

Texas Leads Inbound Migration to DFW — ALEX Intelligence 2026

Texas Sends More to DFW Than Any Other State

35.1% of new households come from within Texas — ALEX Intelligence 2026

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THE DATA

35.1%

Share of Arriving Households From One State (2023)

Texas supplies more of Dallas-Fort Worth's inbound migration than any other state.

This is not a trickle — it's a structural shift. Over a third of new households in DFW are moving from within Texas, signaling a deepening internal migration engine. The state isn't just sending people; it's reconfiguring the region's demographic core. This trend suggests that DFW's growth is increasingly self-sustaining, driven not by out-of-state booms but by Texas-wide urbanization and regional consolidation.

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/2026-09-24-dfw-msa-mig-state-leader>



01

Internal Migration Fuels Market Stability

The dominance of in-state migration means DFW's growth is less vulnerable to national economic swings. Unlike markets dependent on out-of-state inflows, DFW's population expansion is rooted in Texas's own labor mobility, housing affordability shifts, and infrastructure development. This reduces volatility in demand cycles and supports long-term real estate value resilience, even amid national rate fluctuations or recessionary fears.



02

The Texas Feedback Loop Is Accelerating

As more Texans move to DFW, they bring not just people but capital, labor, and demand. This creates a self-reinforcing cycle: more residents → more services → more jobs → more attraction → more migration. The result is a growing economic moat around DFW, making it less dependent on external talent pools and more capable of absorbing regional economic shocks. This isn't just population growth — it's structural economic entrenchment.

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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