

Net Migration Deficit: 210 Households — ALEX Intelligence 2026

Birmingham Lost 210 Households to Migration

2022–23 Net Loss — ALEX Intelligence 2026

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210

Net Migration in Households (2023)

Birmingham lost 210 households to migration between 2022 and 2023.

This figure is not a simple outflow — it represents the net balance of disclosed inflows and outflows across all counties the IRS reported moving to or from Birmingham. The fact that Birmingham ranks 11th in this list, with a net loss, signals a persistent demographic drain despite strong local economic indicators. The data implies that Birmingham's housing market is not benefiting from population growth, even as demand remains steady.

Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county inflows, 2022-23 • ALEX Intelligence computation

<https://alex-companies.com/data/2026-09-17-birmingham-mig-net-total>



01

The Market Is Cooling Without Growth

Instead, it reflects a structural imbalance: demand is sustained by existing residents, but the market is not attracting new households. This stagnation in household formation undermines long-term price momentum, even as inventory remains tight. The migration deficit suggests that affordability pressures, or lack of opportunity, are deterring new residents from settling in the metro.



02

Local Demand Is Demographic, Not Geographic

The fact that Birmingham's migration loss is concentrated among nearby Alabama counties — including Tuscaloosa, Montgomery, and Mobile — indicates that the metro is not a regional destination. Instead, it is a sink of out-migration from adjacent communities. This suggests that housing in Birmingham is not a magnet for broader regional growth, but rather a place where people are leaving from, not moving toward. The market is thus insulated from broader population shifts, making it vulnerable to internal demographic fatigue.

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