

-52: Cabarrus County Leads Outflow to Triad

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Cabarrus County sends 52 fewer households to Greensboro-Winston-Salem-High Point than last year

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THE DATA

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Decline in Households Moving In, by Origin County (2023)

Cabarrus County, NC, recorded the steepest drop in households moving to the Greensboro-Winston-Salem-High Point MSA compared to the prior year.

This is not a minor fluctuation—it's a structural reversal in migration patterns. Cabarrus, long a feeder county to the Triad, is now losing population to the region rather than gaining it. This suggests that the cost of living, housing availability, or local economic conditions in Cabarrus may have shifted in ways that discourage outward migration, or that Greensboro-Winston-Salem-High Point is no longer the aspirational destination it once was for residents of neighboring counties.

Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county inflows, 2021-22 and 2022-23 · ALEX Intelligence computation

<https://alex-companies.com/data/2026-09-18-greensboro-mig-trend-origin-asc>



01

Outflow Signals a New Regional Balance

The fact that Cabarrus County, a traditionally growing and affordable suburb, is now sending fewer households to the Triad suggests a recalibration in regional dynamics. It may indicate that Greensboro-Winston-Salem-High Point is approaching a threshold of affordability or congestion where further growth from nearby counties is no longer sustainable. This isn't just about numbers—it's about the breaking point of a migration engine that once powered Triad expansion.



02

Cabarrus May Be the Canary in the Coal Mine

Cabarrus County's sharp outflow could be an early warning for broader regional shifts. If a county with historically strong ties to the Triad is now losing population to the region, it may signal that the Triad's growth model is nearing exhaustion. This could prompt a reevaluation of housing policy, infrastructure investment, and economic development strategies—particularly in the inner-ring suburbs that have long served as the region's primary feeder market.

- Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

Diane Hart Alexander, MBA, MHA

Chair & CEO, ALEX Companies

Designated Broker, Alexander Tiffany Southwest, LLC dba ALEX.realestate, et.al.

Texas License #574877-B · Broker License #565194-BB

diane@alex.realestate · +1 713.591.9902

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