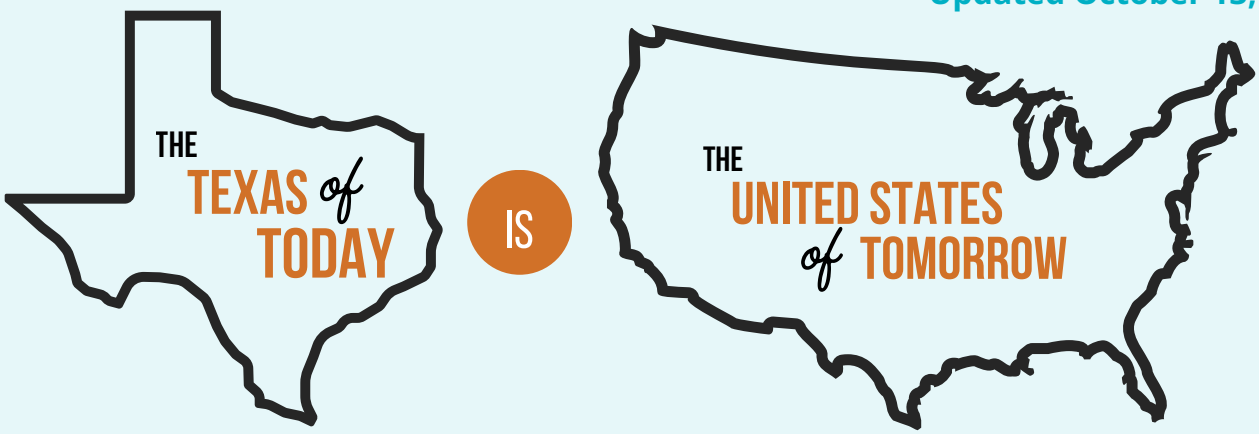
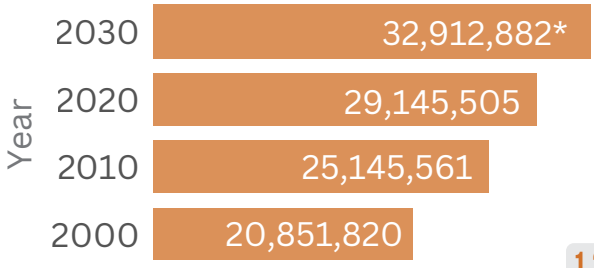
Updated October 13, 2026



Texas' growing and diverse population, geography, and array of cultures are only a few of the benefits that make the Lone Star State an ideal place to conduct public health research.

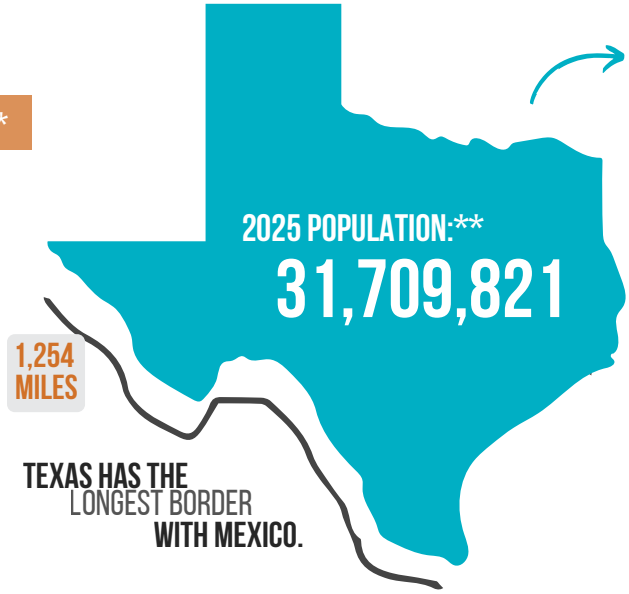
TEXAS' POPULATION *is* RAPIDLY GROWING

TEXAS' POPULATION OVER TIME



Texas added roughly 8.3 million residents between 2000- 2020.

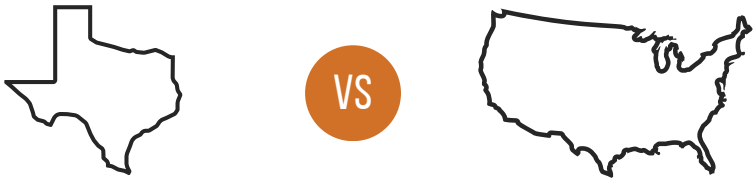
*Projected



Texas has a larger population than 18 states and D.C., **combined**.

- WY
- VT
- AK
- ND
- SD
- RI
- MT
- ME
- MS
- NH
- HI
- WV
- NE
- ID
- NM
- KS
- AR
- DE

TEXAS *is* DIVERSE



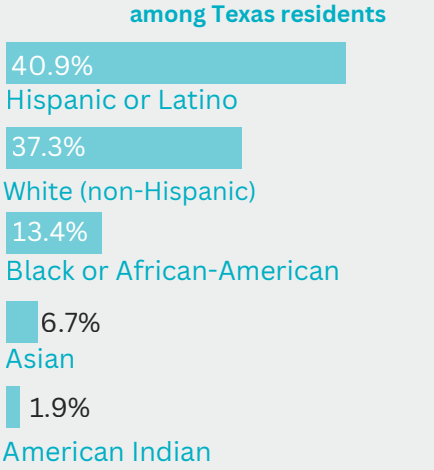
40.9%	HISPANIC	20.5%
37.3%	WHITE	56.1%

IN 2022 Hispanics accounted for the largest share of Texas' population **for the first time**.

As of 2025, Hispanic women make up **the largest demographic group** in Texas.

RACIAL ETHNIC DIVERSITY

among Texas residents



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TEXAS *is* YOUNG

RACIAL ETHNIC DIVERSITY

among Texas youth under the age of 18

- 48.9% Hispanic or Latino
- 28.5% White (non-Hispanic)
- 11.9% Black or African-American
- 5.3% Asian
- 0.1% American Indian

In 2026, Texas had over **31.7 million people**

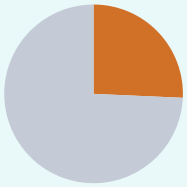
7.6 million of them are under the age of 18.

ONE FOURTH of Texas' residents are children.

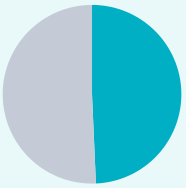
ONE HALF of Texas' residents are Millennials and Gen Z.

Median age
39.4 US
36 TX

More than a **quarter** of all children in the U.S. are Hispanic or Latino.

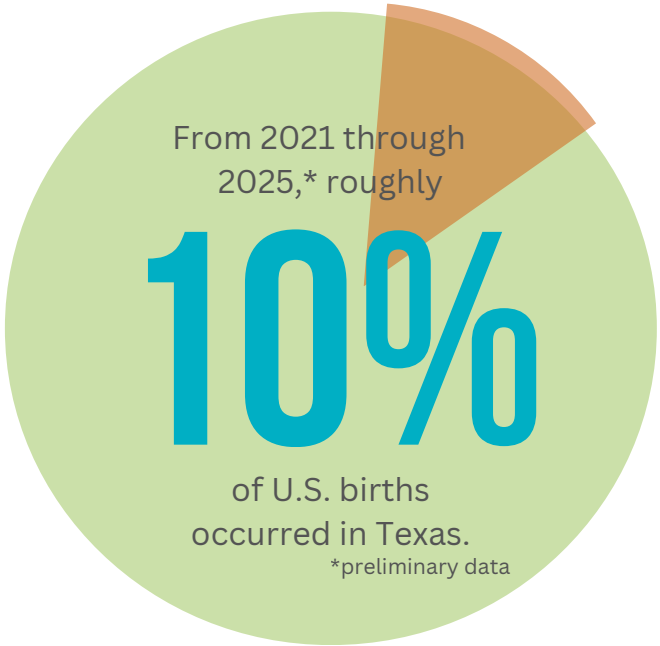


25.7%



49.3%

About **half** of the children in Texas are Hispanic or Latino.



DID YOU KNOW?

Texas has the **second-largest population** of children under 18, representing more than **10%** of all children in the U.S.

Nearly **1 out of every 3 households** in Texas is home to families with children under 18.

Every **80 seconds** a child is born somewhere in Texas.

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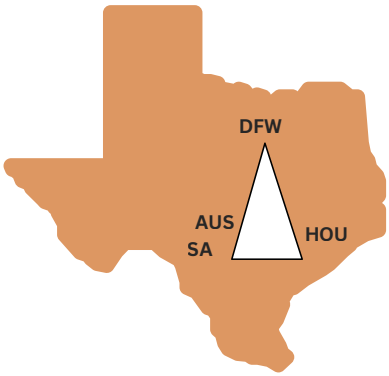
TEXAS *is* URBAN *and* RURAL

7 out of 10 Texans live in the state's major metropolitan areas, which connect to form the **Texas Triangle**.



Texas also has the **largest rural population** of any other state.

Between 2023-2024, Texas added an average of **1,540** new residents a day.

ACCESS TO HEALTHCARE IS CHALLENGING FOR MANY TEXANS

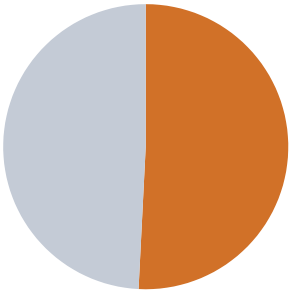
Overall, Texas ranks **highest** in the country for uninsured residents (16.7% vs. 8.2% in the U.S.).

1 in 5 women of childbearing age in Texas (21.6%) are uninsured, compared to 10.2% in the U.S.

Approximately **85% of Texas counties** (216 counties) have an uninsured rate higher than 10.9%.

FIVE MILLION Texas residents live in **rural** areas of the state.

In Texas, there are 32 counties with **no primary care doctor** and 74 counties that **do not have a hospital.**



50.8%

of **Texas counties** are maternity deserts

DID YOU KNOW?

272,000 women between **15 and 44 years of age** live in maternity deserts

Women in **maternity deserts travel 2.8x longer** than those in full access counties to access care

Suggested Citation
Flores-Thorpe S, Menendez T, Brand K, Linton R, Ballard B, van den Berg AE, Hoelscher DM. Texas of Today. UTHealth Houston School of Public Health in Austin, Michael & Susan Dell Center for Healthy Living. December 8, 2025.

Last Updated October 13, 2026
Sources: U.S. Census Bureau, American Community Survey, Centers for Disease Control and Prevention, America's Health Rankings, Kaiser Family Foundation, March of Dimes, Texas Demographic Center, Texas 2036, and March of Dimes 2026.

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