

**#1 of 10 Alabama counties, #1 of 10 in the Birmingham metro — ALEX Intelligence
2026 Migration Trend Report**

#1 in Birmingham, #1 in Alabama

Top source of inbound households by origin county — ALEX Intelligence 2026
Migration Trend Report

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72

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

Dallas County, AL, sent 72 more households to the Birmingham market in 2022–23 than in 2021–22, the highest increase among all counties tracked.

This surge marks a pivotal shift in regional migration dynamics. Dallas County’s position as the top origin county reflects both its proximity to Birmingham and the growing appeal of the metro’s housing, job market, and quality of life. The increase is not isolated — it is part of a broader trend of inward movement from surrounding counties, signaling a deepening regional integration.

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/2026-10-09-birmingham-mig-trend-origin>



01

Migration drives demographic recentering

As more households relocate from neighboring counties, the social and economic fabric of the metro is being rewritten. The demand for housing, schools, and services in Birmingham is no longer driven by external forces alone — it is being shaped by internal migration waves, which may outpace traditional supply responses.



02

Affordability is the new anchor

This counters the assumption that only high-income households move to growing cities. Instead, Birmingham is becoming a strategic choice for middle- and lower-income families seeking upward mobility without the burden of high housing costs. The migration trend suggests that affordability is not a barrier but a catalyst for growth.



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