Demographic and Economic Forecasts for the Pittsburgh Region Through 2050

October 2026



University of Pittsburgh | University Center for Social and Urban Research

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About the University Center for Social and Urban Research (UCSUR)

The University Center for Social and Urban Research (UCSUR) was established at the University of Pittsburgh in 1972 as a resource for researchers and educators working in the basic and applied social and behavioral sciences. Today the Center promotes and coordinates interdisciplinary, community-engaged research on issues of importance to the Pittsburgh region. Its mission is to connect community priorities with university expertise to advance high-quality, community-engaged research that strengthens the region. UCSUR cultivates trusted partnerships, data accessibility, and collaborative inquiry, and it creates the systems that transform knowledge into lasting public impact.

UCSUR maintains a permanent research infrastructure that supports survey research and quantitative analysis, qualitative data collection, the acquisition and management of secondary and administrative data (including Census data), spatial analysis and GIS, program evaluation, and regional econometric modeling, including the Pittsburgh REMI Model used in this report. This work is organized under three core programs. The Western Pennsylvania Regional Data Center provides shared technical and legal infrastructure for regional data. The Survey & Qualitative Research team handles all aspects of survey and qualitative research. The Community Impact Network brings university and community partners together to address pressing regional issues.

About this Report

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Cover photo: East End neighborhoods of the City of Pittsburgh, 2026 (C. Briem).

Executive Summary

This report summarizes economic and demographic projections for the eight-county Pittsburgh Metropolitan Statistical Area (MSA), referred to in this report as the Pittsburgh region, through the year 2050. These projections are based on the Pittsburgh REMI Model, an econometric forecasting tool produced by Regional Economic Models, Inc. A version of the REMI *TranSight* model designed specifically for Southwestern Pennsylvania was modified by the University Center for Social and Urban Research (UCSUR) to produce a baseline forecast for the Pittsburgh MSA.

In addition, two alternative forecast scenarios were constructed to reflect potentially higher or lower regional population projections. Together, these forecasts are intended to bracket the realistic range of demographic changes expected over coming decades.

Key findings of this report include:

- The baseline forecast projects that the population of the Pittsburgh region will decline to 2.21 million in 2050, or 10.2% below the region's population of 2.46 million in 2020. In this scenario, continuing regional population loss results primarily from ongoing natural population decline, offset only in part by relatively low levels of international immigration.
- The three scenarios differ in their assumed levels of economic migration flows impacting the Pittsburgh MSA. Under the alternative scenarios, the 2050 population ranges from a low of 2.13 million, or 13.2% below 2020 population levels, to 2.37 million, or 3.5% below the region's 2020 population.
- Projected change in the regional population differs significantly across age groups. Under the baseline forecast, the population under age 18 declines by 21.7% between 2020 and 2050, while the population age 85 and over increases by 62.1%.
- Regional population change is the result of natural population change and migration flows. Natural population change is the difference between the number of births and the number of deaths. The Pittsburgh MSA continues to experience the highest rate of natural population decline among large metropolitan areas in the nation. Natural population declines for the Pittsburgh region are expected to accelerate over the next two decades before stabilizing after 2045.
- The baseline forecast projects that the regional labor force will decline by 6.0% between 2020 and 2050, with alternative forecasts projecting a 9.4% decline or a 1.4% gain.
- Workers age 65 and over are the only age group in the labor force projected to grow in every scenario, increasing by 30% to 33% between 2020 and 2050.
- Under the baseline forecast, total employment in the Pittsburgh region grows by 9.6% between 2019 and 2050, from about 1.53 million to 1.68 million jobs, led by services (+17%), while retail and wholesale employment falls by 21%.
- The region's capacity to provide family care for its oldest residents is projected to decline sharply. The caregiver support ratio, defined as the number of residents ages 45 to 64 for each resident age 80 and over, is projected to fall from 5.0 in 2020 to a low of 2.9 in 2045.

Overview

Economic and demographic forecasting is an ongoing research activity at UCSUR. Since 1989, UCSUR has contracted with Regional Economic Models, Inc. (REMI, www.remi.com), an economics consulting firm based in Amherst, Massachusetts, to construct an economic model of the Pittsburgh region. REMI has produced econometric models for regional forecasting and economic impact analysis since 1980, and its models are widely used standards for economic and demographic analysis.[1]

This report details a baseline and two alternative demographic and economic scenarios for the Pittsburgh MSA through the year 2050.[2] Table 1 summarizes the population projections for each forecast scenario. Each scenario is based on a different projected level of *net economic migration* through the forecast period. Economic migration is defined in the REMI Model as a subset of total regional migration that is primarily shaped by relocation of workers and families between metropolitan areas for employment-related reasons. Further explanation of how these alternative scenarios were constructed is detailed in Section I of this report.

Table 1. Comparison of Alternative Forecast Scenarios
Population Projections for the Pittsburgh MSA, 2020-2050

Scenario	2020[3]	2030	2040	2050	Change 2020-2050 #	Change 2020-2050 %
1. Baseline	2,457,840	2,399,929	2,314,038	2,206,325	−251,515	−10.2%
2. Negative Economic Migration	2,457,840	2,390,461	2,275,445	2,134,628	−323,212	−13.2%
3. Positive Economic Migration	2,457,840	2,423,496	2,404,978	2,372,364	−85,476	−3.5%

Source: UCSUR/Pittsburgh REMI Model

These population projections do not reflect the forecast of any individual county or municipality within the Pittsburgh region. Intra-regional migration patterns and the unique demographics of each subregion are expected to generate a wide range of future population trends for individual communities.

Unanticipated changes in regional or national economic conditions will certainly result in future trends that differ from what is projected here. Long-term forecasts such as these are intended to establish the general framework for a region's policy agenda and for evaluating future economic and demographic shifts that are observed going forward.

[1] Among other clients, Pennsylvania's Independent Fiscal Office (IFO), a nonpartisan legislative agency, uses a statewide REMI Model for its forecasting research and state budget projections.

[2] Throughout this report, the Pittsburgh region refers to the Pittsburgh MSA which is currently defined as Allegheny, Armstrong, Beaver, Butler, Fayette, Lawrence, Washington, and Westmoreland Counties in Pennsylvania. The federal Office of Management and Budget (OMB) added Lawrence County to the definition of the Pittsburgh MSA in 2023. All historical and forecast data presented in this report represent data for the current eight-county definition of the Pittsburgh MSA.

[3] Unless otherwise noted, the REMI population totals in this report reflect population on January 1 of each year. This differs slightly from the Decennial Census, which uses April 1 as a reference date. The 2020 Decennial Census population for the eight-county Pittsburgh MSA was 2,457,000.

Anticipated population change in the Pittsburgh region varies significantly across age groups (see Figure 1 and Table 2). Under the baseline forecast, the population under age 18 declines by 100,774, or 21.7%, between 2020 and 2050, and the population ages 18 to 24 will decline by 22.5%. The population ages 25 to 64 will decline by 11.0%, with the steepest decline of any five-year group occurring among ages 25 to 29. Growth is fastest at the oldest ages, with the population age 85 and over rising 62.1% to just over 116 thousand by 2050. The population age 65 and over increases by 7.1% across the full period, but that total peaks near 595 thousand in 2032 and declines thereafter. Table 2 shows corresponding population change by age group across all forecast scenarios.

The remainder of this report is organized as follows:

Section I explains the methodology used to construct the baseline and alternative forecast scenarios.

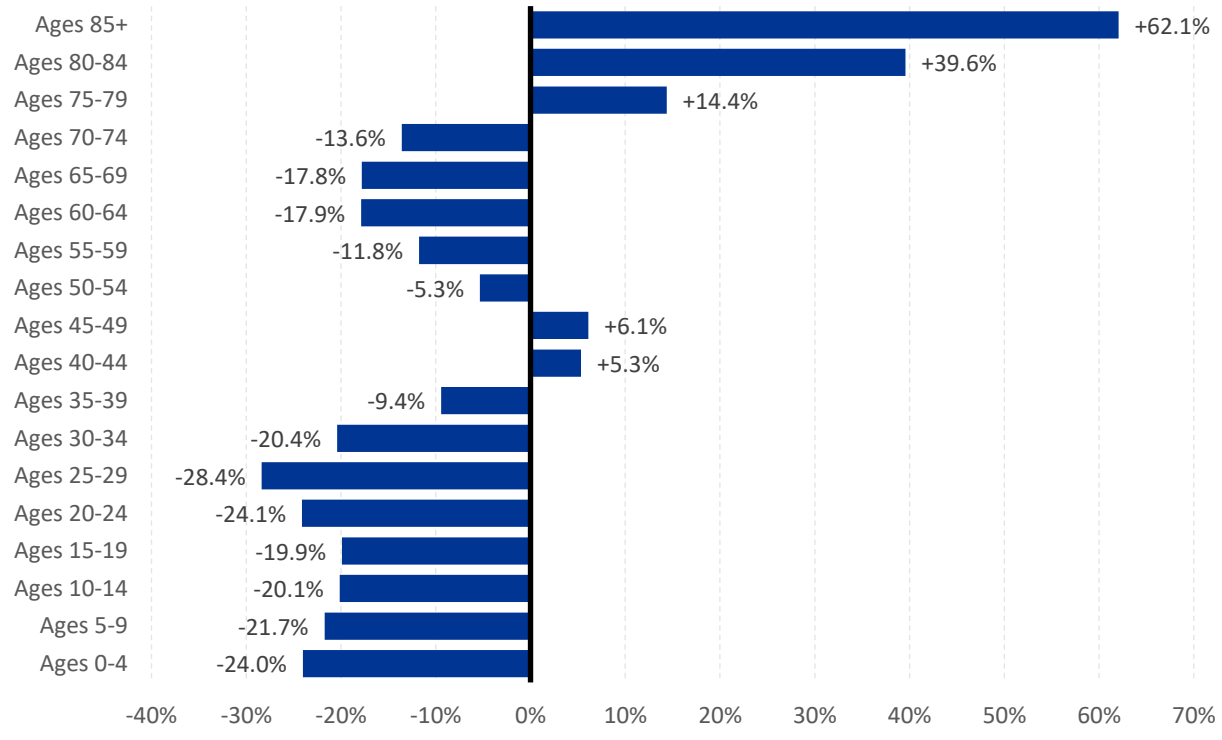
Section II explains the recent demographic trends that are currently affecting the Pittsburgh region and how the demographic characteristics of the region are projected to change in the future.

Section III provides greater detail on the projected economic shifts that are expected for the Pittsburgh region, including projected shifts in the characteristics of the regional labor force and employment.

Appendix I compares the forecasts presented here with an alternative forecast generated by the Pennsylvania State Data Center (PaSDC) and the Center for Rural Pennsylvania.

Appendix II provides additional details on each scenario's population forecast by age.

Figure 1. Baseline Forecast Population Change by Age Group
Pittsburgh MSA, 2020-2050



Source: UCSUR/Pittsburgh REMI Model

Table 2. Population Change by Age Group Under Alternative Forecast Scenarios
Pittsburgh MSA, 2020-2050

	2020	2030	2040	2050	Change 2020-2050 #	Change 2020-2050 %
Scenario 1: Baseline						
Ages 0-17	463,468	423,049	382,615	362,694	−100,774	−21.7%
Ages 18-24	199,708	188,444	177,551	154,804	−44,904	−22.5%
Ages 25-64	1,288,445	1,199,622	1,173,827	1,146,714	−141,731	−11.0%
Ages 25-44	616,633	628,284	576,243	529,200	−87,433	−14.2%
Ages 45-64	671,812	571,338	597,584	617,514	−54,298	−8.1%
Ages 65 and over	506,219	588,813	580,046	542,112	35,893	7.1%
Ages 65-84	434,474	522,847	481,278	425,845	−8,629	−2.0%
Ages 85 and over	71,745	65,966	98,768	116,267	44,522	62.1%
Total Population	2,457,840	2,399,929	2,314,038	2,206,325	−251,515	−10.2%
Scenario 2: Negative Economic Migration						
Ages 0-17	463,468	420,265	372,712	345,396	−118,072	−25.5%
Ages 18-24	199,708	188,156	173,329	147,679	−52,029	−26.1%
Ages 25-64	1,288,445	1,193,295	1,150,507	1,103,360	−185,085	−14.4%
Ages 25-44	616,633	623,604	560,411	503,024	−113,609	−18.4%
Ages 45-64	671,812	569,691	590,096	600,336	−71,476	−10.6%
Ages 65 and over	506,219	588,746	578,898	538,194	31,975	6.3%
Ages 65-84	434,474	522,780	480,130	421,966	−12,508	−2.9%
Ages 85 and over	71,745	65,966	98,768	116,228	44,483	62.0%
Total Population	2,457,840	2,390,461	2,275,445	2,134,628	−323,212	−13.2%
Scenario 3: Positive Economic Migration						
Ages 0-17	463,468	429,671	406,799	403,530	−59,938	−12.9%
Ages 18-24	199,708	190,979	187,064	171,476	−28,232	−14.1%
Ages 25-64	1,288,445	1,213,884	1,228,524	1,246,558	−41,887	−3.3%
Ages 25-44	616,633	638,832	614,064	590,320	−26,313	−4.3%
Ages 45-64	671,812	575,052	614,460	656,238	−15,574	−2.3%
Ages 65 and over	506,219	588,962	582,591	550,799	44,580	8.8%
Ages 65-84	434,474	522,996	483,823	434,475	1	0.0%
Ages 85 and over	71,745	65,966	98,768	116,324	44,579	62.1%
Total Population	2,457,840	2,423,496	2,404,978	2,372,364	−85,476	−3.5%

Source: UCSUR/Pittsburgh REMI Model

I. Baseline and Alternative Forecast Scenarios

Recent economic and demographic trends in the Pittsburgh region are used to construct a baseline and two alternative forecasts for the region's population and economy. These scenarios were constructed using a version of the REMI Model built specifically for counties in Southwestern Pennsylvania. In each of these forecasts, the REMI *TranSight* model forecast has been adjusted to include the most recent U.S. Census Bureau population estimates and employment data for the Pittsburgh region and other minor technical adjustments.[4]

The Pittsburgh REMI Model includes a detailed demographic model for all counties in Southwestern Pennsylvania. The model's demographic module is a full cohort-component structure that advances the population by single year of age, by gender, and by race and ethnicity, applying age-specific fertility and survival rates to each cohort and projecting retired, international, and economic migration as separate flows. Retired migration (migrants age 65 and over) is projected from historical age-specific migration rates and is expected to be stable across a range of regional economic conditions, while economic migration responds to the region's relative wages and employment opportunities. In each of the forecast scenarios presented here, future net economic migration levels are set per assumptions set for each scenario. The resulting population, adjusted for special populations such as college students and military personnel, determines regional labor supply through age- and race-specific participation rates.

The baseline forecast here has been defined as a scenario where net economic migration for the region is zero through the entire forecast period. Economic migration in the REMI Model is a broad category that captures most of the migration of population under age 65. Within this age range, employment-related reasons are considered the most common factors influencing long-distance (or inter-metropolitan area) migration decisions of workers and their families.

Net economic migration, the difference between population in-migration and population out-migration for economic reasons, varies significantly across metropolitan regions and varies over time based on changing economic conditions. Here, alternative assumptions of future economic migration can be interpreted as broad proxies for the Pittsburgh region's future economic conditions and competitiveness.

The REMI Model deconstructs historical demographic data and estimates annual levels of net economic migration for the Pittsburgh region. REMI Model estimates of net economic migration for the Pittsburgh region between 2001 and 2023 are presented in Figure 2. During this period, the Pittsburgh region experienced years of both positive and negative net economic migration. Over this period, the highest level of net economic migration resulted in a population gain of just under 5,200 in 2011, while the largest net loss due to economic migration, just over 12,700, occurred in 2004.

Other major categories of population migration used in the REMI Model include retired migration (residents age 65 and over), international immigration, and the movement of special populations such as college students and military personnel. Each of these other types of migration is determined separately within the model, for example from historical age-specific patterns for retired migration and

[4] More information on the REMI *TranSight* model is available online here: wp.remi.com/wp-content/uploads/2024/08/TranSight-Model-Documentation-v5_2.pdf. The Pittsburgh REMI Model used here is also used by the Southwestern Pennsylvania Commission (SPC), Southwestern Pennsylvania's Metropolitan Planning Organization (MPO) for long-range economic and demographic forecasting. The specific forecast scenarios and the model calibrations for each scenario were developed independently by UCSUR for this report.

from national projections for international migration. Section II of this report discusses in greater detail how migration flows and other demographic factors impact population trends in the Pittsburgh region.

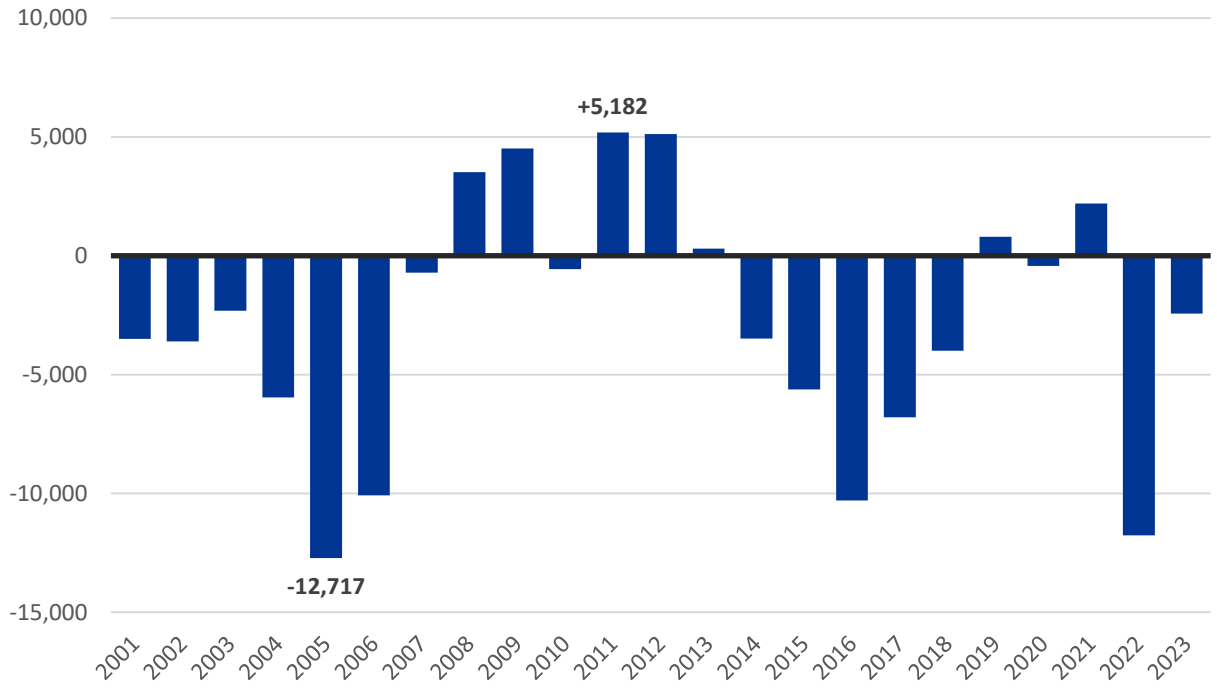
Each of the forecast scenarios presented here was constructed with different assumptions about future levels of net economic migration into or out of the Pittsburgh region.

The *baseline forecast*, or *Scenario 1*, is based on balanced levels of economic migration, or net zero economic migration, across all forecast years. While the baseline forecast scenario is more optimistic than the average demographic trends from 2001 to 2023, it is assumed here to be a realistic scenario for future planning and falls between the two alternative forecast scenarios described below.

Scenario 2 (Negative Economic Migration) is based on an assumption that the Pittsburgh region will experience a consistent, moderate loss of population due to economic migration through the forecast period. This is consistent with regional demographic trends across recent decades. Between 2001 and 2023, the Pittsburgh REMI Model estimates the average annual level of net economic migration in the Pittsburgh region to be a net loss of 2,725 residents. This level of annual net economic migration is the basis for this scenario.

Scenario 3 (Positive Economic Migration) is based on an assumption that the Pittsburgh region will experience positive net migration each year through the forecast period. On average, the REMI Model estimates that the Pittsburgh region has experienced negative economic migration over the last two decades. However, the REMI Model also estimates there have been periods when the region experienced positive net migration. The region's highest recent levels of positive net economic migration occurred between 2008 and 2013. During this period, the region experienced an average annual population gain

Figure 2. Estimated Annual Net Economic Migration
Pittsburgh MSA, 2001-2023



Source: UCSUR/Pittsburgh REMI Model

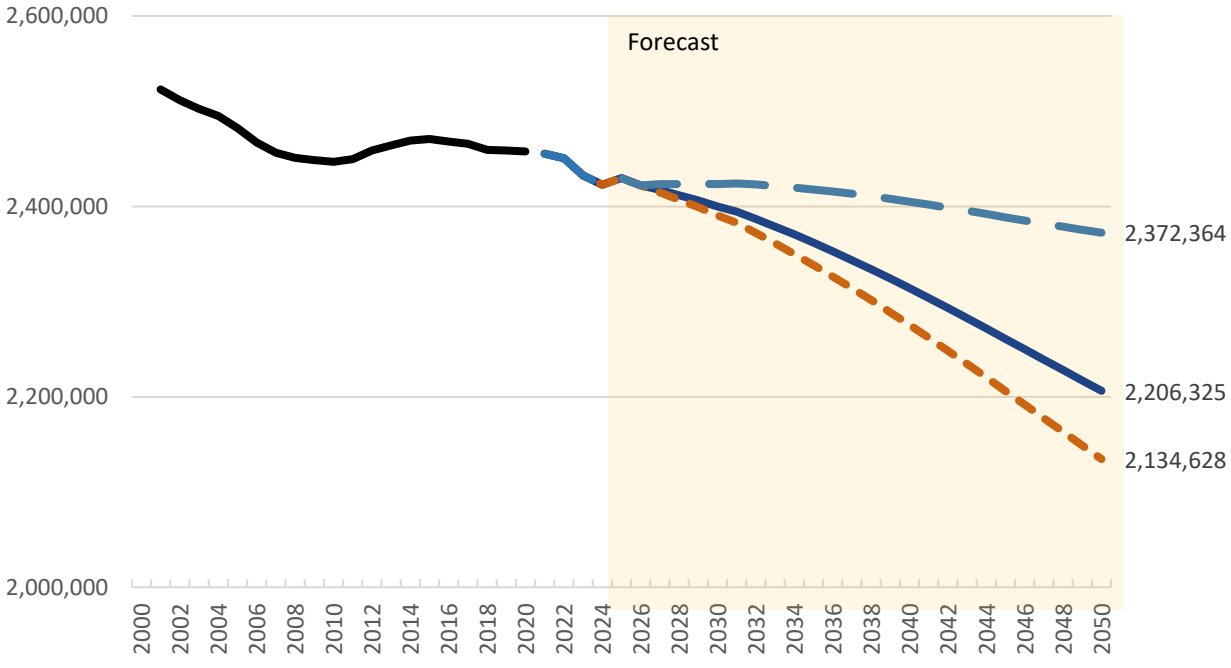
of 3,011 due to economic migration. During these six years, the REMI Model estimates that the Pittsburgh region experienced some population changes that were not attributed to other causes. This scenario assumes that all unattributed population growth, which averaged +3,200 annually in 2008-2013, was also due to economic migration for a total annual net economic migration of 6,211.

Economic migration is just one component of overall population change but is the component of demographic change most likely to vary depending on changing economic conditions regionally and nationally. Population trends in the Pittsburgh region are also impacted by natural population change, which is the difference between annual levels of births and deaths, and other types of population migration including retired migration and the flow of new international immigrants, which are determined separately from economic migration in the REMI Model. Forecasts of each of these other components of demographic change are calculated by the REMI Model based on the demographic characteristics of the region and historical demographic trends, which are explained in more detail in Section II of this report.

Figure 3 summarizes the projections for each forecast scenario. The baseline forecast projects that the Pittsburgh region will decline from a population of 2.46 million in 2020 to 2.21 million in 2050, a decline of 252 thousand, or 10.2%. Alternative forecast scenarios project that the population of the Pittsburgh region will range between 2.13 million (−13.2% from 2020) and 2.37 million (−3.5% from 2020).

Population trends outside the range of the three forecast scenarios presented here are certainly possible, but would likely require the region to experience consistent levels of net economic migration in excess of the 6,211 annual level assumed in Scenario 3, or less than the average economic migration levels between 2001 and 2023 (used to construct Scenario 2).

Figure 3. Population History and Comparison of Forecast Scenarios
Pittsburgh MSA, 2001-2050



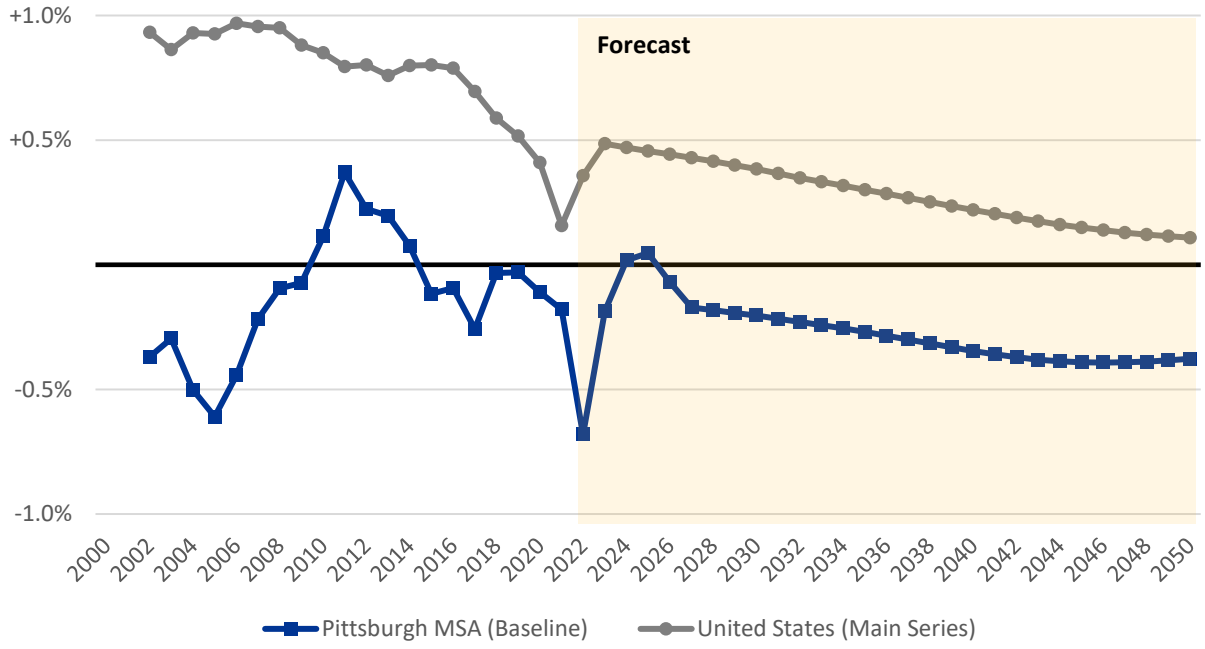
Source: UCSUR/Pittsburgh REMI Model

Comparison to National Demographic Forecasts

Here, historical population trends and the projected population for the Pittsburgh region in the baseline scenario are compared to the Census Bureau population projections for the United States. The Census Bureau has produced several alternative forecasts for the nation through 2060. The national population projections shown here are the Census Bureau's *Main Series* of population projections distributed in 2023, the most recent national projections available.[5]

Figure 4 compares historical and projected population trends for the United States and the Pittsburgh region. The nation is projected to sustain population gains through 2050, but average growth rates are projected to decline slowly. Past levels of annual population growth in the Pittsburgh region between 2001 and 2023 trailed national population gains by an average of 0.9 percentage points. Under the baseline forecast scenario, annual population change for the Pittsburgh region is projected to trail the national growth rate by an average of 0.6 percentage points between 2020 and 2050.

Figure 4. Comparison of Regional and National Population Growth
Average annual population change, Pittsburgh MSA and the United States



Source: UCSUR/Pittsburgh REMI Model and U.S. Census Bureau, 2023 National Population Projections

Note that the Census Bureau's *Main Series* projections assume that future international migration will mirror recent historical trends. Should future immigration levels vary significantly from recent trends, future national population levels will likely differ from these forecasts.[6] The Census Bureau Main Series projections forecast a national population of 360.6 million in 2050. Alternative Census Bureau projections range from a low of 313.8 million to 384.0 million in 2050.

[5] U.S. Census Bureau, *2023 National Population Projections Tables: Main Series*.

[6] See Frost, R. (2026, March 26). *Population growth down sharply and projected to fall further*. Joint Center for Housing Studies, Harvard University.

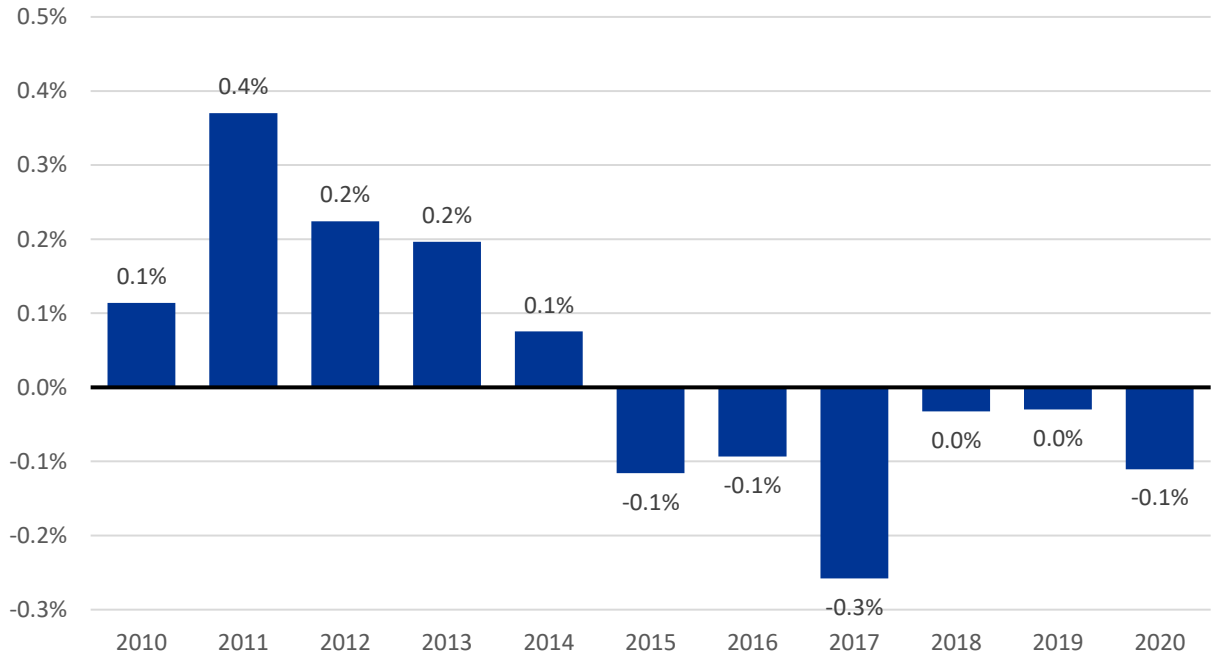
II. Recent Demographic Trends in the Pittsburgh Region

Decennial Census data show that the Pittsburgh MSA experienced a population gain of 9,607 between 2010 and 2020.[7] That 0.4% increase in the regional population was the first decade the Pittsburgh region experienced population gains since the 1950s.

More significant than the size of the gain was its source. Unlike the 1950s, when growth came from births to the large baby boom cohort, regional population gains between 2010 and 2020 were the result of gains from net migration. Over the decade, the level of net migration into the Pittsburgh region was likely the highest in any decade since at least 1920.[8] Net migration gains were likely highest in the early 2010s due to the rapid early buildout of unconventional natural gas attracting workers to the region during the slow national recovery from the Great Recession. Migration into the region slowed as other metros recovered and consolidation among major gas developers slowed the pace of new investment.

Figure 5 shows the REMI Model's estimate of annual population change in the Pittsburgh MSA over the period 2010 to 2020. The REMI Model estimates population gains were concentrated in the early part of the decade (2010-2014) with population declines returning through the latter half of the decade. This is consistent with separate Census Bureau annual population estimates for the period 2010-2020.

Figure 5. Estimated Annual Population Change
Pittsburgh MSA, 2010-2020



Source: UCSUR/Pittsburgh REMI Model

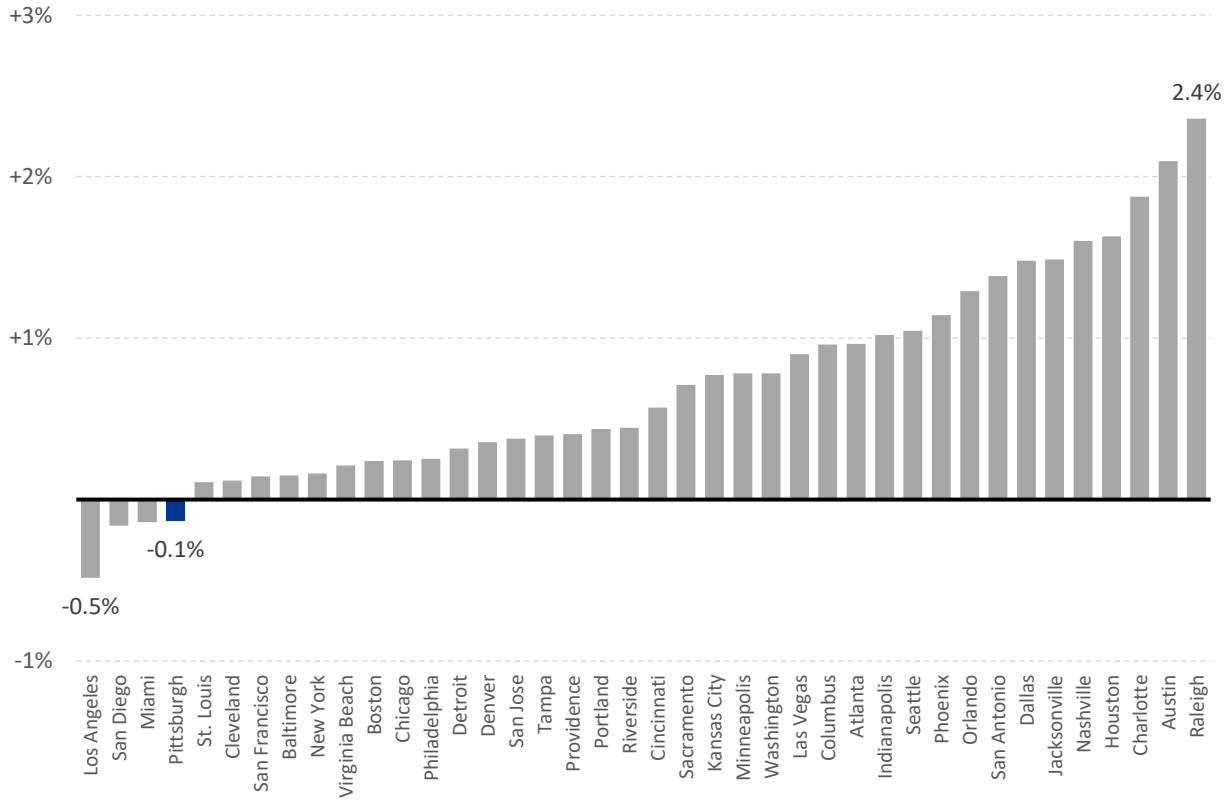
[7] The 9,607 population gain represents the population change for the eight-county Pittsburgh MSA as currently defined. As of 2020, the Pittsburgh MSA was defined as a seven-county region. The previously defined seven-county region experienced a +14,645 (or +0.6%) population gain over the 2010-2020 decade.

[8] *Portrait of a region* (Vol. 1). (1963). University of Pittsburgh Press. See p. 42, Table 14.

More recent Census Bureau population estimates show that the population of the Pittsburgh MSA decreased by 3,160, or just over 0.1%, between July 1, 2024, and July 1, 2025. Of the 40 largest MSAs in the United States, 36 experienced population gains over the year, with the Raleigh MSA recording the fastest annual growth rate (+2.4%). In addition to Pittsburgh, the Miami, San Diego, and Los Angeles MSAs experienced population decline over the same year. Figure 6 contrasts these estimated recent population changes across the 40 largest MSAs in the United States.

Regional population change is shaped by a combination of natural population change and net migration. Natural population change is the difference between the number of births and deaths within the region. Net migration is the difference between the flows of people moving into and out of the region. The REMI Model breaks down total migration into various components, including economic migration, retired migration, international migration, and smaller types of population movement such as the movement of military personnel into the region.

Figure 6. Estimated Population Change Across the 40 Largest MSAs
July 1, 2024 to July 1, 2025



Source: Compiled from U.S. Census Bureau Population Estimates Program (Vintage 2025) data

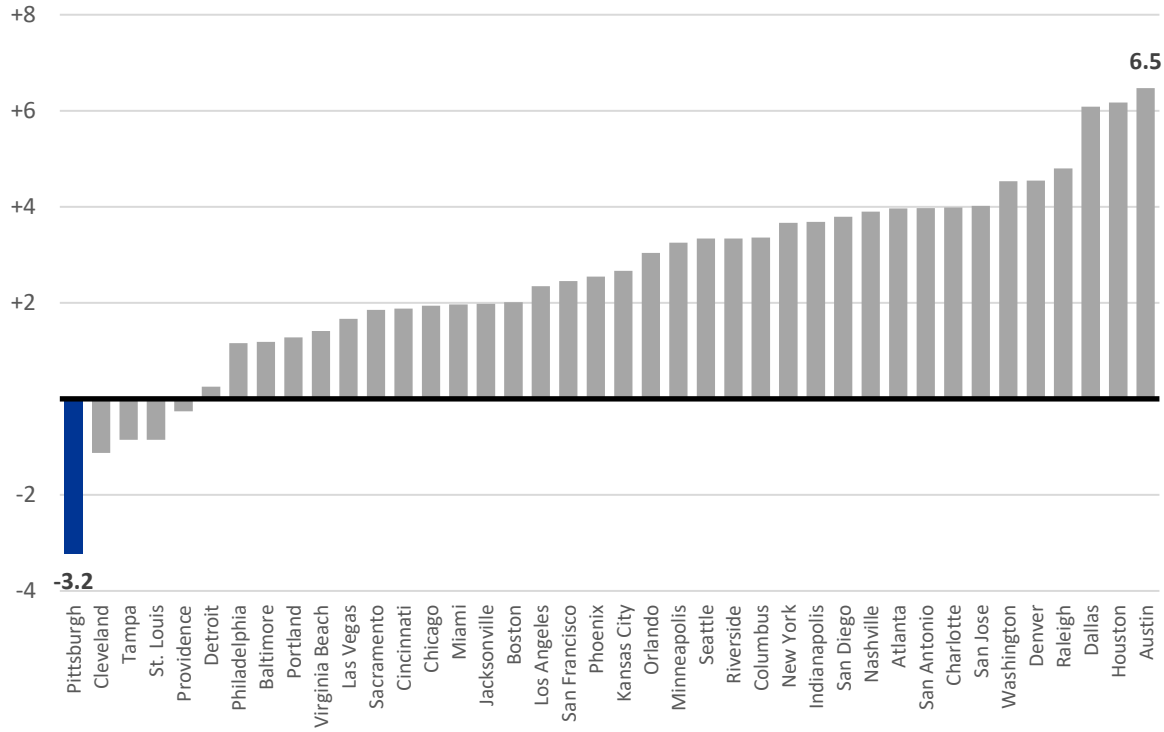
The Pittsburgh region's recent population decline primarily reflects ongoing natural population decline (an excess of deaths over births) and relatively low rates of net population migration. The following subsections will address each of the major components of demographic change and their impact on both the recent history of population change in the Pittsburgh region and population projections through 2050.

Natural Population Change

Natural population change is the difference between levels of births and deaths among residents within a specified geographic region. The Pittsburgh region began experiencing natural population decline in the mid-1990s, and the gap between the annual number of births and the number of deaths has remained consistently negative over the most recent three decades. Over most of this period, the Pittsburgh MSA has been the only large metropolitan area in the United States to experience more deaths than births. In recent years, a limited number of other large metropolitan areas have begun to experience natural population declines, but the rate of natural population decline in the Pittsburgh MSA exceeds that of any other large metropolitan area in the United States. Natural population change reflects the demographic characteristics of the regional population, in particular the older age structure of Pittsburgh's population compared to most other major metropolitan areas.[9]

Pittsburgh's older age structure reflects historical economic shifts during the 1980s, when the concentrated contraction of heavy industry in the region resulted in significant job destruction. As a result, the Pittsburgh region experienced significant out-migration, particularly of younger workers and their families. This age-selective migration resulted in the region becoming significantly older relative to most other large metropolitan areas in the United States.[10]

Figure 7. Natural Population Change Across the 40 Largest MSAs
Births minus deaths per 1,000 population: July 1, 2024 to July 1, 2025



Natural population is the difference in numbers of births and deaths.
Source: Compiled from U.S. Census Bureau Population Estimates Program (Vintage 2025) data

[9] For more on the loss of the young-adult population in the Pittsburgh region during the 1980s, see How many people left Pittsburgh during the 1980s? (2014, June). *Pittsburgh Economic Quarterly*. University Center for Social and Urban Research, University of Pittsburgh. ucsur.pitt.edu/sites/default/files/PEQ/peq_2014-06.pdf

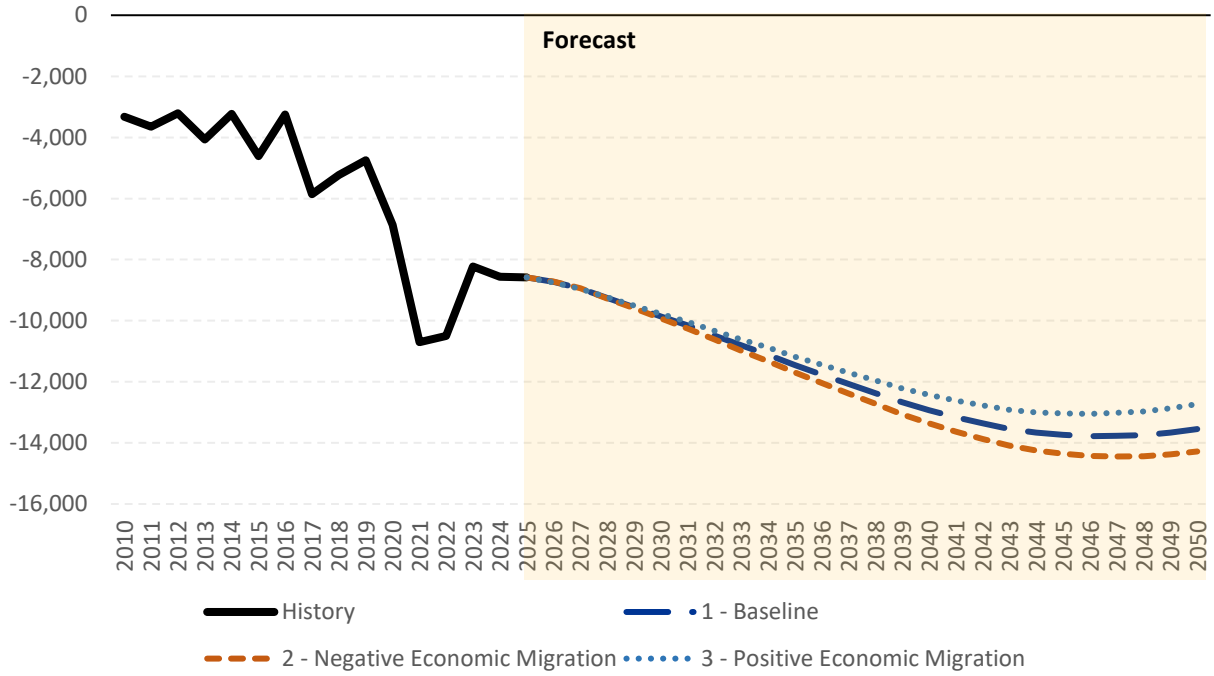
[10] For a summary of Pittsburgh's demographic transition since the 1980s, see Peter A. Morrison, A Demographic Overview of Metropolitan Pittsburgh, RAND Corporation, 2003.

While natural population decline has become common in other countries with aging populations and low fertility rates, and in many rural areas of the United States, it remains atypical among large metropolitan areas in the United States. Figure 7 compares the current rates of natural population change across the 40 largest MSAs in the U.S. Currently, the Pittsburgh MSA is one of only five large metropolitan areas experiencing natural population decline.

In the near future, continued aging of the population, including the aging of the large baby boom cohort, will result in increasing levels of natural population decline for the Pittsburgh region in all forecast scenarios. By the mid-2030s, rates of natural population decline are projected to exceed the peak rates experienced over the last two decades. By 2040, the annual loss of population for the Pittsburgh region due solely to natural population change will range from 12,425 to 13,358 across the three forecast scenarios.

Figure 8 contrasts the projected annual levels of natural population change for the Pittsburgh region under each of the three forecast scenarios. In all three scenarios, natural population decline is projected to accelerate over the coming two decades before stabilizing and beginning to abate between 2045 and 2050.

Figure 8. Annual Natural Population Change Under Alternative Forecasts
Pittsburgh MSA, 2010-2050



Natural population is the difference in numbers of births and deaths.
Source: UCSUR/Pittsburgh REMI Model

Population Migration

In addition to natural population change, population trends in the Pittsburgh region are shaped by migration flows. Population loss due to migration is not a recent phenomenon in the Pittsburgh region. Prior to the 2010-2020 period, the number of people moving out of the Pittsburgh region exceeded the number moving in over the course of every decade since the end of World War II. Historical migration levels reflect the loss of jobs in the region's core manufacturing industries, productivity gains that reduced the need for workers, and the rapid population growth of other regions of the United States.

REMI Model Migration Definitions

Economic Migration: Migrants under age 65 who respond to economic and amenity factors.

Retired Migration: People age 65 and over who move from one area to another. REMI treats these moves as non-economic, projecting them from historical age-specific migration rates, so they do not respond to regional economic conditions.

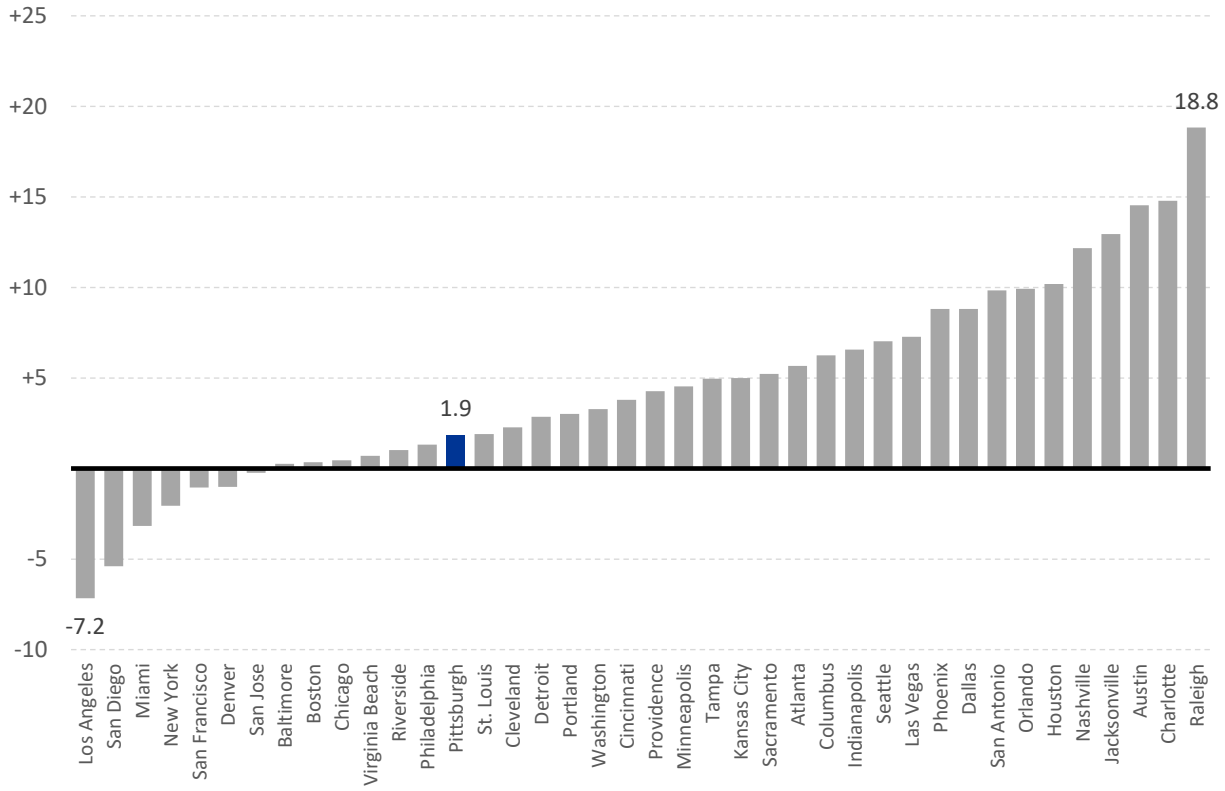
International Migration: Migrants coming from the rest of the world. These are residents who lived outside of the U.S. one year prior. Recent international immigrants who subsequently move to a new region are considered domestic migrants and would typically be counted in the REMI Model as either economic or retired migrants, depending on their age.

Compared to that history, the most recent population estimates from the Census Bureau show a relative balance between the number of migrants moving into the Pittsburgh region and the number moving out. Census Bureau estimates show that the Pittsburgh region gained 4,553 residents due to net migration between July 1, 2024, and July 1, 2025. Figure 9 compares the total net migration rates across the 40 largest MSAs in the United States.

Other types of population migration include flows of international immigration, flows of college students as they both matriculate and graduate, and much smaller changes due to the movement between regions of active-duty military personnel and institutionalized populations. There is uncertainty associated with each of these other types of migration flows, and if they diverge significantly from the projections used here, future population trends in the region will differ as well. For each of the forecast scenarios presented here, the levels of net economic migration are set exogenously as an input to the model. Retired migration is projected from historical age-specific rates and international migration from national projections, so neither responds to regional economic conditions.

Throughout the forecast period, the three forecast scenarios have similar projections for the rate of net retired migration and international immigration. Net retired migration is projected to produce a population loss of 575 to 595 residents annually through the forecast period. International migration is projected to continue, producing moderate population gains for the region, with an annual gain ranging from 2,942 to 3,875 over the forecast period. Table 3 summarizes the average level of each component of demographic change in each of the forecast scenarios.

Figure 9. Estimated Net Migration Rates Across the 40 Largest MSAs
Total net migration per 1,000 population: July 1, 2024 to July 1, 2025



Source: Compiled from U.S. Census Bureau Population Estimates Program (Vintage 2025) data

Table 3. Major Components of Population Change Under Alternative Forecast Scenarios
Average annual change 2025-2050, Pittsburgh MSA forecast scenarios

	Average Annual Change				
Scenario	Economic Migration[1]	Retired Migration	International Migration	Natural Population Change	Total Population Change[2]
1. Baseline	0	−575	+3,674	−11,677	−8,409
2. Negative Economic Migration	−2,725	−595	+3,875	−12,007	−11,192
3. Positive Economic Migration	+6,211	−593	+2,942	−11,300	−2,100

Source: UCSUR/Pittsburgh REMI Model

1 Levels of net economic migration are exogenously set for each of the forecast scenarios. See Section I for more on how economic migration levels were set for each scenario.

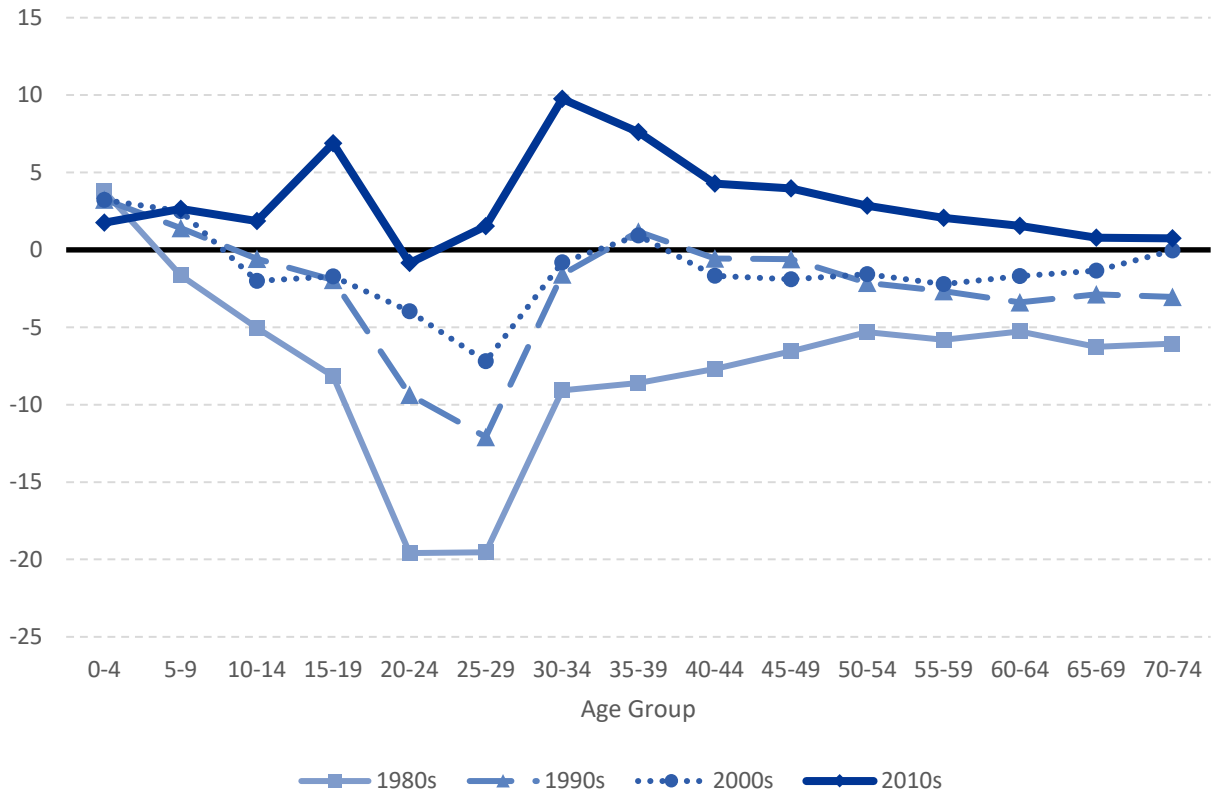
2 Overall change includes other small changes, such as projected shifts in special populations (military personnel, students, and certain institutionalized populations).

Recent migration patterns in the Pittsburgh region differ from those of earlier decades most clearly in their age composition. Figure 10 compares net migration rates by age group across the last four decades, using age-specific estimates compiled by the Applied Population Laboratory at the University of Wisconsin. During the 1980s, the region recorded net migration losses at nearly every age, but losses were steepest among young adults, with cumulative net losses over the decade equal to roughly 20% of the population ages 20 to 29. Those losses moderated substantially over the 1990s and 2000s but remained negative across the same young adult age ranges.

Over the 2010s the pattern reversed, and the region recorded net migration gains across most age groups, with the largest gains among adults ages 30 to 39 and among those ages 15 to 19. The population ages 20 to 24 was the only group to continue recording a slight net loss, a pattern consistent with a region that attracts a large number of students matriculating into college, and then loses a share of its recent graduates. These estimates measure total net migration of all types and are not directly comparable to the REMI net economic migration series in Figure 2.

Figure 10. Estimated Net Migration Rates by Age Group

Net migration as a percent of age-group population, Pittsburgh MSA: 1980s, 1990s, 2000s, and 2010s



Source: UCSUR, compiled from University of Wisconsin county-level data[11]

[11] UCSUR recompiled county-level data for the MSA data presented here. See: Egan-Robertson, D., Curtis, K. J., Winkler, R. L., Johnson, K. M., & Bourbeau, C. (2024). *Age-specific net migration estimates for U.S. counties, 1950–2020* [Data set]. Applied Population Laboratory, University of Wisconsin–Madison. netmigration.wisc.edu/

Emerging National Demographic Trends

National demographic trends shape regional population change, though a region can diverge from them depending on its industry mix, labor market, and age structure. The three demographic trends below (natality and mortality, slowing domestic migration, and international immigration) are expected to affect regional population projections across all regions in the United States. These national trends carry particular weight for the Pittsburgh region, which is older than most large metropolitan areas and relies more on migration for any potential population growth.

Natality and Mortality

Natural population growth in the United States has slowed dramatically in recent decades as fertility rates have fallen well below the replacement level of 2.1 births per woman. Since the Great Recession, the total fertility rate has remained persistently low, most recently at about 1.6.[12] As a result, deaths now exceed births in a growing number of states.[13] The Census Bureau's long-term projections already anticipate that natural increase will contribute little to overall growth, with immigration expected to become the primary driver of population change in coming decades.

Slowing Domestic Migration within the United States

Recent research shows that domestic migration rates (the movement of population within the United States) have been trending downward.[14] More recently, the COVID-19 pandemic briefly spiked interstate and suburban/exurban moves and accelerated "donut" patterns (outflows from dense cores to suburban counties), while remote/hybrid work widened people's feasible commuting ranges. Slowing domestic migration may impact future population trends by limiting the potential pool of individuals or households most likely to move into the Pittsburgh region.

International Immigration

Changing trends in international immigration will play an increasingly significant role in shaping U.S. population growth, and therefore Census Bureau population forecasts, in the coming decades. As natural population growth slows due to declining birth rates and an aging population, immigration will account for a larger share of total population change.[15] Fluctuations in national immigration policy, global economic conditions, and geopolitical events will add greater uncertainty to projections, potentially leading to wider forecast ranges. Higher immigration levels could help offset labor force declines and sustain population growth, while reduced immigration would accelerate population aging and slow overall growth for many regions within the United States.

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[12] Osterman, M.J.K., Hamilton, B.E., Martin, J.A., Driscoll, A.K., & Valenzuela, C.P. (2026). *Births: Final Data for 2024.* National Vital Statistics Reports, vol. 75, no. 2. National Center for Health Statistics.

[13] U.S. Census Bureau. (2026, January 27). *U.S. population growth slows due to historic decline in net international migration* [Press release]. www.census.gov/newsroom/press-releases/2026/population-growth-slows.html

[14] Frost, R. (2026, February 9). *Household mobility fell to record low in 2024*. Joint Center for Housing Studies, Harvard University. www.jchs.harvard.edu/blog/household-mobility-fell-record-low-2024

[15] Congressional Budget Office. (2026). *The Demographic Outlook: 2026 to 2056*. CBO projects that annual deaths will exceed annual births beginning in 2030.

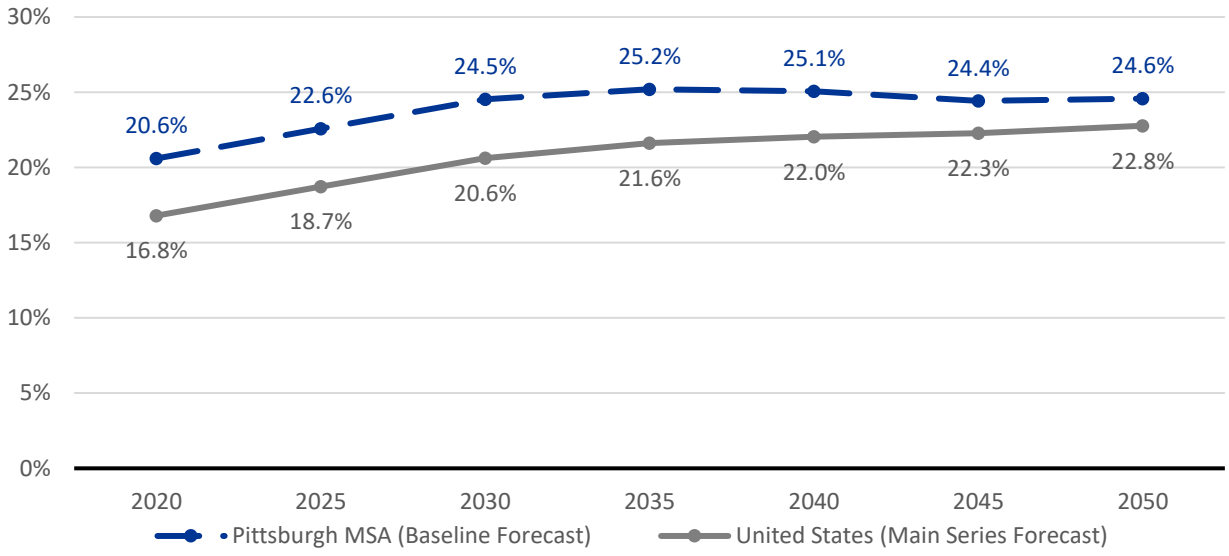
Aging in the Pittsburgh Region

As in the nation, the aging of the large baby boom cohort born between 1946 and 1964 is generating increases in the Pittsburgh region's population age 65 and over. In 2020, there were 506 thousand residents in the Pittsburgh region age 65 and over. The number of residents in the Pittsburgh region age 65 and over is projected to peak at 595 thousand in 2032, an increase of 89 thousand, or 17.5%, above 2020 levels.

In coming decades, the projected rate of increase in the Pittsburgh region's older population is expected to trail the comparable rate of increase for the nation. In large part, the past out-migration of population is depressing the current growth of the older population in the Pittsburgh region. Figure 11 contrasts the historical and projected percentage of population age 65 and over in the baseline forecast for the Pittsburgh region with the Census Bureau's Main Series national forecast.[16] The percentage of the population age 65 and over in the Pittsburgh region is projected to peak at over 25% in the mid-2030s, up from 20.6% in 2020. Over this same period, the share of the nation's population age 65 and over is projected to increase from 16.8% to 21.6%.

From the mid-2030s forward, the proportion of the population age 65 and over in the Pittsburgh region is projected to stabilize through 2050. For the nation, the proportion of the population age 65 and over will remain lower than that for the Pittsburgh region through 2050, but the difference between national and regional percentages will decrease. Appendix II provides additional details on the age composition of the baseline forecast.

Figure 11. Percentage of Population Age 65 and Over
Pittsburgh MSA and the United States, 2020-2050



Source: UCSUR/Pittsburgh REMI Model and U.S. Census Bureau, 2023 National Population Projections

[16] For more analysis on the impact of future aging within the Pittsburgh region, see the UCSUR reports: University Center for Social and Urban Research. (2022). *State of aging, disability, and family caregiving in Allegheny County*. University of Pittsburgh. www.ucsur.pitt.edu/reports/center-reports/state-aging-disability-family-caregiving-allegheny-county-december-2022; University Center for Social and Urban Research. (2023). *State of aging, disability, and family caregiving in Westmoreland County*. University of Pittsburgh. www.ucsur.pitt.edu/reports/center-reports/state-aging-disability-family-caregiving-westmoreland-county-november-2023

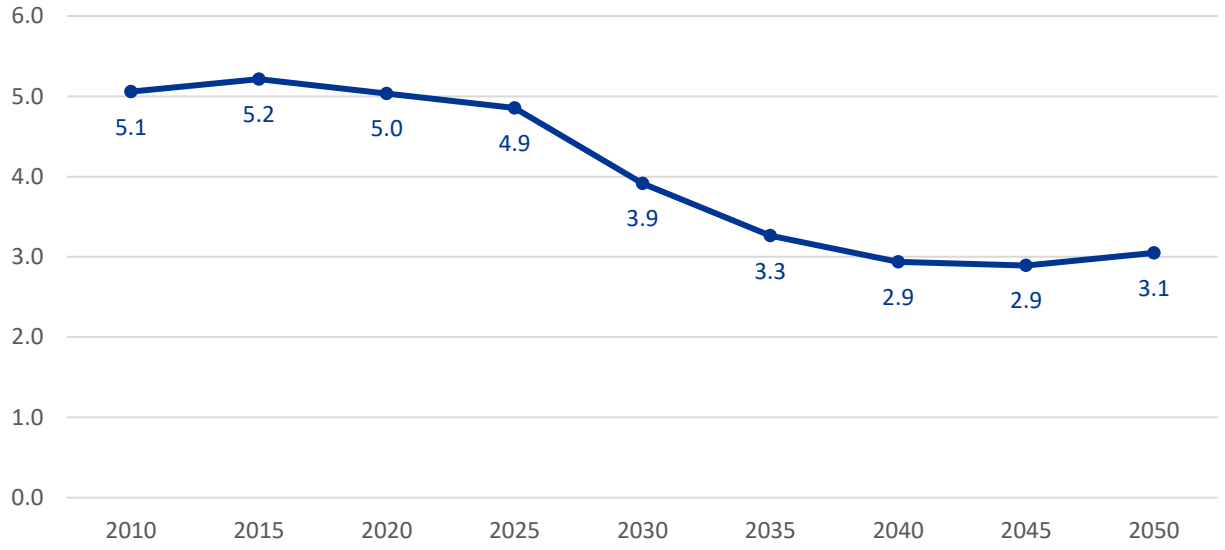
The Caregiver Support Ratio

Population aging shapes not only the demand for services within the Pittsburgh region, but also the number of residents available to provide care. A significant amount of long-term care in the United States is provided informally by family members rather than by institutionalized care.

One widely used summary measure of that capacity is the *caregiver support ratio* (CSR), defined as the number of residents ages 45 to 64 for each resident age 80 and over.[17] Ages 45 to 64 approximate the years in which adults are most likely to be providing care to a parent or other older relative, while age 80 and over identifies the population most likely to require long-term services and supports. A lower CSR suggests a lower supply of potential caregivers for the older population likely to need support.

Figure 12 shows both the historical and projected CSR for the Pittsburgh region based on the baseline forecast scenario. The CSR rose from 4.9 in 2002 to 5.2 in 2016 as the large baby boom cohort moved through the caregiving age range, while the population age 80 and over, made up of cohorts born during the low-fertility years of the Depression, grew slowly and then began to decline. Even at that peak, the Pittsburgh region's ratio remained below both state and national levels. In 2010, AARP estimated the caregiver support ratio at 7.2 nationally and 5.8 for Pennsylvania, compared with 5.1 for the Pittsburgh MSA. The region is therefore entering this demographic transition with less potential family care capacity for each of its oldest residents compared to the nation as a whole.

Figure 12. Caregiver Support Ratio
Pittsburgh MSA, 2010-2050, Historical and Baseline Forecast



Source: UCSUR/Pittsburgh REMI Model. Values through 2020 reflect historical population estimates.

[17] The caregiver support ratio was defined in this form by the AARP Public Policy Institute. See Redfoot, D., Feinberg, L., & Houser, A. (2013). *The aging of the baby boom and the growing care gap: A look at future declines in the availability of family caregivers*. AARP Public Policy Institute. collections.nlm.nih.gov/catalog/nlm:nlmuid-101624602-pdf/. UCSUR previously reported this measure for Allegheny County in *State of aging, disability, and family caregiving in Allegheny County* (2022).

The baseline forecast projects a sustained decline in the CSR over the next two decades. As Table 4 and Figure 12 show, the caregiver support ratio for the Pittsburgh region falls from 5.0 in 2020 to 3.9 in 2030 and 2.9 in 2040, reaching a low of 2.9 in 2045 before edging up to 3.1 by 2050. Nearly all of the decline is concentrated in the fifteen years between 2025 and 2040, when the ratio declines by 39.4%. By 2039, the region is projected to have fewer than three residents of caregiving age for each resident age 80 and over, down from more than five as recently as 2020.

Table 4. Projected Caregiver Support Ratios
Pittsburgh MSA, 2020-2050

	2020	2025	2030	2035	2040	2045	2050
Population ages 45-64	671,812	607,260	571,338	577,778	597,584	614,849	617,514
Population age 80 and over	133,481	125,105	146,012	177,037	203,469	212,601	202,425
Percent age 80 and over	5.4%	5.1%	6.1%	7.5%	8.8%	9.4%	9.2%
Caregiver support ratio	5.0	4.9	3.9	3.3	2.9	2.9	3.1

Source: UCSUR/Pittsburgh REMI Model

The projected decline is not sensitive to the assumptions that distinguish the three forecast scenarios. Migration rates at older ages are low, and the projected population age 80 and over differs little across scenarios. The population ages 45 to 64 varies more widely, ranging in 2050 from 600,336 under Scenario 2 to 656,238 under Scenario 3. Holding the population age 80 and over at its baseline level, the 2050 caregiver support ratio would range only from 3.0 to 3.2 across the three scenarios. Because every cohort that determines the ratio through 2050 has already been born, the projected decline is largely independent of the migration and fertility assumptions embedded in the alternative forecasts.

Finally, the caregiver support ratio reported here is a regional average, and conditions within the region will vary considerably. Communities that have aged in place, with relatively high concentrations of older residents and limited in-migration of younger households, will have ratios substantially below the regional figure, while communities with younger populations will have higher ones. Note that the CSR counts potential rather than actual caregivers, and it does not account for family size, marital status, childlessness, geographic proximity, health, or employment, all of which affect whether a family member is in fact available to provide care.

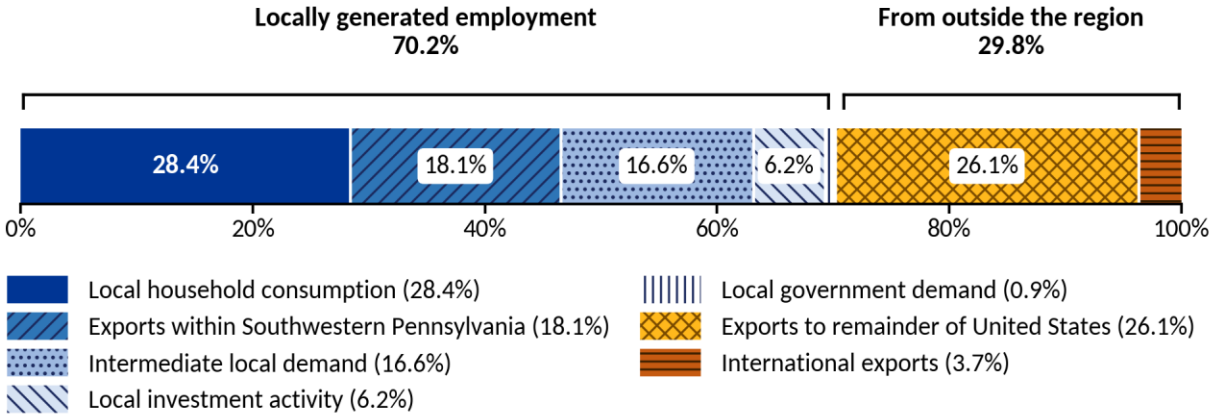
III. Economic Forecast

Economic and demographic forecasts for the Pittsburgh region are closely linked. As in most regions, spending on goods and services by the resident population accounts for a substantial share of local economic activity and jobs.

The REMI Model decomposes regional employment into distinct components based on the source of labor demand. In addition to jobs generated by local household spending, employment is also supported by local businesses purchasing goods and services from one another (intermediate demand), by state and local government spending, by local business investment, and by sales to customers outside the region (export demand). Figure 13 summarizes the relative contribution of each of these sources of employment demand within the Pittsburgh region.

For the Pittsburgh MSA, an estimated 70% of all jobs are generated by demand directly or indirectly originating within the region, including household consumption, sales between businesses located in the region, business investment, sales to other parts of Southwestern Pennsylvania, and state and local government expenditures. Just under 30% of all regional jobs are entirely tied to sales of goods and services to other areas within the United States or to international exports. Because so many regional jobs depend on local demand, future demographic shifts are expected to affect not only overall employment levels, but also the industry composition of the regional economy and growth rates across industries in coming decades.

Figure 13. Sources of Regional Employment Demand



Source: UCSUR/Pittsburgh REMI Model

Future shifts in the characteristics of the Pittsburgh region's population are also expected to produce corresponding changes in the composition of the region's labor force. The following subsections detail projected shifts in both the characteristics of the Pittsburgh region's labor force and employment trends by industry. Labor force projections are shown for each forecast scenario, and employment projections by industry correspond to the baseline forecast detailed earlier in this report.

Note that the REMI Model uses an expanded definition of employment that includes not only wage and salary workers, but also proprietors, including the self-employed. For this reason, employment and labor force figures in this report may appear larger than more commonly cited statistics, such as the Bureau of Labor Statistics' payroll employment figures, which typically count only wage and salary jobs.

Labor Force Projections

Over the next two decades, the national labor force is expected to grow only slowly as the population continues to age. The U.S. Bureau of Labor Statistics projects that the overall labor force participation rate will continue to decline nationally, from 62.4% in 2025 to 61.1% in 2035, as a growing share of the population reaches retirement age and the aging baby boom cohort continues to exit the workforce.[18] While participation rates among older workers are expected to rise, that increase is not projected to fully offset the effect of a larger, older population on the size of the workforce. These same demographic forces are magnified in the Pittsburgh region, where population aging is already more advanced than the national average.

Table 5 summarizes the projected change in the age structure of the Pittsburgh region's labor force across forecast scenarios. The baseline forecast projects that the region's labor force will decline 6.0% by 2050. Alternative forecasts range from a 9.4% decline to a slight 1.4% gain over the same period.

Table 5. 2050 Forecast of the Pittsburgh MSA Labor Force by Age Group

	2020	Forecast Labor Force 2050 and Percent Change 2020-2050					
		Scenario 1: Baseline Net Zero Economic Migration		Scenario 2: Negative Economic Migration		Scenario 3: Positive Economic Migration	
Under Age 25	141,347	109,643	−22.4%	104,659	−26.0%	120,167	−15.0%
Ages 25-44	518,147	442,485	−14.6%	419,571	−19.0%	495,583	−4.4%
Ages 45-64	487,839	487,470	−0.1%	472,740	−3.1%	519,023	6.4%
Ages 65 and over	99,251	131,591	32.6%	132,344	33.3%	128,665	29.6%
Total	1,246,584	1,171,189	−6.0%	1,129,314	−9.4%	1,263,438	1.4%

Source: UCSUR/Pittsburgh REMI Model

The number of older workers is projected to increase across all three forecast scenarios. Demographic shifts within the region, compounded by increasing labor force participation for older age cohorts, are projected to generate significant expansion of the number of older workers. Across the three forecast scenarios, the number of workers age 65 and over in the Pittsburgh region is projected to increase between 30% and 33% above 2020 levels by 2050.

The number of the youngest workers is projected to decline across all three scenarios. The baseline forecast projects that the number of workers under age 25 will decrease by 31,700, or 22.4%, between 2020 and 2050. Alternative forecasts project declines of between 15.0% and 26.0% over the same time period.

The baseline forecast projects that the number of prime working-age (ages 25 to 64) workers in the region will decline by 76,031, or 7.6%, by 2050. Alternative forecasts project that the number of prime working-age workers (ages 25 to 64) will range from a decline of 11.3% to a slight gain of 0.9%.

[18] U.S. Bureau of Labor Statistics, Employment Projections program. "Table 3.3 Civilian labor force participation rates by age, sex, race, and ethnicity, 2005, 2015, 2025, and projected 2035." September 1, 2026.

Employment Projections

The REMI Model projects employment by industry from each industry's expected output and labor productivity. Because the baseline scenario assumes no net economic in-migration, the labor force does not limit job growth in the model. Employment instead follows national industry and productivity trends applied to the region's current mix of businesses.

Table 6 shows the baseline employment forecast by industry through 2050. Changes are measured from 2019 rather than 2020 because the COVID-19 pandemic distorted 2020 employment levels. Total employment is projected to grow from about 1.53 million in 2019 to 1.68 million in 2050, an increase of 147 thousand jobs (+9.6%). Services account for most of the growth, adding over 135 thousand jobs (+17%), while retail and wholesale employment falls by 21%.

These employment projections should be interpreted as describing the broad shifts by industry that national trends and the region's current mix of businesses imply, such as continued growth in services and a shrinking retail sector, rather than as precise forecasts for any one industry. The demographic and labor force challenges described above, including fewer young and prime working-age workers, may make it difficult for the region to achieve these employment levels. The divergence between employment and labor force projections suggests increasingly difficult hiring challenges for local employers.

Under Scenario 3, the labor force grows by only 1.4% by 2050, still well below the 9.6% growth in baseline employment, so the hiring pressure eases but does not disappear. The remaining gap would likely be absorbed through higher wages, more commuters from surrounding counties, higher participation among older residents, or job growth that does not occur locally.

Actual outcomes for any one industry will depend on technology, national economic conditions, and consumer behavior, none of which can be fully anticipated 25 years out.

Table 6. Baseline Forecast of Employment by Industry
Pittsburgh MSA, 2019-2050

					Change 2019-2050	
Industry	2019*	2030	2040	2050	#	%
All Industries	1,532,523	1,600,032	1,643,883	1,679,219	146,696	9.6%
Natural Resources	16,927	14,628	14,721	14,665	−2,262	−13.4%
Construction	89,684	81,728	83,613	85,927	−3,757	−4.2%
Manufacturing	94,734	91,546	91,662	92,639	−2,095	−2.2%
Retail and Wholesale	192,246	175,894	163,812	151,270	−40,976	−21.3%
Transportation and Public Utilities	67,519	83,184	89,989	96,720	29,201	43.2%
Finance, Insurance, and Real Estate	151,946	180,441	185,811	191,387	39,441	26.0%
Services	786,644	843,553	886,973	921,961	135,317	17.2%
Government	125,718	120,288	118,797	116,495	−9,223	−7.3%
Farm	7,105	8,770	8,504	8,155	1,050	14.8%

* 2019 used as a reference to reflect pre-COVID employment levels.
Source: UCSUR/Pittsburgh REMI Model

Appendix I: Other Pittsburgh Region Forecasts

The REMI Model is not the only population forecast that has been published for the Pittsburgh region. Other regional population projections for the Pittsburgh region include a recent report commissioned by the Center for Rural Pennsylvania and compiled by the Pennsylvania State Data Center (PaSDC) in Harrisburg, PA.

In 2023, the Center for Rural Pennsylvania contracted with the Pennsylvania State Data Center to compile population projections for all 67 Pennsylvania counties through the year 2050.[19] This demographic forecast relied mostly on mortality, fertility, and projections of future migration rates to forecast the population forward by five-year intervals using a cohort-component methodology. This methodology differs from methodologies based on economic factors and does not consider recent employment or business activity trends. This forecast presents only one scenario.

Table 7 uses these county-level projections to show how the PaSDC/Center for Rural Pennsylvania forecast compares to the three forecast scenarios presented in this report. This PaSDC/Center for Rural Pennsylvania forecast projects that the Pittsburgh MSA will decline from a population of 2.46 million in 2020 to 2.30 million in 2050, a net decline of just over 152 thousand, or 6.2%.

This PaSDC 2050 population projection is higher than the baseline forecast presented in this report, but lower than the 2050 population projected in *Scenario 3: Positive Economic Migration* presented here.

Table 7. Comparison of Population Forecasts for the Pittsburgh MSA

					Change 2020-2050	
	2020[20]	2030	2040	2050	#	%
PaSDC/Center for Rural PA	2,455,125	2,429,509	2,368,783	2,302,992	−152,133	−6.2%
UCSUR Scenario 1: Baseline	2,457,840	2,399,929	2,314,038	2,206,325	−251,515	−10.2%
UCSUR Scenario 2: Negative Economic Migration	2,457,840	2,390,461	2,275,445	2,134,628	−323,212	−13.2%
UCSUR Scenario 3: Positive Economic Migration	2,457,840	2,423,496	2,404,978	2,372,364	−85,476	−3.5%

Source: UCSUR/Pittsburgh REMI Model and the Center for Rural Pennsylvania (2023)

[19] Center for Rural Pennsylvania & Pennsylvania State Data Center. (2023). *Pennsylvania population projections: 2020 to 2050*.

[20] Note that REMI population totals in this report reflect population on January 1 of each year. This differs slightly from the Decennial Census, which uses April 1 as a reference date. The 2020 Decennial Census population for the eight-county Pittsburgh MSA was 2,457,000. The PaSDC/Center for Rural Pennsylvania base-year and projected figures reflect population as of July 1 of each year.

Appendix II: Detailed Population Forecasts by Age

Scenario 1: Baseline Forecast (Net Zero Economic Migration)

					Change 2020-2050	
	2020	2030	2040	2050	#	%
Ages 0-4	124,556	105,261	101,755	94,618	−29,938	−24.0%
Ages 5-9	127,508	113,718	104,523	99,790	−27,718	−21.7%
Ages 10-14	130,463	126,264	107,571	104,203	−26,260	−20.1%
Ages 15-19	140,020	135,484	121,233	112,172	−27,848	−19.9%
Ages 20-24	140,629	130,766	125,084	106,716	−33,913	−24.1%
Ages 25-29	163,970	147,958	131,600	117,433	−46,537	−28.4%
Ages 30-34	165,486	149,589	138,607	131,699	−33,787	−20.4%
Ages 35-39	151,905	164,370	153,211	137,577	−14,328	−9.4%
Ages 40-44	135,272	166,366	152,825	142,492	7,220	5.3%
Ages 45-49	145,206	152,059	164,398	154,086	8,880	6.1%
Ages 50-54	159,237	132,437	163,183	150,740	−8,497	−5.3%
Ages 55-59	179,824	139,337	145,955	158,668	−21,156	−11.8%
Ages 60-64	187,545	147,505	124,048	154,020	−33,525	−17.9%
Ages 65-69	161,283	161,645	124,771	132,588	−28,695	−17.8%
Ages 70-74	124,318	156,376	125,249	107,425	−16,893	−13.6%
Ages 75-79	87,137	124,779	126,555	99,673	12,536	14.4%
Ages 80-84	61,735	80,046	104,703	86,158	24,423	39.6%
Ages 85 and over	71,745	65,966	98,768	116,267	44,522	62.1%
Ages 0-17	463,468	423,049	382,615	362,694	−100,774	−21.7%
Ages 18-24	199,708	188,444	177,551	154,804	−44,904	−22.5%
Ages 25-64	1,288,445	1,199,622	1,173,827	1,146,714	−141,731	−11.0%
Ages 65 and over	506,219	588,813	580,046	542,112	35,893	7.1%
Ages 65-84	434,474	522,847	481,278	425,845	−8,629	−2.0%
Ages 85 and over	71,745	65,966	98,768	116,267	44,522	62.1%
All Ages	2,457,840	2,399,929	2,314,038	2,206,325	−251,515	−10.2%

Scenario 2: Negative Economic Migration

					Change 2020-2050	
	2020	2030	2040	2050	#	%
Ages 0-4	124,556	104,478	99,104	89,731	−34,825	−28.0%
Ages 5-9	127,508	112,804	101,767	94,806	−32,702	−25.6%
Ages 10-14	130,463	125,530	104,688	99,461	−31,002	−23.8%
Ages 15-19	140,020	134,988	118,591	107,693	−32,327	−23.1%
Ages 20-24	140,629	130,621	121,891	101,384	−39,245	−27.9%
Ages 25-29	163,970	146,275	127,403	111,014	−52,956	−32.3%
Ages 30-34	165,486	148,308	134,927	124,757	−40,729	−24.6%
Ages 35-39	151,905	163,437	148,699	130,574	−21,331	−14.0%
Ages 40-44	135,272	165,584	149,382	136,679	1,407	1.0%
Ages 45-49	145,206	151,454	161,723	147,889	2,683	1.8%
Ages 50-54	159,237	131,995	161,084	146,040	−13,197	−8.3%
Ages 55-59	179,824	139,015	144,405	155,121	−24,703	−13.7%
Ages 60-64	187,545	147,227	122,883	151,286	−36,259	−19.3%
Ages 65-69	161,283	161,578	124,033	130,722	−30,561	−18.9%
Ages 70-74	124,318	156,376	124,894	106,302	−18,016	−14.5%
Ages 75-79	87,137	124,779	126,500	99,057	11,920	13.7%
Ages 80-84	61,735	80,046	104,703	85,884	24,149	39.1%
Ages 85 and over	71,745	65,966	98,768	116,228	44,483	62.0%
Ages 0-17	463,468	420,265	372,712	345,396	−118,072	−25.5%
Ages 18-24	199,708	188,156	173,329	147,679	−52,029	−26.1%
Ages 25-64	1,288,445	1,193,295	1,150,507	1,103,360	−185,085	−14.4%
Ages 65 and over	506,219	588,746	578,898	538,194	31,975	6.3%
Ages 65-84	434,474	522,780	480,130	421,966	−12,508	−2.9%
Ages 85 and over	71,745	65,966	98,768	116,228	44,483	62.0%
All Ages	2,457,840	2,390,461	2,275,445	2,134,628	−323,212	−13.2%

Scenario 3: Positive Economic Migration

					Change 2020-2050	
	2020	2030	2040	2050	#	%
Ages 0-4	124,556	107,374	108,517	105,755	−18,801	−15.1%
Ages 5-9	127,508	115,777	111,470	111,502	−16,006	−12.6%
Ages 10-14	130,463	127,918	114,410	115,675	−14,788	−11.3%
Ages 15-19	140,020	136,808	127,185	122,999	−17,021	−12.2%
Ages 20-24	140,629	132,772	132,281	119,076	−21,553	−15.3%
Ages 25-29	163,970	151,752	141,330	131,897	−32,073	−19.6%
Ages 30-34	165,486	152,478	148,767	147,345	−18,141	−11.0%
Ages 35-39	151,905	166,473	163,380	153,635	1,730	1.1%
Ages 40-44	135,272	168,129	160,587	157,443	22,171	16.4%
Ages 45-49	145,206	153,425	170,427	168,056	22,850	15.7%
Ages 50-54	159,237	133,434	167,913	161,336	2,099	1.3%
Ages 55-59	179,824	140,062	149,449	166,665	−13,159	−7.3%
Ages 60-64	187,545	148,131	126,671	160,181	−27,364	−14.6%
Ages 65-69	161,283	161,795	126,424	136,782	−24,501	−15.2%
Ages 70-74	124,318	156,376	126,029	109,939	−14,379	−11.6%
Ages 75-79	87,137	124,779	126,667	101,027	13,890	15.9%
Ages 80-84	61,735	80,046	104,703	86,728	24,993	40.5%
Ages 85 and over	71,745	65,966	98,768	116,324	44,579	62.1%
Ages 0-17	463,468	429,671	406,799	403,530	−59,938	−12.9%
Ages 18-24	199,708	190,979	187,064	171,476	−28,232	−14.1%
Ages 25-64	1,288,445	1,213,884	1,228,524	1,246,558	−41,887	−3.3%
Ages 65 and over	506,219	588,962	582,591	550,799	44,580	8.8%
Ages 65-84	434,474	522,996	483,823	434,475	1	0.0%
Ages 85 and over	71,745	65,966	98,768	116,324	44,579	62.1%
All Ages	2,457,840	2,423,496	2,404,978	2,372,364	−85,476	−3.5%

Errata

October 26, 2026	Original document created
November 2, 2026	Added suggested citation (page 4)