

# District Data Brief

## Migrants from High-Cost, Large Metro Areas during the COVID-19 Pandemic, Their Destinations, and How Many Could Follow

### Second Quarter 2022 Update for Tables and Figures

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This document contains tables and figures from “[Migrants from High-Cost, Large Metro Areas during the COVID-19 Pandemic, Their Destinations, and How Many Could Follow](#)” that have been updated with data through June 30, 2022.

Net migration out of high-cost large metro areas remained well above prepandemic norms in the second quarter of 2022 (see Figure 1). During each month of the second quarter, the high-cost large metro areas lost approximately 13,400 people to lower-cost large metro areas and 14,900 people to small metro areas. These losses are similar to those observed in the first quarter of 2022. Net migration from high-cost large metro areas to midsized metro areas declined 16 percent, to 10,000 people, per month, but that figure is still 59 percent above typical levels from 2018 and 2019. The patterns in the destinations of migrants were mostly unchanged in the metro-specific estimates (see Tables 2, 3, and 4) from last quarter. They continue to reflect migrants’ post-pandemic preference for lower-cost and less populous regions.

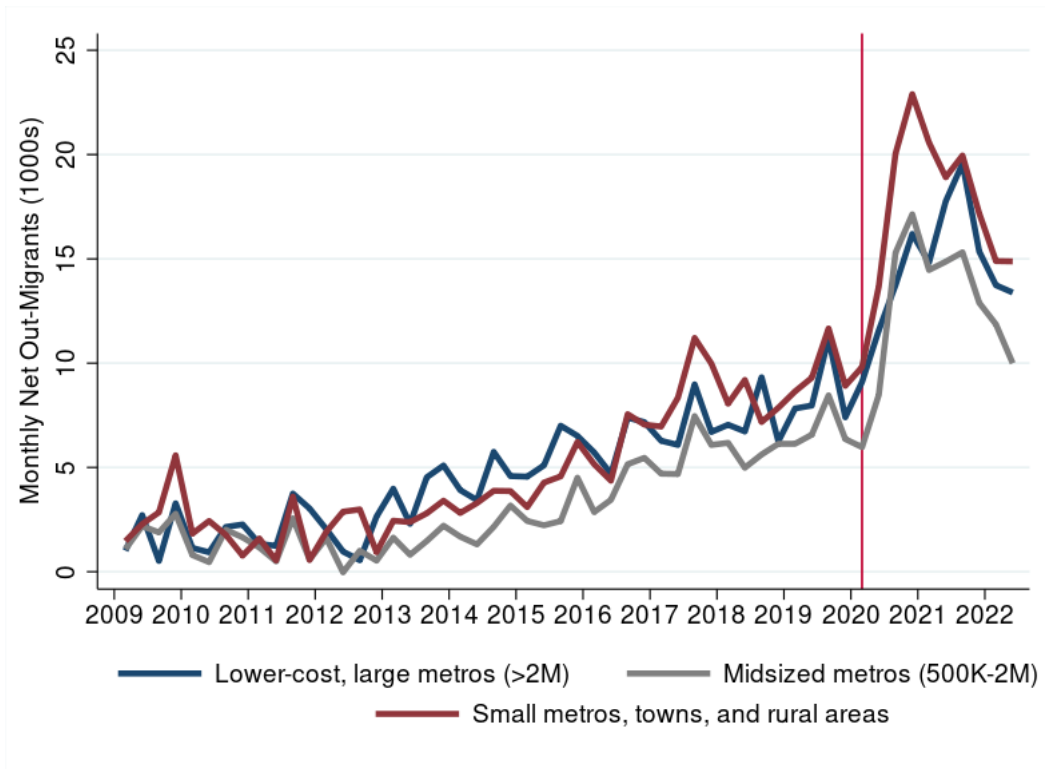
**Table 1. Estimated Interregional Gross Migration by Type of Region during the Last Four Quarters (2021:Q3 through 2022:Q2)**

|  | To high-cost, large metro areas (>2M) |        | To lower-cost, large metro areas (>2M) |        | To midsized metro areas (500K–2M) |        | To small metro areas (<500K), towns, and rural areas |        |
|--|---------------------------------------|--------|--|--------|-----------------------------------|--------|--|--------|
|  | Migrants                              | Change | Migrants                               | Change | Migrants                          | Change | Migrants   | Change |
| From high-cost, large metro areas (>2M)        | 875,320                               | 2.4    | 638,000                                | 17.4   | 576,760                           | 14.8   | 729,380  | 11.8   |
| From lower-cost, large metro areas (>2M)       | 451,880                               | 0.6    | 492,520                                | 4.2    | 468,200                           | 8.5    | 787,700  | 10.8   |
| From midsized metro areas (500K–2M)            | 426,580                               | -0.3   | 481,820                                | 5.3    | 532,680                           | 3.9    | 837,820  | 8.6    |
| From small metro areas, towns, and rural areas | 528,660                               | -2.5   | 747,440                                | 1.3    | 830,040                           | 3.6    | 1,948,960  | 4.1    |

Notes: Populations indicated in parentheses. The percentage change is relative to the average equivalent migration flows from 2017:Q2 to 2020:Q1. Sources: Federal Reserve Bank of New York Consumer Credit Panel/Equifax Data, American Community Survey, National Association of Realtors, and author’s calculations.

The views expressed in this report are those of the author and are not necessarily those of the Federal Reserve Bank of Cleveland or the Board of Governors of the Federal Reserve System.

**Figure 1. Net Migration from High-Cost, Large Metro Areas to Other Types of Regions**



Sources: Federal Reserve Bank of New York Consumer Credit Panel/Equifax Data, American Community Survey, National Association of Realtors, and author's calculations.

**Table 2. Estimated Gross Migration from the High-Cost, Large Metro Areas to Other Types of Regions during the Last Four Quarters (2021:Q3 through 2022:Q2)**

|                   | To high-cost, large metro areas (>2M) |        | To lower-cost, large metro areas (>2M) |        | To midsized metro areas (500K–2M) |        | To small metro areas (<500K), towns, and rural areas |        |
|-------------------|---------------------------------------|--------|--|--------|-----------------------------------|--------|--|--------|
|                   | Migrants                              | Change | Migrants                               | Change | Migrants                          | Change | Migrants   | Change |
| New York, NY      | 118,920                               | 1.4    | 146,140                                | 22.6   | 136,500                           | 18.8   | 112,520  | 16.3   |
| Los Angeles, CA   | 184,620                               | 6.0    | 87,200                                 | 30.0   | 66,320                            | 18.4   | 58,260   | 7.2    |
| Washington, DC    | 46,100                                | -9.8   | 74,820                                 | 4.4    | 54,800                            | 7.5    | 67,020   | 6.9    |
| Chicago, IL       | 43,460                                | -6.5   | 65,940                                 | 6.7    | 45,740                            | 10.3   | 73,320   | 7.9    |
| Miami, FL         | 47,120                                | -3.3   | 63,860                                 | 11.0   | 47,380                            | 15.3   | 57,400   | 10.4   |
| San Francisco, CA | 96,720                                | 11.4   | 28,180                                 | 25.4   | 31,520                            | 20.2   | 47,900   | 13.2   |
| Riverside, CA     | 87,260                                | 4.8    | 30,740                                 | 34.6   | 20,720                            | 15.8   | 35,660   | 23.5   |
| Boston, MA        | 38,760                                | 3.4    | 20,880                                 | 1.3    | 58,680                            | 10.3   | 41,740   | 12.8   |
| Seattle, WA       | 34,980                                | 2.0    | 29,780                                 | 26.4   | 23,480                            | 6.7    | 61,180   | 9.0    |
| San Diego, CA     | 57,940                                | -0.4   | 26,180                                 | 10.8   | 24,180                            | 13.1   | 32,240   | 10.5   |
| Denver, CO        | 19,020                                | 2.1    | 26,420                                 | 10.5   | 27,300                            | 17.1   | 52,740   | 17.5   |
| San Jose, CA      | 54,060                                | 2.2    | 12,880                                 | 35.6   | 13,380                            | 15.5   | 16,960   | 3.4    |
| Portland, OR      | 18,760                                | -2.9   | 14,020                                 | 25.6   | 11,640                            | 14.9   | 41,080   | 13.7   |
| Sacramento, CA    | 27,600                                | 4.2    | 10,960                                 | 26.4   | 15,120                            | 24.2   | 31,360   | 13.1   |

Notes: Populations indicated in parentheses. The percentage change is relative to the average equivalent migration flows from 2017:Q2 to 2020:Q1. The city name indicates the core based statistical area ([www.census.gov/geographies/reference-maps/2020/geo/cbsa.html](http://www.census.gov/geographies/reference-maps/2020/geo/cbsa.html)).

Sources: Federal Reserve Bank of New York Consumer Credit Panel/Equifax Data, American Community Survey, National Association of Realtors, and author's calculations.

**Table 3. Estimated Gross Migration from High-Cost, Large Metro Areas to Other Regions by Distance during the Last Four Quarters (2021:Q3 through 2022:Q2)**

|                   | To other regions within 150 miles |        | To other regions beyond 150 miles |        |
|-------------------|-----------------------------------|--------|-----------------------------------|--------|
|                   | Migrants                          | Change | Migrants                          | Change |
| New York, NY      | 125,580                           | 17.7   | 388,500                           | 13.8   |
| Los Angeles, CA   | 134,460                           | 10.5   | 261,940                           | 13.9   |
| Washington, DC    | 76,380                            | 7.8    | 166,360                           | 0.4    |
| Chicago, IL       | 41,760                            | 10.0   | 186,700                           | 3.9    |
| Miami, FL         | 34,380                            | 39.7   | 181,380                           | 3.8    |
| San Francisco, CA | 76,740                            | 13.7   | 127,580                           | 15.6   |
| Riverside, CA     | 76,220                            | 7.6    | 98,160                            | 19.7   |
| Boston, MA        | 64,800                            | 7.2    | 95,260                            | 8.5    |
| Seattle, WA       | 32,920                            | -0.6   | 116,500                           | 13.3   |
| San Diego, CA     | 34,460                            | 2.7    | 106,080                           | 7.4    |
| Denver, CO        | 28,180                            | 11.4   | 97,300                            | 13.9   |
| San Jose, CA      | 48,400                            | 2.6    | 48,880                            | 13.1   |
| Portland, OR      | 23,140                            | 2.3    | 62,360                            | 15.2   |
| Sacramento, CA    | 31,440                            | 3.6    | 53,600                            | 19.8   |

Notes: The percentage change is relative to the average equivalent migration flows 2017:Q2 to 2020:Q1. The city name indicates the core based statistical area ([www.census.gov/geographies/reference-maps/2020/geo/cbsa.html](http://www.census.gov/geographies/reference-maps/2020/geo/cbsa.html)).

Sources: Federal Reserve Bank of New York Consumer Credit Panel/Equifax Data, American Community Survey, National Association of Realtors, and author's calculations.

**Table 4. Metro Areas with the Greatest Net Migration from the High-Cost, Large Metro Areas as a Percent of Their Workforce during the Last Four Quarters (2021:Q3 through 2022:Q2)**

|                      | <b>Net migration from high-cost, large metro areas</b> | <b>Ratio of net migrants to metro area labor force</b> |
|----------------------|--|--|
| Fort Myers, FL       | 9,800  | 3.6  |
| Sarasota, FL         | 9,600  | 3.2  |
| Stockton, CA         | 5,680  | 2.2  |
| Boise City, ID       | 7,220  | 2.2  |
| Las Vegas, NV        | 20,740   | 2.0  |
| Orlando, FL          | 21,040   | 1.6  |
| Colorado Springs, CO | 4,660  | 1.6  |
| Tampa, FL            | 20,120   | 1.5  |
| Austin, TX           | 15,560   | 1.4  |
| Jacksonville, FL     | 8,860  | 1.3  |
| Nashville, TN        | 12,500   | 1.3  |
| Phoenix, AZ          | 24,480   | 1.2  |
| Raleigh, NC          | 7,460  | 1.1  |
| Bakersfield, CA      | 3,240  | 1.0  |
| Charlotte, NC        | 12,040   | 1.0  |
| Charleston, SC       | 3,340  | 0.9  |
| Allentown, PA        | 3,240  | 0.9  |
| Knoxville, TN        | 3,360  | 0.9  |
| Provo, UT            | 2,180  | 0.9  |
| Greenville, SC       | 3,100  | 0.7  |
| Scranton, PA         | 1,900  | 0.7  |
| Dallas, TX           | 25,920   | 0.7  |
| San Antonio, TX      | 7,120  | 0.7  |
| Oxnard, CA           | 2,120  | 0.7  |
| Atlanta, GA          | 16,340   | 0.6  |

Sources: Federal Reserve Bank of New York Consumer Credit Panel/Equifax Data, Occupational Employment Statistics, American Community Survey, National Association of Realtors, and author's calculations.