



# NM Population Estimates and Projections

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# Outline

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## Population Estimates

Background  
2024 Estimates  
Statewide Trends  
Components of Change



## Population Projections

Background  
2024 Projections

# Population Estimates

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*Observations* about current or past populations



Inexpensive updates to costly census counts



Methods are well-established with known biases



Produced by the US Census Bureau, state and local agencies and private sector

# U.S. Census Bureau Estimates

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- Produced yearly – the year that they are produced is referred to as the “Vintage”
  - Revise prior year estimates for decade each year
- National, State, Counties, City, some Towns
- Cohort-Component Method
  - $Pop_{2021} = Pop_{2010} + Births - Deaths + In\ Migration - Out\ Migration$
- Available on the Census Bureau’s website
- Not all Population Estimate geographies are available on [data.census.gov](https://data.census.gov)



	<b>US Census Bureau</b>	<b>UNM GPS</b>
Data Sources	Limited to nationally consistent data	State specific
Methods	1	3+
Smallest Geography	City/Town N=138	Census Tract N= 612 (2020)*
Race Categories	6*	4**

\*5 alone + '2 or more', Also available as "alone or in combination"

\*\*Asian and Native-Hawaiian/Pacific Islander are combined.



# Populations can only change in three ways



Births



Deaths



Migration

***New Population = StartingPop + Births – Deaths + Net Migration***



**Cohort-  
Component**

$$Pop_{2017} = Pop_{2010} + Births - Deaths + In Migration - Out Migration$$



**Housing Unit**



**Ratio Correlation**

# GPS Estimates Methodologies



**NM DOH VITAL  
RECORDS**



**NM MVD  
DRIVER'S  
LICENSES**



**NM PED SCHOOL  
ENROLLMENT**



**CMS MEDICARE  
ENROLLMENT**



**RESIDENTIAL  
BUILDING  
PERMITS**

# Population Estimates Key Input Data

# GPS Estimates Methodology

## Key Steps

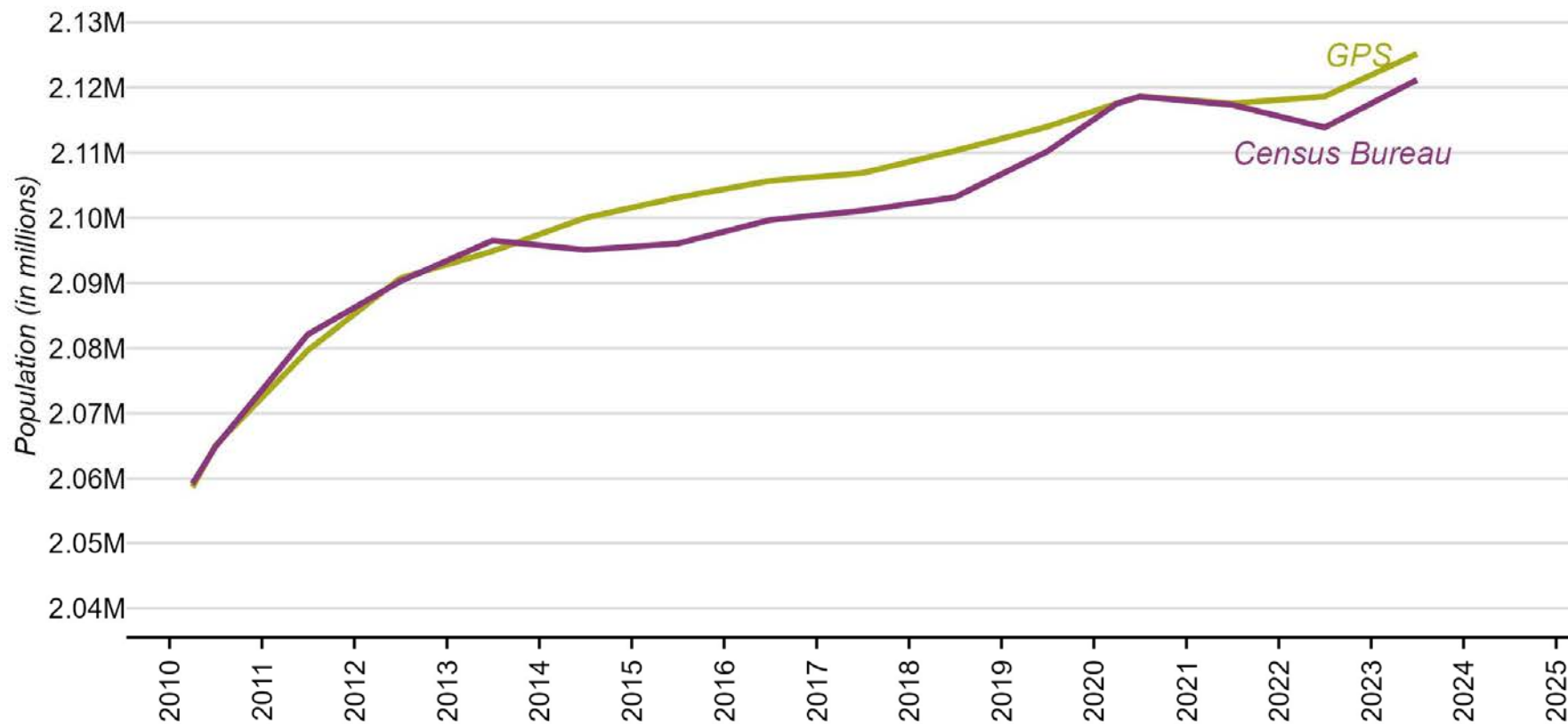
1. State Total
2. County Totals
3. Census Tract Totals
4. Characteristics  
Age/Sex/Race/Ethnicity
5. Data Fitting



## Factors Influencing Uncertainty and Error in Estimates

- Smaller populations
- Further from the Last Census
- Underrepresented Populations
- On Tribal Lands
- As Populations Change

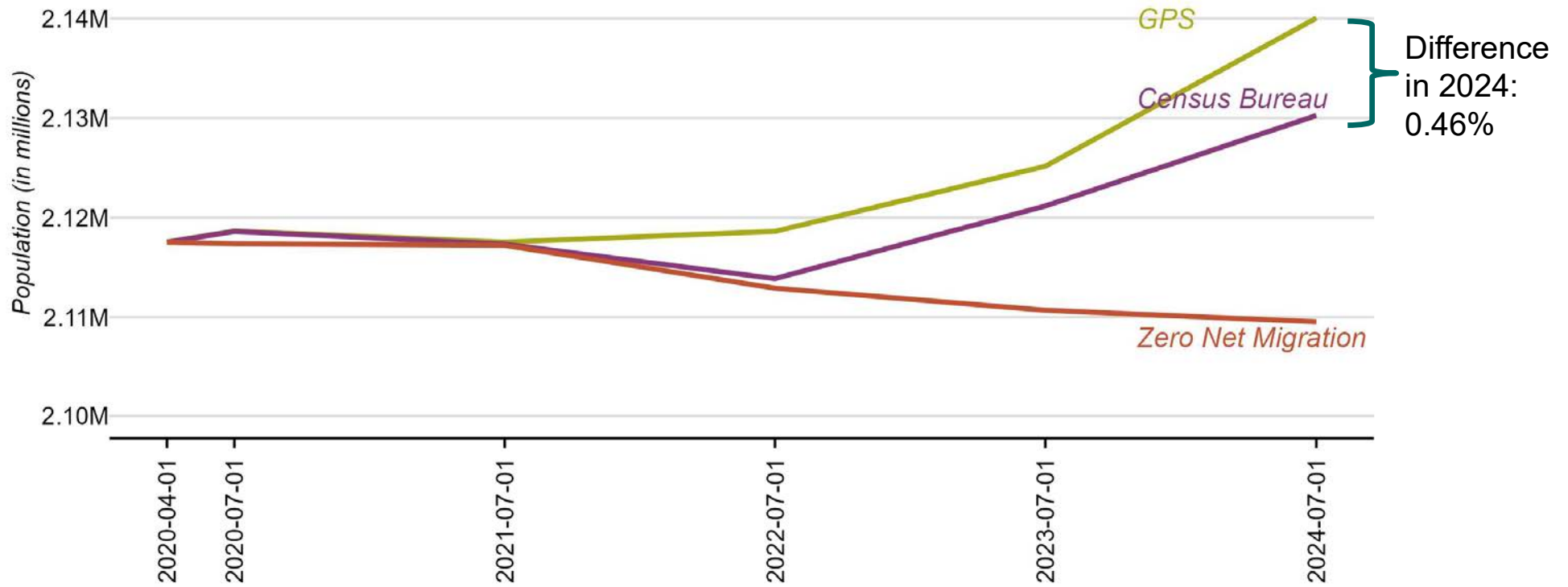




# New Mexico Population Estimates

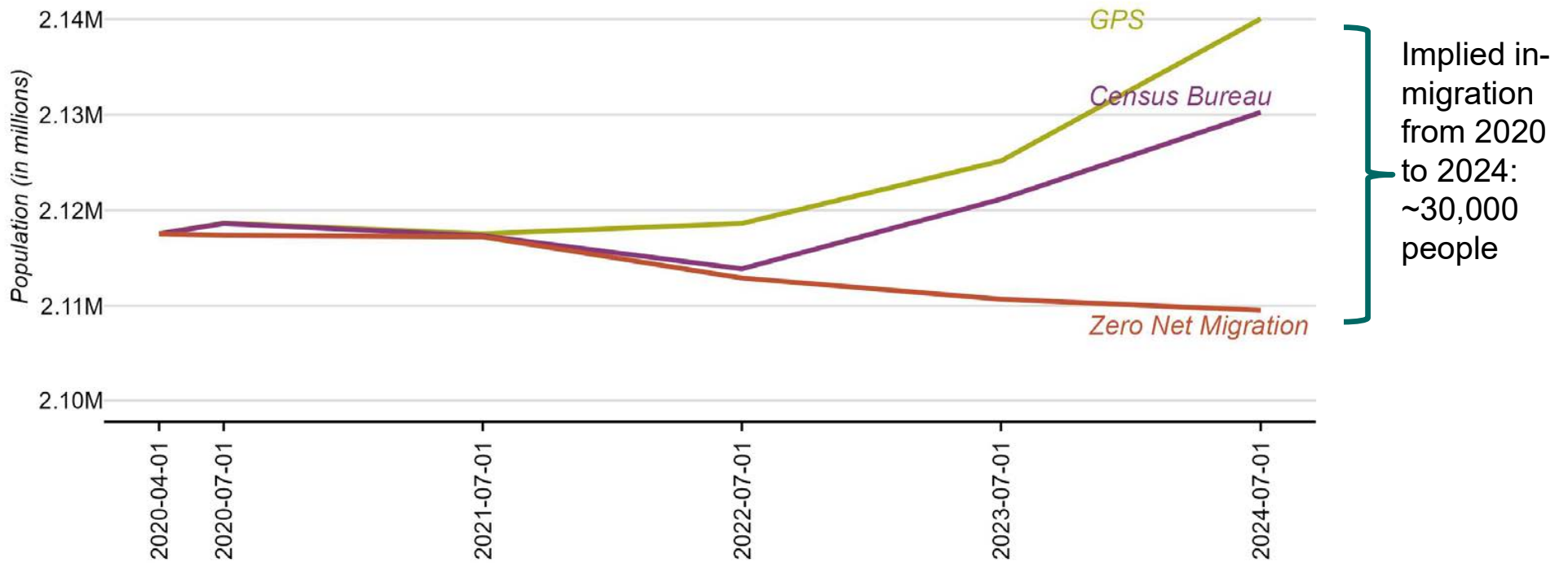
GPS versus the Census Bureau





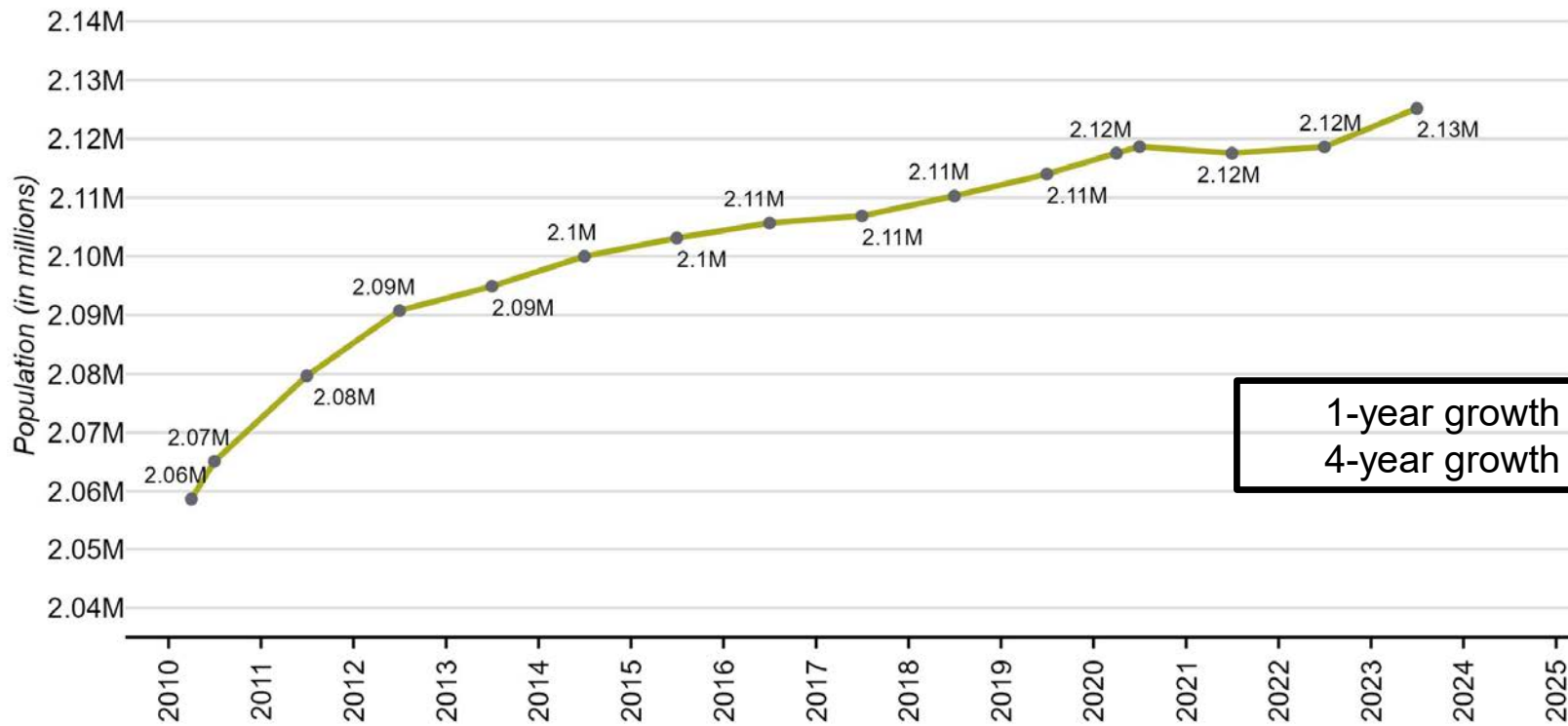
## Population Change from 2020-2023: GPS vs Census Bureau vs Zero Net Migration





# Zero Net-Migration



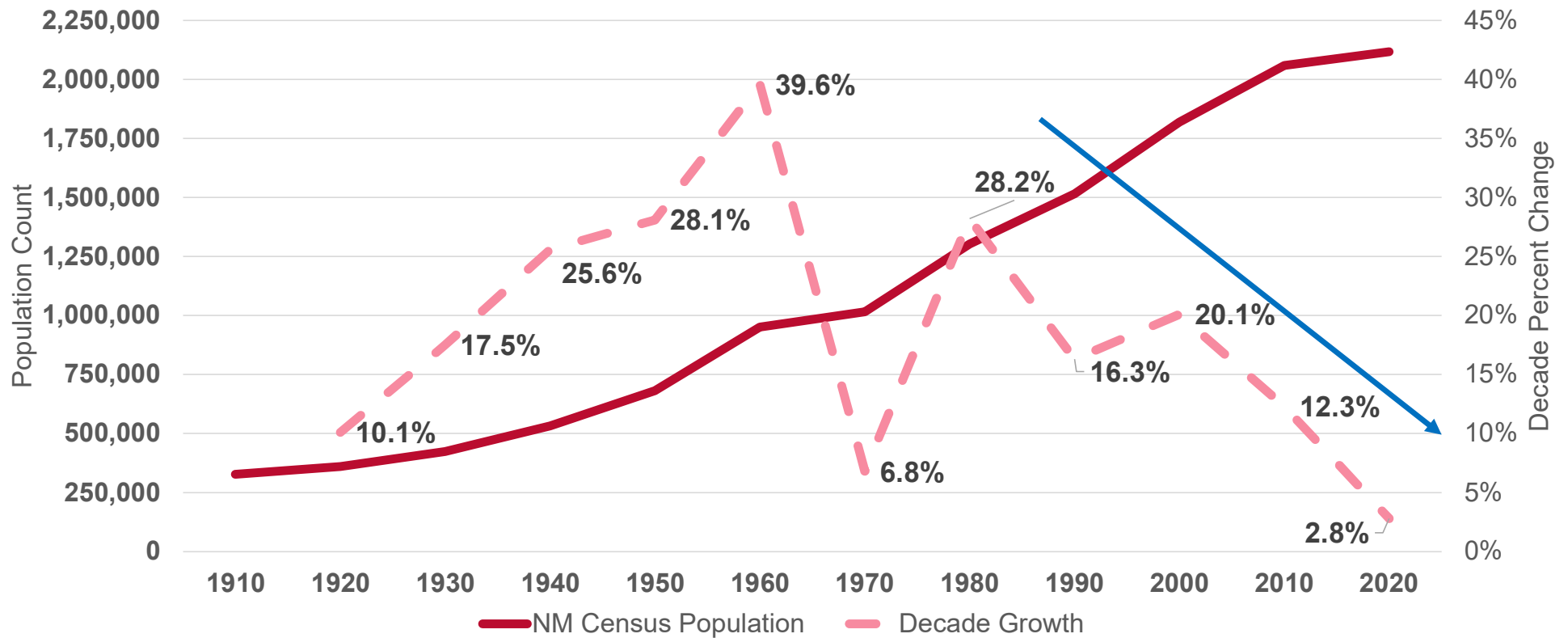


# New Mexico Population Estimates

2010 - 2025



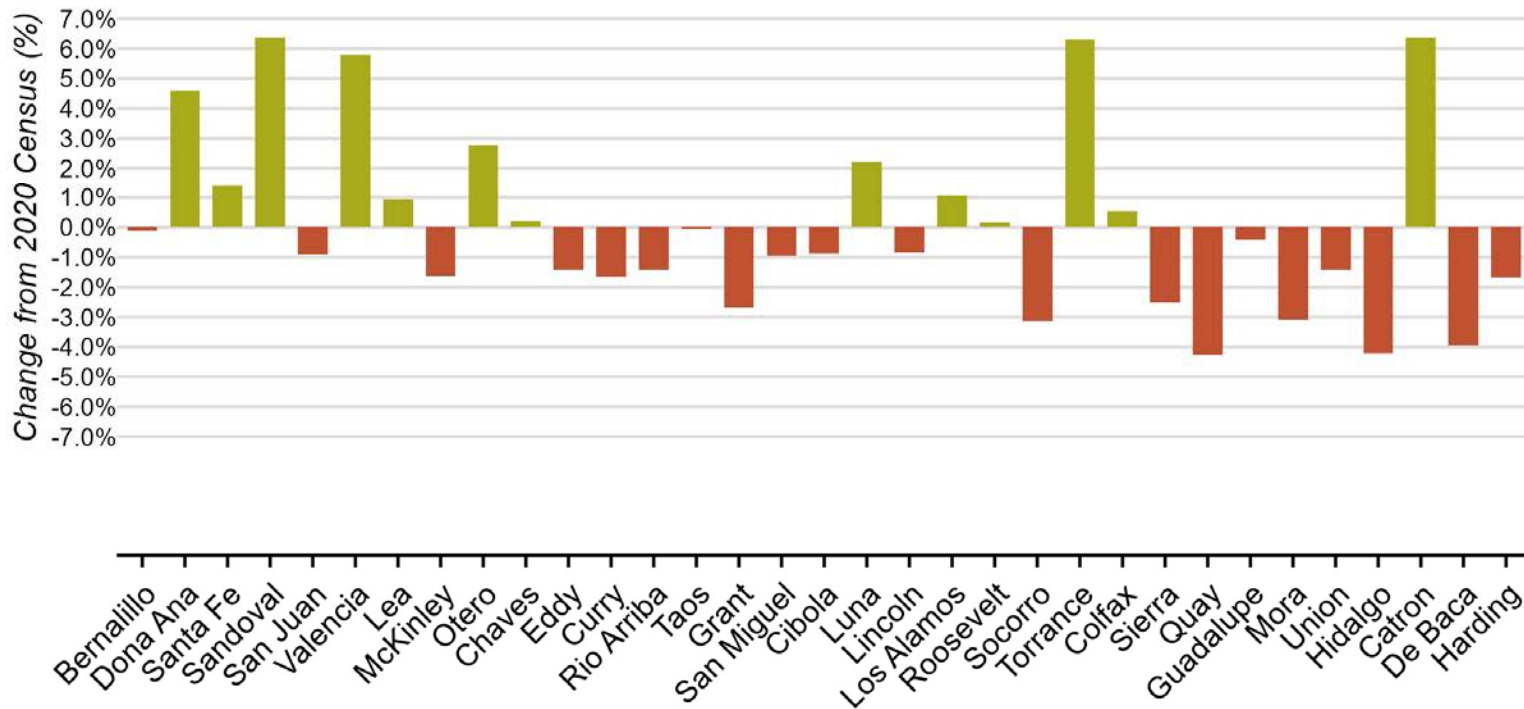
# New Mexico Population Growth 1910 - 2020



Source: UNM Geospatial and Population Studies ([gps.unm.edu](http://gps.unm.edu))

# County Population Change:

2020 to 2024





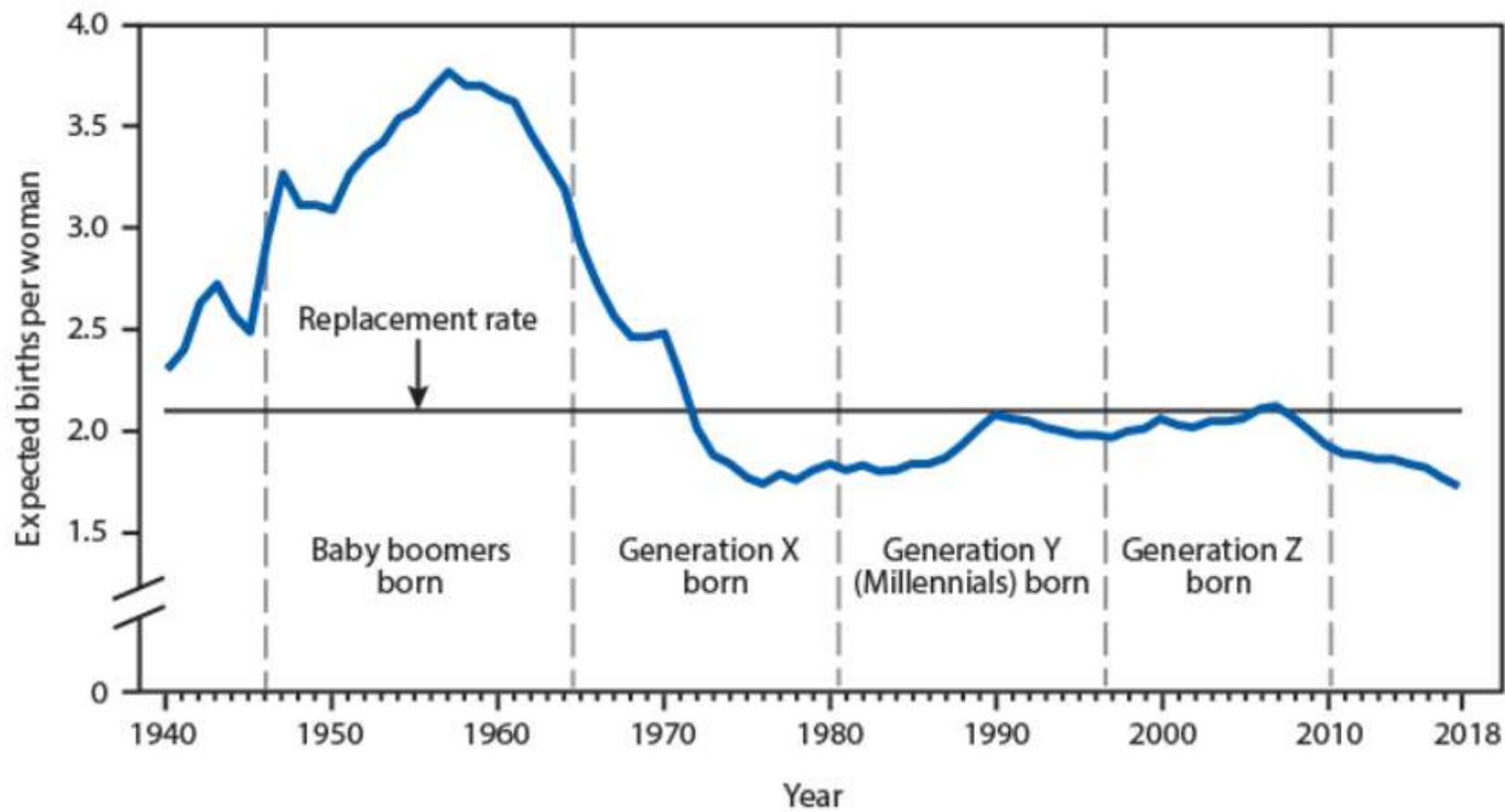
Births are Down



Deaths are Up

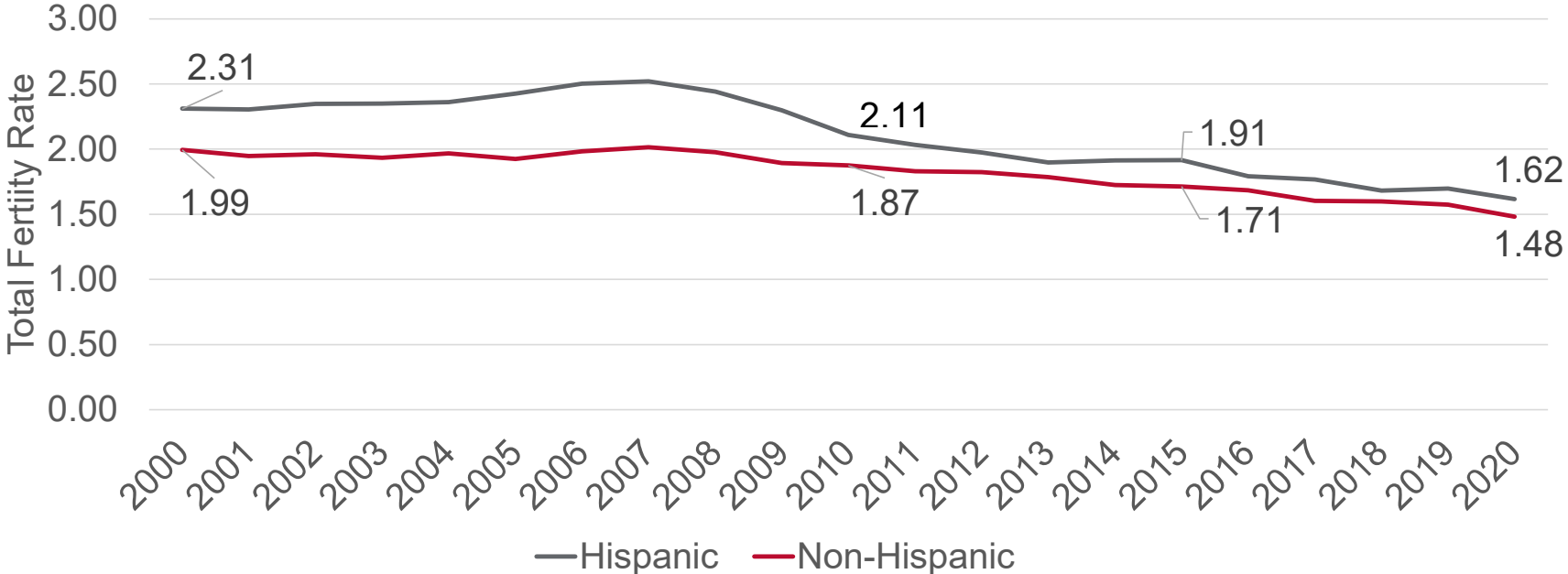


Migration is ... Positive, but small



Source: Population Research Institute <https://www.pop.org/u-s-fertility-rate-hits-new-record-low/>; National Center for Health Statistics

### New Mexico TFR, by Hispanic Origin

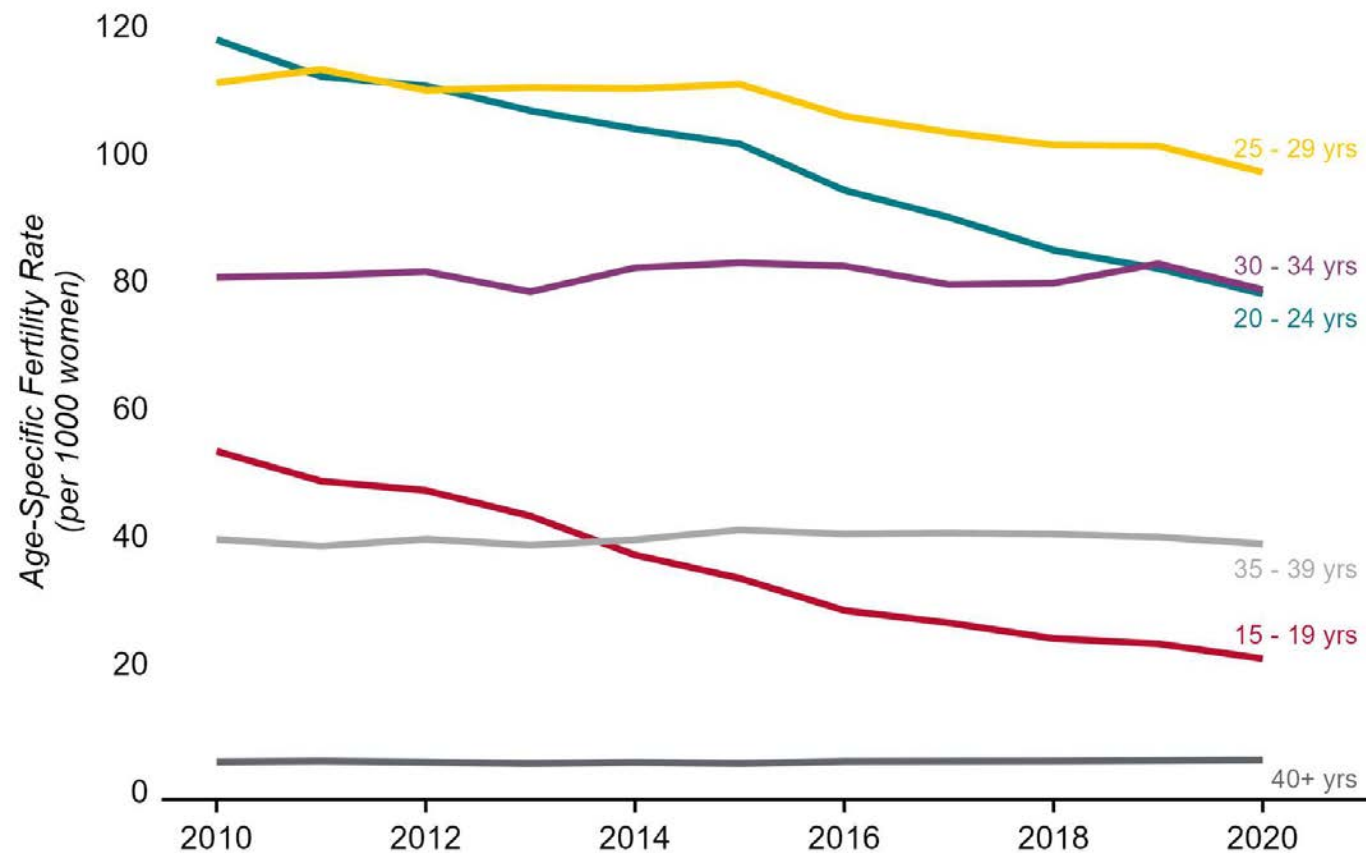


## Declining Fertility

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..



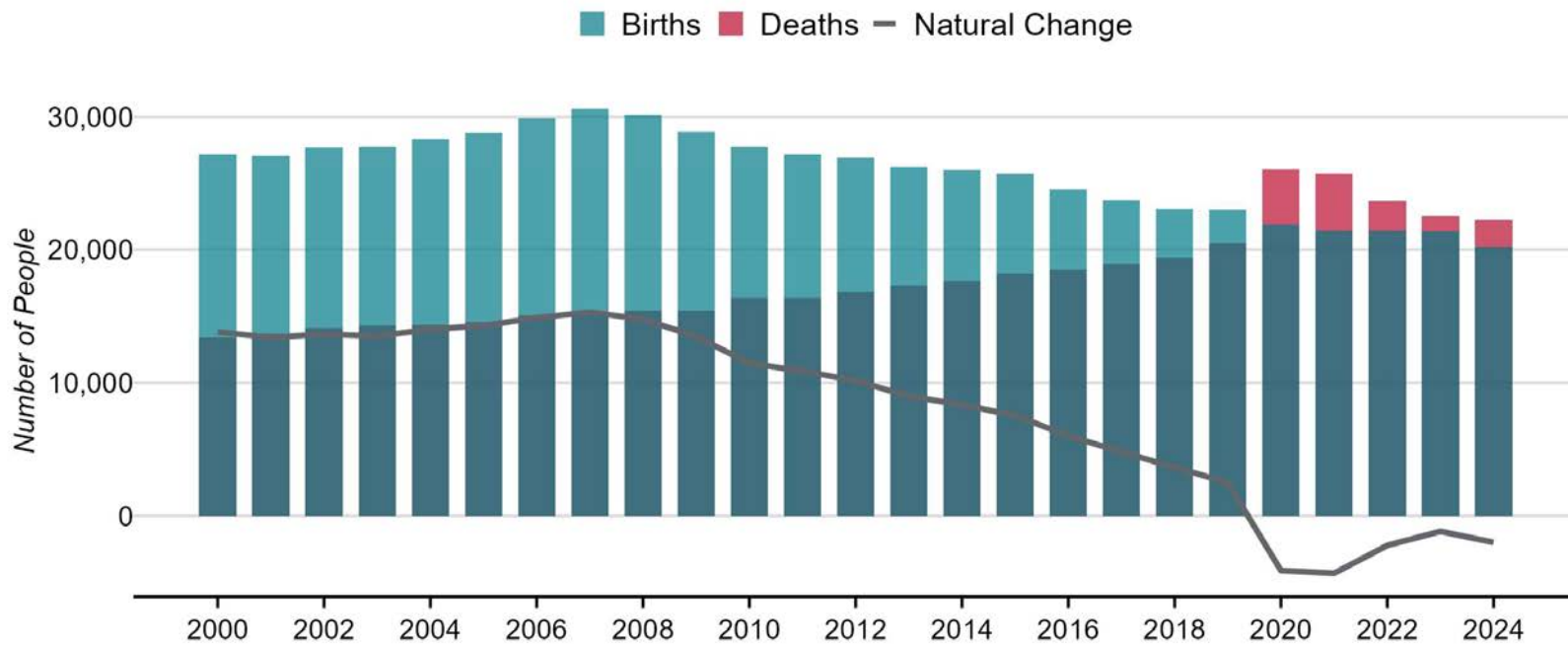
Sources: NM Department of Health, IBIS



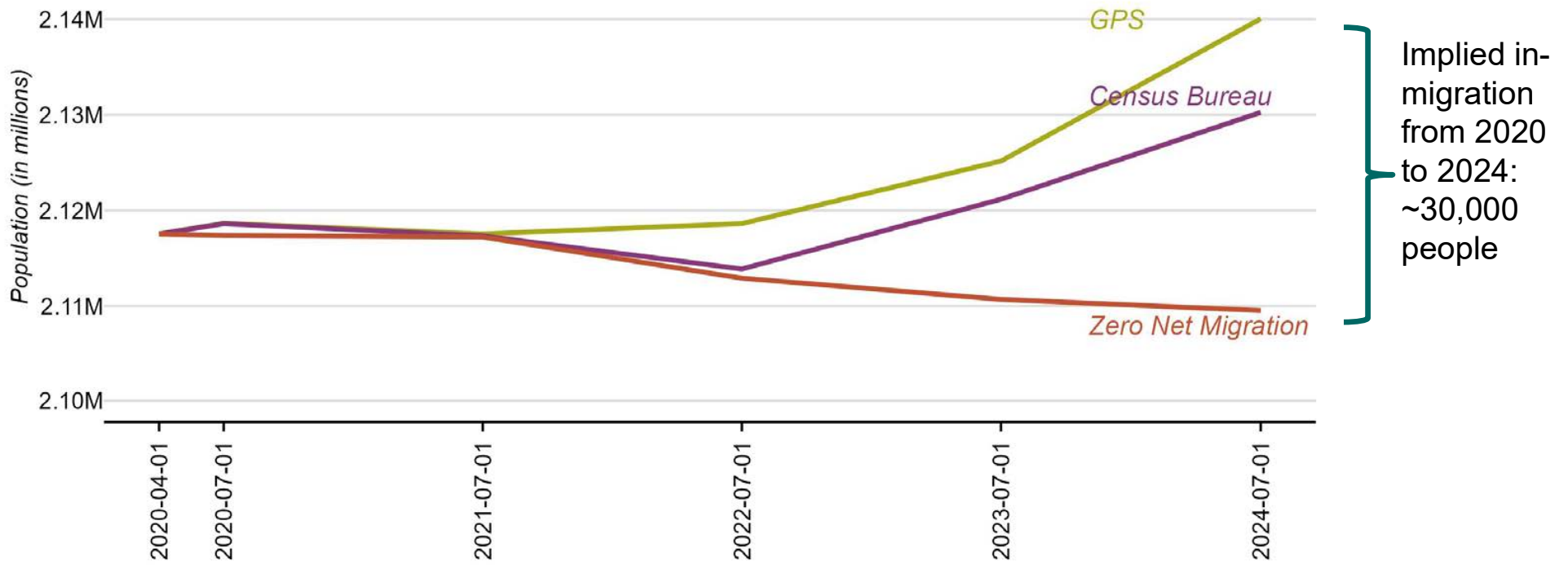
## Declining Birth Rates among Women in New Mexico

- 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 Natural Change, 2000 to 2024



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



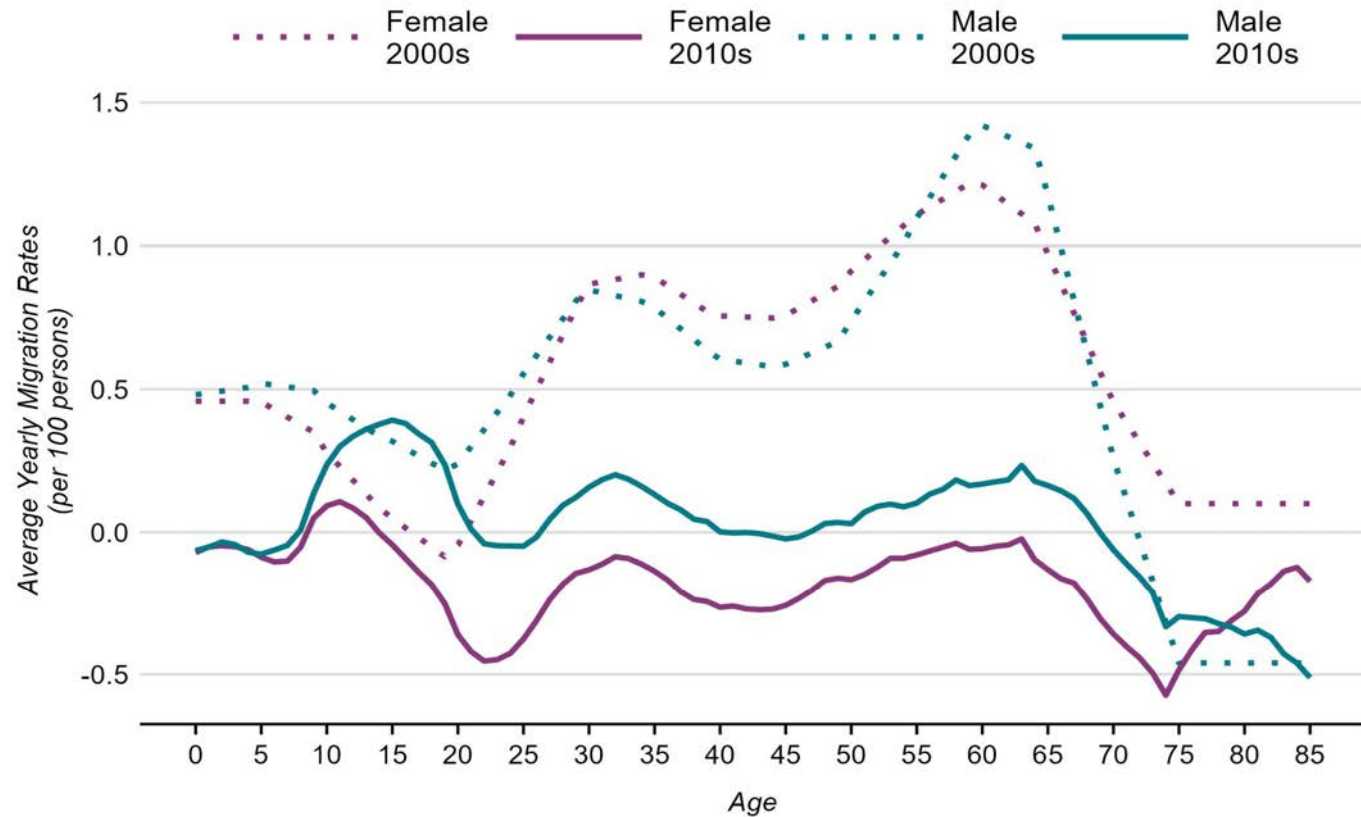
# Zero Net-Migration



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

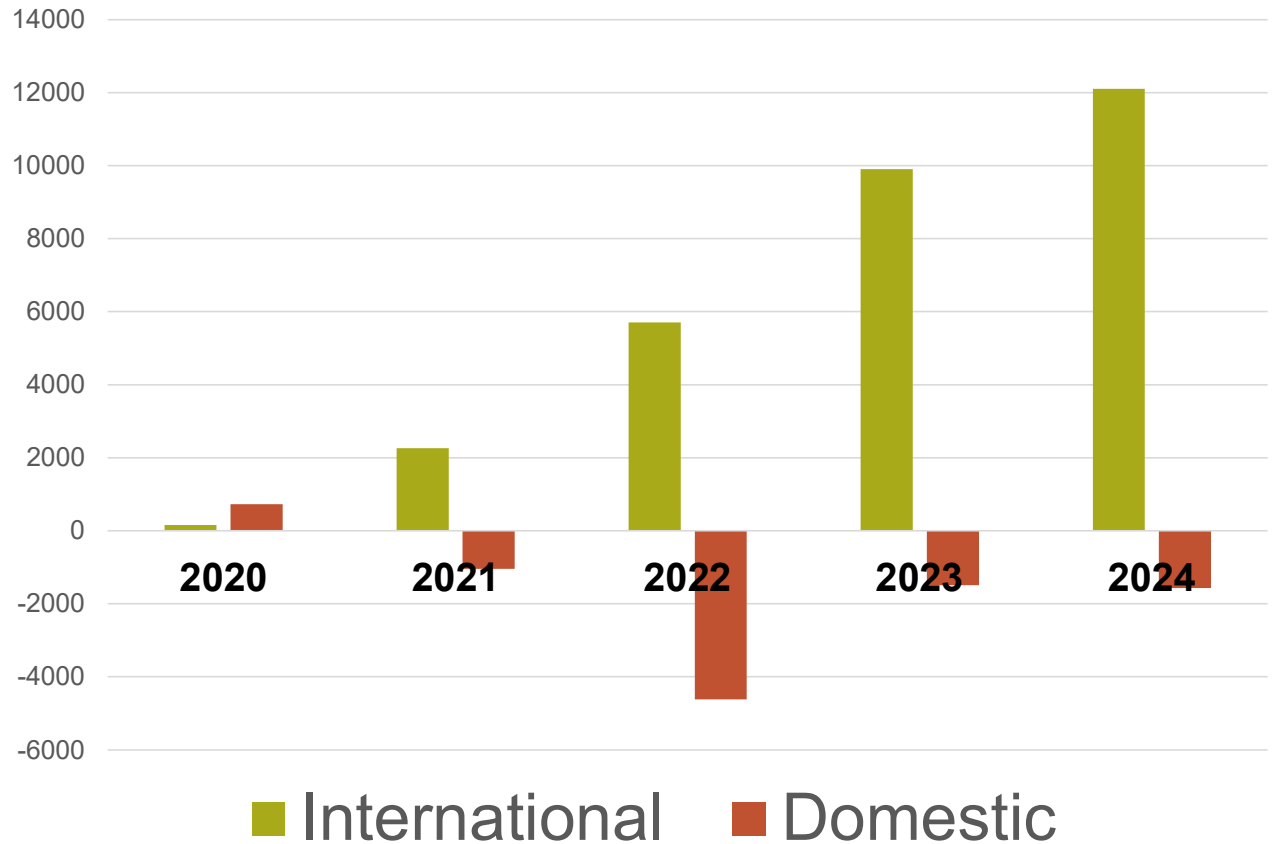


Positive rates indicate net population gains to New Mexico, while negative rates reflect net out migration. Rates reflect the average single year gains over the decade.

# New Mexico Net-Migration

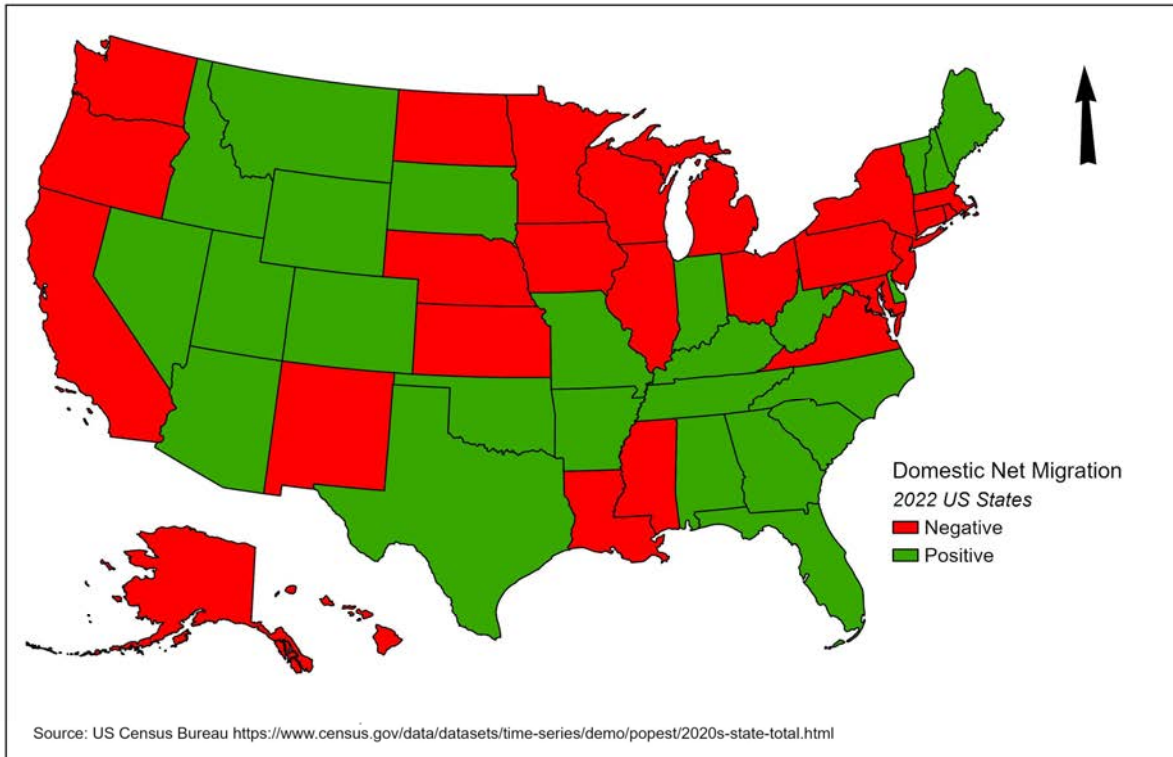
New Mexico consistently has negative out-migration among those moving within the United States (i.e. state-to-state), but has positive in-migration from international sources.

In other words, New Mexico's positive in-migration is driven by international migration.

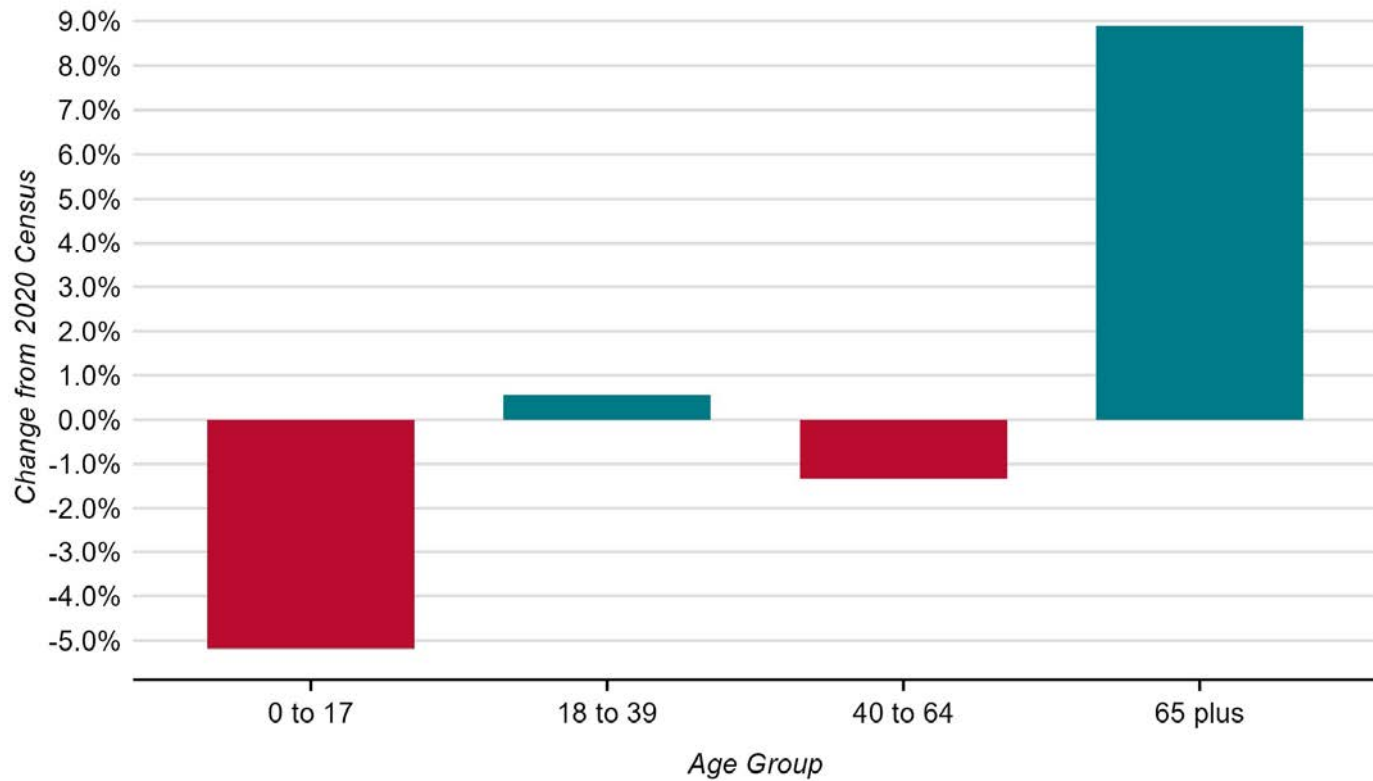


Source: Census Bureau, v2024. NST-EST2024-ALLDATA.csv"

# Domestic Migration by State 2022



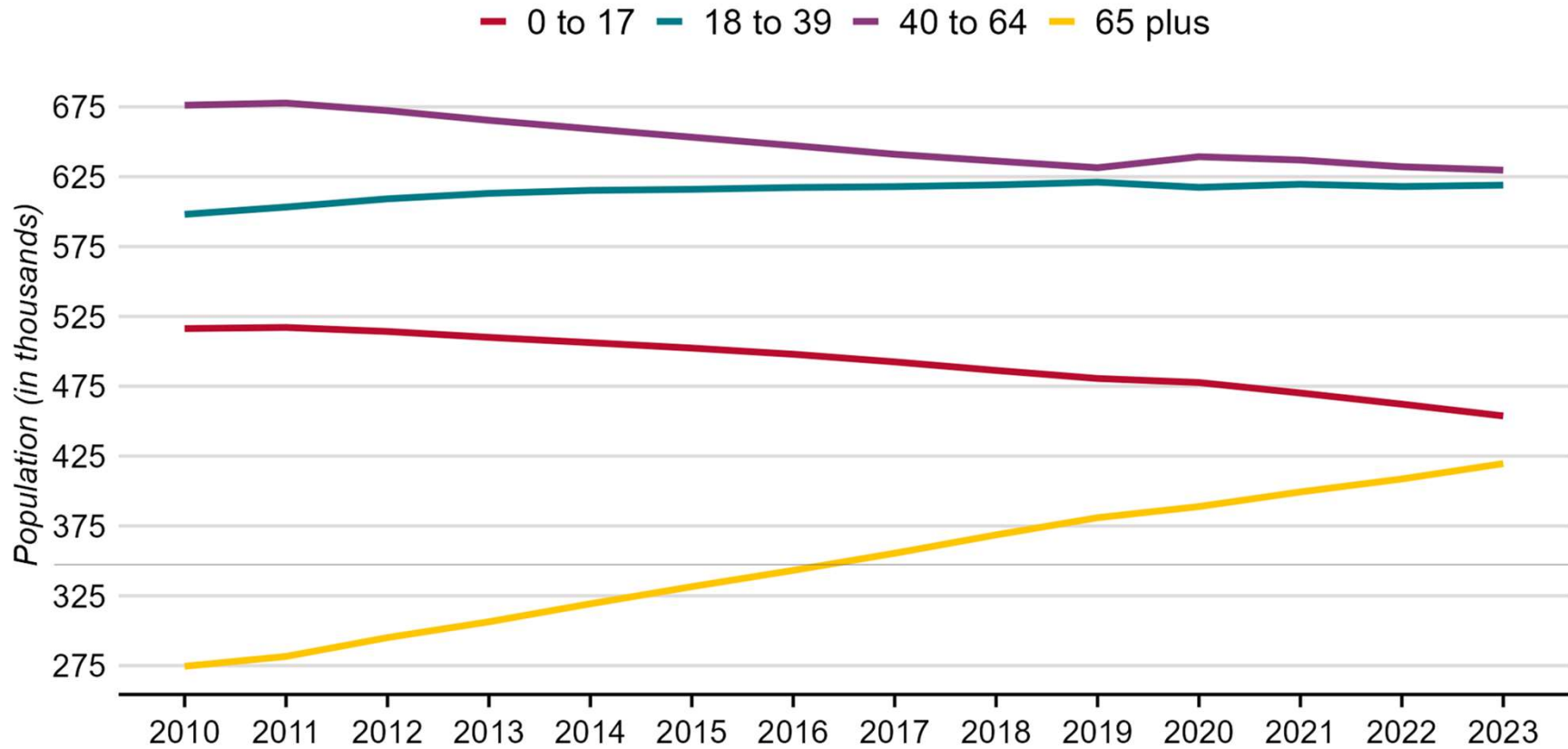
- Domestic Migration in New Mexico has been negative since 2012
- Net International Migration currently accounts for all growth in New Mexico
- Net International Migration was positive for all states in 2022



# New Mexico Population Change, by Age

2020 to 2023

## NM Population Estimates by age group, 2010-2023



# 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

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

Population Size and Age Structure

Fertility Trends

Mortality Trends

Migration Trends



## 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.

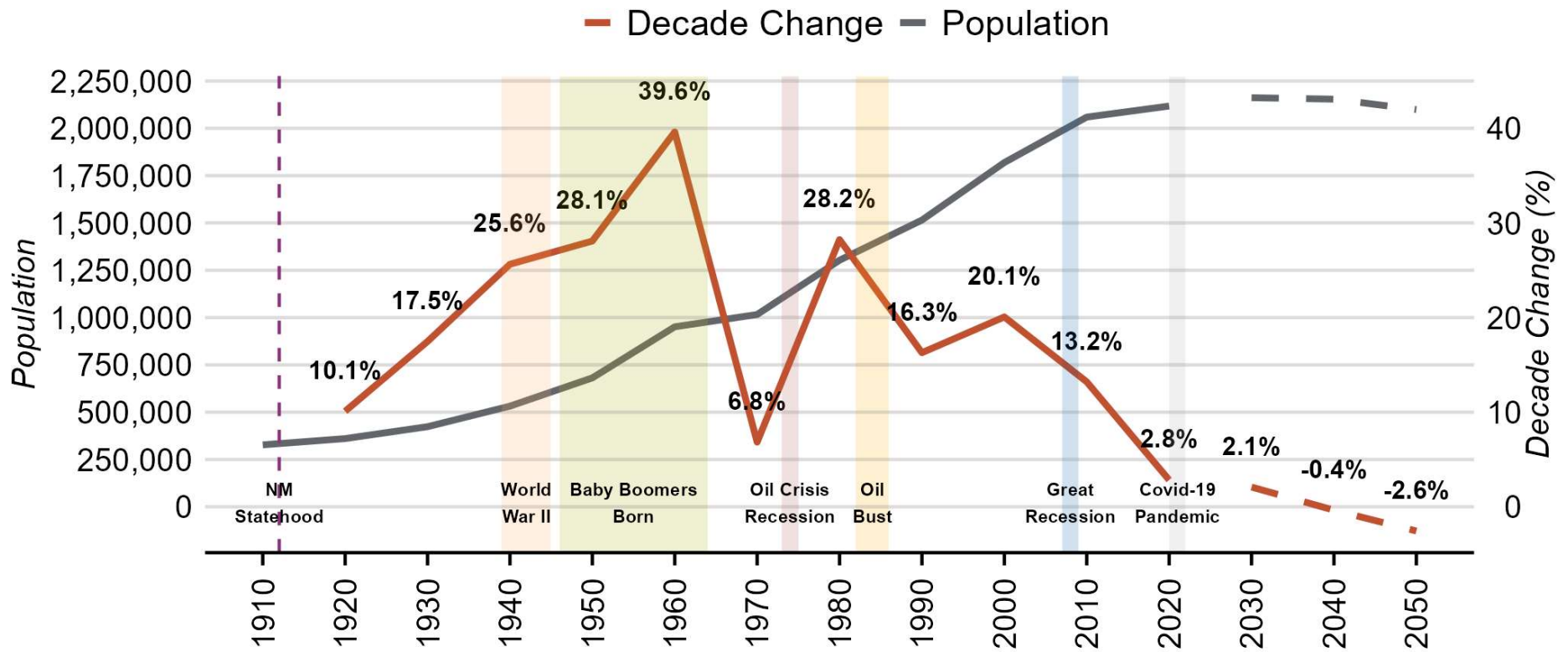
- *Will we continue to live longer, or will poorer health behaviors lead to shorter lives?*
- **Assumption:** Mortality will remain at 2010 age-specific rates across the projection period.



## Migration

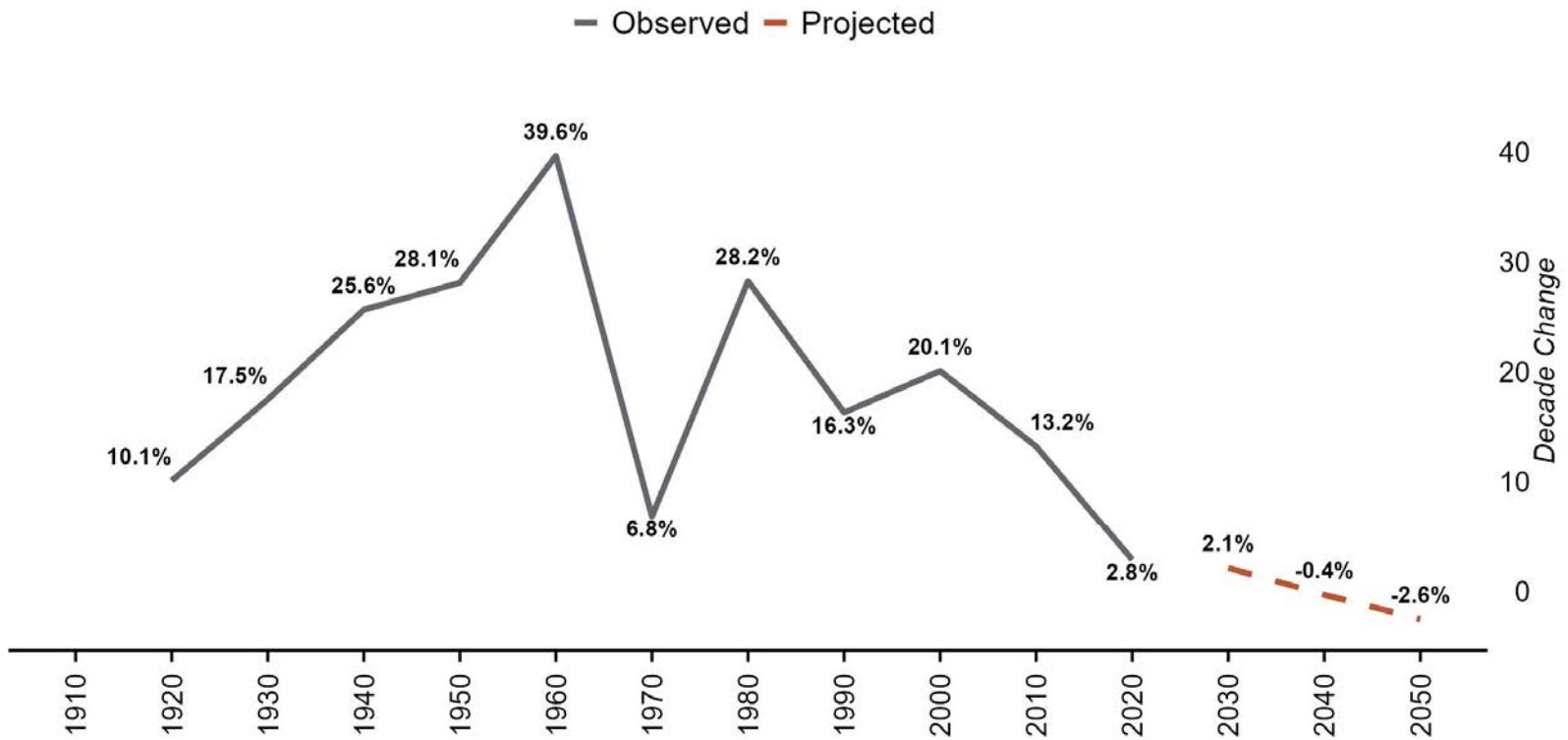
**Assumption:** We used an average of the migration patterns observed in the 2000s and the 2010s, thus allowing for periods of higher migration and lower migration.

# Assumptions



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

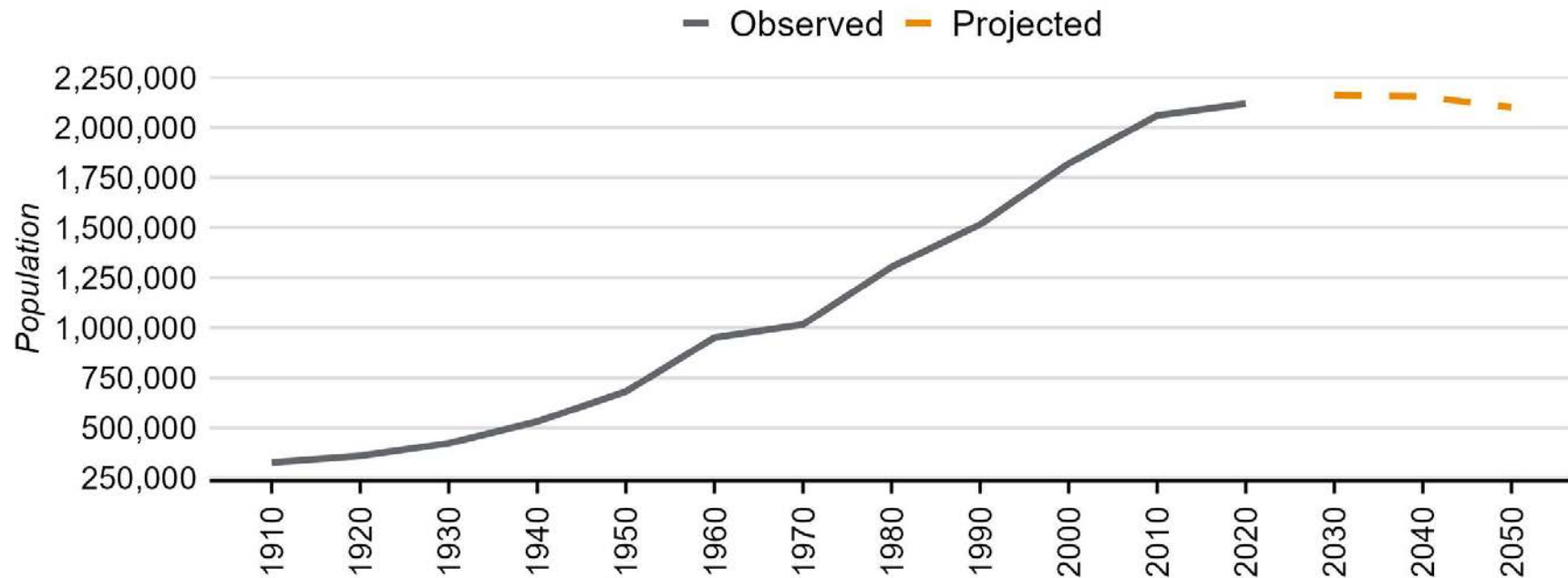




**New Mexico's rate of growth has been declining since the 1980s and is projected to be negative in the decade between 2030 and 2040.**



## New Mexico's Population Change, 1910-2050

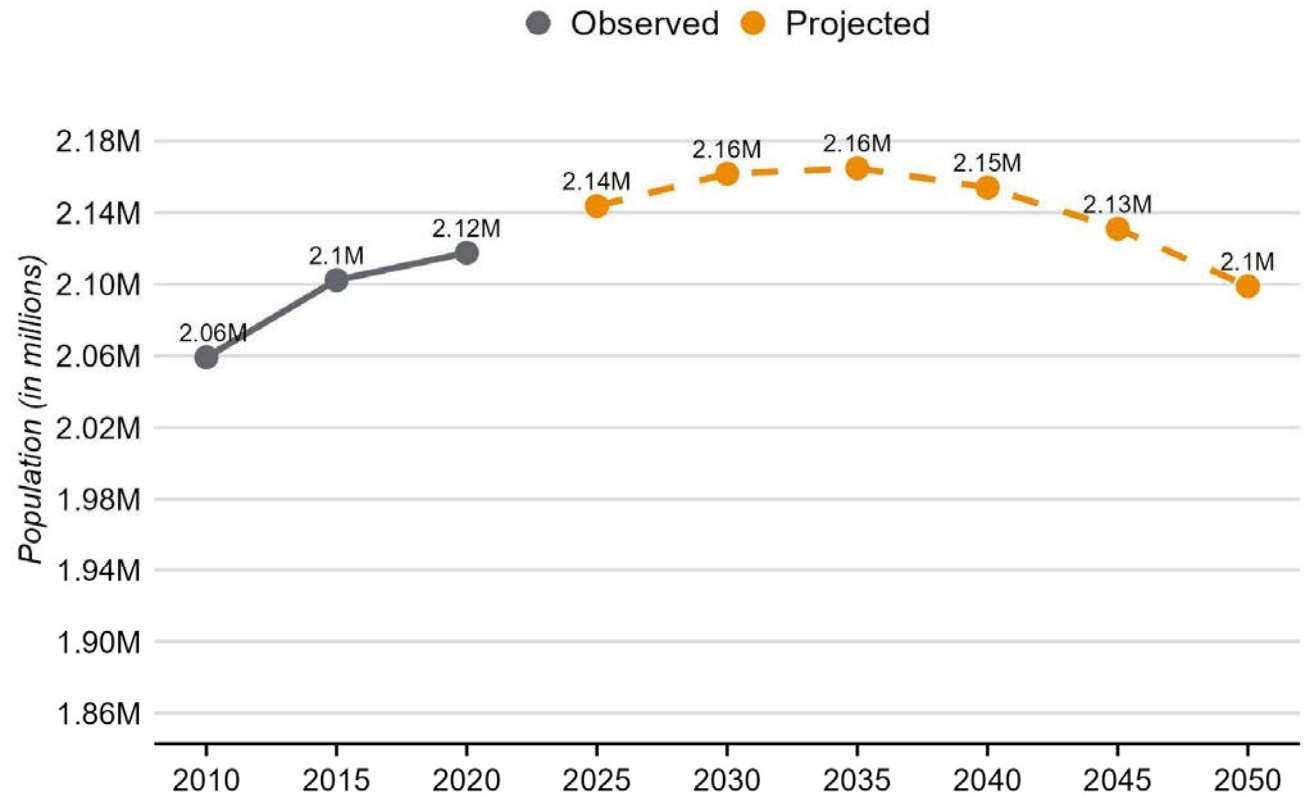


**New Mexico is entering a new stage of little or declining growth.**

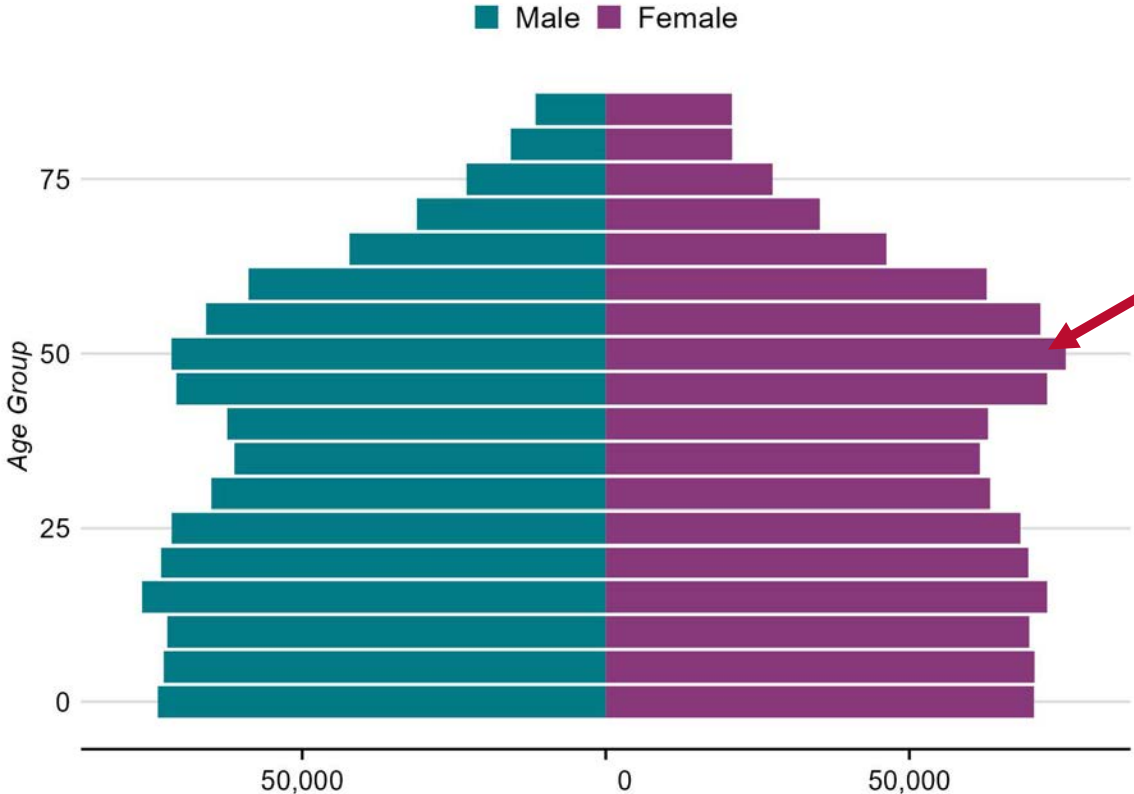


# By 2035, NM's population is expected to start to decline.

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

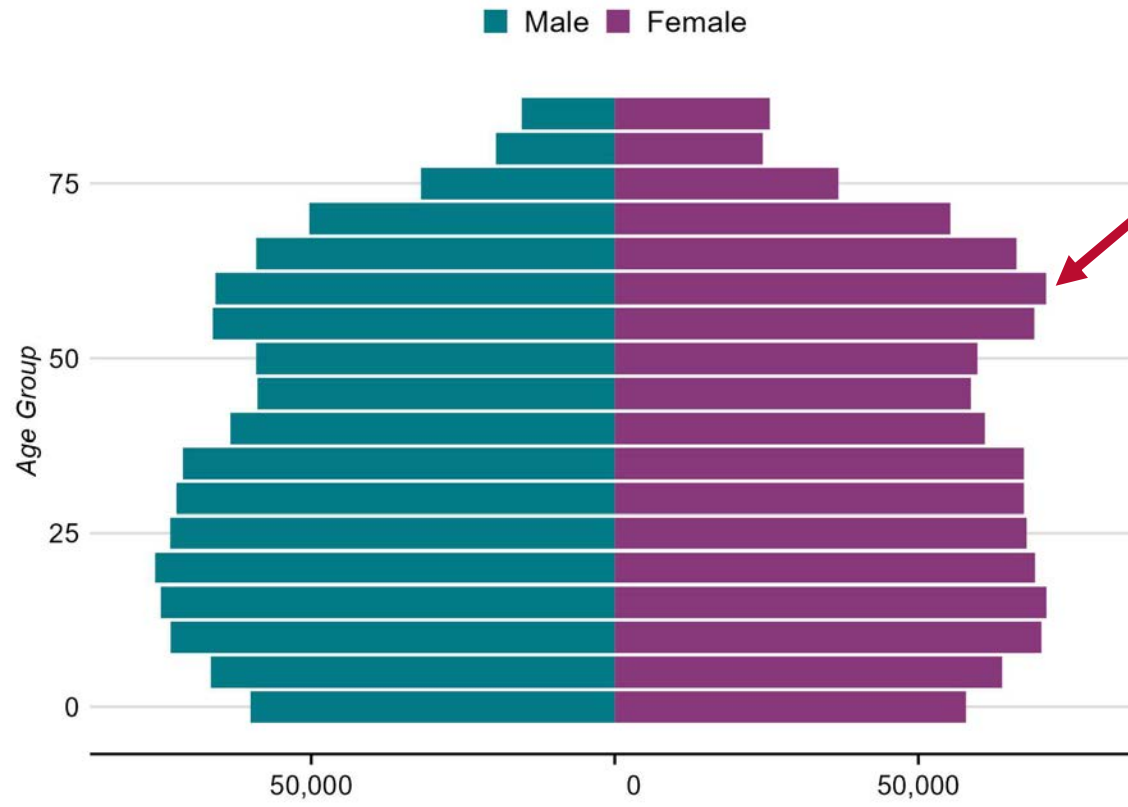


Population (Total: 2,061,593 )

UNM Geospatial and Population Studies, 2024

Baby boomer generation

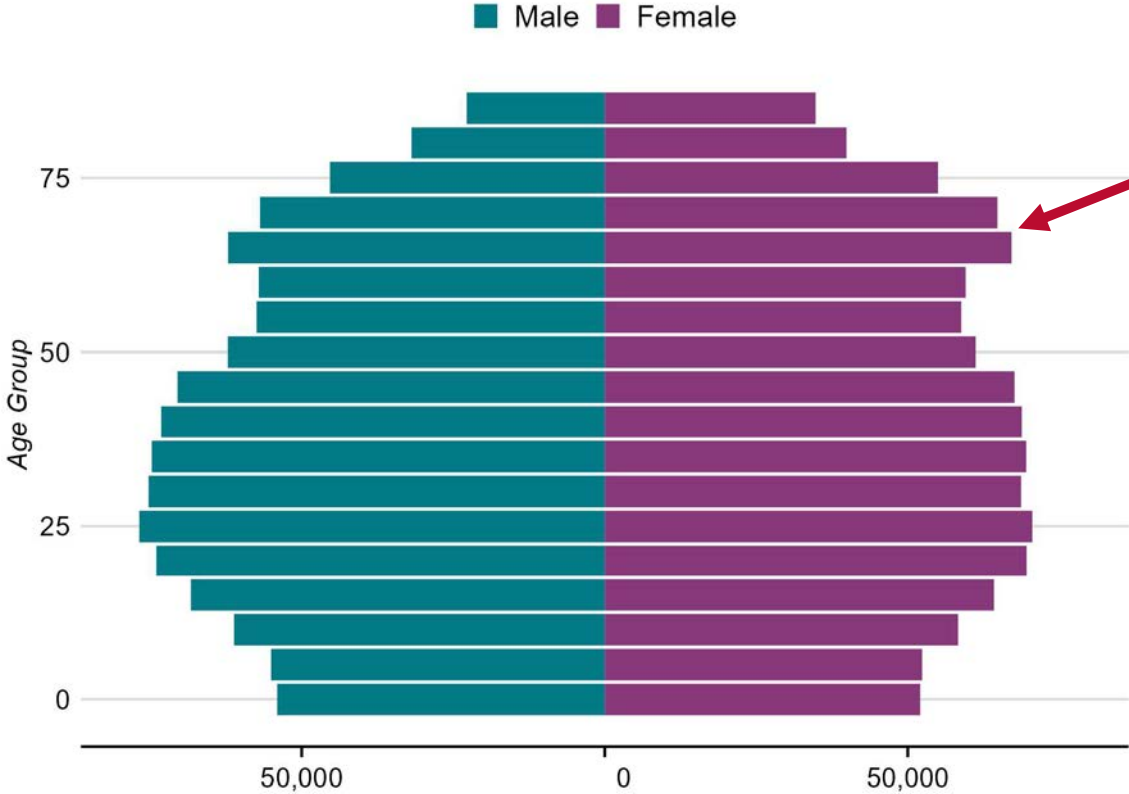
## New Mexico Population 2020



Population (Total: 2,118,699 )

UNM Geospatial and Population Studies, 2024

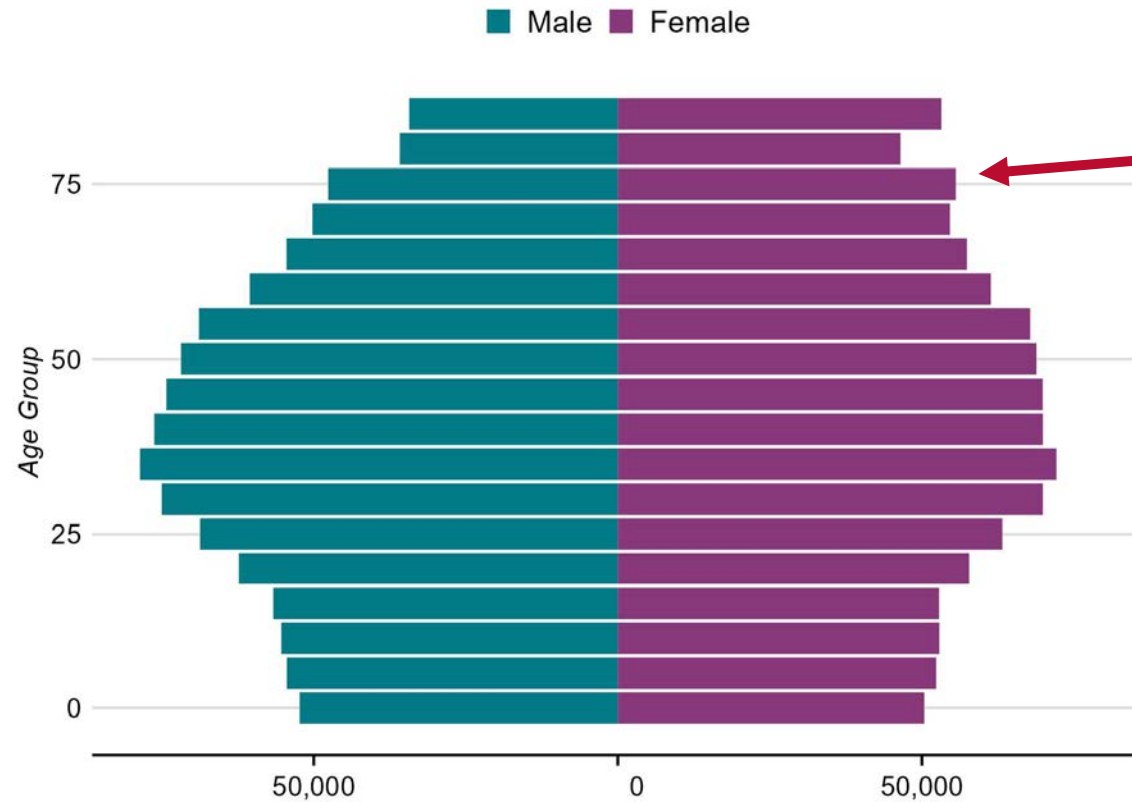
# New Mexico Population 2030 - Projected



Baby boomer generation

Population (Total: 2,161,645)  
UNM Geospatial and Population Studies, 2024

## New Mexico Population 2040 - Projected

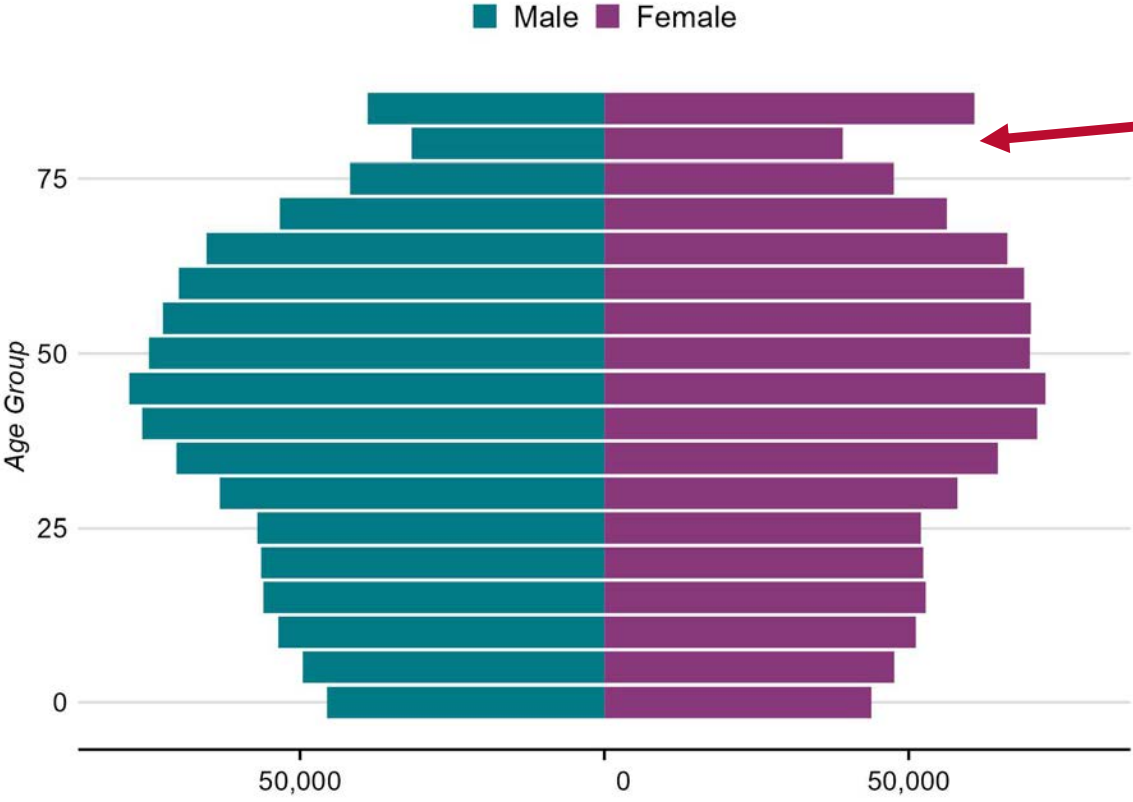


Baby boomer generation

Population (Total: 2,153,964 )

UNM Geospatial and Population Studies, 2024

# New Mexico Population 2050 - Projected



Baby boomer generation

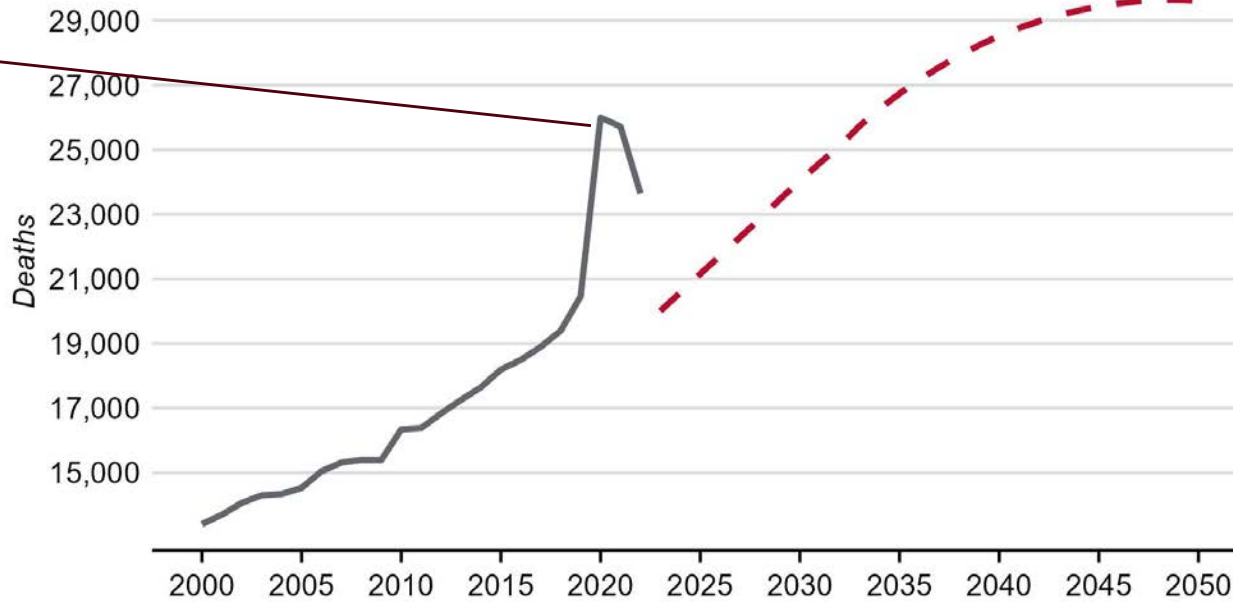
Population (Total: 2,098,886 )

UNM Geospatial and Population Studies, 2024

## Deaths in New Mexico, 2000 to 2050

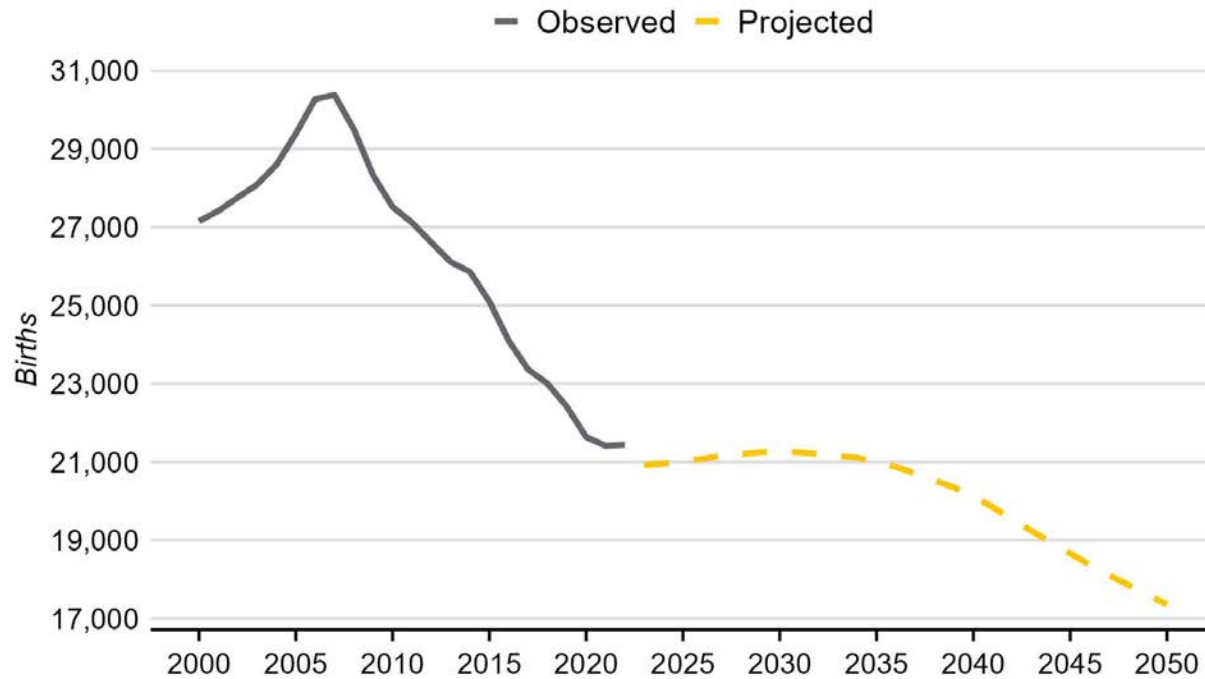
— Observed — Projected

Excess  
COVID-19  
deaths

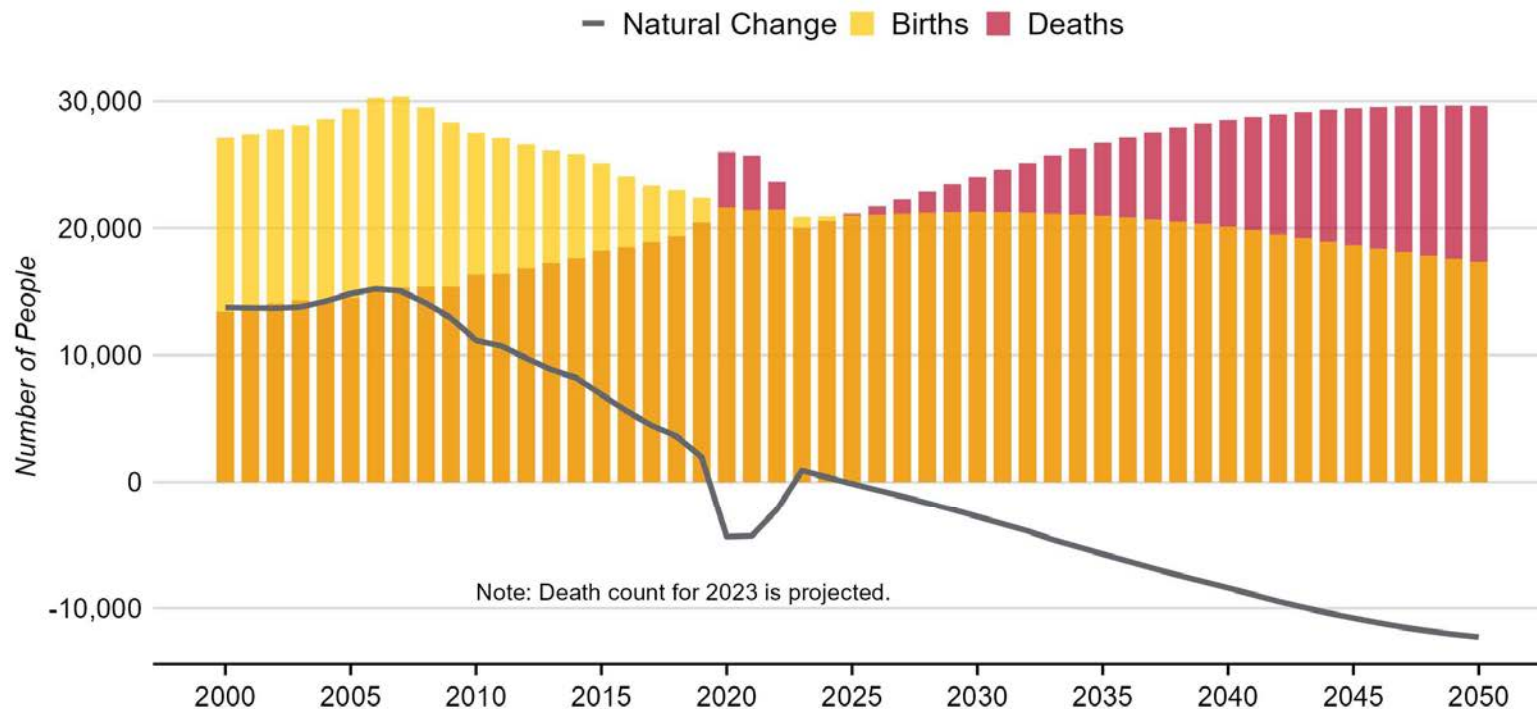


Despite keeping mortality rates constant, deaths increase due to higher mortality among people who are older, who make up a larger portion of the population.

## Births in New Mexico, 2000 to 2050



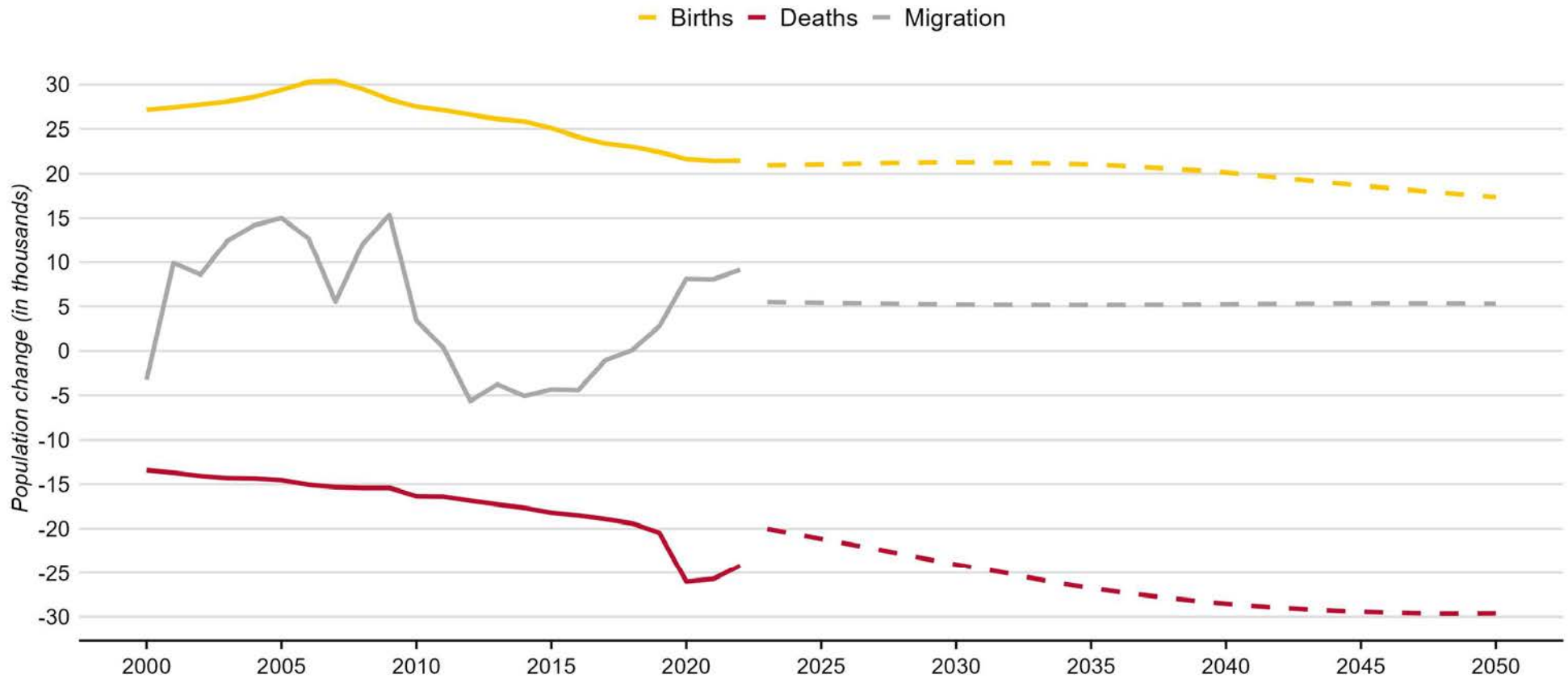
Despite keeping fertility rates constant, births are projected to decrease due to fewer projected women of childbearing age.

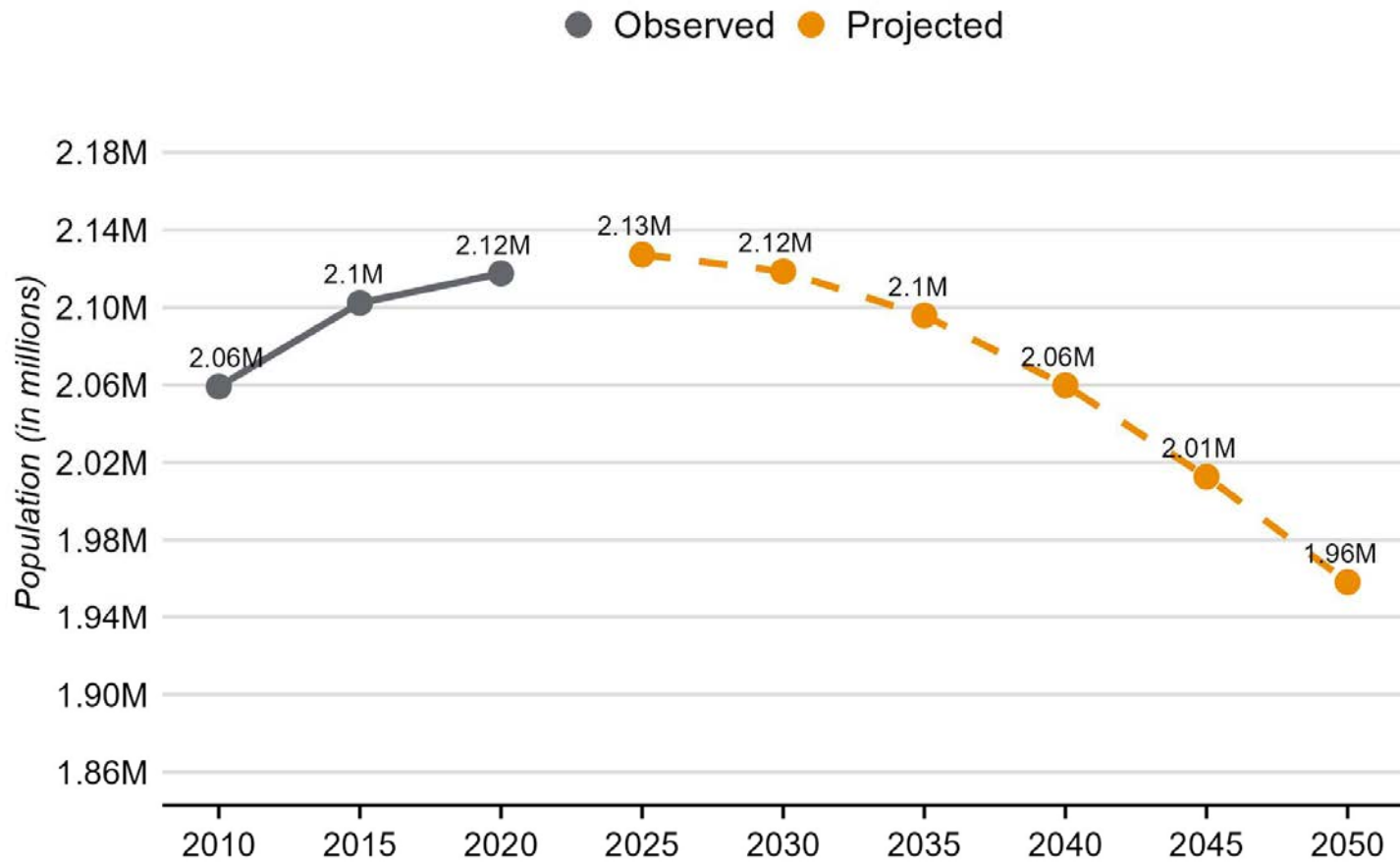


New Mexico's natural change will contribute to population decline over the next 26 years.



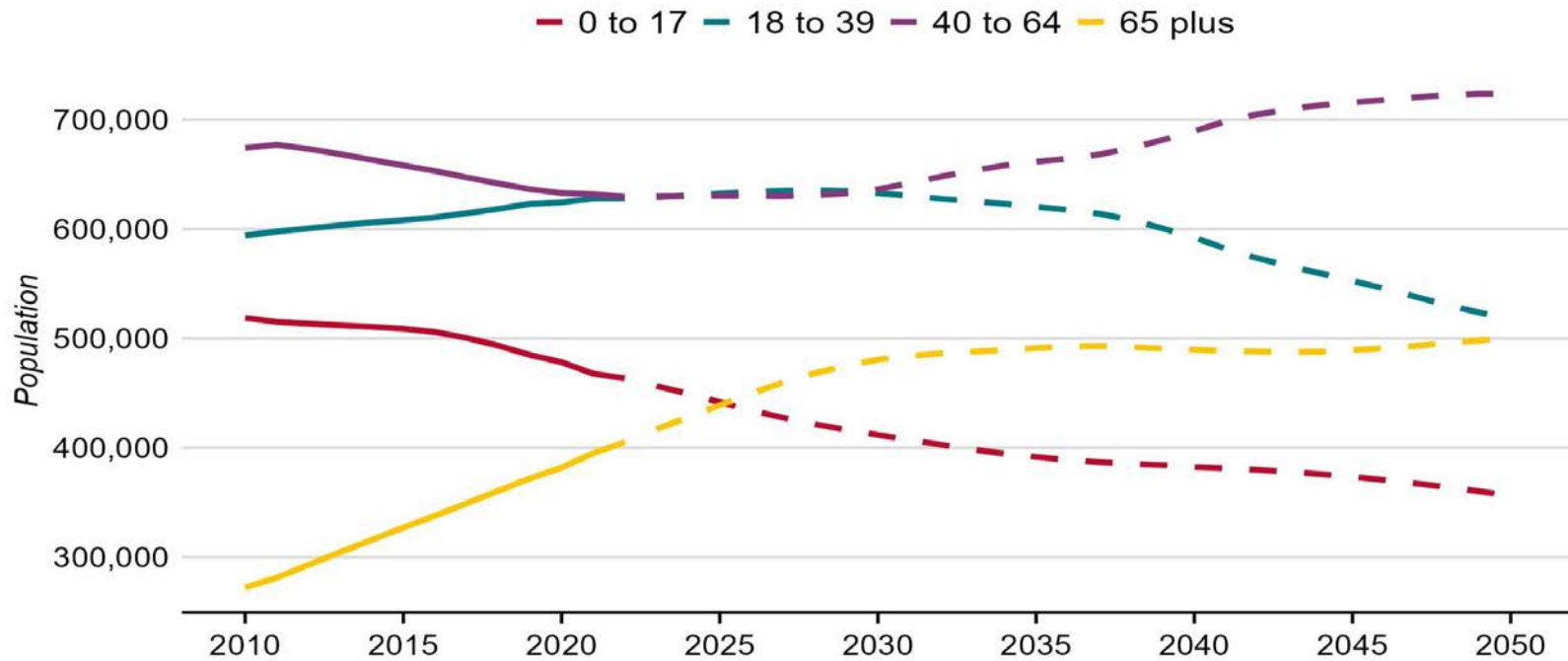
## The contributions of births, deaths, and migration to NM's population change, 2000-2050





**New Mexico  
Population  
Change if  
there is zero  
migration  
after 2022**

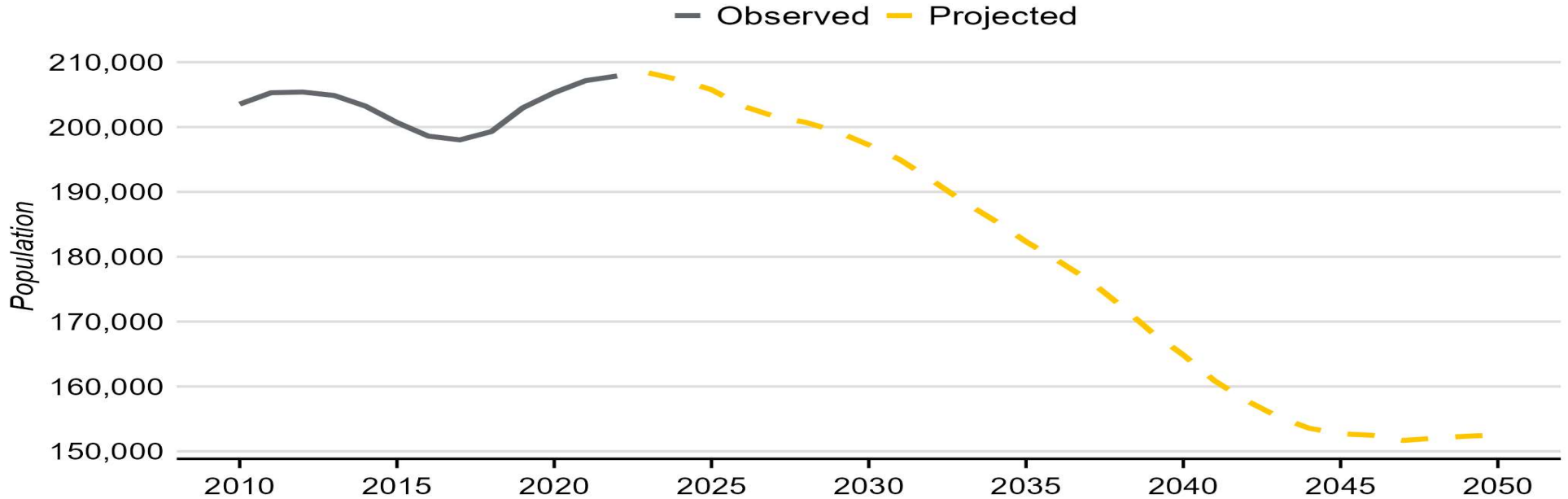
## NM Population by age group, 2010-2050



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

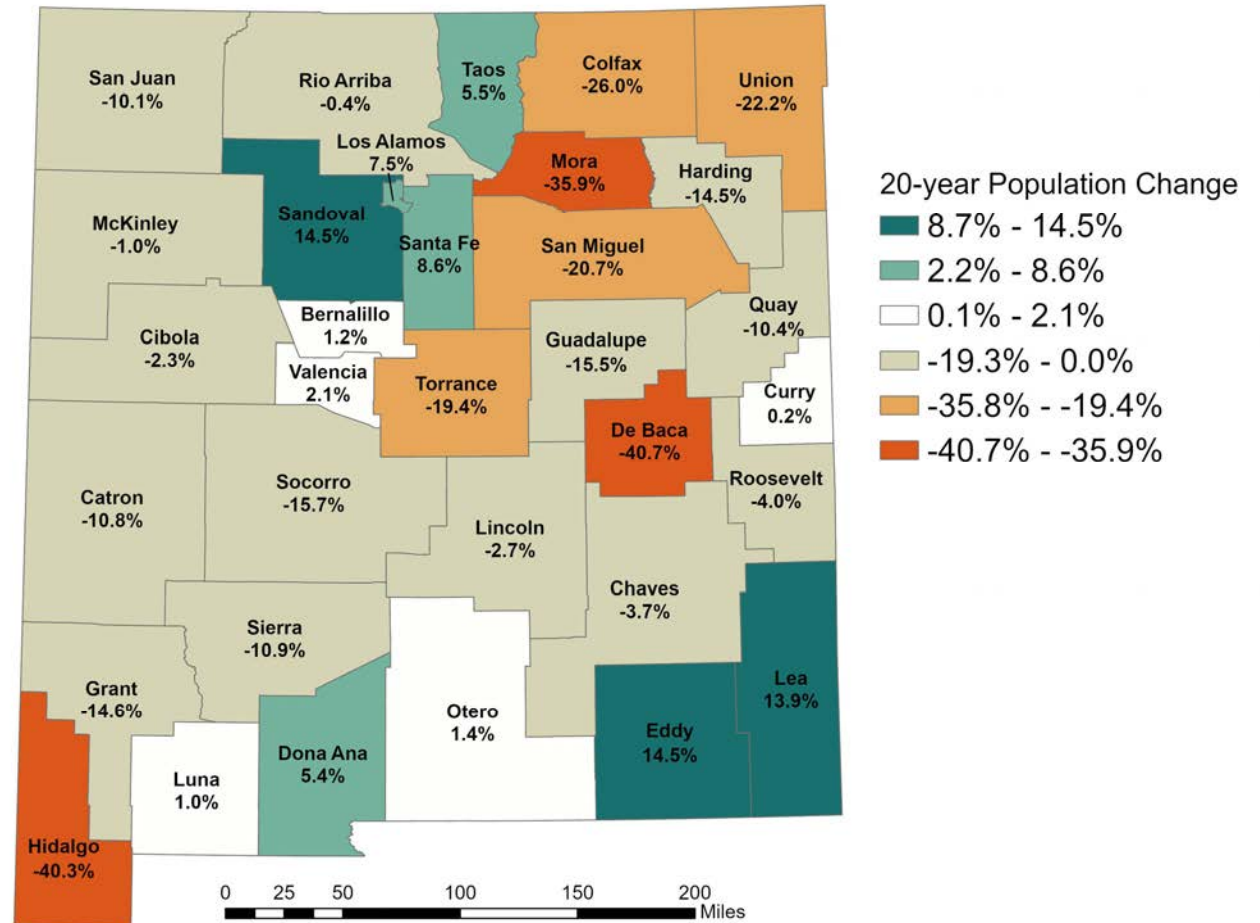


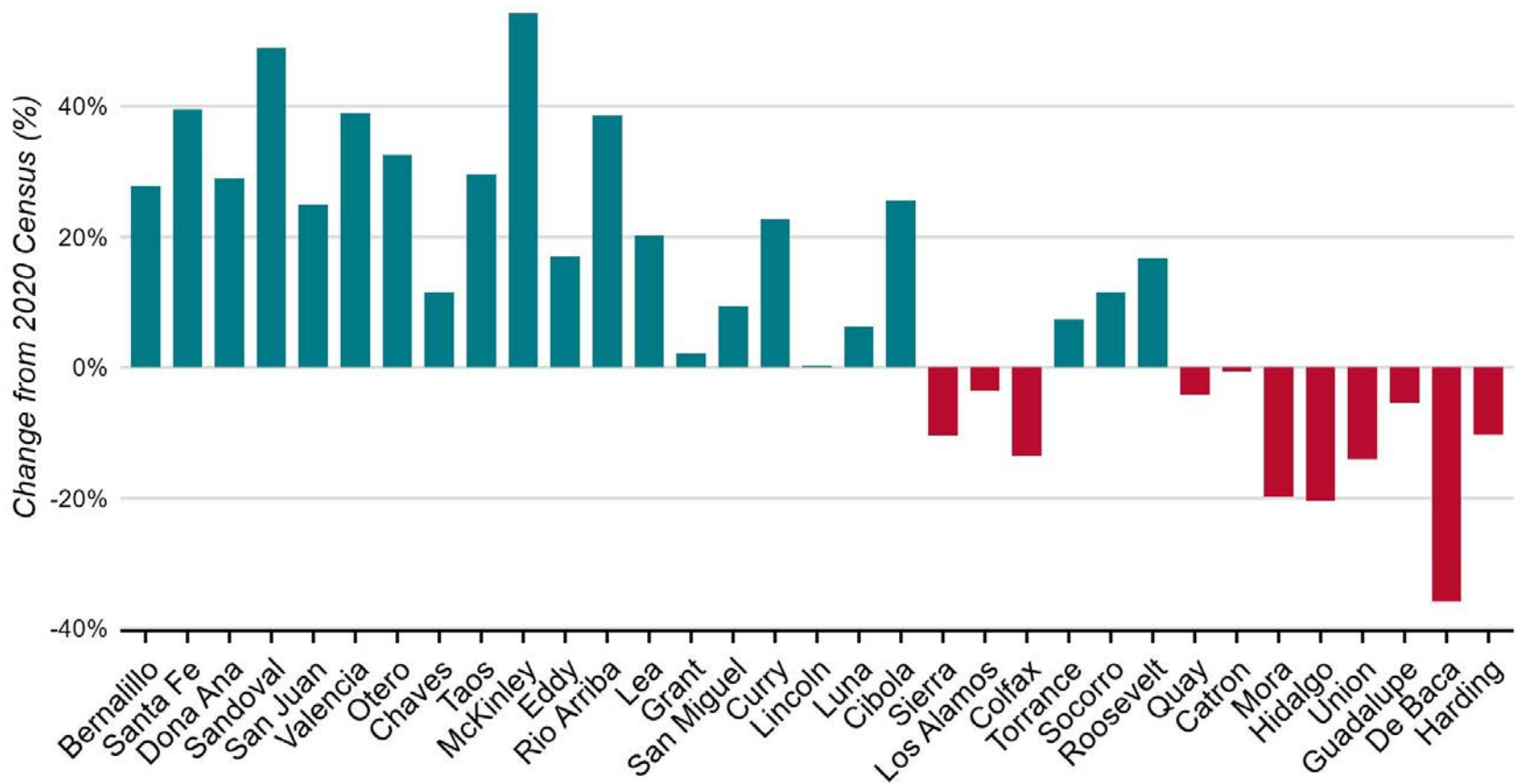
Emerging adults are the next generation of workers and people moving into periods of family formation. This group is expected to decrease considerably over the 25 years, both in NM and through out the U.S.

# New Mexico's County Projections

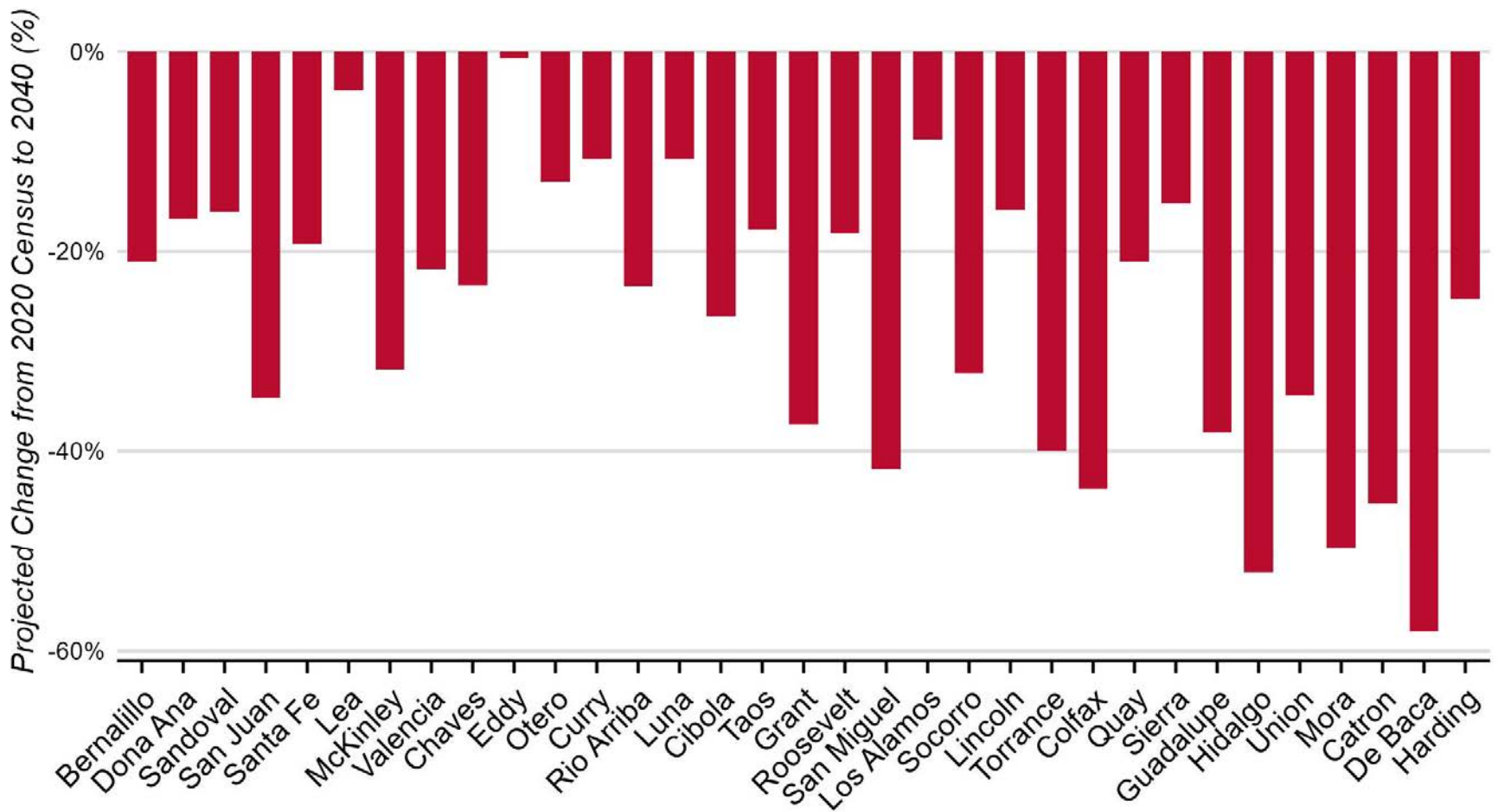
Many of New Mexico's Counties will experience population decline.

Projected Population Change by County 2020 - 2040



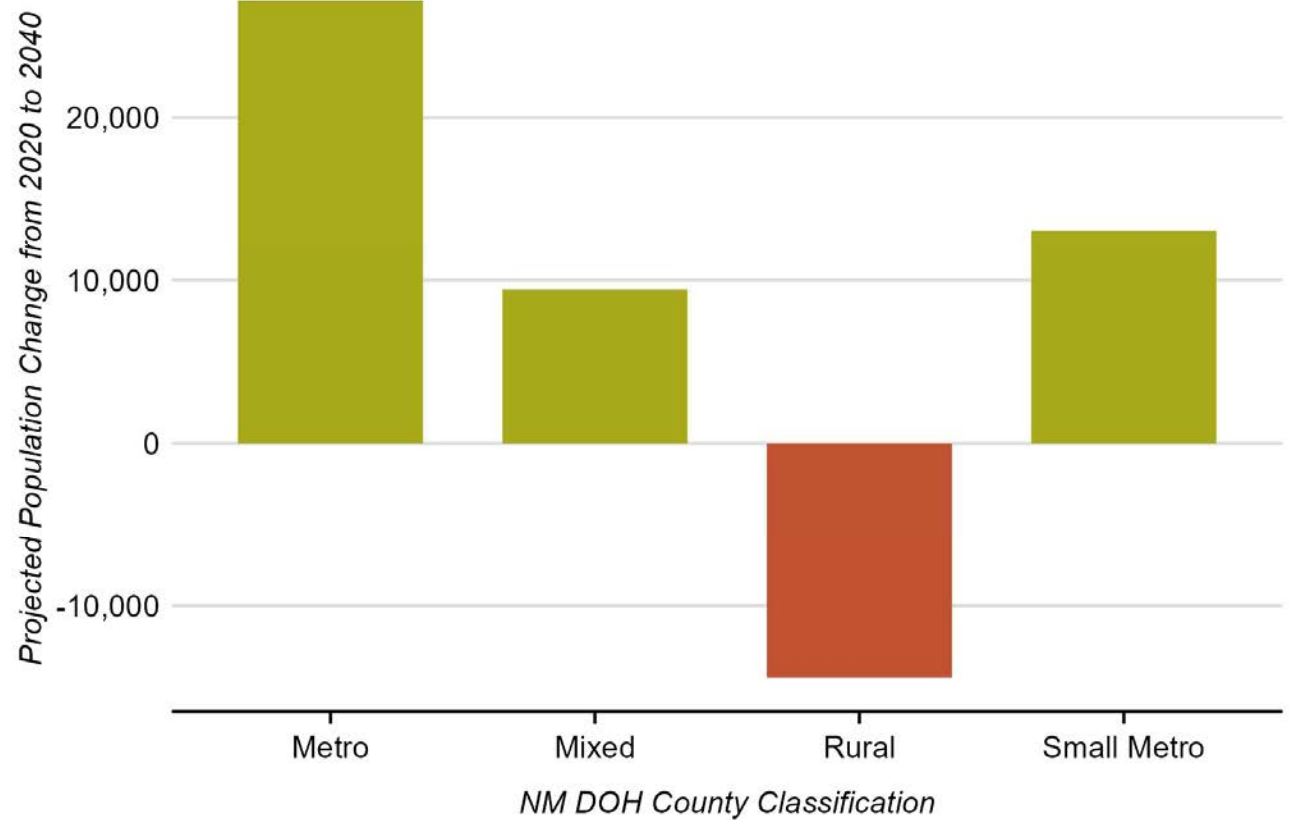


Percent Change in the 65 plus population from 2020 to 2040



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

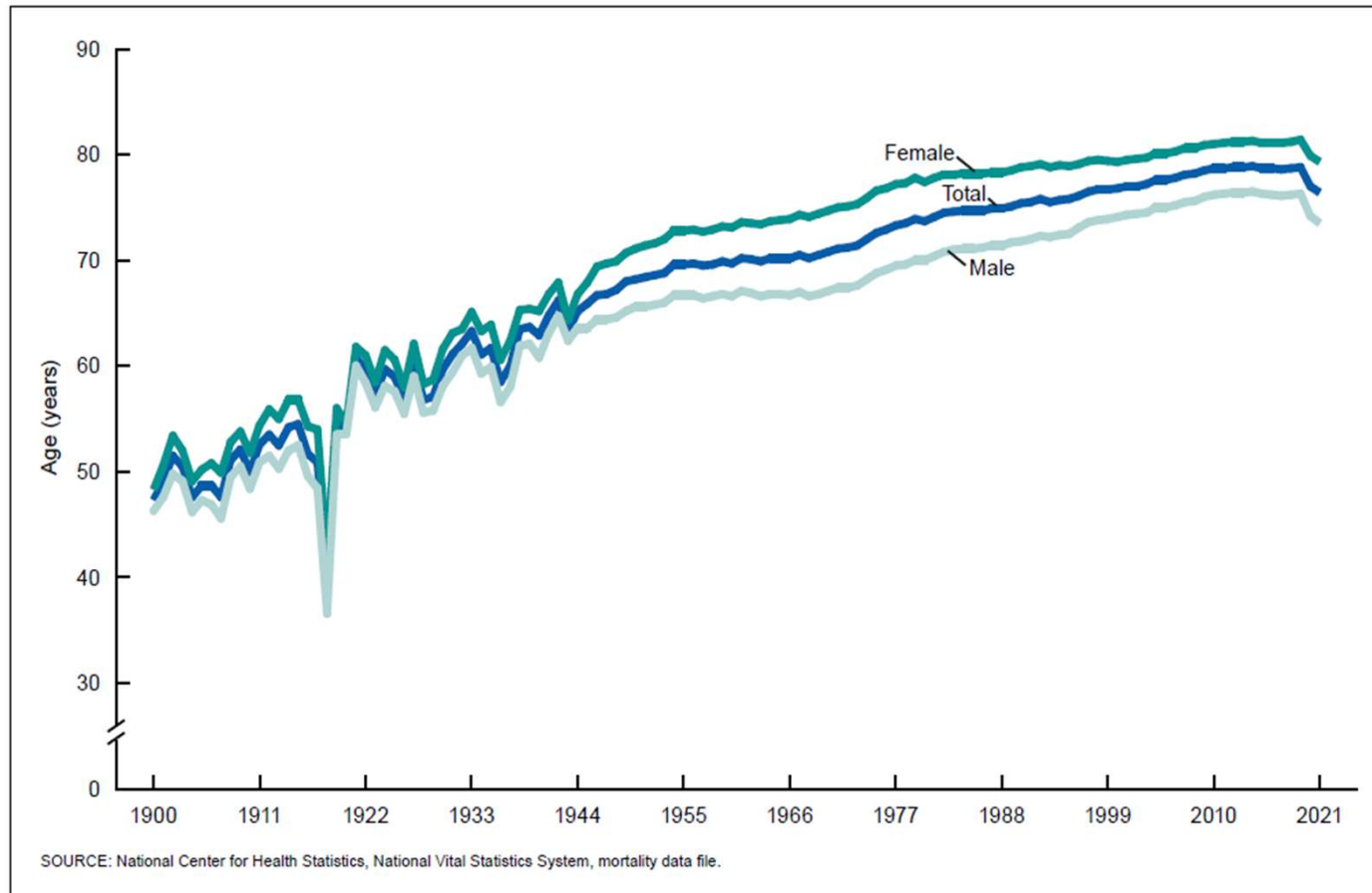
New Mexico's Rural Counties are projected to continue their population decline.



# What can change these projections?

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

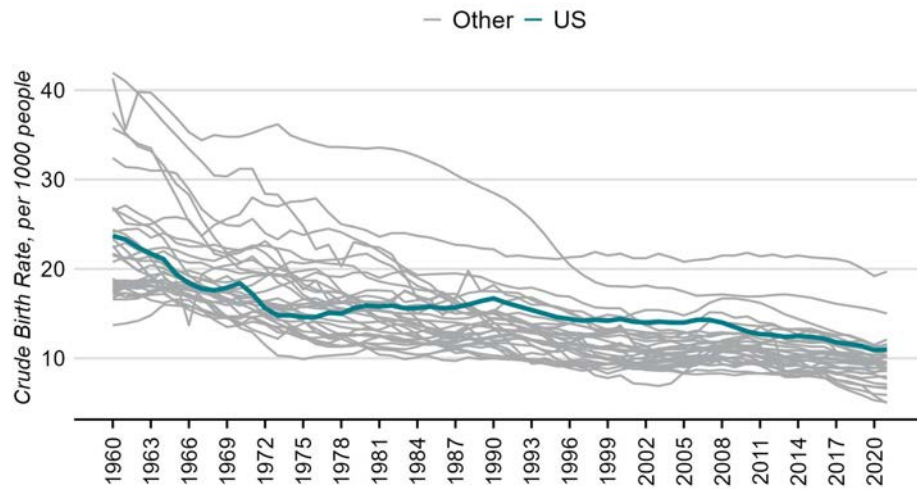


Sources: National Vital Statistics Report (Vol. 72, Number 12), Arias, E. (2023) Presentation to Federal State Cooperative for Population Projections

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

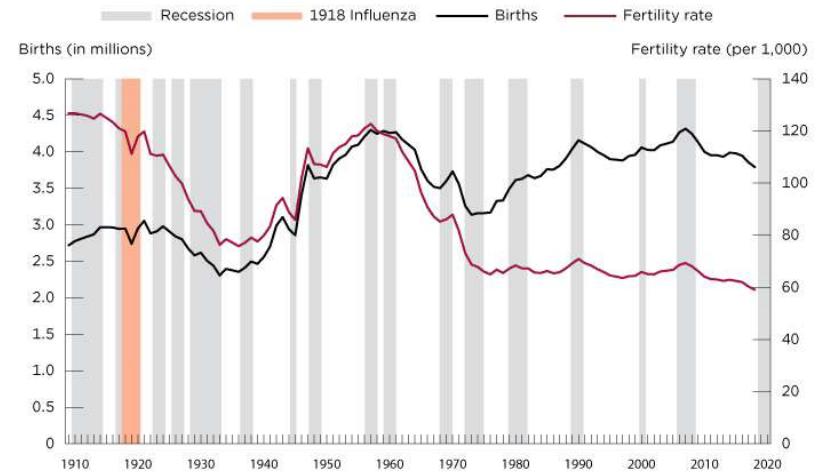
- US life expectancy in 2021 was the lowest since 1996
- Unlike other Western nations, gains in life-expectancy stagnated or reversed from 2010 to 2019
- Reversal in life expectancy from 2010 to 2019 primarily due to increases in deaths from drug overdoses.

## 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>

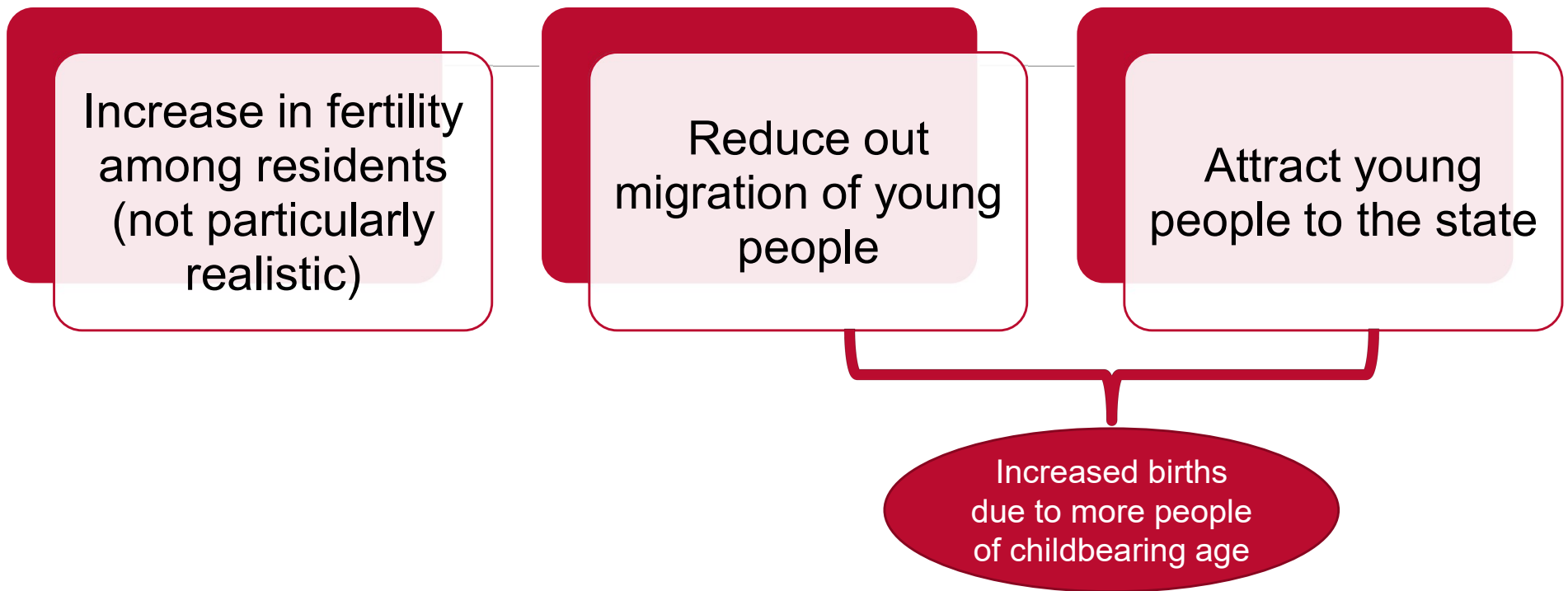
Figure 6.  
Births, Fertility Rate and Recessions in the United States: 1910-2020



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.



# Summary of New Mexico's Demographic Outlook

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- 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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