

**Table 2. Population Estimates and the Components Used to Construct the U.S. Resident Population by Race and Sex: April 1, 2010**  
(In thousands)

Series and component	Total population	Black			Non-Black		
		Both sexes	Male	Female	Both sexes	Male	Female
<b>Low Series</b>							
Total population	305,684	40,869	19,968	20,901	264,815	131,976	132,839
Births	249,420	37,815	19,163	18,652	211,605	108,616	102,989
Deaths	14,829	3,308	2,036	1,272	11,521	7,380	4,141
Net international migration	31,711	3,017	1,544	1,472	28,695	15,148	13,546
Armed Forces overseas	433	86	69	17	347	311	36
Medicare-based estimates of the population 65 and over	39,814	3,432	1,367	2,065	36,382	15,903	20,479
<b>Low Middle Series</b>							
Total population	307,415	41,163	20,113	21,050	266,251	132,708	133,543
Births	249,891	37,979	19,246	18,733	211,912	108,774	103,138
Deaths	14,829	3,308	2,036	1,272	11,521	7,380	4,141
Net international migration	32,829	3,103	1,586	1,517	29,726	15,673	14,053
Armed Forces overseas	433	86	69	17	347	311	36
Medicare-based estimates of the population 65 and over	39,957	3,476	1,388	2,088	36,481	15,953	20,528
<b>Middle Series</b>							
Total population	308,475	41,270	20,168	21,103	267,205	133,204	134,001
Births	249,891	37,979	19,246	18,733	211,912	108,774	103,138
Deaths	14,829	3,308	2,036	1,272	11,521	7,380	4,141
Net international migration	33,889	3,210	1,640	1,570	30,680	16,169	14,511
Armed Forces overseas	433	86	69	17	347	311	36
Medicare-based estimates of the population 65 and over	39,957	3,476	1,388	2,088	36,481	15,953	20,528
<b>High Middle Series</b>							
Total population	310,038	41,410	20,239	21,171	268,627	133,960	134,667
Births	249,891	37,979	19,246	18,733	211,912	108,774	103,138
Deaths	14,829	3,308	2,036	1,272	11,521	7,380	4,141
Net international migration	35,452	3,350	1,711	1,638	32,102	16,925	15,177
Armed Forces overseas	433	86	69	17	347	311	36
Medicare-based estimates of the population 65 and over	39,957	3,476	1,388	2,088	36,481	15,953	20,528
<b>High Series</b>							
Total population	312,713	41,741	20,387	21,353	270,972	135,136	135,836
Births	250,361	38,144	19,329	18,815	212,218	108,931	103,287
Deaths	14,829	3,308	2,036	1,272	11,521	7,380	4,141
Net international migration	36,737	3,401	1,726	1,675	33,336	17,517	15,819
Armed Forces overseas	433	86	69	17	347	311	36
Medicare-based estimates of the population 65 and over	40,876	3,590	1,439	2,151	37,286	16,379	20,907

**Notes:**  
 Estimates may not sum to totals shown because of rounding.  
 Black refers to Black alone. All others are classified as non-Black.  
 Births, deaths, and net international migration for the 2010 estimates refer to events occurring between April 1, 1945 and March 31, 2010. The Armed Forces overseas, population ages 65 and over, and the total population are estimates as of April 1, 2010.  
 Net international migration includes the international migration of both native and foreign-born populations. Specifically, it includes: (a) the net international migration of the foreign born, (b) the net international migration of the native born, and (c) the net migration between the United States and Puerto Rico.

Source: U.S. Census Bureau, Population Division, 2010 Demographic Analysis.