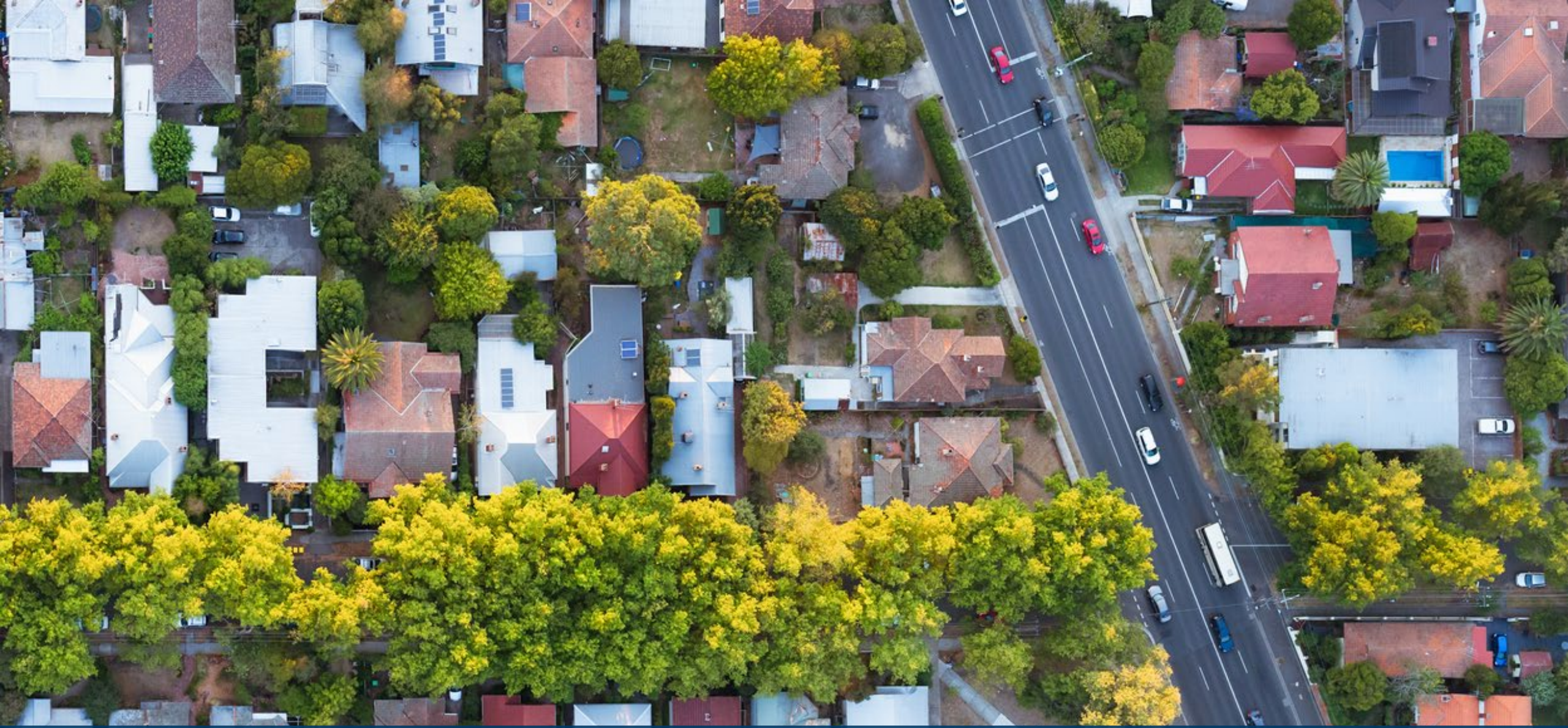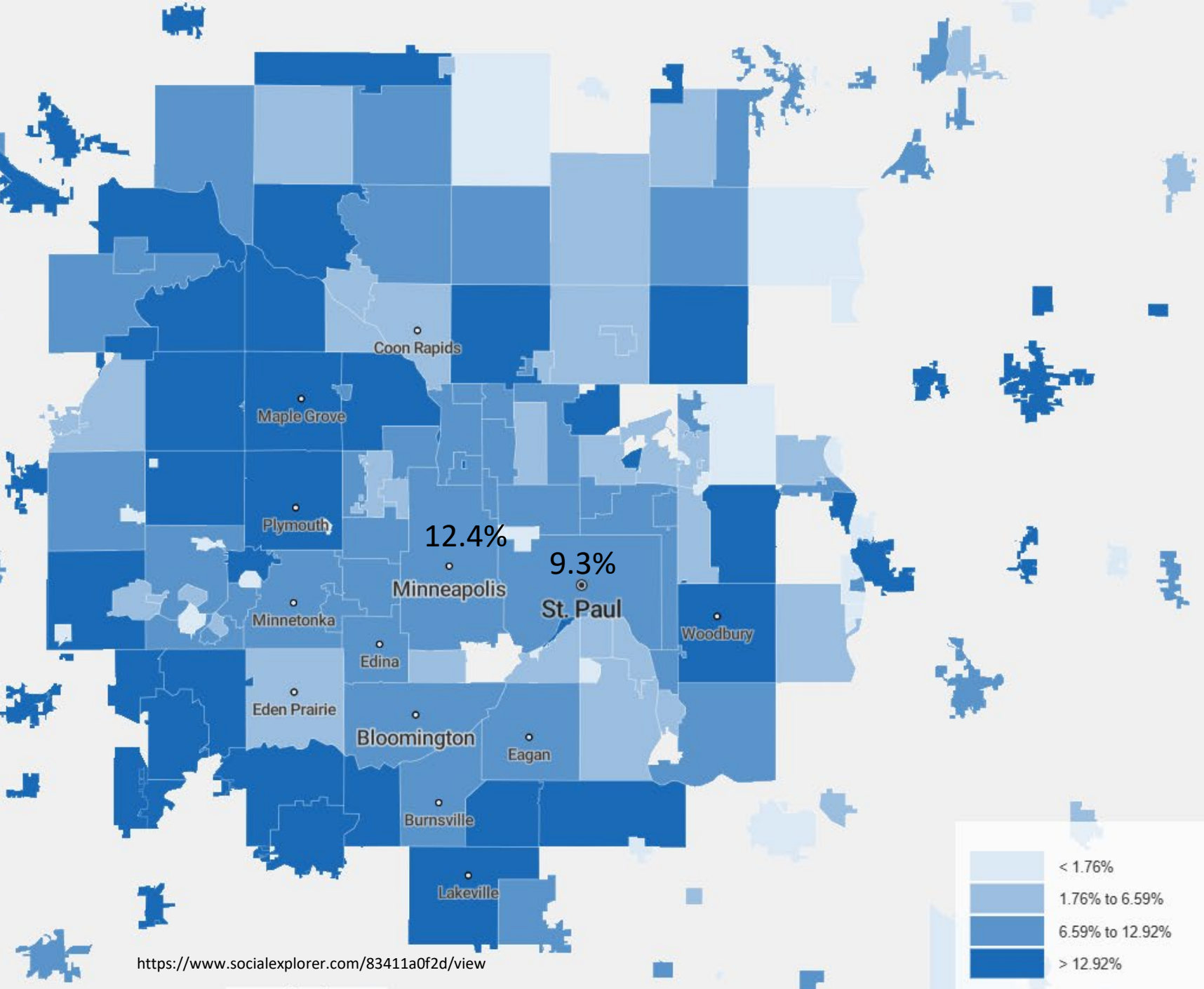# Demographic Update Presented to the St. Paul City Council

Susan Brower, PhD | Minnesota State Demographer
July 16, 2025
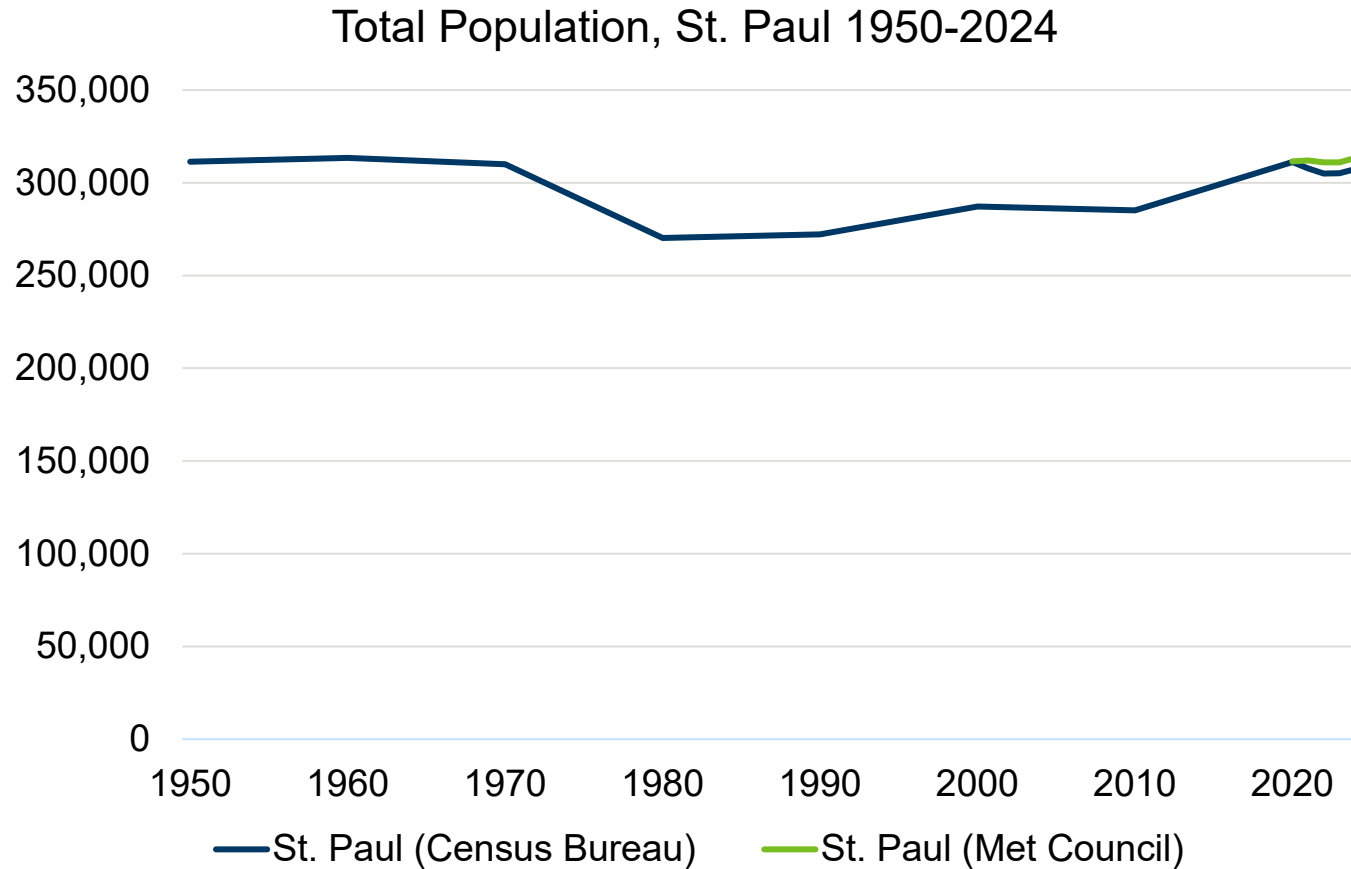
Population Growth

Total Population Change 2010-2020

https://www.socialexplorer.com/83411a0f2d/view

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Legend:
- < 1.76%
- 1.76% to 6.59%
- 6.59% to 12.92%
- > 12.92%

St. Paul: After a decade of population growth, a leveling off

Total Population, St. Paul 1950-2024

St. Paul (Census Bureau) — St. Paul (Met Council)

Total Population in 2024

- 313,375 (Met Council)
- 307,465 (Census)

The Census Bureau estimates that Ramsey County has lost population since 2020.

Average Annual Percentage Change
Total Population, 1990-2024

Legend: 1990-2000, 2000-2010, 2010-2020, 2020-2024

Categories: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, Washington, 7-county Metro
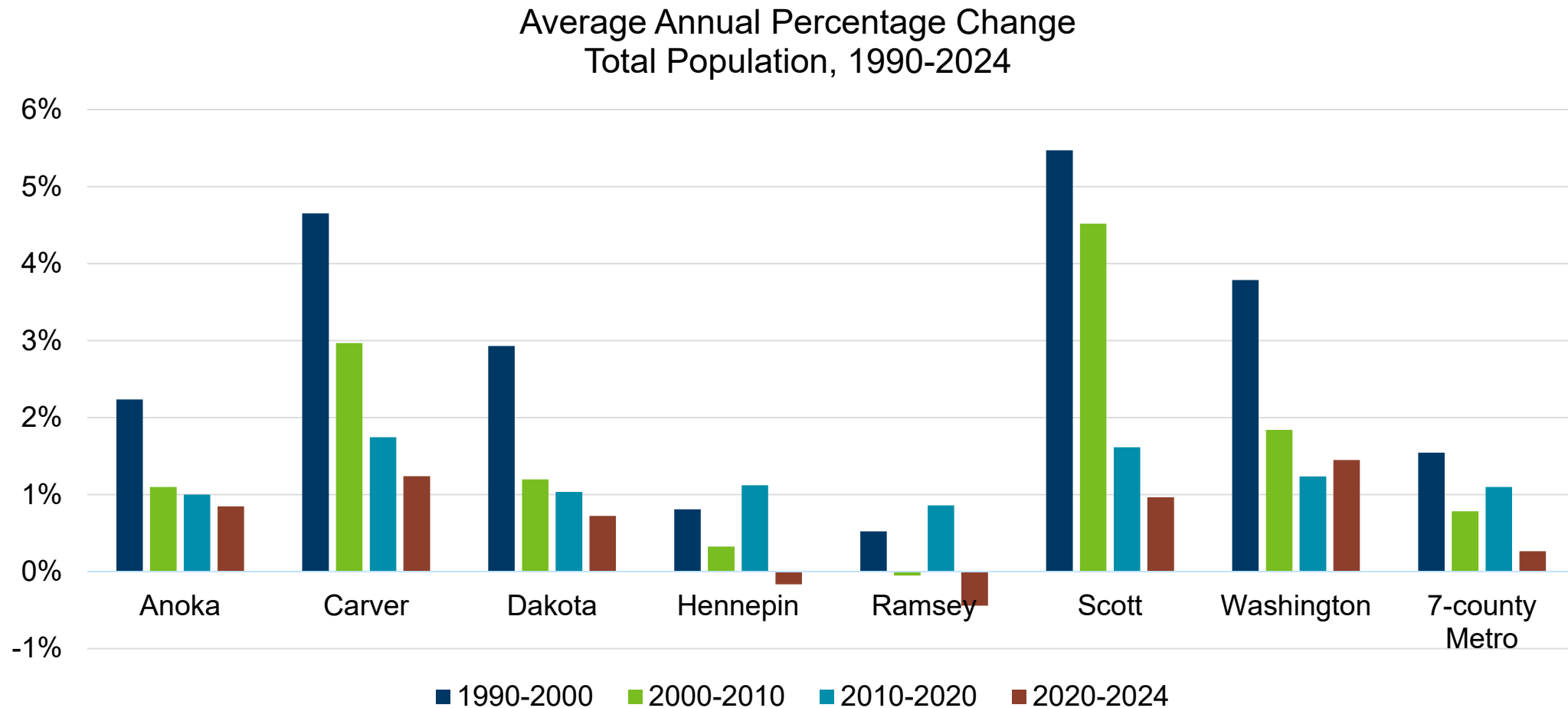
Minnesota's population will not grow from its own internal momentum in the future.

Components of Population Change

Natural Increase
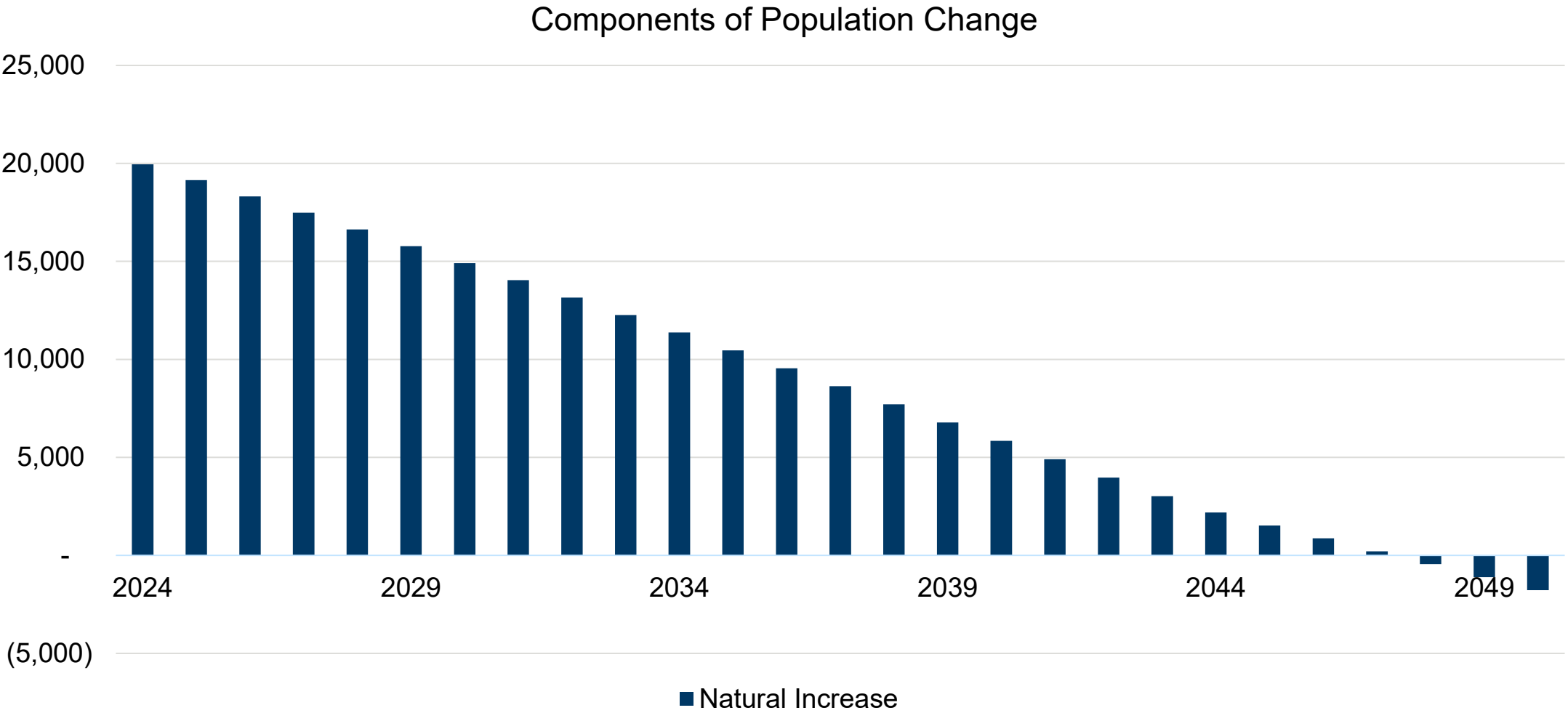
Source: Minnesota State Demographic Center Population Projections

Lower birth rates and higher death rates are contributing to slower population growth.

Ramsey County
Components of Population Change
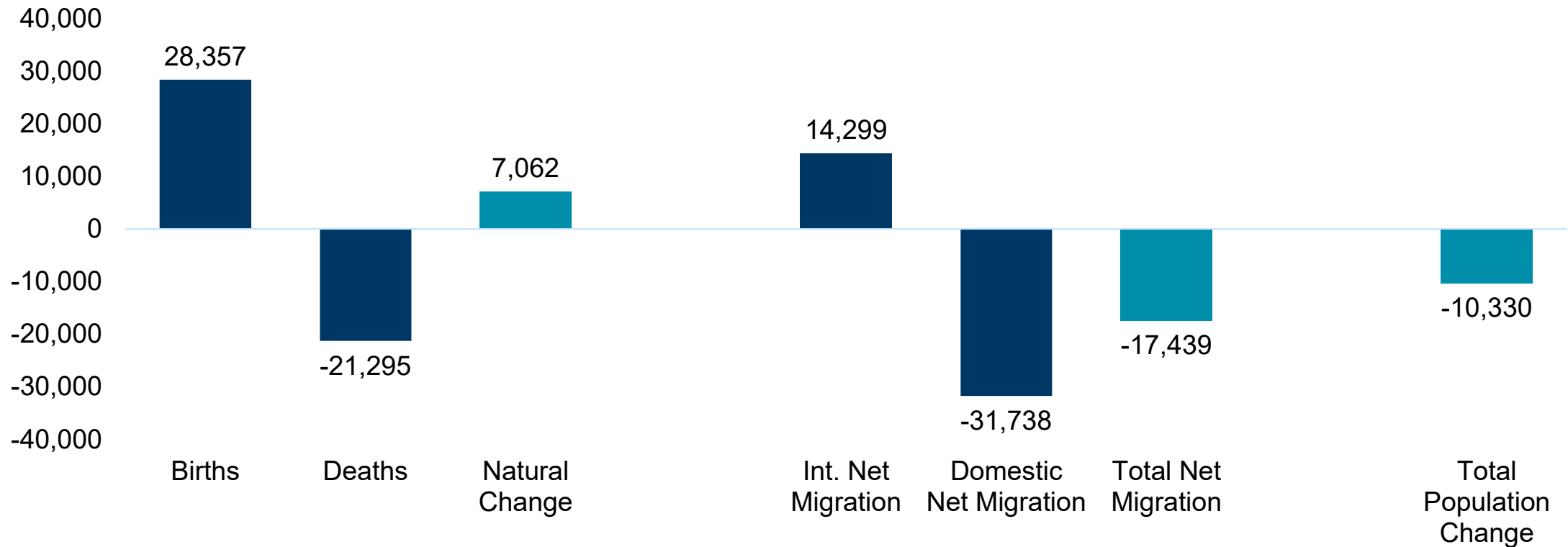
Population Aging

For the first time in Minnesota's history, there are more older adults than school-age children.

Minnesota Population by Selected Age Groups

Legend: 65+, 5-17

When will we feel the impact of population aging?

LAST BOOMMER TURNS 65

FIRST BOOMER TURNS 75

LAST BOOMER TURNS 75

FIRST BOOMER TURNS 65

YOU ARE HERE

2010   2015   2020   2025   2030   2035   2040

Workforce impacts

Healthcare, Long-Term Services and Supports, Public Budget Impacts
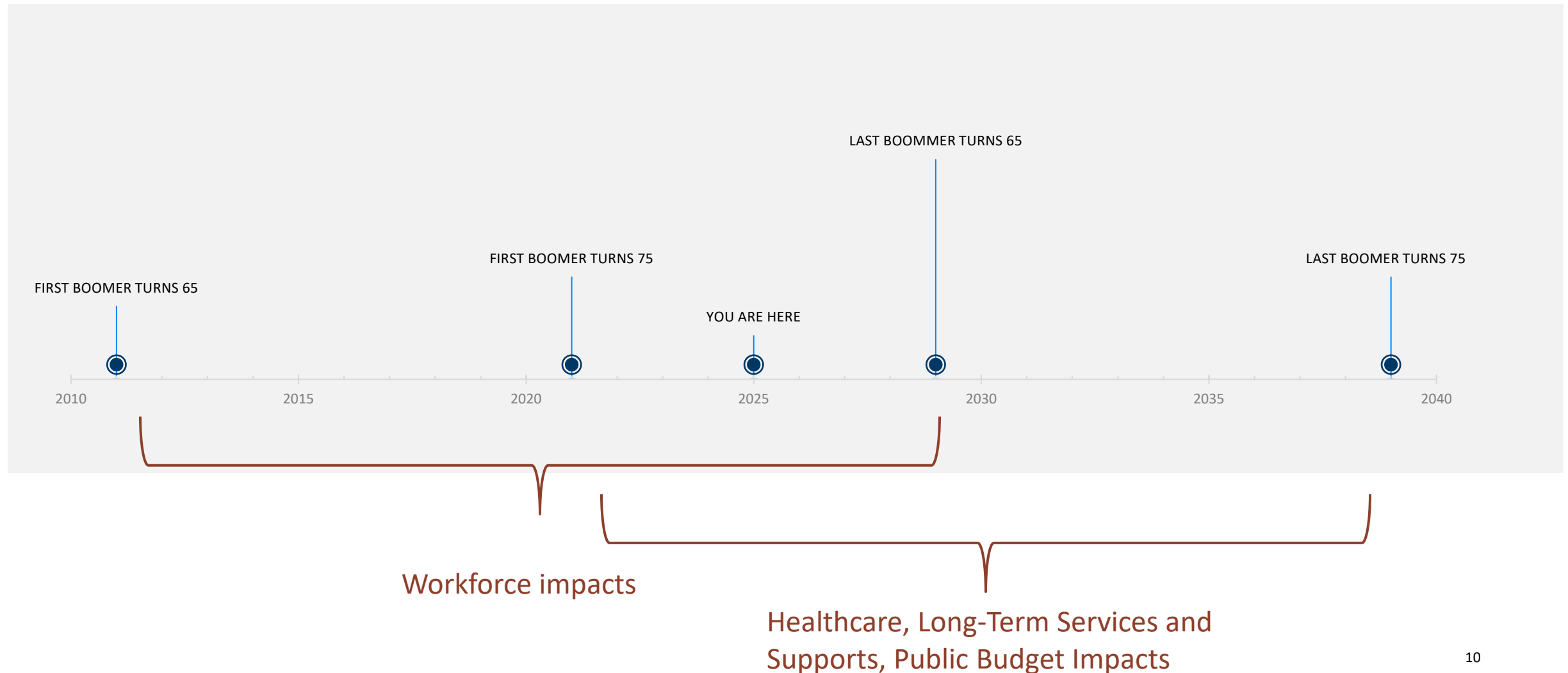
On average, St. Paul has a younger population than Minnesota overall.

St. Paul city, Minnesota

Age	Male	Female
85 years and over	1,514	2,499
80 to 84 years	1,302	2,065
75 to 79 years	2,436	3,421
70 to 74 years	4,853	5,460
65 to 69 years	6,403	7,516
60 to 64 years	8,188	7,940
55 to 59 years	8,595	8,362
50 to 54 years	8,543	8,618
45 to 49 years	8,177	7,636
40 to 44 years	9,613	9,624
35 to 39 years	11,804	11,733
30 to 34 years	14,256	13,596
25 to 29 years	13,610	14,318
20 to 24 years	11,196	12,402
15 to 19 years	10,470	10,682
10 to 14 years	9,751	10,974
5 to 9 years	10,993	9,686
Under 5 years	9,955	9,571

Minnesota

Age	Male	Female
85 years and over	43,807	75,301
80 to 84 years	48,186	60,458
75 to 79 years	73,626	88,806
70 to 74 years	122,538	129,915
65 to 69 years	156,259	163,247
60 to 64 years	189,132	191,107
55 to 59 years	186,745	183,559
50 to 54 years	175,348	168,997
45 to 49 years	166,543	158,997
40 to 44 years	189,928	180,273
35 to 39 years	201,153	193,789
30 to 34 years	195,574	186,662
25 to 29 years	187,384	180,256
20 to 24 years	178,793	174,624
15 to 19 years	192,064	184,371
10 to 14 years	194,008	188,767
5 to 9 years	187,961	176,433
Under 5 years	173,085	166,020

Male   Female

Sources: U.S. Census Bureau, 2023 American Community Survey

Total Population: Less than 18 Years
ACS 2023 (5-Year Estimates)

Bubble size represents count o

Less than 18 Years

— > 179,000
— 7,000
— 3,000
— 800

Insufficient data

< 17.54%

17.54% to 22.15%

22.15% to 26.43%

> 26.43%
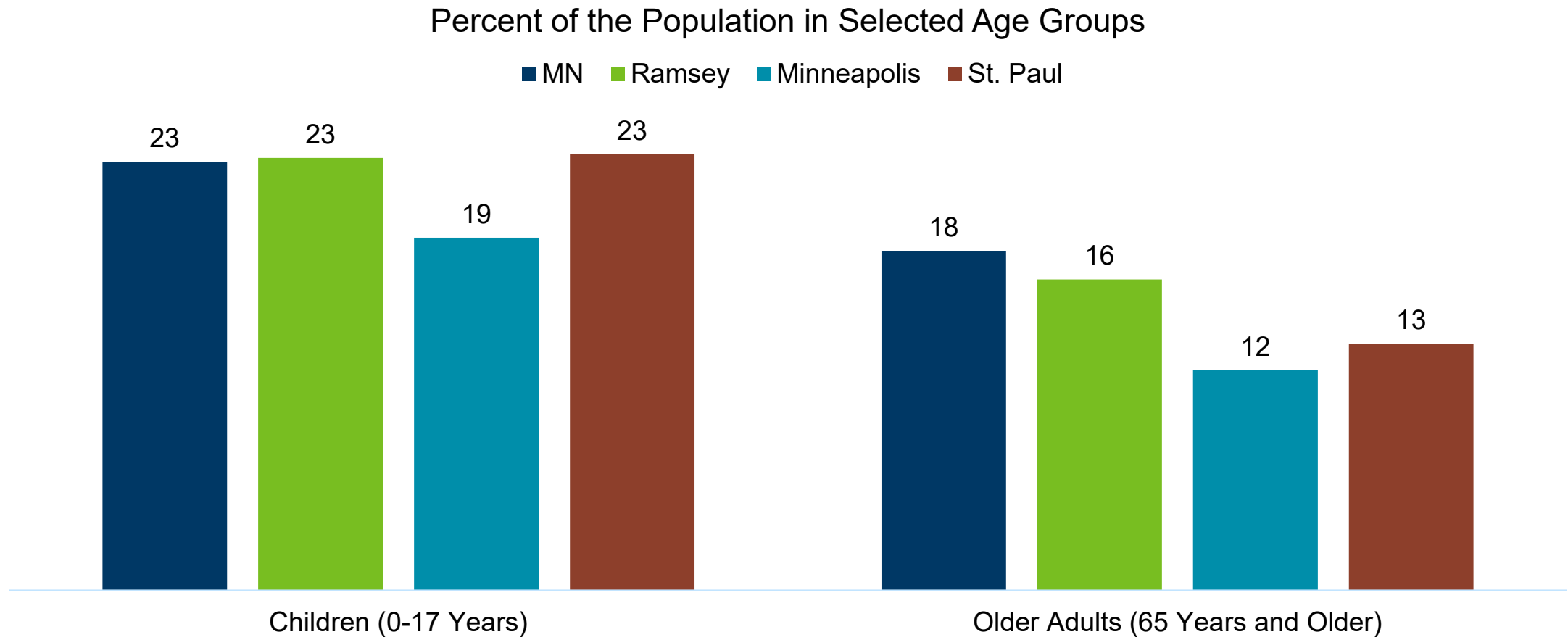
Minnesota Department of Administration | mn.gov/admin

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2 mi

St. Paul has a larger share of children than Minneapolis; similar share of older adults.

Percent of the Population in Selected Age Groups

■ MN ■ Ramsey ■ Minneapolis ■ St. Paul

Children (0-17 Years)
- MN: 23
- Ramsey: 23
- Minneapolis: 19
- St. Paul: 23

Older Adults (65 Years and Older)
- MN: 18
- Ramsey: 16
- Minneapolis: 12
- St. Paul: 13

Race and Ethnicity

BIPOC groups collectively total 1.3 million residents in Minnesota

Growth of Populations of Color
State of Minnesota

Black, 392,850

Hispanic Latino, 345,640

Asian, 300,081

Other/Multiple, 256,997

American Indian, 57,046

450,000
400,000
350,000
300,000
250,000
200,000
150,000
100,000
50,000
-

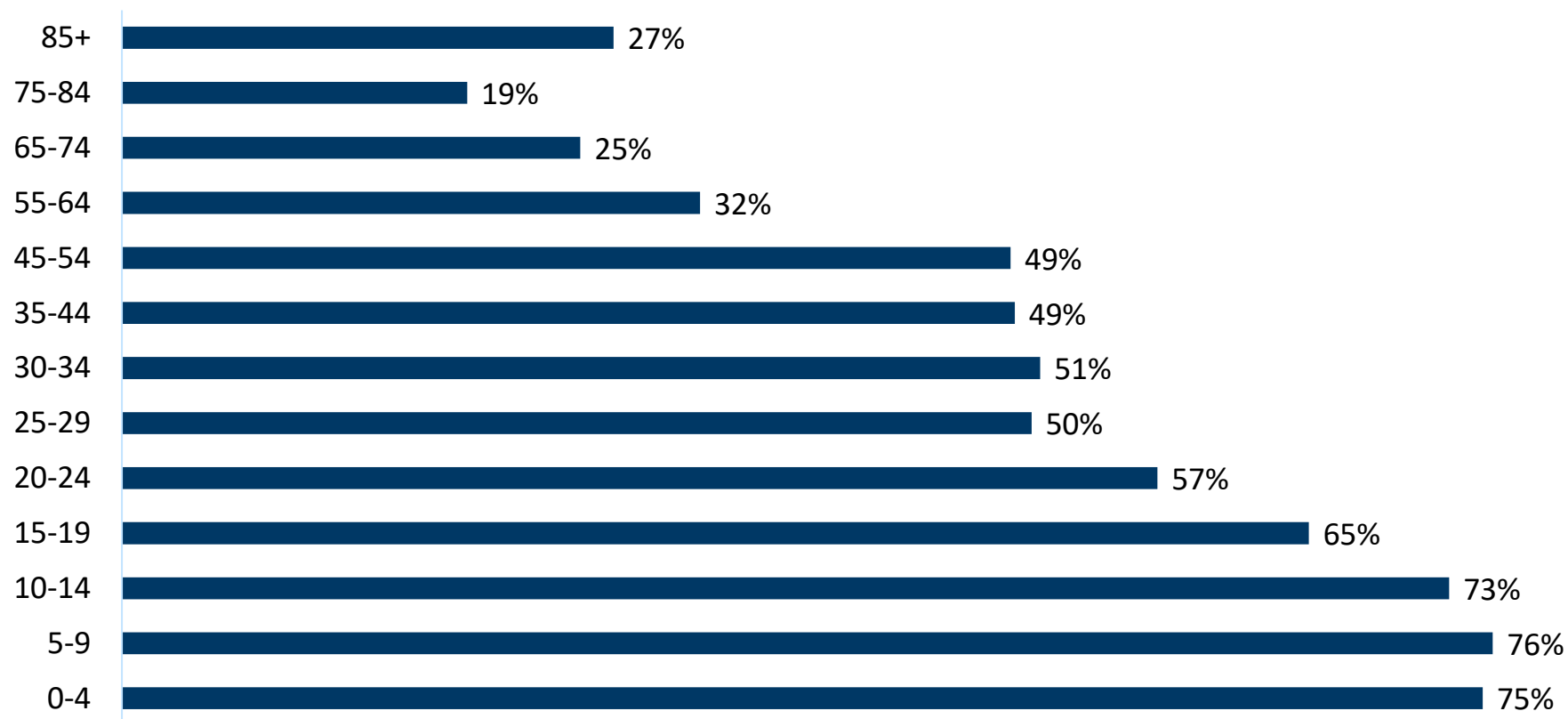1960   1970   1980   1990   2000   2010   2020
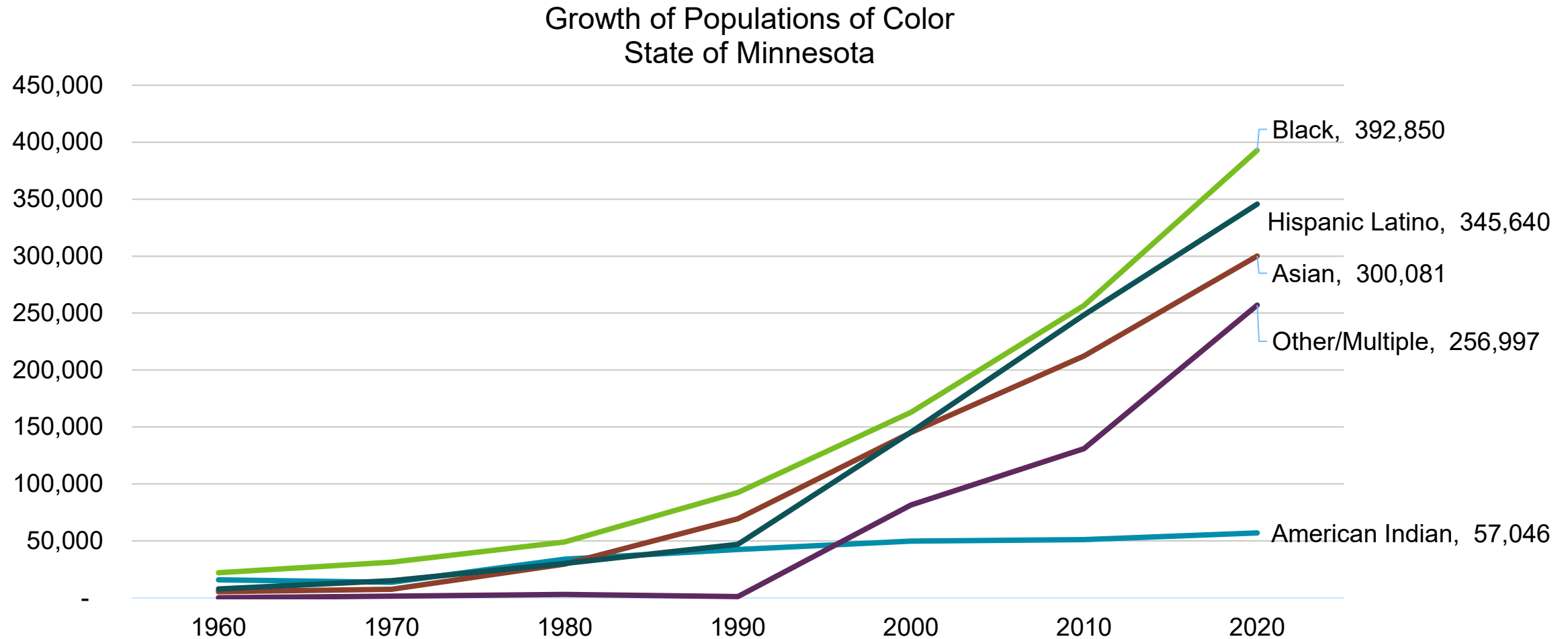
Top 10 Minnesota Cities, Ranked by Largest BIPOC Populations, 2019-2023

	City	Total Population	BIPOC	BIPOC %	American Indian	Asian PI	Black or African American	Other/Two or More	Latino (of any race)	White non-Hispanic	White non-Hispanic %
1	Minneapolis	426,845	172,662	40.5	3,052	22,209	77,104	25,549	44,748	254,183	59.5
2	**St. Paul**	**307,762**	**151,952**	**49.4**	**1,254**	**54,970**	**49,342**	**18,267**	**28,119**	**155,810**	**50.6**
3	Brooklyn Park	84,349	53,693	63.7	126	16,795	25,392	6,006	5,374	30,656	36.3
4	Rochester	121,638	34,697	28.5	172	9,825	11,408	5,718	7,574	86,941	71.5
5	Bloomington	88,838	29,273	33.0	340	4,570	9,748	5,090	9,525	59,565	67.0
6	Burnsville	64,295	23,669	36.8	92	3,375	8,205	4,375	7,622	40,626	63.2
7	St. Cloud	69,926	23,075	33.0	353	2,993	12,070	3,828	3,831	46,851	67.0
8	Brooklyn Center	32,811	22,530	68.7	227	5,481	11,068	1,416	4,338	10,281	31.3
9	Woodbury	76,945	21,772	28.3	127	9,393	5,267	3,394	3,591	55,173	71.7
10	Plymouth	79,526	21,317	26.8	245	8,008	3,950	5,376	3,738	58,209	73.2

75% of St. Paul residents under age 5 are part of a BIPOC group.

Percent of Age Group that is BIPOC
St. Paul, 2023

Age Group	Percent
85+	27%
75-84	19%
65-74	25%
55-64	32%
45-54	49%
35-44	49%
30-34	51%
25-29	50%
20-24	57%
15-19	65%
10-14	73%
5-9	76%
0-4	75%

Place of birth

18.2%

Foreign-born population

more than 1.5 times the rate in the Minneapolis-St. Paul-Bloomington, MN-WI Metro Area: 10.7%

more than double the rate in Minnesota: 8.6%

Place of birth for foreign-born population

50%

26%[†]

4%[†]   0%[†]   18%[†]   1%[†]

Europe   Asia   Africa   Oceania   Latin America   Northern America
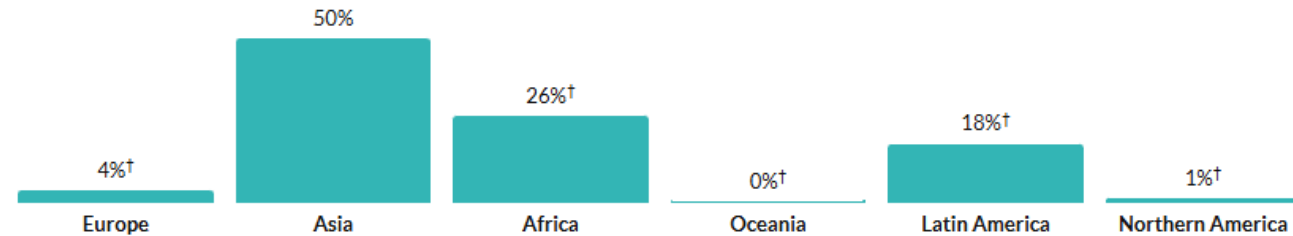
* ACS 2023 5-year data

Show data / Embed

Place of birth for foreign-born population (Table B05006)   View table

Column	St. Paul				Minneapolis-St. Paul-Bloomington, MN-WI Metro Area				Minnesota			
Europe	3.9%[†]	±0.6%	2,217	±354	9%	±0.4%	35,770	±1,663	8.8%	±0.4%	43,182	±1,789
Asia	49.9%	±1.6%	28,753	±1,461	37.7%	±0.4%	149,441	±2,641	35.7%	±0.4%	174,603	±2,853
Africa	26.4%[†]	±2.7%	15,181	±1,647	28.8%	±0.8%	114,267	±3,488	28.3%	±0.7%	138,510	±3,731
Oceania	0.5%[†]	±0.3%	257	±168	0.4%[†]	±0.1%	1,431	±319	0.4%[†]	±0.1%	2,063	±337
Latin America	17.9%[†]	±1.8%	10,324	±1,118	21.9%	±0.6%	87,014	±2,626	24.2%	±0.5%	118,261	±2,881
Northern America	1.5%[†]	±0.5%	838	±263	2.2%	±0.2%	8,785	±672	2.5%	±0.2%	12,278	±825

Hide data

St. Paul: Examples of Detailed Race Data from the 2020 Census

Detailed Race Group	Population, 2020	Race Group
German	64,682	White
Other White , not specified	49,543	White
Irish	41,006	White
Hmong	36,177	Asian
English	27,808	White
African American	23,931	Black of African American
Norwegian	20,517	White
Mexican	18,355	Any
Other Black or African American , not specified	16,580	Black of African American
Swedish	16,246	White
Burmese (includes Karen)	12,662	Asian
French	10,834	White
Polish	9,902	White
Somali	9,601	Black of African American
Italian	8,547	White

Source: 2020 Census.

Table includes those all who reported belonging to the group, even if other groups were also listed. As such, multiracial/ethnic individuals are included in multiple groups.
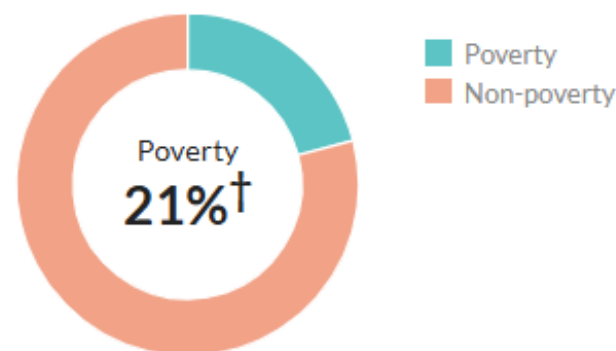
Thank you

Poverty

14.2%

Persons below poverty line

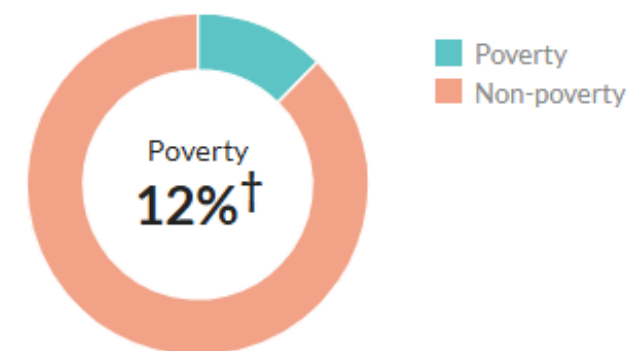**more than 1.5 times** the rate in the Minneapolis-St. Paul-Bloomington, MN-WI Metro Area: 8.1%

about 1.5 times the rate in Minnesota: 9.3%

Children (Under 18)

Poverty
21%[†]

- Poverty
- Non-poverty

Seniors (65 and over)

Poverty
12%[†]

- Poverty
- Non-poverty

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Show data / Embed

Children (Under 18) (Table B17001)   View table

Column	St. Paul				Minneapolis-St. Paul-Bloomington, MN-WI Metro Area				Minnesota			
Poverty	20.9%[†]	±3.2%	14,433	±2,451.5	9%	±0.7%	75,630	±5,903.5	10.1%	±0.5%	129,601	±6,961.5
Non-poverty	79.1%	±2.3%	54,733	±4,114.7	91%	±1.8%	768,565	±10,762.4	89.9%	±1.4%	1,148,829	±11,937.6

Source: U.S. Census Bureau, 2023 American Community Survey
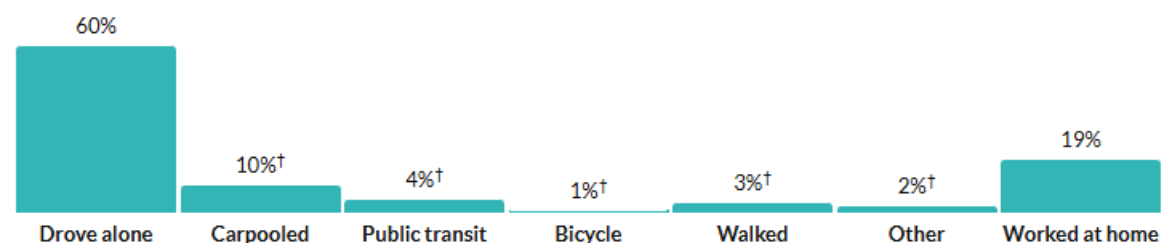
Transportation to work

20.6 minutes

Mean travel time to work

about 90 percent of the figure in the Minneapolis-St. Paul-Bloomington, MN-WI Metro Area: 23.8

about 90 percent of the figure in Minnesota: 22.7

Means of transportation to work

60% Drove alone
10%† Carpooled
4%† Public transit
1%† Bicycle
3%† Walked
2%† Other
19% Worked at home

* Universe: Workers 16 years and over

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Means of transportation to work (Table B08006)   View table

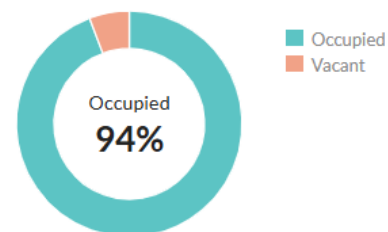| Column	St. Paul				Minneapolis-St. Paul-Bloomington, MN-WI Metro Area				Minnesota			
Drove alone	60.3%	±2.5%	98,778	±4,715	67.5%	±0.6%	1,350,106	±13,767	69.8%	±0.4%	2,095,433	±14,666
Carpooled	9.9%†	±1.8%	16,181	±2,908	7.6%	±0.4%	152,926	±6,970	8%	±0.3%	240,843	±8,187
Public transit	4.5%†	±1.1%	7,328	±1,723	2.1%†	±0.2%	40,985	±4,185	1.7%	±0.1%	51,583	±4,191
Bicycle	0.6%†	±0.4%	945	±604	0.5%†	±0.1%	9,300	±1,319	0.5%†	±0.1%	13,619	±1,656
Walked	3.4%†	±0.8%	5,546	±1,283	2%	±0.2%	40,259	±3,680	2.6%	±0.2%	77,925	±5,040
Other	2.4%†	±0.6%	3,857	±1,040	1.3%†	±0.1%	25,343	±2,594	1.2%	±0.1%	37,052	±3,083
Worked at home	19%	±1.6%	31,083	±2,693	19.1%	±0.5%	382,847	±10,539	16.1%	±0.4%	483,816	±10,850

Hide data

Units & Occupancy

134,080

Number of housing units

the Minneapolis-St. Paul-Bloomington, MN-WI
Metro Area: 1,574,923

Minnesota: 2,574,932
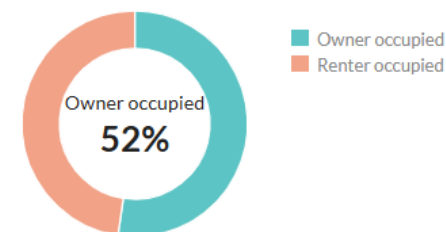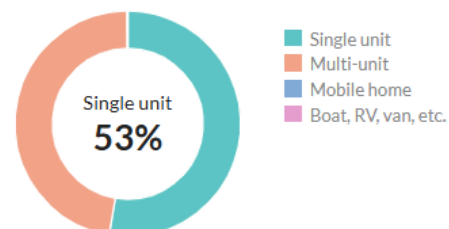
Occupied vs. Vacant

- Occupied
- Vacant

Occupied
94%

Show data / Embed

Ownership of occupied units

- Owner occupied
- Renter occupied

Owner occupied
52%

Show data / Embed

Types of structure

- Single unit
- Multi-unit
- Mobile home
- Boat, RV, van, etc.

Single unit
53%

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Year moved in, by percentage of population

Before 1990	1990s	2000s	2010-2017	2018-2020	Since 2021
6%†	7%†	11%†	26%†	19%†	30%
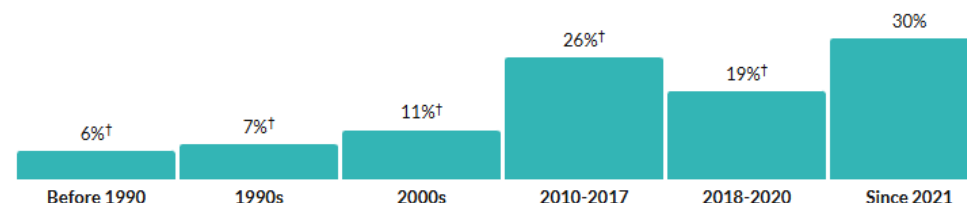
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Types of structure (Table B25024)   View table

Column	St. Paul				Minneapolis-St. Paul-Bloomington, MN-WI Metro Area				Minnesota			
Single unit	52.7%	±2.4%	70,598	±3,640.3	69.6%	±0.7%	1,096,285	±11,177.5	73%	±0.5%	1,878,571	±13,904.3
Multi-unit	47.2%	±3.3%	63,328	±4,723.5	28.7%	±0.7%	451,683	±11,215.7	24.1%	±0.5%	619,466	±13,610.2
Mobile home	0.1%†	±0.1%	154	±186	1.7%†	±0.2%	26,122	±2,672	2.9%	±0.1%	75,333	±3,412
Boat, RV, van, etc.	0%	±0%	0	±157	0.1%†	±0%	833	±508	0.1%†	±0%	1,562	±607

Hide data