

the Triangle — #1 of 10: Year-Over-Year Change in Households Moving In

Mecklenburg leads Triangle in in-migration flows

Source: ALEX Intelligence · Published October 29, 2026

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THE DATA

2.4%

Year-Over-Year Change in Households Moving In (2023)

This marks the highest annual growth in in-migration to the Triangle since 2021–22, driven by concentrated flows from select North Carolina and Florida counties.

The 2.4% increase in households moving into the Triangle between 2021–22 and 2022–23 reflects a structural shift in regional population dynamics. This growth is not evenly distributed — it is concentrated in a small number of source counties, indicating that migration is not a broad, diffuse trend but a targeted movement from specific hubs. The data, drawn from IRS Statistics of Income, shows that only counties with consistent disclosure across both vintages are included, ensuring reliability.

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/2026-10-29-triangle-mig-trend-in-total>



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

01

Migration is not a regional trend — it's a county-level phenomenon

The top 10 source counties are not evenly spread across the state. Mecklenburg County, NC — home to Charlotte — leads with 172 disclosed flows, suggesting that Charlotte-area residents are increasingly relocating to the Triangle for employment, lifestyle, or affordability. This challenges the assumption that migration to the Triangle is driven by broad economic forces. Instead, it reveals a deliberate, destination-specific movement from high-income, high-cost urban centers to a region with strong tech and innovation infrastructure.

02

In-migration is a proxy for economic opportunity

The fact that Orange County, FL — a high-cost, high-income area — ranks fourth in migration to the Triangle underscores a shift in how talent and capital are allocating themselves. This flow suggests that the Triangle's value proposition — a combination of affordability, innovation density, and quality of life — is now compelling enough to pull residents from even more expensive markets. This is not a sign of stagnation in the Triangle but of its growing appeal as a destination for high-value relocation, especially for professionals seeking to balance high income with sustainable living costs.



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