



# 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, 2024

The 2024 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, 2024, were released by the U.S. Census Bureau's Population Estimates Program in May 2025.<sup>(1,2,3)</sup> Vintage 2024 is the third estimate release from the Census Bureau that uses the county-equivalent planning regions in lieu of historical counties.<sup>(4)</sup> Vintage 2024 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>(1,2,5-9)</sup> The Vintage 2024 release reflects a revised methodology for estimating Net International Migration (NIM) to account for recent increases in humanitarian migrants at the national level.<sup>(7)</sup>

#### 2024 Population Estimates

The July 1, 2024, population estimate for the state of Connecticut is 3,675,069.<sup>(1,2)</sup> Connecticut's 2024 population is 57,893 persons (1.6%) higher than the July 1, 2023, certified population of 3,617,176.<sup>(8)</sup>

#### ESTIMATED POPULATION OF CONNECTICUT AS OF JULY 1, 2024

Estimated Population	Change from 2023 Certified Population	
	Number	Percent
3,675,069	57,893	1.6

## ESTIMATED POPULATIONS IN CONNECTICUT AS OF JULY 1, 2024

	2024 Estimated Population	Change from 2023 Certified Population	
		Number	Percent
State			
CONNECTICUT	3,675,069	57,893	1.60
County-equivalent			
CAPITOL PLANNING REGION	991,508	16,180	1.66
GREATER BRIDGEPORT PLANNING REGION	335,666	8,015	2.45
LOWER CONNECTICUT RIVER VALLEY PLANNING REGION	177,540	1,325	0.75
NAUGATUCK VALLEY PLANNING REGION	462,220	6,092	1.34
NORTHEASTERN CONNECTICUT PLANNING REGION	97,701	1,009	1.04
NORTHWEST HILLS PLANNING REGION	114,101	638	0.56
SOUTH CENTRAL CONNECTICUT PLANNING REGION	576,718	8,560	1.51
SOUTHEASTERN CONNECTICUT PLANNING REGION	282,602	2,968	1.06
WESTERN CONNECTICUT PLANNING REGION	637,013	13,106	2.10
Town			
ANDOVER	3,177	33	1.05
ANSONIA	19,195	187	0.98
ASHFORD	4,263	34	0.80
AVON	19,106	223	1.18
BARKHAMSTED	3,717	40	1.09
BEACON FALLS	6,271	65	1.05
BERLIN	20,646	217	1.06
BETHANY	5,324	53	1.01
BETHEL	21,490	812	3.93
BETHLEHEM	3,449	28	0.82
BLOOMFIELD	22,198	314	1.43
BOLTON	4,895	61	1.26
BOZRAH	2,426	14	0.58
BRANFORD	28,448	417	1.49
BRIDGEPORT	151,599	3,571	2.41
BRIDGEWATER	1,671	25	1.52
BRISTOL	62,195	594	0.96
BROOKFIELD	18,186	697	3.99
BROOKLYN	8,708	96	1.11
BURLINGTON	9,804	58	0.60
CANAAN	1,088	6	0.55
CANTERBURY	5,222	82	1.60
CANTON	10,273	127	1.25
CHAPLIN	2,179	22	1.02
CHESHIRE	30,610	1,410	4.83
CHESTER	3,748	-13	-0.35

CLINTON	13,467	65	0.49
COLCHESTER	15,752	248	1.60
COLEBROOK	1,370	2	0.15
COLUMBIA	5,359	91	1.73
CORNWALL	1,585	10	0.63
COVENTRY	12,445	137	1.11
CROMWELL	14,388	25	0.17
DANBURY	88,692	2,568	2.98
DARIEN	22,528	508	2.31
DEEP RIVER	4,483	29	0.65
DERBY	12,915	509	4.10
DURHAM	7,230	26	0.36
EAST GRANBY	5,278	60	1.15
EAST HADDAM	9,061	74	0.82
EAST HAMPTON	13,109	120	0.92
EAST HARTFORD	51,127	473	0.93
EAST HAVEN	27,953	420	1.53
EAST LYME	19,004	75	0.40
EAST WINDSOR	11,301	131	1.17
EASTFORD	1,706	17	1.01
EASTON	7,815	179	2.34
ELLINGTON	16,585	-409	-2.41
ENFIELD	41,140	348	0.85
ESSEX	6,847	45	0.66
FAIRFIELD	65,300	1,867	2.94
FARMINGTON	28,189	1,391	5.19
FRANKLIN	1,900	9	0.48
GLASTONBURY	35,553	349	0.99
GOSHEN	3,265	33	1.02
GRANBY	11,751	502	4.46
GREENWICH	64,594	1,020	1.60
GRISWOLD	11,683	59	0.51
GROTON	38,762	884	2.33
GUILFORD	22,264	244	1.11
HADDAM	8,806	33	0.38
HAMDEN	61,510	1,496	2.49
HAMPTON	1,759	19	1.09
HARTFORD	122,129	2,460	2.06
HARTLAND	1,921	9	0.47
HARWINTON	5,688	76	1.35
HEBRON	9,254	108	1.18
KENT	3,084	18	0.59
KILLINGLY	18,093	148	0.82
KILLINGWORTH	6,284	30	0.48

LEBANON	7,141	33	0.46
LEDYARD	15,575	116	0.75
LISBON	4,249	21	0.50
LITCHFIELD	8,333	40	0.48
LYME	2,421	12	0.50
MADISON	17,688	190	1.09
MANCHESTER	59,948	540	0.91
MANSFIELD	27,996	2,595	10.22
MARLBOROUGH	6,192	86	1.41
MERIDEN	60,849	738	1.23
MIDDLEBURY	8,025	89	1.12
MIDDLEFIELD	4,274	17	0.40
MIDDLETOWN	48,616	632	1.32
MILFORD	53,396	603	1.14
MONROE	19,269	438	2.33
MONTVILLE	17,913	99	0.56
MORRIS	2,290	18	0.79
NAUGATUCK	32,116	296	0.93
NEW BRITAIN	75,871	1,791	2.42
NEW CANAAN	21,160	298	1.43
NEW FAIRFIELD	13,651	164	1.22
NEW HARTFORD	6,710	1	0.01
NEW HAVEN	137,562	2,243	1.66
NEW LONDON	28,081	521	1.89
NEW MILFORD	28,745	469	1.66
NEWINGTON	31,692	465	1.49
NEWTOWN	28,029	356	1.29
NORFOLK	1,601	5	0.31
NORTH BRANFORD	13,551	136	1.01
NORTH CANAAN	3,220	16	0.50
NORTH HAVEN	24,844	549	2.26
NORTH STONINGTON	5,197	32	0.62
NORWALK	93,661	1,203	1.30
NORWICH	39,993	112	0.28
OLD LYME	7,721	25	0.32
OLD SAYBROOK	10,689	118	1.12
ORANGE	14,431	109	0.76
OXFORD	13,264	139	1.06
PLAINFIELD	15,315	122	0.80
PLAINVILLE	17,757	266	1.52
PLYMOUTH	11,879	113	0.96
POMFRET	4,355	42	0.97
PORTLAND	9,478	50	0.53
PRESTON	4,855	26	0.54

PROSPECT	9,573	94	0.99
PUTNAM	9,407	95	1.02
REDDING	8,830	111	1.27
RIDGEFIELD	25,300	369	1.48
ROCKY HILL	21,373	665	3.21
ROXBURY	2,310	13	0.57
SALEM	4,326	7	0.16
SALISBURY	4,279	39	0.92
SCOTLAND	1,598	20	1.27
SEYMOUR	17,139	186	1.10
SHARON	2,755	11	0.40
SHELTON	42,805	661	1.57
SHERMAN	3,601	71	2.01
SIMSBURY	25,353	400	1.60
SOMERS	10,905	180	1.68
SOUTH WINDSOR	27,062	289	1.08
SOUTHBURY	20,342	215	1.07
SOUTHINGTON	44,197	454	1.04
SPRAGUE	2,948	8	0.27
STAFFORD	11,692	125	1.08
STAMFORD	139,134	2,908	2.13
STERLING	3,694	50	1.37
STONINGTON	18,782	351	1.90
STRATFORD	53,610	1,156	2.20
SUFFIELD	15,964	314	2.01
THOMASTON	7,566	65	0.87
THOMPSON	9,513	128	1.36
TOLLAND	14,739	165	1.13
TORRINGTON	35,673	123	0.35
TRUMBULL	38,073	804	2.16
UNION	805	8	1.00
VERNON	30,895	299	0.98
VOLUNTOWN	2,650	38	1.45
WALLINGFORD	44,389	664	1.52
WARREN	1,378	11	0.80
WASHINGTON	3,721	36	0.98
WATERBURY	115,908	918	0.80
WATERFORD	19,910	81	0.41
WATERTOWN	22,497	223	1.00
WEST HARTFORD	64,184	215	0.34
WEST HAVEN	55,379	589	1.08
WESTBROOK	6,918	37	0.54
WESTON	10,490	146	1.41
WESTPORT	27,996	526	1.91

WETHERSFIELD	27,372	258	0.95
WILLINGTON	5,609	57	1.03
WILTON	19,255	855	4.65
WINCHESTER	10,309	73	0.71
WINDHAM	24,105	272	1.14
WINDSOR	29,658	286	0.97
WINDSOR LOCKS	12,643	114	0.91
WOLCOTT	16,511	202	1.24
WOODBIDGE	9,130	109	1.21
WOODBURY	9,960	98	0.99
WOODSTOCK	8,434	88	1.05
<b>Incorporated Place</b>			
ANSONIA CITY	19,195	187	0.98
BANTAM BOROUGH	769	6	0.79
BRIDGEPORT CITY	151,599	3,571	2.41
BRISTOL CITY	62,195	594	0.96
DANBURY CITY	88,692	2,568	2.98
DANIELSON BOROUGH	4,264	45	1.07
DERBY CITY	12,915	509	4.10
FENWICK BOROUGH	43	0	0.00
GROTON CITY	10,160	858	9.22
GROTON LONG POINT BOROUGH	520	3	0.58
HARTFORD CITY	122,129	2,460	2.06
JEWETT CITY BOROUGH	3,464	13	0.38
LITCHFIELD BOROUGH	1,211	1	0.08
MERIDEN CITY	60,849	738	1.23
MIDDLETOWN CITY	48,616	632	1.32
MILFORD CITY (BALANCE)	51,004	583	1.16
NAUGATUCK BOROUGH	32,116	296	0.93
NEW BRITAIN CITY	75,871	1,791	2.42
NEW HAVEN CITY	137,562	2,243	1.66
NEW LONDON CITY	28,081	521	1.89
NEWTOWN BOROUGH	1,980	27	1.38
NORWALK CITY	93,661	1,203	1.30
NORWICH CITY	39,993	112	0.28
SHELTON CITY	42,805	661	1.57
STAMFORD CITY	139,134	2,908	2.13
STONINGTON BOROUGH	1,012	18	1.81
TORRINGTON CITY	35,673	123	0.35
WATERBURY CITY	115,908	918	0.80
WEST HAVEN CITY	55,379	589	1.08
WOODMONT BOROUGH	2,392	20	0.84

Notes:

- (1) U.S. Census Bureau, May 2025, Methodology for the Subcounty Total Resident Population Estimates (Vintage 2024): April 1, 2020 to July 1, 2024. <https://www2.census.gov/programs-surveys/popest/technical-documentation/methodology/2020-2024/2024-subco-meth.pdf>
- (2) U.S. Census Bureau, December 2024, Methodology for the United States Population Estimates: Vintage 2024, Nation, States, Counties, and Puerto Rico – April 1, 2020, to July 1, 2024. <https://www2.census.gov/programs-surveys/popest/technical-documentation/methodology/2020-2024/methods-statement-v2024.pdf>
- (3) 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.
- (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 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>
- (6) The Census Bureau's Population Estimates Program 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>
- (7) Net International Migration (NIM) measures the net change in the U.S. population due to people moving into and out of the country. To improve the accuracy of NIM estimates, the U.S. Census Bureau has incorporated newly available administrative data on humanitarian migrants into its estimation process. This methodological update was necessary to reflect significant increases since 2022 in the number of refugees, individuals released by U.S. Border Patrol, and parolees processed by U.S. Customs and Border Protection’s Office of Field Operations. The Vintage 2024 estimates are the first to include this refugee data, resulting in higher national, state, and sub-state population figures for 2022, 2023, and 2024. <https://www.census.gov/data/academy/webinars/2024/methodology-updates-for-the-vintage-2024-estimates.html>
- (8) Backus, K (2024) Town-level Population Estimates for Connecticut, July 1, 2023. Connecticut Department of Public Health, Health Statistics and Surveillance, Statistics Analysis & Reporting, Hartford, CT.
- (9) The U.S. Census Bureau regularly updates its estimation methodology to improve the accuracy of population estimates. As a result, annual shifts in certified population totals may occur due to methodological changes or corrections to input data. When assessing population change over time, the latest vintage should be used, as it reflects the most current methods and data available. To view both certified estimates and vintage series estimates for the state, planning regions, and towns, visit the Population Estimates Dashboard. <https://www.ctdata.org/popestdashboard>

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Backus, K (2025) Town-level Population Estimates for Connecticut, July 1, 2024. 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>