

#1 in the Triangle, #1 in North Carolina — ALEX Intelligence 2026

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Share of arriving households from top 3 states — ALEX Intelligence 2026

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THE DATA

54.9%

Share of Arriving Households From the Top Three States (2023)

The Triangle's inbound migration is dominated by just three states: North Carolina, Florida, and New York.

This concentration means nearly half of all new households entering the region come from a single, tightly defined set of origins. The dominance of in-state migration (North Carolina) is unsurprising, but the outsized contribution from Florida and New York—especially New York—reveals a powerful pull from high-cost coastal markets seeking affordability and quality of life. This is not random movement; it is strategic displacement.

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/2026-10-12-triangle-mig-state-top3>



Photo: Warren LeMay from Covington, KY, United States · CC0 · Wikimedia Commons

01

Affordability as a Magnet

The 54.9% share from Florida and New York is not a demographic coincidence—it is a signal of economic displacement. These states are among the most expensive in the U.S., with median home values exceeding \$400K. The Triangle's relative affordability, combined with strong job markets in tech and biotech, makes it a natural destination for professionals fleeing high housing costs. This is not migration for climate or culture alone—it is a capital-escape pattern driven by real financial pressure.

02

The In-State Paradox

North Carolina leads the top three not just in volume but in influence. The fact that in-state migration contributes the largest share suggests that the Triangle is also a destination for internal realignment within the state—likely from Charlotte, Raleigh’s own suburbs, and smaller towns. This creates a feedback loop: as the Triangle grows, it pulls talent from elsewhere in North Carolina, reinforcing its dominance as the state’s economic core. This is not just external migration—it is a state-level reallocation of human capital.



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