District Data Brief

Migrants from High-Cost, Large Metro Areas during the COVID-19 Pandemic, Their Destinations, and How Many Could Follow
First Quarter 2021 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 March 31, 2021.

The net migration out of high-cost, large metro areas declined to 50,000 people per month in the first quarter of 2021 after peaking at 56,000 per month in the previous quarter. After updating, the list of the top 25 metro areas with increasing net migration from the high-cost, large metro areas no longer includes Cleveland, Pittsburgh, and St. Louis. Jacksonville, Lakeland, and Daytona Beach, Florida, joined three other Florida metro areas already on the list. The Tennessee metro areas of Chattanooga and Knoxville also are now among the top destinations. Five metro areas have received net migrants equivalent to more than one percent of their workforce during the pandemic: Stockton, California; Fort Myers, Florida; Oxnard, California; Sarasota, Florida; and Boise, Idaho.
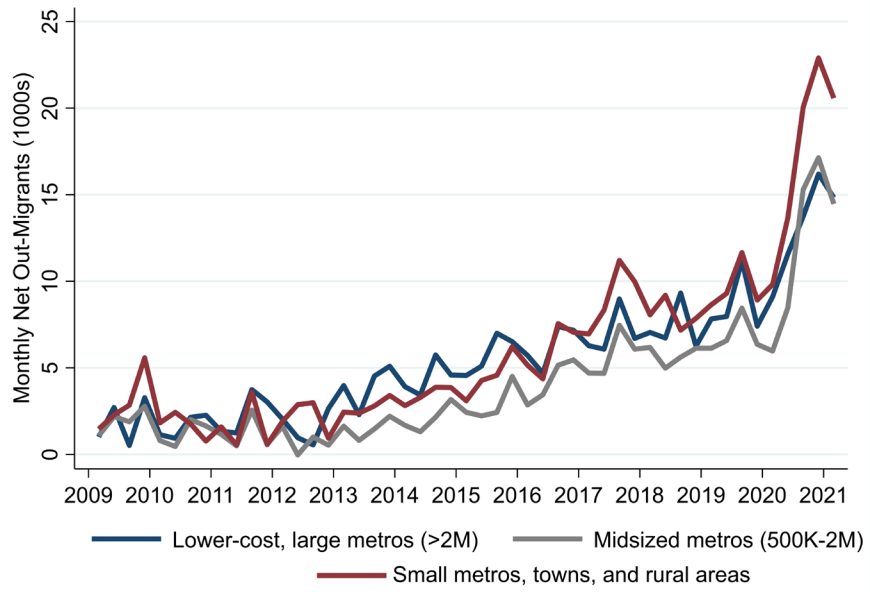
Table 1. Estimated Interregional Gross Migration by Type of Region during the Pandemic

	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)	867,580	1.5	594,720	9.4	569,700	13.4	740,880	13.6
From lower-cost, large metro areas (>2M)	425,700	-5.2	460,940	-2.5	448,040	3.8	737,860	3.8
From midsized metro areas (500K–2M)	403,580	-5.7	447,920	-2.1	521,780	1.7	808,100	4.7
From small metro areas, towns, and rural areas	509,300	-6.1	716,980	-2.8	793,120	-1.0	1,877,140	0.3

Notes: Populations indicated in parentheses. The pandemic period is 2020:Q2 to 2021:Q1. The percentage change is relative to the 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 between High-Cost, Large Metro Areas and 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 Migration from the High-Cost, Large Metro Areas to Other Types of Regions during the Pandemic

	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	126,660	8.0	139,000	16.6	140,340	22.1	121,040	25.1
Los Angeles	179,440	3.0	76,920	14.6	65,360	16.7	61,360	12.9
Washington	48,240	-5.6	74,580	4.0	54,680	7.2	71,120	13.4
Chicago	41,460	-10.8	62,720	1.5	42,080	1.4	72,460	6.6
San Francisco	100,320	15.5	26,180	16.5	32,580	24.3	52,720	24.6
Miami	45,540	-6.5	58,960	2.5	45,760	11.3	57,860	11.3
Boston	37,920	1.2	21,220	3.0	61,060	14.8	43,840	18.4
Riverside	84,940	2.1	26,240	14.9	18,620	4.1	32,080	11.1
Seattle	31,080	-9.4	24,120	2.3	23,260	5.7	61,640	9.8
San Diego	56,200	-3.3	26,340	11.5	24,240	13.4	31,920	9.4
Denver	17,760	-4.6	25,840	8.1	23,940	2.7	48,860	8.8
San Jose	55,760	5.4	10,960	15.4	13,340	15.2	18,540	13.0
Sacramento	25,540	-3.6	9,780	12.8	13,960	14.7	30,900	11.4
Portland	16,720	-13.5	11,860	6.3	10,480	3.4	36,540	1.1

Notes: Populations indicated in parentheses. The pandemic period is 2020:Q2 to 2021:Q1. The percentage change is relative to the 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).

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 Migration from High-Cost, Large Metro Areas to Other Regions by Distance during the Pandemic

	To other regions within 150 miles		To other regions beyond 150 miles	
	Migrants	**Change**	**Migrants**	**Change**
New York	136,400	27.8	391,720	14.3
Los Angeles	136,200	11.9	248,700	7.4
Washington	76,800	8.4	172,100	3.7
Chicago	41,920	10.4	176,980	-1.7
Miami	81,500	20.7	130,440	18.1
San Francisco	31,740	29.0	179,080	1.0
Boston	72,920	20.6	91,320	3.6
Riverside	72,660	2.6	89,500	8.8
Seattle	34,980	5.6	105,380	2.3
San Diego	34,800	3.7	104,100	5.2
Denver	28,080	11.0	88,980	3.5
San Jose	51,040	8.2	47,660	10.1
Sacramento	32,300	6.5	47,880	7.0
Portland	21,440	-5.2	54,300	0.2

Notes:. The pandemic period is 2020:Q2 to 2021:Q1. The percentage change is relative to the 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).

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 Increases in Net Migration from the High-Cost, Large Metro Areas as a Percent of Their Workforce during the Pandemic (April 2020–March 2021)

	Net migration from high-cost, large metro areas	Change in net migration from high-cost, large metro areas	Change in net migration from high-cost, large metro areas as a percent of the metro-area workforce
Stockton	7,660	3,540	1.40
Fort Myers	8,020	3,587	1.33
Oxnard	5,420	3,953	1.25
North Port–Sarasota	7,660	3,133	1.03
Boise City	8,720	3,447	1.03
Austin	15,440	7,653	0.71
Palm Bay–Melbourne	3,580	1,293	0.58
Spokane	3,320	1,327	0.55
Bakersfield	3,680	1,673	0.53
Deltona–Daytona Beach	3,620	1,040	0.52
Allentown	5,100	1,887	0.52
Scranton	2,140	1,333	0.51
Lakeland	3,640	1,093	0.48
Chattanooga	1,520	1,127	0.45
Baltimore	6,940	5,060	0.37
Rochester	1,000	1,820	0.35
Virginia Beach	3,080	2,640	0.35
Albany	2,120	1,560	0.34
Jacksonville	6,540	2,373	0.34
Las Vegas	19,420	3,400	0.33
Raleigh	6,220	2,120	0.33
Buffalo	1,240	1,680	0.30
Atlanta	15,340	8,280	0.30
Knoxville	2,200	1,133	0.30
Milwaukee	2,700	2,353	0.27

Notes: The pandemic period is 2020 Q2 to 2021 Q1. The percentage change is relative to the equivalent migration flows from 2017:Q2 to 2020:Q1.

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.