Migrants from High-Cost, Large Metro Areas during the COVID-19 Pandemic, Their Destinations, and How Many Could Follow
Third 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 September 30, 2021.

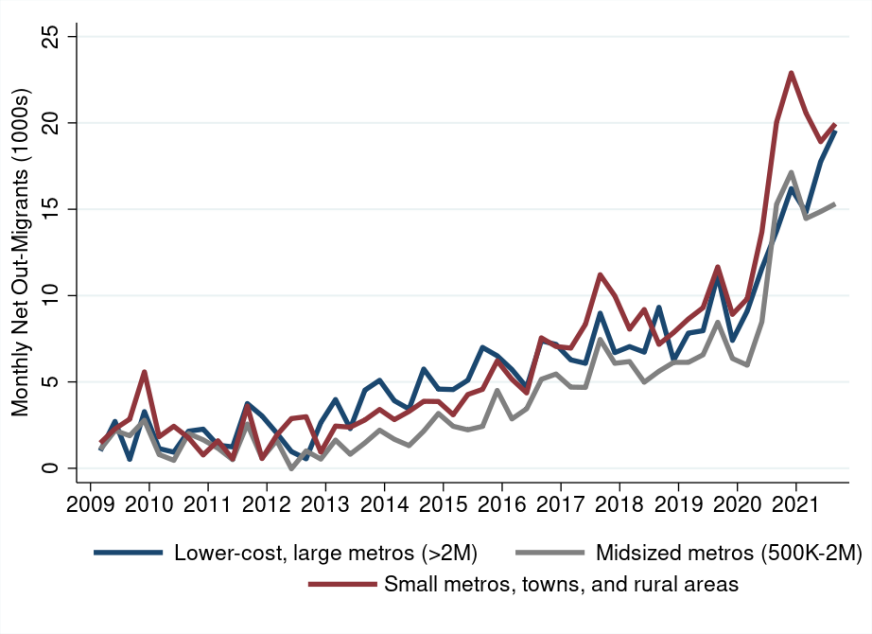
Like the quarter before, the third quarter of 2021 saw the net migration out of high-cost, large metro areas increase rather than move back toward pre-pandemic levels. The high-cost, large metros lost an estimated 54,800 people per month through net migration during 2021:Q3. Net flows with all other types of metros (lower-cost, large metros, midsized metros, and small metros and rural areas) became less favorable for the high-cost, large metros. Past updates noted changes in the list of top destinations for people leaving the high-cost, large metros, but the list held steady for the third quarter. The majority of the top destinations are fast-growing, midsized metros. A few regions that had not been growing rapidly before the pandemic remained on the list, including Allentown, Scranton, and Stockton.

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)	1,337,940	4.2	937,880	13.4	883,120	16.7	1,132,860	15.8
From lower-cost, large metro areas (>2M)	656,880	-3.1	716,880	0.2	697,320	7.0	1,150,460	7.1
From midsized metro areas (500K–2M)	626,460	-3.0	699,280	0.8	805,520	3.8	1,247,760	6.9
From small metro areas, towns, and rural areas	784,680	-4.1	1,100,020	-1.2	1,225,360	1.5	2,874,520	1.9

Notes: Populations indicated in parentheses. The pandemic period is 2020:Q2 to 2021:Q3. 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 (realtor.com), and author's calculations.

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 (realtor.com), 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	193,500	10.8	216,200	20.6	213,580	23.9	180,680	25.2
Los Angeles	278,000	6.1	123,480	22.3	102,220	20.8	93,340	14.3
Washington	73,140	-6.3	116,340	6.7	84,360	8.1	106,780	12.1
Chicago	65,620	-6.8	100,340	7.1	68,220	9.0	112,160	9.0
San Francisco	154,700	17.7	41,860	23.2	49,920	25.0	80,000	25.1
Miami	70,400	-5.5	92,640	6.0	72,860	16.9	88,700	12.5
Riverside	130,660	4.0	41,880	20.8	28,660	7.0	50,720	15.4
Boston	57,300	1.0	32,360	3.6	91,340	14.2	66,680	20.8
Seattle	48,520	-6.6	38,740	7.8	36,060	8.4	95,120	11.2
San Diego	86,780	-1.2	40,960	14.4	38,000	18.0	48,480	9.6
Denver	27,520	-3.0	39,760	9.4	38,220	8.8	76,700	12.6
San Jose	85,960	7.8	18,420	28.2	21,100	19.8	27,700	10.4
Sacramento	39,860	0.0	15,620	21.0	21,440	16.4	47,540	13.6
Portland	25,980	-11.0	19,280	14.3	17,140	13.0	58,260	7.5

Notes: Populations indicated in parentheses. The pandemic period is 2020:Q2 to 2021:Q3. 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 (realtor.com), 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	203,680	27.0	600,280	17.7
Los Angeles	208,100	13.9	388,940	12.2
Washington	117,900	10.1	262,720	3.8
Chicago	64,540	12.0	281,800	3.6
San Francisco	124,700	21.7	201,780	21.0
Miami	50,420	36.0	274,180	3.1
Riverside	112,120	5.0	139,800	12.5
Boston	109,120	20.1	138,560	4.7
Seattle	52,940	4.4	165,500	6.1
San Diego	52,740	4.1	161,480	8.1
Denver	42,820	11.6	139,380	7.5
San Jose	77,960	9.3	75,220	14.8
Sacramento	50,480	10.5	73,980	9.9
Portland	34,300	0.6	86,360	6.2

Notes: The pandemic period is 2020:Q2 to 2021:Q3. 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 (realtor.com), 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

	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
Fort Myers	12,940	6,533	2.42
Sarasota	12,360	6,407	2.11
Stockton	11,100	4,227	1.67
Oxnard	6,720	5,200	1.64
Boise City	13,440	5,200	1.55
Austin	26,660	14,600	1.36
Bakersfield	5,600	2,880	0.91
Allentown	7,860	2,953	0.81
Las Vegas	32,320	8,233	0.81
Jacksonville	11,880	5,393	0.77
Nashville	14,500	7,227	0.72
Raleigh	10,780	4,647	0.71
Colorado Springs	5,320	2,000	0.70
Knoxville	4,260	2,633	0.69
Baltimore	11,580	9,427	0.69
Scranton	2,840	1,613	0.62
Chattanooga	2,000	1,473	0.59
Orlando	24,500	7,353	0.57
Tampa	24,140	7,213	0.54
El Paso	1,900	1,673	0.53
Atlanta	25,720	14,533	0.53
Albuquerque	2,160	2,060	0.53
San Antonio	9,080	5,253	0.51
Virginia Beach	4,240	3,660	0.48
Honolulu	700	2,180	0.48

Notes: The pandemic period is 2020:Q2 to 2021:Q3. 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 (realtor.com), and author's calculations.