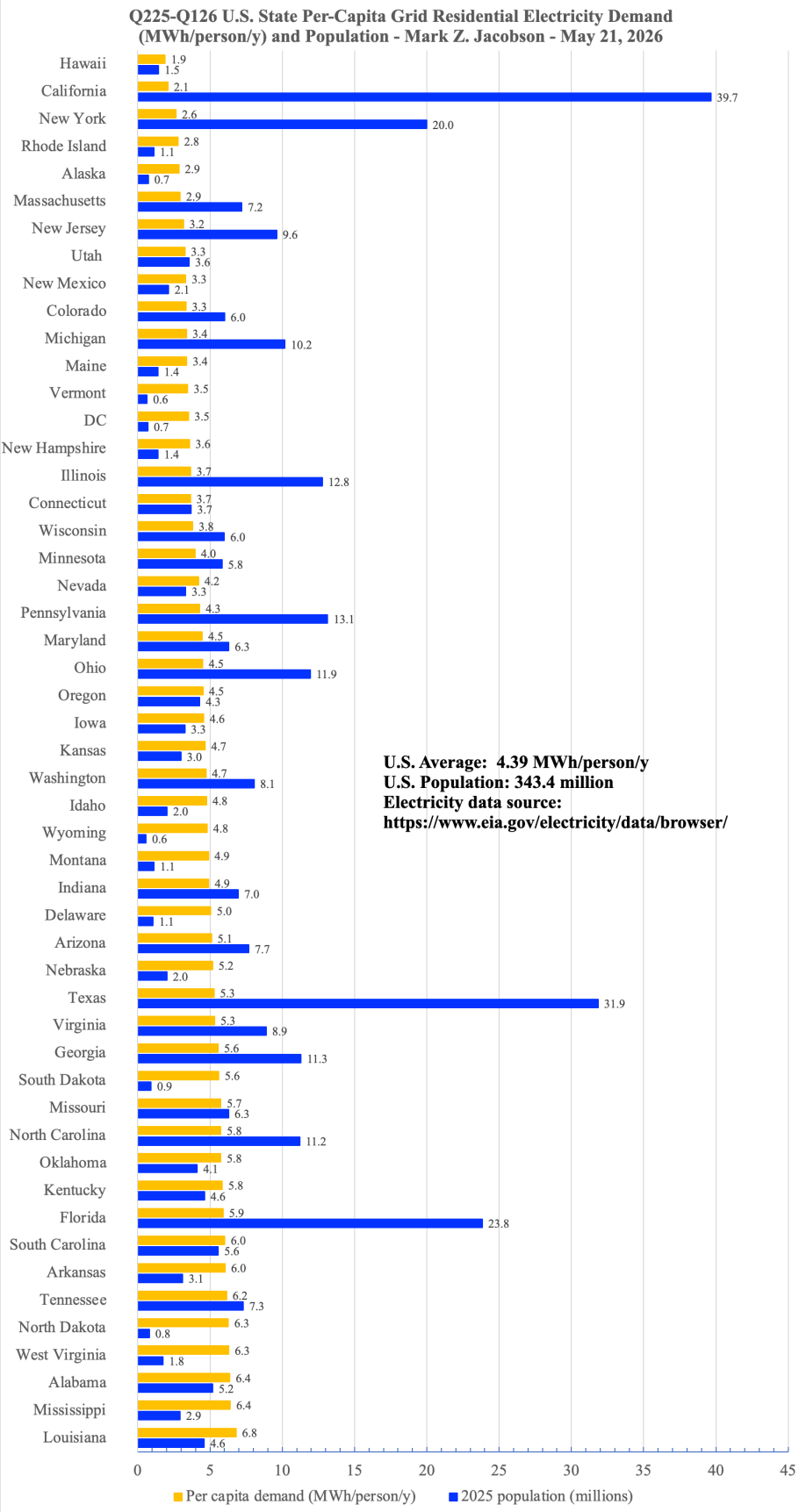
Q225-Q126 U.S. State Per-Capita Grid Residential Electricity Demand (MWh/person/y) and Population - Mark Z. Jacobson - May 21, 2026
Hawaii 1.9 1.5
California 2.1 39.7
New York 2.6 20.0
Rhode Island 2.8 1.1
Alaska 2.9 0.7
Massachusetts 2.9 7.2
New Jersey 3.2 9.6
Utah 3.3 3.6
New Mexico 3.3 2.1
Colorado 3.3 6.0
Michigan 3.4 10.2
Maine 3.4 1.4
Vermont 3.5 0.6
DC 3.5 0.7
New Hampshire 3.6 1.4
Illinois 3.7 12.8
Connecticut 3.7 3.7
Wisconsin 3.8 6.0
Minnesota 4.0 5.8
Nevada 4.2 3.3
Pennsylvania 4.3 13.1
Maryland 4.5 6.3
Ohio 4.5 11.9
Oregon 4.5 4.3
Iowa 4.6 3.3
Kansas 4.7 3.0
Washington 4.7 8.1
Idaho 4.8 2.0
Wyoming 4.8 0.6
Montana 4.9 1.1
Indiana 4.9 7.0
Delaware 5.0 1.1
Arizona 5.1 7.7
Nebraska 5.2 2.0
Texas 5.3 31.9
Virginia 5.3 8.9
Georgia 5.6 11.3
South Dakota 5.6 0.9
Missouri 5.7 6.3
North Carolina 5.8 11.2
Oklahoma 5.8 4.1
Kentucky 5.8 4.6
Florida 5.9 23.8
South Carolina 6.0 5.6
Arkansas 6.0 3.1
Tennessee 6.2 7.3
North Dakota 6.3 0.8
West Virginia 6.3 1.8
Alabama 6.4 5.2
Mississippi 6.4 2.9
Louisiana 6.8 4.6
U.S. Average: 4.39 MWh/person/y
U.S. Population: 343.4 million
Electricity data source:
https://www.eia.gov/electricity/data/browser/
0 5 10 15 20 25 30 35 40 45
Per capita demand (MWh/person/y)
2025 population (millions)