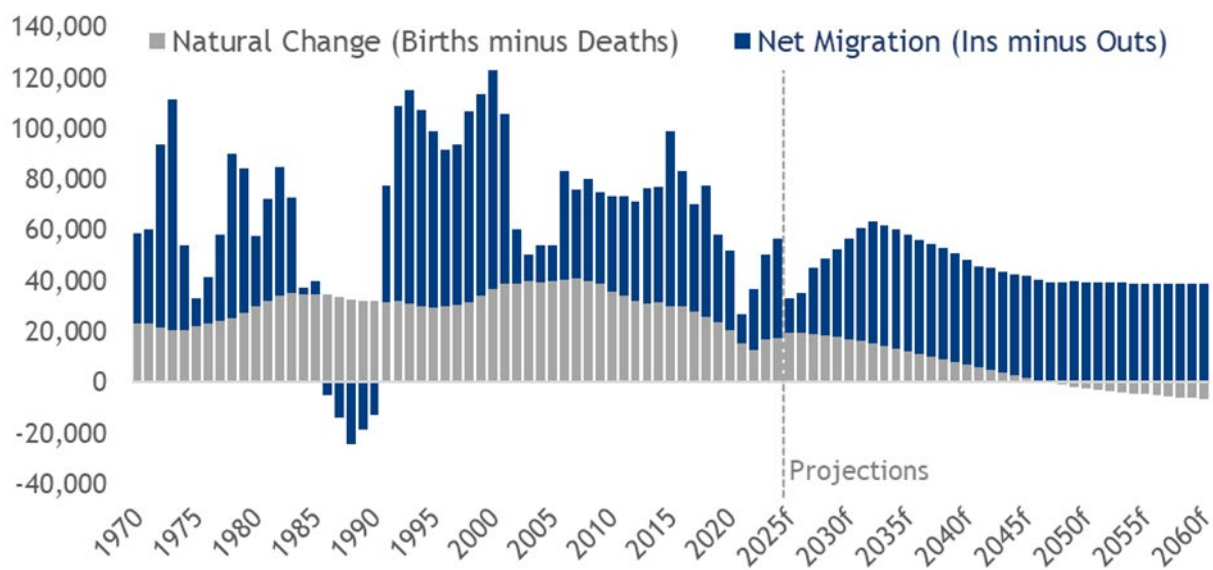
Beginning in the second half of 2024, reported border crossings to the United States began to fall dramatically due to several federal government border policy decisions. In 2025, changes in immigration enforcement policy and concerns of a slowing economy have continued to drive down international migration. This rapid change in international migration has prompted the [U.S. Congressional Budget Office](#) to revise its annual population forecasts for the nation downward, projecting historic lows in international migration to the United States in the coming years. Should this come to fruition, Colorado, whose growth has been predominantly due to international migration, will likely see a substantial slowdown in its population growth.



At the same time, domestic migration, which has remained low in Colorado since 2020, is expected to remain subdued, as job growth is expected to remain stagnant in 2025 and 2026.

The combination of factors mentioned above has led the State Demography Office to project slower growth in the near term. In 2024, Colorado had an annual growth rate of 1.0%. The annual growth rate is expected to reach only 0.6% in 2025. While births are expected to increase and deaths to decrease into 2025, net migration will reach only a fraction of 2024 levels for the reasons mentioned above. This slowdown in both domestic and international migration to Colorado will lessen over time as job gains rebound, increased retirements create additional labor demand, and the impacts of federal immigration policies stabilize. Future net migration is expected to peak in 2032, before falling again as retirement positions are filled and global population growth slows.

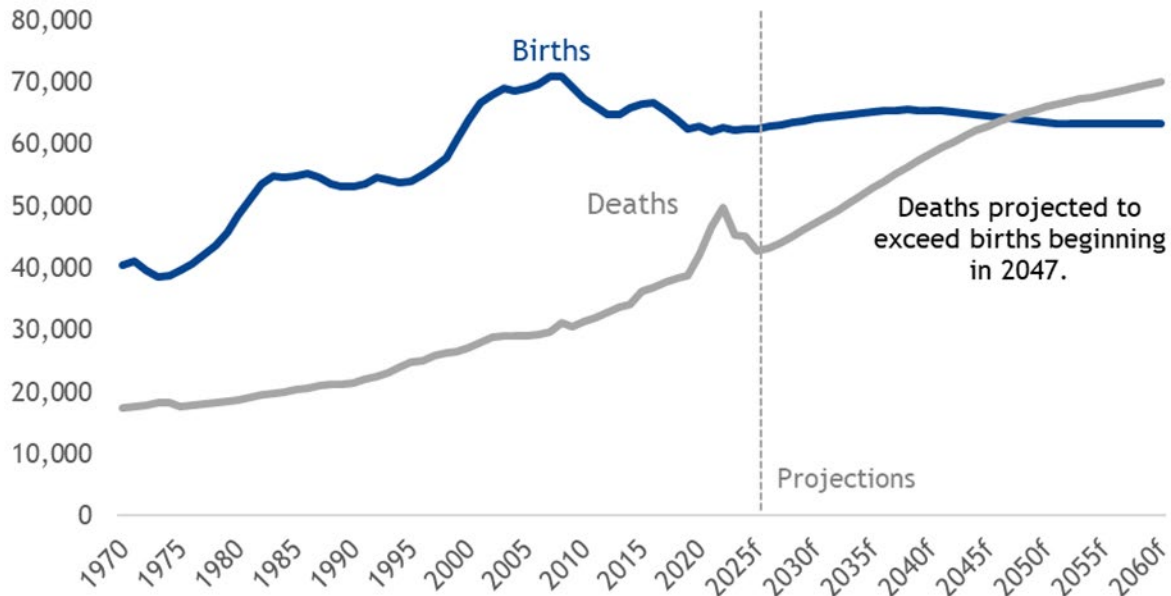
Figure 9. Colorado Population Components of Change, 1970-2060



Source: [Colorado State Demography Office, vintage 2024 Components of Change estimates and projections.](#)
f = Forecast.

Though migration is expected to rebound, births and deaths are expected to follow different trajectories. Births are currently on the rise and are expected to continue to rise in the coming years as fertility rates begin to stabilize and the number of migrants who will form families in Colorado is expected to increase. Nevertheless, births will not return to the levels observed in the early 2000s. Deaths are currently declining from pandemic levels but will rise again as Colorado’s population continues to age. Deaths in the state are projected to rise quickly, with the number of deaths exceeding the number of births in the state by 2047. At this time, Colorado’s population will increase only due to net migration.

Figure 10. Colorado Births and Deaths, 1970-2060

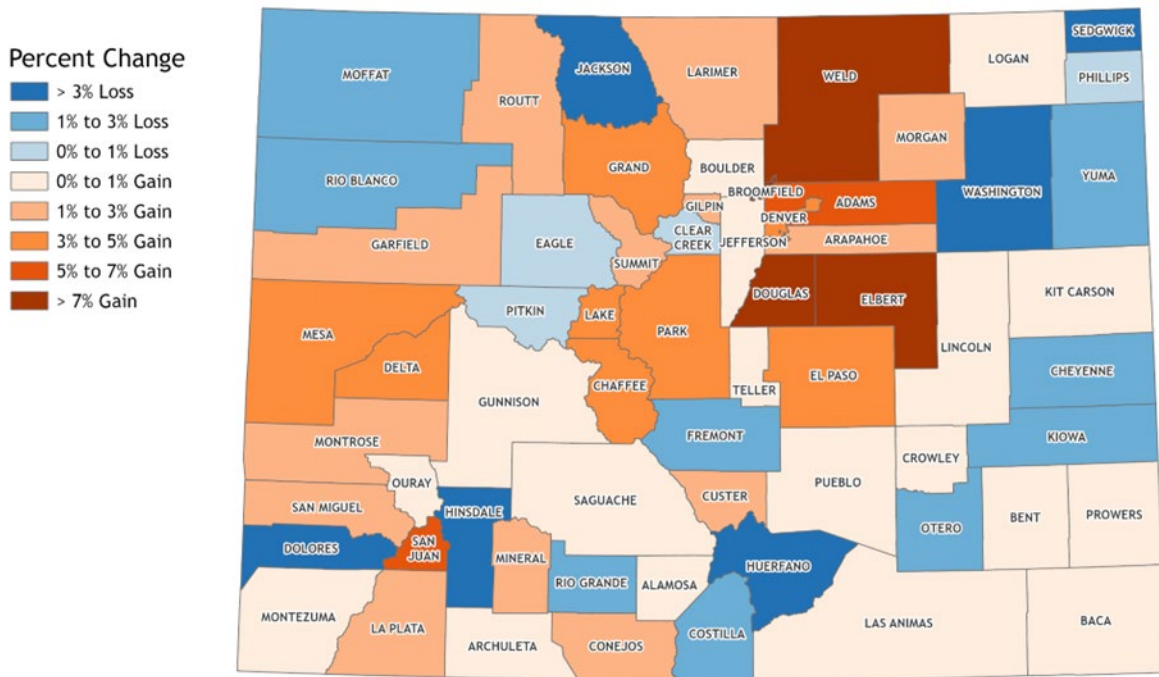


Source: [Colorado State Demography Office, vintage 2024 Components of Change estimates and projections.](#)
f = Forecast.

Forecast Growth by County and Region

While Colorado is expected to slow its growth over the next couple of years, county population growth will vary substantially. Over the next five years, Weld, Douglas, Broomfield, and Elbert counties are projected to have annual growth rates exceeding 1.4%, well above the current state average. In terms of absolute numbers, most of the growth in the state is expected to occur in the more metropolitan areas of the state, in line with previous forecasts made by the State Demography Office. On the other hand, nearly 20 counties in the state are expected to see population decline, most of which reside in the Eastern Plains, San Luis Valley, and Western Slope.

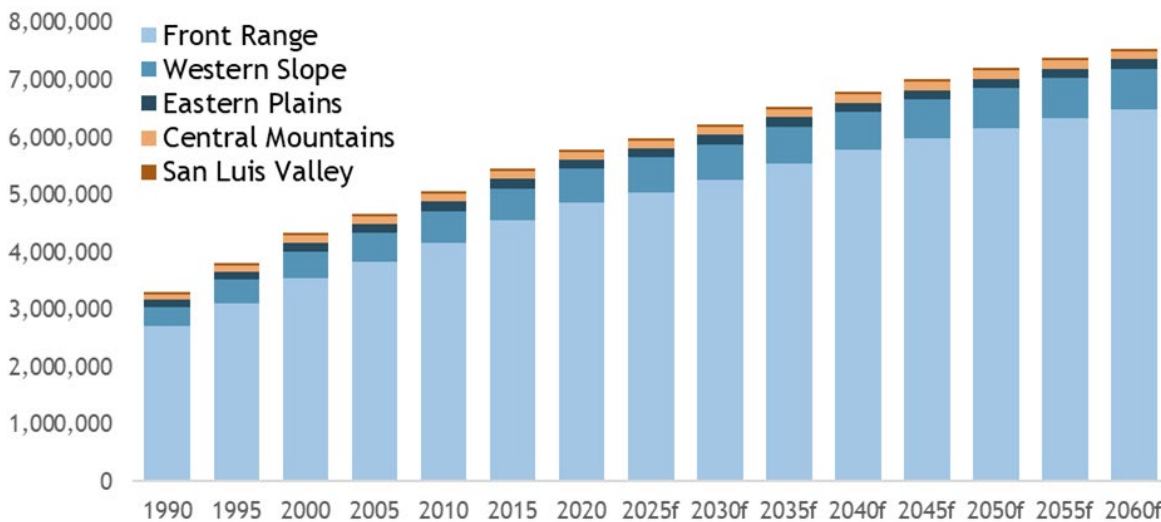
Figure 11. Projected Five-Year Change in Population, 2024 to 2029



Source: Colorado State Demography Office, vintage 2024 estimates and projections.

Consistent with historical trends, the Front Range is projected to continue to lead population growth in the state. In 1990, the Front Range region accounted for about 82% of the population, compared to 84% in 2020 and a projection of 85.5% by 2050. The Front Range region includes all but one of the state’s major metropolitan areas (Grand Junction in Mesa County).

Figure 12. Colorado Population by Region, 1970-2060



Source: Colorado State Demography Office, vintage 2024 projections. f = Forecast

Projected Population by Age

Looking forward, Colorado’s population of those 65 years or older will experience the strongest growth. Between 2020 and 2030, the number of those 65 and older is projected to increase by about 31%. Within this cohort, those aged 75 to 85 will see the strongest growth over the next decade and half as Baby Boomers reach 75+ years of age. This is important as older adults tend to experience increased health care and other assistance needs as they age. Over the next two decades, the number of 80+ year olds will more than triple, a trend Colorado saw among the 65 and older population over the past two decades.

The traditional working-age population (ages 25 to 64) is projected to grow, fueled in part by net migration to Colorado. Meanwhile, the number of those under 18 will fall between 2020 and 2030 due to lower birth rates and low levels of net migration to the state among families. The college-age population (ages 18 to 24) is projected to grow by about 2% over this same period.

Table 2. Colorado Household Forecast by Age

Age Cohort	2020	2030	Change	Percent Change
0 to 17	1,270,943	1,221,648	-49,295	-3.9%
18 to 24	535,398	545,588	10,190	1.9%
25 to 44	1,700,756	1,855,962	155,206	9.1%
45 to 64	1,409,612	1,466,932	57,320	4.1%
65 and older	870,165	1,137,604	267,439	30.7%
Total	5,786,874	6,227,734	440,860	7.6%

Source: [Colorado State Demography Office, vintage 2024 estimates.](#)

Jobs Estimates and Forecast

The State Demography Office estimates and forecasts jobs along with the population. Fundamentally, this is because if an employer wants to add a job, they need a person to fill that job. If there are not enough people in the right age groups or skill sets to fill all the jobs in demand, then employees must come from other places. The result is that job growth has historically been a primary driver of net migration to and within Colorado, with employers adding jobs and people moving to and within the state to fill them.

Total Jobs

The State Demography Office estimates the total number of jobs in Colorado at 3.5 million in 2024.¹ This amount represented an increase of 16,100, or 0.4%, from the prior year. Job

¹These estimates combine multiple data sources to estimate the total number of jobs in Colorado. Notably, vintage 2024 jobs estimates differ substantially from vintage 2023 estimates due to methodology changes driven by data availability. Vintage 2024 estimates are approximately 200,000 jobs lower each year due to the discontinuation of a data source.

growth in 2024 was significantly slower than the prior three years of pandemic recovery, and slower than the average growth in the 2010s of 2.4%.

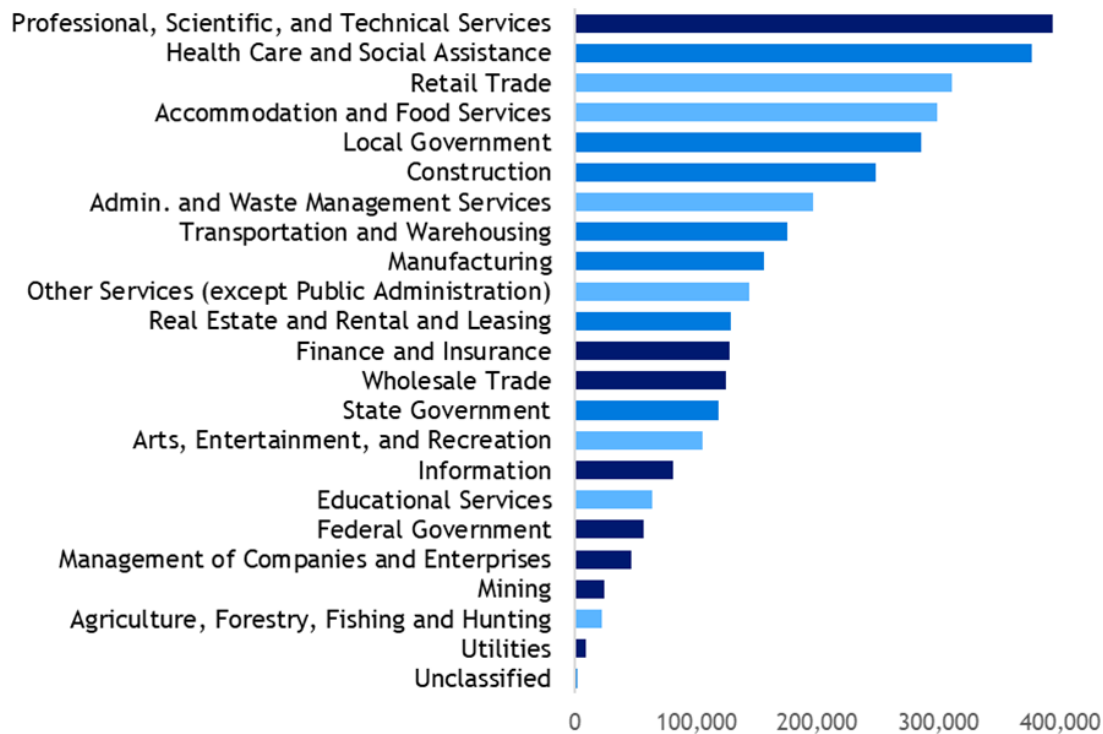
Relative to 2019 levels, Colorado's total job count increased 6.5% (214,500 jobs) through 2024, a compound annual growth rate of 1.3% for the period. Job growth is expected to remain slow through the remainder of the 2020s, averaging 14,000 (0.4%) annually through 2027, and 37,600 (1.1%) for 2028 through 2030. This period includes a notable decline in employment in 2020 due to the pandemic, followed by a robust recovery through 2023 before slowing substantially in 2024.

Jobs by Industry Sector

One of the strengths of Colorado's economy is its ability to attract a diverse range of companies and employees. The strength of the Professional, Scientific, and Technical Services sector in Colorado should be noted as the concentration of this high-wage industry in the state makes Colorado unique.

Between 2023 and 2024, most sectors demonstrated growth, with Health Care and Social Assistance, and Local Government sectors showing the largest growth. These two sectors added 12,000, and 7,100 jobs, respectively, and combined accounted for 49% of the 38,400 jobs added from industries with increases in the state during this period. A few industries also saw declines of at least 2,000 jobs during the period, including Administrative, Support, and Waste Management; Information; Finance and Insurance; and Manufacturing. Combined, these industries account for a decline of 16,200 jobs, contributing to 73% of the total 22,300 jobs across all industries with declines.

Figure 13. Colorado Jobs by Sector, 2024

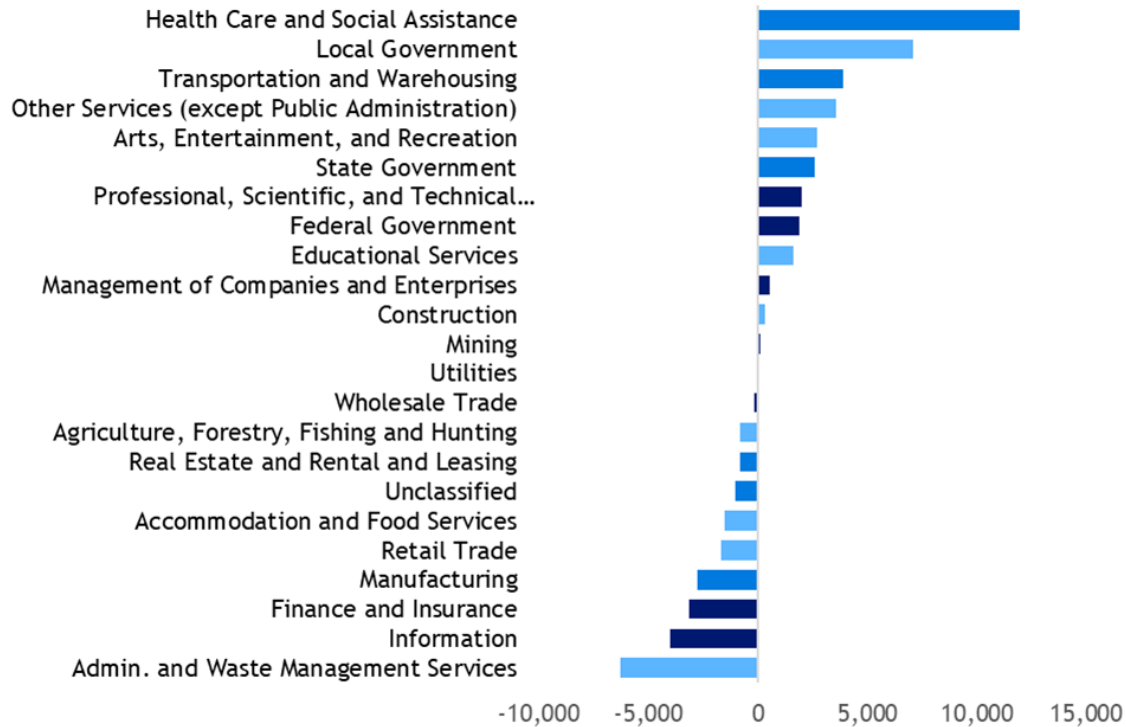


Source: [Colorado State Demography Office, vintage 2024 estimates.](#)



Relative to pre-pandemic 2019 levels, the state added 214,500 jobs through 2024. The Professional, Scientific, and Technical Services sector experienced the largest job growth, adding 62,300 jobs, followed by the Transportation and Warehousing sector, which added 40,100 jobs. These changes are attributed to the shift towards remote work and the growing reliance on technology and online services. However, the rapid slowdown in Professional, Scientific, and Technical Services hiring has been a major contributor to weaker job growth in the state, as the industry only added 2,000 jobs between 2023 and 2024, down significantly from the 15,100 average annual gain between 2019 and 2023.

Figure 14. Colorado Employment Change by Sector, 2023 to 2024



Source: [Colorado State Demography Office, vintage 2024 estimates.](#)

Seven industries saw declines between 2019 and 2024, led by Mining with a decline of 7,600 jobs, and Administrative, Support, and Waste Management Services, declining by 7,300 jobs.

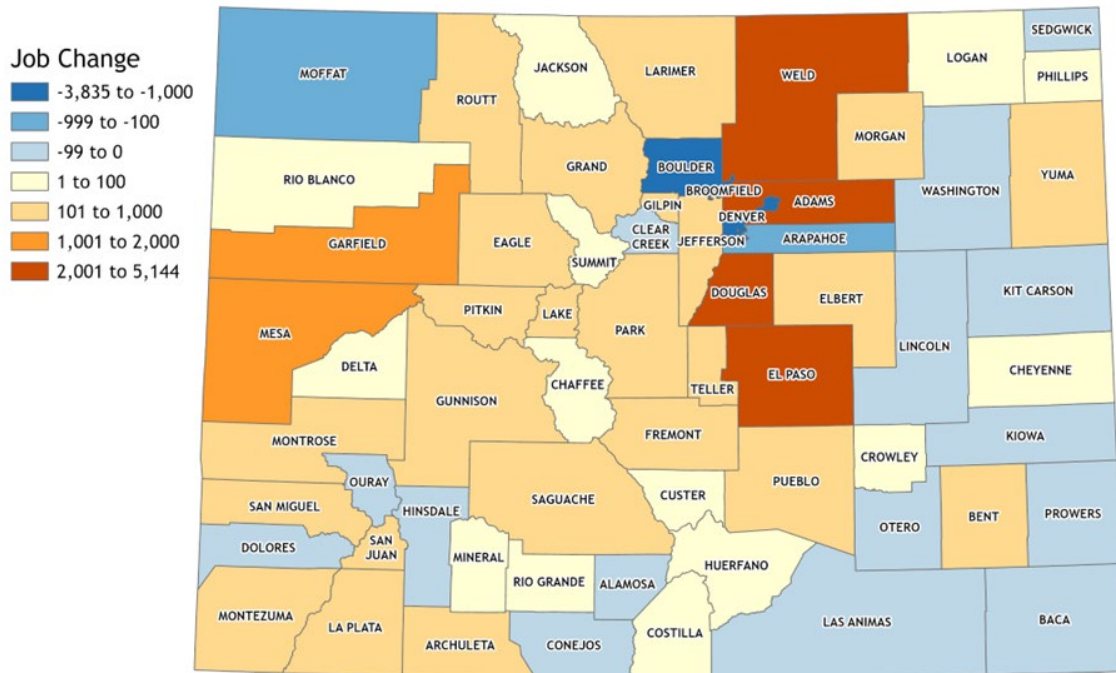
Jobs By County

Job growth in Colorado varied significantly among counties when comparing year-over-year estimates and pre-pandemic 2019 levels relative to the most recent estimates for 2024. The Front Range experienced the largest increase in employment, adding 8,100 in 2024, down significantly from the 37,300 annual average jobs gained since 2019. These gains represented 48% of total job gains in the state from 2023, and 86% since 2019.

Many counties saw job losses between 2023 and 2024, with 21 of the state's 64 counties seeing an absolute decline over the prior year. Seven counties have fewer jobs in 2024 relative to pre-pandemic 2019 levels. These counties are smaller population counties in the eastern and southern parts of the state. Between 2023 and 2024, several counties experienced declines,

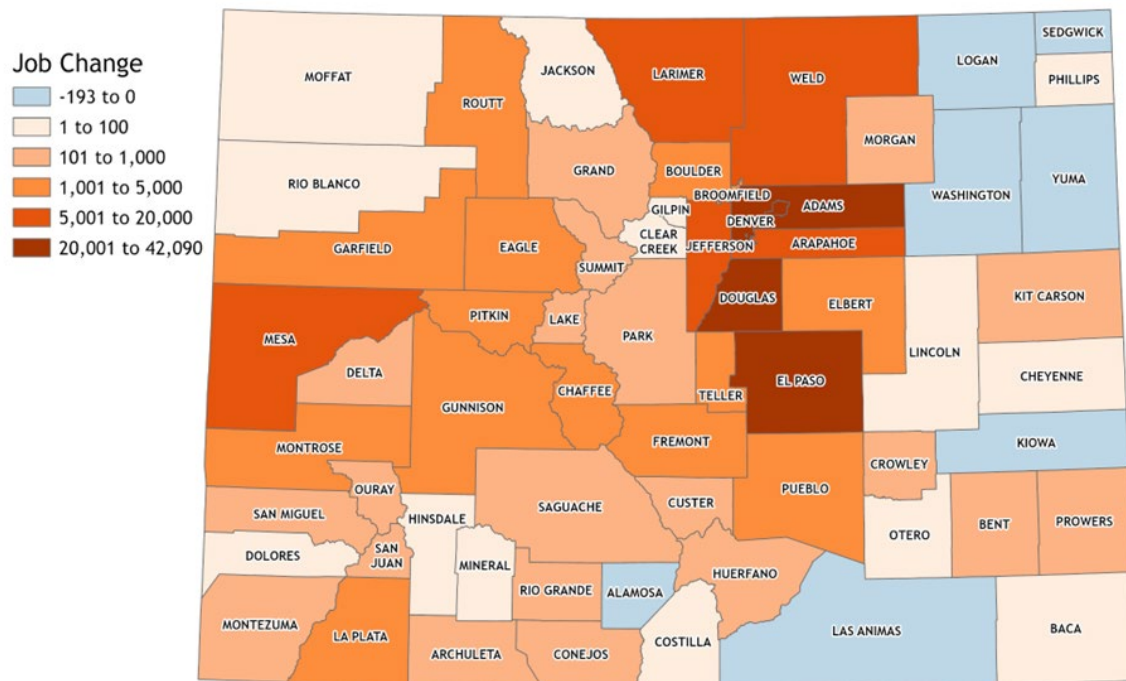
including the Denver metro area counties of Boulder, Broomfield, Denver, and Arapahoe as well as several smaller population counties across regions of the state.

Figure 15. Map of Colorado Job Changes, 2023 to 2024



Source: Colorado State Demography Office, vintage 2024 job estimates.

Figure 16. Map of Colorado Job Changes, 2019 (Pre-Pandemic) to 2024



Source: Colorado State Demography Office, vintage 2024 job estimates.