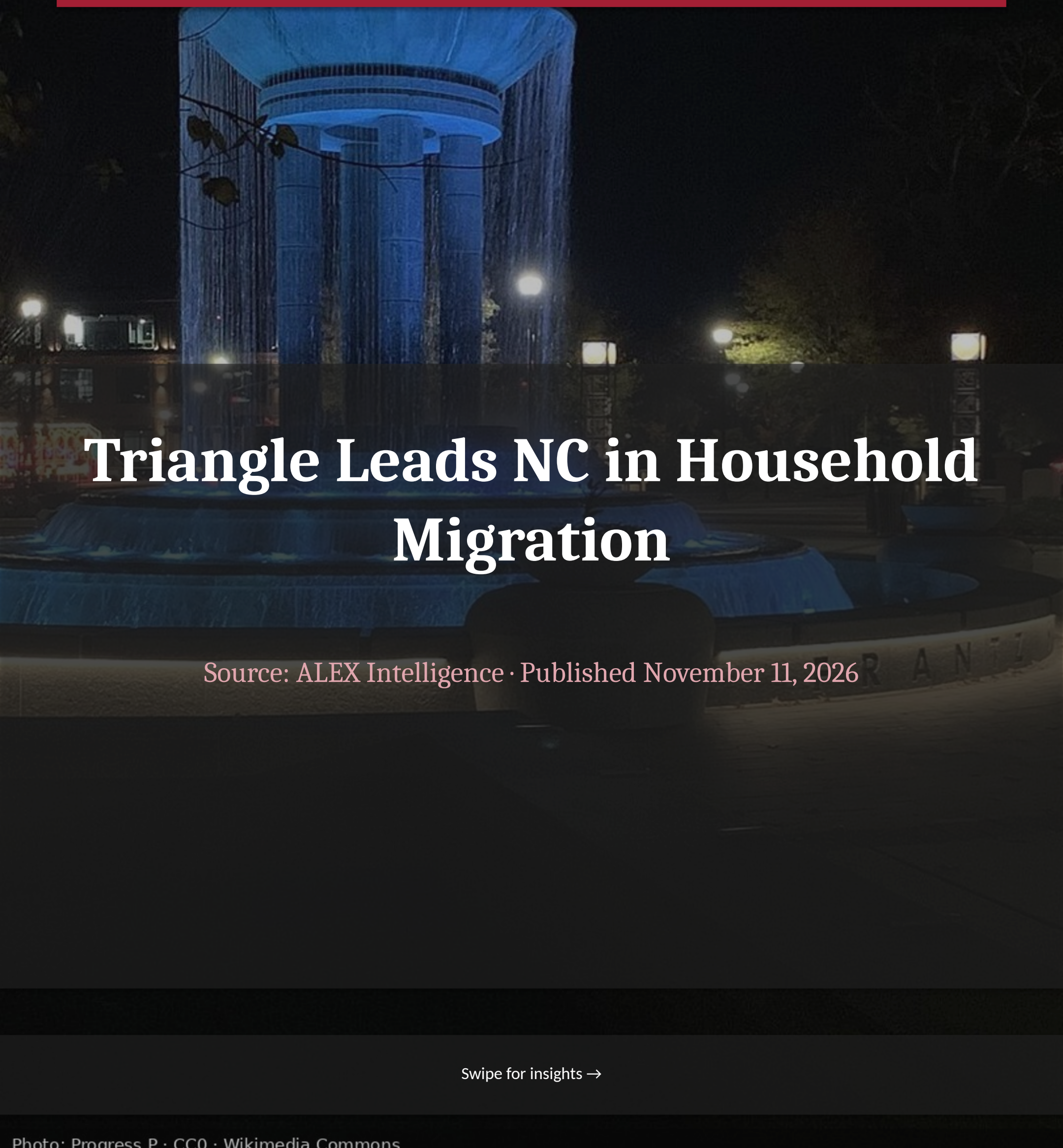
the Triangle — #1 of 10: Net Migration in Households



Triangle Leads NC in Household Migration

Source: ALEX Intelligence · Published November 11, 2026

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THE DATA

5,378

Net Migration in Households (2023)

The Triangle gained 5,378 households through migration between 2022 and 2023, a net inflow unmatched in North Carolina.

This figure represents the total of disclosed county-to-county flows—meaning it is a floor, not a ceiling. The data reveals a powerful demographic pull, driven by the region's innovation economy and expanding workforce. Even as national migration trends fluctuate, the Triangle's sustained household growth signals long-term resilience.



Photo: James Willamor · CC BY-SA 3.0 · Wikimedia Commons

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/2026-11-11-triangle-mig-net-total

01

Migration is concentrated, not diffuse

The Triangle’s migration advantage is not distributed evenly across the state. Among all North Carolina counties with disclosed bidirectional flows, the Triangle’s net gain of 5,378 households stands as the highest, far outpacing even major urban centers like Mecklenburg or Charlotte. This concentration reflects the region’s unique ecosystem of research institutions, biotech firms, and tech startups that attract talent in clusters, not just individuals. It’s not just that people are moving in—it’s that entire households are relocating as a unit, signaling long-term commitment to the area.

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02

The data reveals what the market can’t see

While many real estate reports focus on home prices or job growth, the IRS migration data exposes a deeper truth: the Triangle is not just attracting workers—it is attracting families. The 5,378 net household gain suggests that housing demand is being driven by relocation, not just rental turnover. This has profound implications for school districts, infrastructure planning, and long-term zoning strategy. The market’s future is not just about units built, but about communities established. The data doesn’t just show movement—it shows transformation.

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

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