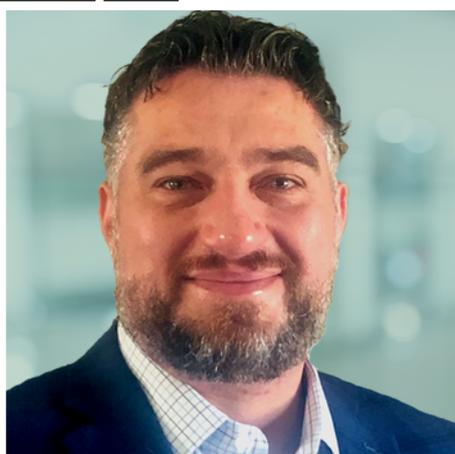


U.S. Domestic Migration Trends 2021–2025

A Cooling Shift



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Key Trends & Takeaways

Migration Magnets: Since 2021, **Idaho** and **South Carolina** led the nation in population growth through domestic migration, each gaining over 3% of their populations. Other notable inflow states include **Nevada, Montana, Florida,** and **North Carolina.**

Outflow States:



In contrast, **California, New York,** and **Illinois** saw the greatest population losses, driven by high living costs and remote work flexibility.

2024

Slowdown

Nationwide migration cooled in 2024. While previously popular states like **Georgia, Texas,** and **Florida** saw inflow rates stall, states with outflow trends (like California and New York) saw the rate of departures drop.

Continued Attractiveness

Despite the slowdown, **Idaho, South Carolina,** and **North Dakota** continued attracting new residents, with **North Carolina** standing out among the **top 10 most populous states.**



Phoenix Exception: The Phoenix metro area was the only major U.S. metro to maintain positive net domestic migration through 2024.

Where Are Californians and New Yorkers Going?

Data from 2020 to 2024 show clear patterns:

New Yorkers moved primarily to New Jersey (21.1%), Pennsylvania (9.2%), and Connecticut (7.1%), with a notable 28.8% relocating to Florida.

Californians favored nearby states — Nevada (11.5%) and Arizona (8.6%) — with significant shares also moving to Texas (19.1%) and Florida (8.0%).

These moves reflect both proximity preferences and the appeal of more affordable living.

Migration Momentum in the Sun Belt and Mountain States



Warm climates, scenic landscapes, and relative housing affordability drew Americans to the **Mountain and Sun Belt** regions. Between 2021 and 2025, states like **South Carolina** (3.6%), **Idaho** (3.4%), **Nevada**, and **Montana** (2.8%) experienced the highest net migration percentages. Meanwhile, large states like **Texas** showed more modest percentages due to their size, but gained large numbers of new residents.

Conversely, **California** (-2.2%), **New York** (-2.1%), and **Illinois** (-1.9%) suffered the biggest losses, reflecting economic and lifestyle shifts.