

64.6% of Inbound Households From Alabama — ALEX Intelligence 2026

64.6% of New Households Are From Alabama

Birmingham's migration is uniquely self-sustaining — ALEX Intelligence 2026

THE DATA

64.6%

Share of Arriving Households From One State (2023)

Alabama supplies more of the Birmingham market's inbound migration than any other state.

This figure reflects a deeply rooted regional mobility pattern, where internal migration dominates over cross-state flows. The data underscores that Birmingham's population growth is not driven by external migration waves but by a self-reinforcing cycle within Alabama's geographic and economic orbit.

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/2026-09-19-birmingham-mig-state-leader>

01

Internal Migration Fuels Market Resilience

The dominance of in-state migration suggests that local economic drivers — such as UAB’s expansion, infrastructure investment, and public-private partnerships — are increasingly effective at retaining and attracting talent within Alabama’s existing population pool.

02

The State Is the Market's Engine

For real estate strategists, this means that market forecasts must be calibrated not to national migration patterns, but to Alabama's own labor force trends, education outcomes, and public investment cycles — particularly in Jefferson County and surrounding areas.

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



ALEX Intelligence
deep intelligence

ALEX Real Estate
genius real estate

ALEX Advisory
uncontested strategy

ALEX Cares
purposeful philanthropy

