



# Population Estimates and Projections

**U.S. DEPARTMENT OF COMMERCE / Bureau of the Census**

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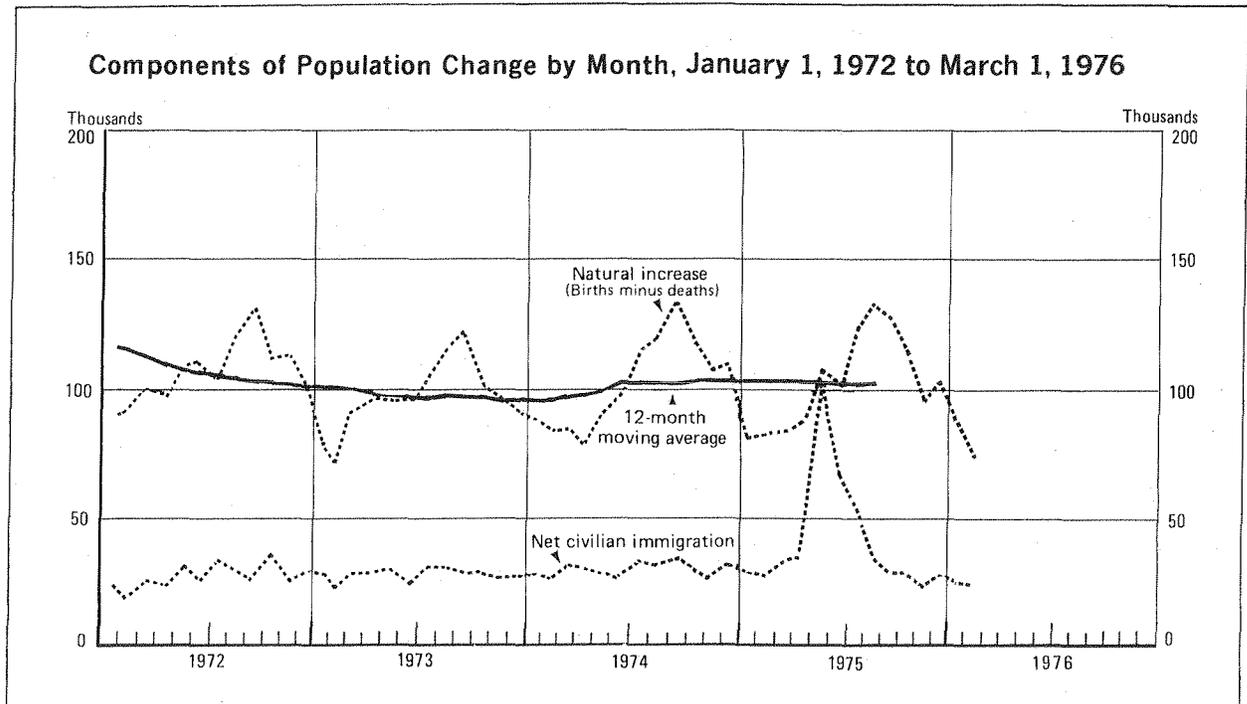
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## ESTIMATES OF THE POPULATION OF THE UNITED STATES TO MARCH 1, 1976

The total population of the United States (including Armed Forces overseas) was about 214,740,000 on March 1, 1976, according to estimates released today by the Bureau of the Census, Department of Commerce. This figure represents an increase of 1,726,000, or 0.8 percent, over the estimate for the corresponding month a year ago; and an increase of 96,000 over the previous month. The monthly gain was the result of a natural increase of 71,000 (excess of births over deaths), and estimated net civilian immigration of 25,000. (See chart below. Data are adjusted for number of days in the month.) The March 1, 1976, total population repre-

sents an increase of 10,406,000 over the population on April 1, 1970, the date of the census upon which these estimates are based.

This report presents estimates for (1) the total population including Armed Forces overseas, (2) the resident population, and (3) the civilian population, for selected months back to January 1, 1970. The population coverage shown by the Census Clock in the lobby of the Department of Commerce includes, in addition to the total population including Armed Forces overseas,



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overseas civilian employees of the Federal Government, their dependents, and the dependents of the Armed Forces overseas. On April 1, 1970, this population was 204,839,000.

In addition to data from the decennial censuses, the estimates are based on statistics on births and deaths provided by the National Center for Health Statistics, U.S. Public Health Service; statistics on immigration

provided by the Immigration and Naturalization Service, Department of Justice; data on civilian citizens abroad provided by the Department of Defense and the Civil Service Commission; data on movement between Puerto Rico and the United States mainland provided by the Puerto Rico Planning Board; and data on the Armed Forces provided by the Department of Defense. For a complete discussion of the estimating procedure used in deriving these estimates, see Current Population Reports, Series P-25, No. 545.

**ESTIMATES OF THE POPULATION OF THE UNITED STATES, BY TYPE OF POPULATION:  
 JANUARY 1, 1970 TO MARCH 1, 1976**

(In thousands. Includes Alaska and Hawaii in all years. Estimates for each month from January 1, 1950, to January 1, 1975, and estimates for July 1 of each year from 1900 to 1949, are given in Current Population Reports, Series P-25, No. 545)

Date	Total population including Armed Forces overseas	Resident population	Civilian population	Date	Total population including Armed Forces overseas	Resident population	Civilian population
1976				1974			
December 1.....				December 1.....	212,652	212,158	210,444
November 1.....				November 1.....	212,517	212,023	210,305
October 1.....				October 1.....	212,366	211,872	210,152
September 1.....				September 1.....	212,200	211,703	209,988
August 1.....				August 1.....	212,045	211,528	209,825
July 1.....				July 1.....	211,894	211,389	209,676
June 1.....				June 1.....	211,763	211,258	209,552
May 1.....				May 1.....	211,634	211,128	209,407
April 1.....				April 1.....	211,523	211,018	209,282
March 1.....	214,740	214,260	212,592	March 1.....	211,410	210,901	209,162
February 1.....	214,644	214,163	212,498	February 1.....	211,314	210,803	209,062
January 1.....	214,529	214,047	212,390	January 1.....	211,205	210,691	208,950
1975				1970 to 1973			
December 1.....	214,398	213,913	212,241	July 1, 1973.....	210,410	209,860	208,102
November 1.....	214,280	213,797	212,125	January 1, 1973.....	209,711	209,136	207,306
October 1.....	214,136	213,647	211,972	July 1, 1972.....	208,846	208,234	206,461
September 1.....	213,983	213,487	211,812	January 1, 1972.....	208,088	207,396	205,496
August 1.....	213,811	213,321	211,625	July 1, 1971.....	207,053	206,219	204,258
July 1.....	213,631	213,137	211,445	January 1, 1971.....	206,076	205,156	203,109
June 1.....	213,466	212,965	211,288	July 1, 1970.....	204,878	203,810	201,722
May 1.....	213,257	212,757	211,076	April 1, 1970.....	204,335	203,235	201,064
April 1.....	213,135	212,634	210,939	January 1, 1970.....	203,849	202,717	200,466
March 1.....	213,015	212,515	210,811				
February 1.....	212,909	212,414	210,711				
January 1.....	212,796	212,302	210,602				

<sup>1</sup>Census count: April 1, 1970--203,235,298.