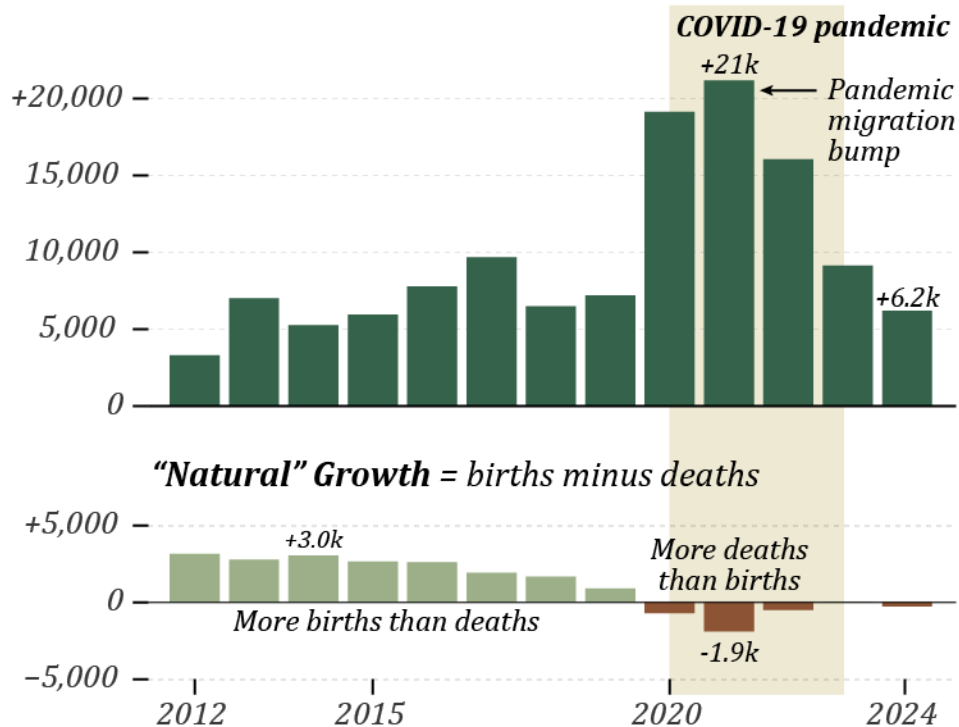


## Components of Montana's Population Change

Migration has driven growth as deaths balance births

*Net Migration = arrivals minus departures*



Data: Legislative Fiscal Division analysis of U.S. Census Bureau, MT DPPHS data. / Chart: LFD.



Montana's population has grown by about 133,000 residents since 2012 according to U.S. Census Bureau estimates analyzed by LFD. Migration has driven the growth, while births and deaths remained balanced.

In the years before the pandemic, Montana saw more births than deaths. That "natural" population growth slowed through the late 2010s before tipping negative in 2020 and 2021. Natural population growth has remained slightly negative in recent years.

In-migration has overshadowed birth and death trends, particularly in the early years of the pandemic. Net migration into Montana in 2025 was 6,200 people, down from a peak of 21,000 in 2021.

More analysis on the state's demographics is available on the [Legislative Fiscal Division website](#) and via a report presented to the Modernization and Risk Analysis (MARA) Committee on February 25, 2026. [Read Montana's Changing Demographics: 2026 Update](#)