

#1 in Denver, #1 in Colorado — ALEX Intelligence 2026

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Colorado supplies more of Denver's inbound migration than any other state —
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THE DATA

52.9%

Share of Arriving Households From One State (2023)

Colorado supplies more of Denver's inbound migration than any other state, with 52.9% of arriving households originating from within the state.

This marks a structural shift: Denver is no longer a magnet for out-of-state talent alone. Instead, it is increasingly a destination for internal migration within Colorado, particularly from rural and suburban counties. This trend reflects both rising cost pressures in other parts of the state and the city's enduring appeal as a hub for jobs, culture, and infrastructure.

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/2026-10-10-denver-mig-state-leader>



01

The State Is the Source

Denver's migration is no longer defined by cross-border flows. With over half of incoming households now drawn from within Colorado, the city is experiencing a homegrown demographic shift. This internal migration is not just a demographic trend—it's a signal of deepening regional interdependence, where urban centers like Denver absorb the overflow from expanding suburbs and shrinking rural communities across the state.

02

Affordability Pressure, Not Distance

The dominance of in-state migration suggests that affordability, not geography, is the primary driver of movement. Households are leaving lower-cost, high-amenity areas in Colorado—such as the Eastern Plains or mountain towns—because they cannot afford to stay. Denver, despite its high prices, remains the only viable destination for those seeking economic stability and access to opportunity. This creates a feedback loop: as more people move in, housing costs rise, pushing even more people out of the state's periphery.

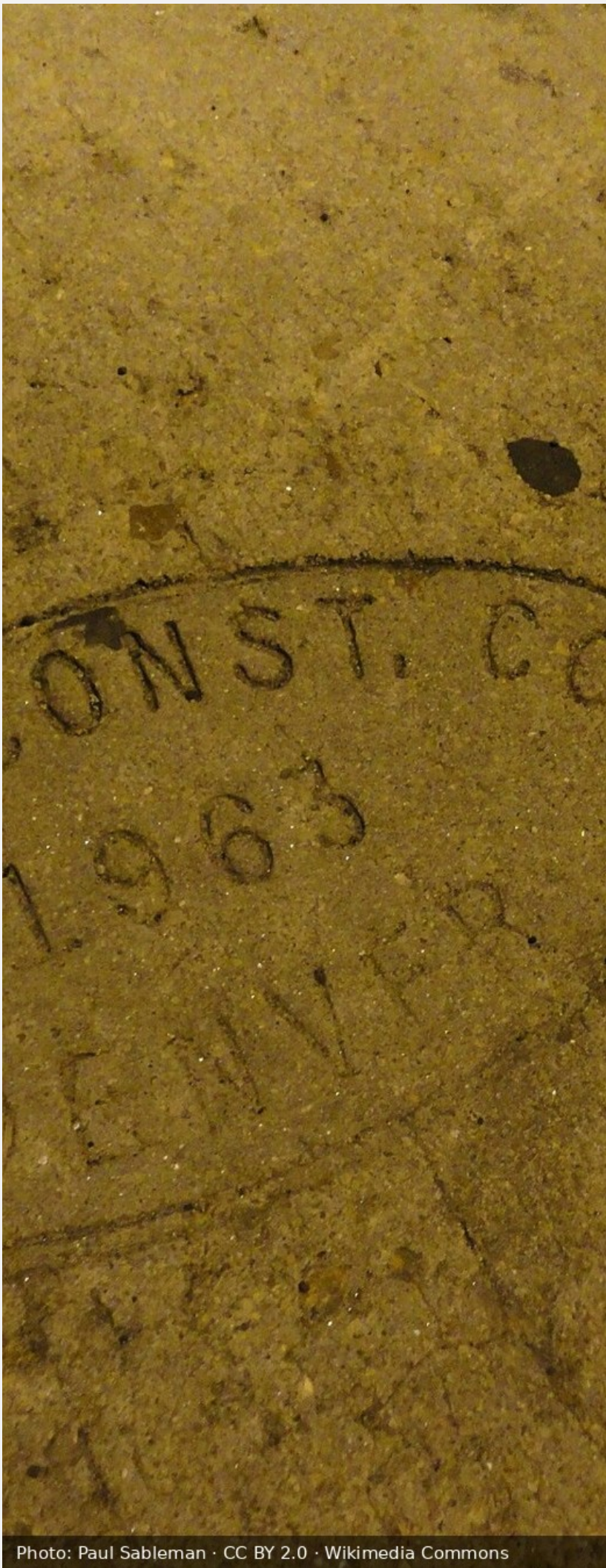


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