Alamance County, NC — #1 of 10: Households Moving In From a Single County

Alamance County leads Triad migration by a wide margin

Source: ALEX Intelligence · Published November 10, 2026

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THE DATA

1,309

Households Moving In From a Single County (2023)

Alamance County, NC, sent more households to the Greensboro-Winston-Salem-High Point MSA than any other county in the region during the 2022–23 period.

This figure represents the largest single-county inflow into the Triad, underscoring Alamance County's growing role as a residential and economic satellite of the larger metro. The data reveals a pattern of intra-state migration where workers and families are choosing affordability and quality of life in the Triad over higher-cost counties in the state's core.

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/2026-11-10-greensboro-mig-in-origin

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Migration from Alamance is a strategic shift

The data suggests that economic and lifestyle incentives are pulling people out of higher-cost areas like Wake and Mecklenburg and into the Triad’s mid-tier counties. This migration flow strengthens demand for housing and services in Greensboro, Winston-Salem, and High Point, reinforcing long-term resilience.

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Alamance’s role is not just a source — it’s a driver

This migration pattern also reflects a broader trend: people are choosing quality of life and affordability over urban density. The Triad’s ability to absorb and integrate this flow suggests a mature, adaptive housing market — one that is not just reactive but proactive in shaping its own future through targeted development and policy alignment.

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