Kem C. Gardner
POLICY INSTITUTE
THE UNIVERSITY OF UTAH
DAVID ECCLES SCHOOL OF BUSINESS

U.S. Census Bureau Estimates for Age, Vintage 2025

Utah remains the youngest state in the nation, with a median age of 32.6. In Utah, children under 18 still outnumber retirement-age residents, but this is not the case in six of the state's counties: Daggett, Garfield, Grand, Kane, Piute, and Wayne.

Age in Utah

National trends of an aging population and decreasing fertility continue to occur in Utah. Between 2024 and 2025, median age increased from 32.3 to 32.6, the population under age 18 decreased, and the 65 and over population increased. These three shifts provide evidence of these changes at the state level.

Utah's fastest-growing age group, the population age 75 to 84, which grew 5.2% between 2024 and 2025, also reflects the state's aging population.

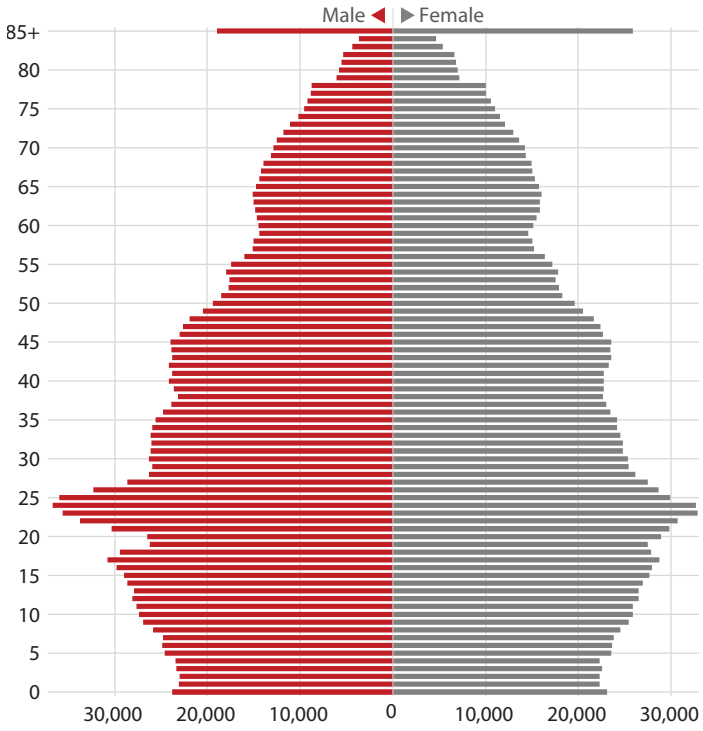
In 2025, the population aged 25 to 44 represented the largest share of Utah's population at 28.6%. This age group increased by 1.8% between 2024 and 2025.

Table 1: Utah Population by Age Groups, 2024-2025

Age Group	2024 Estimate	2025 Estimate	2025 Share	2024 to 2025 Change	
				Absolute	Percent
Under 18	**933,324**	**922,267**	**26.1%**	**-11,057**	**-1.2%**
Under 5	230,754	229,237	6.5%	-1,517	-0.7%
5 to 13	470,329	463,612	13.1%	-6,717	-1.4%
14 to 17	232,241	229,418	6.5%	-2,823	-1.2%
18 to 64	**2,124,109**	**2,156,458**	**60.9%**	**32,349**	**1.5%**
18 to 24	429,454	428,633	12.1%	-821	-0.2%
25 to 44	996,006	1,013,791	28.6%	17,785	1.8%
45 to 64	698,649	714,034	20.2%	15,385	2.2%
65+	**445,550**	**460,179**	**13.0%**	**14,629**	**3.3%**
65 to 74	262,668	268,755	7.6%	6,087	2.3%
75 to 84	139,307	146,574	4.1%	7,267	5.2%
85+	43,575	44,850	1.3%	1,275	2.9%
Median Age	**32.3**	**32.6**		**0.3**	

Note: Estimates are for July 1 of the given year
Source: U.S. Census Bureau, Population Division

Figure 1: Utah Population Pyramid, 2025



Note: Estimates are for July 1 of the given year.
Source: U.S. Census Bureau, Population Division

Age in Utah Counties

At least one in five residents is 65 years or older in ten Utah counties: Daggett (30.4%), Piute (29.6%), Kane (26.7%), Garfield (26.4%), Wayne (25.9%), Rich (22.5%), Washington (22.4%), Grand (21.5%), Carbon (20.6%), and Emery (20.2%). This is an increase from 2024 when nine counties met this threshold. Utah County is the only county with less than 10% of the population age 65 or older.

The 65 and older population increased in 28 out of Utah's 29 counties between 2024 and 2025, Wayne County being the exception with a decrease of 5 residents. Growth in the population 65 and older was fastest in Wasatch (5.0%), Tooele (4.9%), and Summit (4.9%) counties.

Residents under age 5 make up the largest share of the population in Juab (8.2%) and Utah (7.9%) counties and the smallest share of the population in Grand (4.6%), Daggett

Table 2: County Population by Selected Age Groups, 2024-2025

County	Under Age 5			65 Years and Older		
	2025 Population Under 5	2025 Share of County Population	Change 2024 to 2025	2025 Population 65+	2025 Share of County Population	Change 2024 to 2025
Beaver	509	7.0%	-5	1,278	17.5%	39
Box Elder	4,372	6.7%	12	9,392	14.4%	348
Cache	9,992	6.9%	-43	16,185	11.2%	428
Carbon	1,139	5.5%	-15	4,262	20.6%	78
Daggett	45	4.8%	-1	284	30.4%	4
Davis	24,329	6.4%	-417	47,019	12.3%	1,575
Duchesne	1,423	6.8%	-45	3,197	15.3%	64
Emery	622	6.1%	-17	2,051	20.2%	69
Garfield	294	5.6%	6	1,387	26.4%	23
Grand	449	4.6%	3	2,108	21.5%	59
Iron	4,112	6.1%	35	10,297	15.3%	424
Juab	1,110	8.2%	6	1,850	13.6%	42
Kane	447	5.2%	16	2,296	26.7%	38
Millard	951	6.8%	6	2,633	18.7%	70
Morgan	727	5.4%	21	1,862	13.9%	53
Piute	73	4.8%	-8	446	29.6%	16
Rich	161	6.0%	-8	605	22.5%	24
Salt Lake	71,208	5.8%	-877	158,727	13.0%	4,659
San Juan	908	6.2%	13	2,516	17.3%	56
Sanpete	2,034	6.5%	74	5,247	16.7%	146
Sevier	1,491	6.5%	17	4,239	18.6%	82
Summit	2,138	5.0%	37	7,871	18.2%	365
Tooele	6,162	7.0%	55	8,802	10.1%	409
Uintah	2,547	6.7%	-81	5,189	13.6%	172
Utah	60,296	7.9%	-207	67,099	8.8%	2,659
Wasatch	2,011	5.2%	5	6,336	16.5%	302
Washington	12,251	5.7%	65	47,915	22.4%	1,274
Wayne	189	7.3%	16	669	25.9%	-5
Weber	17,247	6.2%	-180	38,417	13.8%	1,156

Note: Estimates are for July 1 of the given year
Source: U.S. Census Bureau, Population Division

(4.8%), and Piute (4.8%) counties. Thirteen counties experienced decreases in the population under age five between 2024 and 2025. The largest occurred in Salt Lake County with a decrease of 877 children under age five (1.2%). Next was Davis County, with a decrease of 417, and Utah County with a decrease of 207. 2025 is the first year in the decade that Utah County experienced a decrease in the under-5 population.

Two smaller population counties, Piute and Rich, experienced the fastest decrease in this age group. Piute County's population under age 5 decreased by 9.9% (8 residents), while Piute County's under-five population decreased by 4.7% (8 residents). Of the sixteen counties that experienced annual increases in the population under age 5, Sanpete County gained the most young residents (74 residents) while Wayne County's under-5 population grew the fastest (9.2%, gaining 16 residents).

Age by Race and Hispanic Origin in Utah

While nearly one in four (24.9%) Utah adults (age 18 and older) identify as a racial or ethnic minority, this increases to one in three (33.3%) for the population under age 18. Statewide, 6.5% of the population is under age 5, but this share is higher within many of Utah's minority racial and ethnic groups. The non-Hispanic Two or More Races population has the largest share of children under age five (12.1%), while the Hispanic or Latino population has the second highest share (10.2%). Utah's non-Hispanic White and non-Hispanic American Indian or Alaskan Native populations have the lowest shares of residents under age 5: 5.3% and 4.3%, respectively.

In terms of older residents, the non-Hispanic White population has the largest share of people age 65 and over (15.5%), followed by the non-Hispanic American Indian or Alaska Native population (12.0%) and the non-Hispanic Asian population (10.7%).

Table 3: State of Utah Selected Age Groups by Race and Hispanic or Latino Origin, July 1, 2025

Race and Ethnicity	Total	Under Age 5		Under Age 18		Age 18 and Older		Age 65 and Older	
		Estimate	Share	Estimate	Share	Estimate	Share	Estimate	Share
Total	3,538,904	229,237	6.5%	922,267	26.1%	2,616,637	73.9%	460,179	13.0%
White Alone	2,580,042	136,043	5.3%	615,352	23.9%	1,964,690	76.1%	400,619	15.5%
Hispanic or Latino	623,494	63,628	10.2%	204,884	32.9%	418,610	67.1%	34,389	5.5%
Two or More Races	118,173	14,316	12.1%	49,374	41.8%	68,799	58.2%	5,333	4.5%
Asian Alone	100,325	7,405	7.4%	20,522	20.5%	79,803	79.5%	10,766	10.7%
Black or African American Alone	46,019	3,827	8.3%	12,854	27.9%	33,165	72.1%	2,885	6.3%
Native Hawaiian and Other Pacific Islander Alone	40,610	2,711	6.7%	12,338	30.4%	28,272	69.6%	2,564	6.3%
American Indian and Alaska Native Alone	30,241	1,307	4.3%	6,943	23.0%	23,298	77.0%	3,623	12.0%

Note: Share is of total race or ethnic population. Individuals claiming Hispanic, Latino, or Spanish origin are categorized as Hispanic and can be of any race. Non-Hispanic persons can be classified as a single race alone—White, Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian or Pacific Islander—or as two or more races. This table presents the non-Hispanic, single-race alone categories.
Source: U.S. Census Bureau, Population Division

National Picture

Between 2024 and 2025, the median age in the United States continued to increase, rising 0.2 years to 39.4.

Over the past two decades, the share of US residents age 65 and older increased from 12.4% in 2005 to 18.9% in 2025. Meanwhile, the share of children under 18 dropped from 24.9% to 21.1%. Older adults (65+) now outnumber children under 18 in seventeen states: Florida, Pennsylvania, Maine, Massachusetts, Oregon, New Hampshire, West Virginia, Vermont, Hawaii, Rhode Island, Connecticut, Delaware, South Carolina, Montana, Wisconsin, Michigan, and New Mexico.

Background on Census Bureau Population Estimates

Each year, the Census Bureau produces population estimates at varying levels of geography. The age, sex, race, and Hispanic origin estimates at the national, state, and county levels are the final release of the 2025 vintage estimate package. Prior releases include estimates for national, state, county, metropolitan/micropolitan, and incorporated places (cities and towns). These releases include annual estimates from July 1, 2020, to July 1, 2025. This expansive, final estimates release contains two fact sheets detailing the results: one for race and Hispanic or Latino origin and one for age and sex.

Authored By: Megan Rabe, Demography Research Associate

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