

IDAHO AT A GLANCE

Population Change in Idaho

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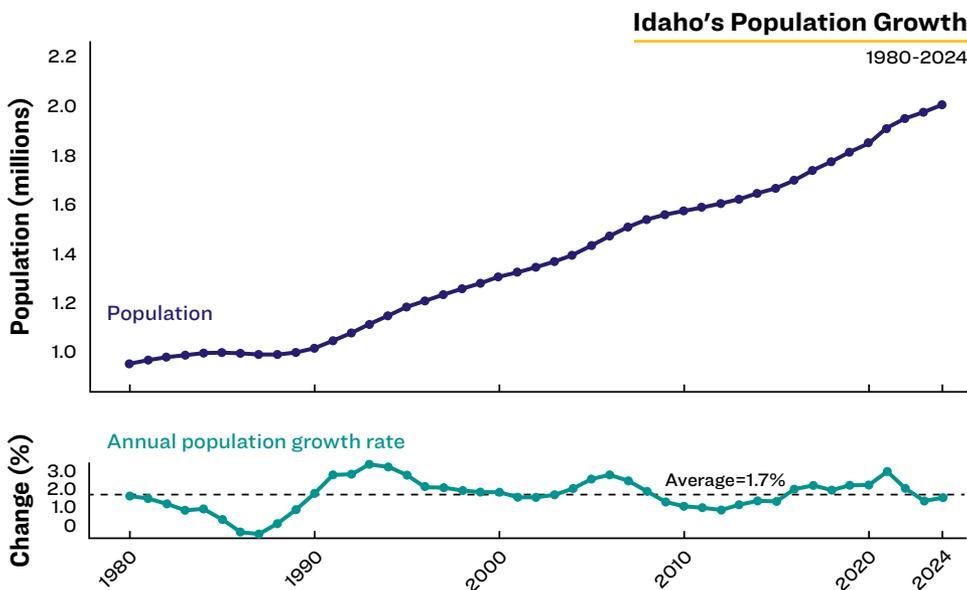
OVERVIEW

Populations change due to a combination of migration, births and deaths. **Population change is the difference between all new residents in Idaho, including babies born and people moving in, and those who died or moved away.** Population totals are estimates by the U.S. Census Bureau based on census counts, household surveys and other government data. These estimates are updated annually using new data and every decade based on census counts.¹

- **Migration** from other states is a key driver of population growth in Idaho.²
- The **birth rate** in Idaho is declining, but is higher than the national birth rate.³
- The **death rate** in Idaho is similar to the national death rate.³
- Idaho, like the rest of the U.S., has an increasing proportion of older people and a decreasing proportion of younger people.²

IDAHO'S POPULATION

In 2024, Idaho's estimated population was just over 2 million people.² This was an increase of 54%, or an estimated 700,000 people, since 2000.² Since 1980, Idaho's annual population growth rate was 1.7%, on average.² Peak annual population growth rates in Idaho occurred in the early 1990s, mid-2000s and 2021.²



Data source: U.S. Census Bureau Population Estimates Program Intercensal and Vintage 2024 Population and Housing Unit Estimates. Estimates are as of July 1 of the year indicated.

In recent years, Idaho was among the fastest growing states, with an annual population growth rate of 1.7% since 2020.² Other fast-growing states during this period include Florida (1.6%), Texas (1.4%), Utah (1.4%) and South Carolina (1.3%).²

The **annual population growth rate** measures how fast Idaho's population is growing by comparing the change in population to the previous year's population.

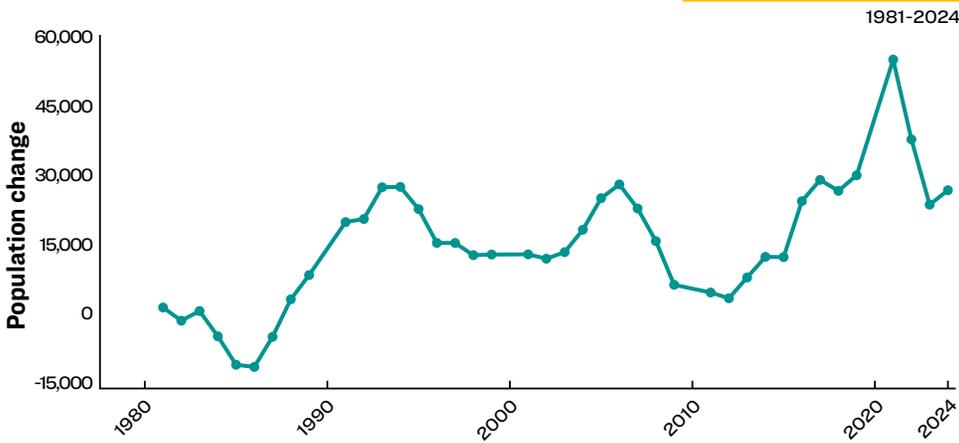
MIGRATION

Migration from other states is a key driver of population growth in Idaho.² **Net migration is the difference between people moving into and out of Idaho.**

Since 1980, net migration peaked three times in Idaho: the early 1990s, mid-2000s and early 2020s.² The highest peak, in 2021, was estimated at 52,000 people.²

Between 2023 and 2024, Idaho gained an estimated 24,000 people from net migration.²

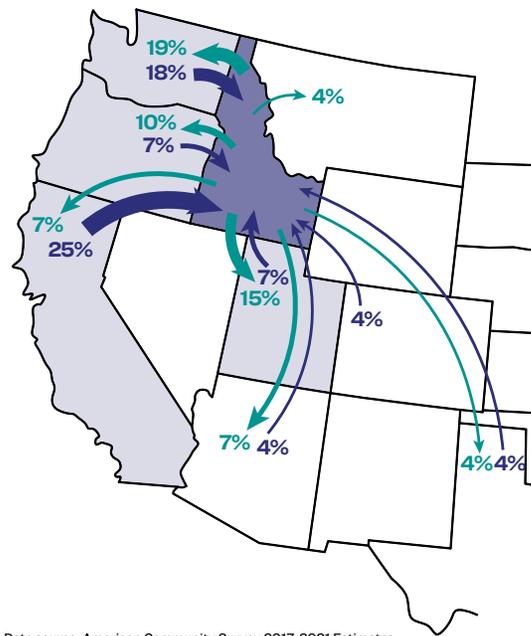
Net Migration to Idaho



Data source: U.S. Census Bureau Population Estimates Program Intercensal and Vintage 2024 Population and Housing Unit Estimates. Data for 1980, 1990, 2000, 2010 and 2020 are not available. Estimates are as of July 1 of the year indicated.

PEOPLE MOVING TO AND FROM IDAHO

The most recent detailed data describing people moving to and from Idaho are from the period 2017-2021.⁴ During that time, of all people who moved to Idaho, the **most came from California (25%), Washington (18%), Utah (7%) and Oregon (7%).**⁴



Data source: American Community Survey 2017-2021 Estimates.
Note: Figure includes destinations to which the proportion of out-migrants was 4% or greater and origins from which the proportion of in-migrants was 4% or greater.

People moving out of Idaho went to Washington (19%), Utah (15%) and Oregon (10%).⁴

People moving into and out of Idaho were younger than Idaho's population as a whole, with approximately 80% under 55 years old.^{4,5}

People moving to Idaho had incomes similar to the rest of Idaho, with a median income of \$64,000, slightly greater than the median income in Idaho (\$62,800).⁴ People moving out of Idaho had similar incomes to those moving in.⁴

People moving to Idaho matched Idaho's racial and ethnic composition.⁴ People moving to Idaho were mostly white (85%) and 13% were of Hispanic origin.⁴

People moving to Idaho were more likely to register to vote as Republicans than people already in Idaho.⁶ Between 2015 and 2024, people moving to Idaho registered as Republicans (66%), unaffiliated (21%), Democrats (12%) and other affiliations (2%).⁶

Registered Voters in Idaho, 2015 and 2025

	2015	2025
Unaffiliated	51%	27%
Republican	39%	59%
Democrat	9%	13%
Other	1%	1%

Data source: Idaho Secretary of State. Voter Registration Totals.

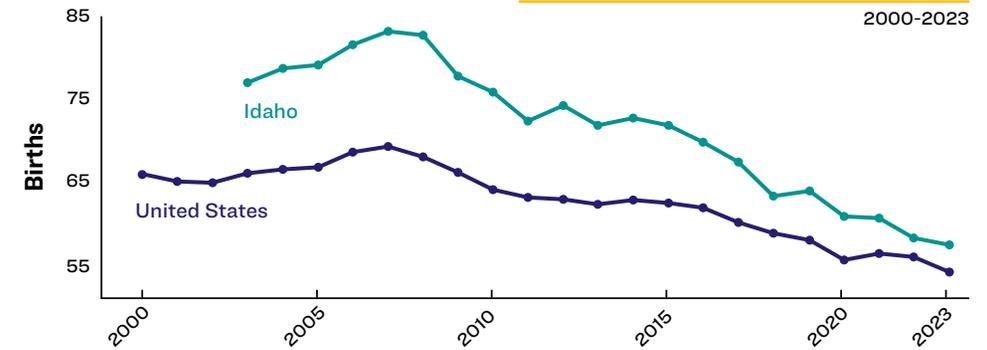
BIRTHS

Natural change is the change in Idaho's population due to births and deaths. Natural change decreased from 14,000 in 2009 to 6,000 in 2024, due to lower birth rates, higher death rates and an aging population.²

The birth rate is the number of births per 1,000 women of childbearing age. **Birth rates are declining in Idaho and nationally.**³ **The birth rate in Idaho is higher than the national average.**³

Between 2014 and 2023, birth rates declined in all Idaho counties except Adams, Camas, Clearwater, Lincoln and Oneida.⁷

Births per 1,000 Women Ages 15-44



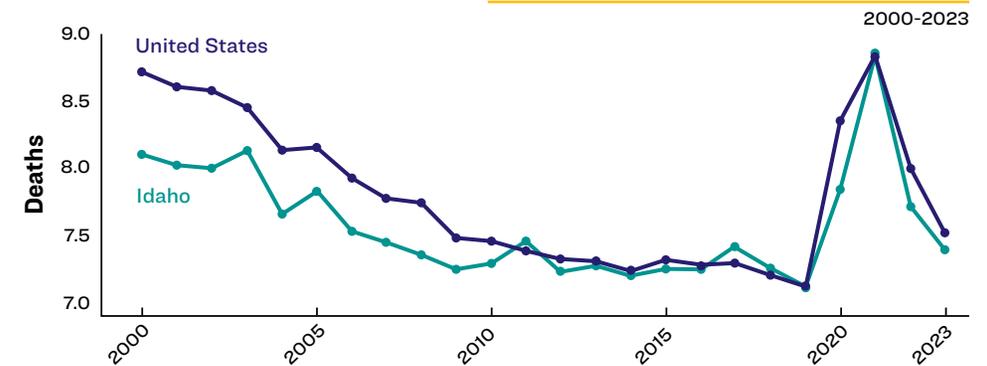
Data source: National Center for Health Statistics via CDC WONDER. Data for Idaho not available prior to 2003. Data are as of December 31 of the year indicated.

DEATHS

Age-adjusted **death rates in Idaho and nationally are similar.**³ Age-adjusted death rates declined until 2020, then rose during the COVID-19 pandemic and have not returned to their pre-pandemic levels.³

Age-adjusted death rates account for changes to the age structure of a population over time.⁸

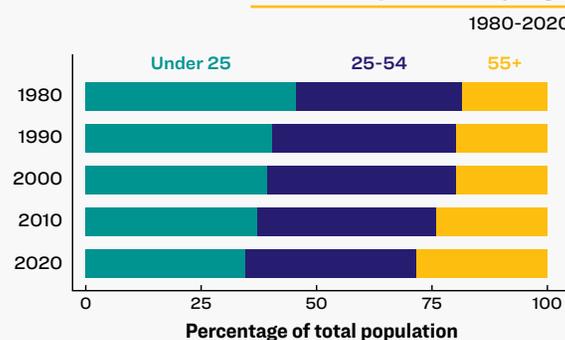
Age-Adjusted Deaths per 1,000 People



Data source: National Center for Health Statistics via CDC WONDER. Data are as of December 31 of the year indicated.

IDAHO'S AGING POPULATION

Idaho's Population by Age



Idaho's population, like the rest of the U.S., has aged over the past 50 years, due to declining birth rates and the size of the baby boomer generation.² During this time, the proportion of older people in Idaho has grown and the proportion of younger people has declined.²

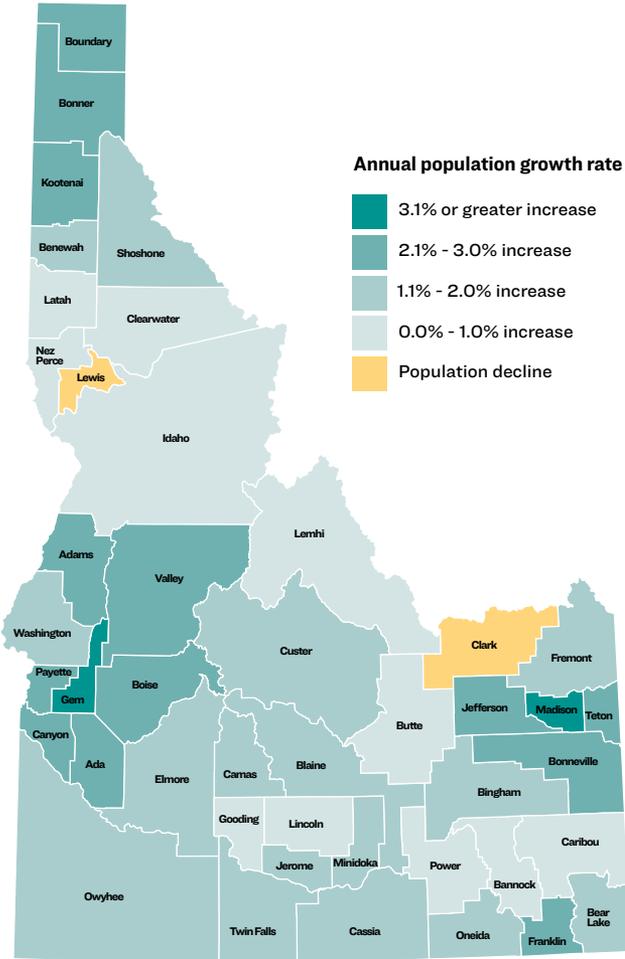
Data source: U.S. Census Bureau Decennial Census of Population and Housing. Estimates are as of April 1 of the year indicated.

POPULATION CHANGE IN IDAHO'S COUNTIES

Population change is not evenly distributed across Idaho. Population growth is concentrated in counties associated with three of Idaho's major cities: Coeur d'Alene, Boise and Idaho Falls.²

Idaho's Annual Population Growth Rate by County

2015-2024



Data source: U.S. Census Bureau Population Estimates Program Intercensal and Vintage 2024 Population and Housing Unit Estimates. Estimates are as of July 1 of the year indicated.

Between 2015 and 2024, the populations of most Idaho counties increased.² During this time, the populations of Clark County and Lewis County declined.²

Between 2020 and 2023, 45% of rural counties across the U.S. experienced population growth.⁹ During that period, all of Idaho's counties increased in population.²

Population change can create challenges and opportunities. Declining populations can slow economic growth and reduce tax revenue that funds public services.^{10,11} Growing populations can support economic growth and contribute to demand for services and infrastructure that may outpace local government capacity.^{10,11}

SOURCES

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