



Population Projections for New Mexico, 2023-2050

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Populations can only change in three ways



Births



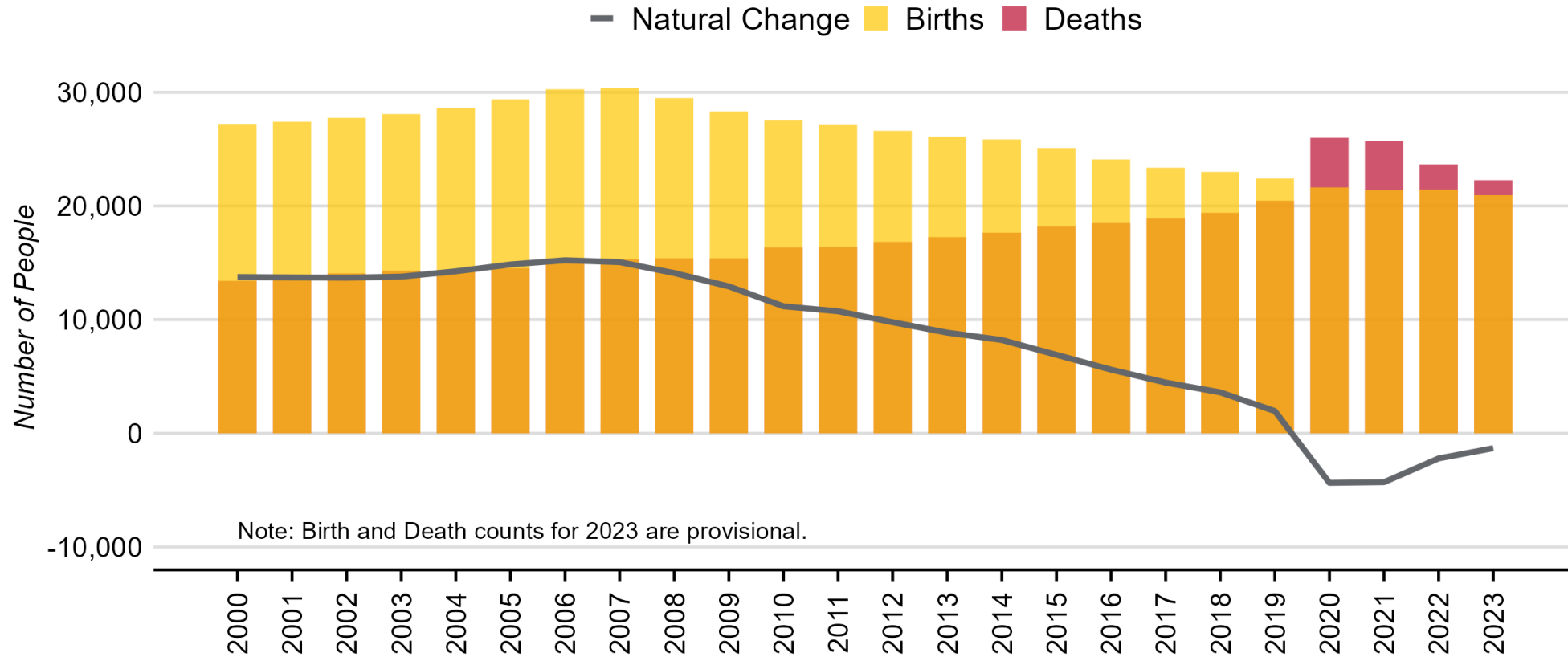
Deaths



Migration

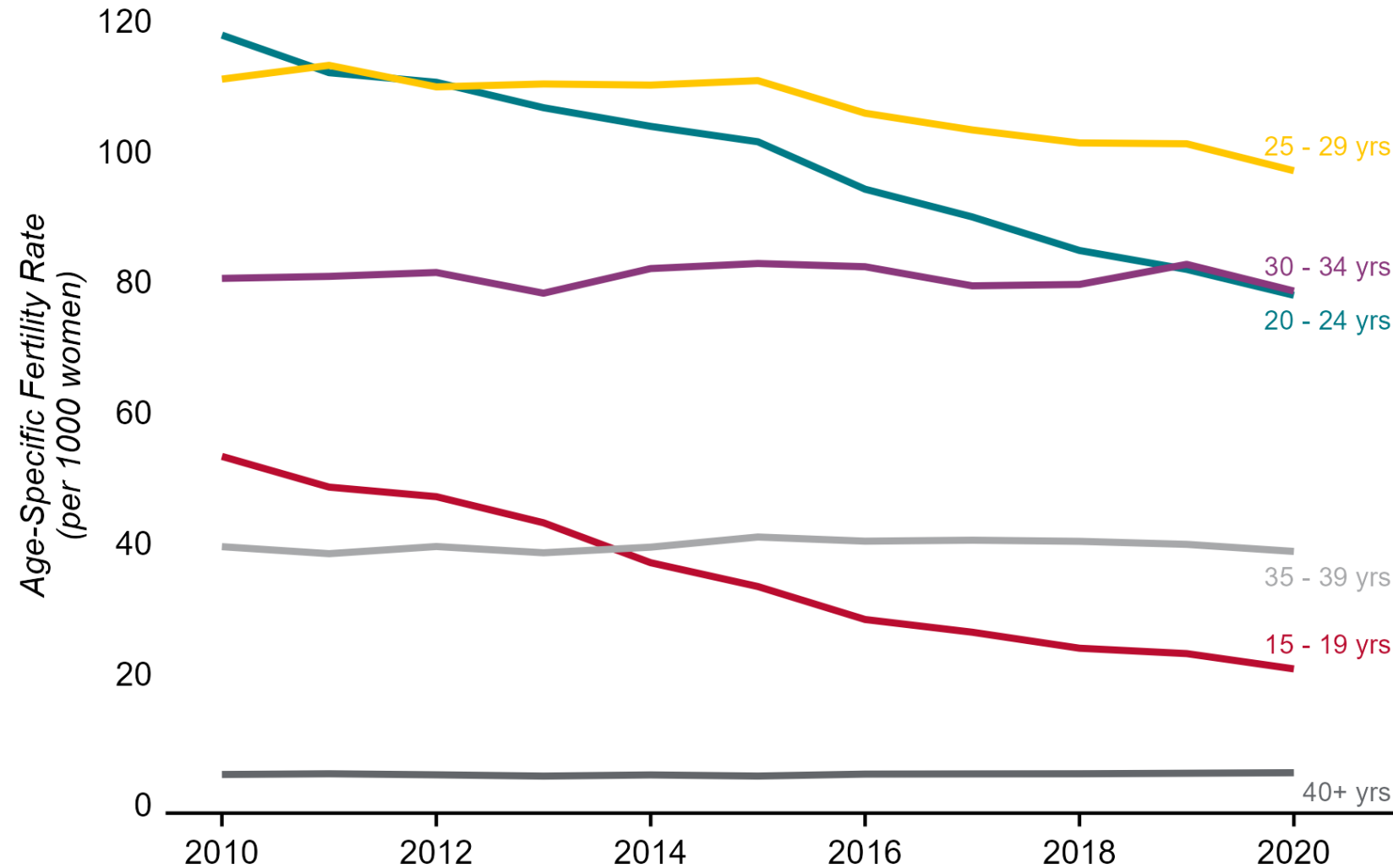
New Population = StartingPop + Births – Deaths + Net Migration

New Mexico Natural Change, 2000 to 2023



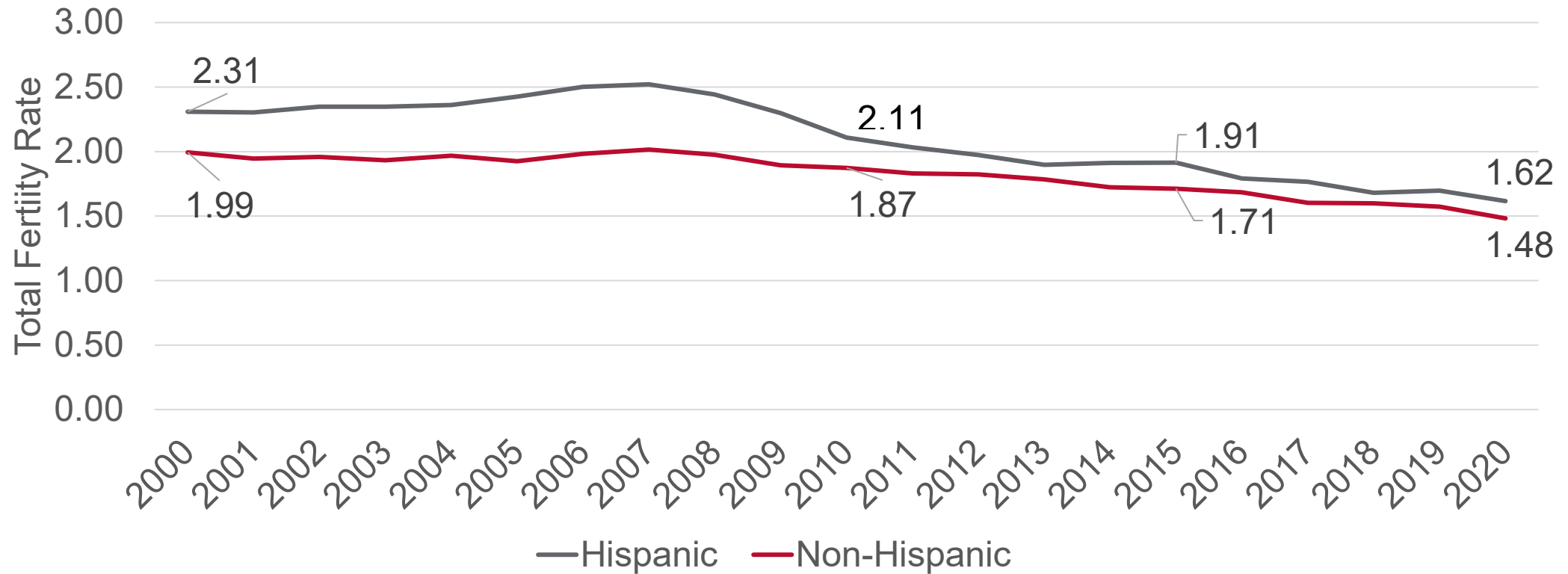
New Mexico is in a period of natural decline: we are experiencing more deaths than births.

Declining Birth Rates among Women in New Mexico



- People are having fewer children over their life course and are having children later.
- Decreases in fertility among teens and women in their 20's.
- Fairly flat among those in their 30's and 40's.

New Mexico TFR, by Hispanic Origin



Declining Fertility

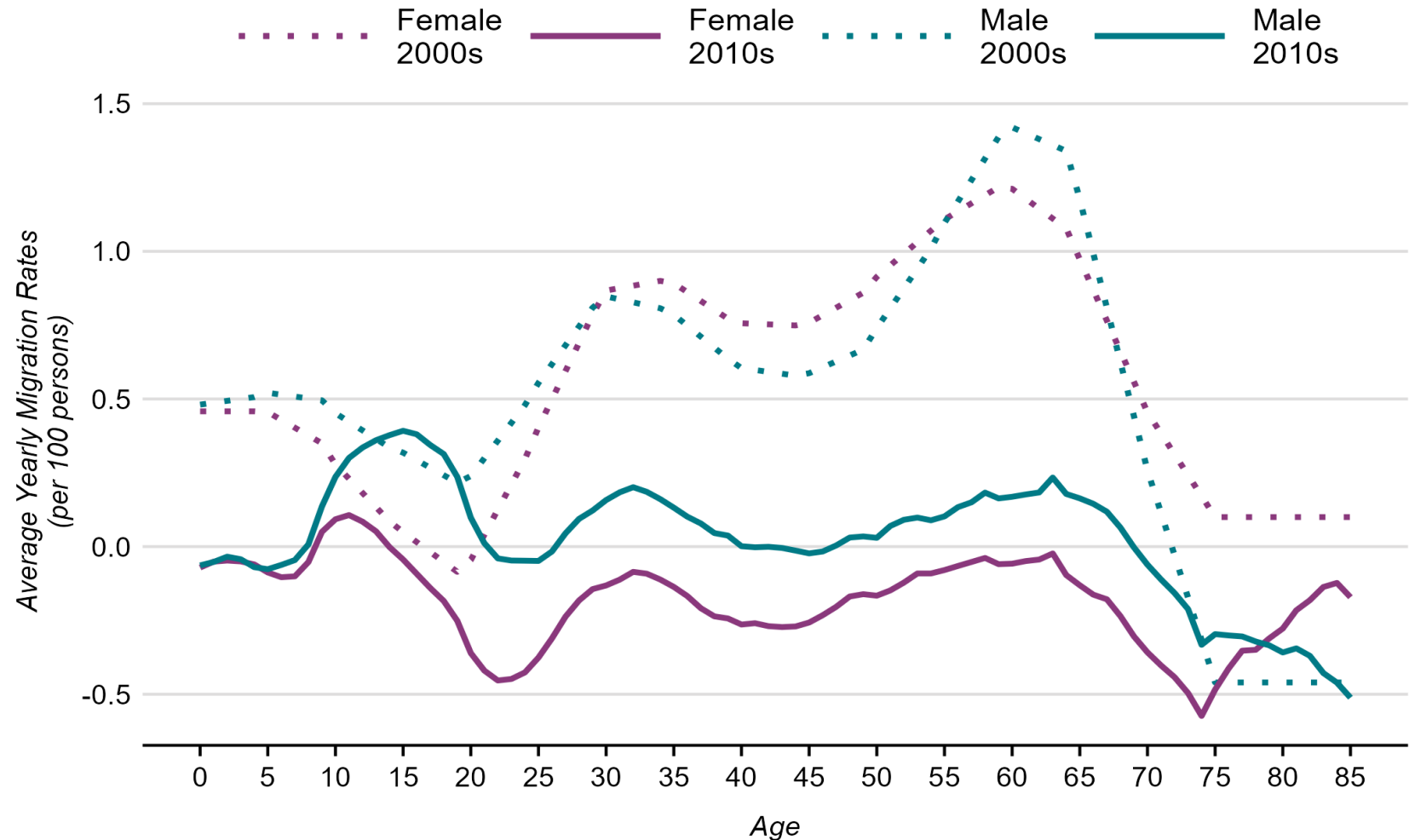
Though all groups have experienced declines in fertility, Hispanic women have experienced steeper declines than other race/ethnicity groups. This is a trend that has been observed throughout the U.S..



Rates of Migration in New Mexico were considerably lower in the 2010s compared to the 2000s.

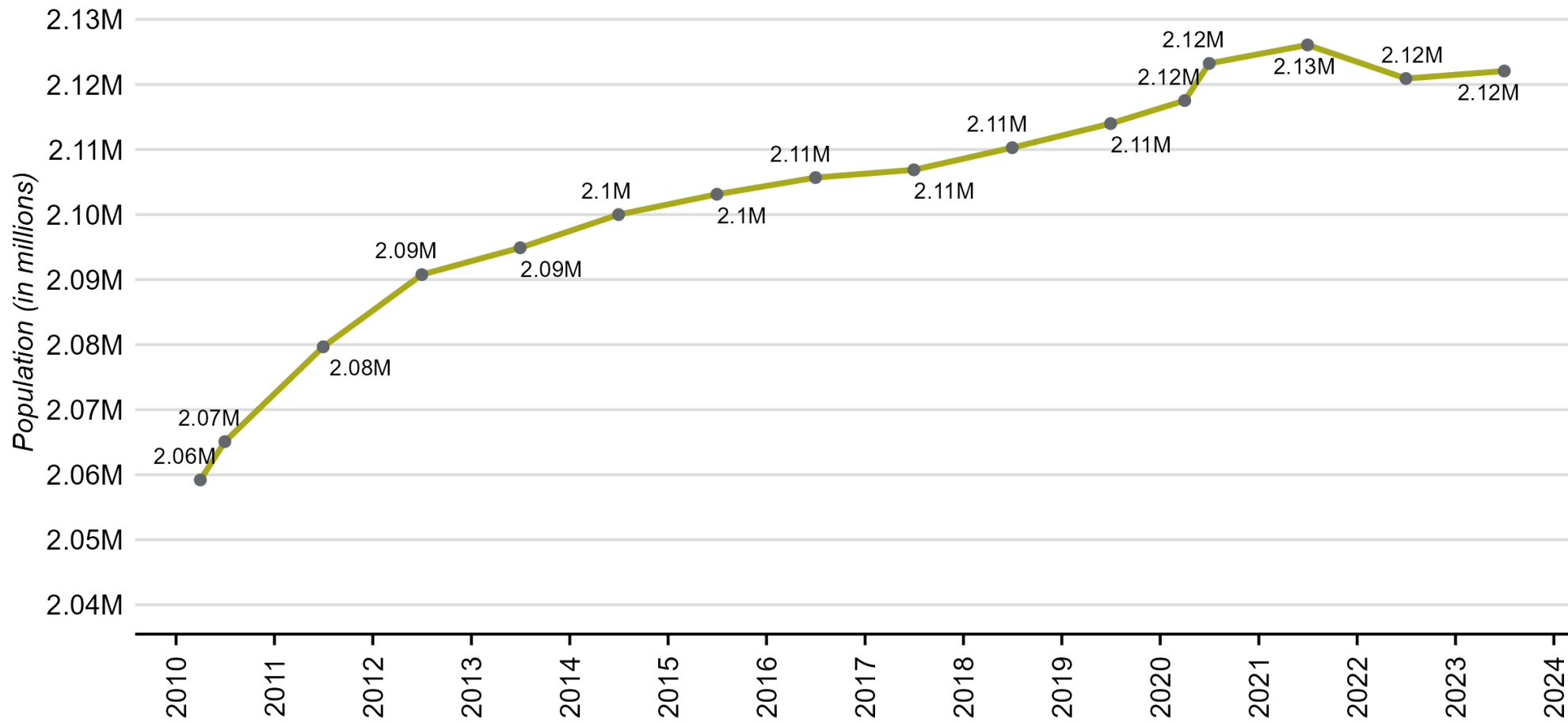
In both decades, rates were lower among young adults.

New Mexico's Migration in Patterns in 2000s and 2010s, by Sex and Age



Positive rates indicate net population gains to New Mexico, while negative rates reflect net out migration. Rates reflect the average single year gains over the decade.

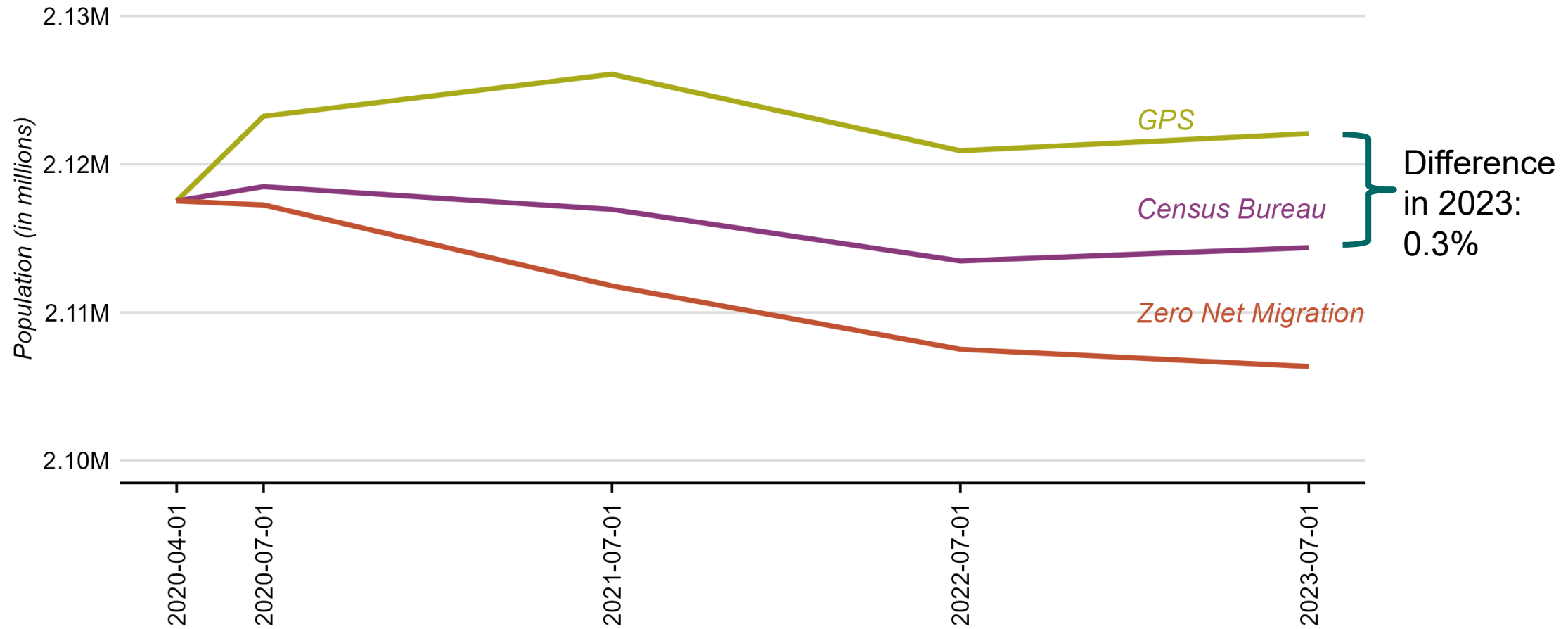




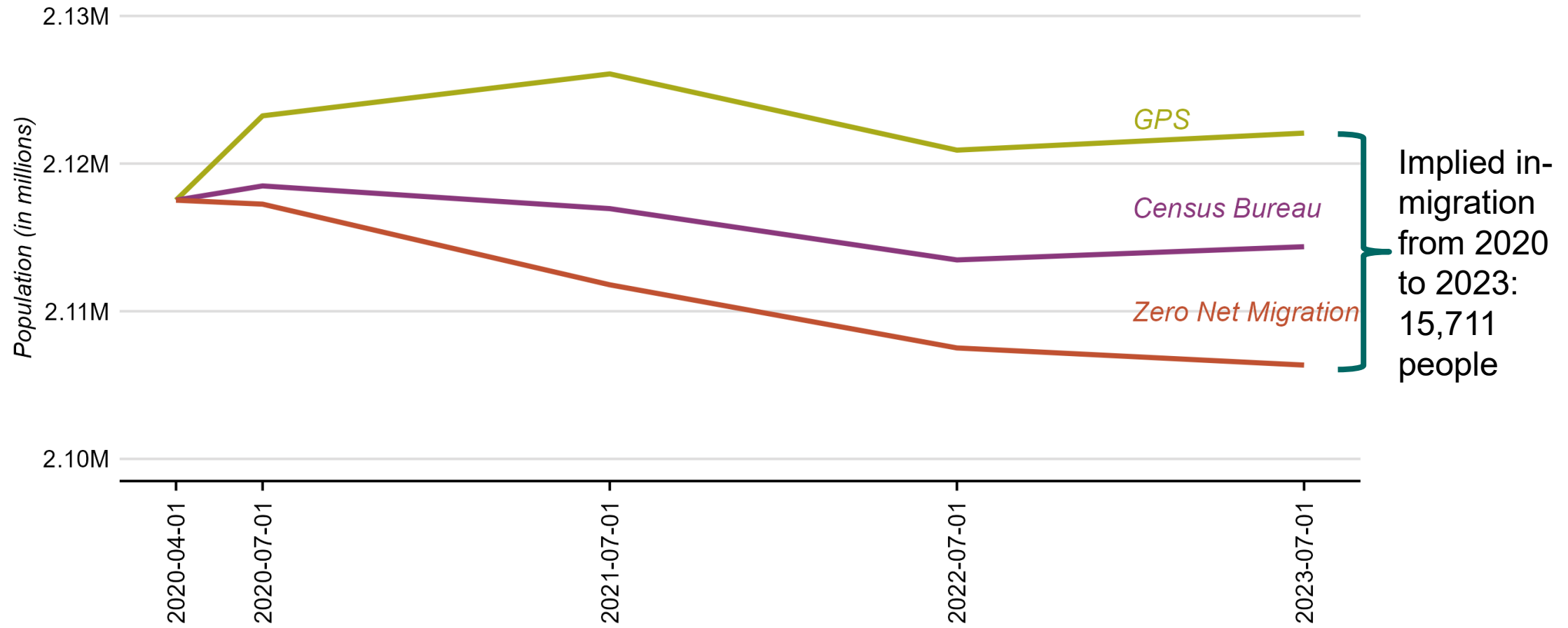
New Mexico Population Estimates

2010 - 2023



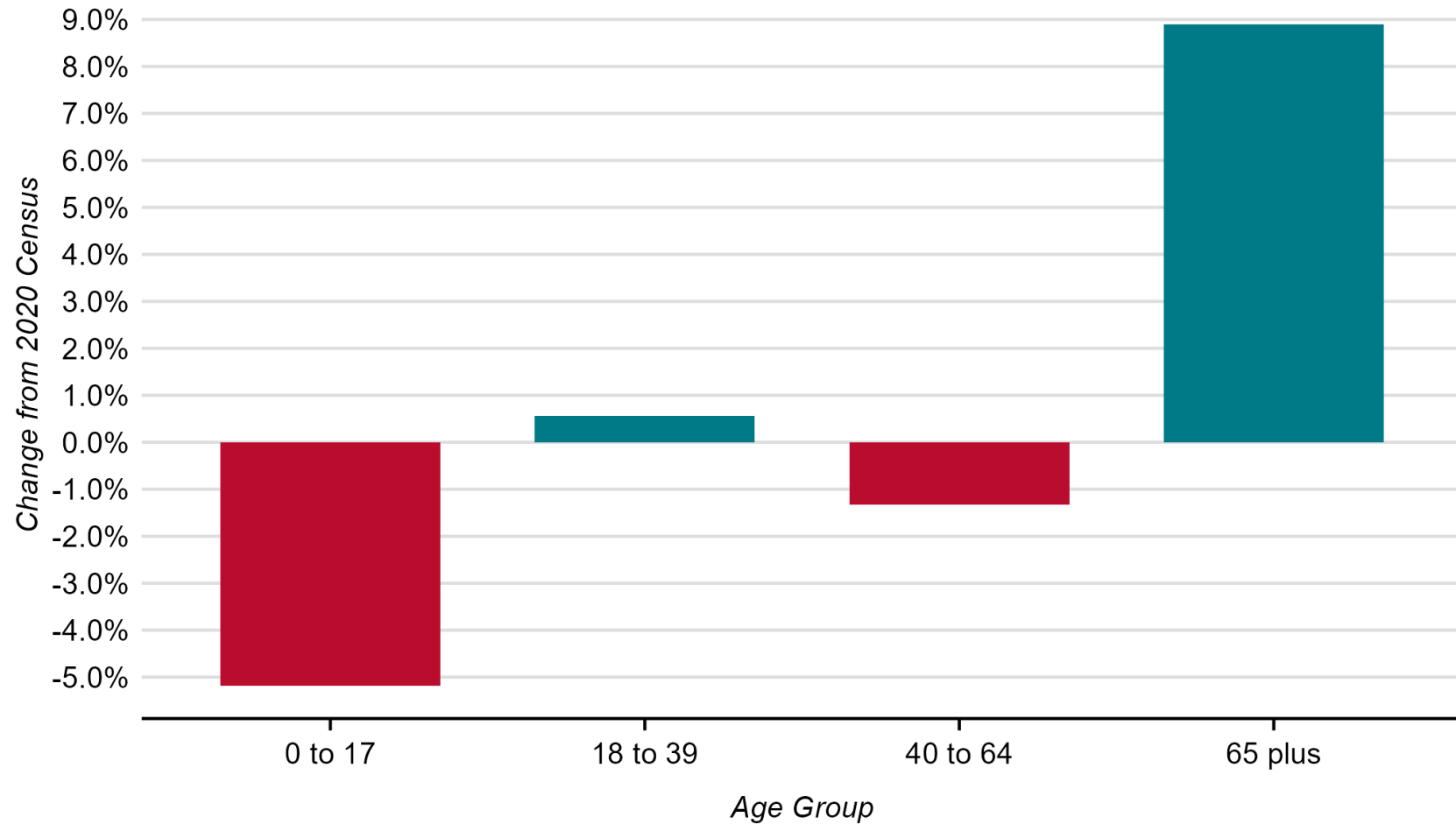


Population Change from 2020-2023: GPS vs Census Bureau vs Zero Net Migration



Zero Net-Migration



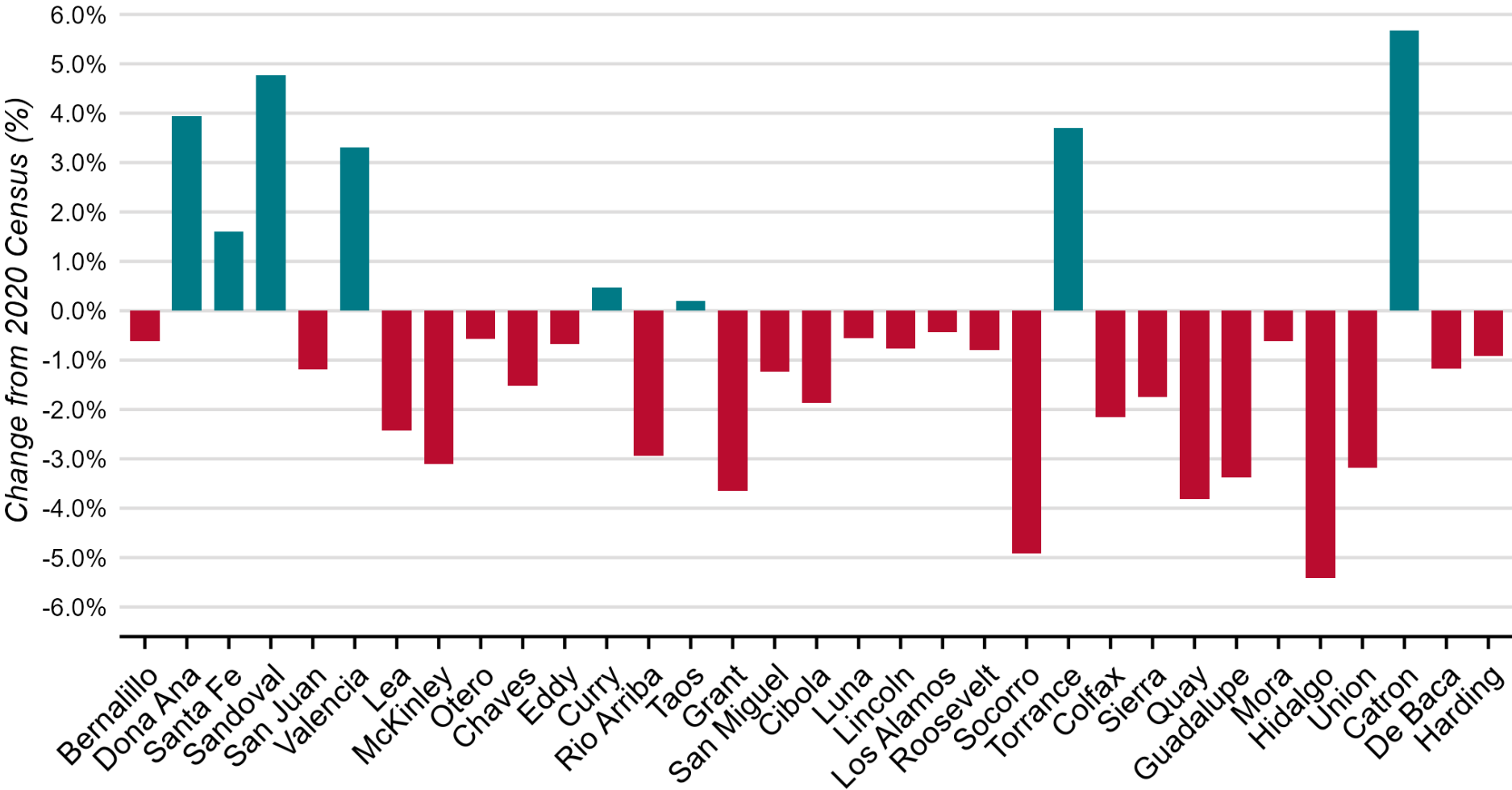


New Mexico Population Change, by Age

2020 to 2023

County Population Change:

2020 to 2023



New Mexico's growth has been flat. Future change hinges on migration.



Births are down.

- Future fertility and the child population will depend on the age structure of migration.



Deaths are up.

- Due to an aging population.



Migration is ... the wildcard

- Net-migration was out in the 2010s, primarily driven by domestic migration. Net international migration was 'in,' but is highly dependent on federal policies.
- In-migration post-pandemic, but will this continue?
- Small counties are in greater decline, generally speaking.

Population Projections: Cohort Component Method

Population Size and Age Structure

Fertility Trends

Mortality Trends

Migration Trends

$$Pop_{n+x} = Pop_n + Births - Deaths + Net Migration$$



Fertility

Will fertility continue to decline as it has been? Will it begin to rise, or will it remain stable?

- **Assumption:** Fertility will follow the pattern of decline observed from 2010 to 2019 until 2023. Fertility was then held constant from the projected 2023 rates for the whole projection series.



Mortality

Life expectancy has increased for much of the past century but has been fairly stable in recent years.

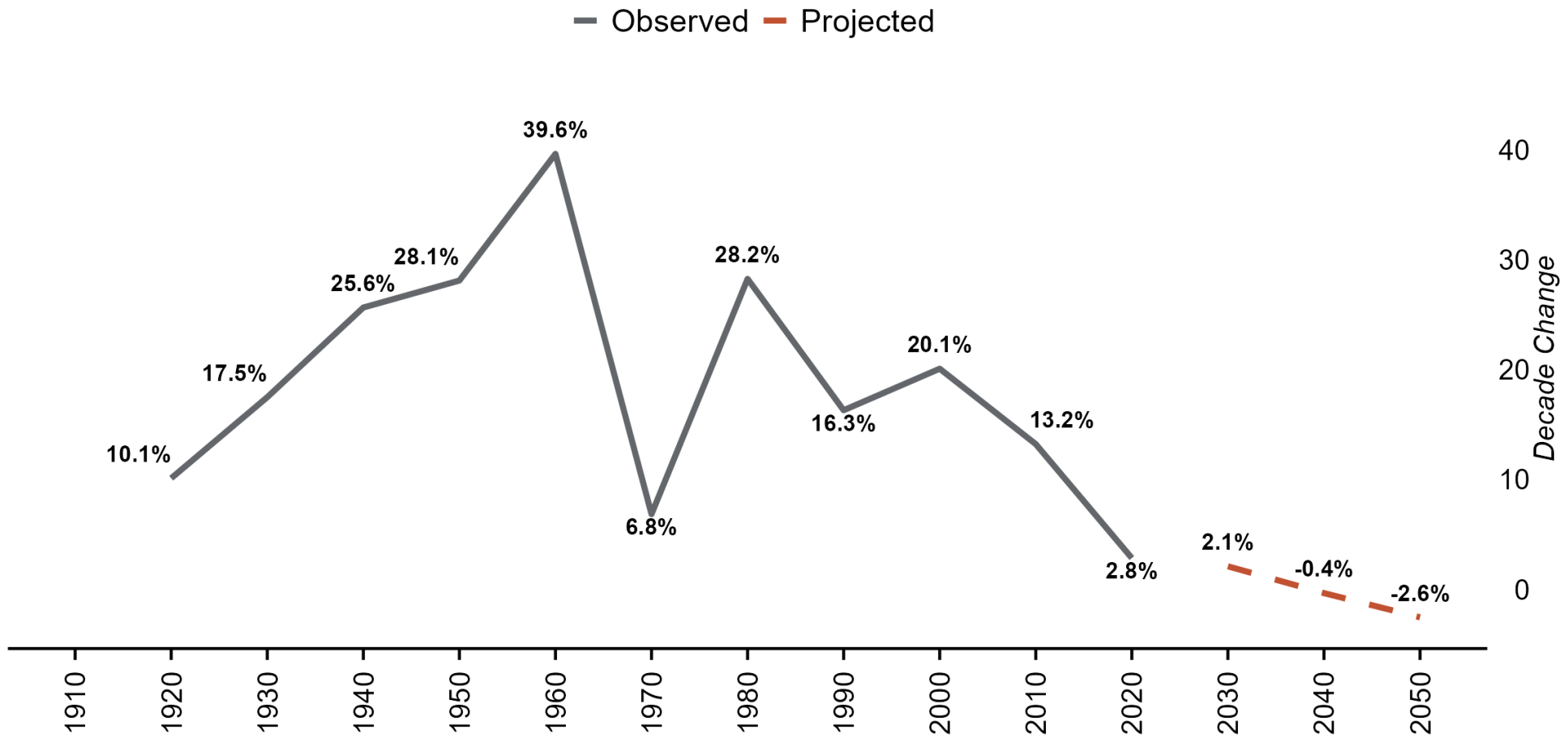
- *Will we continue to live longer, or will poorer health behaviors lead to shorter lives?*
- **Assumption:** Mortality will remain at 2010 age-specific rates across the projection period.



Migration

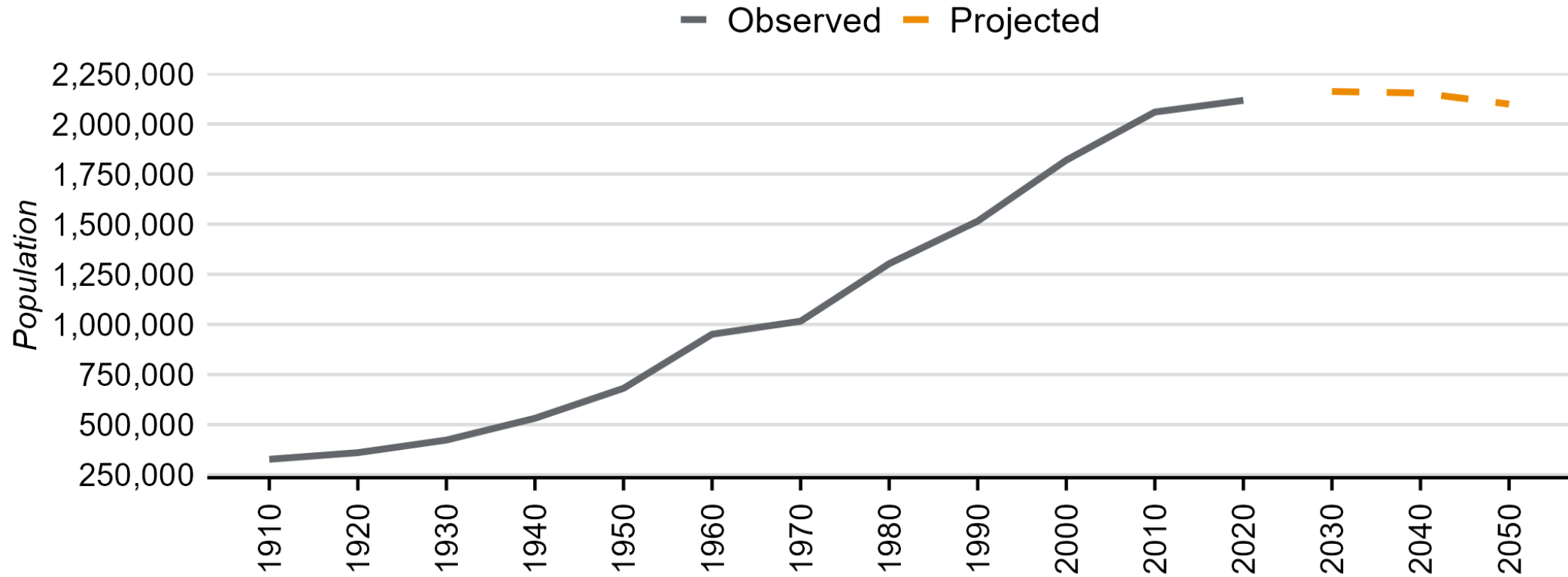
Assumption: We used an average of the migration patterns observed in the 2000s and the 2010s, thus allowing for periods of higher migration and lower migration.

Assumptions



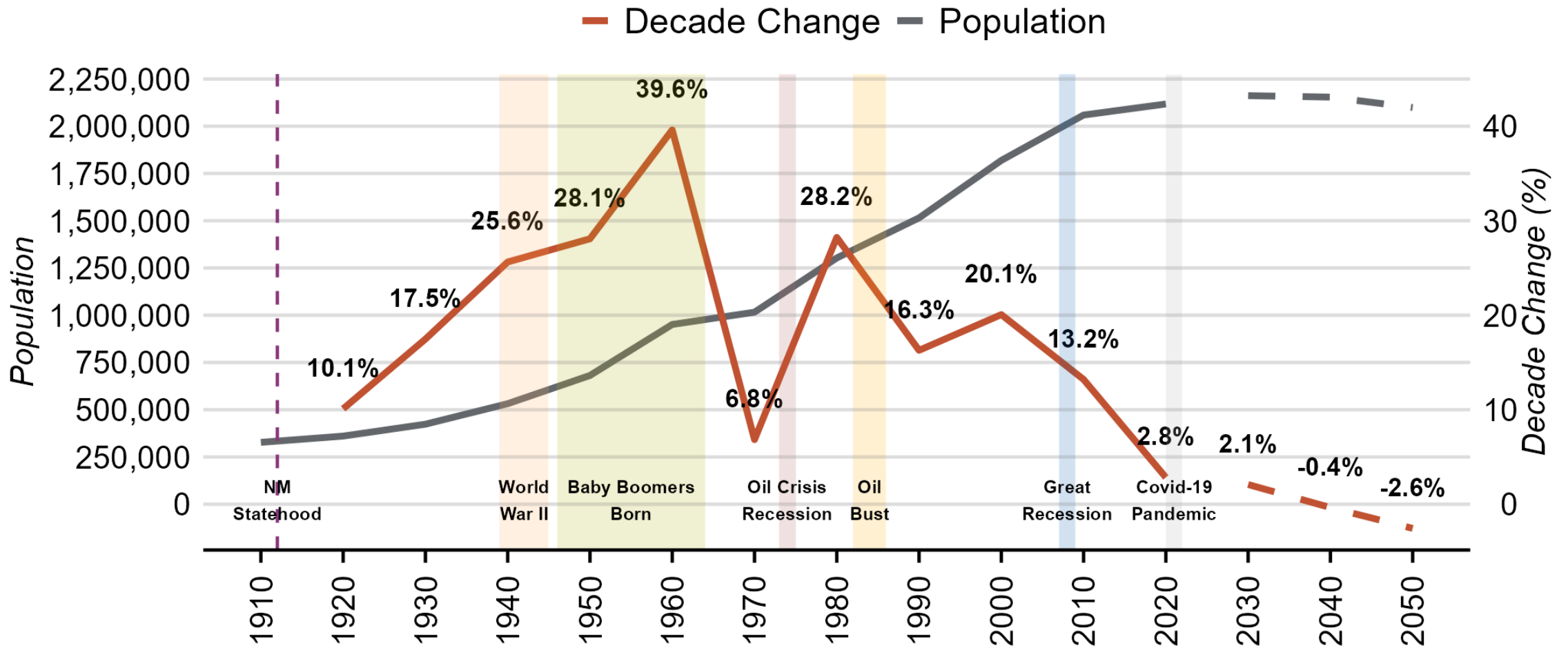
New Mexico's rate of growth has been declining since the 1980s and is projected to be negative in the decade between 2030 and 2040.

New Mexico's Population Change, 1910-2050



New Mexico is entering a new stage of little or declining growth.



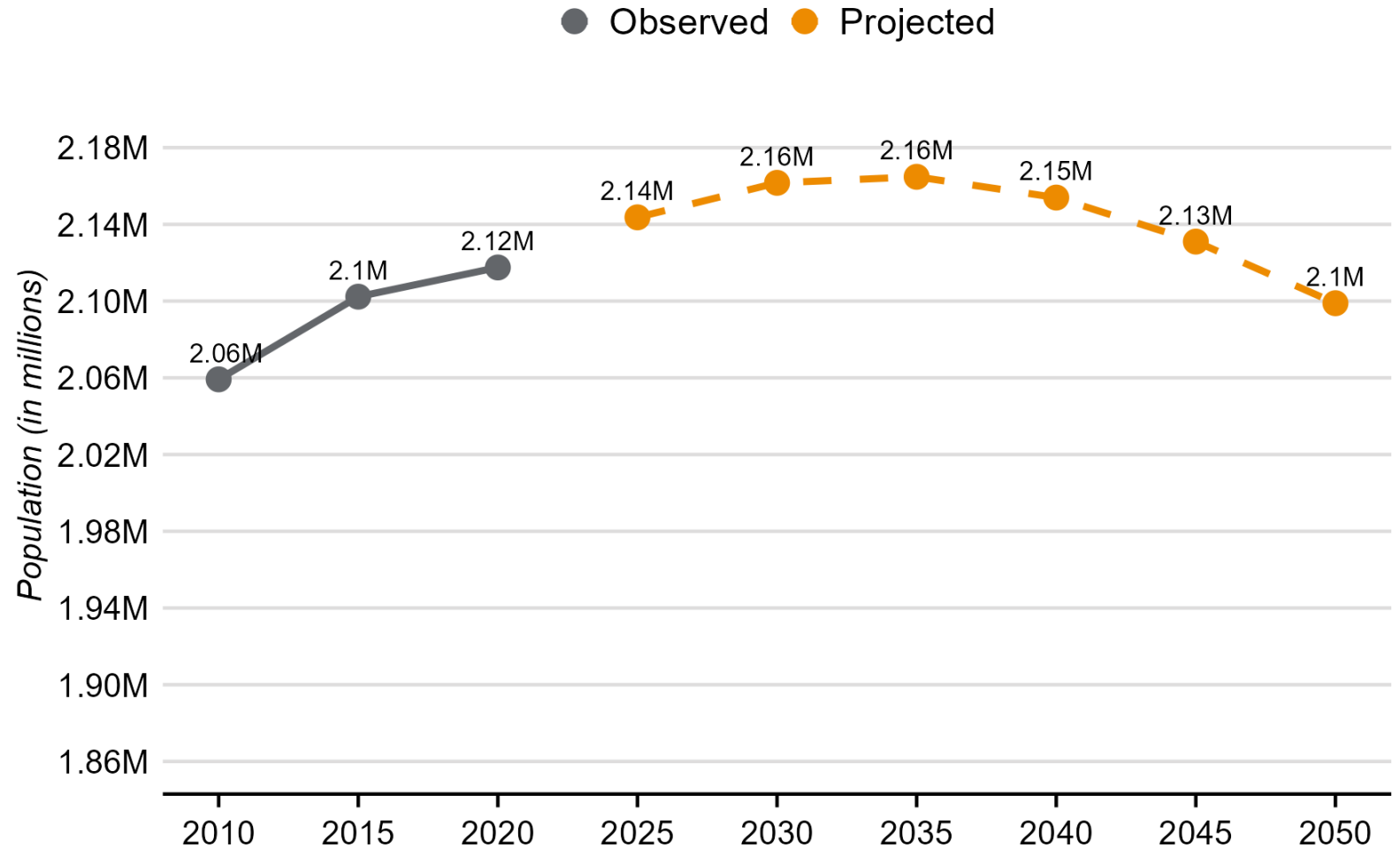


Overall, NM's rate of growth has been declining (with periods of fluctuation).

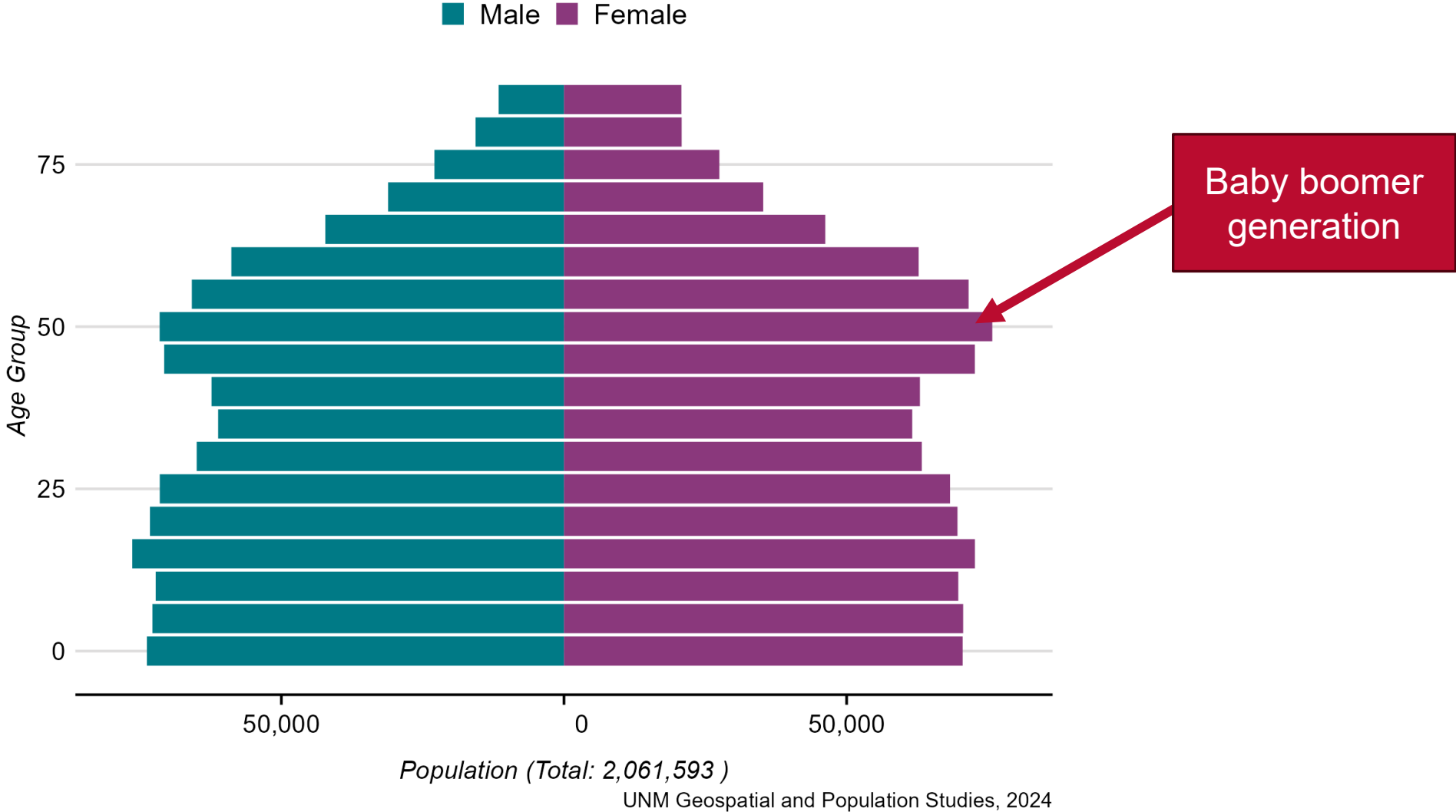


By 2035, NM's population is expected to start to decline.

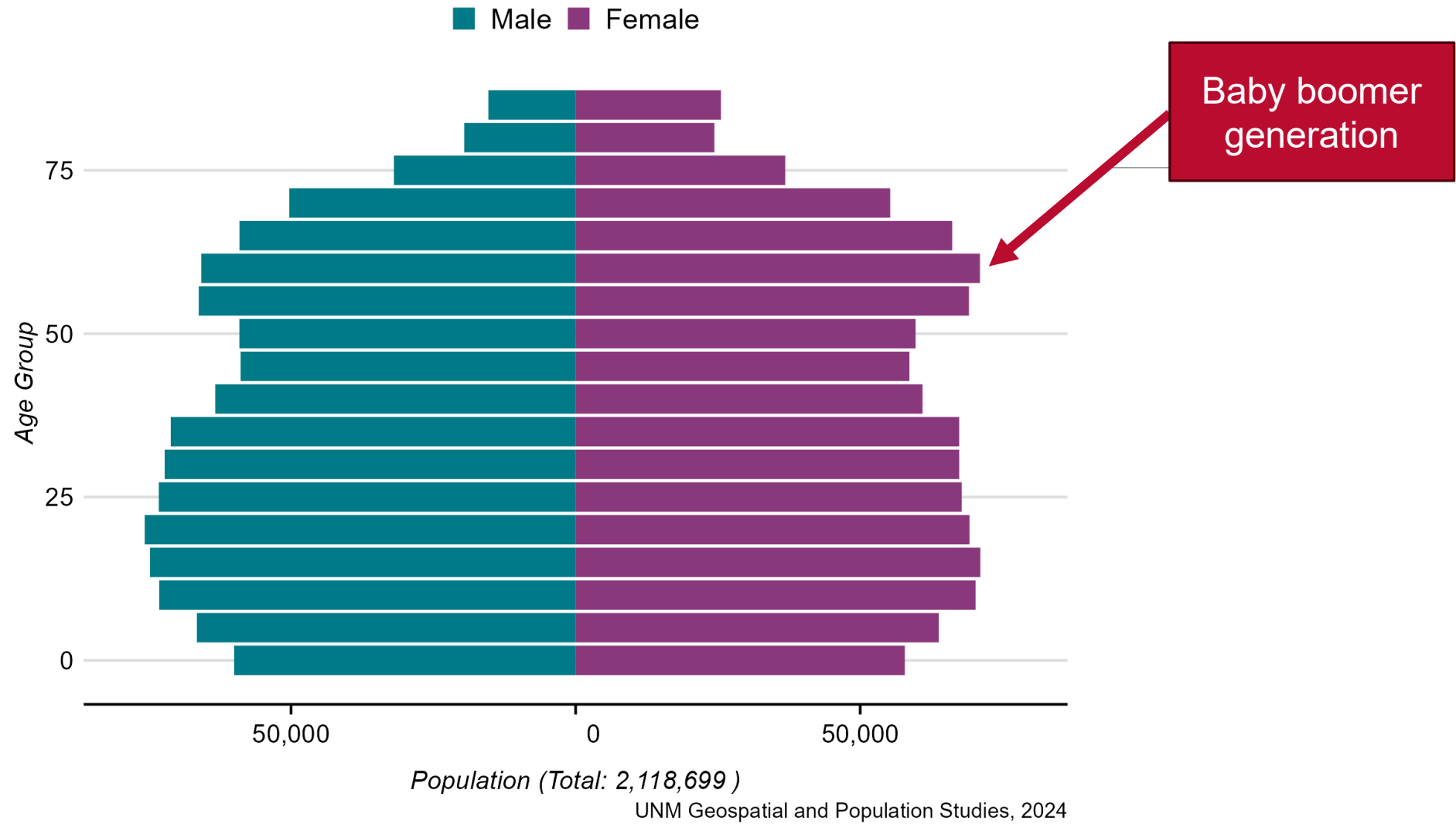
This decline could arrive sooner if migration patterns are similar to the 2010s or later if they are more similar to the 2000s.



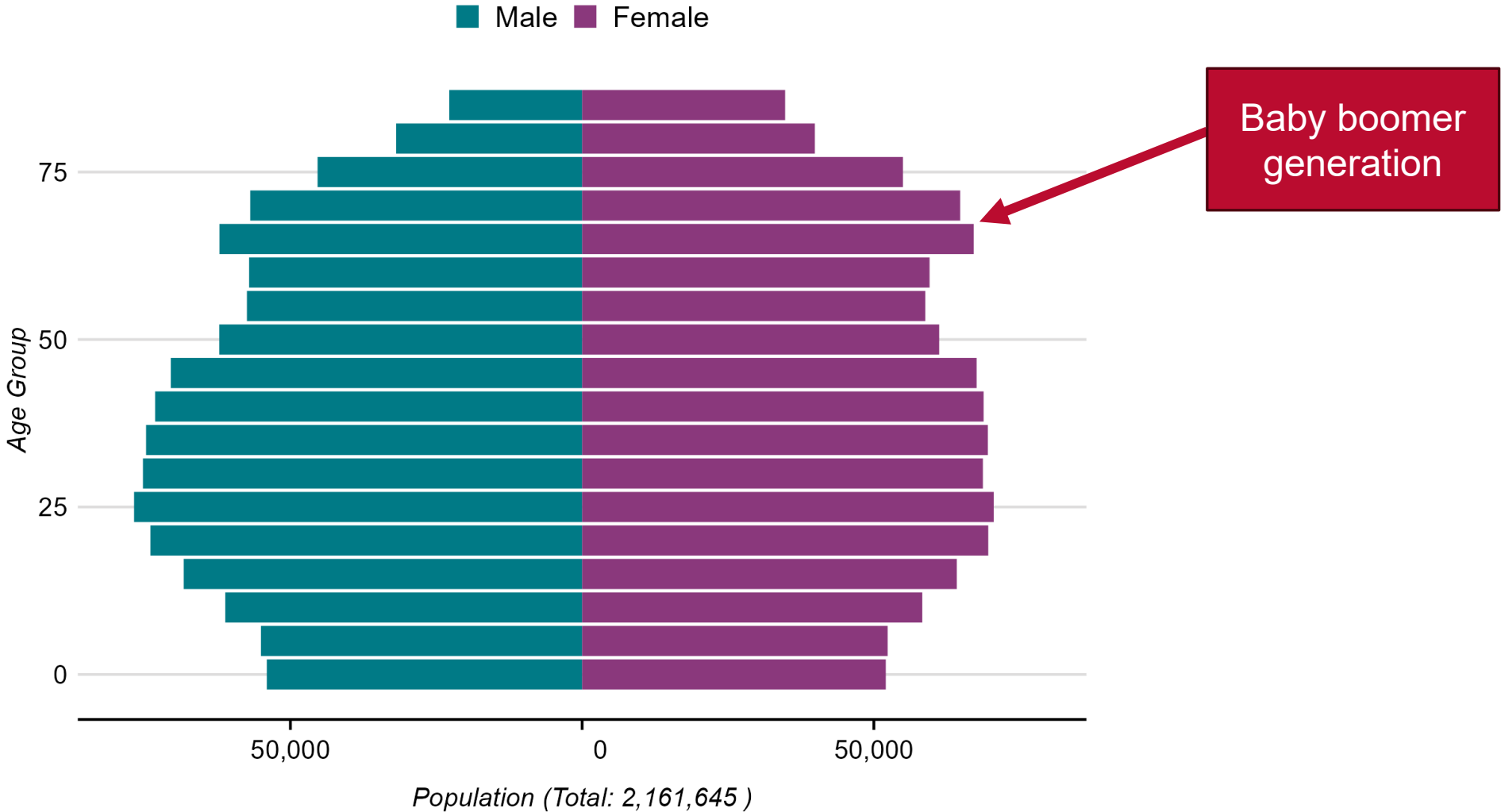
New Mexico Population 2010



New Mexico Population 2020

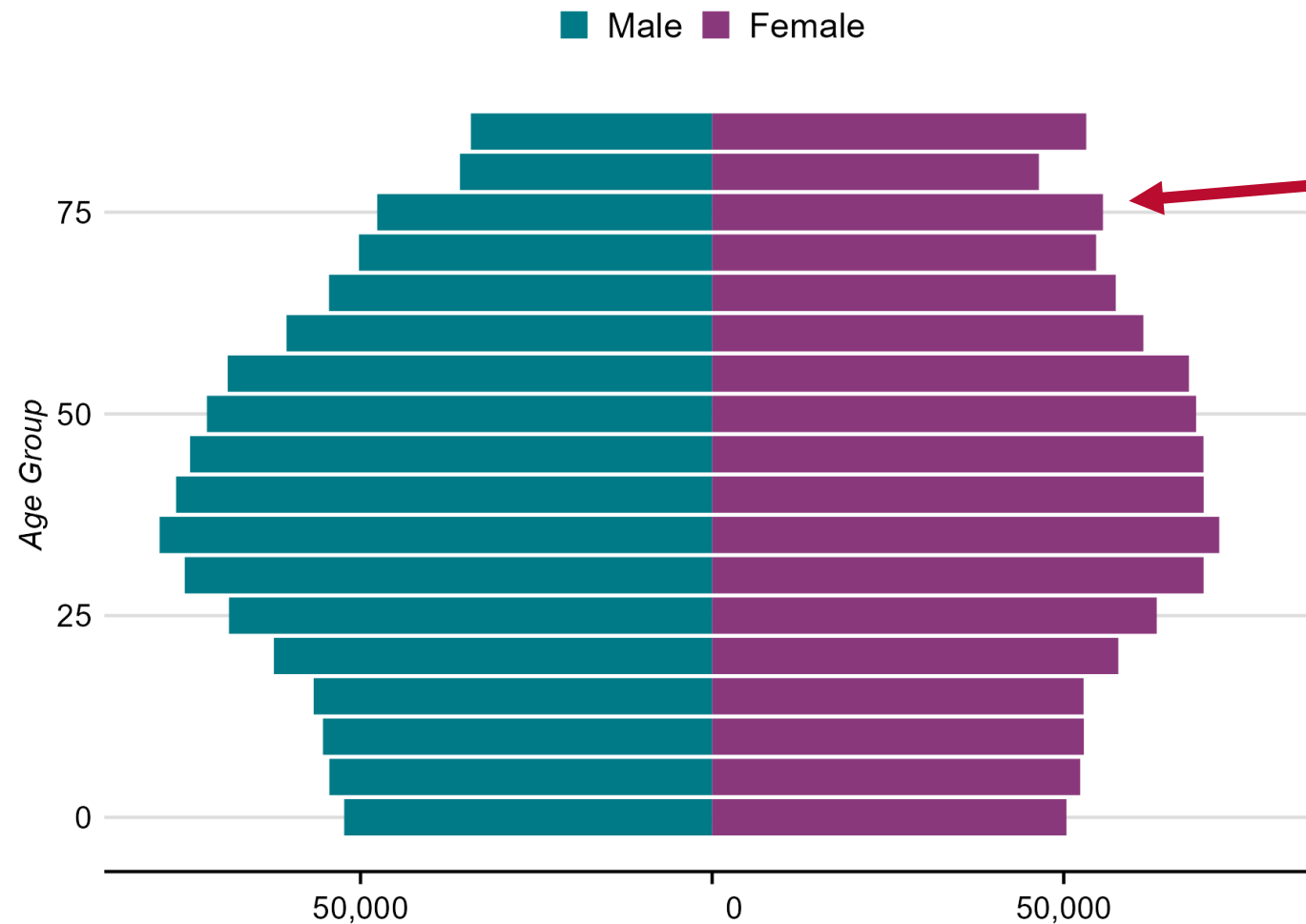


New Mexico Population 2030 - Projected



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New Mexico Population 2040 - Projected

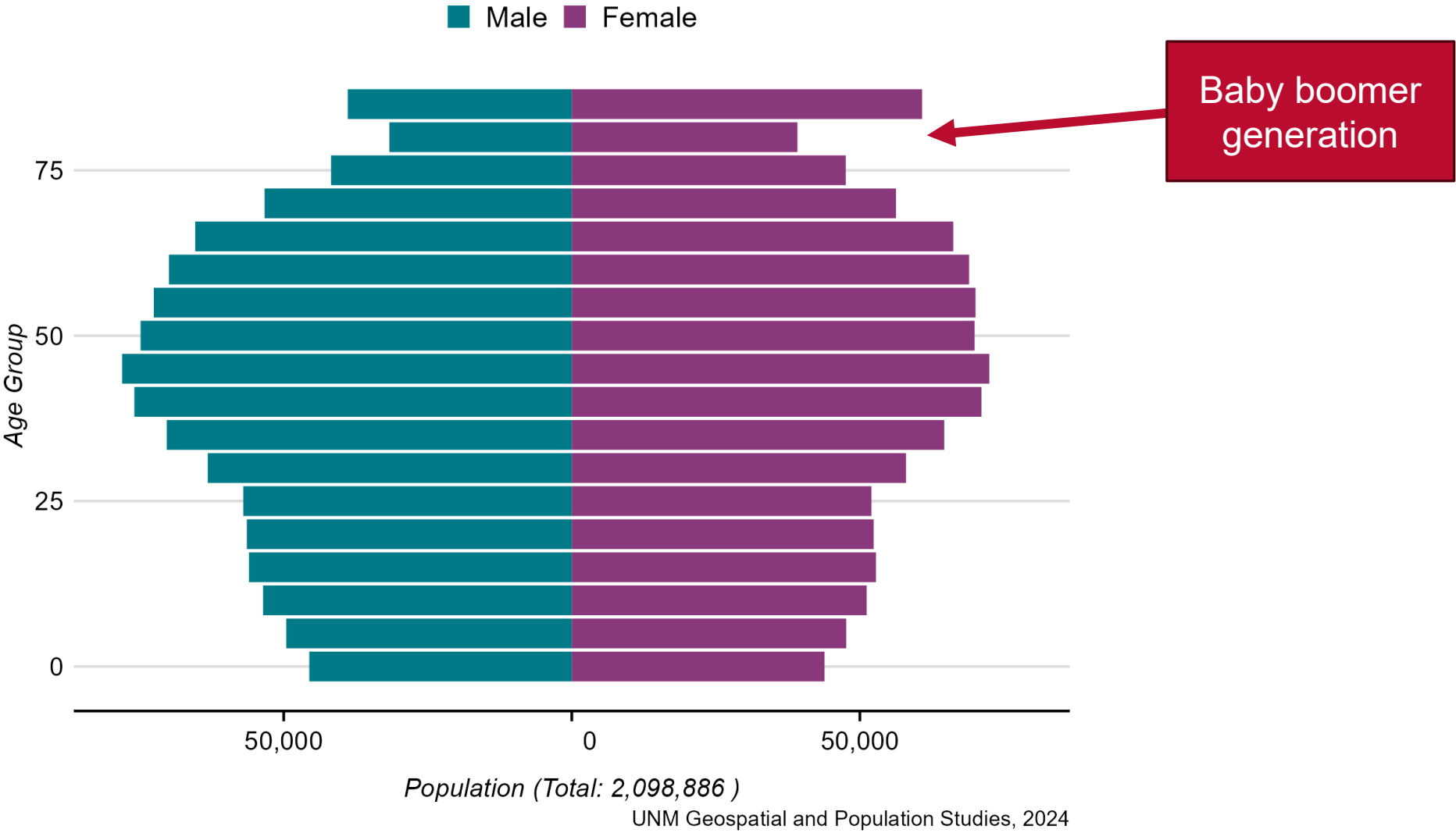


Baby boomer generation

Population (Total: 2,153,964)

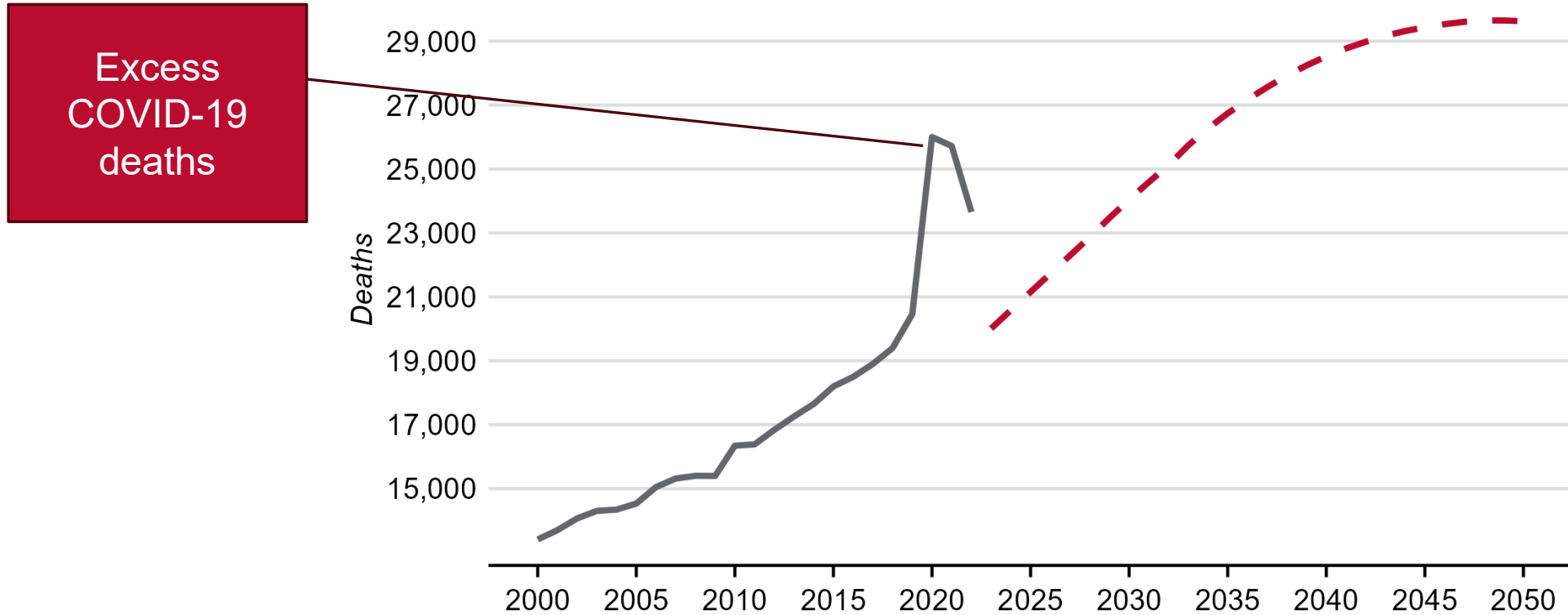
UNM Geospatial and Population Studies, 2024

New Mexico Population 2050 - Projected



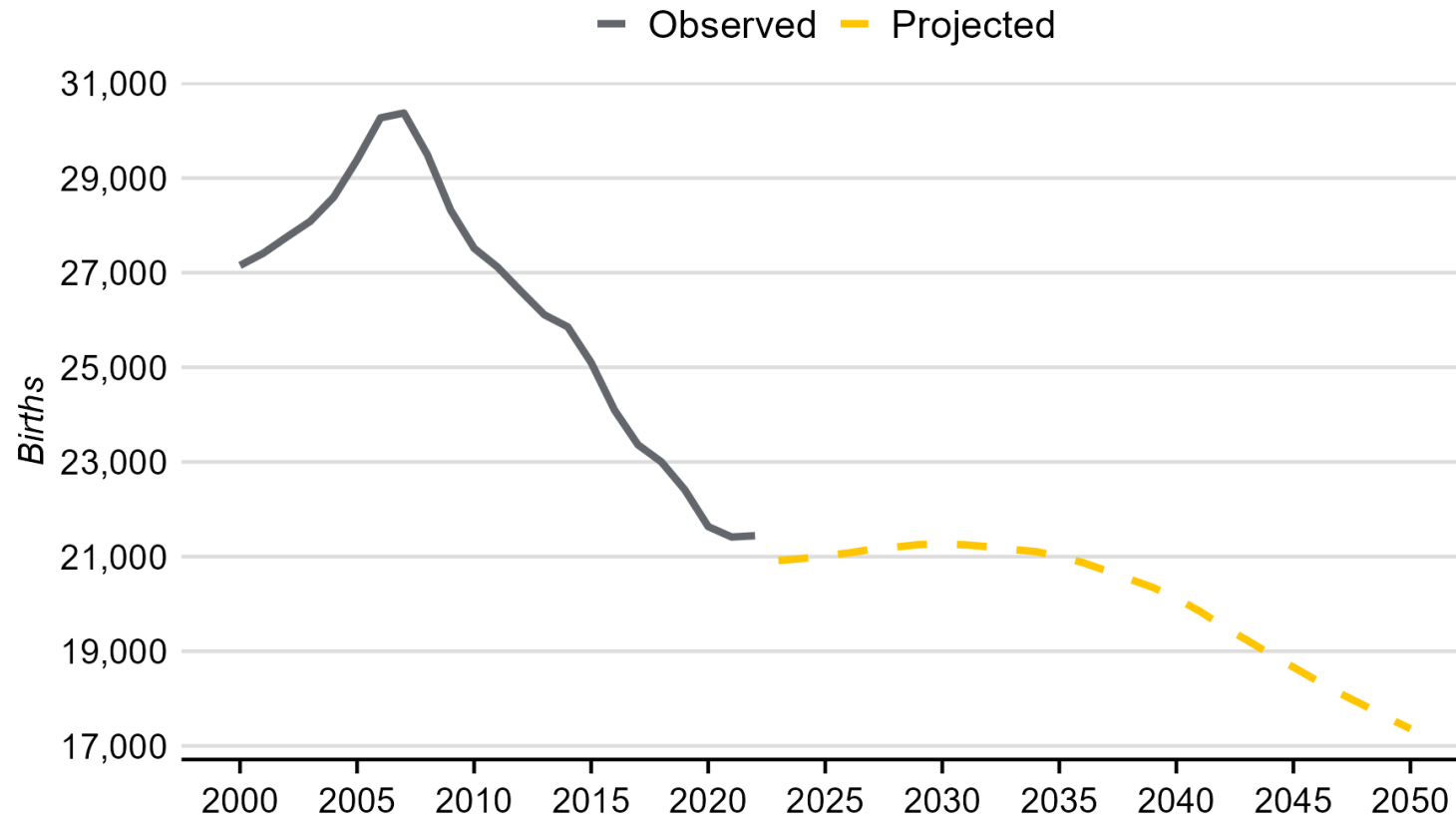
Deaths in New Mexico, 2000 to 2050

— Observed — Projected

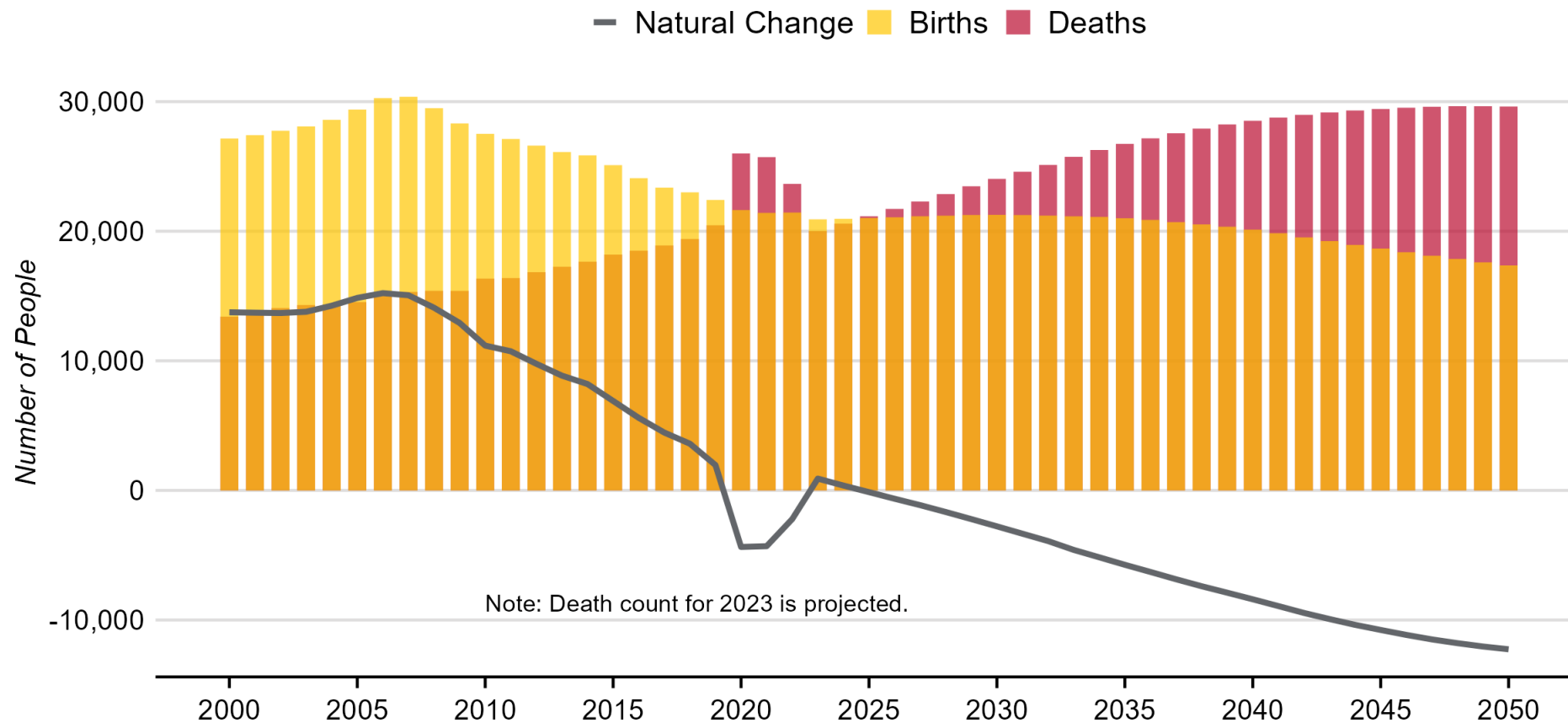


Despite keeping mortality rates constant, deaths increase due to higher mortality among people who are older, who make up a larger portion of the population.

Births in New Mexico, 2000 to 2050

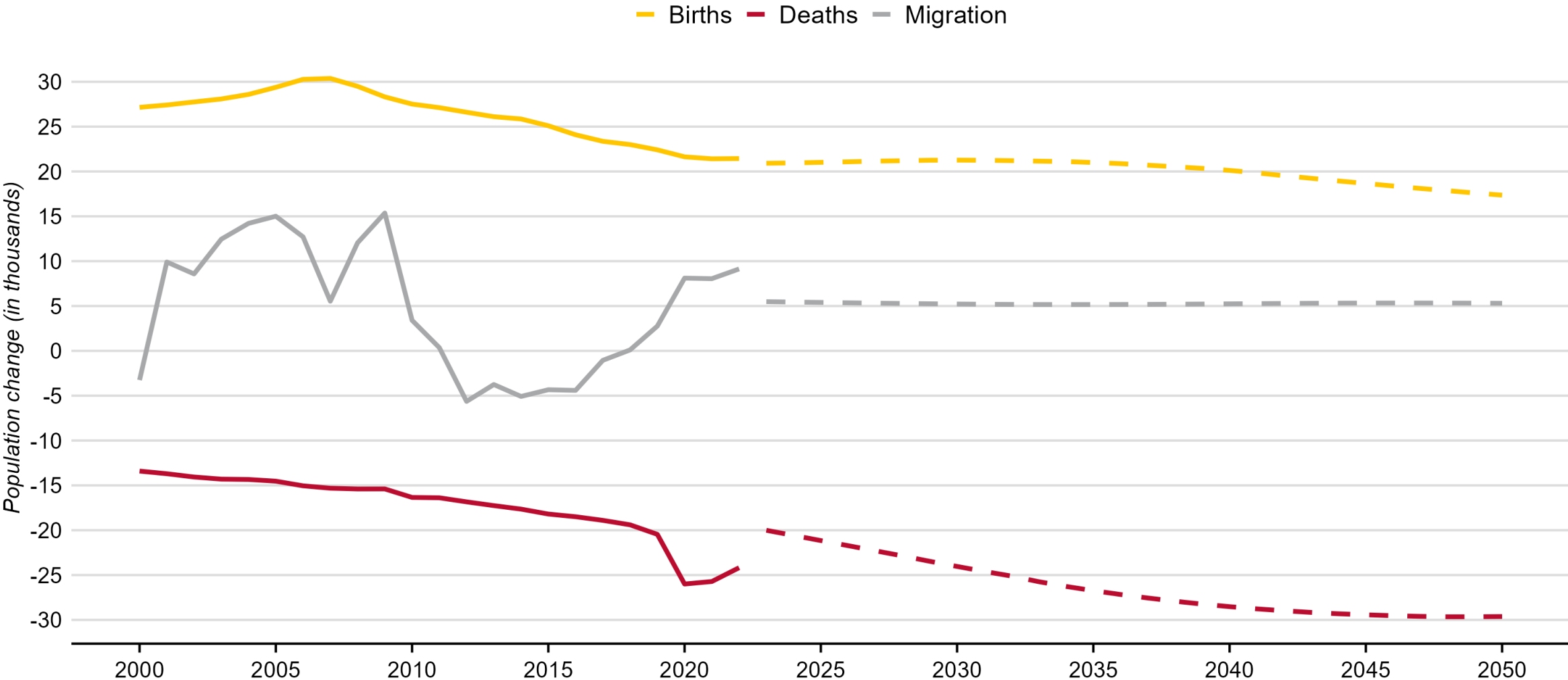


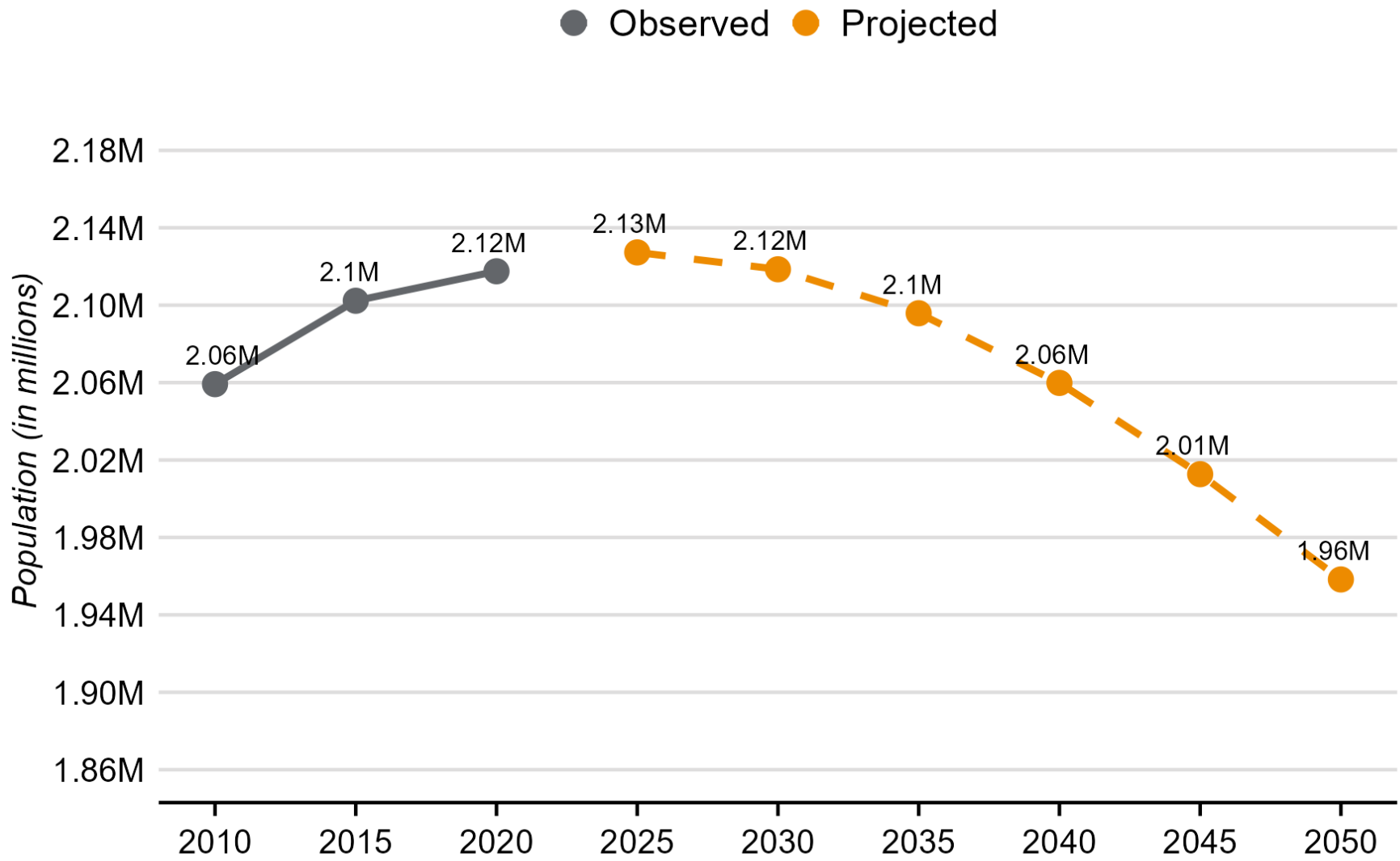
Despite keeping fertility rates constant, births are projected to decrease due to fewer projected women of childbearing age.



New Mexico's natural change will contribute to population decline over the next 26 years.

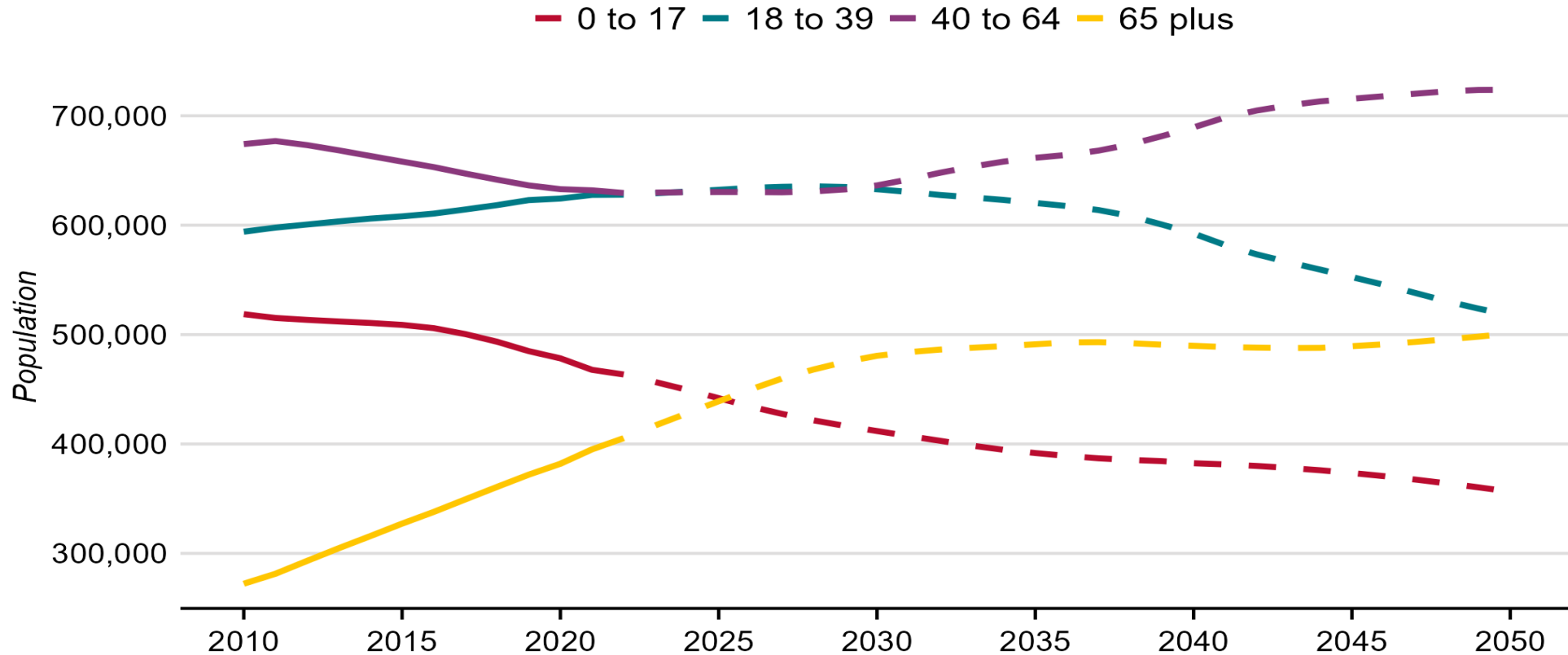
The contributions of births, deaths, and migration to NM's population change, 2000-2050





New Mexico Population Change if there is zero migration after 2022

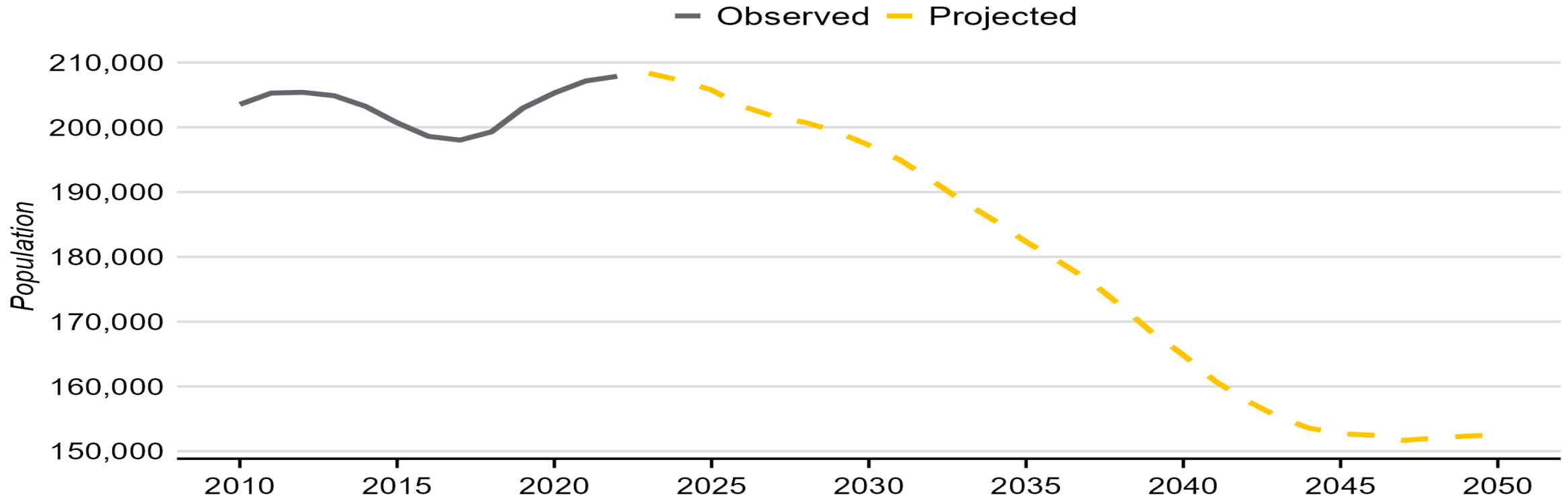
NM Population by age group, 2010-2050



NM is projected to have an increase in population among those over age 40 and a decrease among those under age 40.

New Mexico's Emerging-Adults Population, 2010-2050

Ages 18 to 24

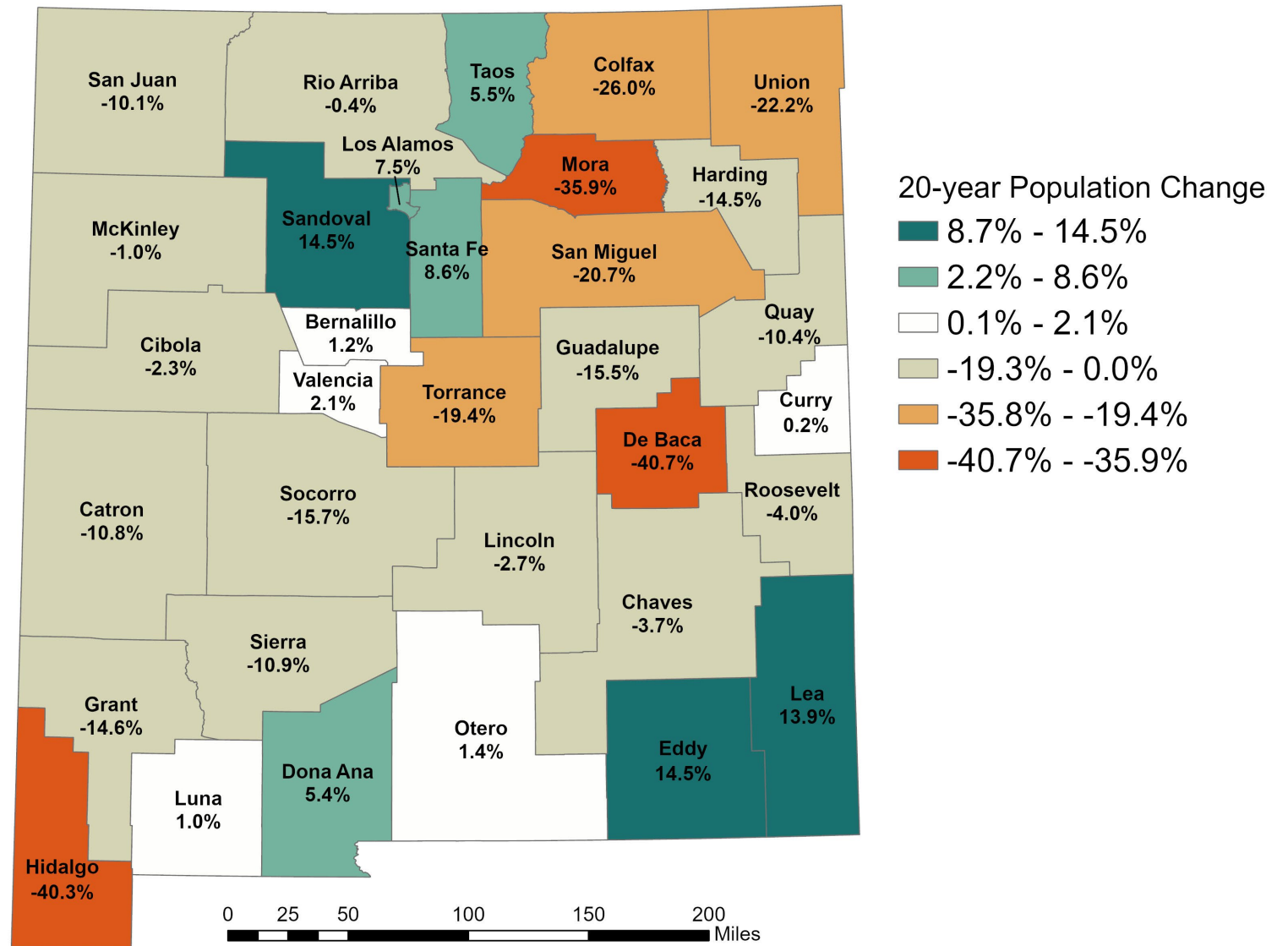


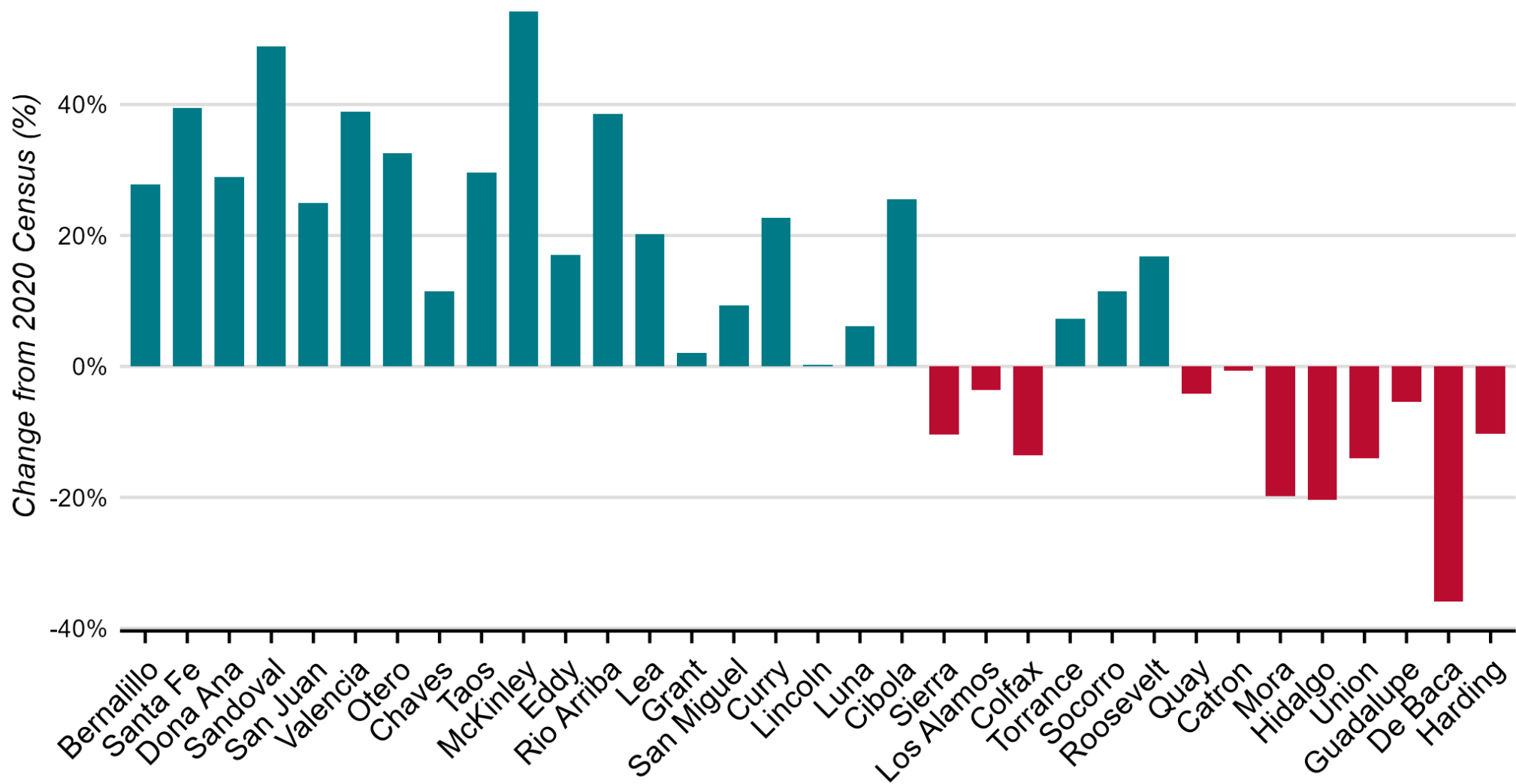
Emerging adults are the next generation of workers and people moving into periods of family formation. This group is expected to decrease considerably over the 25 years, both in NM and through out the U.S.

New Mexico's County Projections

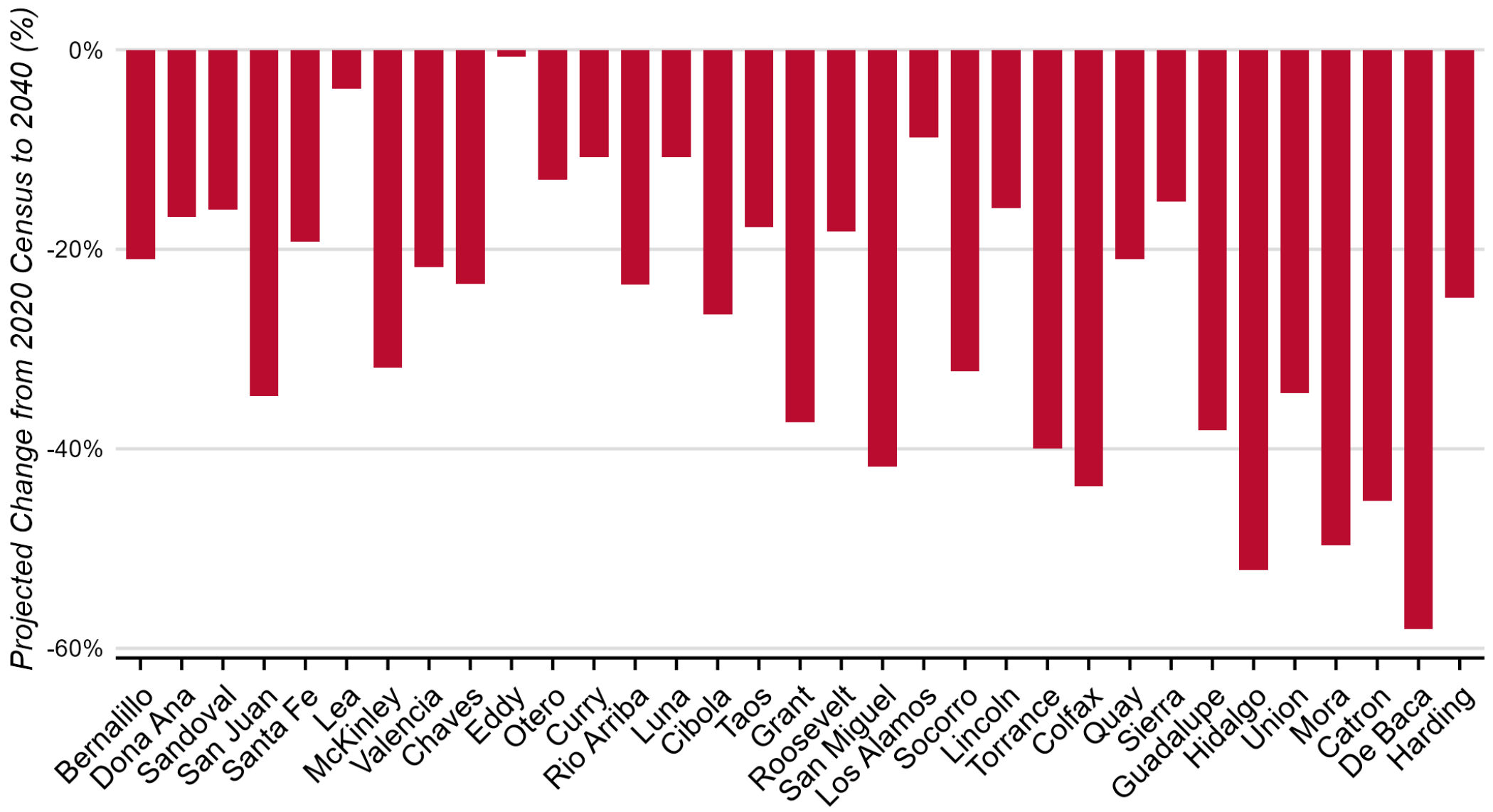
Many of New Mexico's Counties will experience population decline.

Projected Population Change by County 2020 - 2040



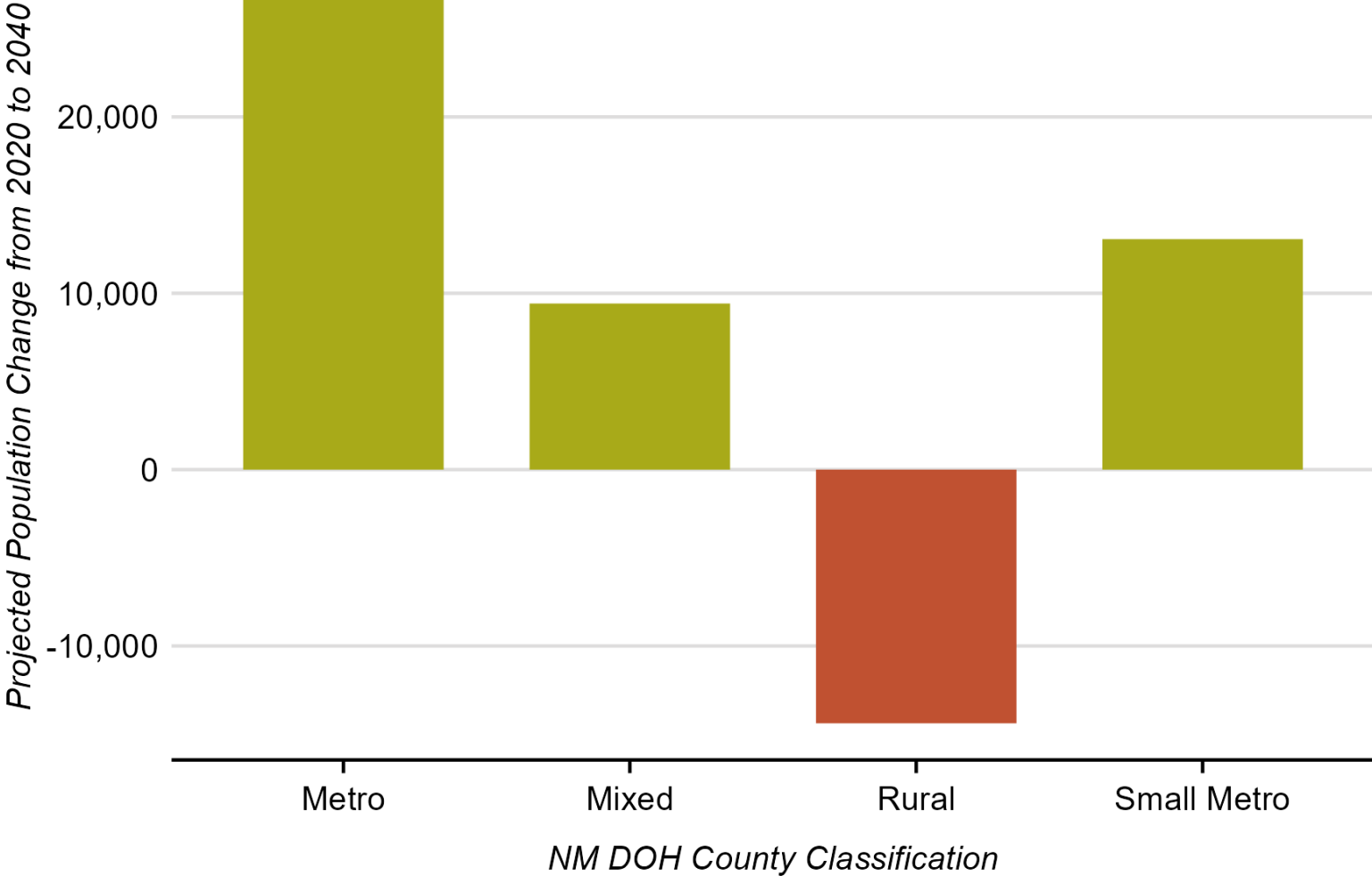


Percent Change in the 65 plus population from 2020 to 2040



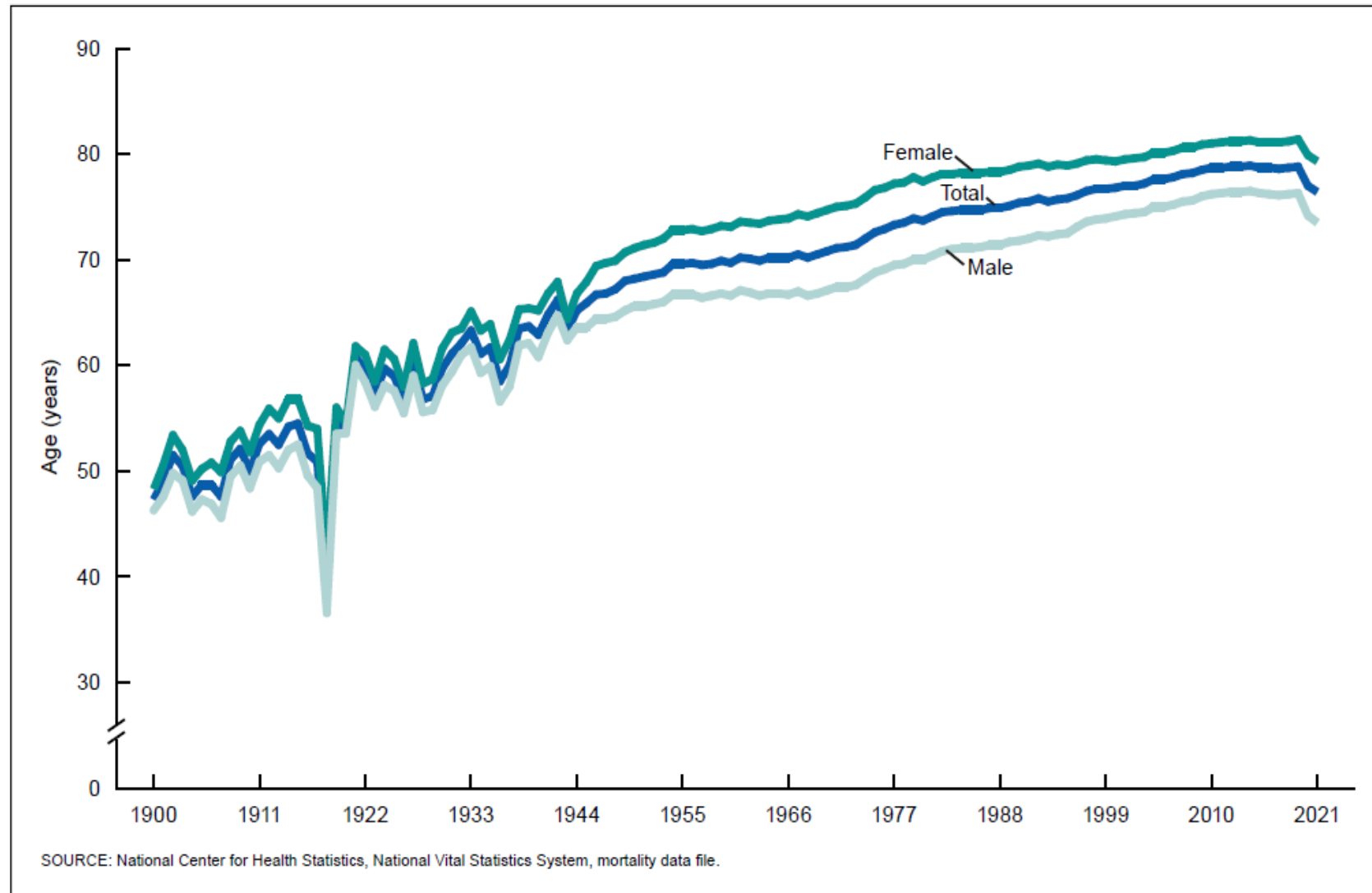
Percent Change in the population under age 20 from 2020 to 2040

New Mexico's Rural Counties are projected to continue their population decline.



What can change these projections?

Figure 1. Life expectancy at birth, by sex: United States, 1900–2021

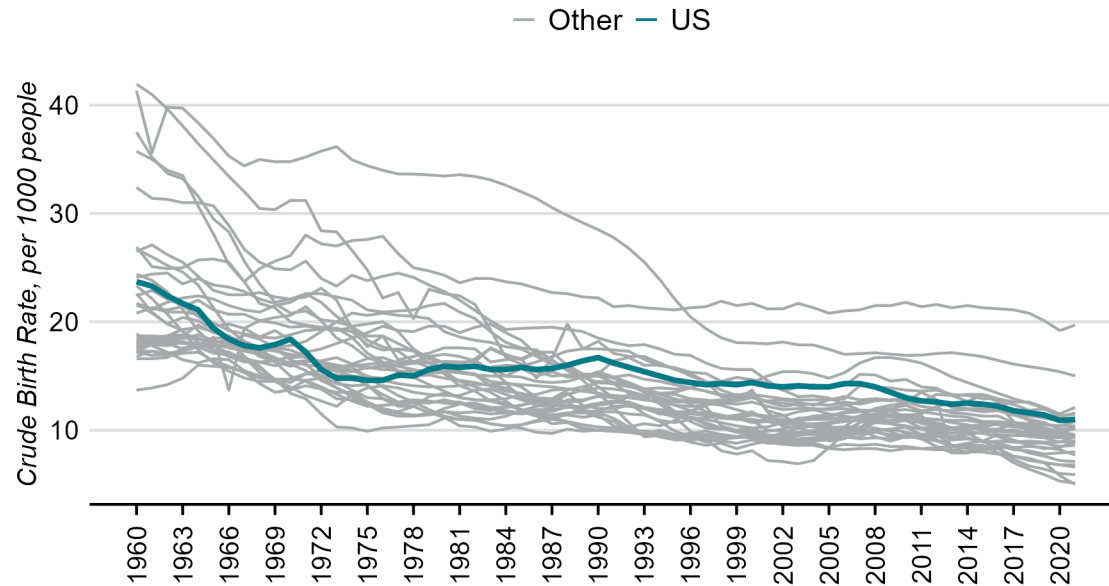


Long-term trend of increasing life-expectancy has stopped and began reversing for some demographic groups

- US life expectancy in 2021 was the lowest since 1996
- Unlike other Western nations, gains in life-expectancy stagnated or reversed from 2010 to 2019
- Reversal in life expectancy from 2010 to 2019 primarily due to increases in deaths from drug overdoses.

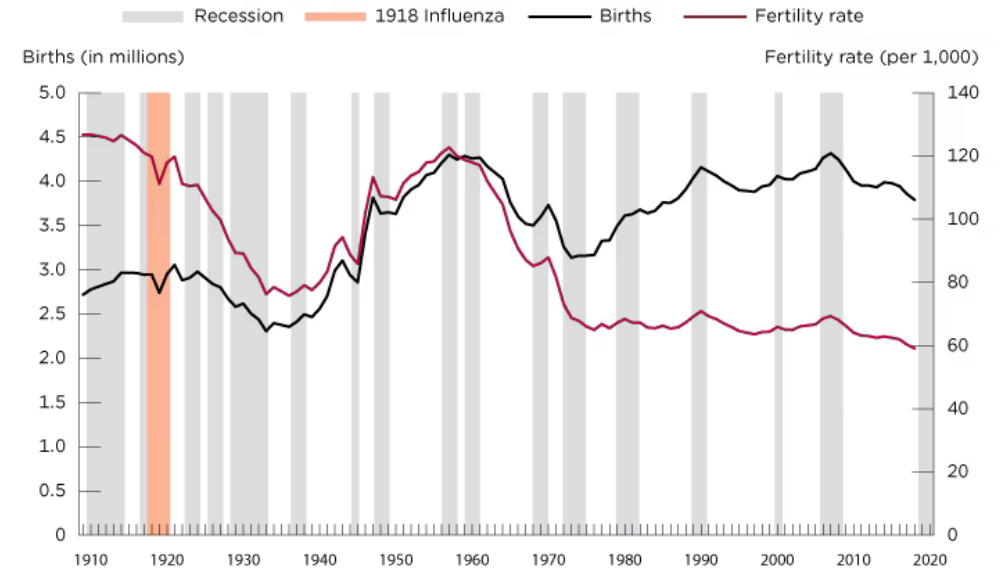
Sources: National Vital Statistics Report (Vol. 72, Number 12), Arias, E. (2023) Presentation to Federal State Cooperative for Population Projections

Crude Birth Rate, US compared to European, North American, and select Asian Countries



Data source: World Data Bank. <https://genderdata.worldbank.org/en/indicator/sp-dyn-tfrrt-in>

Figure 6.
Births, Fertility Rate and Recessions in the United States: 1910-2020



Note: The fertility rate is measured as births per 1,000 females ages 15 to 44.

Source: National Center for Health Statistics; U.S. Census Bureau, Population Estimates; and National Bureau of Economic Research.

Factors that could alter our trajectory:

Fertility in the US is higher than many of our peers, suggesting our fertility could continue to decline.

Increase in fertility among residents (not particularly realistic)

Reduce out migration of young people

Attract young people to the state

Increased births due to more people of childbearing age

Summary of New Mexico's Demographic Outlook

- We are projecting nominal growth in New Mexico over the next few decades
- Natural change (births minus deaths) in New Mexico is now negative and very likely to stay that way
- A hypothetical zero-migration projection scenario means a considerable population decline
- Domestic migration in New Mexico has been negative since 2012
- Net international migration is likely to account for any growth in New Mexico
- New Mexico has a rapidly aging population
 - This is true for the US, most states and most developed nations

Questions? Contact us:

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