Texas — #1 of 10: Share of Arriving Households From One State

Texas leads Houston MSA in migration share

Source: ALEX Intelligence, November 06, 2026

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THE DATA

39.3%

Share of Arriving Households From One State (2023)

This figure represents the largest single-state contribution to Houston's population growth, underscoring a deep regional self-sustaining dynamic. Unlike many metro areas that rely on distant inflows, Houston's growth is anchored in intra-state migration, particularly from urban centers like Dallas, San Antonio, and Austin. This internal pipeline reduces reliance on long-distance relocation, which often brings higher transactional friction and longer commute patterns.



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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/2026-11-06-houston-msa-mig-state-leader

01

In-state migration fuels housing demand

The dominance of Texas-origin households in Houston’s inflow means that housing demand is being met not by external buyers but by a growing population already familiar with the state’s legal, tax, and cultural frameworks. This reduces acquisition risk and accelerates market velocity. Homebuyers from within Texas are more likely to prioritize long-term residency, increasing stability in rental and ownership markets. The feedback loop is clear: more residents from Texas → stronger demand for housing → higher investment in construction and infrastructure.

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02

Migration patterns reflect economic resilience

Texas's leadership in migration to Houston suggests a growing confidence in the region's economic trajectory, even amid national uncertainty. Unlike states with declining populations or high tax burdens, Texas continues to attract its own residents, signaling strong labor market performance, lower cost of living, and favorable business climate. This internal migration wave is not a temporary spike but a structural shift, reinforcing Houston's role as a destination for both career advancement and long-term settlement across the state.

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