the Nashville market — #1 of 10: Five-Vintage Change in Households Moving In

Nashville Leads TN in In-Migration Growth

Source: ALEX Intelligence, November 10, 2026

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THE DATA

25.6%

Five-Vintage Change in Households Moving In (2023)

Nashville's in-migration growth outpaces all other Tennessee markets in recent years.

This 25.6% increase in households moving into the Nashville market between 2017–18 and 2022–23 reflects a sustained demographic shift. The influx is not limited to coastal states — it spans multiple regions, with Montgomery County, TN, leading all counties in net inflows. This suggests Nashville's appeal extends beyond traditional migration corridors, signaling long-term regional stability.

Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county inflows, 2017-18 and 2022-23 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-10-nashville-mig-trend-in-long

01

New Residents Are Driving Market Resilience

The influx from non-coastal counties like Montgomery County, TN, reveals that Nashville is attracting residents from across the state and beyond — not just from high-cost coastal regions. This diversification reduces vulnerability to regional economic shocks and strengthens the market’s foundational stability.

02

In-Migration Is Redefining Urban Demand

The fact that in-migration includes substantial flows from Tennessee counties like Montgomery and Maury suggests that Nashville is not just a magnet for out-of-state migrants, but also a regional hub attracting internal mobility. This internal migration is a powerful indicator of Nashville's role as a central economic and cultural anchor within Tennessee.

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