

MINNESOTA VITAL STATISTICS 2026



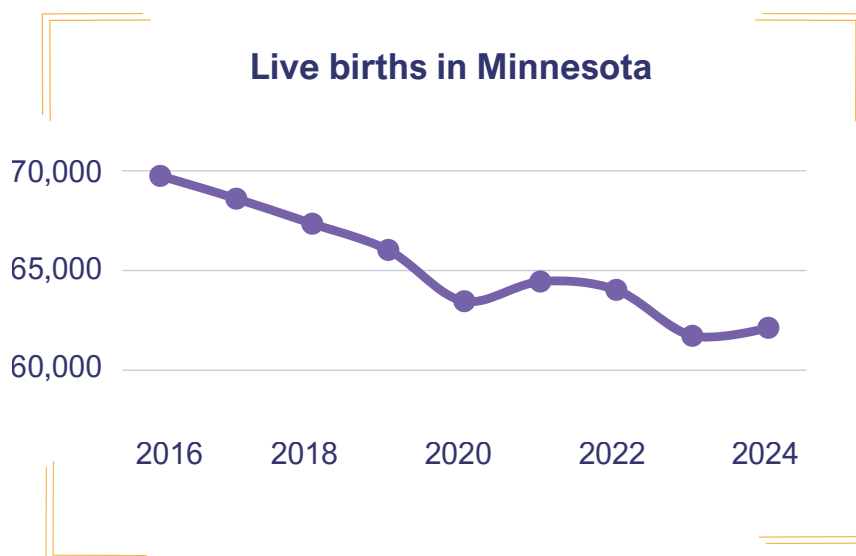
Births and Fertility

The most commonly used methods for measuring the internal growth of a population are **fertility rate** and **birth rate**. Completed fertility rate can also be used.

Fertility rate is calculated as the number of live births per 1,000 women ages 15-44.¹

Birth rate is calculated as the number of live births per 1,000 people in a population. It does not account for age or sex distribution in a population.¹

Completed fertility rate calculates the average number of children a woman born in a certain year had in her entire lifetime. For the purposes of this analysis, we look at completed fertility rate up to age 40 to be able to include more recent cohorts of women.²



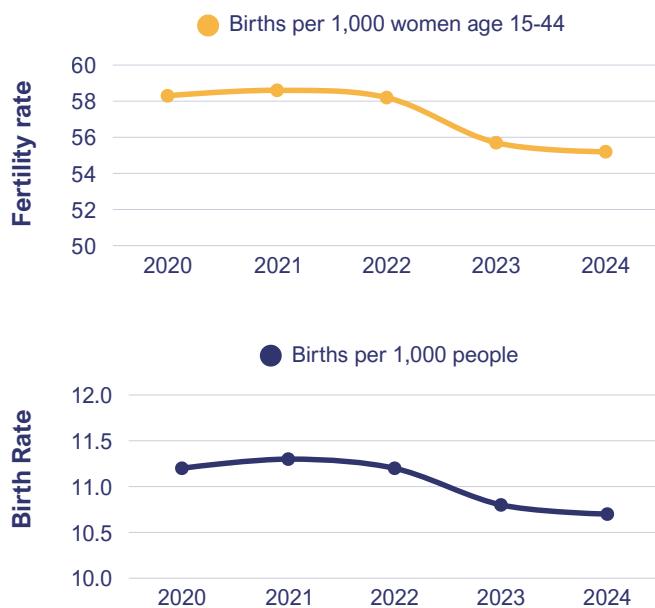
The overall number of live births in Minnesota has decreased in the last decade by **10.9%**, from **69,746** in 2016⁴ to **62,128** in 2024.³

Since **2016**, the total number of births in the U.S. decreased by **8.86%** from **3,945,875** to **3,596,017** as of 2023.⁵

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Birth and fertility rates in Minnesota have declined.³



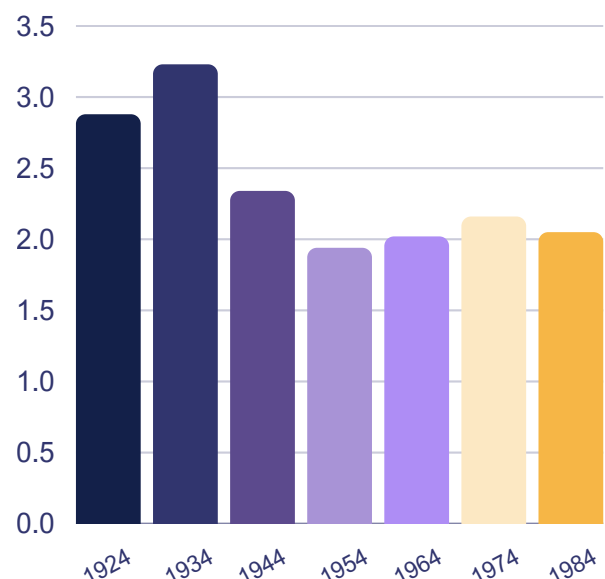
Similarly to the number of births, fertility rates and birth rates have declined since 2020. In 2020, Minnesota saw **58.3** births per 1,000 women aged 15-44. In 2024, there were **55.3** births per 1,000 women. In the U.S., the fertility rate in 2023 was **54.5** births per 1,000 women.

Compared to the general population, birth rates have also declined slightly. In 2020, there were **11.2** births per 1,000 people in Minnesota. In 2024, there were **10.7** births per 1,000 people.

Completed fertility rate by birth year in the United States has remained relatively consistent in the past few decades.⁶

While fertility and birth rates have declined in both Minnesota and the U.S. in the past several decades, **completed fertility rate** among the most recent cohort of women reaching age 40 in the U.S. (born in 1984) has risen slightly compared to women born in 1954, from **1.944 births per woman** per lifetime to **2.049 births per woman** per lifetime.

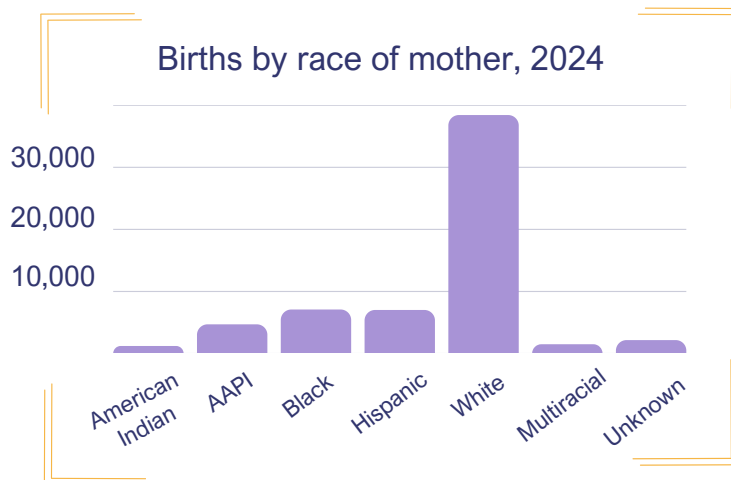
Women born in the **1930's** had the highest completed fertility rates, reaching a height of **3.23** for women born in 1933. For women born in **1963-1984**, the completed fertility rate has hovered around **2.0** children per woman.



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Births by race are roughly proportional to the overall population.³



- 38,423 White (61%)
- 1,218 American Indian (2%)
- 4,706 Asian American/Pacific Islander (7.5%)
- 7,095 Black (11%)
- 7,021 Hispanic (11%)
- 1,499 Multiracial (2%)

About 75% of Minnesota women are white, and 25% are women of color.⁷

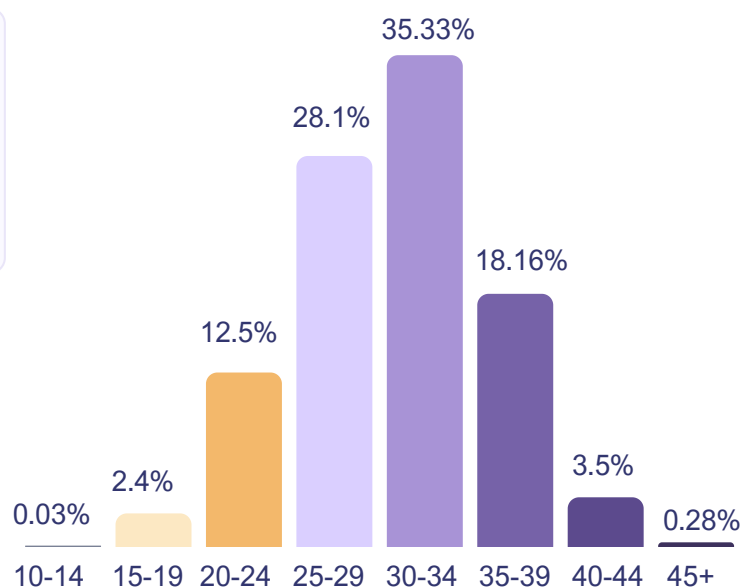
The majority of births in Minnesota since 2020 were to mothers over 30.³

57%

This is higher than the national average as of 2023, when **51% of all U.S. births** were to **women over the age of 30**.

In 1996, **35.3%** of U.S. births were to women over the age of 30. According to the Centers for Disease Control, the average age of mothers in the United States has increased by 2.6 years overall since 1970, and continues to increase.⁸

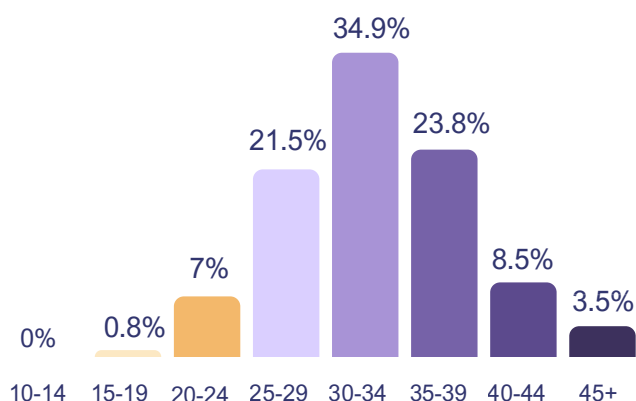
of women in Minnesota who had a child from 2020-2024 were **over age 30**.



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71% of births in Minnesota in the past few years were to fathers over 30.³



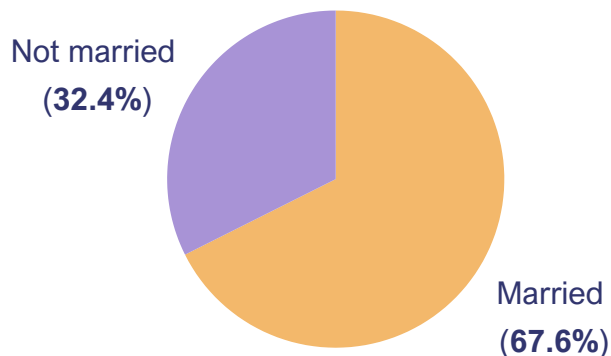
Similarly to mothers, most Minnesotan fathers who had a child from 2020 to 2024 were over age 30. **29.3%** of births were to fathers under 30, and **12%** were to men over 40.

The age of fathers has been increasing in the U.S. since at least 1972, with the average age of a newborn's father increasing by **3.5** years in the past four decades.⁹

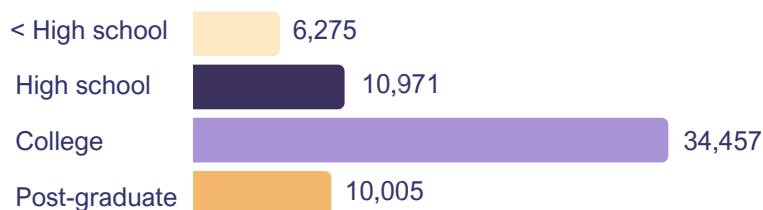
About two-thirds of Minnesota births were to married couples.³

This number has stayed consistent for the past decade. From 2016-2023, the percent of infants born to unmarried individuals in Minnesota has stayed between **31.9%** to **32.6%**.

Nationally in 2023, **60%** of births were to married couples, and **40%** were to unmarried individuals.¹⁰



The majority of individuals who gave birth in Minnesota in 2024 had a college education.³



In Minnesota, **55%** of those who gave birth in 2024 had a college degree, and **18%** had a high school diploma. This differs from the greater U.S., where **22%** of births in 2023 were to mothers with bachelors degrees, and **27%** were to mothers with a high school diploma.¹⁰

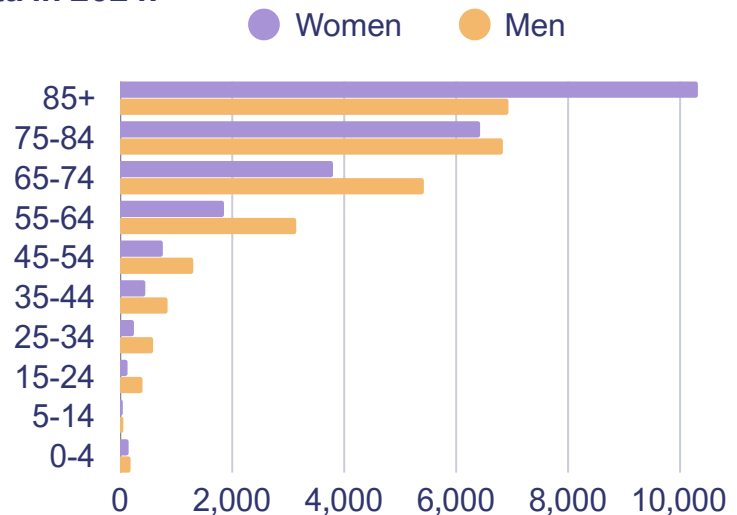
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Mortality and Population Age

There were 50,779 deaths in Minnesota in 2024.³

In 2024, deaths according to gender were higher for men across the lifespan, until around age 75 when women's rate of death increases. This is due to women's longer life expectancy which results in more women aging to 75 and beyond. This increased life expectancy for women is consistent throughout the U.S. and the world.



Women make up the majority of the Minnesota population over 65 years.¹¹



For most of the lifespan, men slightly outnumber women in Minnesota's overall population. However, women are the **majority of the Minnesota population over 65 years old.**

Despite being the majority of the elderly population, women over 85 often face unique challenges in the later stages of life due to things like the wage gap causing lower lifetime earnings, lower retirement savings and less social security, contributing to an increased likelihood to face poverty later in life.

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