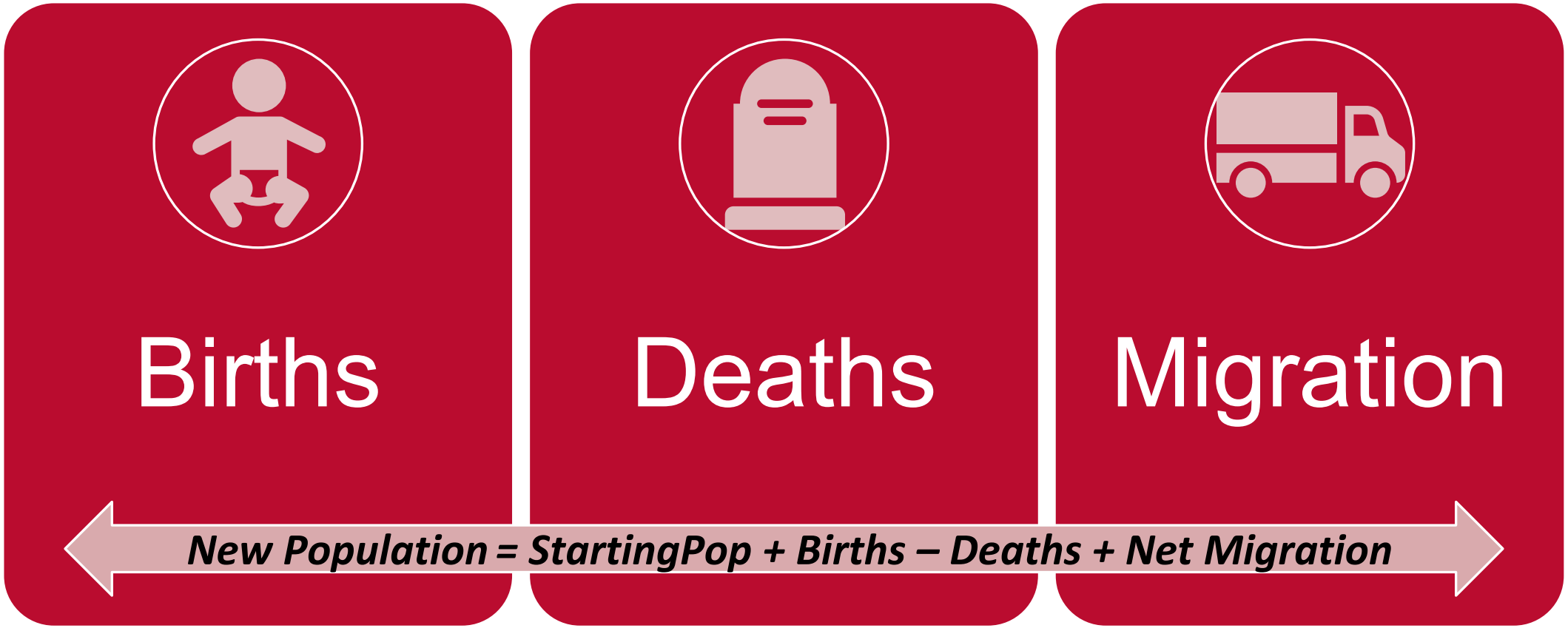
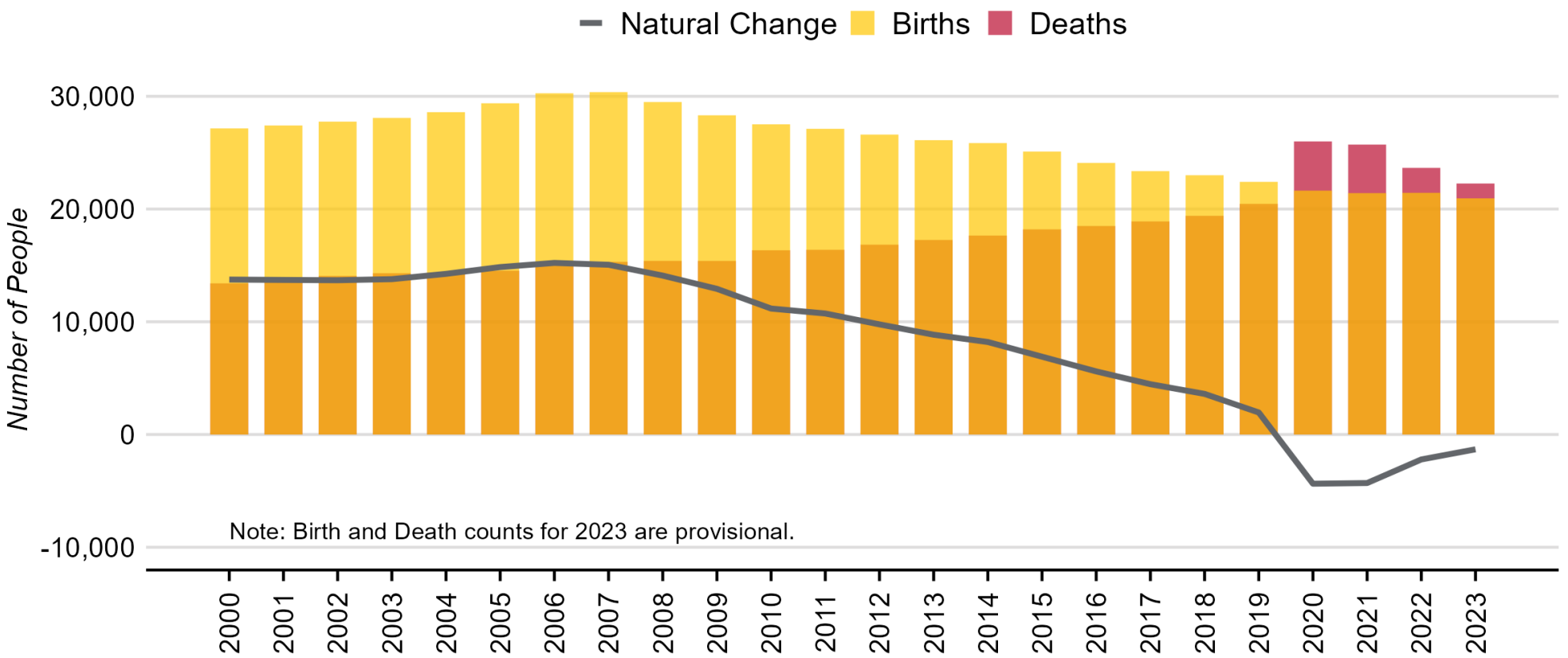
Population Projections for New Mexico, 2023-2050

University of New Mexico
Geospatial and Population Studies

Populations can only change in three ways

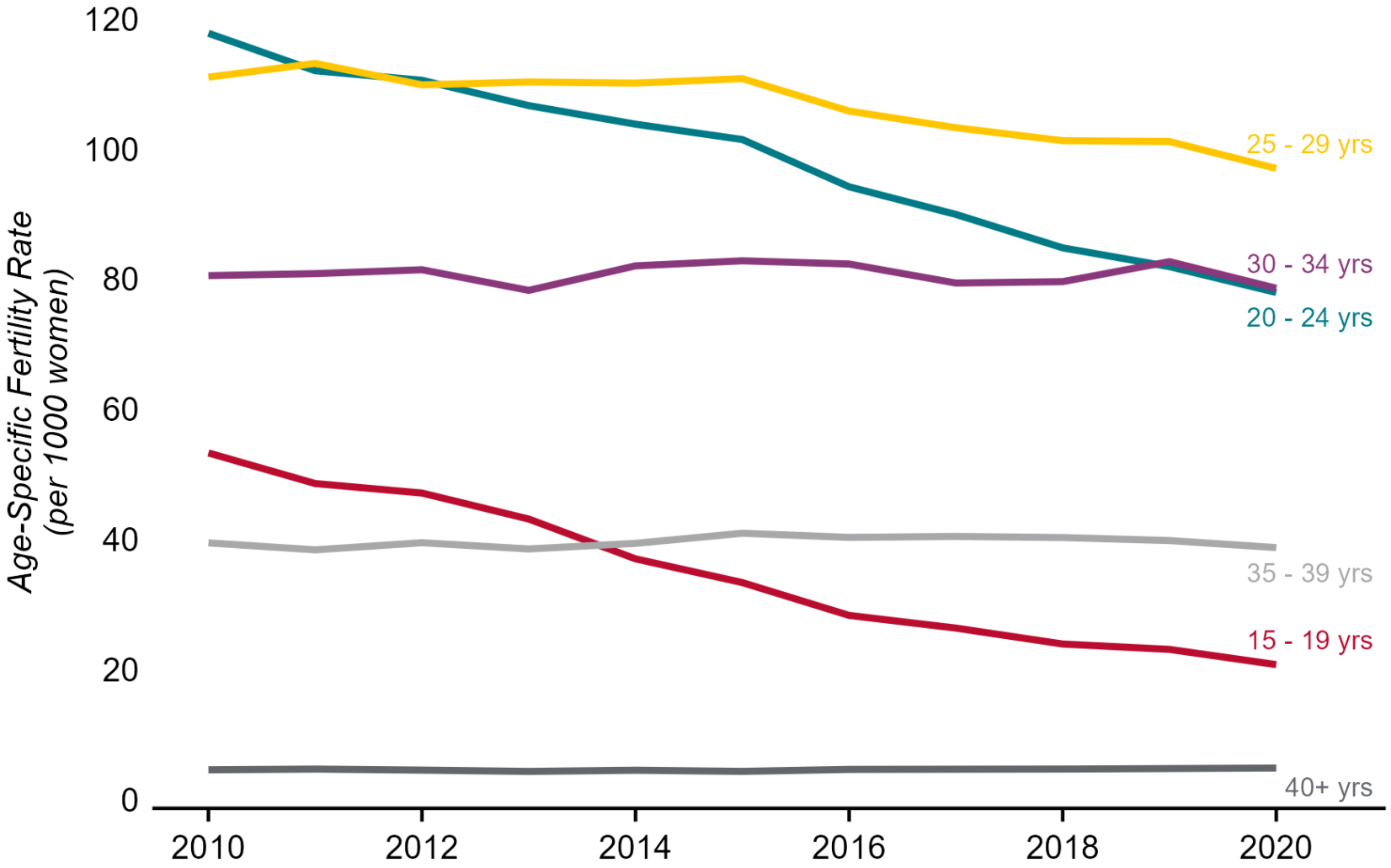


New Mexico Natural Change, 2000 to 2023



New Mexico is in a period of natural decline: we are experiencing more deaths than births.

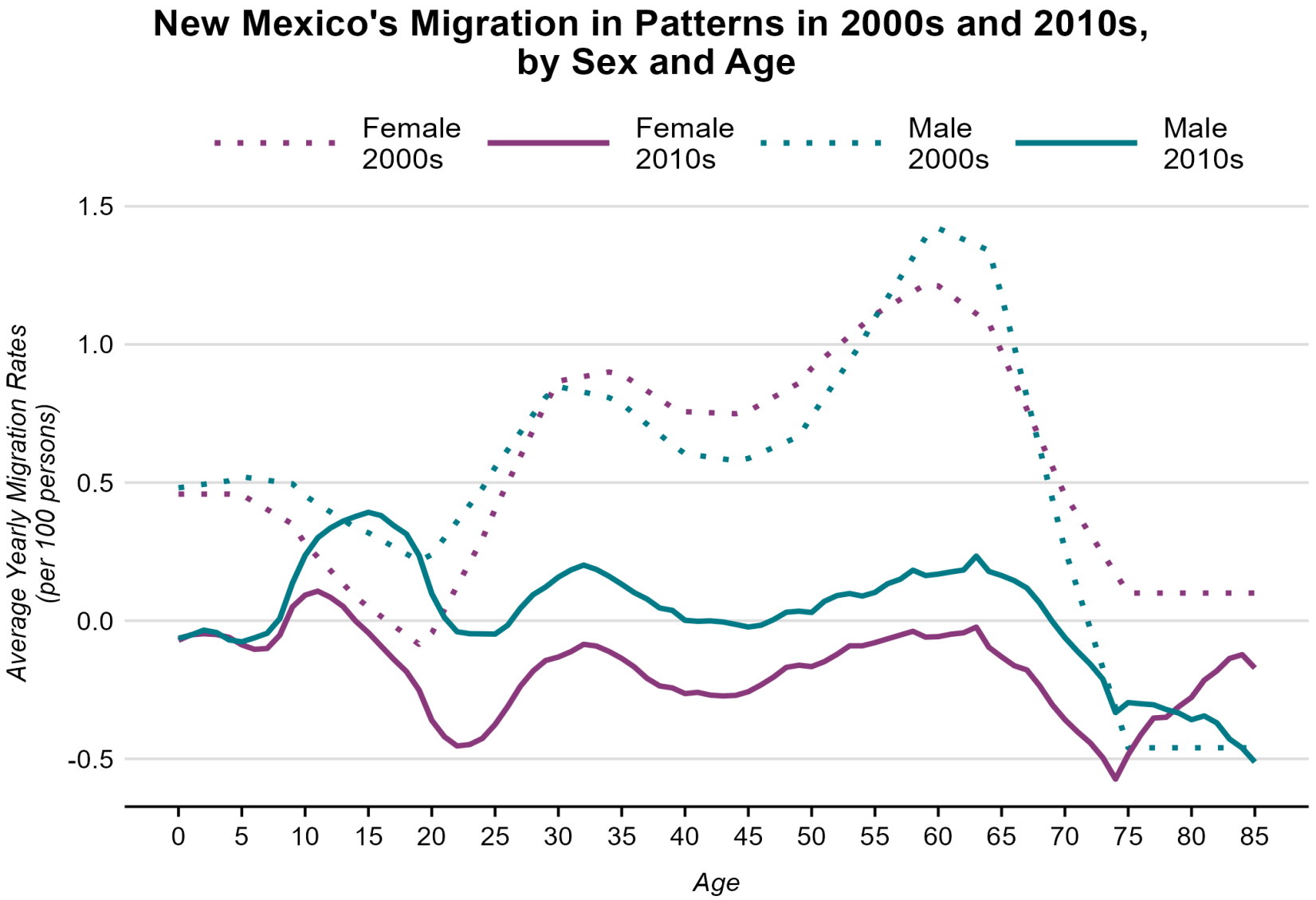
Declining Birth Rates among Women in New Mexico



- People are having fewer children over their life course and are having children later.
- Decreases in fertility among teens and women in their 20's.
- Fairly flat among those in their 30's and 40's.

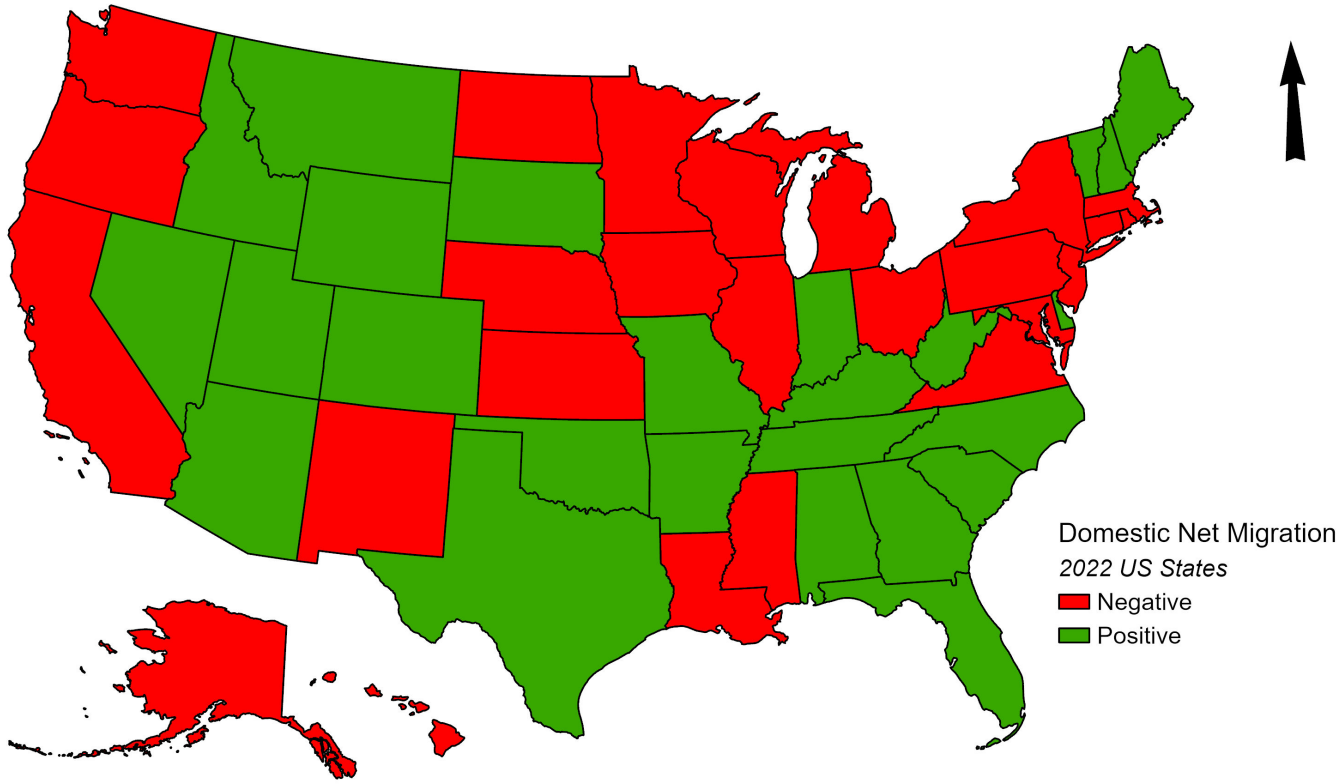
Rates of Migration in New Mexico were considerably lower in the 2010s compared to the 2000s.

In both decades, rates were lower among young adults.



Positive rates indicate net population gains to New Mexico, while negative rates reflect net out migration. Rates reflect the average single year gains over the decade.

Domestic Migration by State 2022



Source: US Census Bureau https://www.census.gov/data/datasets/time-series/demo/popest/2020s-state-total.html

- Domestic Migration in New Mexico has been negative since 2012
- Net International Migration currently accounts for all growth in New Mexico
- Net International Migration was positive for all states in 2022

New Mexico's growth has been flat. Future change hinges on migration.

Births are down.

- Future fertility and the child population will depend on the age structure of migration.

Deaths are up.

- Due to an aging population.

Migration is ... the wildcard

- Net-migration was out in the 2010s, primarily driven by domestic migration. Net international migration was 'in,' but is highly dependent on federal policies.
- In-migration post-pandemic, but will this continue?
- Small counties are in greater decline, generally speaking.

Population Projections: Cohort Component Method

$$Pop_{n+x} = Pop_n + Births - Deaths + Net\ Migration$$

- Population Size and Age Structure
- Fertility Trends
- Mortality Trends
- Migration Trends

Assumptions

Fertility

Will fertility continue to decline as it has been? Will it begin to rise, or will it remain stable?

- ***Assumption:*** **Fertility will follow the pattern of decline observed from 2010 to 2019 until 2023. Fertility was then held constant from the projected 2023 rates for the whole projection series.**

Mortality

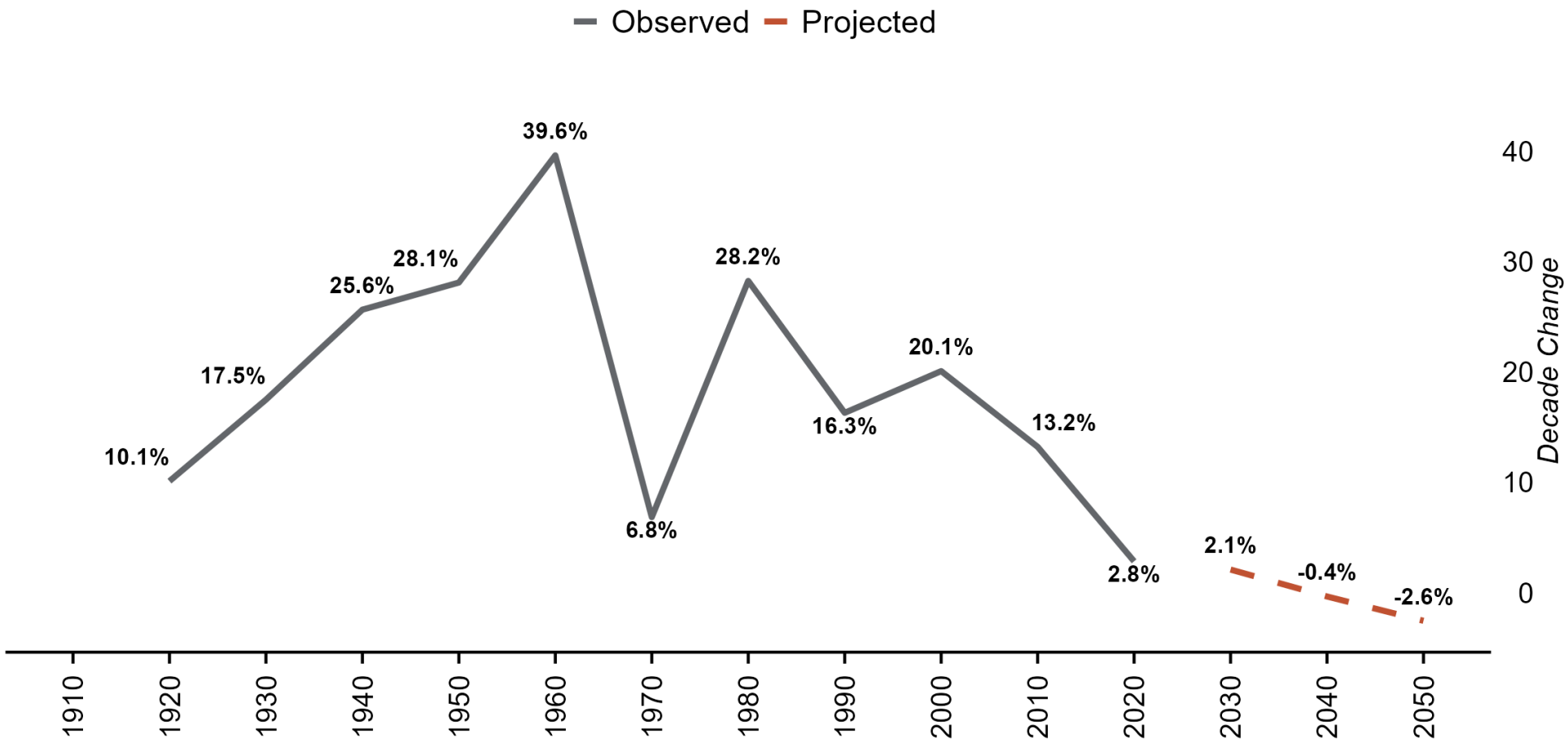
Life expectancy has increased for much of the past century but has been fairly stable in recent years.

- *Will we continue to live longer, or will poorer health behaviors lead to shorter lives?*

- ***Assumption:*** **Mortality will remain at 2010 age-specific rates across the projection period.**

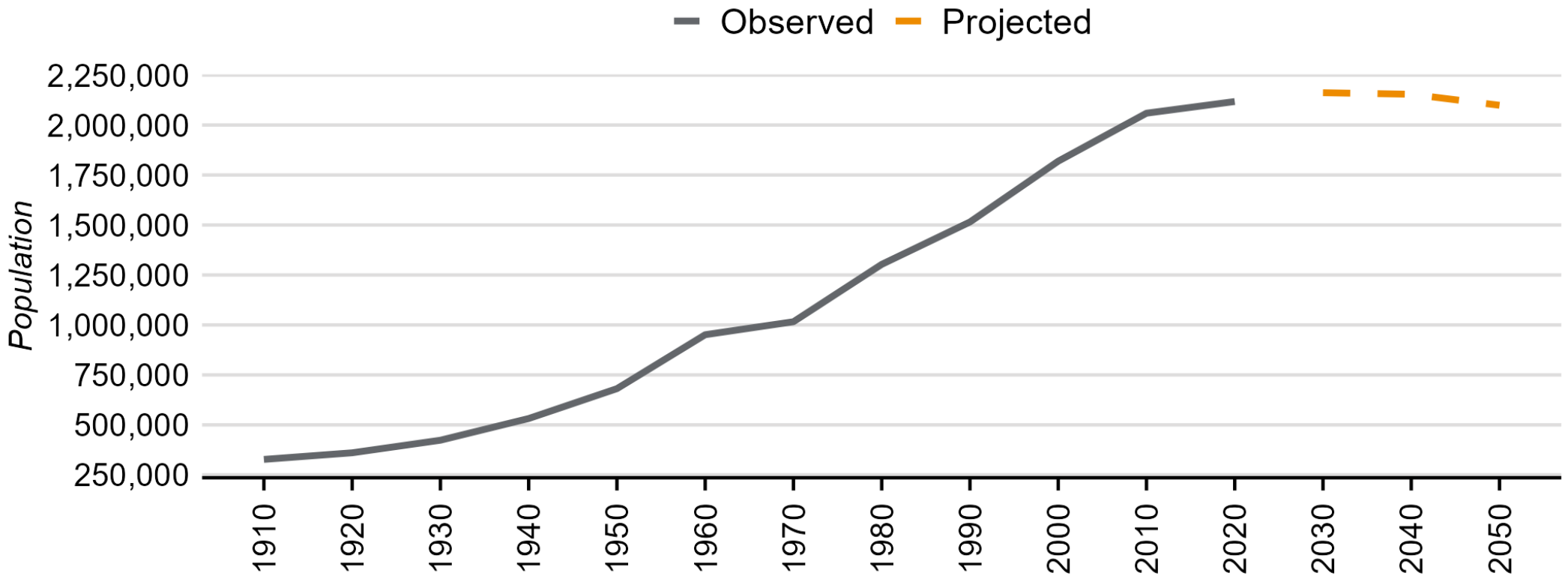
Migration

Assumption: **We used an average of the migration patterns observed in the 2000s and the 2010s, thus allowing for periods of higher migration and lower migration.**



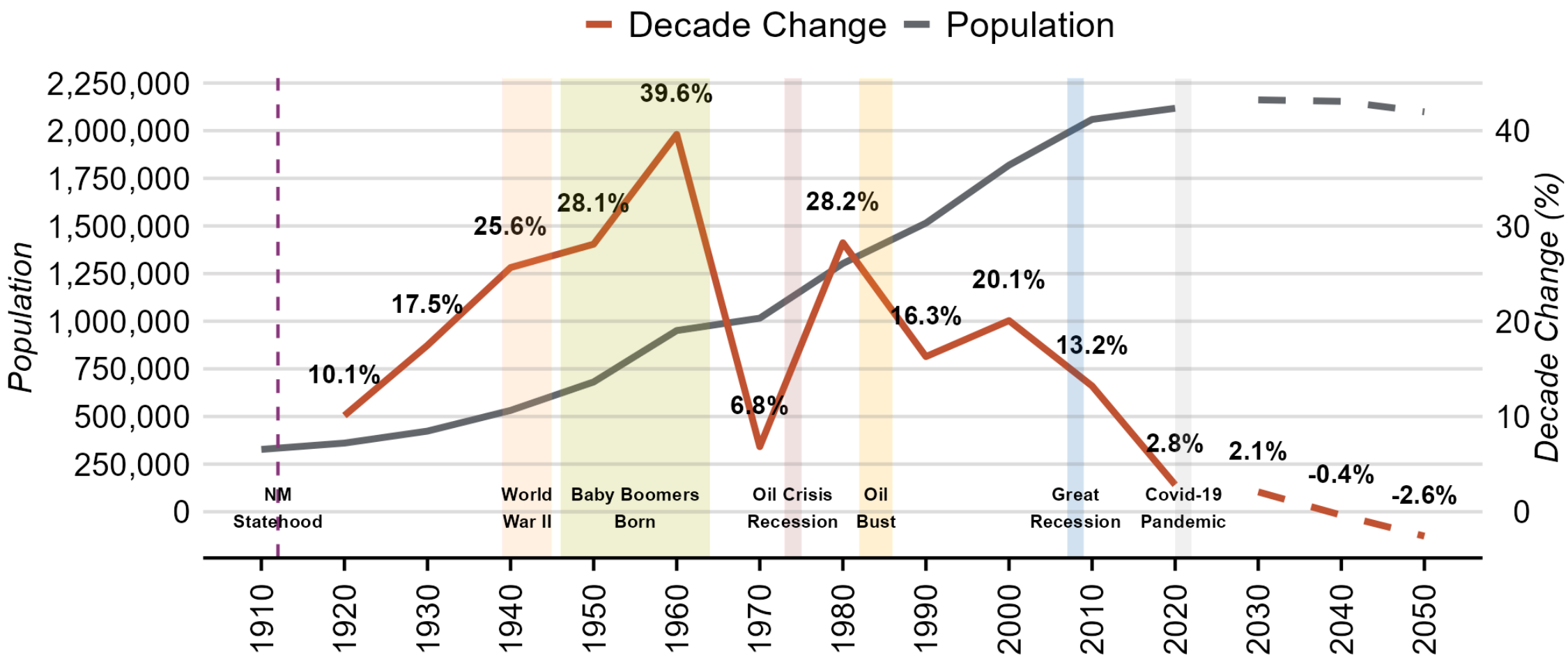
New Mexico's rate of growth has been declining since the 1980s and is projected to be negative in the decade between 2030 and 2040.

New Mexico's Population Change, 1910-2050



New Mexico is entering a new stage of little or declining growth.

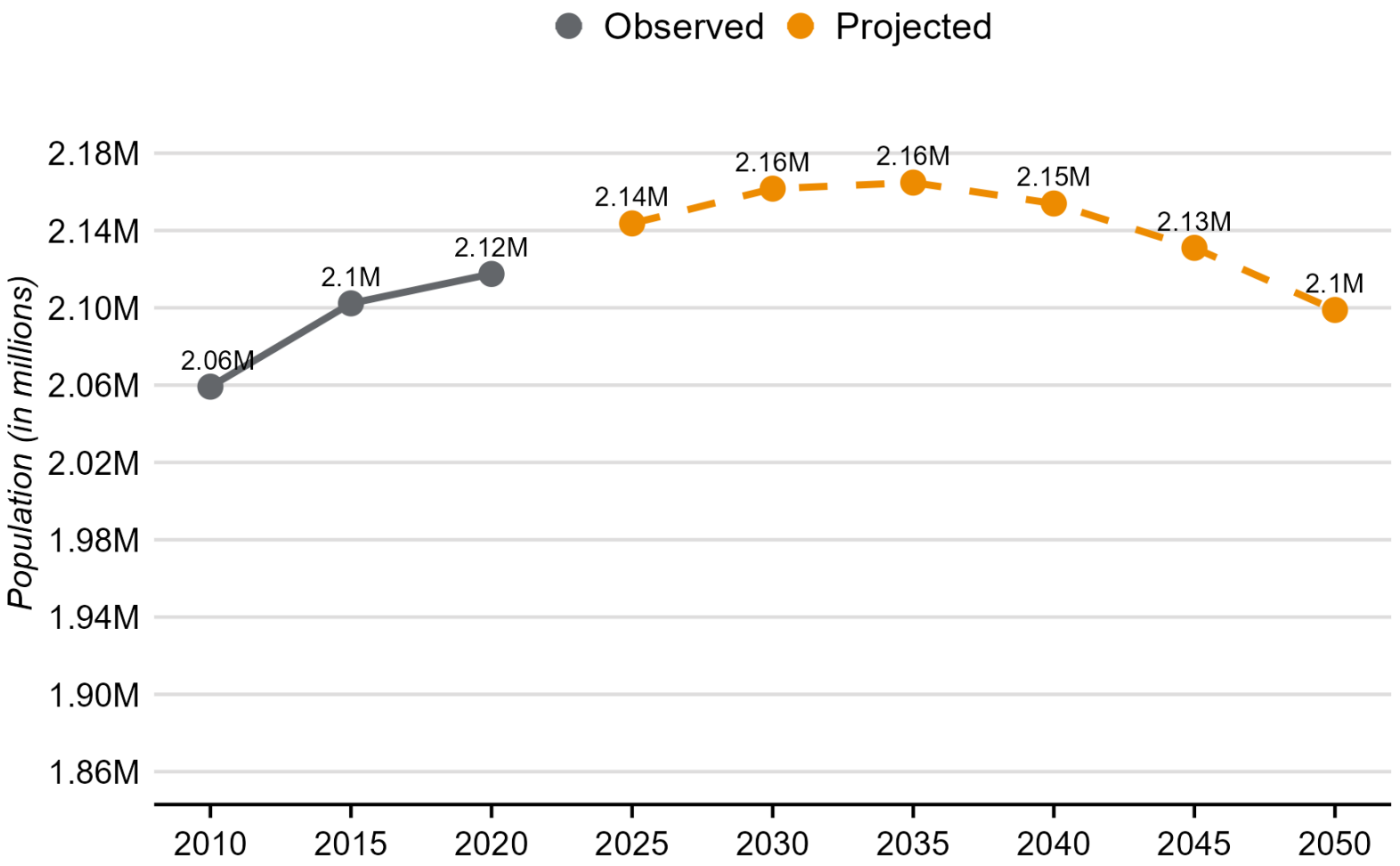
Source: UNM Geospatial and Population Studies (gps.unm.edu)



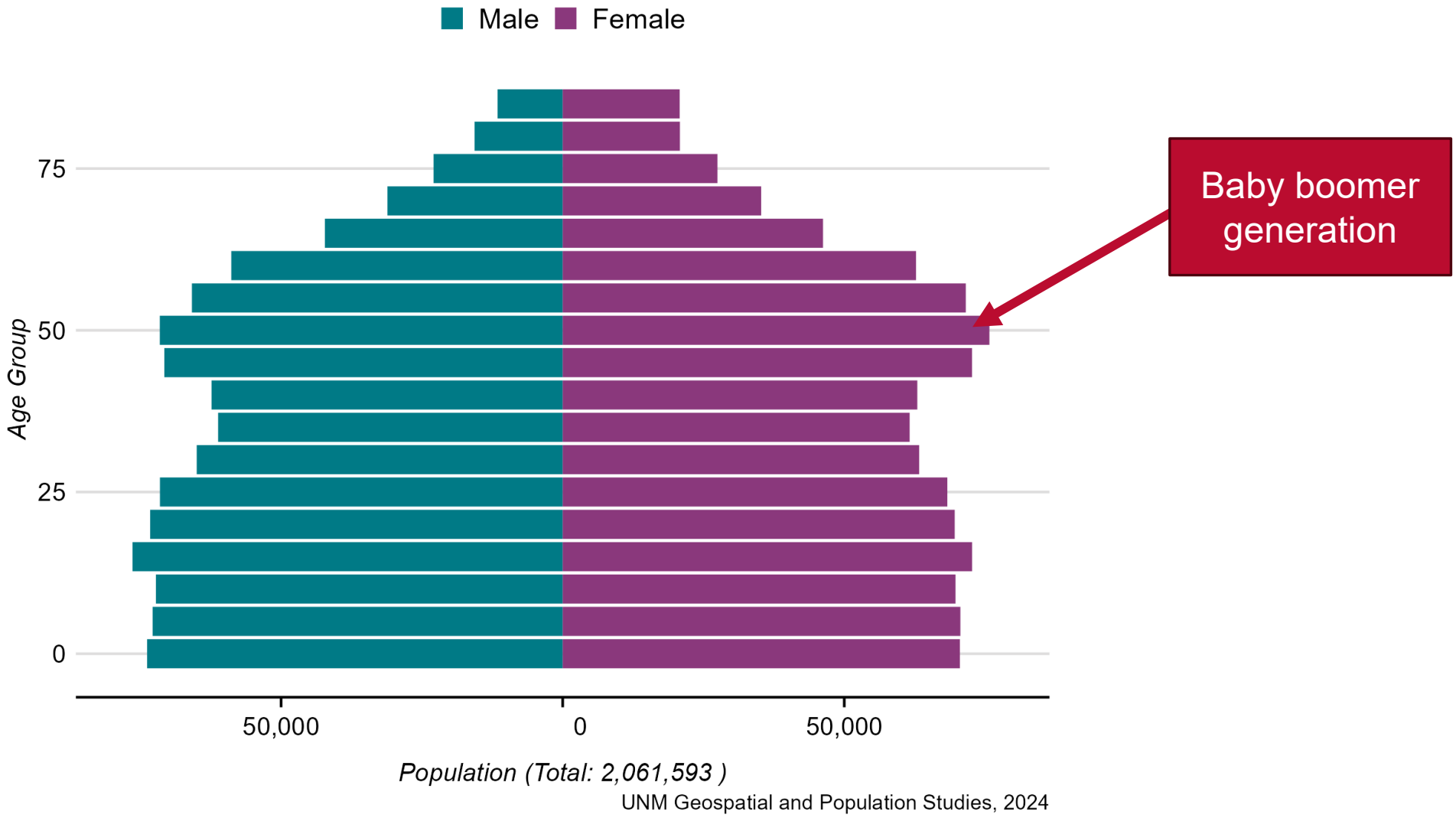
Overall, NM's rate of growth has been declining (with periods of fluctuation).

By 2035, NM's population is expected to start to decline.

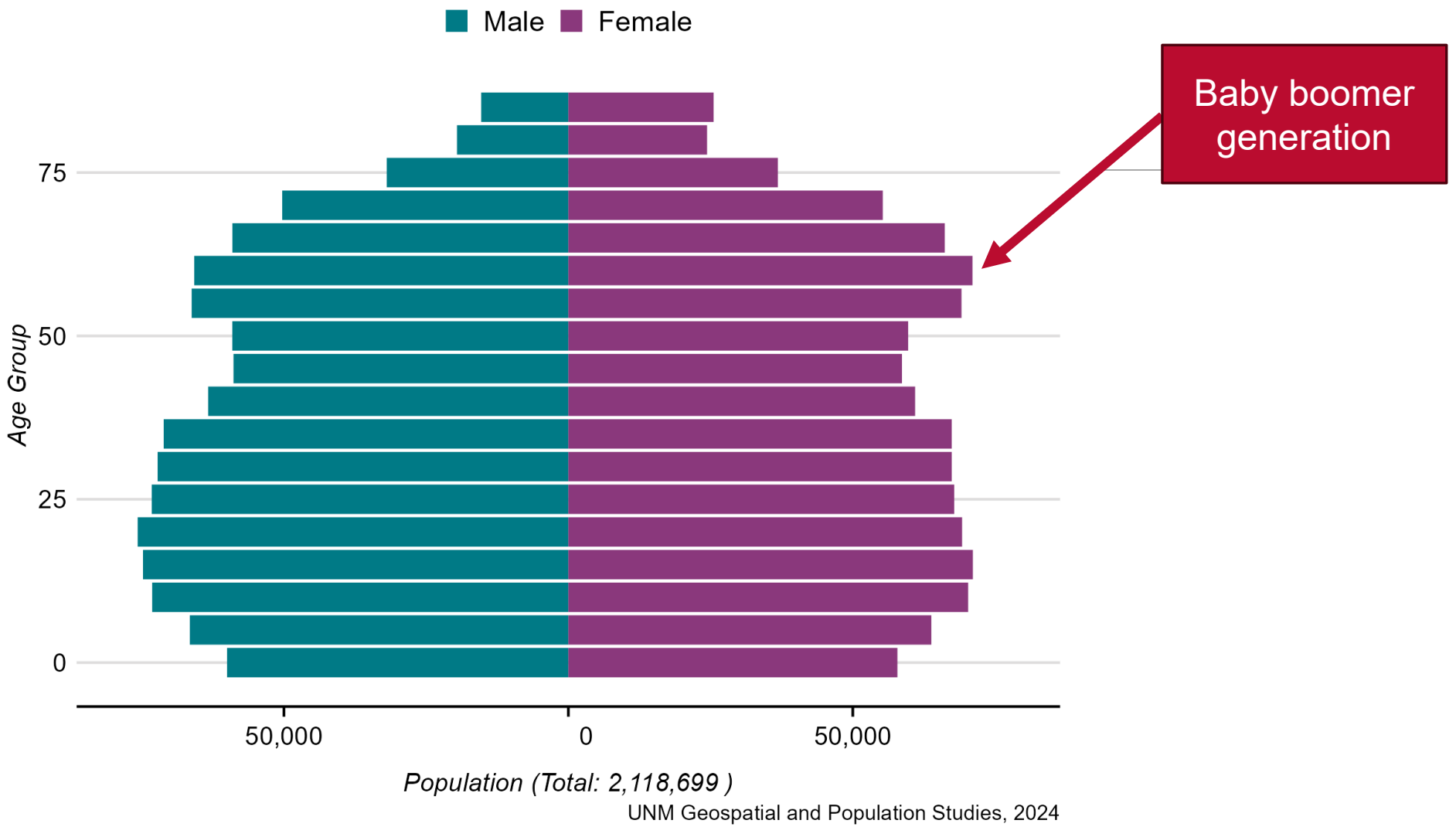
This decline could arrive sooner if migration patterns are similar to the 2010s or later if they are more similar to the 2000s.



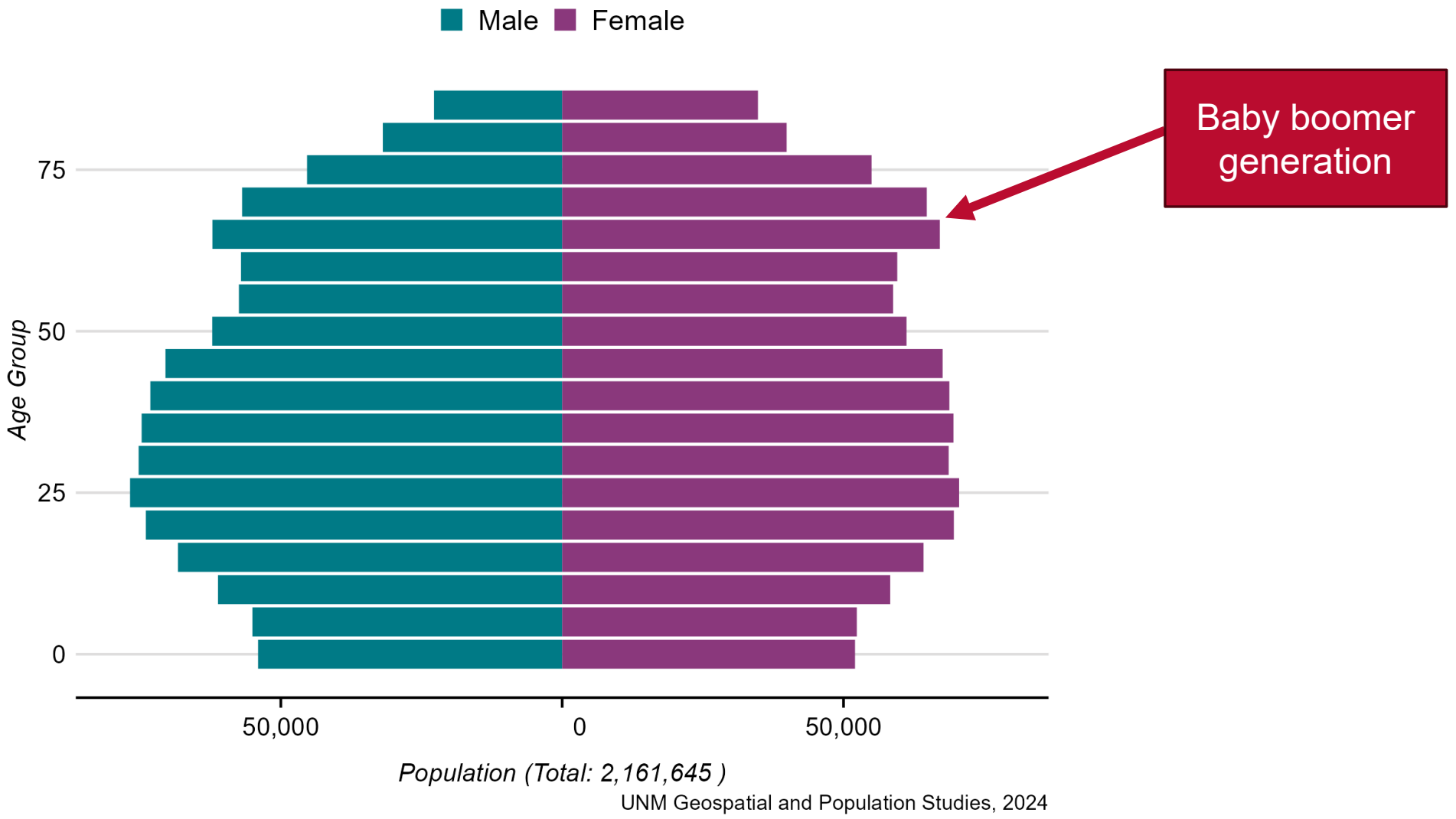
New Mexico Population 2010



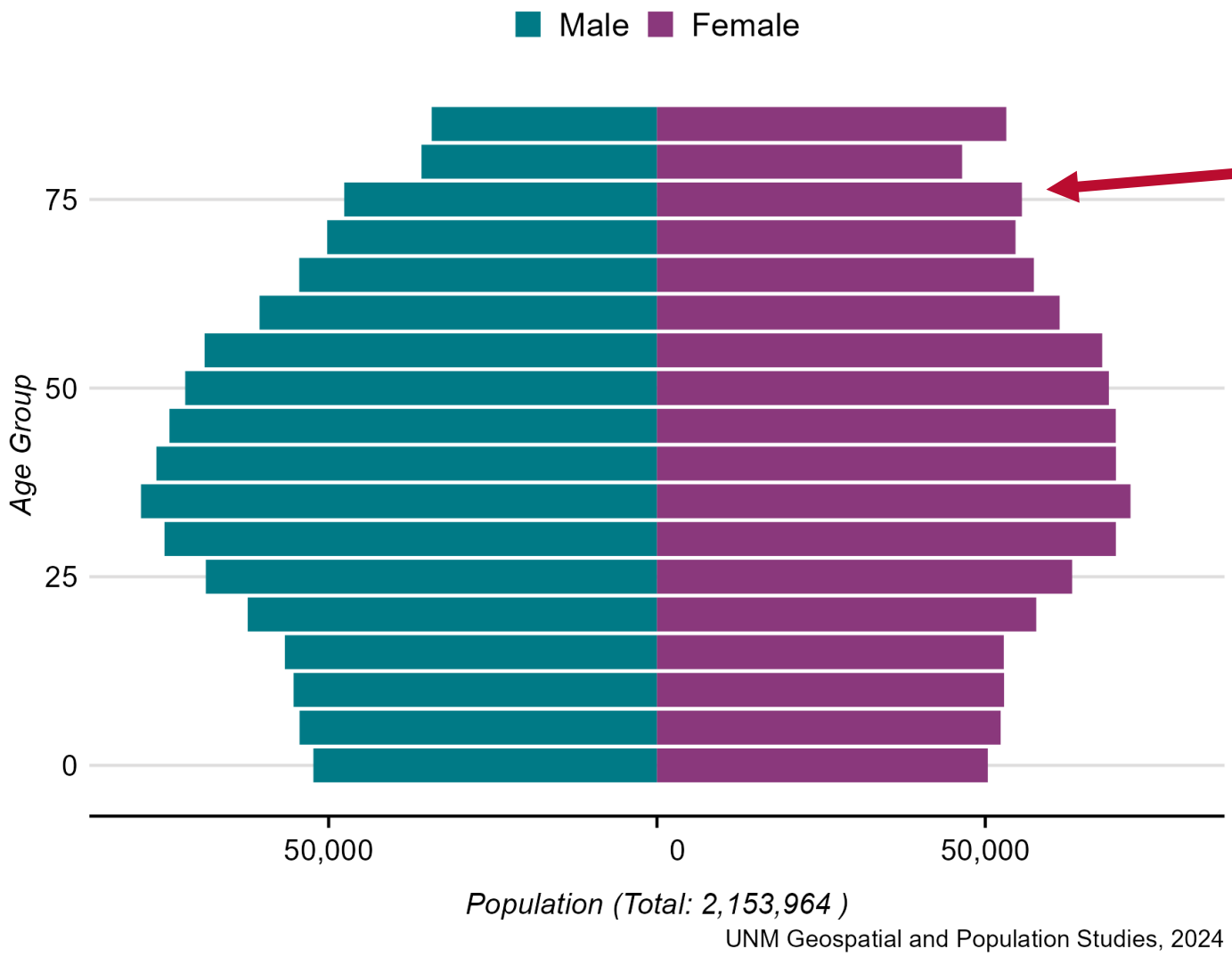
New Mexico Population 2020



New Mexico Population 2030 - Projected

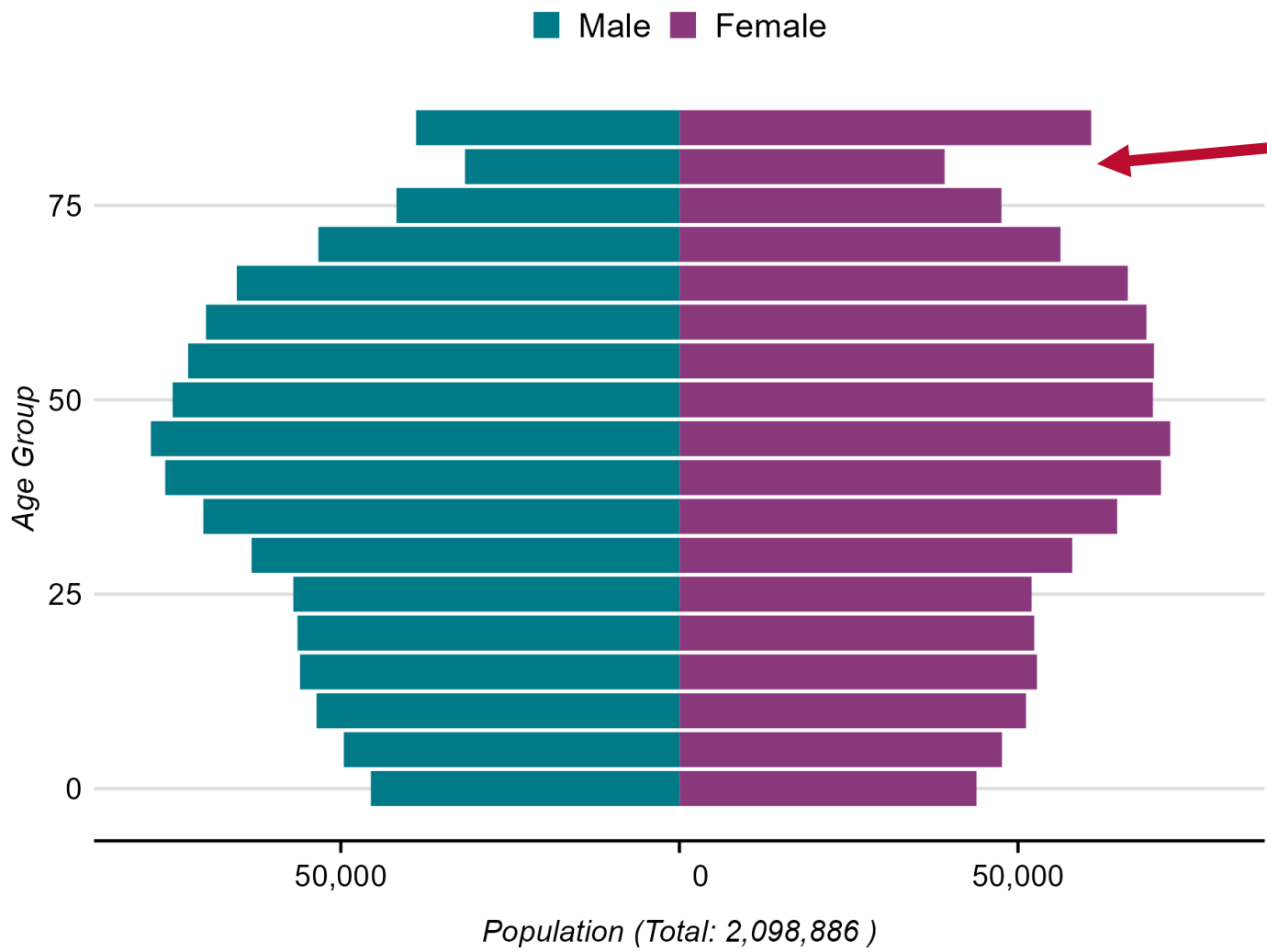


New Mexico Population 2040 - Projected



Baby boomer generation

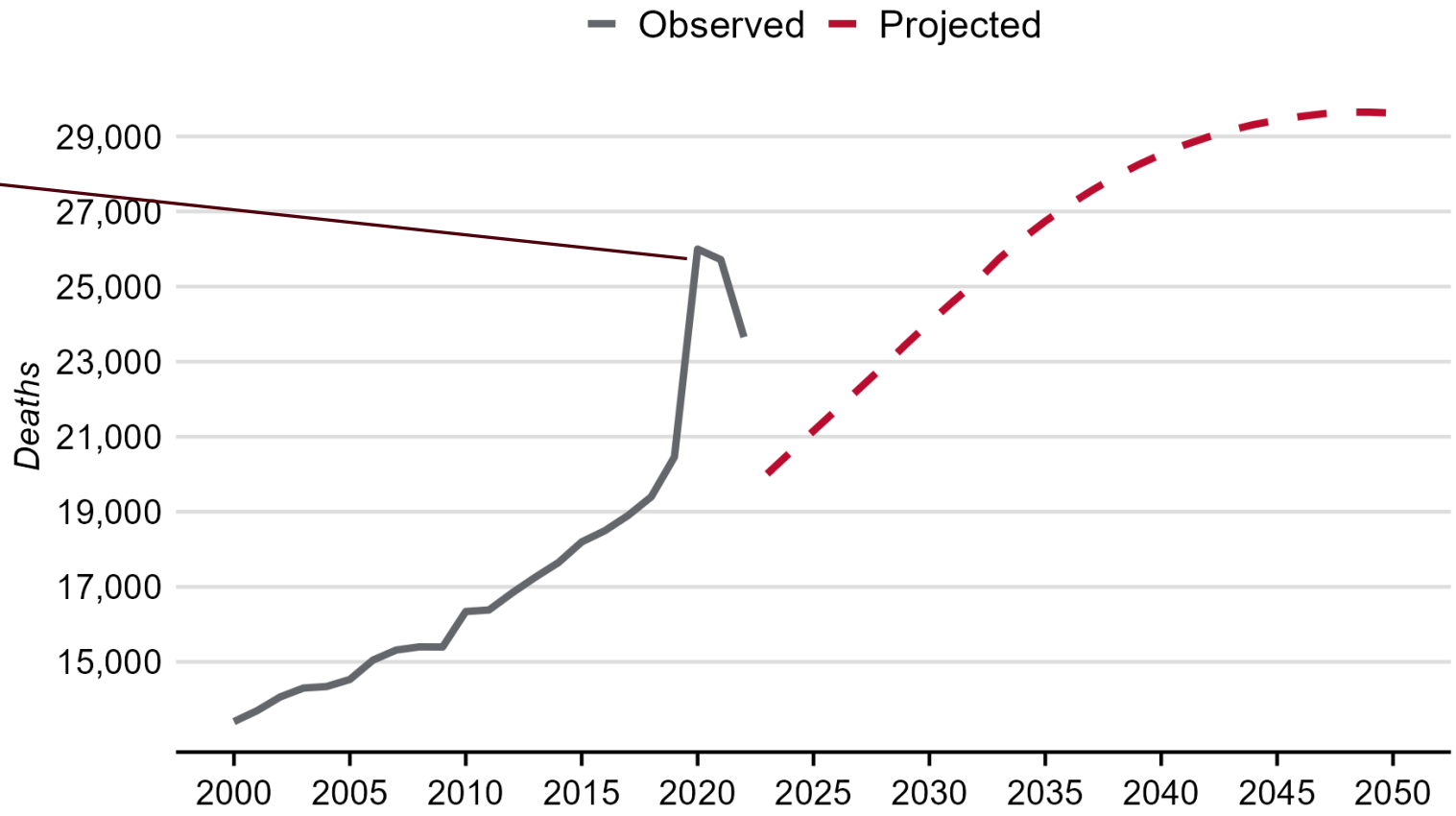
New Mexico Population 2050 - Projected



Baby boomer generation

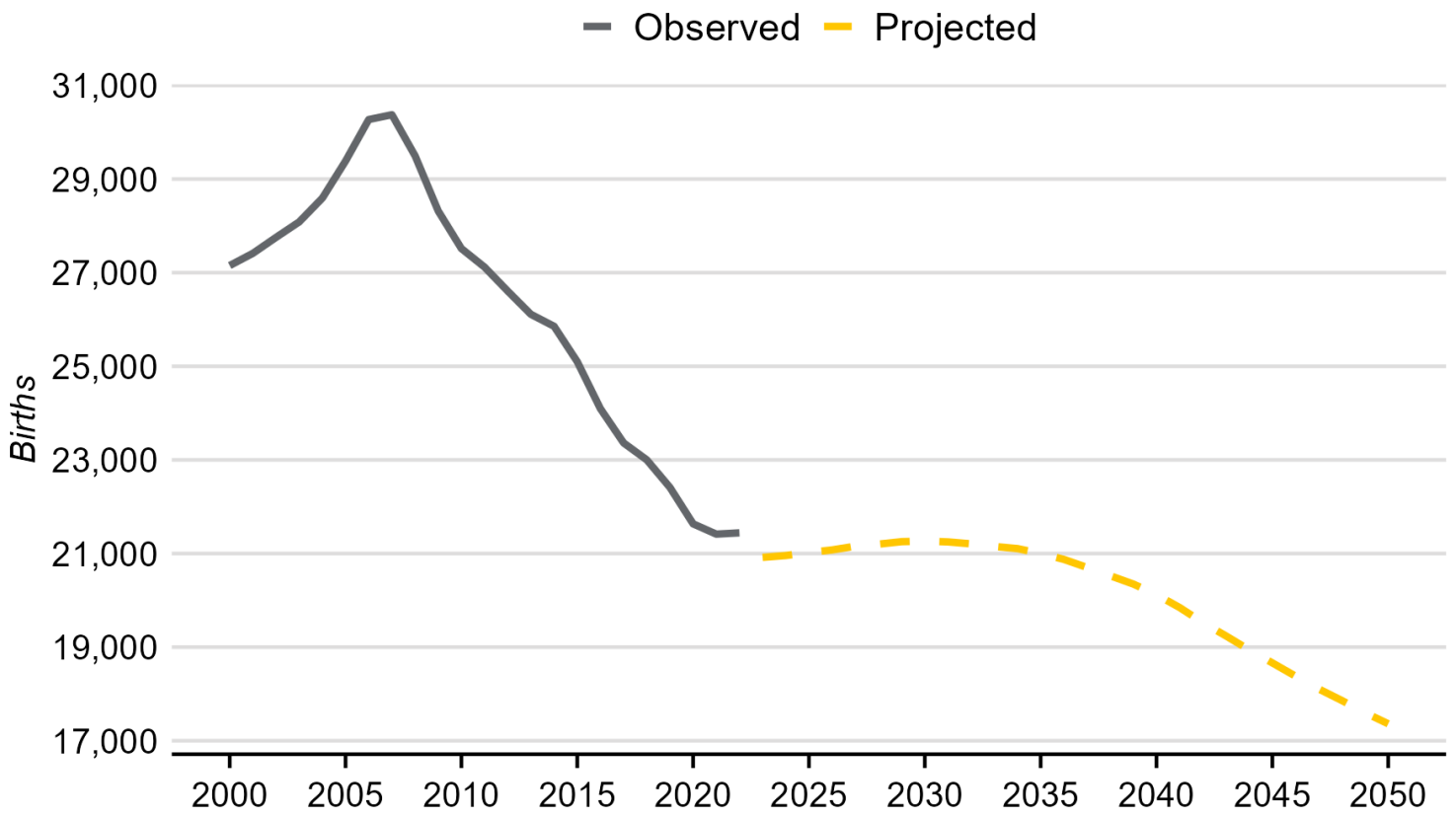
UNM Geospatial and Population Studies, 2024

Deaths in New Mexico, 2000 to 2050

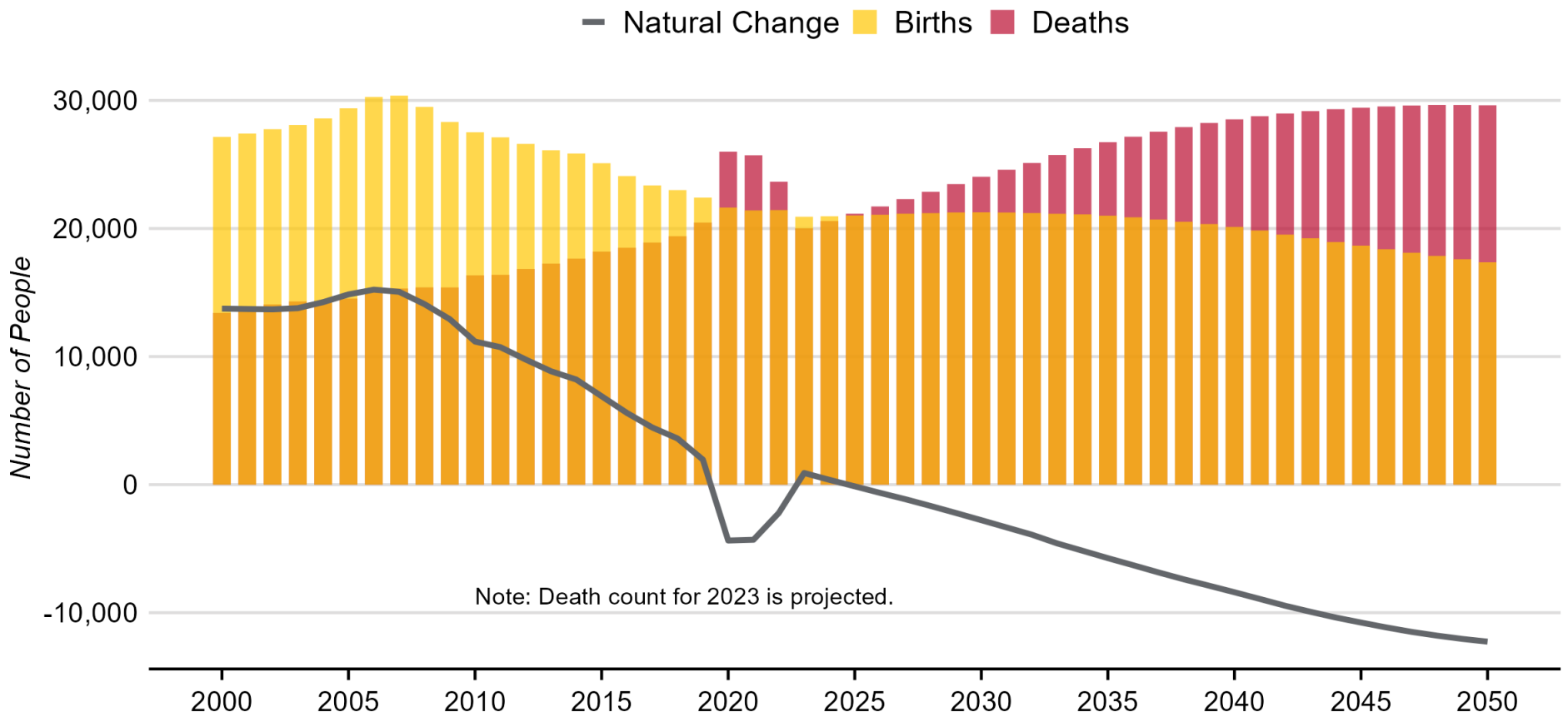


Despite keeping mortality rates constant, deaths increase due to higher mortality among people who are older, who make up a larger portion of the population.

Births in New Mexico, 2000 to 2050

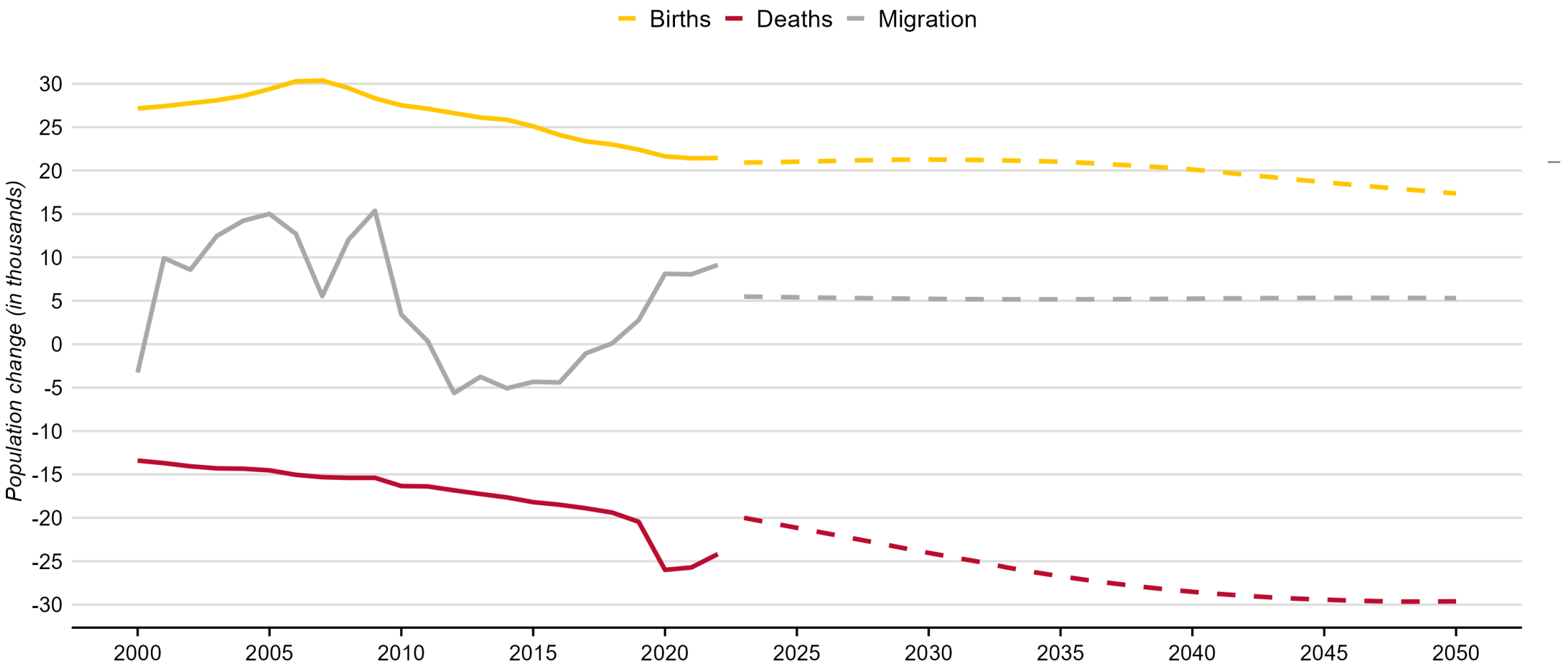


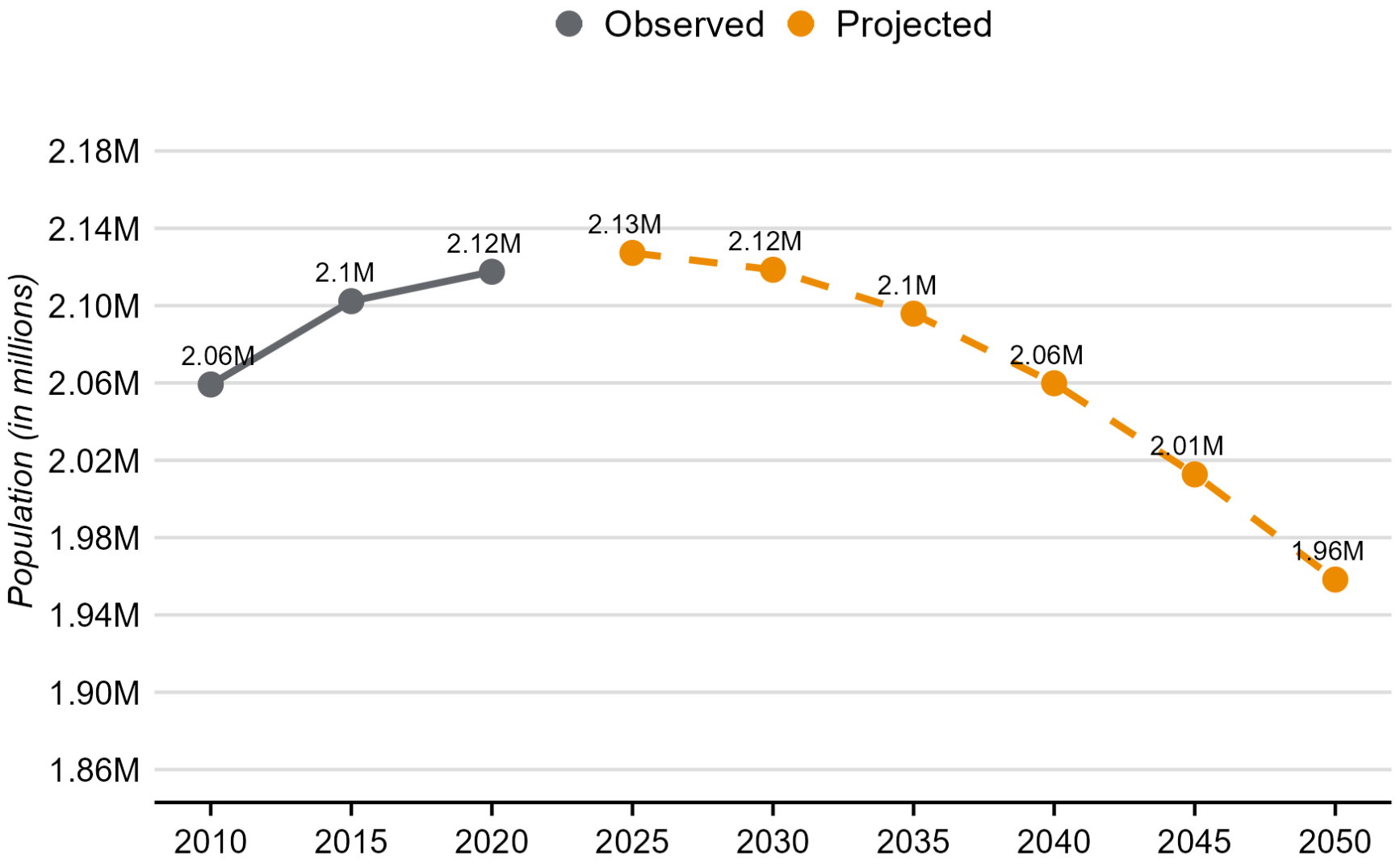
Despite keeping fertility rates constant, births are projected to decrease due to fewer projected women of childbearing age.



New Mexico's natural change will contribute to population decline over the next 26 years.

The contributions of births, deaths, and migration to NM's population change, 2000-2050





New Mexico Population Change if there is zero migration after 2022

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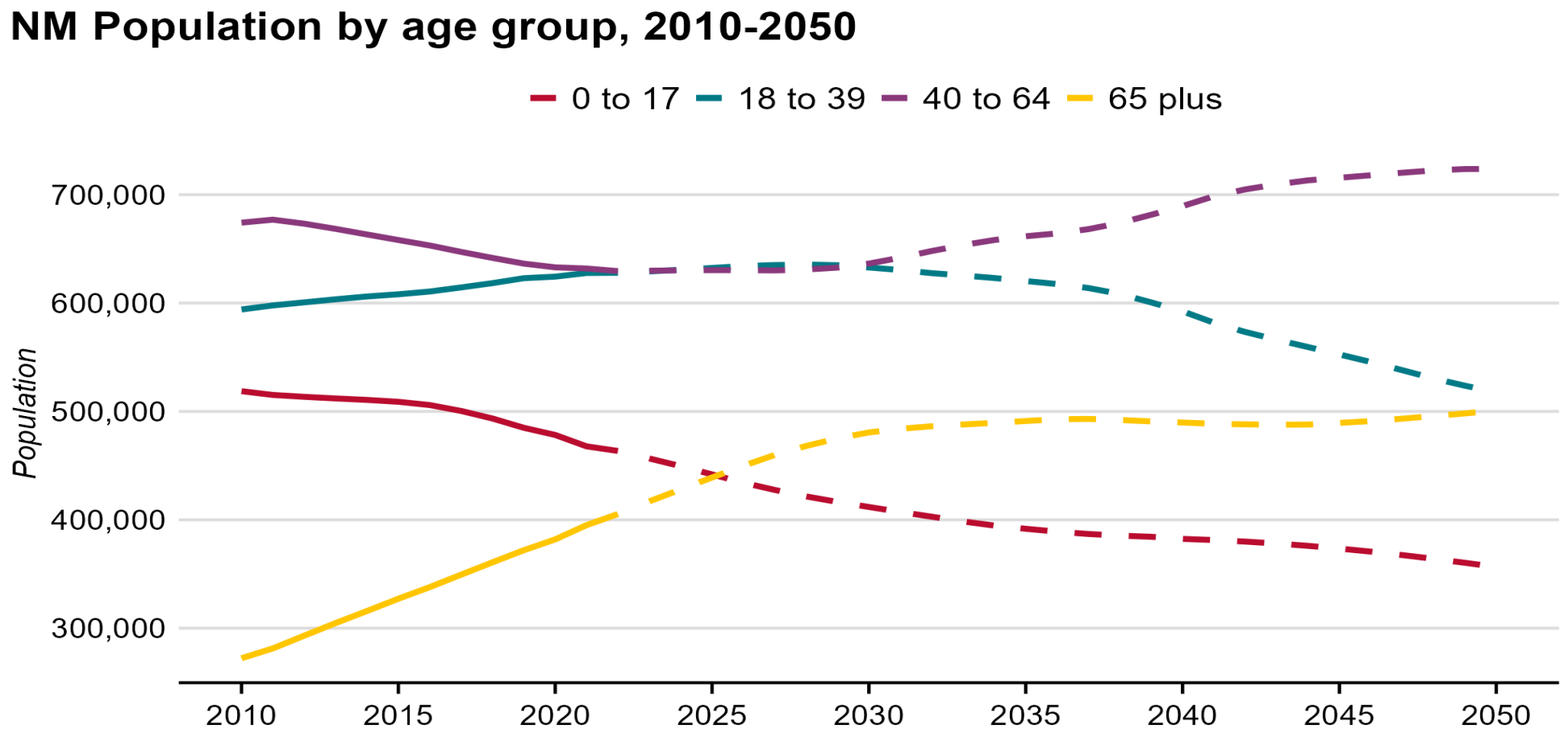
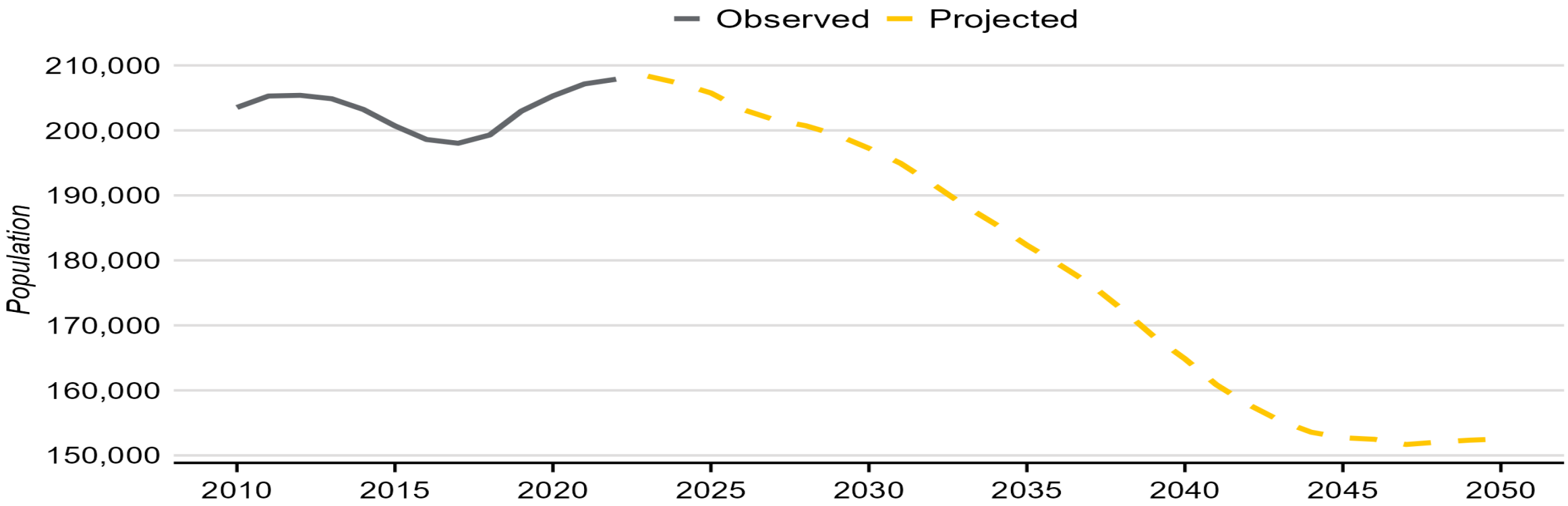


NM is projected to have an increase in population among those over age 40 and a decrease among those under age 40.

New Mexico's Emerging-Adults Population, 2010-2050

Ages 18 to 24

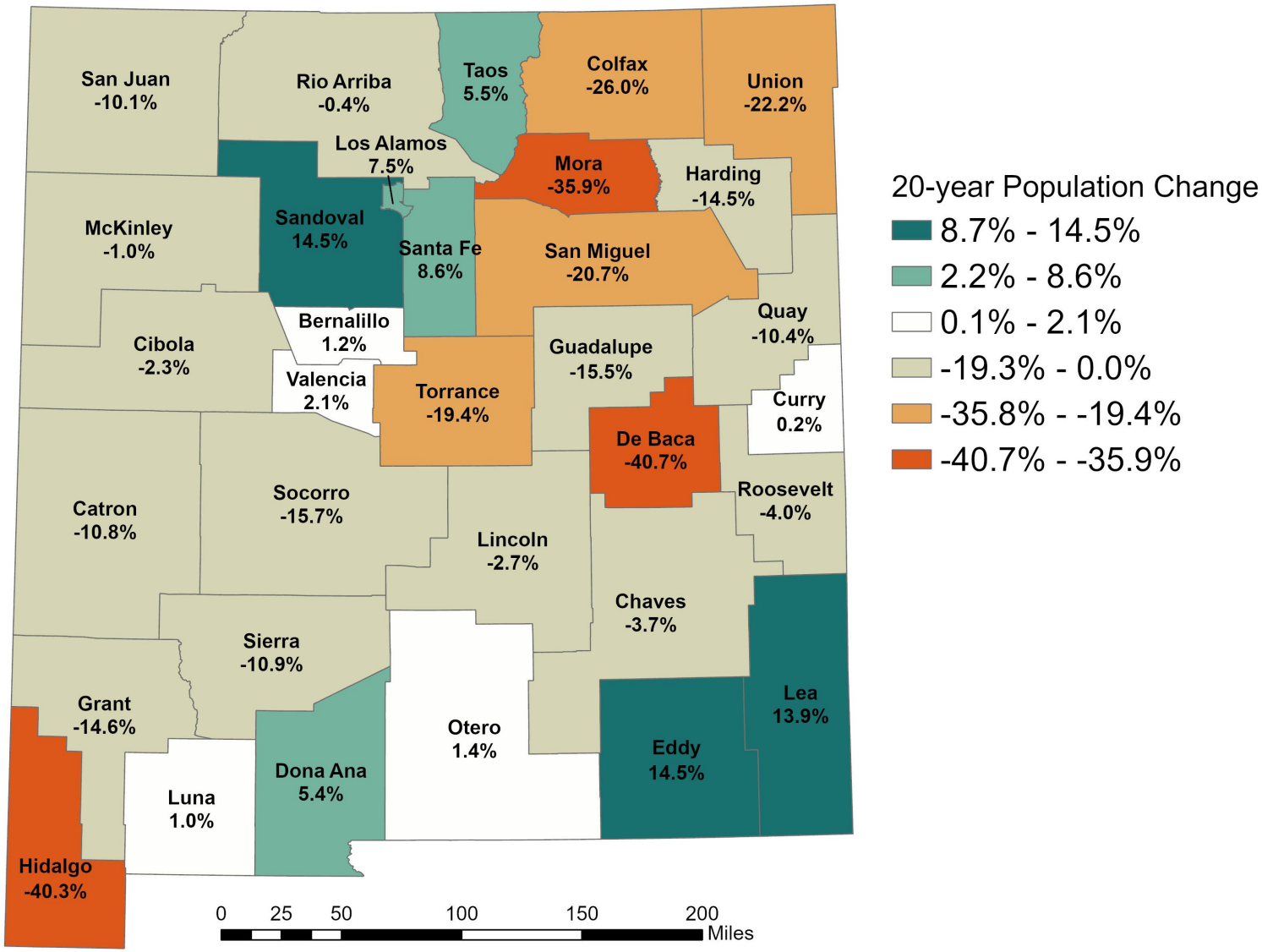


Emerging adults are the next generation of workers and people moving into periods of family formation. This group is expected to decrease considerably over the 25 years, both in NM and through out the U.S.

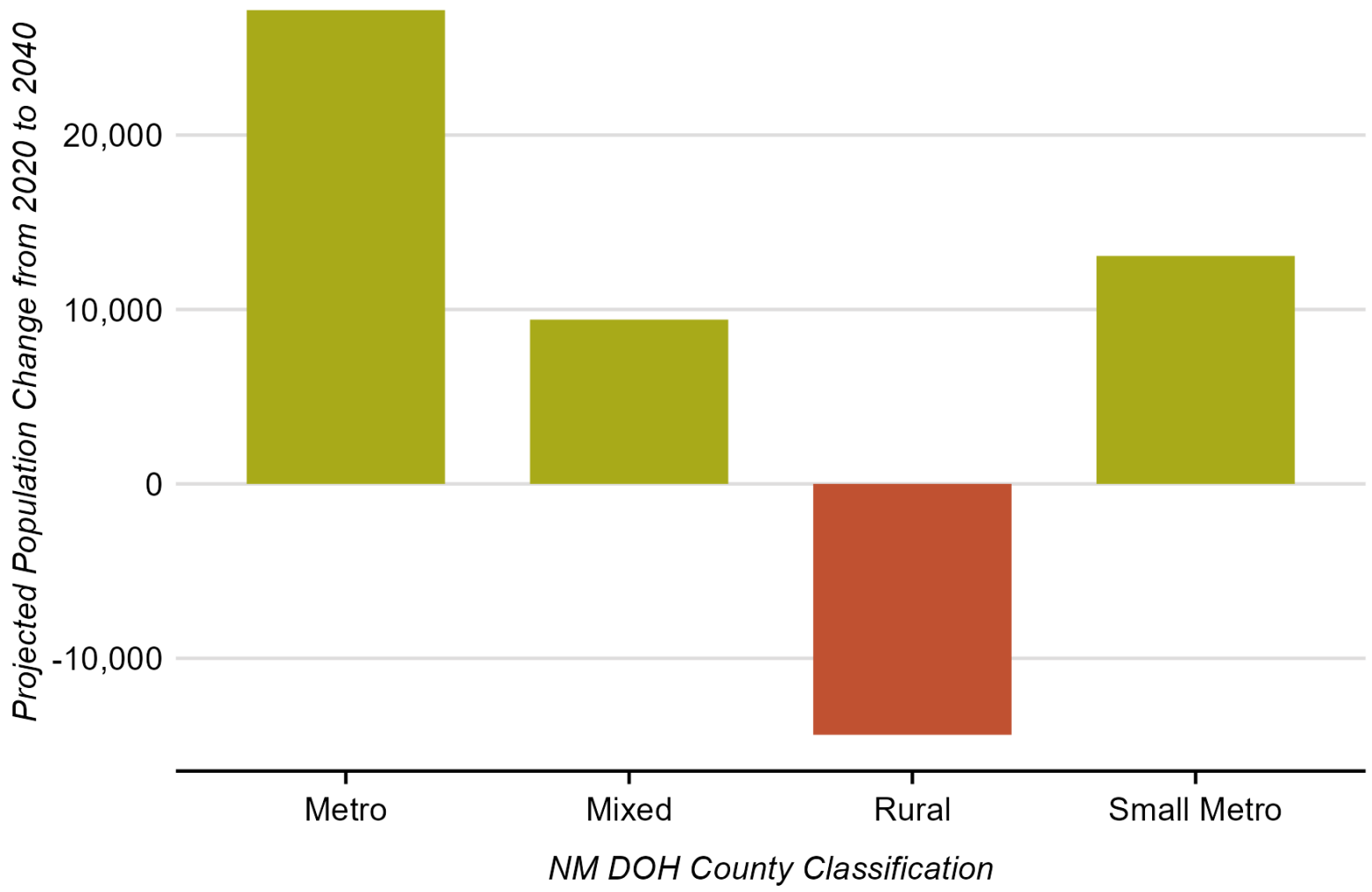
New Mexico's County Projections

Many of New Mexico's Counties will experience population decline.

Projected Population Change by County 2020 - 2040

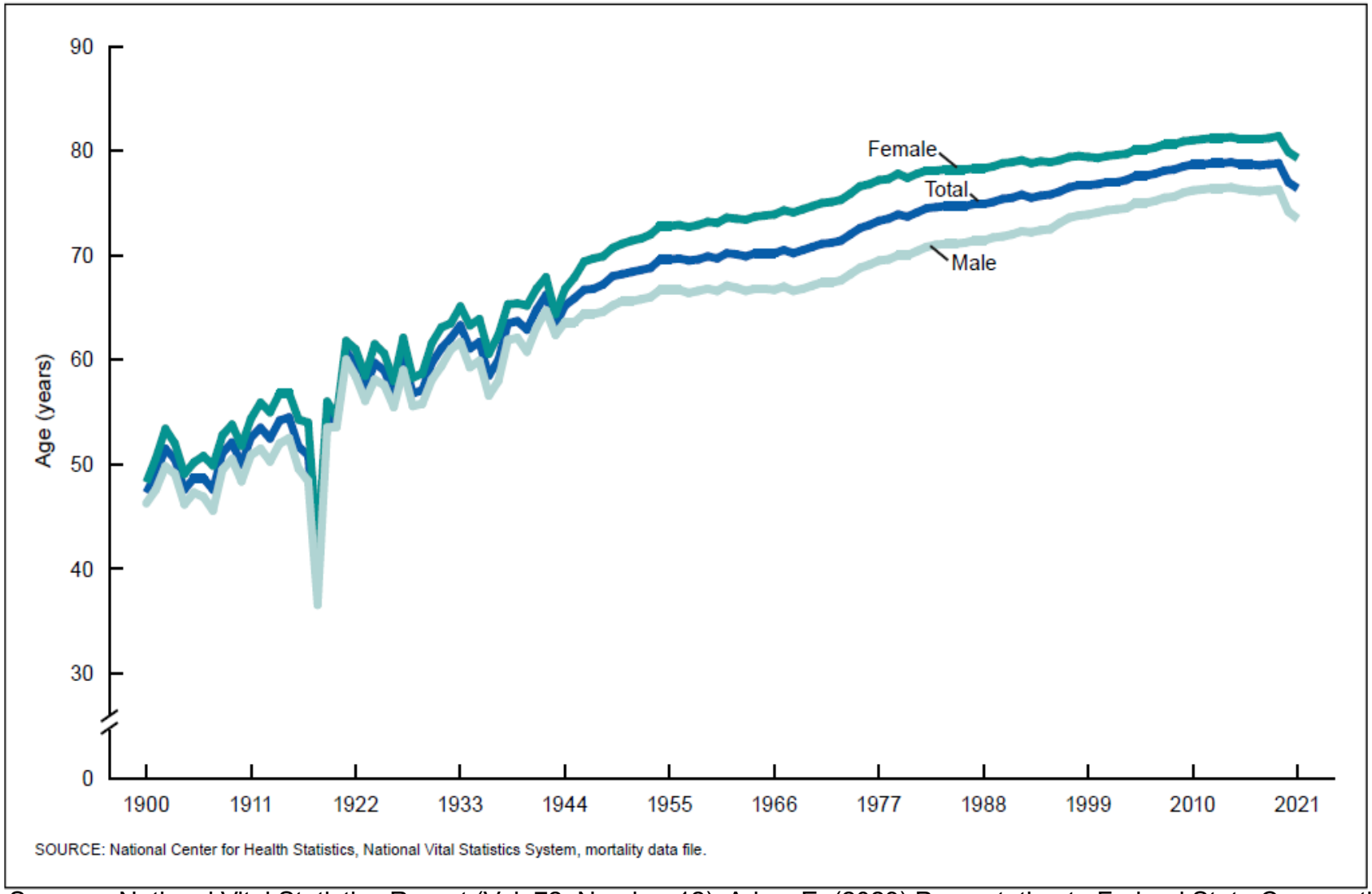


New Mexico's Rural Counties are projected to continue their population decline.



What can change these projections?

Figure 1. Life expectancy at birth, by sex: United States, 1900–2021



Long-term trend of increasing life-expectancy has stopped and began reversing for some demographic groups

- US life expectancy in 2021 was the lowest since 1996
- Unlike other Western nations, gains in life-expectancy stagnated or reversed from 2010 to 2019
- Reversal in life expectancy from 2010 to 2019 primarily due to increases in deaths from drug overdoses.

Sources: National Vital Statistics Report (Vol. 72, Number 12), Arias, E. (2023) Presentation to Federal State Cooperative for Population Projections

Factors that could alter our trajectory

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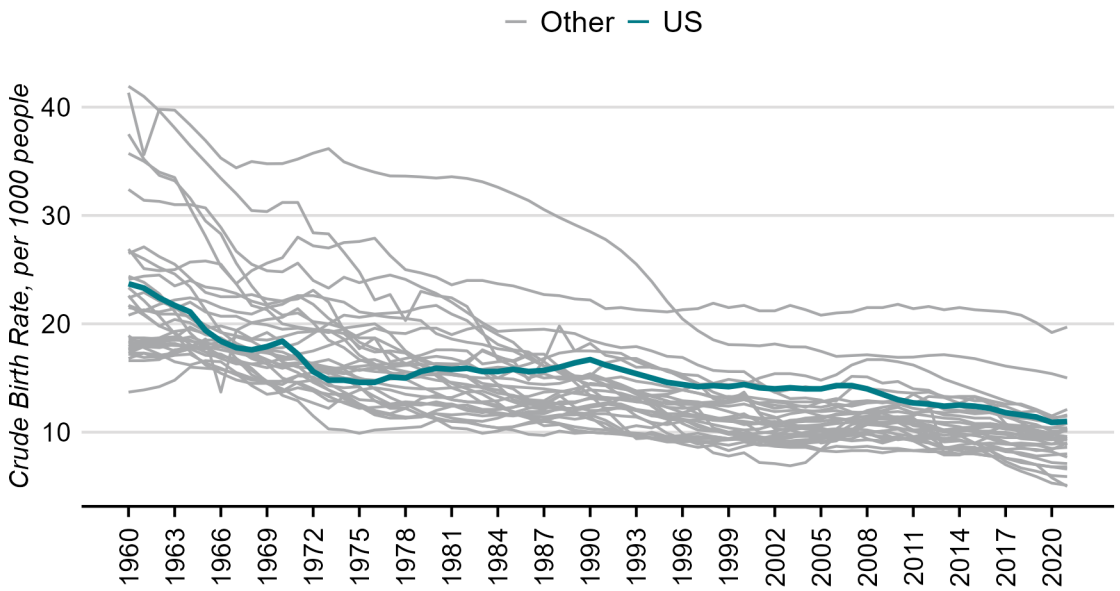
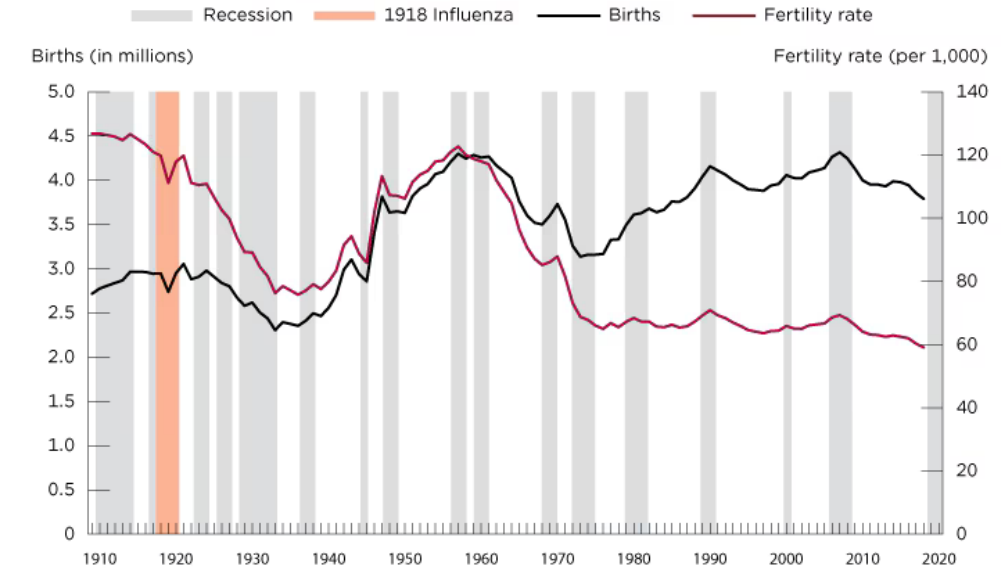
Crude Birth Rate, US compared to European, North American, and select Asian Countries



Data source: World Data Bank. https://genderdata.worldbank.org/en/indicator/sp-dyn-tfrt-in

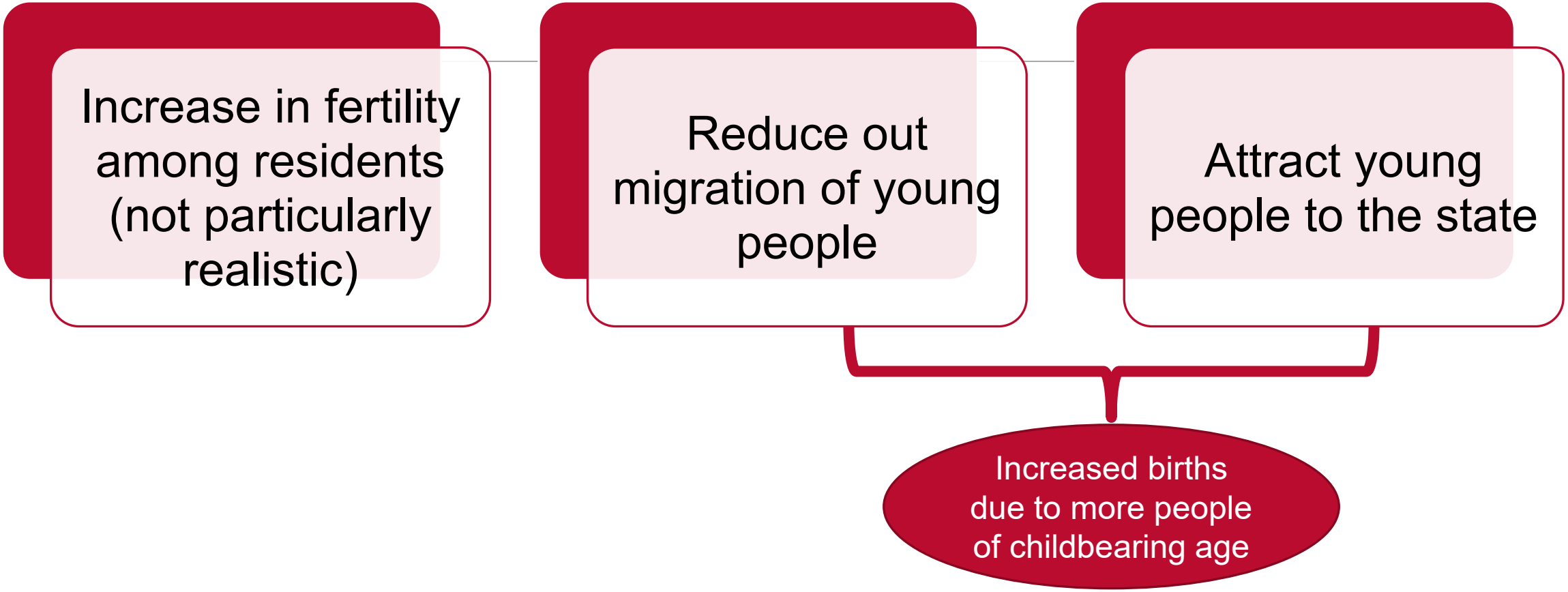
Figure 6.
Births, Fertility Rate and Recessions in the United States: 1910–2020



Note: The fertility rate is measured as births per 1,000 females ages 15 to 44.
Source: National Center for Health Statistics; U.S. Census Bureau, Population Estimates; and National Bureau of Economic Research.

Factors that could alter our trajectory:

Fertility in the US is higher than many of our peers, suggesting our fertility could continue to decline.



Factors that could alter our trajectory: Policies

Summary of New Mexico's Demographic Outlook

- We are projecting nominal growth in New Mexico over the next few decades
- Natural change (births minus deaths) in New Mexico is now negative and very likely to stay that way
- A hypothetical zero-migration projection scenario means a considerable population decline
- Domestic migration in New Mexico has been negative since 2012
- Net international migration is likely to account for any growth in New Mexico
- New Mexico has a rapidly aging population
  - This is true for the US, most states and most developed nations

GEOSPATIAL & POPULATION STUDIES

Questions? Contact us:

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