

#1 in Birmingham, #1 in Alabama — ALEX Intelligence 2026

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Tuscaloosa County leads all Alabama counties in inbound household migration from Birmingham

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## THE DATA

# 902

### Households Moving Out to a Single County (2023)

Tuscaloosa County received the highest number of households relocating from the Birmingham metro in the 2022–23 period.

This figure represents a direct outflow from the Birmingham market to a single adjacent county, suggesting a structural shift in regional population dynamics. The scale of this movement—902 households—indicates a sustained migration pattern, not a one-off event. The fact that Tuscaloosa County leads the list among all Alabama counties receiving such flows underscores its growing role as a residential destination within the state's central corridor.

Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county outflows, 2022-23 · ALEX Intelligence computation  
<https://alex-companies.com/data/2026-10-10-birmingham-mig-out-dest>



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# 01

## Tuscaloosa is becoming Birmingham's real estate satellite

The concentration of 902 households moving from Birmingham to Tuscaloosa County signals a functional shift: Tuscaloosa is no longer just a college town but a viable suburban alternative. This migration pattern reflects affordability pressures in Birmingham, where rising mortgage rates and inventory levels are pushing buyers toward neighboring counties with lower price points and better value retention. The data implies that Tuscaloosa is capturing not just first-time buyers, but also long-term residents seeking stability beyond the city's core.

# 02

## Migration is reshaping market dynamics

This outflow is not a sign of Birmingham's decline, but of its transformation. As households exit the city center, they are not dispersing randomly—they are concentrating in adjacent counties with strong infrastructure, public services, and economic momentum. Tuscaloosa's rise as a migration hub reflects a broader trend of decentralization in secondary metros: where real estate markets are not collapsing, but evolving. The data suggests that Birmingham's influence is spreading outward, not shrinking inward.



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