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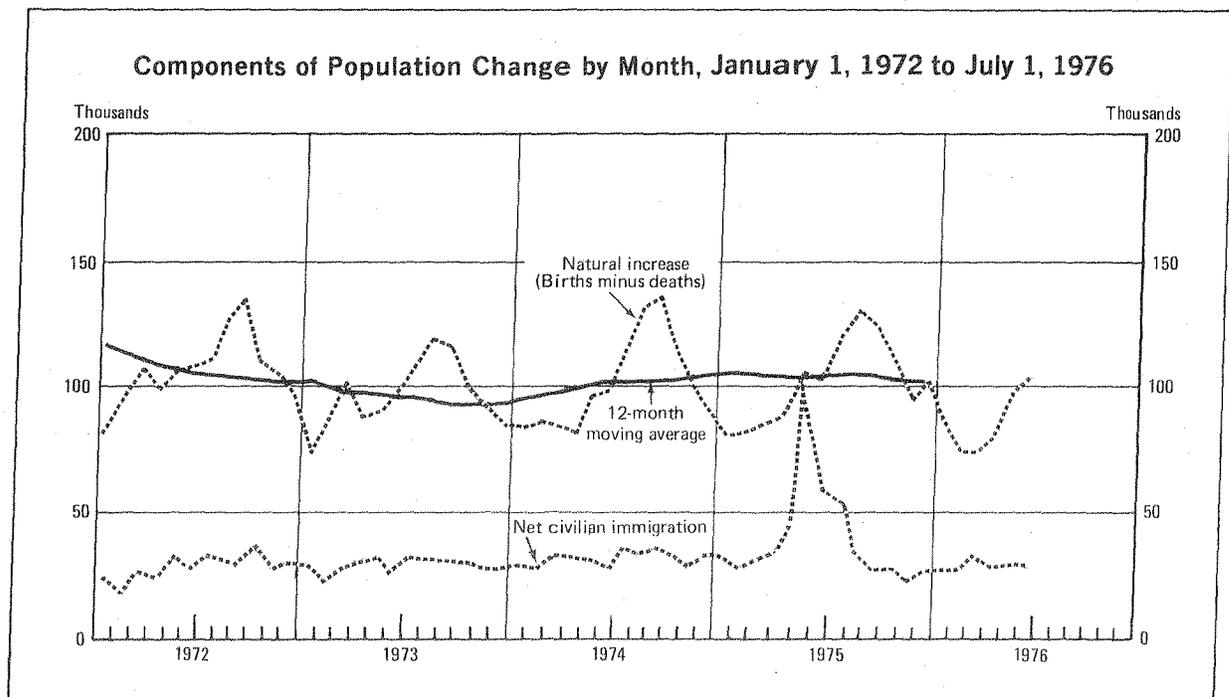
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ESTIMATES OF THE POPULATION OF THE UNITED STATES TO JULY 1, 1976

The total population of the United States (including Armed Forces overseas) was about 215,118,000 on July 1, 1976, according to estimates released today by the Bureau of the Census, Department of Commerce. This figure represents an increase of 1,578,000, or 0.7 percent, over the estimate for the corresponding month a year ago; and an increase of 130,000 over the previous month. The monthly gain was the result of a natural increase of 102,000 (excess of births over deaths), and estimated net civilian immigration of 28,000. (See chart below. Data are adjusted for number of days in the

month.) The July 1, 1976, total population represents an increase of 10,783,000 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, Nos. 545 and 632.**

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

(In thousands. Includes Alaska and Hawaii in all years. Estimates for each month from January 1, 1950, to January 1, 1976, and estimates for July 1 of each year from 1900 to 1949, are given in Current Population Reports, Series P-25, No. 632)

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.....	212,637	212,136	210,429
November 1.....				November 1.....	212,518	212,019	210,307
October 1.....				October 1.....	212,383	211,883	210,170
September 1.....				September 1.....	212,216	211,716	210,006
August 1.....				August 1.....	212,051	211,549	209,833
July 1.....	215,118	214,649	212,976	July 1.....	211,901	211,389	209,683
June 1.....	214,988	214,515	212,851	June 1.....	211,772	211,267	209,561
May 1.....	214,864	214,389	212,722	May 1.....	211,637	211,131	209,410
April 1.....	214,756	214,280	212,611	April 1.....	211,522	211,018	209,281
March 1.....	214,647	214,167	212,499	March 1.....	211,411	210,902	209,163
February 1.....	214,550	214,069	212,404	February 1.....	211,311	210,800	209,059
January 1.....	214,435	213,953	212,296	January 1.....	211,207	210,692	208,951
1975				1970 to 1973			
December 1.....	214,304	213,819	212,147	July 1, 1973.....	210,410	209,859	208,102
November 1.....	214,186	213,703	212,031	January 1, 1973.....	209,711	209,136	207,306
October 1.....	214,042	213,553	211,878	July 1, 1972.....	208,846	208,234	206,461
September 1.....	213,890	213,394	211,719	January 1, 1972.....	208,088	207,396	205,496
August 1.....	213,720	213,230	211,534	July 1, 1971.....	207,053	206,219	204,258
July 1.....	213,540	213,032	211,355	January 1, 1971.....	206,076	205,156	203,109
June 1.....	213,381	212,868	211,202	July 1, 1970.....	204,878	203,810	201,722
May 1.....	213,174	212,657	210,993	April 1, 1970.....	204,335	203,235	201,064
April 1.....	213,052	212,538	210,861	January 1, 1970.....	203,849	202,717	200,466
March 1.....	212,944	212,433	210,740				
February 1.....	212,850	212,345	210,647				
January 1.....	212,748	212,245	210,555				

¹Census count: April 1, 1970--203,235,298.