The population of the United States has shifted from one decade to the next, reflecting and causing major changes in people's lives. Black Americans endured forced migrations of the domestic slave trade for the seventy years of this nation's history and then White Americans have continually migrated to and from places across the nation in ways that reflect economic opportunity.

In these maps, areas of growth are presented in shades of gold, areas of decrease in shades of blue, the brighter the color the greater the change. Because the great majority of Black Americans before 1900 lived and moved within the South, the maps prior focus on that region. Across the 20th and 21st centuries, Black people have been extraordinarily mobile and the maps reflect those migrations.