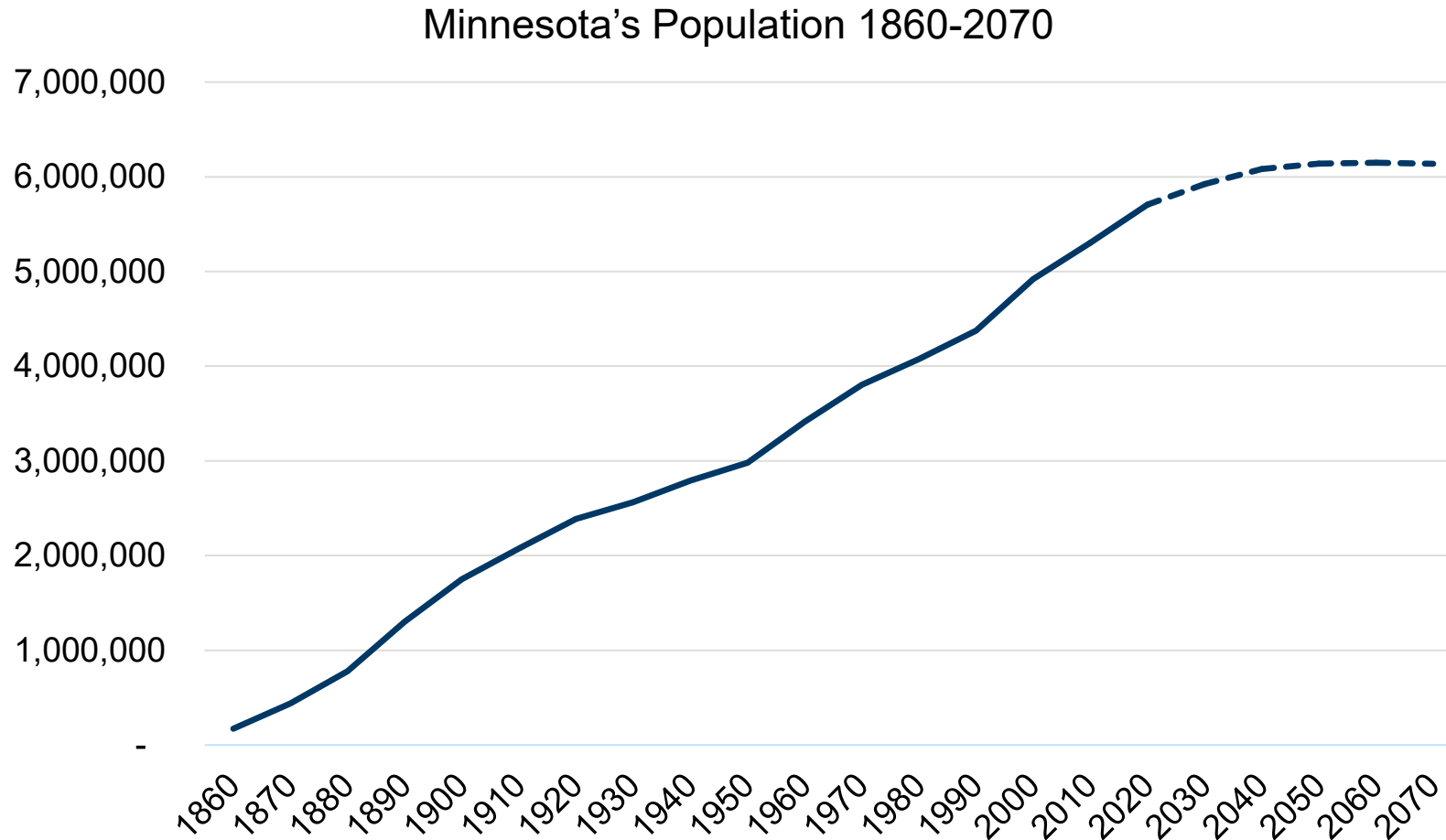




Demographic Trends Impacting St. Paul St. Paul City Council, Budget Committee

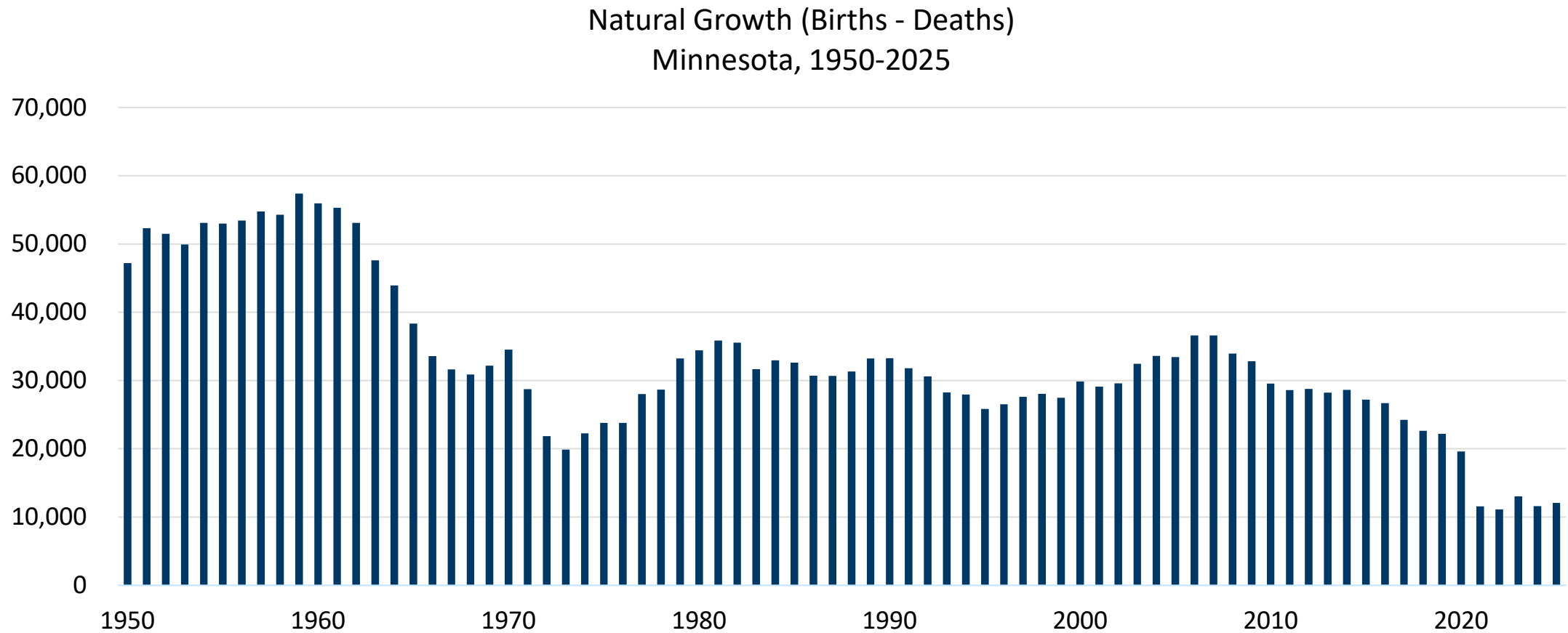
Susan Brower, Minnesota State Demographer
July 15, 2026

Minnesota's population growth is slowing.



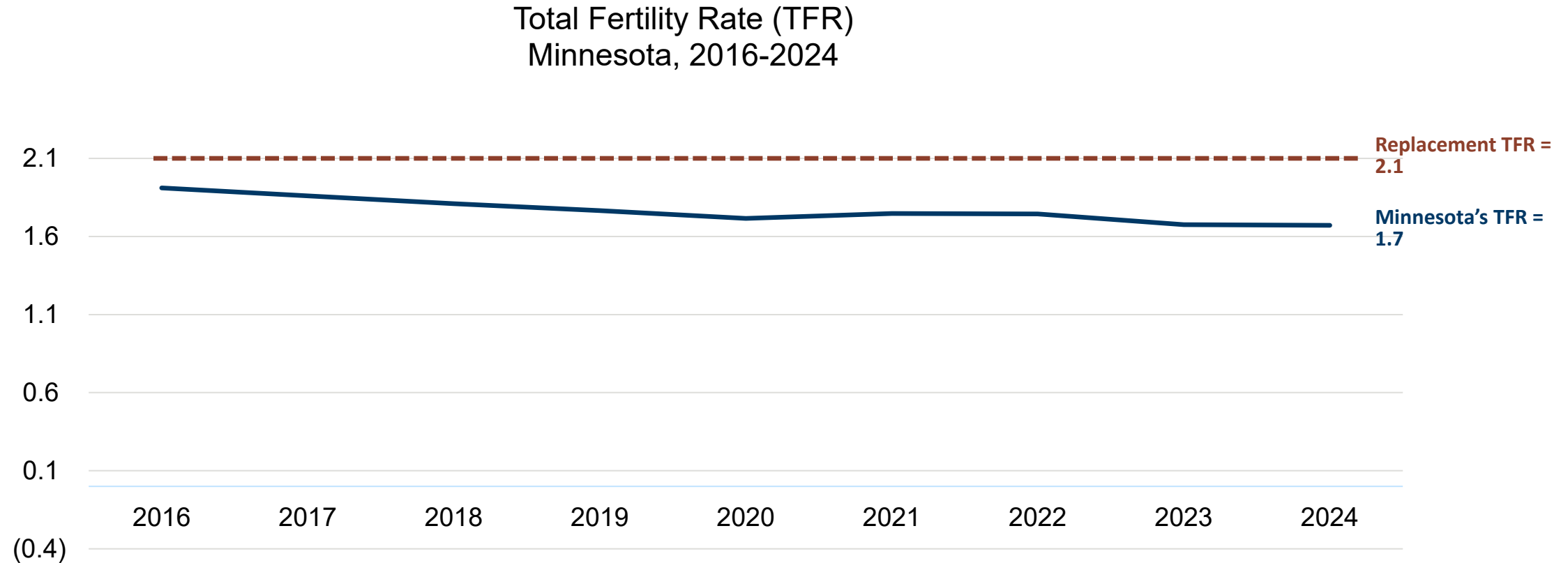
Source: U.S. Census Bureau, Decennial Censuses and Minnesota State Demographic Center Population Projections

Aging and lower birth rates are responsible for slower growth.



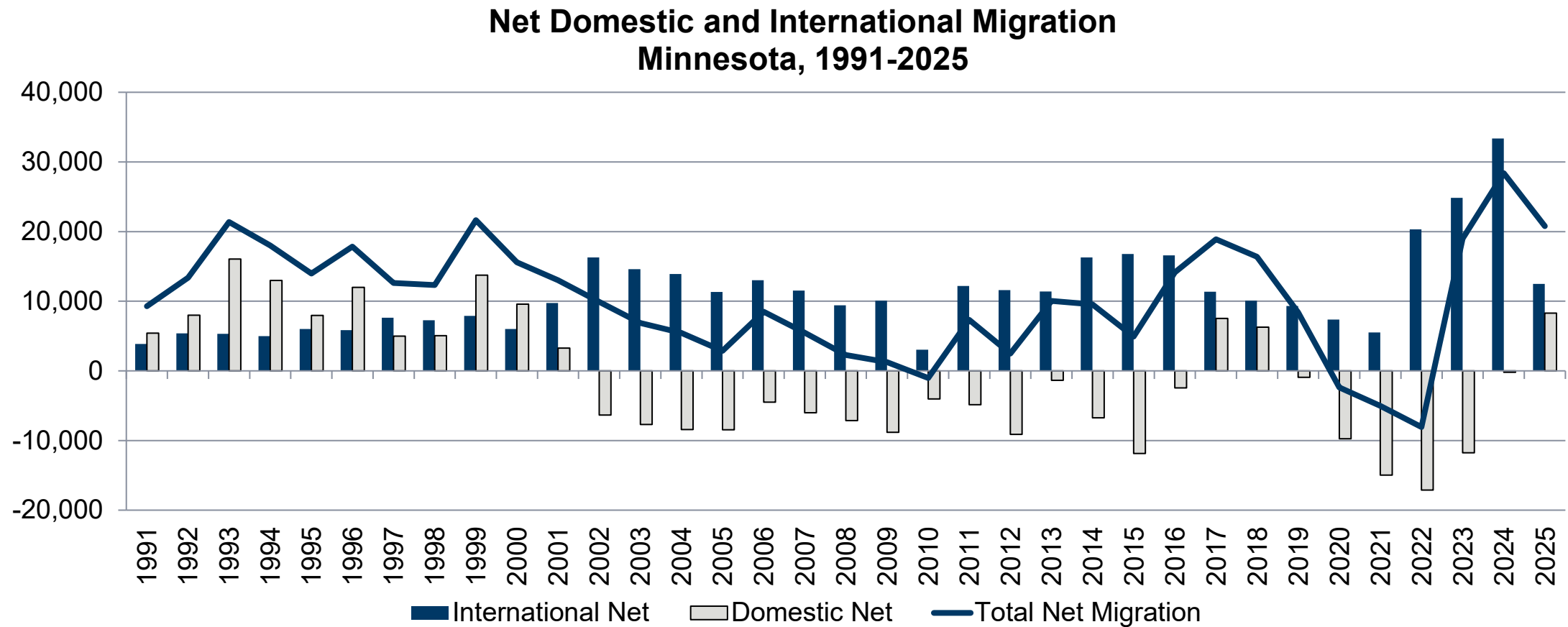
Source: Minnesota State Demographic Center calculations from Minnesota Department of Health Vital Statistics (1950-2020), and Census Bureau Population Estimates (2020-2025)

Birth rates have fallen below replacement level and continue to decline.



Source: CDC Wonder, Natality, 2016-2024 expanded results, 2016-2019 U.S. Census Bureau Intercensal Estimates, 2020-2024: U.S. Census Bureau 2024 Population Estimates v2024

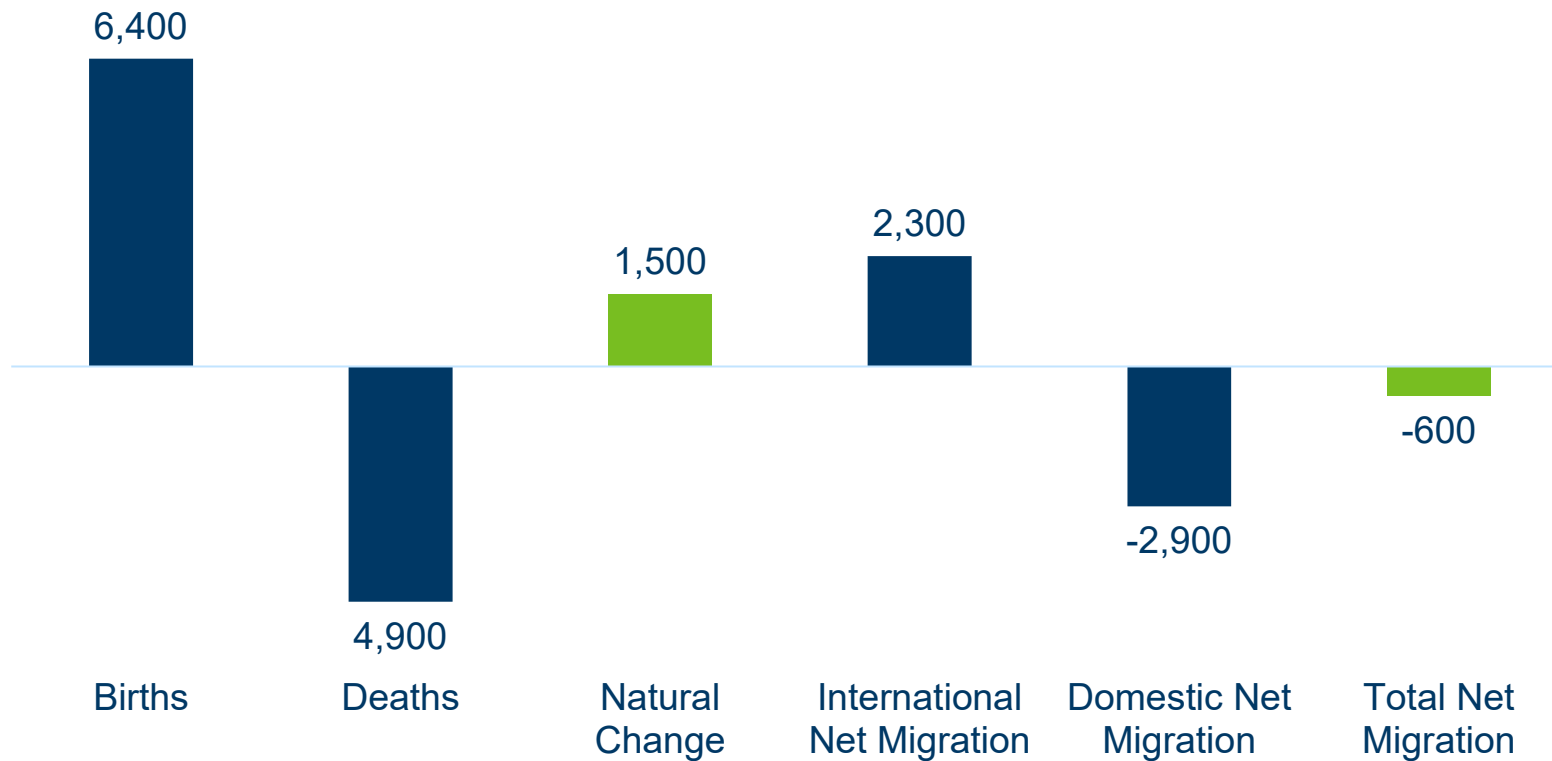
Temporary increases in international migration strengthened growth between 2022 and 2024.



Source: U.S. Census Bureau, Population Estimates Program

How does Ramsey County grow exactly?

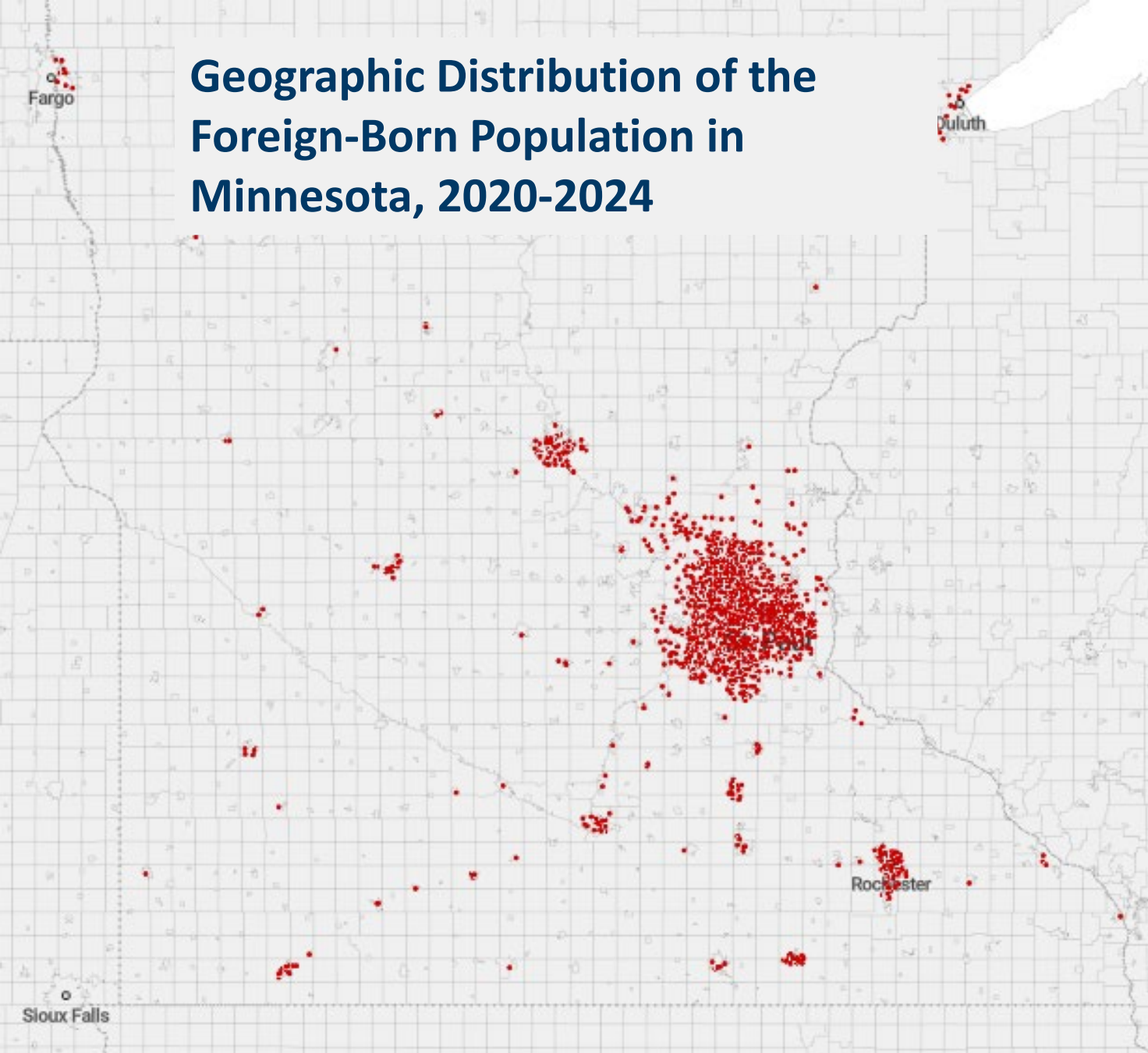
**Components of Population Growth
Ramsey County, 2025**



Ramsey County grew by 900 people between 2024 and 2025.

Net international migration fell from 4,700 to 2,300 between 2024 and 2025.

Geographic Distribution of the Foreign-Born Population in Minnesota, 2020-2024

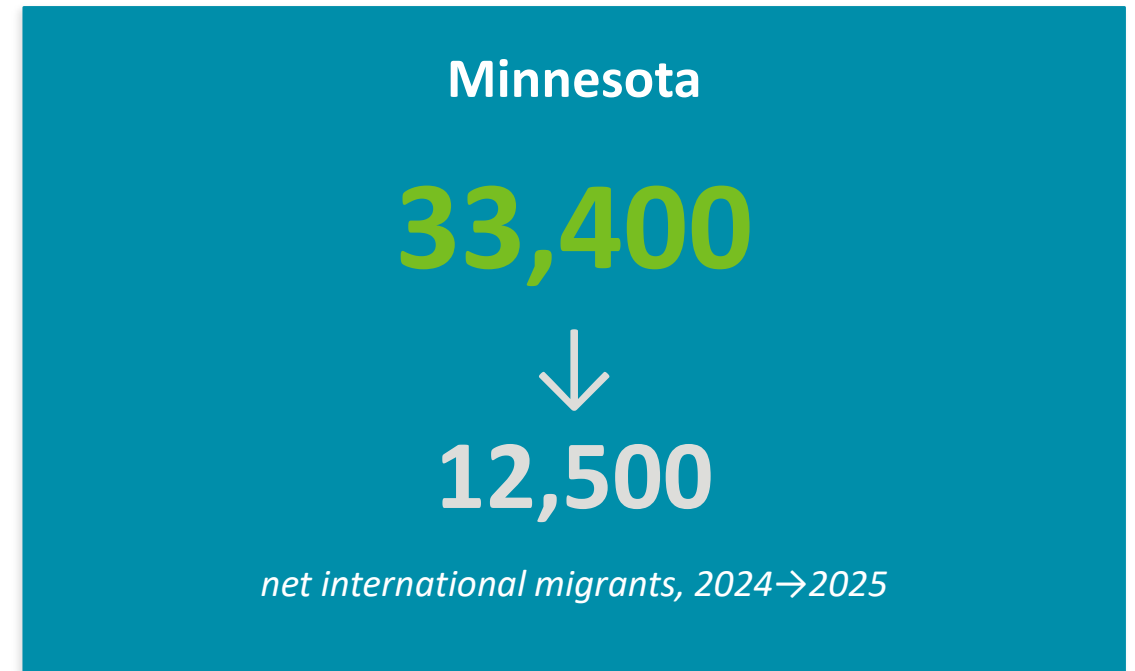
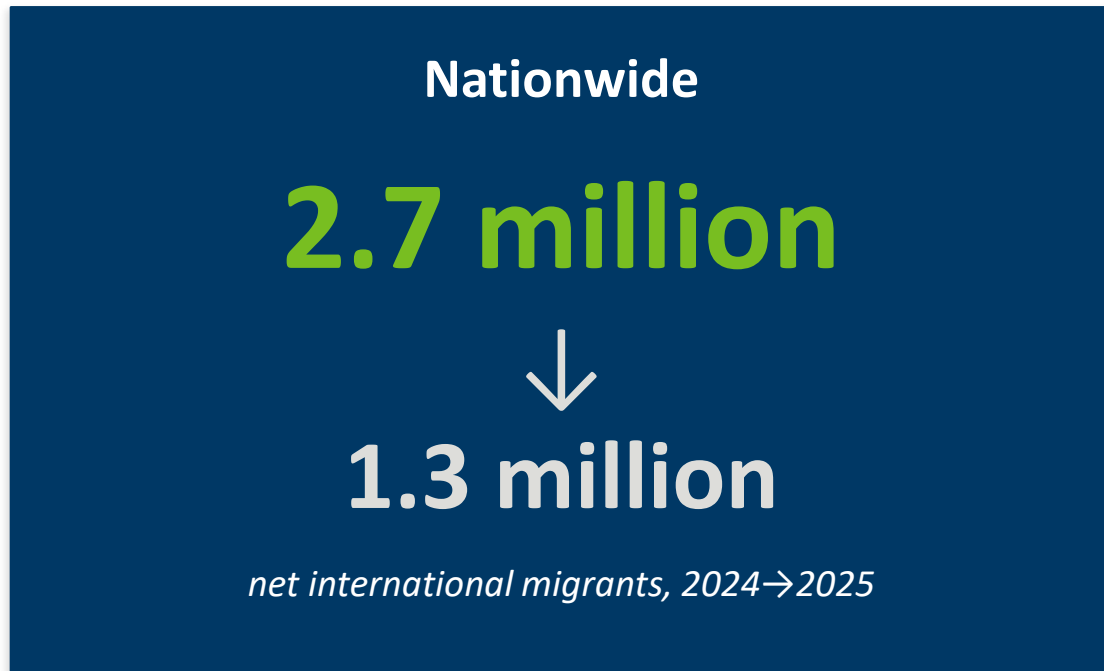


One dot equals 200 foreign-born residents.

City	Number foreign-born
Minneapolis	58,478
St. Paul	55,863
Brooklyn Park	21,633
Rochester	16,302
Bloomington	13,671
Woodbury	11,111
Plymouth	10,734
Eden Prairie	10,267
Eagan	10,166
Blaine	10,101
St. Cloud	9,529
Burnsville	9,142
Maple Grove	8,190
Shakopee	7,716
Lakeville	7,378
Maplewood	7,168
Brooklyn Center	7,047
Apple Valley	6,512
Richfield	6,177
Coon Rapids	6,124
Minnetonka	5,980
Fridley	5,495
Edina	5,012
Columbia Heights	4,914
Austin	4,623

Source: U.S. Census Bureau, 2020-2024 American Community Survey

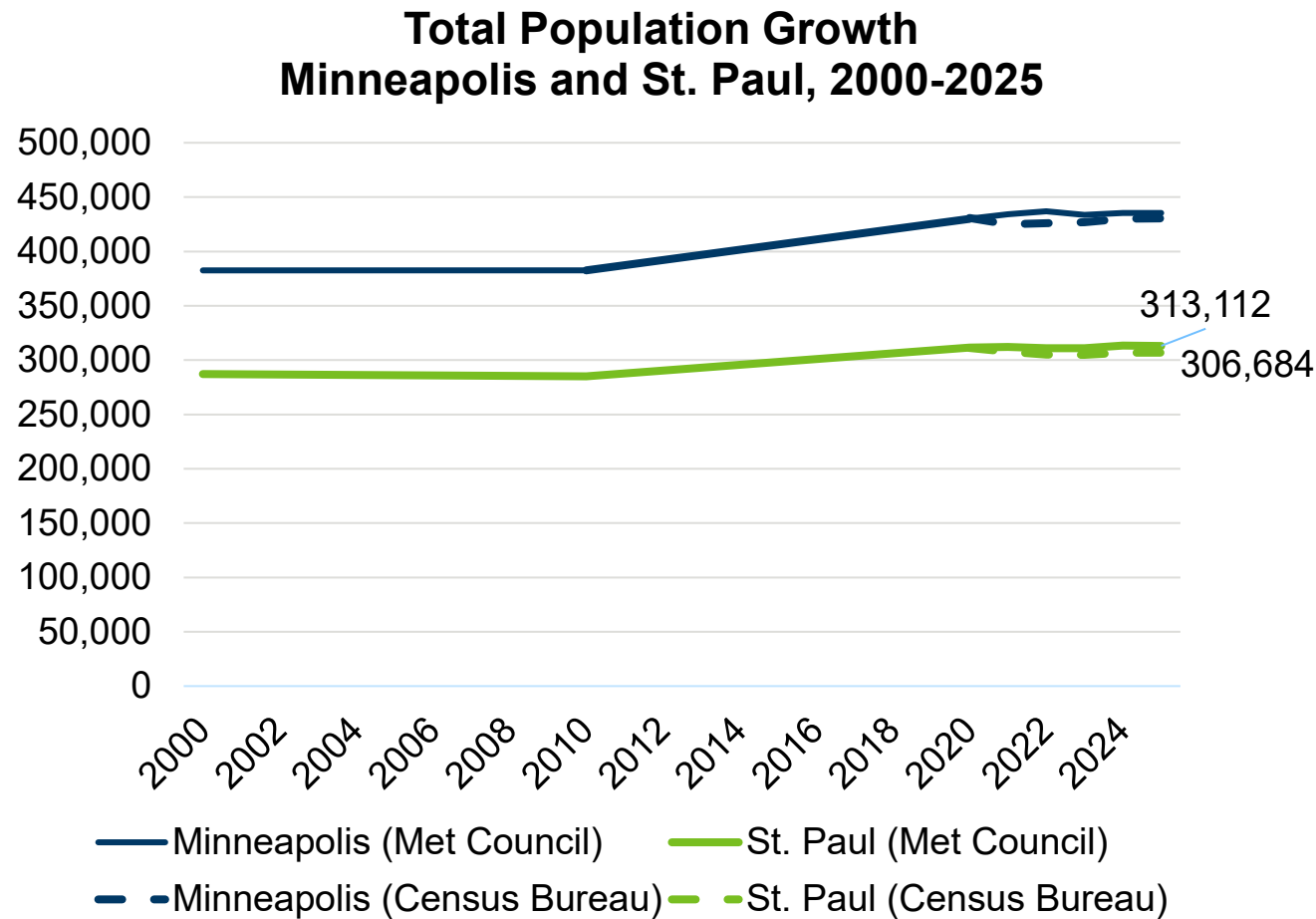
International migration levels have fallen sharply since 2024.



Elevated levels of international migration between 2022 and 2024 temporarily strengthened Minnesota's workforce. That trend has reversed.

International migration is the most likely source of future population and labor force growth. An increase in the birth rate is unlikely, and domestic migration tends to flow out of Minnesota.

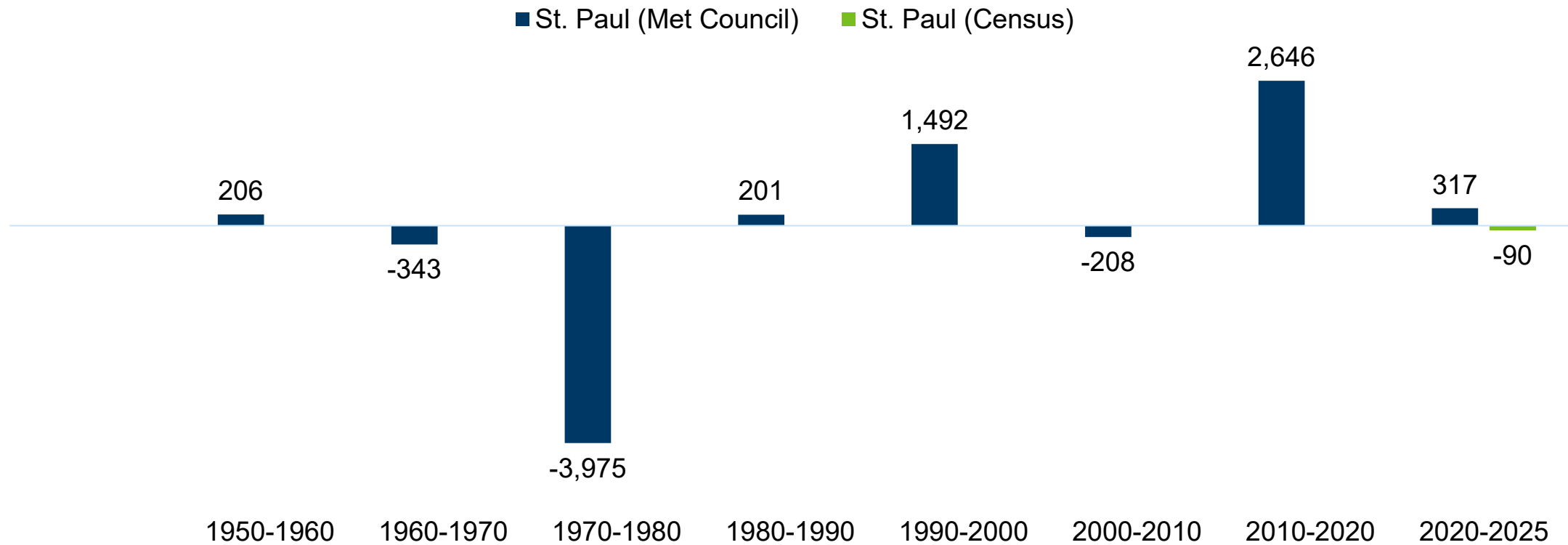
Population growth has slowed in Minneapolis and St. Paul since 2020.



Source: U.S. Census Bureau and Metropolitan Council
Note: The Metropolitan Council's 2025 estimates are preliminary.

The 2010s marked St. Paul's strongest decade of population growth since the 1950s.

**Average Annual Change in Total Population by Time Period
St. Paul, 1950-2025**



Source: U.S. Census Bureau and Metropolitan Council
Note: The Metropolitan Council's 2025 estimates are preliminary.

Slow-growing jurisdictions face challenges downsizing services.

- Governments with slower population growth often have higher per-capita spending including expenditures on education, highway, health and hospitals, and utilities.
- School districts see a similar pattern: As enrollment drops, per-student spending tends to rise.
- For hospitals and transit systems, slow growth (or population decline) raises per-person costs and increases pressure to consolidate services.

Thank you

demography.help@state.mn.us

St. Paul Age Distribution

Age

34.2

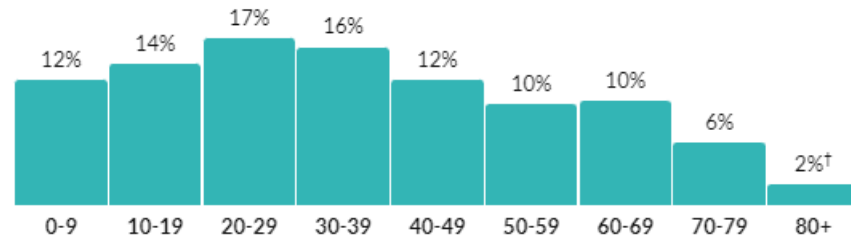
Median age

about 90 percent of the figure in the Minneapolis-St. Paul-Bloomington, MN-WI Metro Area: 38.5

about 90 percent of the figure in Minnesota: 39.2

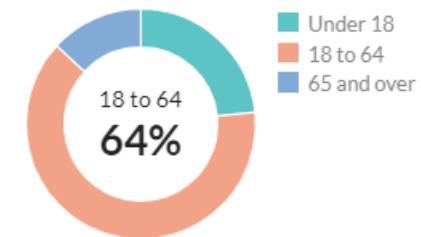
about 90 percent of the figure in United States: 39.2

Population by age range



[Hide data / Embed](#)

Population by age category



[Show data / Embed](#)

Population by age category (Table B01001) [View table](#)

Column	St. Paul				Minneapolis-St. Paul-Bloomington, MN-WI Metro Area				Minnesota			
Under 18	23.4%	±1.3%	71,843	±3,845	22.7%	±0%	853,175	±9,405.8	22.3%	±0%	1,290,824	±10,987.7
18 to 64	63.6%	±1.9%	195,433	±5,930.5	60.8%	±0%	2,284,745	±15,916.2	59.5%	±0%	3,446,054	±19,458.2
65 and over	13.1%	±0.9%	40,208	±2,839.4	16.5%	±0%	620,032	±9,407.8	18.2%	±0%	1,056,273	±11,429.2

Source: U.S. Census Bureau, American Community Survey, 2024

For more information on St. Paul: <https://censusreporter.org/profiles/16000US2758000-st-paul-mn/>

St. Paul Poverty Rate by Age

Poverty

16.9%

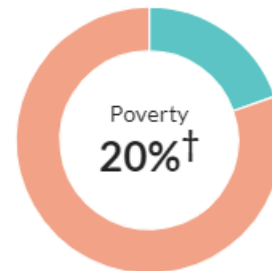
Persons below poverty line

about double the rate in the Minneapolis-St. Paul-Bloomington, MN-WI Metro Area: 8.3%

nearly double the rate in Minnesota: 9.3%

about 1.4 times the rate in United States: 12.2%

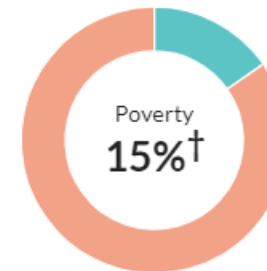
Children (Under 18)



Poverty
Non-poverty

[Show data / Embed](#)

Seniors (65 and over)



Poverty
Non-poverty

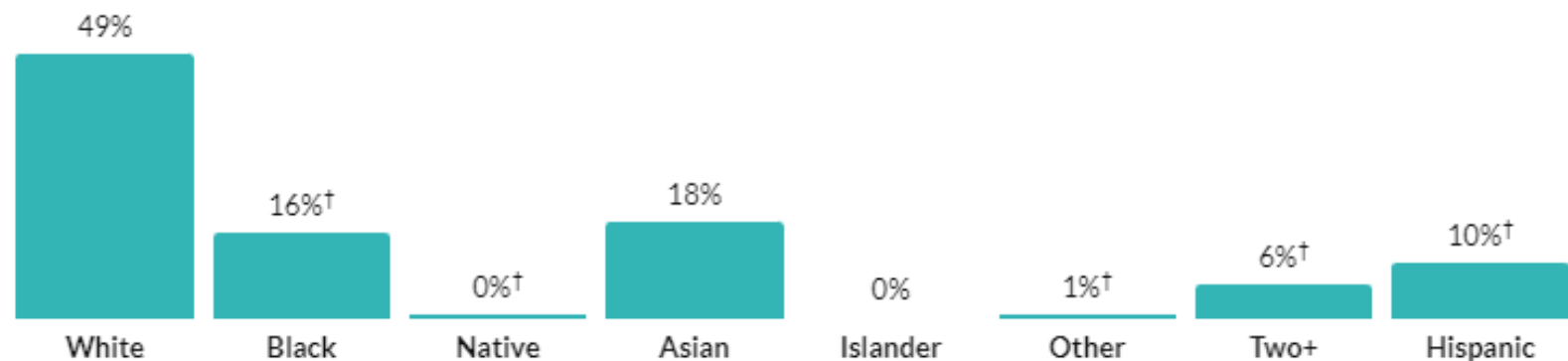
[Show data / Embed](#)

Source: U.S. Census Bureau, American Community Survey, 2024

For more information on St. Paul: <https://censusreporter.org/profiles/16000US2758000-st-paul-mn/>

Race & Ethnicity

St. Paul Racial and Ethnic Composition



* Hispanic includes respondents of any race. Other categories are non-Hispanic.

[Hide data](#) / [Embed](#)

Table B03002 [View table](#)

Column	St. Paul				Minneapolis-St. Paul-Bloomington, MN-WI Metro Area				Minnesota			
White	48.9%	±2%	150,352	±6,053	70.1%	±0%	2,635,968	±4,756	74.7%	±0%	4,329,205	±5,700
Black	15.7%†	±1.7%	48,389	±5,153	9.9%	±0%	372,322	±9,041	7.5%	±0%	432,527	±9,600
Native	0.5%†	±0.3%	1,508	±862	0.4%	±0%	13,129	±1,622	0.7%	±0%	42,945	±2,417
Asian	17.7%	±1.6%	54,303	±4,904	7.2%	±0%	268,816	±4,603	5.2%	±0%	302,861	±5,100
Islander	0%	±0%	0	±157	0%	±0%	1,333	±752	0.1%	±0%	3,148	±1,053
Other	0.6%†	±0.4%	1,741	±1,144	0.4%	±0%	16,446	±3,068	0.4%	±0%	23,548	±3,305
Two+	6.3%†	±1.4%	19,373	±4,225	4.9%	±0%	182,118	±11,364	4.7%	±0%	270,482	±11,656
Hispanic	10.4%†	±1.2%	31,818	±3,687	7.1%	±0%	267,820	±0	6.7%	±0%	388,435	±803

Source: U.S. Census Bureau, American Community Survey, 2024

For more information on St. Paul: <https://censusreporter.org/profiles/16000US2758000-st-paul-mn/>

St. Paul Detailed Race and Ethnicity, 2024

Label	St. Paul city, Minnesota	
	Estimate	Margin of Error
▼ Total:	48,674	±2,148
African American	15,840	±1,533
▼ Sub-Saharan African:		
Cameroonian	495	±278
Congolese	387	±346
Eritrean	517	±257
Ethiopian	5,216	±1,158
Ghanaian	265	±216
Kenyan	658	±440
Liberian	260	±153
Nigerian	778	±353
Sierra Leonean	0	±23
Somali	8,630	±2,021
Sudanese	167	±230
▼ Caribbean:		
Bahamian	14	±22
Barbadian	28	±34
Haitian	592	±493

Source: U.S. Census Bureau, American Community Survey, 2024

For more information on St. Paul: <https://censusreporter.org/profiles/16000US2758000-st-paul-mn/>