



Louisiana Population and Net Migration Analysis Leaders for a Better Louisiana

July 2026 (Updated August 2026)

KEY TAKEAWAYS ON LOUISIANA'S POPULATION

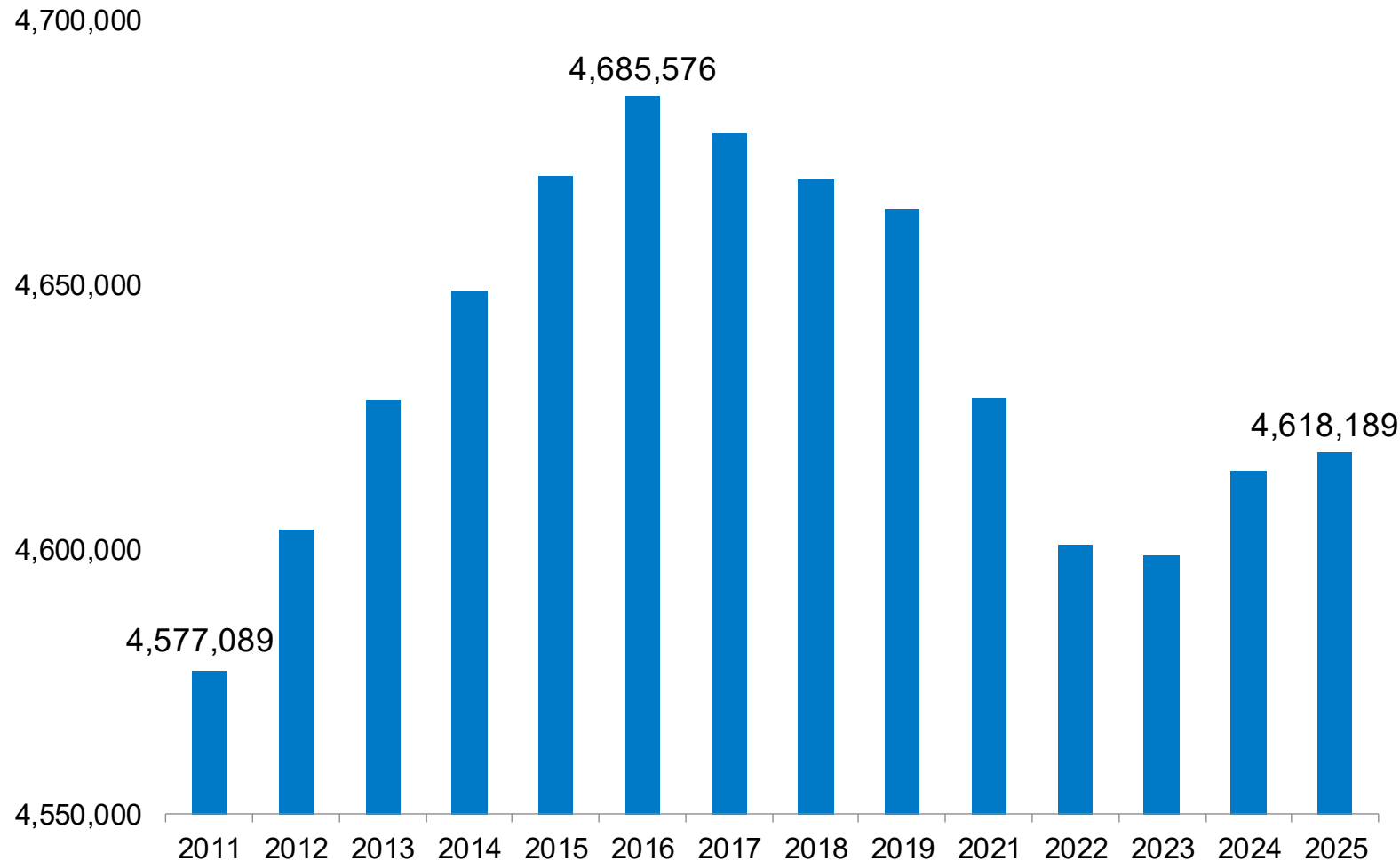


Headlines

- **Total population:** The state grew 3,300 people in 2025 and by 16,105 in 2024. The latest year showed Louisiana continued the prior year's reversal of population decline, although the pace slowed.
- **Out-migration:** One change contributing to this population growth was a significant decrease in domestic out-migration, rather than a significant increase of people moving to the state. Domestic outmigration hit its lowest level since 2010, and about 17,000 below the 2023 total.
- **State transfers:** Texas continues to get most of those who leave Louisiana while California sent us the most people, although by a far smaller amount.

LOUISIANA GREW BY 3,300 IN 2025, CONTINUING A TREND OF GROWTH

Louisiana Population, 2011 – 2025



Source: U.S. Census Bureau, Vintage 2025 Population Estimates, 2011-2019 Intercensal Population Estimates. Not available for 2020.
Better LA Analysis

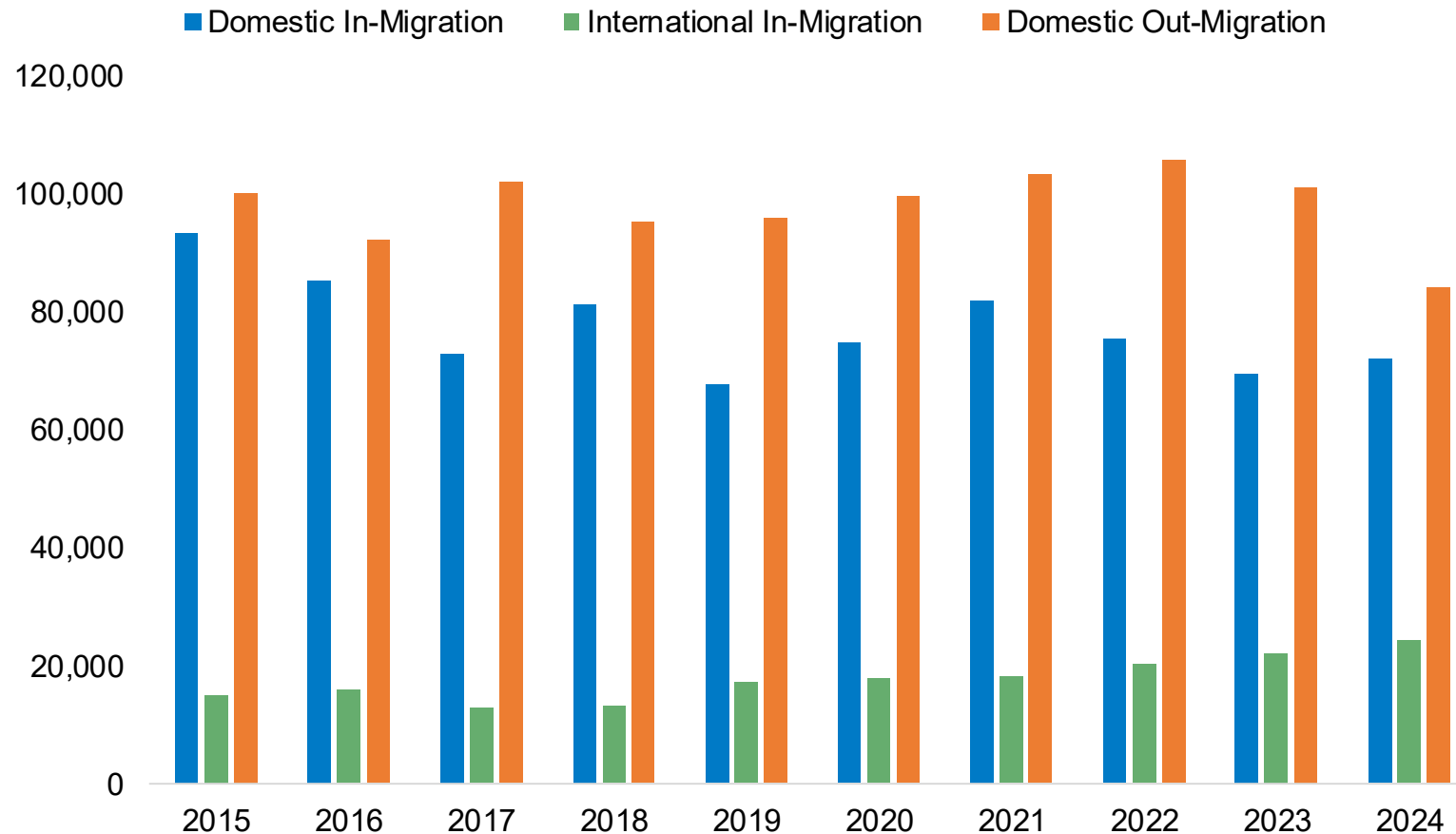
Analysis

- Louisiana's population grew by roughly 3,300 in 2025, and 16,100 in 2024.
- The state is up by over 19,000 residents since its low in 2023.
- Louisiana lost population for six consecutive years, from 2017 through 2023.



IN 2024, LOUISIANA RECORDED ITS FIRST YEAR OF NET IN-MIGRATION SINCE 2016

Louisiana Migration Flows, 2015-2024



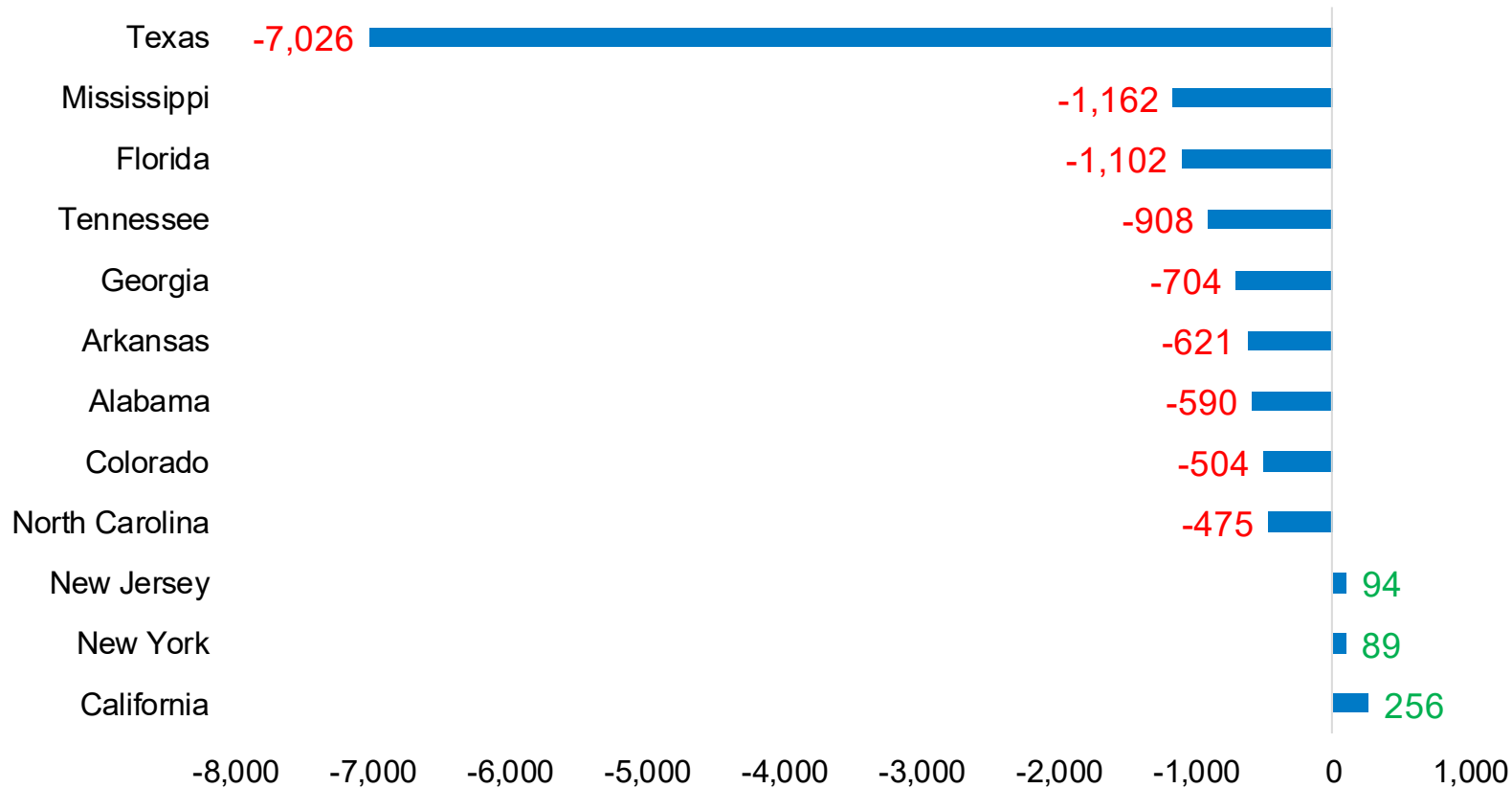
Analysis

- A drop of 17,000 in domestic out-migration contributed to Louisiana's population change
- This may also point to more people who already live in LA choosing to stay here
- In-migration also grew slightly
- The data-set is not yet available for 2025.



TEXAS STILL GETS THE MOST OF OUR PEOPLE; CALIFORNIA SENDS US THE MOST

Net Migration to/from Louisiana by State, 2023



Analysis

- Texas accounts for the largest share of Louisiana's out-migration, with a net loss of roughly 7,000 residents in 2023
- Louisiana also loses net residents to other nearby states: Mississippi, Florida, Tennessee, Georgia, and Alabama
- Louisiana posts modest net gains from higher-cost states, led by California, New York, and New Jersey

