Out[51]:

	State	Lose 2 Seats	Lose 1 Seat	Gain 1 Seat	Gain 2 Seats	populations
0	Alabama	-930000	-210000	520000		4802982
1	Alaska			290000		721523
2	Arizona		-400000	330000		6412700
3	Arkansas		-470000	260000	970000	2926229
4	California	-860000	-120000	660000		37341989
5	Colorado		-450000	270000	1e+06	5044930
6	Connecticut		-420000	310000		3581628
7	Delaware			110000	850000	900877
8	Florida	-840000	-120000	630000		18900773
9	Georgia	-880000	-170000	570000		9727566
10	Hawaii		-370000	380000		1366862
11	Idaho		-580000	170000	900000	1573499
12	Illinois		-470000	280000		12864380
13	Indiana		-490000	240000	960000	6501582
14	Iowa		-600000	130000	850000	3053787
15	Kansas		-410000	320000		2863813
16	Kentucky		-470000	260000	980000	4350606
17	Louisiana		-680000	50000	770000	4553962
18	Maine		-340000	410000		1333074
19	Maryland		-490000	240000	960000	5789929
20	Massachusetts		-550000	180000	910000	6559644
21	Michigan		-350000	390000		9911626
22	Minnesota	-730000	-10000	730000		5314879
23	Mississippi		-530000	200000	920000	2978240
24	Missouri		-710000	20000	740000	6011478
25	Montana			20000	750000	994416
26	Nebraska	-830000	-100000	630000		1831825
27	Nevada	-980000	-260000	470000		2709432
28	New Hampshire		-320000	420000		1321445
29	New Jersey		-670000	70000	790000	8807501
30	New Mexico		-340000	400000		2067273
31	New York		-640000	110000	850000	19421055
32	North Carolina		-720000	20000	750000	9565781
33	North Dakota			330000		675905
34	Ohio		-590000	150000	880000	11568495

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	State	Lose 2 Seats	Lose 1 Seat	Gain 1 Seat	Gain 2 Seats	populations
35	Oklahoma		-600000	130000	850000	3764882
36	Oregon		-680000	50000	770000	3848606
37	Pennsylvania		-340000	400000		12734905
38	Rhode Island		-60000	690000		1055247
39	South Carolina	-770000	-60000	670000		4645975
40	South Dakota			190000	930000	819761
41	Tennessee		-360000	370000		6375431
42	Texas	-830000	-100000	660000		25268418
43	Utah		-320000	410000		2770765
44	Vermont			380000		630337
45	Virginia		-610000	130000	850000	8037736
46	Washington	-750000	-30000	700000		6753369
47	West Virginia	-860000	-130000	610000		1859815
48	Wisconsin		-400000	330000		5698230
49	Wyoming					568300