User story for John:

- As a data analyst, John wants to be able to export population information in a format that can be used for analysis in Excel or another software program.

- As a data analyst, John wants to be able to filter population information by year or time range, so that he can analyze population trends over time.

- As a data analyst, John wants to be able to see the population distribution by age and gender, so that he can analyze demographic trends.