

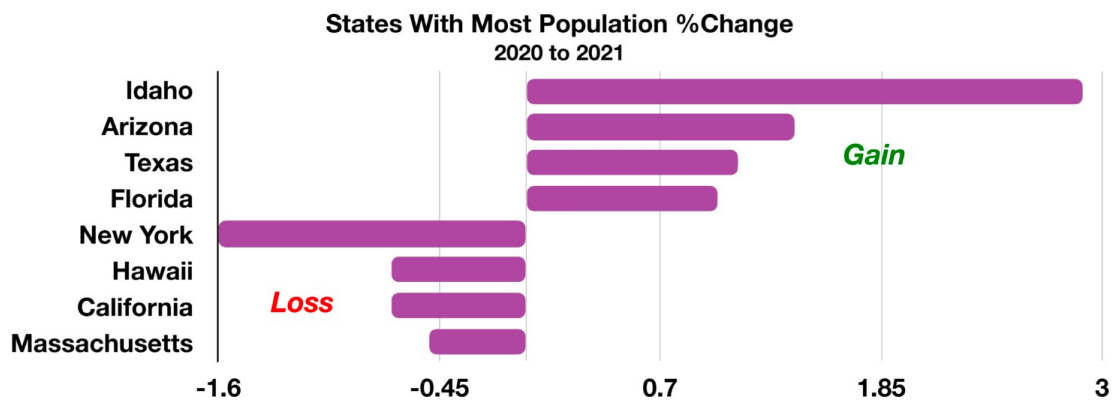
States That Lost & Gained Population During The Pandemic - Lifestyle Trends

As Covid infections swept the nation in 2020 and 2021, states differed on restrictions and guidance surrounding the pandemic, encouraging many to migrate to another state.

Health, jobs, housing and quality of life were all factors in influencing Americans to leave for other states. Deaths and births were also a factor in states' population growth and declines, yet not as significant as migration.

From 2020 to 2021, Idaho, Texas and Florida were among the states that saw the largest population increases, while New York, California, and Massachusetts were among states with the most declines.

Source: U.S. Census Bureau



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