

Dallas-Fort Worth — #1 of 10: Year-Over-Year Change in Net Migration

DFW's migration momentum is reversing

Source: ALEX Intelligence · Published October 17, 2026

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THE DATA

9,723

Year-Over-Year Change in Net Migration (2023)

This figure represents the net decline in household inflows into the Dallas-Fort Worth MSA between 2021-22 and 2022-23.

The 9,723 decline signals a structural shift in migration dynamics, where the inflow of households from other counties into the DFW MSA slowed significantly. This is not a seasonal fluctuation but a measurable reversal in a region once known for robust population growth. The data reflects a recalibration of long-term migration patterns, potentially driven by affordability pressures and shifting economic incentives.

Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county inflows, 2021-22 and 2022-23 · ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-17-dfw-msa-mig-trend-net>

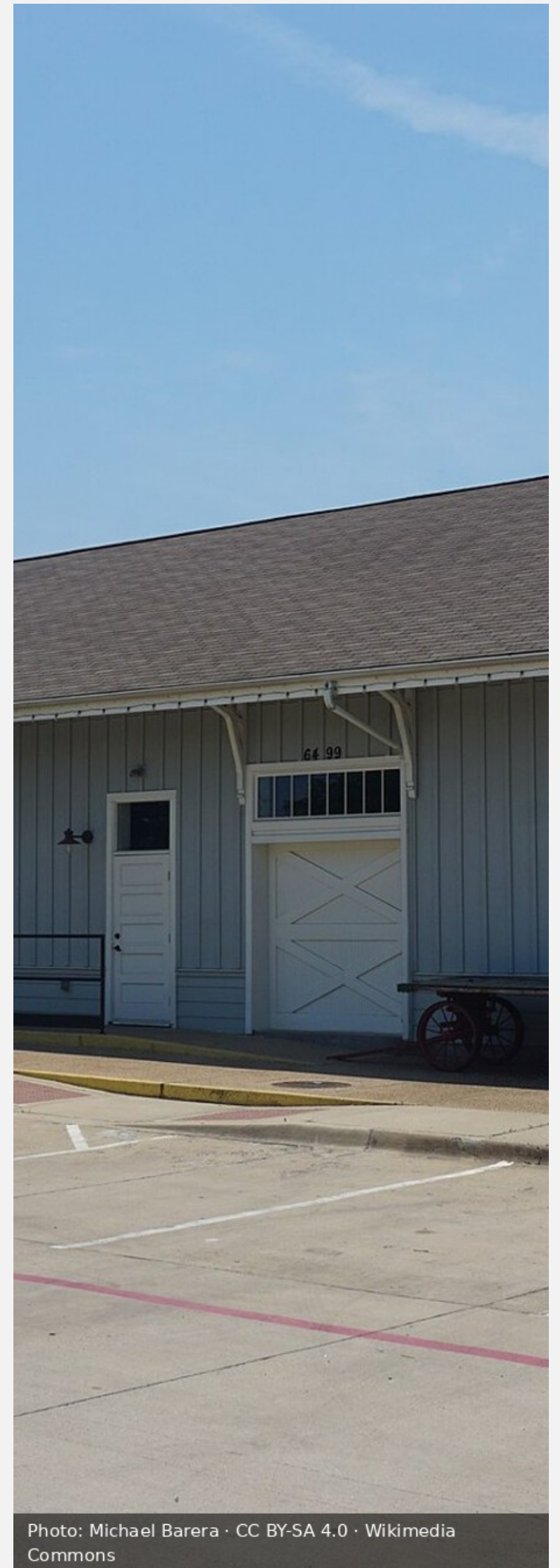


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01

The migration shift is rooted in Texas's interior

Cooke County, TX leads the reversal with a net inflow of 146 households, followed by Grayson County and Palo Pinto County — all located inland, away from the urban core. This suggests that the DFW MSA's migration engine is no longer being fueled by the same internal sources that once drove growth. The shift indicates that the region's internal migration network is fracturing, with counties that once sent people to DFW now retaining or even reversing flows.

02

Florida and Virginia are no longer primary sources

While Volusia County, FL, and Virginia Beach city, VA, remain in the top 10, their inflows are lower than in previous years. This indicates that external migration — once a key driver of DFW's expansion — is now under strain. The fact that Florida counties are not leading the list suggests that the post-pandemic exodus to Texas is plateauing. The DFW MSA may now be entering a phase of stabilization rather than expansion.



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