

State and County Population Estimates for Utah: 2025

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Summary

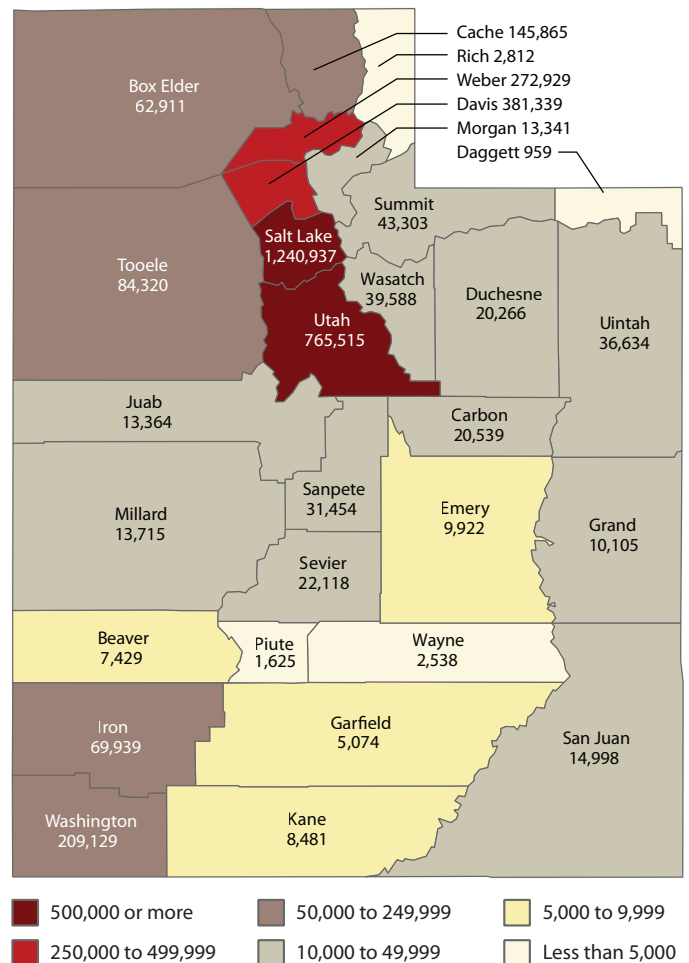
Estimates produced by the Utah Population Committee indicate a total Utah population of 3,551,150 on July 1, 2025, adding 44,351 residents to the state since July 1, 2024. These estimates reflect a continuing moderation of growth since 2023.

- **Growth Rate** - Population growth slowed to 1.3% in 2025, down from 1.5% in 2024.
- **Components of Change** - Net migration played a smaller role in growth than in the past 4 years, contributing 43% to statewide population change. Natural change contributed 57% of new residents.
- **Natural Change** - Natural change was the primary source of population growth, resulting from increases in both births and deaths. Natural change increased for the first time in over a decade outside of changes around COVID-19 trends in 2023.
- **County Growth** - Twenty-four counties grew in 2025, with over half of those counties' growth driven by net migration.
- **Fastest Growing Counties** - Tooele and Iron counties experienced the fastest population growth (3.0%). Washington, Utah, Grand, and Wasatch counties grew by 2.0% or more.
- **Most Growth** - Utah County added the most population, totaling 15,914 new residents, accounting for approximately 36% of the state's population growth.

State-level Results

In 2025, Utah experienced a deceleration in population growth for the second year in a row, from 1.5% in 2024 to 1.3% in 2025. Natural change was the main driver of population growth statewide in 2025. This is a departure from the last four years, where net migration drove the majority of growth. Of the estimated 44,351 new residents added between 2024 and 2025, 57% came from natural change and 43% from net migration. These shifts resulted in a population of 3,551,150 as of July 1, 2025. Utah's recent shift back to natural change as the primary source of growth represents a return to patterns seen before COVID-19.

Figure 1: Utah Population Estimates, 2025

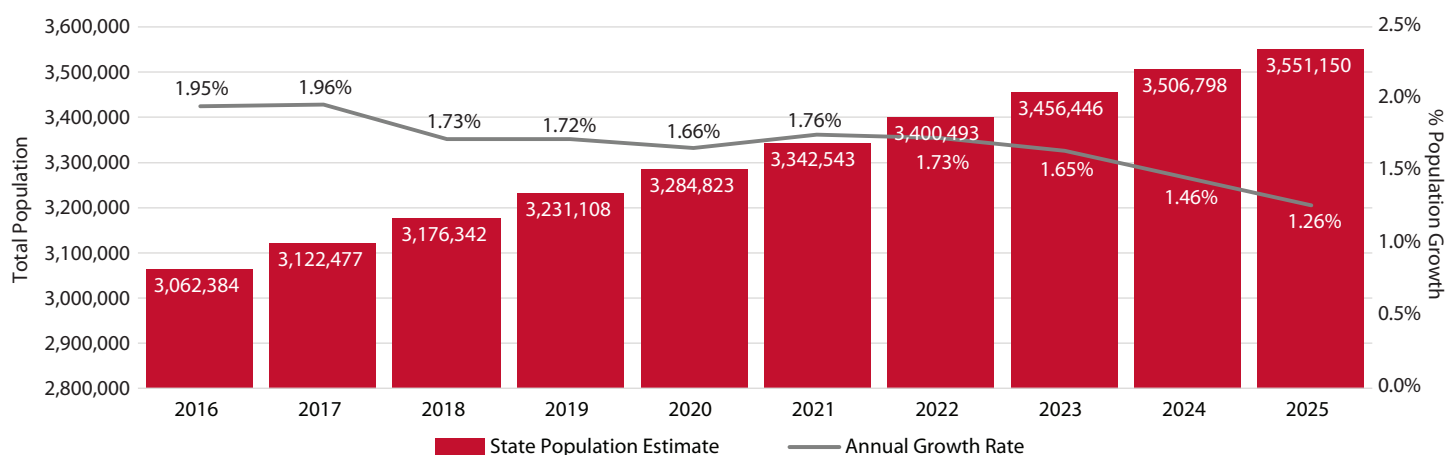


Source: Utah Population Committee, Kem C. Gardner Policy Institute

The Utah Population Committee (UPC), chaired and staffed by the Kem C. Gardner Policy Institute, produced Utah's state and county population estimates for July 1, 2025. The 2025 estimates incorporate the most recent 2020 decennial census data, released in August 2021. This postcensal series will extend from July 1, 2020, until the next decennial census in 2030.

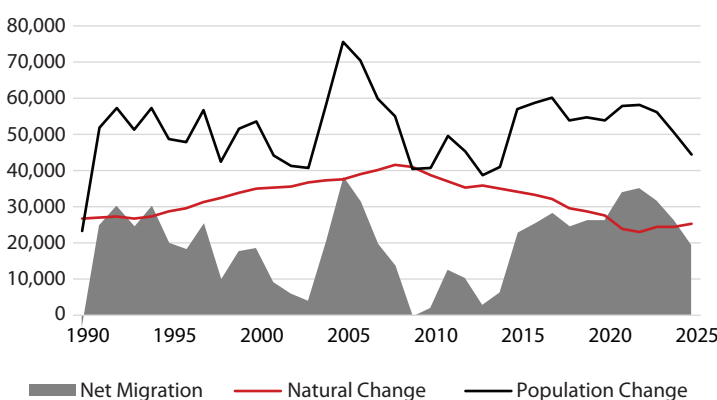
The UPC continues to investigate the data and refine the estimates process to accurately reflect the period between July 1, 2020, and July 1, 2025. UPC will continue to monitor the state's data and conditions into the future.

Figure 2: Utah Population and Annual Growth Rates, 2016-2025



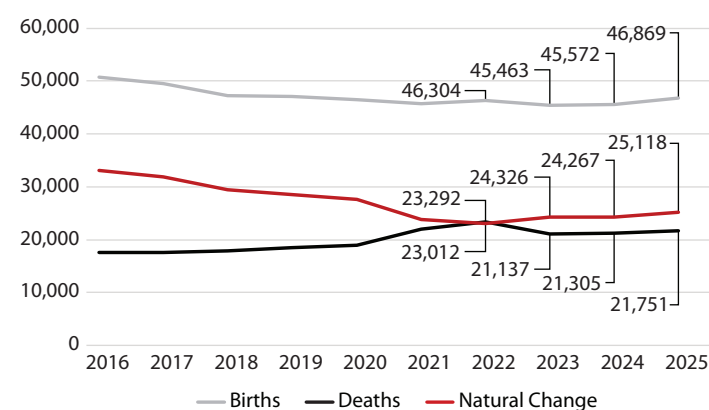
Source: Utah Population Committee, Kem C. Gardner Policy Institute

Figure 3: Utah Components of Population Change, 1990-2025



Source: Utah Population Committee, Kem C. Gardner Policy Institute

Figure 4: Utah Vital Records, 2016-2025

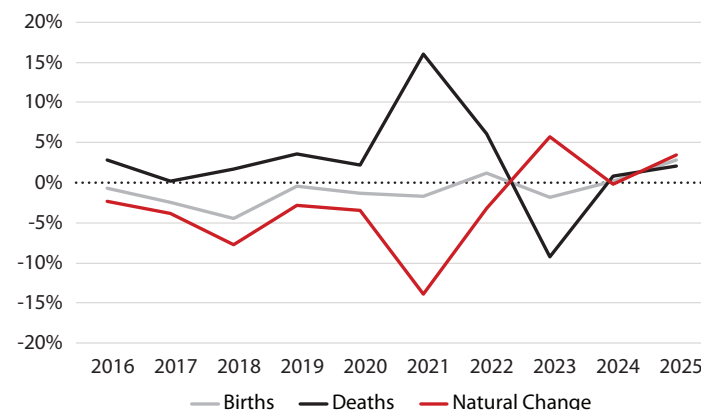


Source: Utah Department of Health and Human Services

Natural Change and Net Migration

Natural change increased by 3.5% to 25,118, driving 57% of 2025's population growth. Natural change is the difference between the number of annual births and annual deaths. When positive, births are higher than deaths, and negative when deaths outnumber births. This is the first time in over a decade

Figure 5: Utah Vital Records Annual Percent Change, 2016-2025



Source: Utah Department of Health and Human Services

that natural change has increased (outside of the post-COVID-19 rebound from stabilizing deaths). This increase is due to a 2.8% increase in births and a 2.1% increase in deaths. Deaths have annually increased for over a decade and are expected to increase as the population continues aging.

Net migration reached 19,233 in 2025, declining from 26,086 in 2024. Net migration accounted for 43% of total state growth this year, declining from 52% in 2024 and 57% in 2023. Net migration's influence on Utah's population growth is declining to pre-COVID-19 levels, where it was moderately high but still below natural change.

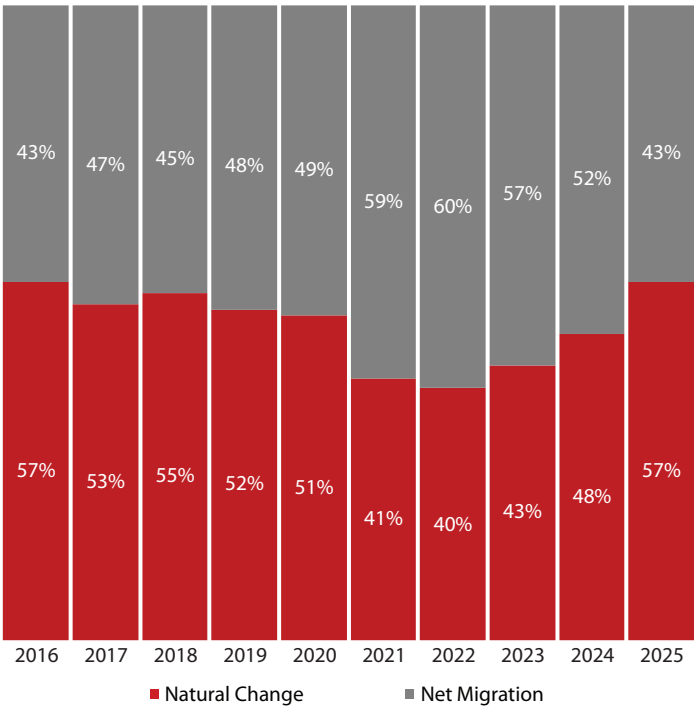
Subtracting out-migration (people moving out of a state or county) from in-migration (people moving into a state or county) provides the net migration value. Net migration is more volatile than natural increase and sensitive to societal and economic situations. Positive net migration is often an indicator of favorable economic conditions, particularly in the western United States.¹ Utah's low, but increasing, unemployment rate and slowing employment growth in 2025 align with the slowing growth and net migration in the July 1, 2025, estimates.²

County-level Results

Tooele and Iron counties recorded the fastest growth in the state at 3.0%, similar to last year’s growth of 3.1% and 2.8%, respectively. Washington (2.3%), Utah (2.1%), Grand (2.1%), and Wasatch (2.0%) counties all experienced growth of 2.0% or more. Utah County added the most residents, driven by natural change. Of the 15,914 new residents, natural change contributed 60% (9,582) with net migration representing 40% (6,332). While significantly higher than the second largest population growth county (Salt Lake at 8,281), it was substantially fewer new residents than in 2024. Both Utah and Salt Lake counties experienced substantial decreases in population growth this year, adding 4,000 to 5,000 fewer residents than last year due to declining net migration.

Utah County has been the largest contributor to statewide growth for the last six years and accounts for 36% of the population increase in 2025. Salt Lake (19%), Washington (11%), and Tooele (6%) counties also represented large shares of state growth in 2025. Five counties lost population in 2025: Daggett (-2.4%), Piute (-1.5%), Garfield (-0.8%), Wayne (-0.2%), and San Juan (-.03%) counties. In 2025, fewer counties experienced population decline than in 2024. Population estimates for the state and all counties are available in Table 1.

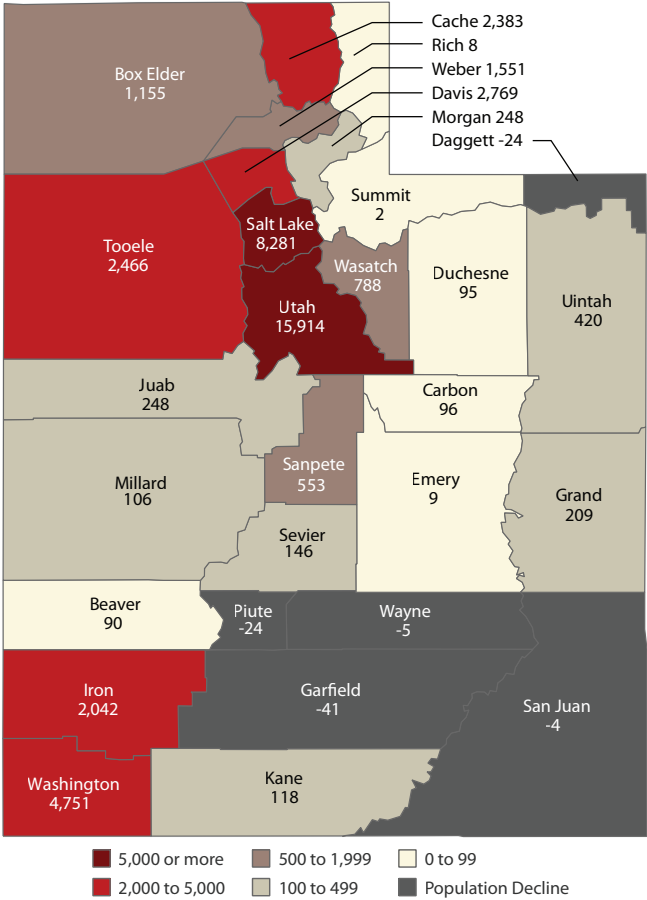
Figure 6: Share of Annual Population Growth by Components of Change in Utah, 2016-2025



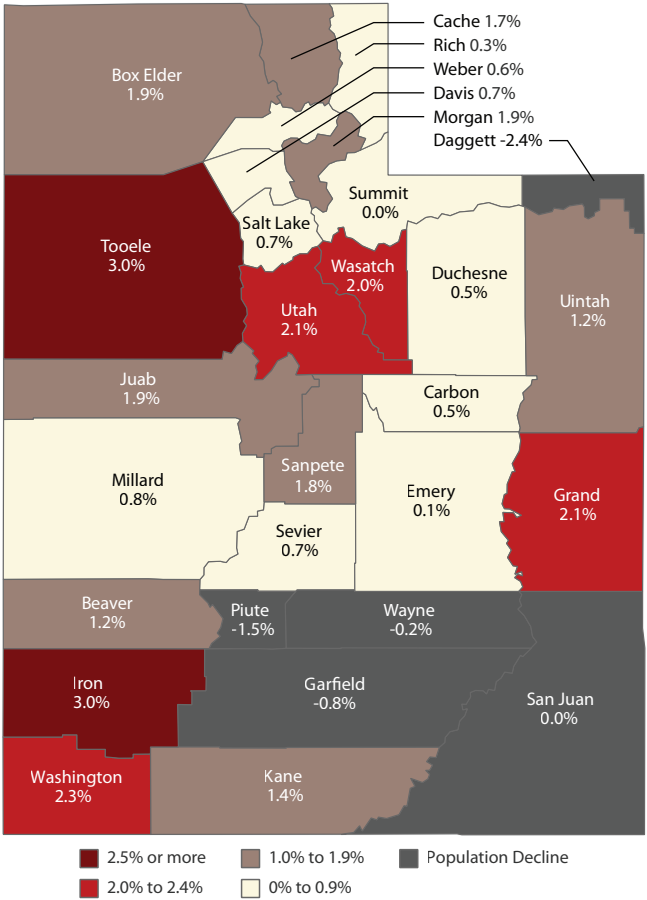
Source: Utah Population Committee, Kem C. Gardner Policy Institute

Figure 7: Absolute and Percentage Changes in County Population, 2024-2025

Absolute Change

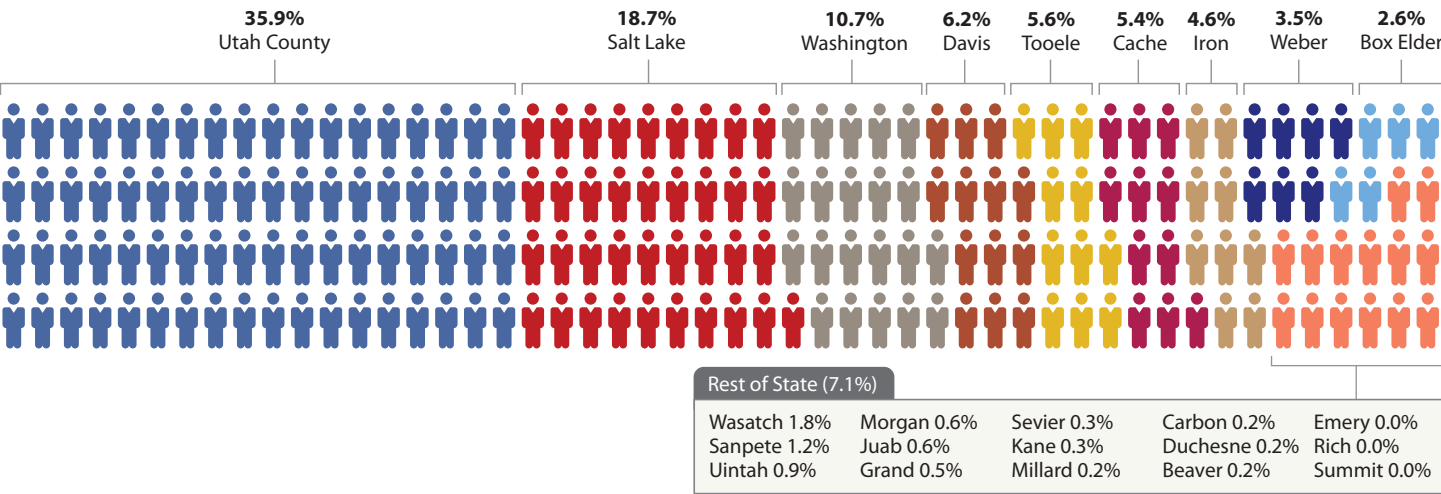


Percent Change



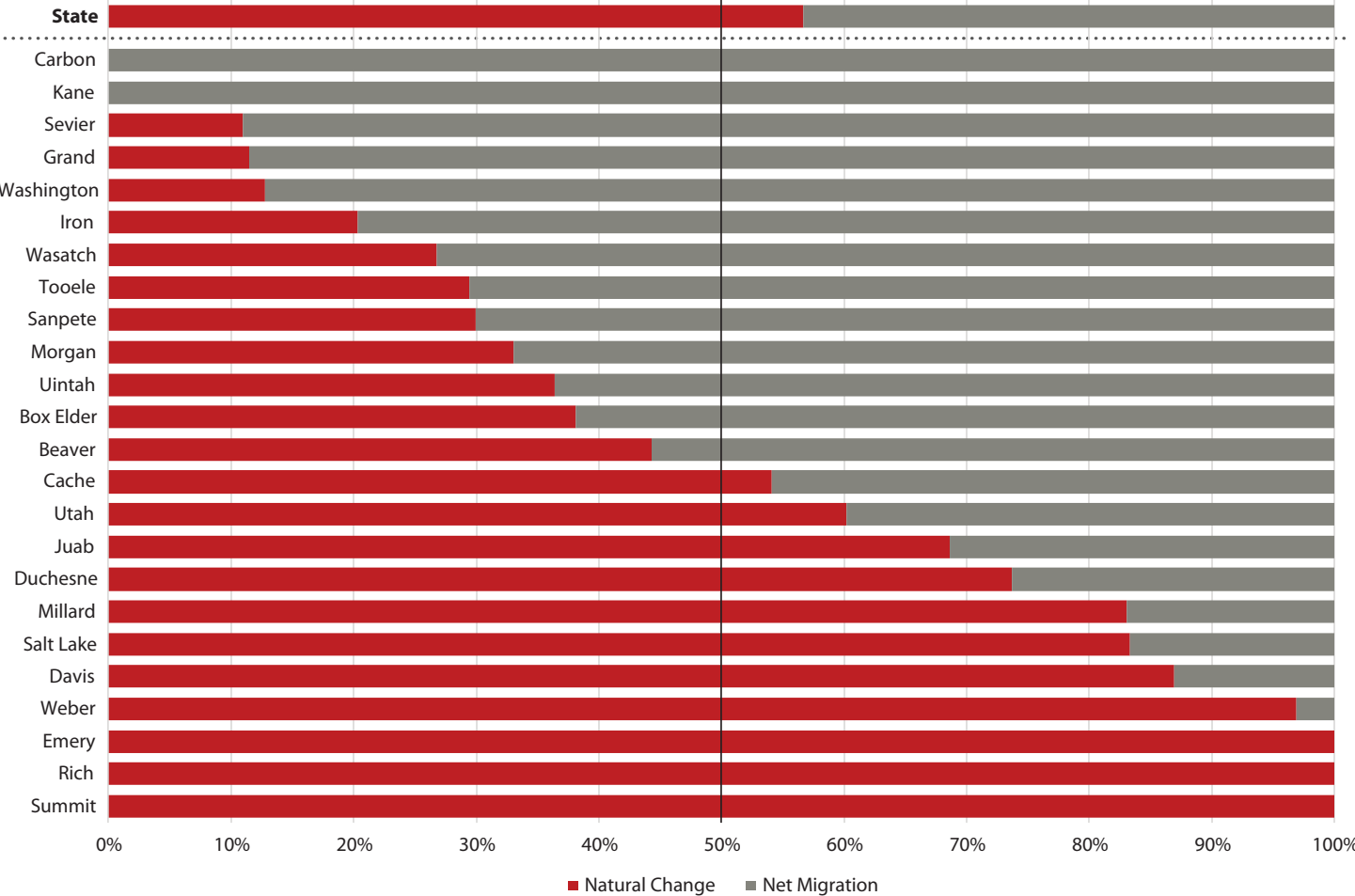
Source: Utah Population Committee, Kem C. Gardner Policy Institute

Figure 8: County Share of State Population Growth, 2024-2025



Source: Utah Population Committee, Kem C. Gardner Policy Institute

Figure 9: Share of Population Growth by Components of Change by County, 2024-2025



Note: Daggett, Garfield, Piute, San Juan, and Wayne counties are not included due to population declines
Source: Utah Population Committee, Kem C. Gardner Policy Institute

Table 1: Utah State and County Population Estimates and Components of Change, 2020-2025

Economic Region/County	Utah Population Committee Estimate						July 1, 2024 – July 1, 2025				
	July 1, 2020	July 1, 2021	July 1, 2022	July 1, 2023	July 1, 2024	July 1, 2025	Absolute Change	Change Rate	Natural Increase	Net Migration	Net Migration Share of Change
State	3,284,823	3,342,543	3,400,493	3,456,446	3,506,798	3,551,150	44,351	1.26%	25,118	19,233	43%
Greater Salt Lake	2,847,422	2,892,355	2,940,154	2,987,827	3,030,412	3,066,224	35,813	1.18%	23,533	12,280	34%
Box Elder	57,886	59,208	60,607	61,251	61,756	62,911	1,155	1.87%	440	715	62%
Cache	133,743	136,945	140,289	141,700	143,482	145,865	2,383	1.66%	1,289	1,094	46%
Davis	363,419	367,361	372,262	377,378	378,570	381,339	2,769	0.73%	2,408	361	13%
Juab	11,831	12,057	12,438	12,766	13,116	13,364	248	1.89%	170	78	31%
Morgan	12,353	12,678	13,016	13,059	13,092	13,341	248	1.90%	82	166	67%
Rich	2,517	2,559	2,643	2,725	2,804	2,812	8	0.28%	16	-8	0%
Salt Lake	1,188,213	1,197,256	1,206,733	1,220,554	1,232,656	1,240,937	8,281	0.67%	6,902	1,379	17%
Summit	42,394	42,837	43,249	43,491	43,301	43,303	2	0.00%	205	-203	0%
Tooele	73,149	76,249	77,692	79,408	81,854	84,320	2,466	3.01%	725	1,741	71%
Utah	664,258	683,385	705,692	727,751	749,602	765,515	15,914	2.12%	9,582	6,332	40%
Wasatch	34,933	35,816	37,075	37,933	38,801	39,588	788	2.03%	211	577	73%
Weber	262,727	266,003	268,459	269,811	271,378	272,929	1,551	0.57%	1,503	48	3%
Uintah Basin	56,230	56,673	57,472	57,638	57,369	57,860	491	0.86%	220	271	55%
Daggett	942,721	962	956	998	984	959	-24	-2.45%	-3	-21	0%
Duchesne	19,608	19,738	20,095	20,112	20,171	20,266	95	0.47%	70	25	26%
Uintah	35,679	35,973	36,422	36,527	36,214	36,634	420	1.16%	153	267	64%
West Central	67,073	67,967	69,311	70,082	70,673	71,449	776	1.10%	283	493	64%
Millard	13,010	13,211	13,441	13,484	13,609	13,715	106	0.78%	88	18	17%
Piute	1,442	1,479	1,495	1,565	1,649	1,625	-24	-1.47%	4	-28	0%
Sanpete	28,560	28,978	29,867	30,347	30,900	31,454	553	1.79%	166	387	70%
Sevier	21,571	21,795	21,966	22,164	21,972	22,118	146	0.67%	16	130	89%
Wayne	2,490	2,504	2,542	2,523	2,543	2,538	-5	-0.21%	9	-14	0%
East Central	30,273	30,377	30,664	30,689	30,356	30,461	106	0.35%	-31	137	100%
Carbon	20,449	20,487	20,737	20,654	20,443	20,539	96	0.47%	-53	149	100%
Emery	9,824	9,890	9,927	10,035	9,913	9,922	9	0.09%	22	-13	0%
Southeast	24,205	24,356	24,668	24,796	24,899	25,103	205	0.82%	54	151	74%
Grand	9,664	9,709	9,743	9,842	9,896	10,105	209	2.11%	24	185	88%
San Juan	14,541	14,647	14,925	14,954	15,002	14,998	-4	-0.03%	30	-34	0%
Southwest	259,621	270,814	278,223	285,413	293,090	300,052	6,961	2.38%	1,063	5,898	85%
Beaver	7,076	7,156	7,298	7,314	7,339	7,429	90	1.23%	40	50	56%
Garfield	5,084	5,083	5,113	5,141	5,114	5,074	-41	-0.80%	8	-49	0%
Iron	57,658	61,128	63,683	66,044	67,896	69,939	2,042	3.01%	416	1,626	80%
Kane	7,692	7,919	8,174	8,387	8,363	8,481	118	1.41%	-6	124	100%
Washington	182,111	189,527	193,956	198,528	204,378	209,129	4,751	2.32%	605	4,146	87%

Note: The 2020 Census reflects April 1, 2020.

Sources: U.S. Census Bureau (April 1, 2020); Utah Population Committee, Kem C. Gardner Policy Institute (2020-2025)

Natural Change and Net Migration

Natural change and net migration have had a stable relationship at the state level, but there is more variation at the county level. Typically, slower-growing counties are fueled by natural change, with less or negative net migration, and faster-growing counties are fueled more by net migration. In 2025, net migration drove growth in 13 counties, an increase from last year (11). Of the 13 counties with large shares of net migration, nine had growth rates higher than the state.

Three counties, Carbon, Kane, and Daggett, experienced natural decrease (more deaths than births) between 2024 and 2025, ranging from declines of 3 to 53 residents. Despite this, two of the three counties experienced population growth in 2025, with positive net migration offsetting the natural decrease.

In ten counties - Utah, Juab, Duchesne, Millard, Salt Lake, Davis, Weber, Emery, Rich, and Summit - the share of growth from net migration was lower than the state (see Figure 9). Net migration in Salt Lake and Utah counties declined in 2025, and natural change became the main driver of population growth for both counties.

Conclusion

In 2025, Utah’s population grew primarily due to natural change, with lower net migration and overall growth. Compared to 2024, Utah experienced slowing population growth, with a decline in net migration compared to the last 4 years. Natural change increased for the first time in 10 years. These estimates reflect a slowing growth rate compared to the high growth exhibited at the beginning of the decade.

About the Utah Population Committee (UPC)

The Utah Population Committee (UPC) prepares state and county-level estimates of the usual resident population for the state of Utah. The U.S. Census Bureau produces annual national, state, and county-level estimates, but their methods lack a contextual understanding of each state. This motivates many states, including Utah, to calculate their own estimates to create a more precise view and explanation of population change each year. State statute determines the composition of UPC membership and the utilization of committee-produced population estimates. The Kem C. Gardner Policy Institute chairs and provides technical staff for the committee.

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- Aaron Brough, Utah State Board of Education
- Laura Hanson, Governor’s Office of Planning and Budget
- Gwen Kervin, Department of Workforce Services
- David Landward, Enbridge Energy
- Jacoba Larsen, Utah State Tax Commission
- Carrie Mayne, Utah System of Higher Education
- Eric Reither, Utah State University
- Andrea Wilko, Office of the Legislative Fiscal Analyst

Endnotes

- 1. Li, W.L. 1976. A Note on Migration and Employment. Demography 13(4): 565-570.
- 2. Utah Department of Workforce Services; QCEW (Quarterly Census of Employment and Wages); CES(Current Employment Statistics); Local Area Unemployment Statistics

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