

Top Origin of In-Migration to Denver — ALEX Intelligence 2026

Arapahoe County Sends More Households to Denver Than Any Other

14,369 households moved from Arapahoe County to Denver in 2022–23

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THE DATA

14,369

Households Moving In From a Single County (2023)

Arapahoe County is the top origin of inbound migration to Denver, sending more households than any other county in the U.S.

This number reflects a structural imbalance in regional development: Arapahoe County, while part of the Denver metro, is not absorbing its own population growth. Instead, it is funneling households into Denver, increasing demand for housing, infrastructure, and services in the city core while leaving Arapahoe's own housing market under pressure. This dynamic suggests a fragmentation of the metro's growth engine, with Denver acting as a magnet for displaced housing demand.

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/2026-09-18-denver-mig-in-origin>

01

Denver's Growth Is Self-Perpetuating

|| The dominance of Arapahoe County as a source of in-migration reveals a feedback loop: Arapahoe's lack of new housing capacity forces residents to relocate to Denver, which then becomes more expensive and less accessible. This cycle intensifies housing pressure in the city center, reduces affordability, and pushes demand further outward—yet the outward counties (like Arapahoe) still lack the infrastructure to absorb it. The result is a market that grows not from balanced development, but from displacement.



02

The Real Housing Shortfall Is in Arapahoe

While Denver is often cited as the epicenter of Colorado's housing shortage, the true bottleneck lies in Arapahoe County —where 14,369 households moved out in just two years. This outflow indicates a failure to meet local demand, not just a lack of supply in Denver. Arapahoe's inability to absorb its own population growth suggests that new construction must be prioritized in the county itself, not just in the city. Without this, Denver will remain a destination of last resort, not a sustainable home for the region's future.

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