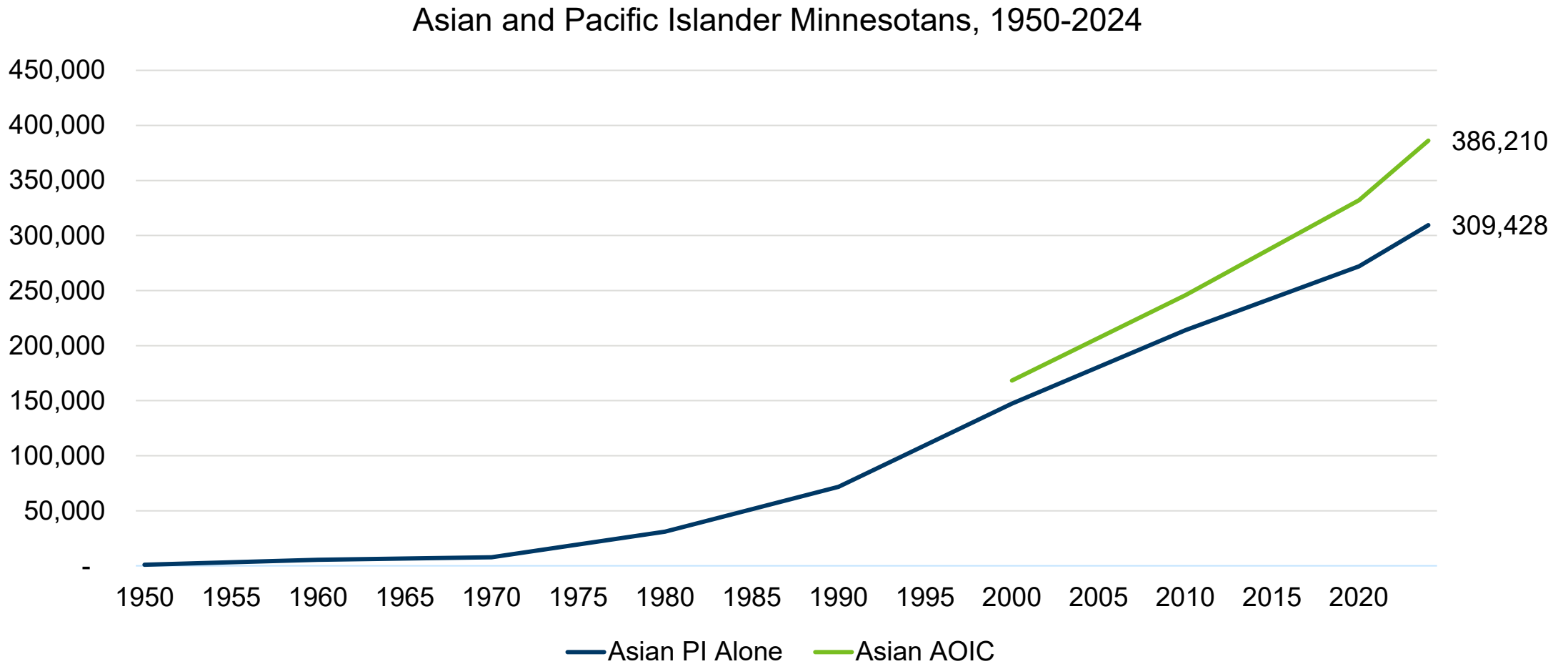




The State of Asian Pacific Minnesotans

Susan Brower, PhD | Minnesota State Demographer
June 27, 2026

Minnesotans reporting an Asian identity now make up 7% of the state's population.



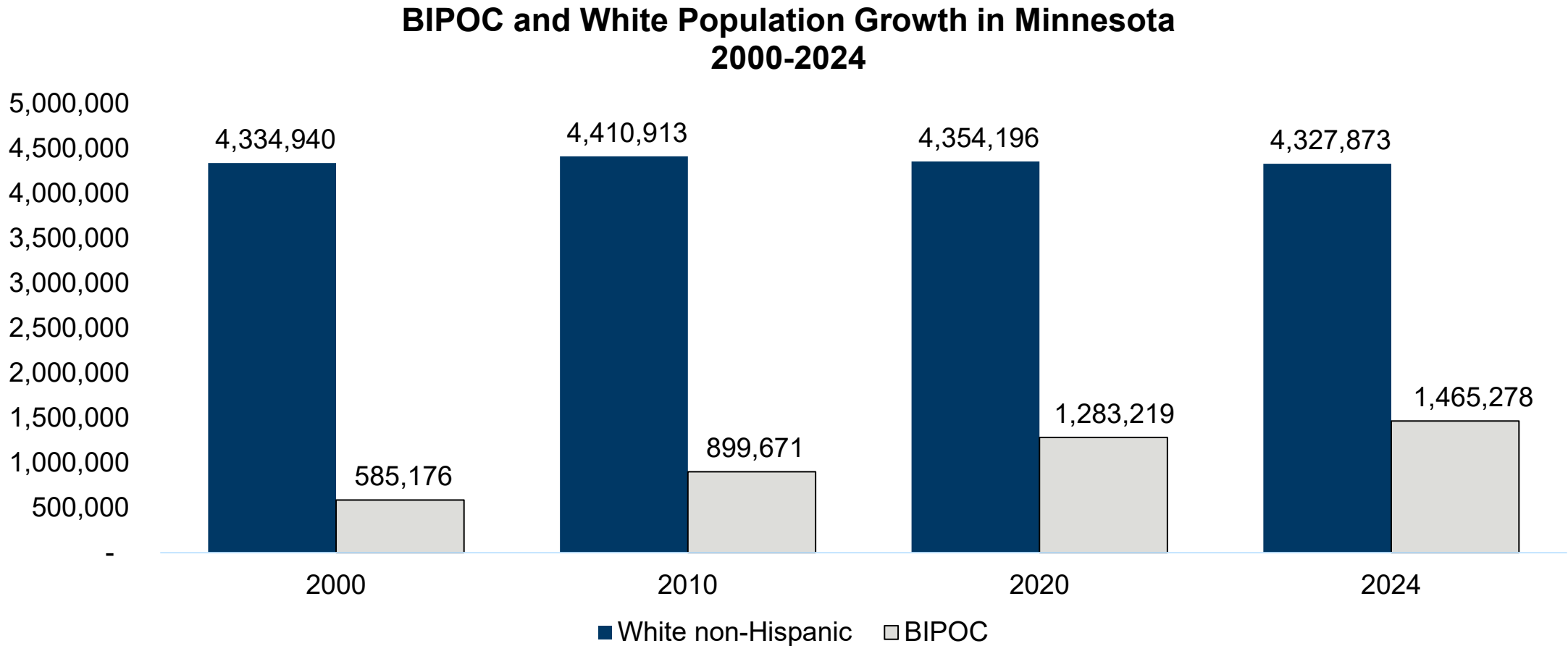
Source: IPUMS.org, Decennial Census and American Community Survey data

More than 416,000 Minnesotans identify as Asian or Native Hawaiian or Pacific Islander.

Race Alone or In Combination with Another Race	Race Group	Not Latino	Latino	All Ethnicities
Race Alone	Asian	338,586	6,035	344,621
	Native Hawaiian or Pacific Islander	3,854	1,196	5,050
In Combination with Another Race	Asian	64,218	7,266	71,484
	Native Hawaiian or Pacific Islander	6,649	1,437	8,086
Race Alone or In Combination with Another Race	Asian	402,804	13,301	416,105
	Native Hawaiian or Pacific Islander	10,503	2,633	13,136

Source: 2025, U.S. Census Bureau, Population Estimates Program

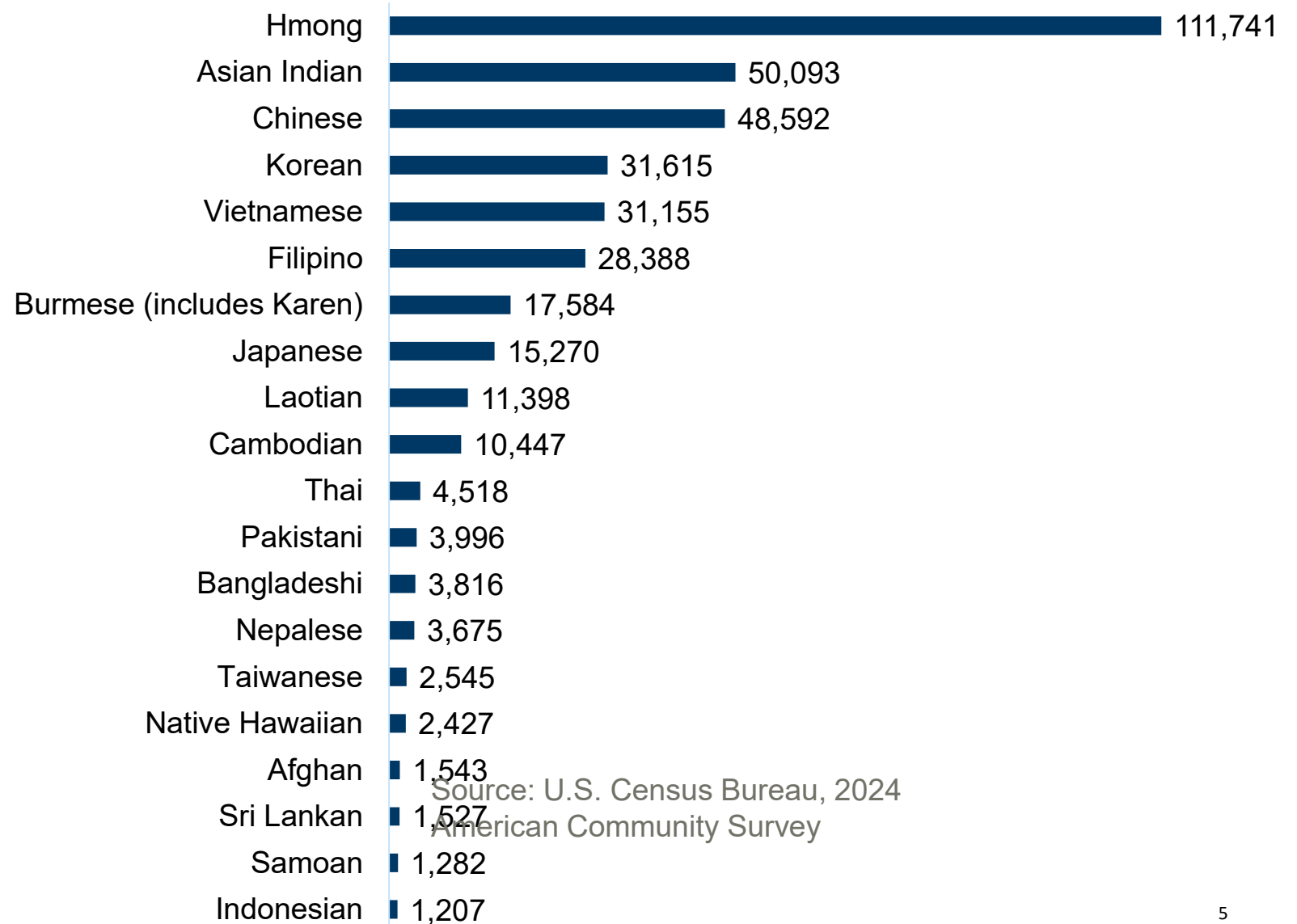
The number of White non-Hispanic Minnesotans began declining between 2010 and 2020.



Source: IPUMS.org, Decennial Census and American Community Survey data

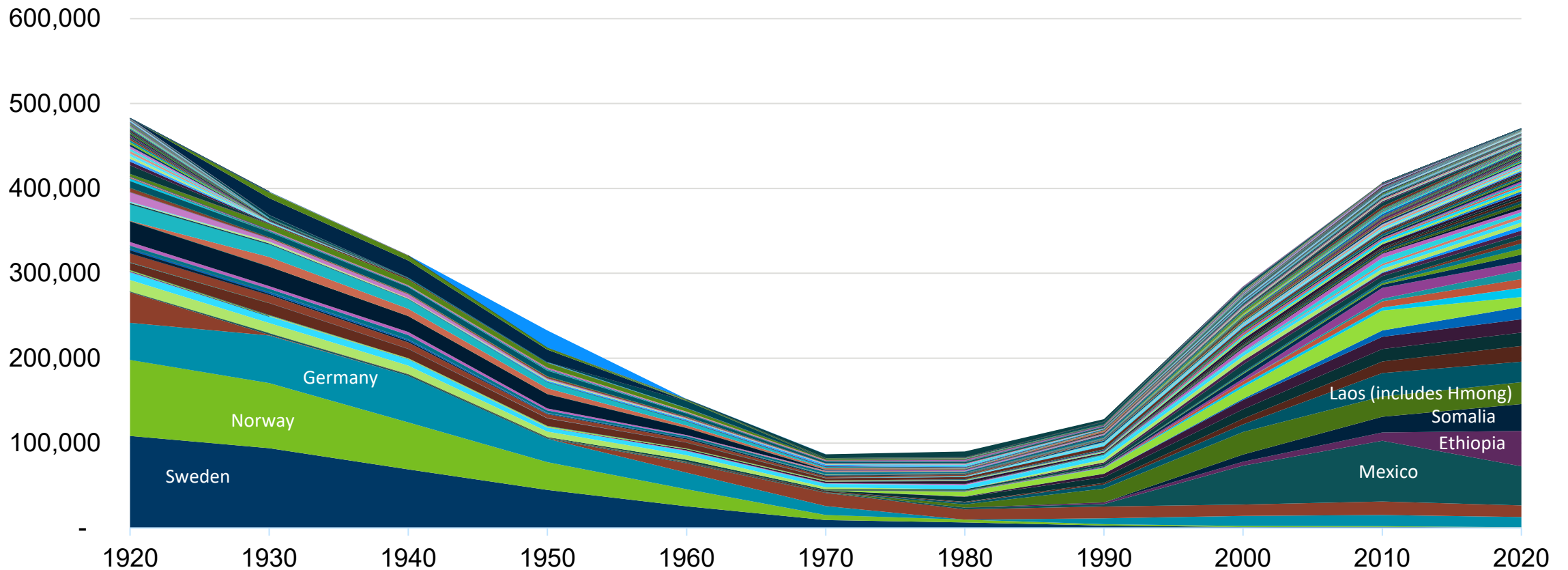
Minnesota's largest Asian Pacific populations are Hmong, Asian Indian, and Chinese.

Asian Pacific Groups >1,000 Minnesota, 2024



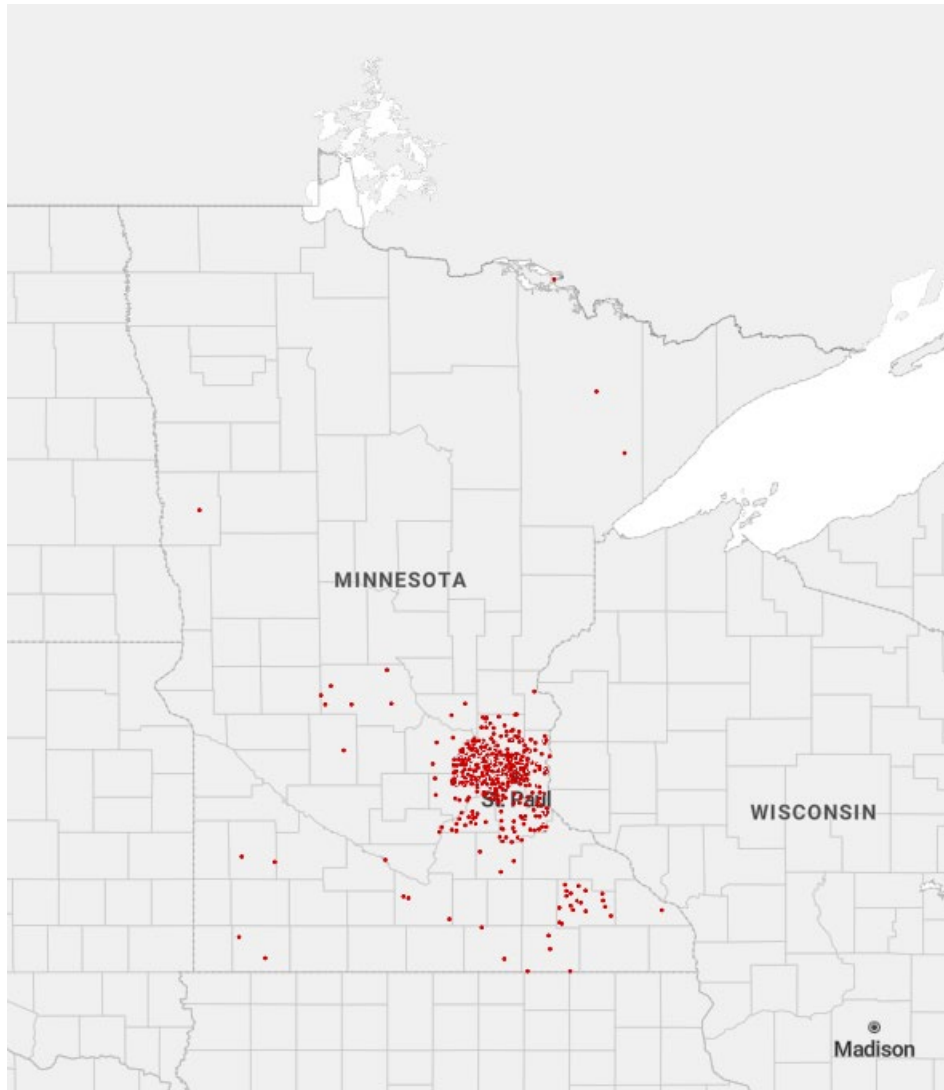
Minnesota's foreign-born population has become more diverse over time.

**Minnesota Foreign-born Residents by Place of Birth
1920-2020**



Source: IPUMS.org, Decennial Census and American Community Survey data

The largest numbers of Asian Minnesotans live in Hennepin and Ramsey counties.



Interactive version of this map:

<https://www.socialexplorer.com/5cb116a023/view>

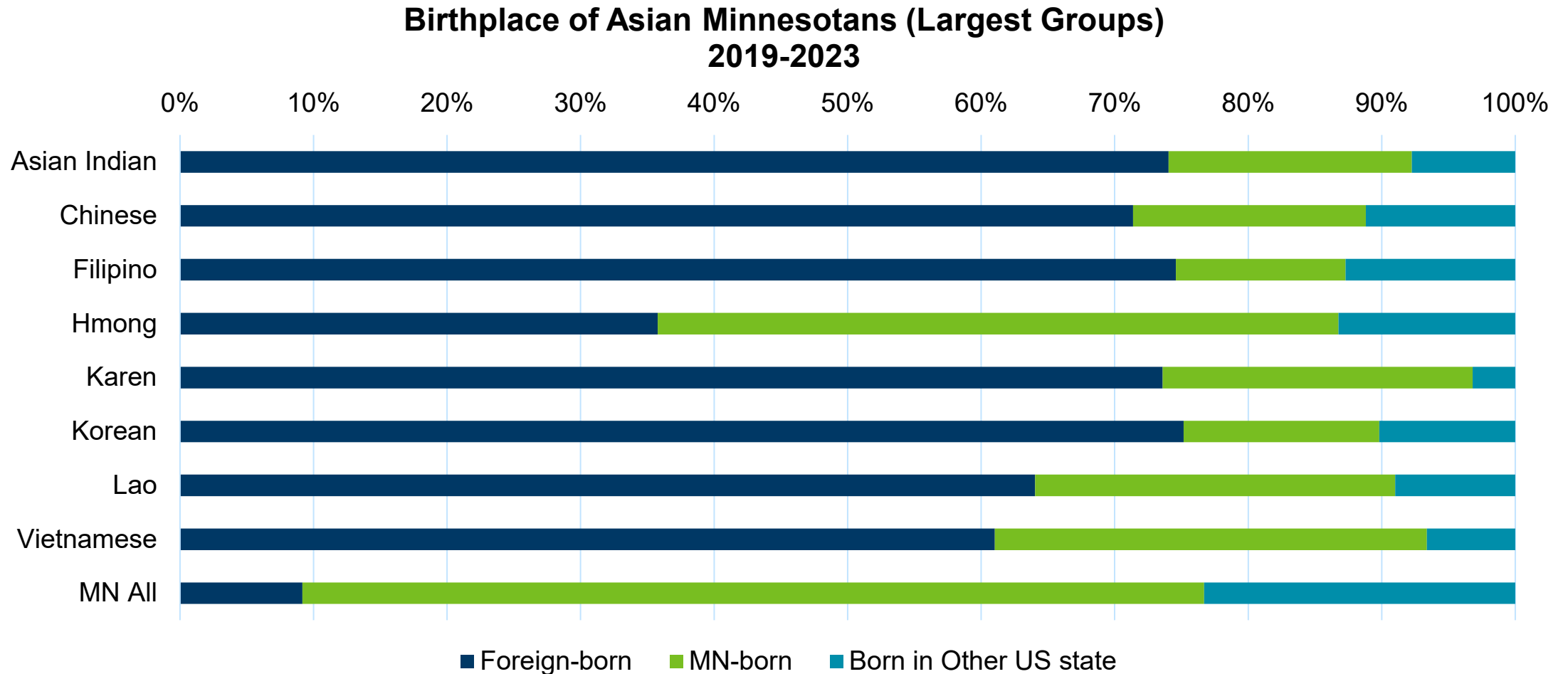
Source: Social Explorer, 2020 Decennial Census

New report with disaggregated data for Minnesota's cultural groups



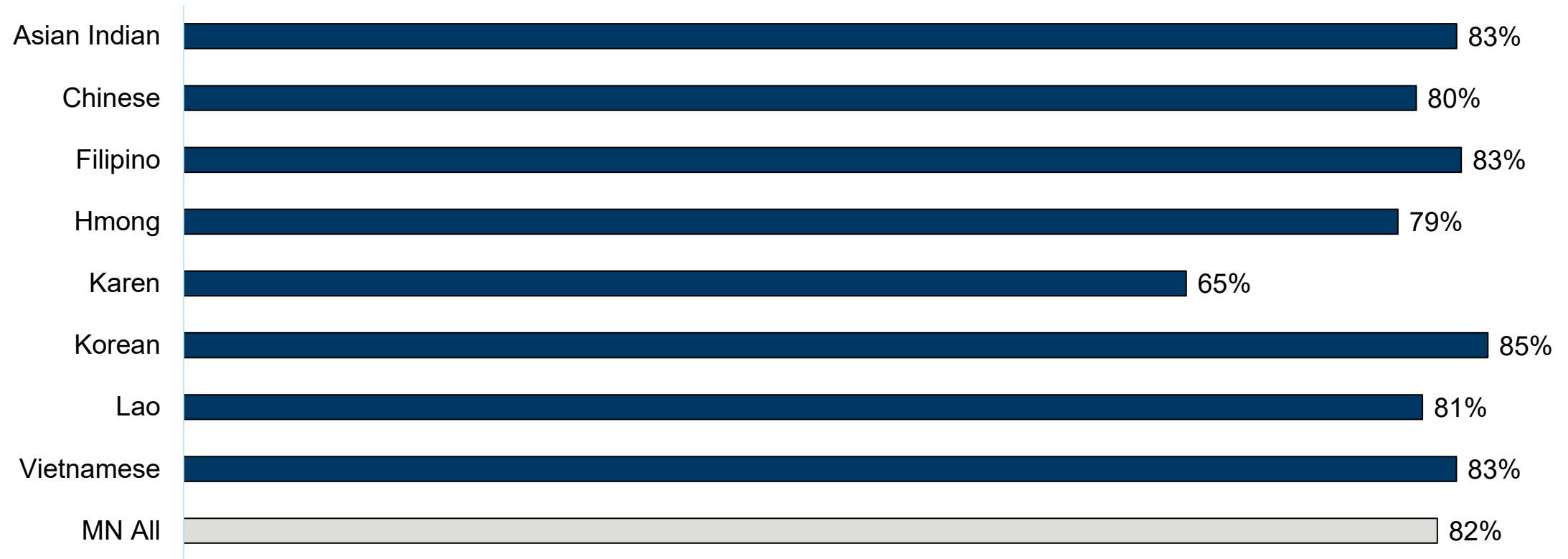
Source: Minnesota State Demographic Center <https://mn.gov/admin/demography/>

Less than half of Hmong Minnesotans were born outside the U.S.; other Asian groups are more likely to be foreign-born.



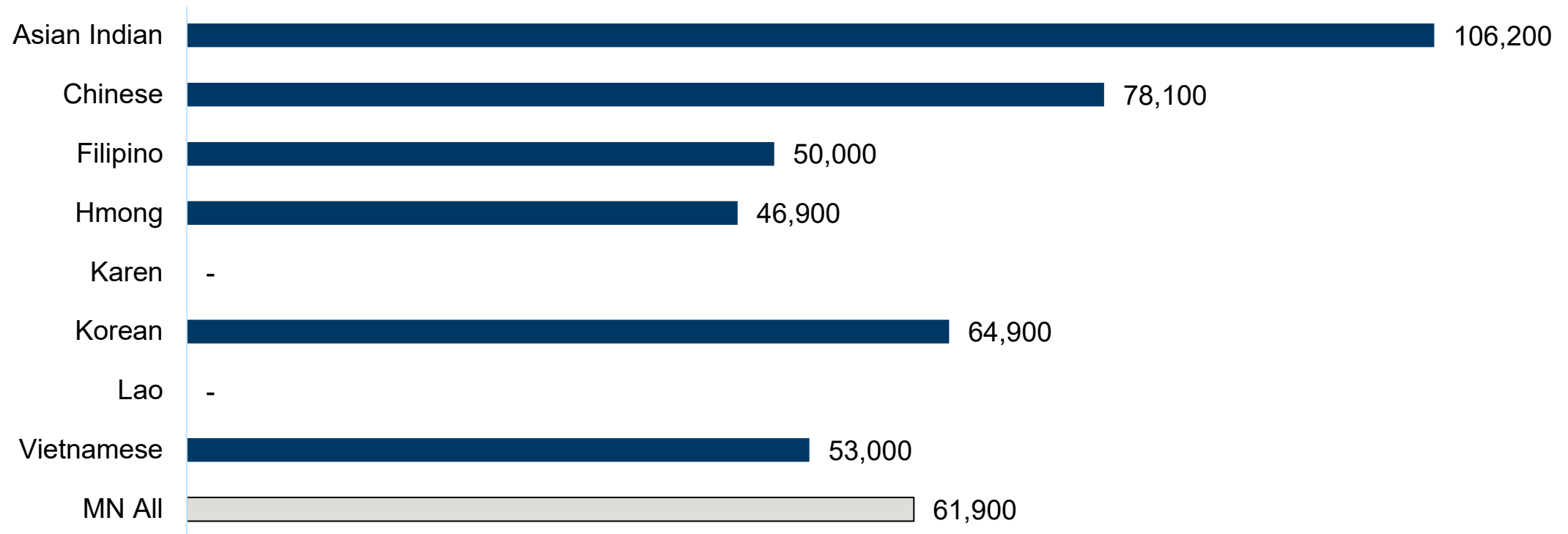
Labor force participation remains high among Asian Pacific Minnesotans.

**Labor Force Participation of Asian Minnesotans (Largest Groups)
Ages 16-64, 2019-2023**

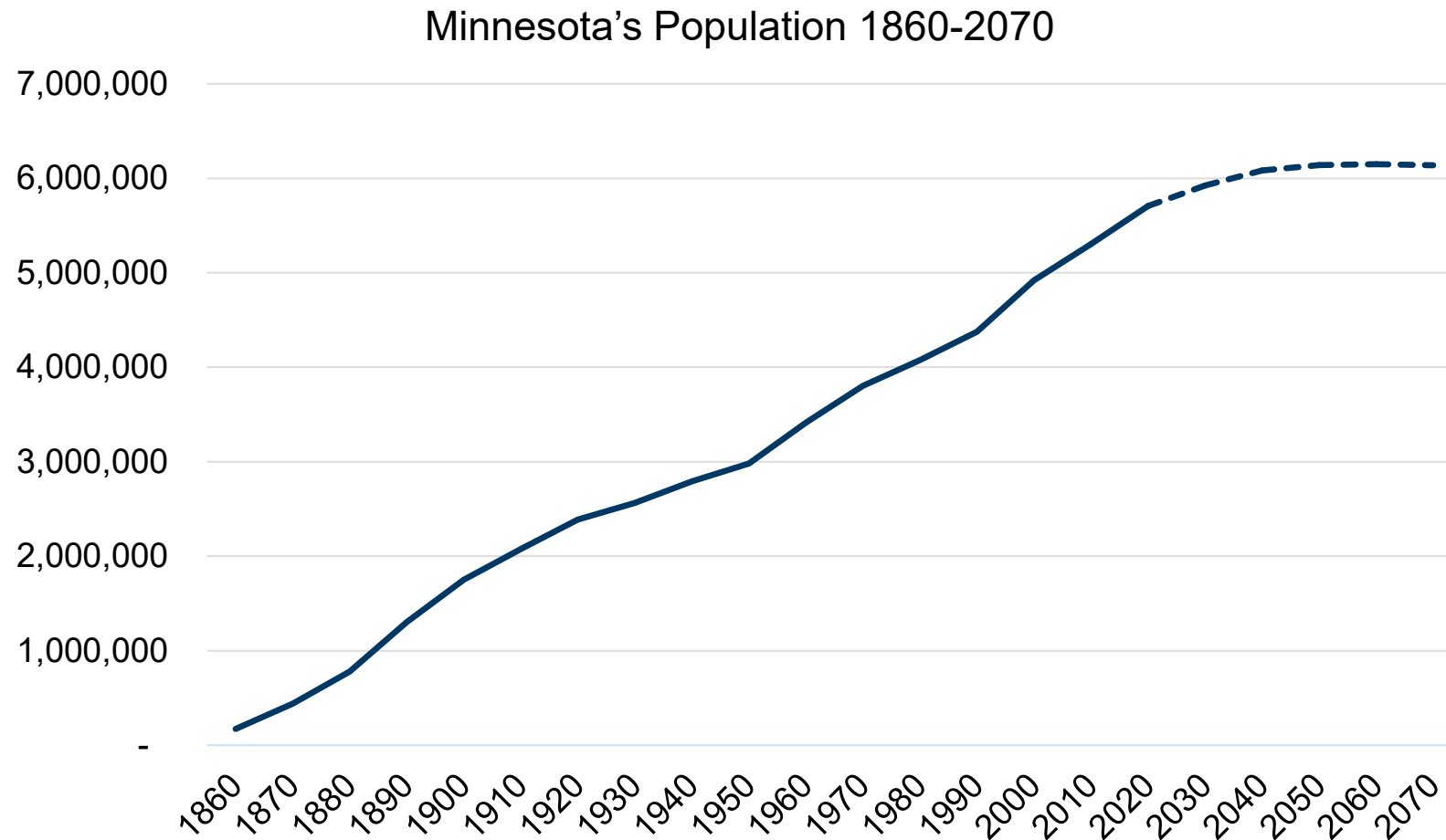


Earnings vary widely across Asian groups.

**Median Earnings (2023 Dollars) of Full-Time Workers
Largest Asian Groups, Minnesota, 2019-2023**



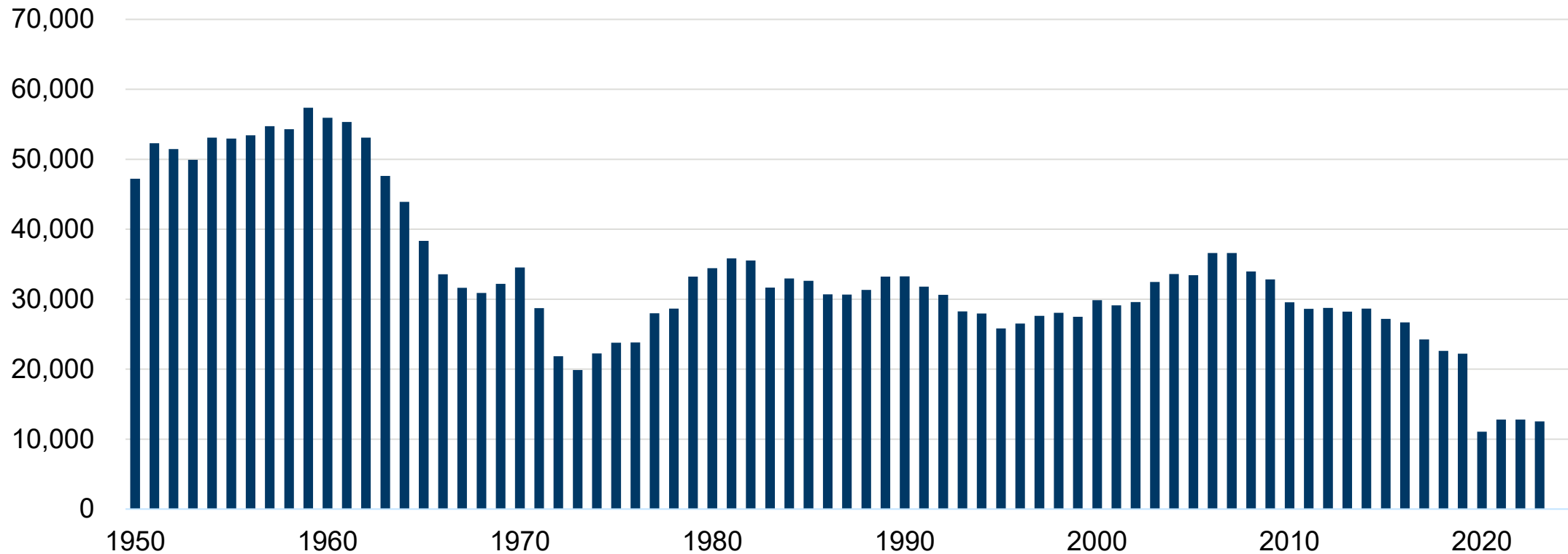
Minnesota's population growth will slow.



Source: U.S. Census Bureau, Decennial Censuses and Minnesota State Demographic Center
Population Projections

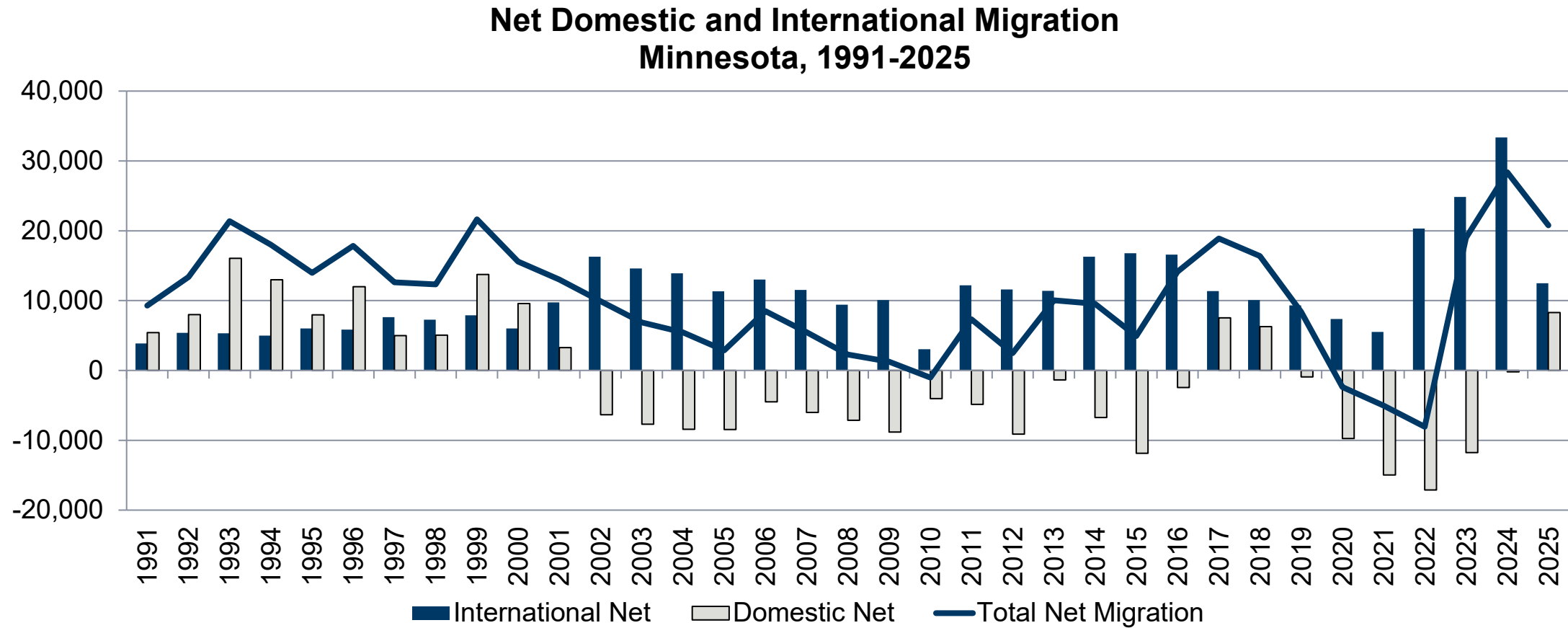
Population aging slows natural growth.

Natural Change (Births - Deaths)
Minnesota, 1950-2024



Source: Minnesota State Demographic Center calculations from Minnesota Department of Health Vital Statistics (1950-2020), and Census Bureau Population Estimates (2020-2024)

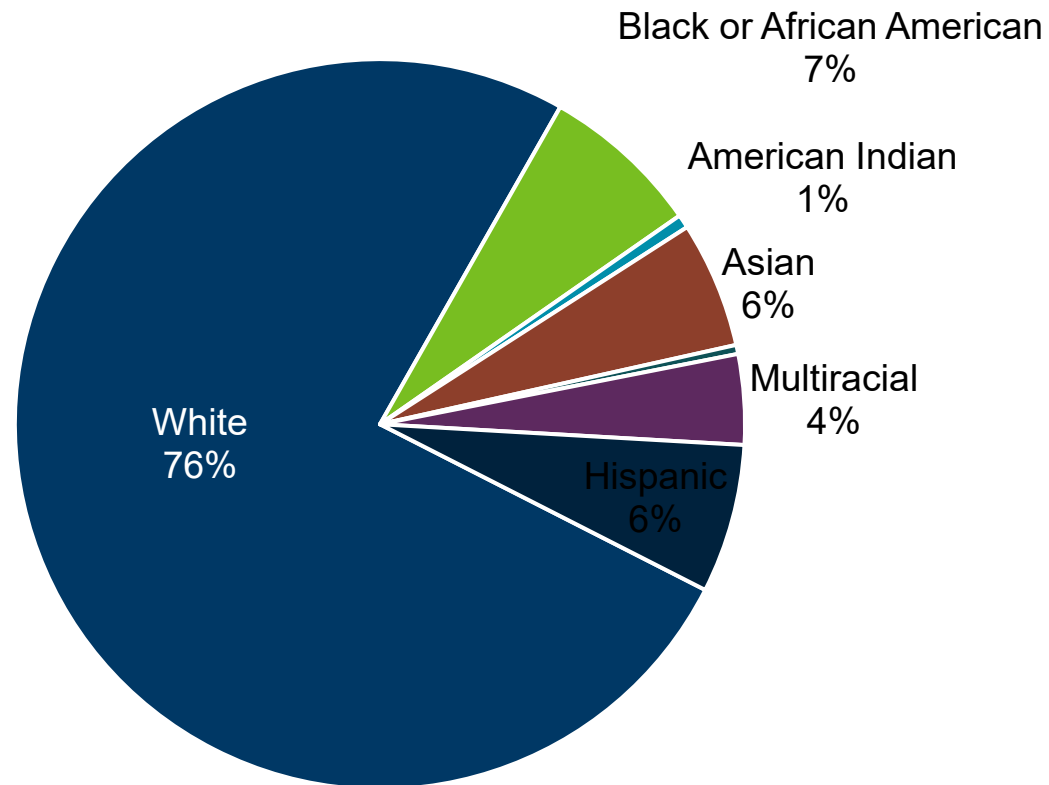
International migration temporarily strengthened Minnesota's workforce.



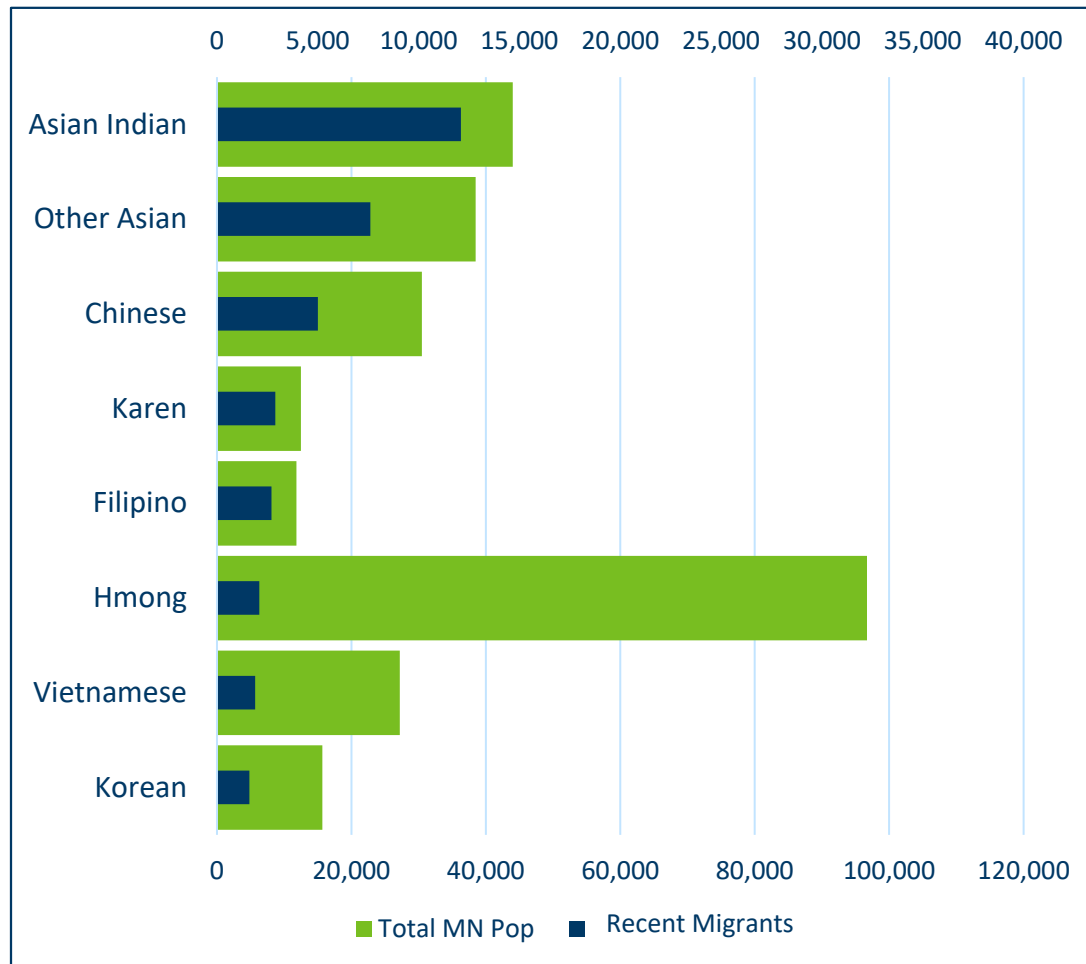
Source: U.S. Census Bureau, Population Estimates Program

Six percent of Minnesota's workers are Asian.

Minnesota Labor Force by Race, 2024



Recent Asian immigration has been an important source of labor force growth.



- This chart shows the number of foreign-born Asian Pacific Minnesotans, ages 16 to 64, who have spent less than 10 years living in the United States.
- Nearly 30% of all recent foreign-born labor force growth has come from these Asian Pacific groups.
- Recent Asian Pacific migration has been led by people migrating from India and China.

What questions do you have?

Email: demography.helpline@state.mn.us

Website: mn.gov/demography