

Roots Beyond Race: Select Findings

Below are select findings for all 50 states; Washington, D.C.; and the U.S. overall from the APM Research Lab's [Roots Beyond Race](#) project. Note that the District of Columbia is counted as a "state" for the purposes of ranking. Note that numbers and percentages provided for the top five heritage groups are not repeated in additional bullets. For additional data assistance, please contact Andi Egbert, senior researcher with the APM Research Lab at aegbert@apmresearchlab.org.

United States

- The top five heritage groups claimed by the 325.7 million people who live in the United States are:
 1. German (13.4% of all residents or nearly 43.5 million residents)
 2. Mexican (11.7% or 37.9 million)
 3. African American (10.3% or nearly 33.5 million)
 4. Irish (10.3% or 33.4 million)
 5. English (7.1% or 23.1 million)
- German is the most common heritage group in the United States and well-represented in every state: On the lowest end, about 1 in 20 residents of Mississippi claim German ties, while on the high end, nearly 8 in 20 (or 4 in 10) residents of Wisconsin have German ties.
- Irish heritage is similarly widespread across states, from a low of 4.9% of all residents in Hawaii to a high of 22.3% in New Hampshire.
- Twelve percent of Americans have Mexican roots, second only to German. Mexican descendants or immigrants are especially common in the southwestern states. One-third or more of all residents in Texas, California, and New Mexico claim Mexican heritage, followed closely by Arizona (29%).
- About 1 in 10 Americans have African American heritage. In Mississippi and Washington, D.C., 35% of residents or more claim African American roots.
- Some newer (often refugee) arrivals and their children are concentrated in certain states. For example, Minnesota is home to 74,000 residents with Somali roots, more than five times as many as the next state of Washington (13,000). About 542,000 Floridians also claim Haitian roots, more than three times the next state of New York (180,000). California leads in the nation in residents with Syrian ties (24,000), while Indiana is home to the greatest number of Burmese residents (25,000) in the country.
- Even when grouped by race, Americans are incredibly diverse. About 26.7 million White Americans claim Mexican heritage (or 10.9%); nearly 2.2 million Black Americans claim European (not otherwise specified) heritage (4.7%); about 906,000 Latinos claim African American heritage (or 1.5%); about 326,000 Asian or Pacific Islanders claim German heritage (1.4%); and 384,000 Indigenous residents claim Irish heritage (6.8%). These examples speak to the way that our understanding of Americans' identity is often shortchanged by basic race groups.

Alabama

- The top five heritage groups claimed by the nearly 4.9 million people who live in Alabama are:
 1. African American (23.3% of all residents or 1,136,000 residents)
 2. Irish (8.1% or 396,000)
 3. English (6.5% or 315,000)
 4. German (6.4% or 310,000)
 5. Mexican (2.5% or 120,000)
- Alabama has the 6th highest percentage of residents claiming African American heritage and 14th highest state for number of residents with African American heritage.
- While the second most common heritage in Alabama is Irish, Alabama falls in the bottom 10 states for the percentage of its population that is Irish.

Alaska

- The top five heritage groups claimed by the 740,000 people who live in Alaska are:
 1. Any Native tribe (20.1% of all residents or 149,000 residents)
 2. German (15.8% or 117,000)
 3. Irish (11.9% or 88,000)
 4. English (8.0% or 59,000)
 5. Yu'pik tribe alone (4.3% or 32,000)
- Alaska leads all states for the highest percentage of residents with any Native tribe heritage, Yupik tribe alone heritage, Inupiat tribe alone heritage (3.8%), Alaska Athabaskan tribe alone roots (1.8%), Aleut tribe alone heritage (0.5%), and Tlingit tribe alone heritage (1.1%).
- Those unfamiliar with Alaska may be surprised to learn that about 4.3% of Alaska's population claims Filipino heritage, 3.5% claims Mexican heritage, and 3.1% claims African American heritage.

Arizona

- The top five heritage groups claimed by the 7 million plus people who live in Arizona are:
 1. Mexican (28.8% of all residents or 2,022,000 residents)
 2. German (12.6% or 887,000)
 3. Irish (9.1% or 636,000)
 4. English (8.1% or 569,000)
 5. Any Native tribe (5.7% or 402,000)
- Arizona leads the nation in the greatest number and share of residents with the following heritage groups: Hopi tribe alone (0.2% or 14,000), Tohono O'Odham tribe alone (0.4% or 25,000), and Yaqui tribe alone (0.3% or 19,000).
- Arizona trails only New Mexico in having the highest percentage of residents with Apache tribe alone heritage (0.4%), and its 25,000 residents with Apache tribe alone roots lead the nation.
- Arizona has the 3rd highest number of residents claiming any Native tribe heritage, and the 7th highest percentage of residents saying so.

- Among all states, Arizona has the 3rd highest number of residents with Mexican heritage (behind California and Texas), and the 4th highest *percentage* of residents with Mexican heritage (behind Texas, California, and New Mexico).

Arkansas

- The top five heritage groups claimed by the 3 million plus people who live in Arkansas are:
 1. African American (13.5% of all residents or 405,000 residents)
 2. Irish (10.0% or 301,000)
 3. German (9.6% or 290,000)
 4. English (7.1% or 213,000)
 5. Mexican (5.7% or 172,000)
- Among all states, Arkansas has the greatest number of residents claiming Marshall Islander heritage (8,000).
- Arkansas has the 12th highest number of residents with African American heritage.
- More than 1 in 100 residents in Arkansas claim Scotch Irish heritage. Only 15 states have a higher proportion of residents with Scotch Irish roots.

California

- The top five heritage groups claimed by the 39.5 million people who live in California are:
 1. Mexican (33.2% of all residents or 13.1 million residents)
 2. German (7.2% or 2.8 million)
 3. Irish (6.3% or 2.5 million)
 4. African American (5.4% or 2.1 million)
 5. English (5.0% or nearly 2 million)
- Nearly 1 in 20 California residents claim Chinese heritage, the second highest share of all states, trailing only Hawaii.
- California second only to Texas in the highest percentage of residents with Mexican heritage.
- California leads the nation in the largest number of residents with many heritage groups, including: Mexican, Irish, Afghan (57,000), Armenian (268,000), Chinese (1.9 million), Hong Kong (7,000), Japanese (497,000), Latvian (10,000), Mexican Indian (48,000), Sri Lankan (13,000), Taiwanese (177,000), Thai (77,000), and Yugoslavian (21,000). *Note: may not be a complete list.*

Colorado

- The top five heritage groups claimed by the 5.6 million people who live in Colorado are:
 1. German (19.0% of all residents or nearly 1.1 million residents)
 2. Mexican (16.8% or 939,000)
 3. Irish (11.7% or 656,000)
 4. English (9.8% or 551,000)
 5. Italian (4.8% or 267,000)

- Among all states, Colorado has the 5th highest number of residents with Mexican heritage, and the 6th highest percentage of such residents.
- Colorado also has the 2nd highest percentage of residents with Spanish heritage (3.1%, trailing only New Mexico) and the 5th highest number of such residents (175,000).

Connecticut

- The top five heritage groups claimed by the 3.6 million people who live in Connecticut are:
 1. Italian (16.8% of all residents or 602,000 residents)
 2. Irish (16.1% or 577,000)
 3. German (8.9% or 321,000)
 4. English (8.1% or 292,000)
 5. Puerto Rican (8.1% or 291,000)
- Among all states, Connecticut ranks 1st among states by percentage of residents with Italian heritage, and 9th highest in the number of residents who claim Italian roots.
- Connecticut also has the highest percentage of residents with Puerto Rican heritage, and the 6th highest number of such residents.
- Connecticut is tied with New York for the highest percentage of residents with Jamaican heritage (1.6%) and has the 4th highest number of such residents (58,000).

Delaware

- The top five heritage groups claimed by the 962,000 people who live in Delaware are:
 1. African American (18.3% of all residents or 176,000 residents)
 2. Irish (14.6% or 140,000)
 3. German (11.4% or 109,000)
 4. English (8.5% or 82,000)
 5. Italian (8.0% or 77,000)
- Among all states, Delaware ranks 8th highest in percentage of residents with Irish heritage, despite falling in the bottom 10 states for number of residents with Irish roots.
- Delaware also ranks 8th in highest percentage of residents with Italian heritage, and the 10th highest in percentage of Polish residents (4.3%).

District of Columbia

- The top five heritage groups claimed by the 694,000 people who live in Washington, D.C., are:
 1. African American (36.7% of all residents or 255,000 residents)
 2. Irish (7.4% or 51,000)
 3. German (7.0% or 49,000)
 4. English (4.5% or 31,000)
 5. European, not otherwise specified (3.6% or 25,000)

- Compared to all states, the District of Columbia has the highest in percentage of residents with African American heritage in the nation.
- Although Irish is the 2nd most common heritage group in Washington, D.C., it ranks in the bottom 10 states for lowest percentage of Irish residents.

Florida

- The top five heritage groups claimed by the nearly 21 million people who live in Florida are:
 1. African American (9.9% of all residents or nearly 2.1 million residents)
 2. German (9.2% or 1.9 million)
 3. Irish (8.7% or 1.8 million)
 4. Cuban (7.7% or 1.6 million)
 5. English (6.6% or nearly 1.4 million)
- Compared to other states, Florida is notably more diverse in its population's background—with no single heritage group accounting for more than 10% of all residents.
- Florida leads the nation in Cuban heritage residents, with 12 times more of these residents than even the 2nd highest state of California. It also has the highest share of residents with Cuban roots.
- Florida ranks 1st in the nation in number of residents with Puerto Rican ties (1.1 million), and 3rd highest by percent of the population, with more than 1 in 20 Floridians claiming Puerto Rican heritage.
- More Haitian heritage residents (542,000) are found in Florida than any other state, along with the highest percentage of the total population (2.6%).
- Among all those with African American heritage, Florida has the 4th highest number of residents in the nation.

Georgia

- The top five heritage groups claimed by the 10.4 million people who live in Georgia are:
 1. African American (25.9% of all residents or 2.7 million residents)
 2. Irish (7.7% or 802,000)
 3. English (6.9% or 718,000)
 4. German (6.7% or 694,000)
 5. Mexican (5.6% or 583,000)
- Compared to all states, Georgia has the 2nd largest number of residents with African American heritage in the nation (trailing only Texas), and the 4th highest percentage of such residents (behind Washington, D.C.; Mississippi; and Louisiana).
- Georgia has the 5th highest number of residents claiming Guatemalan roots (76,000), along with the 6th highest percentage of such residents (0.7%).
- Georgia has the 10th highest number of residents claiming Scottish heritage.

Hawaii

- The top five heritage groups claimed by the 1.4 million people who live in Hawaii are:
 1. Filipino (23.6% of all residents or 337,000 residents)
 2. Japanese (20.4% or 291,000)
 3. Hawaiian (19.9% or 284,000)
 4. Chinese (13.2% or 188,000)
 5. German (5.9% or 84,000)
- Unsurprisingly, Hawaii leads the country in both the number and percentage of residents with native Hawaiian heritage.
- Hawaii also has the greatest percentage of Filipino heritage residents and the second highest number of such residents (behind only California).
- 1 in 5 Hawaiian residents claim Japanese heritage, significantly more than all other states in the U.S. Hawaiian trails only California in number of residents with Japanese roots.

Idaho

- The top five heritage groups claimed by the 1.7 million people who live in Idaho are:
 1. English (17.0% of all residents or 292,000 residents)
 2. German (17.0% or 291,000)
 3. Mexican (10.9% or 187,000)
 4. Irish (9.5% or 164,000)
 5. European, not otherwise specified (3.6% or 61,000)
- Among all states, Idaho ranks 2nd among those with Welsh ancestry, trailing only Utah.
- Similarly, Idaho has the 3rd highest percentage of residents with English heritage (behind Utah and Maine).
- Idaho also has the 5th highest percentage of Scottish heritage residents in the nation, and the 9th highest percentage of residents with Mexican roots.

Illinois

- The top five heritage groups claimed by the 12.8 million people who live in Illinois are:
 1. German (17.5% of all residents or 2.2 million residents)
 2. Mexican (14.2% or 1.8 million)
 3. African American (12.5% or 1.6 million)
 4. Irish (11.6% or 1.5 million)
 5. Polish (6.9% or 880,000)
- Illinois leads the nation in number of residents with Polish ties (and comes in 4th as a percentage of the total population).
- Illinois is 4th among states for the greatest number of residents with Mexican ties (trailing California, Texas, and Arizona). Illinois also has the 7th highest percentage of Mexican heritage residents in the nation, but the highest among the Midwestern states.

- Among all states, Illinois has the 6th highest number of residents with German heritage (behind Pennsylvania, California, Ohio, Texas, and Wisconsin).
- Illinois ranks 7th highest in the number of residents with African American heritage—but leads the Midwest in this regard.

Indiana

- The top five heritage groups claimed by the nearly 6.7 million people who live in Indiana are:
 1. German (21.4% of all residents or 1.4 million residents)
 2. Irish (11.4% or 757,000)
 3. African American (8.3% or 554,000)
 4. English (7.7% or 510,000)
 5. Mexican (5.3% or 352,000)
- Numbering about 25,000, Indiana leads the nation in number of residents with Burmese ties (and also comes in 1st considering this heritage group as a share of the total population, at 0.4%).
- Indiana ranks 11th in greatest number of German-heritage residents, and 13th among states for the highest percentage of residents with German ties.

Iowa

- The top five heritage groups claimed by the 3.1 million people who live in Iowa are:
 1. German (33.4% of all residents or nearly 1.1 million residents)
 2. Irish (13.1% or 413,000)
 3. English (6.9% or 217,000)
 4. Norwegian (4.9% or 153,000)
 5. Mexican (4.8% or 152,000)
- Trailing only South Dakota and Michigan, Iowa has the 3rd largest percentage of residents claiming Dutch heritage (4.0%) among all states.
- Iowa also has the 3rd highest share of Danish residents (1.8%), after Utah and Nebraska.
- Iowa has the 5th largest percentage of residents with German roots (and is 15th highest for number of such residents).
- Iowa ranks 7th highest in both the percentage and number of Norwegian heritage residents. About 1 in 20 Iowan residents are Norwegian.

Kansas

- The top five heritage groups claimed by the 2.9 million people who live in Kansas are:
 1. German (24.1% of all residents or 702,000 residents)
 2. Irish (12.1% or 352,000)
 3. Mexican (9.8% or 286,000)
 4. English (9.6% or 279,000)

5. African American (5.2% or 151,000)
- Kansas has the 13th highest percentage of residents claiming Dutch heritage, the 17th largest percentage of those with Irish ties, and the 18th highest share of those with French roots.
 - Kansas is home to the 3rd largest population of residents with Potawatomi tribe alone heritage (3,000) and ranks 2nd among all states in percentage terms (0.2%).

Kentucky

- The top five heritage groups claimed by the nearly 4.5 million people who live in Kentucky are:
 1. German (13.6% of all residents or 605,000 residents)
 2. Irish (12.3% or 550,000)
 3. English (9.8% or 437,000)
 4. African American (6.1% or 271,000)
 5. European, not otherwise specified (2.5% or 111,000)
- Kentucky has the 16th highest share of residents with Irish ties in the nation.
- More than 1/3rd of Kentucky residents claim German, Irish, and/or English heritage.

Louisiana

- The top five heritage groups claimed by the nearly 4.7 million people who live in Louisiana are:
 1. African American (28.8% of all residents or nearly 1.4 million residents)
 2. French (12.2% or 570,000)
 3. Irish (7.2% or 338,000)
 4. German (7.0% or 328,000)
 5. English (5.0% or 233,000)
- Louisiana has the 3rd highest percentage of residents with African American heritage, trailing only Washington, D.C., and Mississippi.
- Louisiana ranks 2nd highest in residents with French ties (behind California), and 3rd highest among residents with French heritage, in percentage terms.
- More than 1 in 100 Louisiana residents (1.2%) claim Acadian heritage, leading all states. The 55,000 residents of such group also outnumber all other states.

Maine

- The top five heritage groups claimed by the 1.3 million people who live in Maine are:
 1. English (18.6% of all residents or 248,000 residents)
 2. Irish (18.2% or 244,000)
 3. French (13.6% or 182,000)
 4. German (8.2% or 109,000)
 5. French Canadian (8.1% or 108,000)
- Maine leads the nation in its percentage of residents with French heritage among all states.
- Trailing only Utah, Maine has the 2nd highest percentage of residents with English heritage.

- Maine has the 7th highest tally of residents with French Canadian roots, and is 2nd in percentage terms for this group, behind only New Hampshire.

Maryland

- The top five heritage groups claimed by the 6 million people who live in Maryland are:
 1. African American (23.2% of all residents or 1.4 million residents)
 2. German (12.4% or 752,000)
 3. Irish (10.3% or 623,000)
 4. English (6.8% or 411,000)
 5. Italian (5.0% or 305,000)
- Trailing only Washington, D.C., Maryland has the 2nd highest percentage of residents with Salvadoran heritage (3.1%). The state's 190,000 residents with Salvadoran ties place it at 5th highest among states.
- Maryland has the 3rd highest percentage of residents with Guatemalan roots (1.1%), and its 65,000 residents with Guatemalan origins rank 6th highest among states.
- Maryland has the 7th highest percentage of residents with African American heritage among all states, and 8th highest number of such residents.

Massachusetts

- The top five heritage groups claimed by the nearly 6.9 million people who live in Massachusetts are:
 1. Irish (21.5% of all residents or nearly 1.5 million residents)
 2. Italian (12.0% or 826,000)
 3. English (9.3% or 639,000)
 4. German (5.7% or 393,000)
 5. French (5.6% or 386,000)
- Trailing only New Hampshire, Massachusetts has the 2nd highest percentage of residents with Irish heritage. Only seven states have more people with Irish roots than Massachusetts' 1.5 million residents.
- Only three states (Connecticut, Rhode Island, and New Jersey) have a higher concentration of those with Italian ties than Massachusetts. Numerically, only five states have more Italian heritage residents than Massachusetts.
- Massachusetts has the 6th highest percentage of residents with French heritage among all states, and 5th highest number of such residents.

Michigan

- The top five heritage groups claimed by the nearly 10 million people who live in Michigan are:
 1. German (18.8% of all residents or nearly 1.9 million residents)

2. African American (12.6% or nearly 1.3 million)
 3. Irish (10.9% or nearly 1.1 million)
 4. English (8.6% or 858,000)
 5. Polish (8.1% or 811,000)
- Michigan ranks 2nd in the country for percentage of residents with Polish roots (behind Wisconsin). And trailing only Illinois and New York, Michigan has the 3rd highest number of residents with Polish heritage.
 - Twelve states have a higher percentage of those with African American heritage than Michigan, and 11 states have more African American-heritage residents.
 - Only three states have a higher share of Syrian heritage residents than Michigan (0.1%)—New Jersey, Pennsylvania, and Massachusetts. Only six states have more residents with Syrian ties than the 9,000 who reside in Michigan.
 - 1 in 100 Michigan residents claim Hungarian ancestry, a share lower than only two states, Ohio and New Jersey.

Minnesota

- The top five heritage groups claimed by the 5.6 million people who live in Minnesota are:
 1. German (32.1% of all residents or nearly 1.8 million residents)
 2. Norwegian (13.9% or 773,000)
 3. Irish (10.2% or nearly 571,000)
 4. Swedish (7.6% or 426,000)
 5. English (5.3% or 295,000)
- While Minnesotans are more likely to have German roots than any other heritage, five other Midwestern states outrank Minnesota for the highest percentage of residents with German ties. They are Wisconsin (1st), North Dakota, South Dakota, Nebraska, and Iowa. Along with Minnesota, more than 3 in 10 residents in these states trace German origins.
- Minnesota has the highest percentage of Swedish heritage residents in the nation, which is more than twice the share of the next closest state of North Dakota. And numerically, more residents with Swedish roots live in Minnesota than any other state.
- Only North Dakota has a higher percentage of Norwegians than Minnesota, but—as a much more populous state—Minnesota has the most residents with Norwegian heritage.
- Minnesota also leads the nation in the percentage (1.3%) and number (74,000) of Somali heritage residents.
- While only 0.3% of Minnesota residents claim Liberian heritage, this is the nation’s highest percentage. The approximately 14,000 Minnesotans with Liberian ties also outnumber all other states’ populations for this heritage group.
- In percentage terms, Minnesota also ranks 3rd highest for residents with Laotian heritage, 4th highest for Burmese heritage, and 5th highest for Cambodian heritage.
- The 40,000 Minnesotans who claim Chippewa/Ojibwe tribe alone are the largest number of this heritage group found in any state, and roughly twice as many as in the next state of Michigan. However, as a percentage of total population, North Dakota has a greater share of Chippewa/Ojibwe tribe alone residents among its population (2.5% in ND compared to 0.7% in MN).

Mississippi

- The top five heritage groups claimed by the nearly 3 million people who live in Mississippi are:
 1. African American (34.7% of all residents or 1 million+ residents)
 2. Irish (7.3% or 217,000)
 3. English (6.7% or 199,000)
 4. German (4.6% or 138,000)
 5. Mexican (2.0% or 60,000)
- Mississippi has the 2nd highest percentage of residents with African American heritage in the nation (trailing only Washington, D.C.). However, 15 states have a larger population of residents with African American heritage than Mississippi.
- While Irish is the second most common heritage in Mississippi, only six states have a smaller percentage of Irish-heritage residents. (Irish heritage is much more common in nearly all other states).
- At 4.6%, Mississippi has the lowest percentage of German heritage residents of all states. German is the most common heritage group in American.

Missouri

- The top five heritage groups claimed by the 6.1 million people who live in Missouri are:
 1. German (22.6% of all residents or nearly 1.4 million residents)
 2. Irish (12.9% or 786,000)
 3. African American (10.6% or 648,000)
 4. English (8.0% or 492,000)
 5. Italian (3.4% or 205,000)
- Eleven states have more German heritage residents, both numerically and as a percent of total population, than Missouri.
- Just over 1 in 10 Missourians claim African American heritage. Fifteen states have a higher percentage.
- Nearly 3% of Missouri residents claim French heritage, trailing 15 states.

Montana

The top five heritage groups claimed by the 1 million+ people who live in Montana are:

1. German (24.5% of all residents or 258,000 residents)
 2. Irish (14.4% or 152,000)
 3. English (11.9% or 125,000)
 4. Norwegian (9.0% or 95,000)
 5. Any Native tribe (8.4% or 88,000)
- In both numeric and percentage terms, Montana leads all states in those with these tribal heritage groups: Blackfoot tribe alone, Cheyenne tribe alone, and Crow tribe alone
 - Only three states—North Dakota, Minnesota, and South Dakota—have a higher share of their residents claiming Norwegian heritage than Montana.
 - Montana ranks 5th among all states for highest percentage of residents with any Native tribe heritage, and 7th among all states for highest share of people with Scott Irish roots (1.5%).

- Only eight states have a higher percentage of Irish heritage residents than Montana. However, given its small total population, Montana ranks in the bottom 10 states for number of residents with Irish ties.

Nebraska

The top five heritage groups claimed by the 1.9 million people who live in Nebraska are:

1. German (33.5% of all residents or 643,000 residents)
 2. Irish (12.0% or 230,000)
 3. Mexican (8.2% or 157,000)
 4. English (7.4% or 143,000)
 5. African American (4.1% or 79,000)
- More than 1/3rd of all Nebraska residents have German roots. Only three other Midwestern states—Wisconsin, North Dakota, and South Dakota—have a higher share of their residents reporting German heritage than Nebraska.
 - Nebraska leads all states for highest percentage of residents with Czechoslovakian heritage (3.8%) and has nearly three times the share in the next highest state of Iowa (1.3%). Numerically, only Texas, California, and Illinois have more residents with Czechoslovakian ancestry than in Nebraska (73,000).
 - Nebraska ranks 3rd among all states for the highest percentage of people with Swedish roots (3.7%), trailing only Minnesota and North Dakota.
 - Nebraska ranks 2nd among all states in the likelihood of being home to people with Danish roots (2.0% of the total population), trailing only Utah.
 - Only five states have a higher percentage of Dutch heritage residents (2.0%) than Nebraska.

Nevada

The top five heritage groups claimed by the nearly 3 million people who live in Nevada are:

1. Mexican (22.7% of all residents or 682,000 residents)
 2. German (10.3% or 309,000)
 3. Irish (8.9% or 266,000)
 4. African American (8.4% or 253,000)
 5. English (7.0% or 209,000)
- Nevada ranks 5th among all states for the highest percentage of people with Mexican heritage, while eight states have more people with Mexican roots than Nevada.
 - Among all states, only Hawaii has a higher share of Filipino heritage residents than Nevada (5.7%). Numerically, only four states have more Filipino heritage residents than Nevada (170,000).
 - Only four states have a higher share of Salvadoran residents among their population than Nevada (2.0%, or 1 in 50 residents).

New Hampshire

- The top five heritage groups claimed by the 1.3 million people who live in New Hampshire are:
 1. Irish (22.3% of all residents or 299,000 residents)
 2. English (16.8% or 225,000)
 3. French (12.6% or 170,000)
 4. Italian (9.7% or 131,000)
 5. French Canadian (9.5% or 128,000)
- New Hampshire leads the nation in the percent of its population with Irish heritage, with more than 1 in 5 residents claiming Irish roots.
- Similarly, New Hampshire outpaces all states in its residents' likelihood of French Canadian heritage. But Massachusetts, Michigan, and Louisiana have more residents with French Canadian roots than New Hampshire.
- Only Maine has a higher share of residents with French ancestry than New Hampshire. Fourteen states, however, have a greater number of residents with French ties.

New Jersey

- The top five heritage groups claimed by the 9 million+ people who live in New Jersey are:
 1. Italian (15.1% of all residents or nearly 1.4 million residents)
 2. Irish (14.0% or nearly 1.3 million)
 3. German (9.9% or 889,000)
 4. African American (9.7% or 878,000)
 5. Polish (5.4% or 483,000)
- New Jersey ranks 3rd for highest percent of its population with Italian heritage, with more than 1 in 7 residents claiming these roots. New Jersey's Italian-heritage population is 4th largest in number among all states.
- Nine states have a higher share of residents with Irish roots than New Jersey, and 8 states have a higher percentage of those with Irish ancestry.
- There are 99,000 New Jersey residents with Hungarian ties, 5th highest among all states. In percentage terms, New Jersey ranks 2nd in this heritage group.

New Mexico

- The top five heritage groups claimed by the 2 million+ people who live in New Mexico are:
 1. Mexican (32.7% of all residents or 683,000 residents)
 2. Spanish (13.3% or 277,000)
 3. Any Native tribe (11.0% or 230,000)
 4. German (7.8% or 162,000)
 5. Irish (6.3% or 132,000)
- New Mexico ranks 3rd for highest percent of its population with Mexican heritage, just behind Texas and California. Seven states have greater numbers of residents with Mexican ties than New Mexico.

- New Mexico leads the nation in its percentage of residents with Spanish ties. These Spanish heritage residents are more than four times as common in New Mexico than the next closest state of Colorado. However, in numeric terms, California, Florida, and Texas have more residents with Spanish ancestry than New Mexico.
- Those with Pueblo tribe alone heritage are concentrated in New Mexico, which leads the nation with 2.5% of its population and about 52,000 residents claiming this heritage.
- The Navajo tribe alone population in New Mexico (125,000) outnumbers all states except Arizona for that heritage group, but New Mexico leads the nation in percentage terms (6.0%).
- The Pima tribe alone population (23,000 residents, or 0.3% of the total population) is also concentrated in Arizona.

New York

- The top five heritage groups claimed by the 19.8 million people who live in New York are:
 1. Italian (11.9% of all residents or nearly 2.4 million residents)
 2. Irish (11.5% or 2.3 million)
 3. German (9.6% or 1.9 million)
 4. African American (9.3% or 1.8 million)
 5. Puerto Rican (5.6% or 1.1 million)
- More Irish heritage residents live in New York than all states except California.
- New York leads the nation in number of residents with Italian ties—and has 900,000 more Italian residents than the next closest state of Pennsylvania. As a percentage, New York ranks 5th highest for this heritage group.
- The 326,000 Jamaican heritage New Yorkers are the largest number found in any state. In percentage terms, 1.6% of New York’s residents claim Jamaican roots, also leading all states.
- More than 1 in 20 New York residents have Puerto Rican heritage, second only to Connecticut. Florida is the only state with more Puerto Ricans than New York, eclipsing it by just 20,000 more residents with this heritage group.

North Carolina

- The top five heritage groups claimed by the 10.3 million people who live in North Carolina are:
 1. African American (18.4% of all residents or 1.9 million residents)
 2. German (10.1% or 1 million+)
 3. Irish (9.0% or 920,000)
 4. English (8.7% or 892,000)
 5. Mexican (5.6% or 575,000)
- North Carolina has the 5th highest number of residents with African American heritage among all states, and the 8th highest likelihood of residents with African American roots in percentage terms.
- The 66,000 North Carolina residents with Lumbee tribe alone heritage are the largest number found in any state. In percentage terms, 0.6% of North Carolina’s residents identify as Lumbee tribe alone, also leading all states.

- Those with Lumbee tribe alone heritage are concentrated in North Carolina. At 0.6% of the population and roughly 66,000 residents, North Carolina leads all states for this heritage group.

North Dakota

- The top five heritage groups claimed by the 755,000 people who live in North Dakota are:
 1. German (37.8% of all residents or 286,000 residents)
 2. Norwegian (25.1% or 190,000)
 3. Irish (8.9% or 67,000)
 4. Any Native tribe (6.8% or 51,000)
 5. English (4.2% or 32,000)
- Only Wisconsin edges out North Dakota (2nd) for the highest percentage of Germans in the nation. However, due to its small population size, North Dakota has the 14th lowest number of residents with German heritage among all states.
- 1 in 4 North Dakota residents identify with Norwegian ties, leading the nation in this likelihood.
- North Dakota trails only South Dakota in having the highest percentage of Sioux tribe alone residents. Similarly, it ranks 2nd for the highest number of such residents, again falling behind its southern neighbor.
- Only five states have a higher percentage of their population with any Native tribe heritage than North Dakota.

Ohio

- The top five heritage groups claimed by the 11.7 million people who live in Ohio are:
 1. German (23.8% of all residents or 2.8 million residents)
 2. Irish (13.3% or 1.5 million)
 3. African American (11.4% or 1.3 million)
 4. English (7.7% or 899,000)
 5. Italian (6.0% or 694,000)
- Ohio leads all states in the percentage of residents with Hungarian heritage (1.7%) and the number of such residents (195,000).
- Pennsylvania and California are the only two states with a more sizeable population of residents with German heritage than Ohio.
- Only eight states have a larger Polish heritage population than Ohio (430,000).

Oklahoma

- The top five heritage groups claimed by the 3.9 million people who live in Oklahoma are:
 1. Any Native tribe (13.6% of all residents or 534,000 residents)
 2. German (12.3% or 482,000)
 3. Irish (10.7% or 423,000)
 4. Mexican (9.0% or 353,000)
 5. African American (7.0% or 277,000)

- Oklahoma leads all states in the percentage and number of residents who identify with the following heritage groups: Cherokee tribe alone (3.1% or 123,000 residents), Choctaw tribe alone (1.1% or 44,000), Creek tribe alone (0.7% or 27,000), Potawatomi tribe alone (0.2% or 7,000), Chickasaw tribe alone (0.3% or 13,000), and Comanche tribe alone (0.1% or 5,000).
- Oklahoma is 2nd only to Alaska in likelihood of residents claiming any Native tribe heritage (13.6%).
- While German is the second most common heritage group among Oklahoma residents, its percentage of German-heritage residents falls roughly in the middle of among all states.

Oregon

- The top five heritage groups claimed by the 4.1 million people who live in Oregon are:
 1. German (17.2% of all residents or 712,000 residents)
 2. Irish (11.8% or 489,000)
 3. Mexican (11.0% or 456,000)
 4. English (10.6% or 439,000)
 5. European, not otherwise specified (5.2% or 217,000)
- Only Utah edges out Oregon (2nd) for the highest percentage of European (not otherwise specified) heritage in the nation. Oregon has the 10th highest number of such residents.
- Oregon has the 8th highest percentage of residents with Norwegian ties, and it ranks 9th highest by number for this heritage group.
- Only seven states have a higher share of Mexican heritage residents than Oregon.

Pennsylvania

- The top five heritage groups claimed by the 12.8 million people who live in Pennsylvania are:
 1. German (24.3% of all residents or 3.1 million residents)
 2. Irish (16.1% or 2 million+)
 3. Italian (11.3% or 1.4 million)
 4. African American (8.8% or 1.1 million)
 5. English (6.8% or 865,000)
- Pennsylvania has the 4th largest number of residents who claim Polish heritage (765,000) and 5th highest percentage of residents in the U.S. (nearly 6%)
- At 3.4%, Pennsylvania has the 7th largest percentage of residents with Puerto Rican heritage; while in terms of numbers, the group of Pennsylvania residents claiming Puerto Rican heritage (439,000) is 4th in the nation.
- Although “Slovak” is the 10th highest claimed heritage within Pennsylvania, the state is first in both number and percentage of residents who claim Slovak heritage (187,000 or 1.5%, respectively) when seen from the national level.
- 156,000 Pennsylvanians claim Welsh heritage, the highest number of residents in the nation, and third largest percentage (1.2%).

Rhode Island

- The top five heritage groups claimed by the 1 million+ people who live in Rhode Island are:
 1. Irish (18.6% of all residents or 197,000 residents)
 2. Italian (16.7% or 177,000)
 3. English (10.5% or 111,000)
 4. French (8.8% or 93,000)
 5. Portuguese (8.3% or 88,000)
- Rhode Island has the 4th largest percentage of residents in the nation who claim French Canadian descent (5.8%)—it is the 6th largest heritage group within the state. Rhode Island, however, is 11th in the nation when it comes to number of residents who claim French Canadian heritage.
 - Rhode Island also has the 5th highest percentage in the nation of residents who claim French descent, but they are only 27th in the nation for number of residents with French heritage.
- At 5.1%, Rhode Island has the highest percentage of residents with Dominican heritage in the country—it is the 7th most claimed heritage group within the state—and it has the 6th largest number of residents with Dominican heritage in the country.
- Rhode Island is one of only 6 states with residents who claim Cape Verdean heritage, and, among those states, it is 1st in the nation in terms of percentage (2%) and 2nd in terms of number of residents (21,000); Massachusetts leads with 84,000 residents. Within the state it is the 13th most claimed heritage group.
- At 2.8% of residents, Rhode Island is 1st in the nation for percent of state residents with Guatemalan heritage.

South Carolina

- The top five heritage groups claimed by the 5 million people who live in South Carolina are:
 1. African American (23.9% of all residents or 1.2 million residents)
 2. Irish (9.6% or 481,000)
 3. German (9.3% or 465,000)
 4. English (8.0% or 403,000)
 5. Mexican (3.2% or 159,000)
- South Carolina is the state with the 5th largest percentage of residents who claim African American heritage, but 13th largest state in terms of number of residents who claim that heritage.
- South Carolina has the highest percentage of residents claiming Scotch Irish descent (North Carolina is 2nd), but the 8th highest number of residents with this heritage.

South Dakota

- The top five heritage groups claimed by the 870,000 people who live in South Dakota are:

1. German (37.7% of all residents or 328,000 residents)
 2. Norwegian (13.4% or 117,000)
 3. Any Native tribe (10.3% or 90,000)
 4. Irish (10.3% or 90,000)
 5. Sioux tribe alone (6.0% or 52,000)
- South Dakota claims the highest percentage of residents of Dutch descent (4.7%).
 - South Dakota has the third highest percentage of residents who claim German heritage, after North Dakota (37.8%) and Wisconsin (38.7%).
 - The state has the highest percentage and number of residents who claim Sioux tribe heritage and 4th highest percentage of residents claiming heritage from any Native tribe (but it is in the 20th spot for number of residents).
 - At 1.2%, South Dakota is first for percentage of residents who claim Bohemian heritage (8th in terms of number of residents).
 - South Dakota has 3rd highest percentage of residents claiming Norwegian heritage (13th in terms of numbers). It also has the 5th highest percentage of residents claiming Swedish heritage (3.3% or 29,000) but it is 31st in number of residents claiming this heritage.

Tennessee

- The top five heritage groups claimed by the 6.7 million people who live in Tennessee are:
 1. African American (14.0% of all residents or 940,000 residents)
 2. Irish (9.9% or 667,000)
 3. German (9.2% or 616,000)
 4. English (8.1% or 545,000)
 5. Mexican (3.4% or 231,000)
- Even though the largest heritage group in Tennessee is African American, the state is 11th in the nation in percent of residents who claim this heritage.
- Tennessee has the 3rd largest percentage of residents who claim Scotch Irish heritage (2.1%) and the 6th highest in number of residents (144,000)
- Tennessee has both the highest number (6,000) and percent (0.08%) of residents who claim Kurdish heritage. It is one of only 2 states with more than 2,000 residents (the threshold for this project) who claim this heritage group (Virginia is the other).

Texas

- The top five heritage groups claimed by the 28.3 million people who live in Texas are:
 1. Mexican (34.8% of all residents or 9,844,000 residents)
 2. African American (10.3% or 2,925,000)
 3. German (8.6% or 2,442,000)
 4. Irish (6.4% or 1,810,000)
 5. English (5.5% or 1,564,000)

- Despite having a very small percentage of residents who claim Welsh heritage (the 42nd highest percentage in the nation), Texas has the 4th highest number of residents who claim Welsh heritage.
- Texas has the highest percentage of residents who claim Mexican heritage and the 2nd highest number of residents who claim that heritage; California is the opposite with the 2nd highest percentage of residents and highest number of residents claiming Mexican descent.
- Texas has the largest number of residents with African American heritage, but it is 17th in terms of percent.
- Texas has the 4th highest percentage of residents who claim Vietnamese heritage and 2nd highest number of residents who claim Vietnamese heritage.
- Texas also has the 3rd highest number in the nation of residents claiming Asian Indian heritage (10th highest percentage).

Utah

- The top five heritage groups claimed by the 3.1 million people who live in Utah are:
 1. English (22.6% of all residents or 702,000 residents)
 2. German (10.7% or 330,000)
 3. Mexican (10.5% or 325,000)
 4. European *NOS (6.9% or 215,156)
 5. Irish (6.5% or 201,000)
- Utah has the highest percentage of residents who claim Welsh heritage (2.0%), but it is the 8th largest state in the nation in terms of number of residents who claim that heritage.
- Utah has the highest percentage of residents who claim Danish heritage (4.6%), and it has the 2nd highest number of residents who claim that heritage (142,000).
- Utah has the highest percentage of residents who claim Scottish heritage (4.6%), but it has the 13th highest number of residents who claim that heritage.
- Utah's percent of residents who claim English heritage is the highest in the nation, but in terms of the number of residents it is 12th.

Vermont

- The top five heritage groups claimed by the 624,000 people who live in Vermont are:
 1. Irish (17.5% of all residents or 109,000 residents)
 2. English (16.1% or 101,000)
 3. French (11.7% or 73,000)
 4. German (8.8% or 55,000)
 5. French Canadian (7.3% or 45,000)
- More than 1 in 14 Vermont residents name French Canadian as their heritage. The percentage of French Canadians in Vermont trails only two other states—New Hampshire (9.5%) and Maine (8.1%).

- Vermont has the 5th highest percentage of residents who claim English heritage (12th in terms of number).
- It is also the state with the 5th highest percentage of residents who claim Irish heritage (45th in terms of number).
- It is the state with the 4th largest percentage of residents who claim French heritage (31st in terms of number).

Virginia

- The top five heritage groups claimed by the nearly 8.5 million people who live in Virginia are:
 1. African American (16.1% of all residents or 1,362,000 residents)
 2. German (10.4% or 880,000)
 3. Irish (9.7% or 819,000)
 4. English (9.0% or 762,000)
 5. Italian (3.9% or 334,000)
- Virginia has the largest number of residents who claim Ethiopian heritage in the nation, but it is 5th in the nation in terms of percent. (The District of Columbia has the highest percentage of residents with Ethiopian heritage).
- Virginia has the second highest number of residents who claim Afghan heritage—there are only 7 states that have a statistically significant population of residents with Afghan heritage—and it has the highest percentage of residents from that heritage group.
- Virginia is one of only 2 states with more than 2,000 residents (the threshold for inclusion in this project) who claim Kurdish heritage: Tennessee has about 6,000 residents in this heritage group and Virginia has 3,000.
- Virginia has the 4th highest number of residents who claim Salvadoran heritage (193,000) and the 3rd highest percentage of residents who claim this heritage group.

Washington

- The top five heritage groups claimed by the 7.4 million people who live in Washington are:
 1. German (16.2% of all residents or 1,203,000 residents)
 2. Irish (11.3% or 834,000)
 3. Mexican (10.5% or 775,000)
 4. English (9.8% or 722,000)
 5. Norwegian (4.9% or 364,000)
- Washington has the 6th largest number of residents in the country who claim Mexican heritage (11th highest in terms of percentage).
- Washington has the 6th largest number of residents in the country who claim heritage of Any Native Tribe (10th in terms of percentage).
- Washington has the 4th highest number of residents of Chinese descent (197,000) and it is 5th in terms of percentage (2.66%).
- Washington is the only state with more than 2,000 residents (the threshold for inclusion in this project) who claim heritage from the Puget Sound Salish alone tribe (0.1% or 10,000).

- Washington has the 3rd largest number of residents who claim Vietnamese heritage (96,000) and the 3rd highest percentage (1.29%). It also has the 3rd highest number (81,000) and percentage (1.09%) of residents who claim Japanese heritage.

West Virginia

- The top five heritage groups claimed by the 1.8 million people who live in West Virginia are:
 1. German (15.7% of all residents or 285,000 residents)
 2. Irish (13.4% or 243,000)
 3. English (9.2% or 167,000)
 4. Italian (4.2% or 76,000)
 5. African American (3.9% or 71,000)
- West Virginia has the 11th highest percentage of residents who claim Irish descent in the nation, but it is 36th in the nation in terms of number.
- West Virginia has the 10th highest percentage (0.43%) of residents who claim Polish heritage (28th in terms of number, 8,000).

Wisconsin

- The top five heritage groups claimed by the nearly 5.8 million people who live in Wisconsin are:
 1. German (38.7% of all residents or 2,242,000 residents)
 2. Irish (11.0% or 638,000)
 3. Polish (8.6% or 501,000)
 4. Norwegian (7.1% or 412,000)
 5. African American (6.0% or 349,000)
- Wisconsin has the highest percentage of residents who claim German heritage in the country (5th highest in terms of number of residents).
- Wisconsin has the highest percentage of residents who claim Polish heritage in the country (5th highest in terms of number of residents).
- Wisconsin has the 2nd highest number of residents who claim Norwegian heritage, but it has the 5th highest in terms of percentage).
- Wisconsin has the highest number of residents who claim Bohemian heritage (45,000) and the 4th highest percentage (0.8%).

Wyoming

- The top five heritage groups claimed by the 579,000 people who live in Wyoming are:
 1. German (22.7% of all residents or 132,000 residents)
 2. English (13.1% or 76,000)
 3. Irish (12.8% or 74,000)
 4. Mexican (8.4% or 49,000)
 5. Any Native tribe (3.6% or 21,000)
- Wyoming has the highest percentage of residents in the country who claim Basque heritage (0.4%), but it has the 5th highest number of residents who claim this heritage (2,000).
- Wyoming has the 11th highest percentage of residents who claim German heritage (43rd in terms of number).
- Wyoming has the 8th highest percentage of those claiming heritage of any Native tribe (45th in terms of number).

