



Population Growth Is Projected to Slow Further

BY PAUL KIERNAN

The Congressional Budget Office further trimmed its long-term forecast for U.S. population growth Wednesday, citing changes to immigration policy and declining birth rates.

The CBO projects the population growing from 349 million this year to 364 million in 2056, and then starting to shrink. A year ago, the CBO projected the U.S. would reach 372 million people in 30 years; in September it cut that forecast to 367 million.

The slowdown reflects the aging population, declining fertility and President Trump's immigration policies. The U.S. has come to rely on immigration as an important source of growth. Deaths are expected to exceed births in 2030; in September the CBO had projected this could start by 2031.

Trump has undertaken farreaching efforts to deport immigrants living in the U.S. unlawfully and prevent new ones from entering.

The administration hasn't been releasing detailed deportation figures since shortly after Trump took office. But most of the change in the CBO's international-migration estimates comes from a documented decline in illegal immigration.

Between February and November 2025, roughly 360 people crossed the U.S.-Mexico border per day, on average, according to U.S. Customs and Border Protection. That figure was down from nearly 6,000 per day in the 2024 fiscal year.

Because foreign-born women tend to have more babies than U.S.-born women, the decline in projected immigration flows has also weighed on the CBO's forecasts for the fertility rate.

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