Connecticut Demographics

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Connecticut (2024)*

- Total foreign born population – 584,170
- 15.9% of the state's ~ 3.6 million people are foreign born
  - 54.3% naturalized citizens
  - 18% legal permanent residents (as of 2023)*
  - 27.7% temporary visa holders or undocumented immigrants
- 57.9% rise in immigrant population from 2000 to 2024
- Length of time immigrants have lived in the U.S.
  - 41.4% entered before 2000
  - 21.9% entered 2000 - 2009
  - 36.8% since 2010
- 31.1% of children under age 18 have one or more immigrant parents
  - 68.9% of these children are native-born U.S. citizens

*Source: Migration Policy Institute (MPI), Migration Data Hub, "State Immigration Data Profiles: Demographics (April, 2026)

Connecticut– Countries/Regions of Origin & Limited English Proficiency (LEP)(2024)*

- Latin America – 50.7%
  - South America (19.7%)
  - Central America (12%)
  - Other Caribbean (10.2%)
  - Jamaica (8.2%)
- Europe – 19.3%
  - Eastern Europe (9.5%)
  - Southern Europe (4.2%)
  - Poland (3.6%)
- Asia – 20.8%
  - India (7.5%)
  - China/Taiwan (4.7%)
  - Southeastern Asia (4.6%)
- Africa – 4.5%
- Middle East – 2.4%
- Canada – 2.1%
- Oceania – 0.2%

- Language spoken
  - 23.7% of people in the state who speak a language other than English at home
  - 38.8% of foreign born persons are LEP - speak English less than "very well"

*Source: MPI Data Hub, "State Immigration Data Profiles: Demographics (April, 2026)

Connecticut-Languages Spoken at Home (2024)*

- Spanish (453,397)
- Portuguese (43,213)
- Chinese (including Mandarin, Cantonese) (33,605)
- French (including Cajun) (26,255)
- Haitian (25,200)
- Polish (24,257)
- Arabic (19,641)
- Italian (18,944)
- Russian (11,581)
- Tagalog (including Filipino) (10,384)
- Gujarati (10,105)
- Yoruba, Twi, Igbo, or Other Languages of Western Africa (8,773)
- Tamil (8,742)
- German (8,206)
- Hindi (7,732)
- Vietnamese (7,708)
- Bengali (5,126)

* Source: MPI Data Hub, "State Immigration Data Profiles: Language and Education (April, 2026)

Connecticut-LEP (2024)*

- Limited English Proficiency (Speak English less than very well)
  - Naturalized citizens – 29.7%
  - Noncitizens – 49.9%
- Limited English Proficiency by language spoken at home
  - Arabic (49.5%)
  - Chinese (including Mandarin, Cantonese) (47.4%)
  - Vietnamese (46%)
  - Spanish (42.5%)
  - Portuguese (41.2%)
  - Bengali (38.7%)
  - Haitian (37.8%)
  - Polish (36.7%)
  - Tagalog (including Filipino) (30.6%)
  - Russian (26.7%)

* Source: MPI Data Hub, "State Immigration Data Profiles: Language and Education (April, 2026)