

#1 of 7 Birmingham metro counties — ALEX Intelligence 2026

#1 in Birmingham, #1 in Alabama

Where Birmingham's outflows are going — ALEX Intelligence 2026

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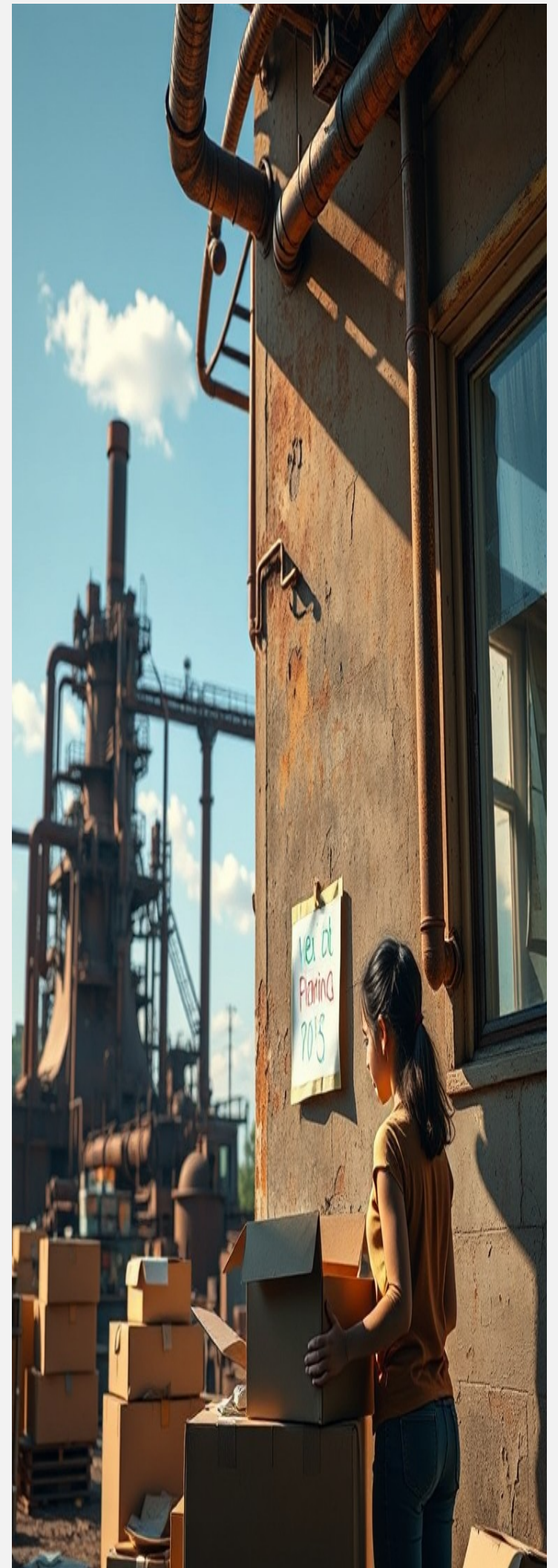
902

Households Moving Out to a Single County (2023)

Tuscaloosa County, AL, received the highest number of household outflows from the Birmingham metro in 2022–23.

This represents a structural shift in population movement, not a temporary dip. The 902 households moving to Tuscaloosa County are the largest single destination for Birmingham's outflows, indicating a deepening regional integration across central Alabama. This is not a flight to the coast or a rural retreat—it's a pivot to a neighboring urban core with comparable infrastructure and emerging economic momentum.

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>



01

Tuscaloosa is the new frontier

Birmingham's outflows are not dispersing randomly—they are coalescing into a single, high-growth corridor. Tuscaloosa County's position as the top recipient of Birmingham's household migrations suggests a reconfiguration of regional economic gravity. The city's expanding university economy, healthcare infrastructure, and new industrial zones are attracting not just students and professionals, but entire families seeking affordability without sacrificing access to services. This is not a migration of desperation—it's a strategic reallocation of human capital.



02

The cooling market is a magnet

Households leaving Birmingham are not fleeing economic decline but are strategically seeking lower cost-of-living alternatives within a shared metropolitan ecosystem. Tuscaloosa's ability to absorb 902 households from Birmingham in a single year suggests that its housing market is still absorbing new demand, even as Birmingham's pace slows. This indicates that the region is not fragmented, but interdependent.

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