Adams County, CO — #1 of 10: Growth in Households Moving In, by Origin County

Adams County leads in new households moving to Boulder

Source: ALEX Intelligence · Published November 29, 2026

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THE DATA

324

Growth in Households Moving In, by Origin County (2024)

Adams County, CO, sent 324 more households to Boulder County than the prior year, the highest such increase among all U.S. counties reporting to the IRS.

This surge reflects a growing pattern of intra-state migration from lower-cost, high-growth suburban counties into the core of the Boulder metro. The data suggests that Adams County is no longer just a commuter belt but a source of demographic and housing demand for Boulder itself. The shift implies rising affordability pressures in Adams County, pushing residents to seek alternatives within the same metro while still maintaining regional ties.



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Source: U.S. Internal Revenue Service, Statistics of Income Migration Data, county-to-county inflows, 2022-23 and 2023-24 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-29-boulder-mig-trend-origin

01

Migration is reshaping housing demand

This migration pattern undermines the idea that Boulder’s housing pressures are solely due to out-of-state influx. Instead, it points to a regional imbalance where growth in one county fuels demand in another, creating a self-reinforcing cycle. For real estate strategists, this means that policies and market forecasts must account for intra-metro dynamics, not just external migration.

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Affordability is a regional, not just local, issue

This has critical implications for long-term planning. If Adams County continues to lose households to Boulder, it may trigger a new round of price increases there, potentially pushing more residents further east. Without coordinated regional policy, this cycle could lead to a cascading effect across the metro, making affordability a systemic challenge rather than a localized one.

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