Texas’ growing and diverse population, geography, and array of cultures are only a few of the benefits that make the Lone Star State an ideal place to perform public health research.

**TEXAS’ POPULATION is RAPIDLY GROWING**

**TEXAS’ POPULATION OVER TIME**

<table>
<thead>
<tr>
<th>Year</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000</td>
<td>20,851,820</td>
</tr>
<tr>
<td>2010</td>
<td>25,145,561</td>
</tr>
<tr>
<td>2020</td>
<td>29,145,505</td>
</tr>
<tr>
<td>2030</td>
<td>32,912,882*</td>
</tr>
</tbody>
</table>

Texas added roughly 8.3 million residents between 2000-2020.  
*Projected

**2023 POPULATION:**

**30,503,301**  
**As of July 1, 2023**

Texas has the longest border with Mexico.  
1,254 MILES

Texas has the largest number and percentage of residents without health insurance.

Between 2022-2023, Texas added an average of 1,297 new residents a day.
In 2023, Texas had over 5.2 million foreign-born residents, representing 17.2% of the state’s total population.

More than a quarter of all children in the U.S. are of Hispanic or Latino decent.

Between 2010 and 2020, there was a 2.6% rise in children who are Hispanic or Latino origin.

Hispanics accounted for the largest share of Texas’ population, outnumbering non-Hispanic whites for the first time.

In 2023, Texas had over 30.5 million people; 7.56 million of them under the age of 18.

One fourth of Texas’ residents are under the age of 18.

Median age: 39 US, 35.6 TX

In 2021, 2022,* and 2023,* roughly one in ten U.S. births occurred in Texas.

Texas has the second-largest population of children under 18.

Nearly 1 out of every 3 households in Texas is home to families with children under 18.

Every 90 seconds a child is born somewhere in Texas.

*preliminary data

Last Updated July 3, 2024
Sources: U.S. Census Bureau, American Community Survey, Office of Juvenile Justice and Delinquency Prevention, Centers for Disease Control and Prevention, Texas 2036, Texas Demographic Center