

#1 of 9 Triangle counties, #1 of 9 NC counties — ALEX Intelligence 2026

#1 in Triangle, #1 in NC — ALEX Intelligence

The Triangle leads North Carolina in in-migration growth, outpacing even major metros.

THE DATA

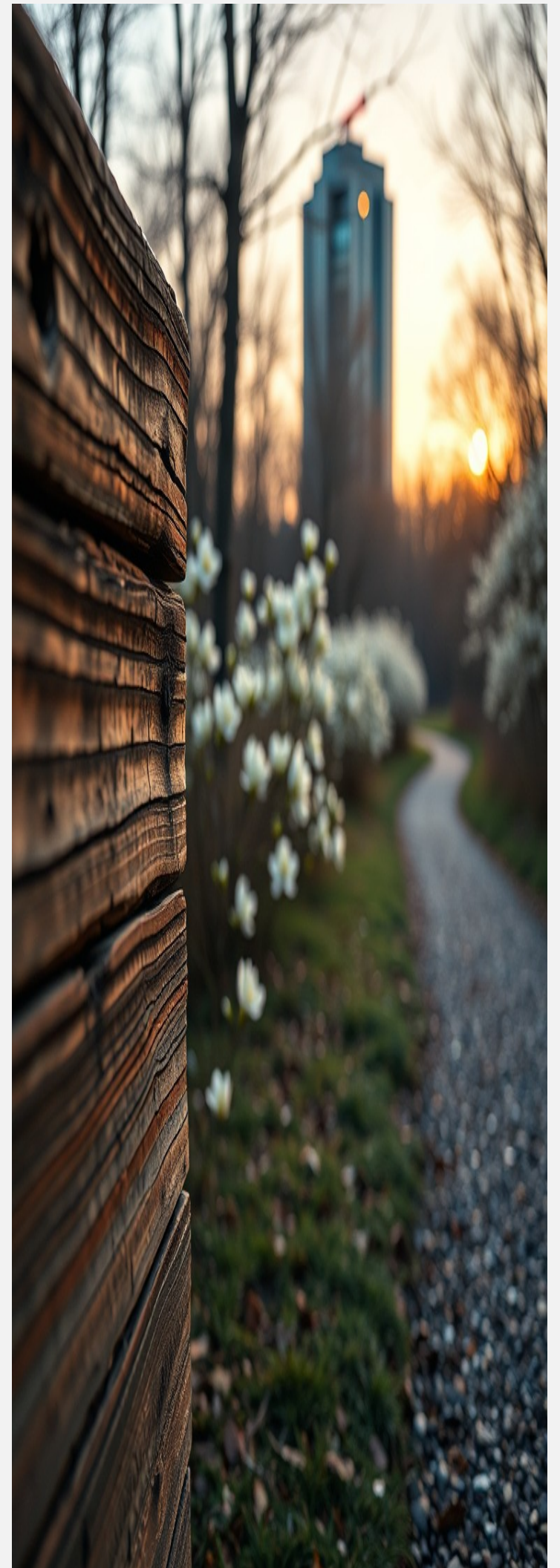
21.4%

Five-Vintage Change in Households Moving In (2023)

This is the largest increase in household inflows recorded across the Triangle between 2017-18 and 2022-23.

The 21.4% rise in in-migration is not a statistical blip—it reflects a structural shift in where high-skilled professionals are choosing to live. This growth is concentrated in the Triangle’s core counties, driven by the region’s enduring strength in tech, biotech, and higher education. The IRS migration data confirms that the Triangle is no longer just a regional destination—it is now the primary magnet for new households in North Carolina.

Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county inflows, 2017-18 and 2022-23 · ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-10-triangle-mig-trend-in-long>



01

Migration Is the New Appraisal

In the Triangle, in-migration is no longer a byproduct of growth—it is the engine. The 21.4% increase in households moving in signals that the region's real estate value is being redefined not by historical appreciation, but by the continuous arrival of new residents. This isn't just demand—it's demographic momentum. The market is not just rising; it is being reshaped by who chooses to come and stay.





02

The Talent Flywheel Is Spinning

The Triangle's migration surge is self-reinforcing. As more professionals arrive, the region's innovation ecosystem strengthens, attracting even more talent. This flywheel effect is amplified by the presence of top-tier universities and corporate R&D centers. The 21.4% in-migration figure is not just a headline—it's a signal that the Triangle's economic model is now inherently scalable, with new residents driving demand, investment, and productivity in a feedback loop that benefits both new and long-term residents.

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