

#1 in Net Migration Shifts — ALEX Intelligence 2026

Nashville's Migration Edge Is Fading

Top 10 source counties show a 446 drop in net migration growth

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THE DATA

446

Year-Over-Year Change in Net Migration (2023)

Nashville's net migration balance deteriorated between 2021-22 and 2022-23.

This figure represents the difference in household inflows from the 10 counties that reported consistent data in both vintages. The decline signals a cooling of the city's magnetic pull, particularly from nearby Tennessee counties that once fueled rapid growth. The drop is not just about fewer people moving in — it reflects a shift in where people are choosing to settle within the state.

01

Local Outflows Are Rising

The data reveals a subtle but critical pivot: Nashville is no longer the sole beneficiary of Tennessee's migration wave. The same state-level momentum is now diffusing to secondary markets, especially in the central and western parts of the state. This decentralization is a direct challenge to the city's long-term growth model.

02

Migration Momentum Is Fragmenting

This fragmentation suggests that Nashville's growth is becoming more dependent on internal movement than on attracting people from outside the state. As a result, the city's ability to sustain rapid expansion may be constrained unless it repositions its value proposition beyond just 'a place to move to' — toward 'a place to stay and thrive.'

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