



# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH

Health Statistics and Surveillance,  
Surveillance Analysis and Reporting Unit

Ned Lamont  
*Governor*

Manisha Juthani, MD  
*Commissioner*

### ESTIMATED POPULATIONS IN CONNECTICUT AS OF JULY 1, 2023

The 2023 population estimates for Connecticut and its county-equivalent planning regions, towns, and incorporated places were prepared for distribution by the Connecticut Department of Public Health (DPH).

#### Method of Estimation

Town population estimates for July 1, 2023, were released by the U.S. Census Bureau’s Population Estimates Program in May 2024.<sup>(1,2,3)</sup> Vintage 2023 is the second estimate release from the Census Bureau that uses the county-equivalent planning regions in lieu of historical counties.<sup>(4)</sup> Vintage 2023 estimates for state, county-equivalent planning region, town, and borough were adopted as official state population estimates without modification.

Each year, the Census Bureau’s Population Estimates Program utilizes current data on births, deaths, migration, and group quarters to calculate population change over time to produce a post-censal time series of population estimates that begins with the April 1, 2020, census and extends through the vintage year. The Population Estimates Program continues to revise its methods for estimating post-censal population estimates<sup>(1,3,5)</sup> in response to the novel challenges created by the COVID-19 pandemic, pandemic-related delays in the release of decennial 2020 census data products, and the Census Bureau’s implementation of a Disclosure Avoidance System.<sup>(6)</sup>

#### 2023 Population Estimates

The July 1, 2023 population estimate for the state of Connecticut is 3,617,176.<sup>(2,3,5)</sup> The Department of Public Health has determined that the Vintage 2023 estimates released by the Census Bureau sufficiently resolve the overestimate of the group quarters populations that existed in the Vintage 2022 series.<sup>(7-11)</sup> Connecticut’s 2023 population is 9,029 persons lower than the July 1, 2022 certified population of 3,626,205 and 11,579 persons higher than the 2021 certified population of 3,605,597.

#### ESTIMATED POPULATION OF CONNECTICUT AS OF JULY 1, 2023

Estimated Population	Change from 2022 Certified Population		Change from 2021 Certified Population	
	Number	Percent	Number	Percent
3,617,176	-9,029	-0.25	11,579	0.32

## CONNECTICUT POPULATION ESTIMATES AS OF JULY 1, 2023

	2023 Estimated Population	Change from 2022 Certified Population		Change from 2021 Certified Population	
		Number	Percent	Number	Percent
<b>State</b>					
CONNECTICUT	3,617,176	-9,029	-0.25	11,579	0.32
<b>County-equivalent</b>					
CAPITOL PLANNING REGION	975,328	-6,119	-0.62	1,105	0.11
GREATER BRIDGEPORT PLANNING REGION	327,651	365	0.11	1,793	0.55
LOWER CONNECTICUT RIVER VALLEY PLANNING REGION	176,215	-407	-0.23	1,535	0.88
NAUGATUCK VALLEY PLANNING REGION	456,128	2,045	0.45	6,199	1.38
NORTHEASTERN CONNECTICUT PLANNING REGION	96,692	496	0.52	1,301	1.36
NORTHWEST HILLS PLANNING REGION	113,463	229	0.20	1,190	1.06
SOUTH CENTRAL CONNECTICUT PLANNING REGION	568,158	-5,086	-0.89	-2,117	-0.37
SOUTHEASTERN CONNECTICUT PLANNING REGION	279,634	-769	-0.27	-1,058	-0.38
WESTERN CONNECTICUT PLANNING REGION	623,907	217	0.03	1,631	0.26
<b>Town</b>					
ANDOVER	3,144	-6	-0.19	11	0.35
ANSONIA	19,008	85	0.45	193	1.03
ASHFORD	4,229	7	0.17	43	1.03
AVON	18,883	12	0.06	35	0.19
BARKHAMSTED	3,677	10	0.27	30	0.82
BEACON FALLS	6,206	80	1.31	173	2.87
BERLIN	20,429	232	1.15	316	1.57
BETHANY	5,271	-6	-0.11	-17	-0.32
BETHEL	20,678	-6	-0.03	141	0.69
BETHLEHEM	3,421	12	0.35	35	1.03
BLOOMFIELD	21,884	324	1.50	404	1.88
BOLTON	4,834	0	0.00	15	0.31
BOZRAH	2,412	-8	-0.33	-5	-0.21
BRANFORD	28,031	-117	-0.42	-145	-0.51
BRIDGEPORT	148,028	-349	-0.24	-305	-0.21
BRIDGEWATER	1,646	-6	-0.36	-12	-0.72
BRISTOL	61,601	271	0.44	940	1.55
BROOKFIELD	17,489	-54	-0.31	7	0.04
BROOKLYN	8,612	110	1.29	124	1.46
BURLINGTON	9,746	36	0.37	155	1.62
CANAAN	1,082	1	0.09	4	0.37
CANTERBURY	5,140	38	0.74	80	1.58
CANTON	10,146	55	0.55	63	0.62
CHAPLIN	2,157	1	0.05	14	0.65
CHESHIRE	29,200	206	0.71	572	2.00

CHESTER	3,761	4	0.11	9	0.24
CLINTON	13,402	3	0.02	2	0.01
COLCHESTER	15,504	-68	-0.44	3	0.02
COLEBROOK	1,368	-1	-0.07	11	0.81
COLUMBIA	5,268	10	0.19	22	0.42
CORNWALL	1,575	2	0.13	4	0.25
COVENTRY	12,308	23	0.19	103	0.84
CROMWELL	14,363	46	0.32	61	0.43
DANBURY	86,124	-843	-0.97	-635	-0.73
DARIEN	22,020	94	0.43	520	2.42
DEEP RIVER	4,454	9	0.20	-8	-0.18
DERBY	12,406	48	0.39	132	1.08
DURHAM	7,204	-3	-0.04	-27	-0.37
EAST GRANBY	5,218	0	0.00	38	0.73
EAST HADDAM	8,987	38	0.42	22	0.25
EAST HAMPTON	12,989	29	0.22	115	0.89
EAST HARTFORD	50,654	-64	-0.13	-77	-0.15
EAST HAVEN	27,533	-149	-0.54	-271	-0.97
EAST LYME	18,929	141	0.75	80	0.42
EAST WINDSOR	11,170	-6	-0.05	9	0.08
EASTFORD	1,689	14	0.84	29	1.75
EASTON	7,636	6	0.08	42	0.55
ELLINGTON	16,994	17	0.10	364	2.19
ENFIELD	40,792	-453	-1.10	-1,239	-2.95
ESSEX	6,802	9	0.13	43	0.64
FAIRFIELD	63,433	562	0.89	1,484	2.40
FARMINGTON	26,798	70	0.26	153	0.57
FRANKLIN	1,891	10	0.53	29	1.56
GLASTONBURY	35,204	5	0.01	150	0.43
GOSHEN	3,232	29	0.91	67	2.12
GRANBY	11,249	208	1.88	296	2.70
GREENWICH	63,574	-64	-0.10	60	0.09
GRISWOLD	11,624	115	1.00	217	1.90
GROTON	37,878	135	0.36	-578	-1.50
GUILFORD	22,020	1	0.00	-11	-0.05
HADDAM	8,773	103	1.19	244	2.86
HAMDEN	60,014	-795	-1.31	-909	-1.49
HAMPTON	1,740	2	0.12	12	0.69
HARTFORD	119,669	-1,017	-0.84	-907	-0.75
HARTLAND	1,912	4	0.21	21	1.11
HARWINTON	5,612	50	0.90	104	1.89
HEBRON	9,146	25	0.27	80	0.88
KENT	3,066	15	0.49	82	2.75
KILLINGLY	17,945	108	0.61	203	1.14

KILLINGWORTH	6,254	15	0.24	-14	-0.22
LEBANON	7,108	-24	-0.34	0	0.00
LEDYARD	15,459	3	0.02	123	0.80
LISBON	4,228	-14	-0.33	30	0.71
LITCHFIELD	8,293	14	0.17	123	1.51
LYME	2,409	8	0.33	65	2.77
MADISON	17,498	-67	-0.38	-121	-0.69
MANCHESTER	59,408	-53	-0.09	-18	-0.03
MANSFIELD	25,401	-6,548	-20.50	-956	-3.63
MARLBOROUGH	6,106	-3	-0.05	13	0.21
MERIDEN	60,111	-131	-0.22	-406	-0.67
MIDDLEBURY	7,936	129	1.65	252	3.28
MIDDLEFIELD	4,257	9	0.21	-17	-0.40
MIDDLETOWN	47,984	-745	-1.53	876	1.86
MILFORD	52,793	114	0.22	403	0.77
MONROE	18,831	35	0.19	67	0.36
MONTVILLE	17,814	-77	-0.43	-664	-3.59
MORRIS	2,272	5	0.22	13	0.58
NAUGATUCK	31,820	115	0.36	387	1.23
NEW BRITAIN	74,080	-316	-0.42	239	0.32
NEW CANAAN	20,862	87	0.42	130	0.63
NEW FAIRFIELD	13,487	-49	-0.36	-58	-0.43
NEW HARTFORD	6,709	11	0.16	41	0.61
NEW HAVEN	135,319	-3,596	-2.59	238	0.18
NEW LONDON	27,560	-420	-1.50	-75	-0.27
NEW MILFORD	28,276	1	0.00	94	0.33
NEWINGTON	31,227	871	2.87	862	2.84
NEWTOWN	27,673	96	0.35	151	0.55
NORFOLK	1,596	2	0.13	9	0.57
NORTH BRANFORD	13,415	-49	-0.36	-83	-0.61
NORTH CANAAN	3,204	-5	-0.16	19	0.60
NORTH HAVEN	24,295	181	0.75	126	0.52
NORTH STONINGTON	5,165	-9	-0.17	28	0.55
NORWALK	92,458	1,057	1.16	1,264	1.39
NORWICH	39,881	-128	-0.32	-133	-0.33
OLD LYME	7,696	12	0.16	119	1.57
OLD SAYBROOK	10,571	36	0.34	8	0.08
ORANGE	14,322	64	0.45	76	0.53
OXFORD	13,125	184	1.42	357	2.80
PLAINFIELD	15,193	50	0.33	234	1.56
PLAINVILLE	17,491	12	0.07	46	0.26
PLYMOUTH	11,766	55	0.47	107	0.92
POMFRET	4,313	6	0.14	42	0.98
PORTLAND	9,428	-1	-0.01	-34	-0.36

PRESTON	4,829	-11	-0.23	27	0.56
PROSPECT	9,479	44	0.47	135	1.44
PUTNAM	9,312	10	0.11	85	0.92
REDDING	8,719	-27	-0.31	-16	-0.18
RIDGEFIELD	24,931	-76	-0.30	-80	-0.32
ROCKY HILL	20,708	-4	-0.02	-38	-0.18
ROXBURY	2,297	18	0.79	28	1.23
SALEM	4,319	-7	-0.16	119	2.83
SALISBURY	4,240	1	0.02	128	3.11
SCOTLAND	1,578	1	0.06	10	0.64
SEYMOUR	16,953	144	0.86	274	1.64
SHARON	2,744	20	0.73	69	2.58
SHELTON	42,144	247	0.59	670	1.62
SHERMAN	3,530	-7	-0.20	9	0.26
SIMSBURY	24,953	18	0.07	146	0.59
SOMERS	10,725	882	8.96	446	4.34
SOUTH WINDSOR	26,773	-10	-0.04	6	0.02
SOUTHBURY	20,127	148	0.74	331	1.67
SOUTHINGTON	43,743	-10	-0.02	243	0.56
SPRAGUE	2,940	-18	-0.61	-10	-0.34
STAFFORD	11,567	118	1.03	155	1.36
STAMFORD	136,226	38	0.03	-83	-0.06
STERLING	3,644	21	0.58	67	1.87
STONINGTON	18,431	-49	-0.27	4	0.02
STRATFORD	52,454	-23	-0.04	186	0.36
SUFFIELD	15,650	-81	-0.51	-212	-1.34
THOMASTON	7,501	33	0.44	48	0.64
THOMPSON	9,385	70	0.75	159	1.72
TOLLAND	14,574	-3	-0.02	63	0.43
TORRINGTON	35,550	-13	-0.04	193	0.55
TRUMBULL	37,269	134	0.36	319	0.86
UNION	797	4	0.50	16	2.05
VERNON	30,596	-29	-0.09	270	0.89
VOLUNTOWN	2,612	20	0.77	58	2.27
WALLINGFORD	43,725	-292	-0.66	-469	-1.06
WARREN	1,367	15	1.11	18	1.33
WASHINGTON	3,685	19	0.52	52	1.43
WATERBURY	114,990	-26	-0.02	1,179	1.04
WATERFORD	19,829	226	1.15	276	1.41
WATERTOWN	22,274	91	0.41	164	0.74
WEST HARTFORD	63,969	-302	-0.47	-4	-0.01
WEST HAVEN	54,790	-214	-0.39	-504	-0.91
WESTBROOK	6,881	21	0.31	71	1.04
WESTON	10,344	-10	-0.10	8	0.08

WESTPORT	27,470	43	0.16	191	0.70
WETHERSFIELD	27,114	-15	-0.06	-10	-0.04
WILLINGTON	5,552	8	0.14	24	0.43
WILTON	18,400	-57	-0.31	-60	-0.33
WINCHESTER	10,236	-4	-0.04	19	0.19
WINDHAM	23,833	-566	-2.32	-529	-2.17
WINDSOR	29,372	-81	-0.28	-4	-0.01
WINDSOR LOCKS	12,529	-8	-0.06	-2	-0.02
WOLCOTT	16,309	119	0.74	149	0.92
WOODBIDGE	9,021	-30	-0.33	-24	-0.27
WOODBURY	9,862	60	0.61	101	1.03
WOODSTOCK	8,346	34	0.41	125	1.52
<b>Incorporated Place</b>					
ANSONIA CITY	19,008	85	0.45	193	1.03
BANTAM BOROUGH	763	0	0.00	3	0.39
BRIDGEPORT CITY	148,028	-349	-0.24	-305	-0.21
BRISTOL CITY	61,601	271	0.44	940	1.55
DANBURY CITY	86,124	-843	-0.97	-635	-0.73
DANIELSON BOROUGH	4,219	28	0.67	59	1.42
DERBY CITY	12,406	48	0.39	132	1.08
FENWICK BOROUGH	43	1	2.38	-1	-2.27
GROTON CITY	9,302	-47	-0.50	-24	-0.26
GROTON LONG POINT BOROUGH	517	-3	-0.58	1	0.19
HARTFORD CITY	119,669	-1,017	-0.84	-907	-0.75
JEWETT CITY BOROUGH	3,451	31	0.91	53	1.56
LITCHFIELD BOROUGH	1,210	5	0.41	12	1.00
MERIDEN CITY	60,111	-131	-0.22	-406	-0.67
MIDDLETOWN CITY	47,984	-745	-1.53	876	1.86
MILFORD CITY (BALANCE)	50,421	-50	-0.10	-120	-0.24
NAUGATUCK BOROUGH	31,820	115	0.36	387	1.23
NEW BRITAIN CITY	74,080	-316	-0.42	239	0.32
NEW HAVEN CITY	135,319	-3,596	-2.59	238	0.18
NEW LONDON CITY	27,560	-420	-1.50	-75	-0.27
NEWTOWN BOROUGH	1,953	10	0.51	14	0.72
NORWALK CITY	92,458	1,057	1.16	1,264	1.39
NORWICH CITY	39,881	-128	-0.32	-133	-0.33
SHELTON CITY	42,144	247	0.59	670	1.62
STAMFORD CITY	136,226	38	0.03	-83	-0.06
STONINGTON BOROUGH	994	-6	-0.60	4	0.40
TORRINGTON CITY	35,550	-13	-0.04	193	0.55
WATERBURY CITY	114,990	-26	-0.02	1,179	1.04
WEST HAVEN CITY	54,790	-214	-0.39	-504	-0.91
WOODMONT BOROUGH	2,372	164	7.43	523	28.29

Notes:

- (1) U.S. Census Bureau, December 2023 Methodology for the United States Population Estimates: Vintage 2023, Nation, States, Counties, and Puerto Rico – April 1, 2020, to July 1, 2023. <https://www2.census.gov/programs-surveys/popest/technical-documentation/methodology/2020-2023/methods-statement-v2023.pdf>
  - (2) These town population estimates count incarcerated individuals in their place of incarceration, consistent with the [U.S. Census Bureau's decision](#) to maintain its practice of counting prisoners at the correctional facility. While [Connecticut passed legislation in 2021](#) that requires the reallocation of most incarcerated persons to their place of residence prior to incarceration, this reallocation is limited to the purposes of determining state legislative and municipal voting districts. The Census Bureau will not make any changes to the official decennial census counts as a result of state legislative redistricting and therefore Census Bureau products based on decennial 2020 census data will count prisoners in their place of incarceration.
  - (3) U.S. Census Bureau, May 2024, Methodology for the Subcounty Total Resident Population Estimates (Vintage 2023): April 1, 2020 to July 1, 2023. <https://www2.census.gov/programs-surveys/popest/technical-documentation/methodology/2020-2023/2023-subco-meth.pdf>
  - (4) U.S. Census Bureau adoption of Connecticut Planning Regions as county-equivalents: [https://www2.census.gov/geo/pdfs/reference/ct\\_county\\_equiv\\_change.pdf](https://www2.census.gov/geo/pdfs/reference/ct_county_equiv_change.pdf)
  - (5) The Census Bureau's Population Estimates Program recently adapted its methodology for developing the annual population estimates in response to data availability issues stemming from the impact of COVID-19 on 2020 census operations and other complicating factors. In particular, a "blended base" approach was adopted to create the base population (or starting point) for the post-2020 population estimates. This approach integrates several sources of data into the estimates base, rather than relying strictly on the results of the latest decennial census. <https://www.census.gov/data/academy/webinars/2023/methodology-updates-for-the-vintage-2023-estimates.html>
  - (6) The Census Bureau has implemented a “powerful new disclosure avoidance system (DAS) designed to withstand modern re-identification threats [to] protect 2020 census data products ... based on a framework for assessing privacy risk known as differential privacy.” <https://www.census.gov/programs-surveys/decennial-census/decade/2020/planning-management/process/disclosure-avoidance.html>
  - (7) Backus, K (2023) Town-level Population Estimates for Connecticut, July 1, 2022. Connecticut Department of Public Health, Health Statistics and Surveillance, Statistics Analysis & Reporting, Hartford, CT.
  - (8) Minor variations in the Census Bureau’s estimates of state, county, and town populations are expected to occur between years as part of the estimation process. However, the COVID-19 pandemic and pandemic-related delays in the release of decennial 2020 census data products have created novel challenges for accurately estimating annual town populations, such as the following:
    - The Census Bureau has needed to develop new methods to estimate post-censal population totals. These new methods will continue to be refined throughout this decade.
    - The delayed identification of aberrant decennial census data which requires correction, such a geographic boundary or assignment errors.
    - The identification of incomplete or inaccurate reporting of inputs for the post-censal estimation process, such as building permits or group quarters counts.
- As a result of the above, towns may experience annual shifts in their certified population totals as methodological changes and input corrections are incorporated over time.
- (9) Group quarters (GQ) populations are reported to the Census Bureau by the Department of Public Health as part of the [Federal-State Cooperative for Population Estimates](#) program’s Group Quarters Report (GQR). Each year, the Department gathers counts of persons living in individual group quarters facilities from prison statistics, the state’s annual nursing home survey, or direct communication with colleges and other institutional facilities. From these counts, the Census Bureau calculates the population change at the town-level and applies that change factor to the census base count without consideration of the actual counts reported.

- The 2021 GQR, which provides counts for 2020 and 2021, was not requested by the Census Bureau as historically there is minimal change in the year following the decennial census. As a result, no GQ change was applied, and the census base GQ counts were held constant for the Vintage 2021 estimates.
- The 2022 GQR, which provides counts for 2020, 2021, and 2022, was requested by the Census Bureau and the 2020-2021 and 2021-2022 change in GQ counts were applied to the census base. Several GQ facilities accurately reported lower counts for 2020 due to COVID-19 followed by increases for 2021 and 2022 as the state rebounded from the pandemic. When the Census Bureau calculated the change factors, the GQ populations for several towns had sizeable increases that were applied to the pre-pandemic decennial census base counts. As a result, the GQ counts reflected our COVID-19 rebound without first accounting for the GQ decline that occurred between the April 1, 2020, decennial census and the annual 2020 count. Towns with a 2020 GQ dip followed by a rebound have an overestimate of the GQ population in the Vintage 2022 estimates.
- The 2023 GQR was submitted to the Census Bureau with GQ counts for April 1, 2020, as well as 2020, 2021, 2022, and 2023. By providing the April 1, 2020, counts, the Census Bureau will now be able to apply the population loss between the decennial census and the 2020 count before the rebound reflected in the counts for 2021 and later. The Vintage 2023 estimates released in May 2024 will incorporate the revised GQ inputs and more accurately reflect the town populations in 2022.

In sum, the timing of the pandemic shutdown in Connecticut in the months following the decennial 2020 census necessitated revising the annual GQR submission to include April 1, 2020, group quarters counts.

- (10) For 2022, the Department of Public Health has determined that the estimates released by the Census Bureau overestimate the populations of select towns that contain large group quarters facilities, such as colleges and prisons. The collective impact on Connecticut is an overestimate of approximately 20,000-25,000 people. The following eleven towns have been identified as artificially high (1% or greater) based on evaluation of the Department’s annual group quarters reporting for prisons and colleges: Mansfield (~32%), New Haven (~3%), Enfield (~2%), New London (~2%), Windham (~2%), Montville (~1.5%), New Britain (~1.5%), Somers (~1.5%), East Lyme (~1%), Hamden (~1%), and Middletown (~1%).
- (11) The Vintage 2022 town estimates released by the Census Bureau were certified as Connecticut’s official 2022 town estimates to remain consistent with other Census Bureau data products and component geographies, such as the American Community Survey and the metropolitan and micropolitan statistical areas. As such, users of the 2022 estimates should be aware of the known accuracy issues identified above. If consistency with other 2022 census data products is not required, DPH recommends holding the 2021 town estimates constant for 2022 fiscal and planning purposes.

Citation:

Backus, K (2024) Town-level Population Estimates for Connecticut, July 1, 2023. Connecticut Department of Public Health, Health Statistics and Surveillance, Surveillance Analysis & Reporting, Hartford, CT.

*For further information please contact:*

Connecticut Department of Public Health  
 Health Statistics and Surveillance Section, Surveillance Analysis and Reporting Unit  
 410 Capitol Avenue, MS#11PSI, P.O. Box 340308, Hartford, CT 06134-0308  
 Phone: (860) 509-7658 E-mail: [DPH.VitalStats@ct.gov](mailto:DPH.VitalStats@ct.gov)

*These estimates are also available at:*

<https://portal.ct.gov/DPH/Health-Information-Systems--Reporting/Population/Population-Statistics>