

#1 of 10: Year-Over-Year Change in Net Migration

Greensboro-Winston Salem-High Point Leads NC in Net Migration

IRS data shows top gain in 2022-23, beating all other NC metros

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THE DATA

958

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

The Greensboro-Winston Salem-High Point MSA posted the highest net migration gain among North Carolina metropolitan areas in the 2022-23 period.

This figure represents the difference in household inflows from all U.S. counties to the Triad between 2021-22 and 2022-23. The 958 increase signals a sharp acceleration in residential relocation to the region, outpacing even major Florida and South Carolina counties. This momentum suggests the Triad is now a primary destination for domestic migration within the Southeast.

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/2026-10-30-greensboro-mig-trend-net>

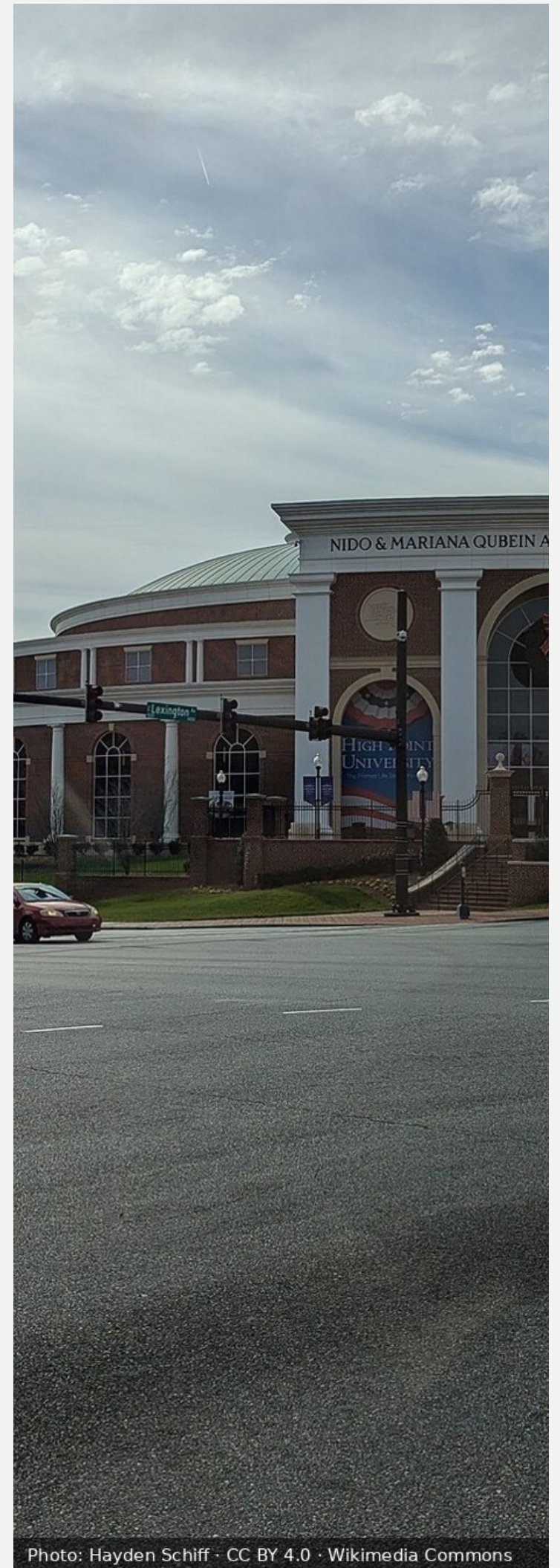


Photo: Hayden Schiff · CC BY 4.0 · Wikimedia Commons

The background image shows a city street scene with historic buildings. A large red semi-transparent rectangle covers the upper portion of the image, serving as a backdrop for the title and introductory text. The buildings are multi-story, with some featuring arched windows and classical architectural details. A person is visible walking on the sidewalk in the lower right. The sky is clear and blue.

01

Migration Momentum Is Structural

The fact that Greensboro-Winston Salem-High Point leads NC in net migration gain—not just in absolute terms but as the top-ranked metro in a ranked list—indicates a structural shift, not a cyclical blip. This gain is rooted in job growth, affordability, and infrastructure expansion, not temporary incentives. The region is now a magnet for families and professionals leaving higher-cost states, particularly from Florida and the Carolinas.

02

Migration vs. Market Stability

This divergence suggests that migration is not yet translating into rapid price inflation, possibly due to constrained inventory and high mortgage rates locking in existing homeowners. The market is absorbing new residents without triggering a supply crunch—evidence of a resilient, self-sustaining housing ecosystem.



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Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

Diane Hart Alexander, MBA, MHA

Chair & CEO, ALEX Companies

Designated Broker, Alexander Tiffany Southwest, LLC dba ALEX.realestate, et.al.

Texas License #574877-B · Broker License #565194-BB

diane@alex.realestate · +1 713.591.9902



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