

2022-23 MIGRATION MATTERS

TRACKING THE MOVEMENT OF PEOPLE
IN AND OUT OF THE INNER CAPITAL REGION





CAPITAL DISTRICT REGIONAL PLANNING COMMISSION

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TABLE OF CONTENTS

Background	<u>1</u>
Regional Map	<u>2</u>
Introduction	<u>3</u>
Executive Summary	<u>5</u>
Inner Capital Region	<u>6</u>
County Profiles	<u>11</u>
Albany County	<u>12</u>
Rensselaer County	<u>15</u>
Saratoga County	<u>18</u>
Schenectady County	<u>21</u>
Conclusion	<u>24</u>
Capital District Regional Planning Commission	<u>25</u>



BACKGROUND

The Internal Revenue Service (IRS) produces annual migration data using information from tax returns, tracking changes in taxpayer addresses between consecutive filing years. In this way, migration is measured as changes in residence between tax filing years, allowing for the identification of population flows across states and counties. The 2022–23 migration data used in this report are based on returns processed in 2022 and 2023 and primarily reflect migration that occurred during 2021 and 2022. This data does not represent the full U.S. population because not all individuals are required to fill out an income tax return; however, it can serve as a useful proxy for domestic migration patterns and is considered to be one of the most accurate sources to track the movement of people throughout the country.

County-level migration data in this report are captured only for counties with more than 20 migrants. Counties with fewer than 20 migrants are not shown individually and are instead grouped into a category labeled “other flows.” This report focuses on migration patterns within New York’s Inner Capital Region, which includes Albany, Rensselaer, Saratoga, and Schenectady counties. Regional definitions discussed in this report are provided in the Regional Map section.

This analysis examines both interstate and intrastate migration flows affecting the Inner Capital Region to better understand broader population movement trends, including changes over time and key origin and destination locations. While the report focuses on domestic migration captured through IRS data, these flows must be understood within the broader components of population change. Total population change is driven by three primary factors: natural change (births minus deaths), domestic migration within the United States, and international migration. The IRS data used in this report capture only the domestic migration component, specifically, movements of tax filers between U.S. states and counties, and do not account for births, deaths, or international migration. As a result, the findings should be interpreted as one component of a larger demographic system rather than a complete measure of population change.

DEFINITIONS

Net migration: the difference between the number of people entering a country (immigrants) and the number of people leaving (emigrants) over a specific period.

In-migration/Out-migration: In-migration refers to people moving into a location, while out-migration refers to people leaving a location.

Interstate migration: refers to movement between states.

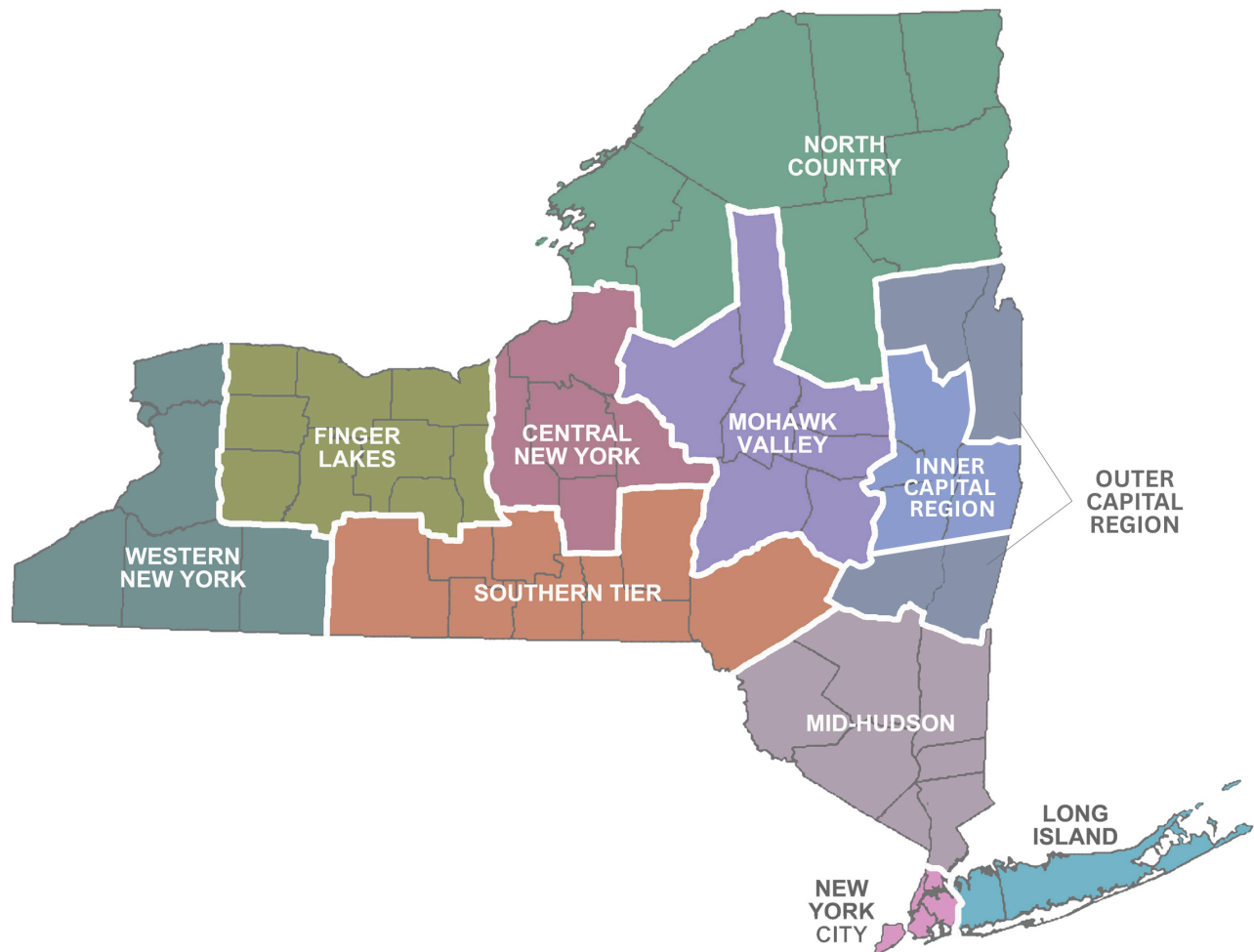
Intrastate migration: refers to movement within the same state.

Adjusted Gross Income (AGI): is a tax measure used in the United States to represent an individual’s total gross income after certain allowable adjustments.

Natural change: the difference between the number of births and the number of deaths in a population over a given period.

Domestic migration: Domestic migration refers to movement of people within the United States, including both interstate and intrastate migration.

REGIONAL MAP



Western New York: Allegany, Cattaraugus, Chautauqua, Erie, Niagara

Finger Lakes: Genesee, Livingston, Monroe, Ontario, Orleans, Seneca, Wayne, Wyoming, Yates

Southern Tier: Broome, Chemung, Chenango, Delaware, Schuyler, Steuben, Tioga, Tompkins

Central New York: Cayuga, Cortland, Madison, Onondaga, Oswego

Mohawk Valley: Fulton, Herkimer, Montgomery, Oneida, Otsego, Schoharie

North Country: Clinton, Essex, Franklin, Hamilton, Jefferson, Lewis, St. Lawrence

Inner Capital Region: Albany, Saratoga, Schenectady, Rensselaer

Outer Capital Region: Columbia, Greene, Warren, Washington

Mid-Hudson: Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, Westchester

New York City: Bronx, Kings (Manhattan), New York, Richmond (Staten Island), Queens

Long Island: Nassau, Suffolk

INTRODUCTION

NEW YORK STATE

According to 2022–23 IRS migration data, several states, including Florida, North Carolina, South Carolina, Tennessee, Arizona, Georgia, and Colorado, experienced net domestic population inflows, while states such as New York, California, Illinois, New Jersey, Massachusetts, Maryland, and Pennsylvania recorded net domestic outflows. During this period, New York experienced a net domestic outflow of approximately 157,970 residents and a corresponding net adjusted gross income (AGI) outflow of approximately \$9.89 billion.

These migration patterns reflect a range of factors, including employment opportunities, housing affordability, lifestyle preferences, demographic trends, and differences in state tax structures. While tax policy may influence some household decisions, particularly among retirees, relocation choices are generally shaped by multiple economic and personal considerations rather than any single factor. The specific motivations behind individual moves cannot be determined from IRS migration data alone. However, according to the 2025 United Van Lines National Movers Study, the most commonly reported reasons for moving were family considerations (29%), employment-related opportunities such as a new job or transfer (26%), and retirement (14%).¹ Consistent with the importance of these varied factors, many New Yorkers relocate to neighboring or economically similar states, including New Jersey, Pennsylvania, California, and Massachusetts, in addition to destinations such as Florida. This suggests that interstate migration reflects a broad mix of family, employment, housing, and lifestyle considerations rather than a single motivating factor.

Migration trends also influence the geographic distribution of population, income, and political representation. Because congressional apportionment and Electoral College representation are based on decennial Census population counts, sustained population changes can affect a state's representation at the federal level. Following the 2020 Census, several states with slower population growth lost congressional seats, while faster-growing states gained representation. Overall, domestic migration remains an important factor in regional population change and economic development across the United States.

¹<https://www.unitedvanlines.com/newsroom/2025-national-movers-study>

NEW YORK STATE - REGIONS

Shifting focus from the statewide level to the Inner Capital Region, the most recent IRS migration data show that the Inner Capital Region recorded a net loss of 556 residents, who took with them \$116.3 million in adjusted gross income (AGI). Despite this net migration loss, the Inner Capital Region ranks relatively favorably compared to other regions in New York State, placing third overall. Only the Outer Capital Region (+85) and Mohawk Valley (-473) experienced a slight net gain or loss, while all other regions saw larger population declines. These include the North Country (-1,624), Southern Tier (-1,943), Central New York (-2,347), and Finger Lakes (-2,895), with more substantial losses observed in Western New York (-3,731), Mid-Hudson (-9,182), Long Island (-12,771), and New York City (-122,473).

2022-23 NET MIGRATION: BY REGION

Region	Migration to Different State (Interstate)	Migration to Same State (Intrastate)	Net Migration
Inner Capital Region	-3,794	3,238	-556
Central New York	-2,825	478	-2,347
Finger Lakes	-4,280	1,385	-2,895
Outer Capital Region	-421	506	85
Long Island	-32,602	19,831	-12,771
Mid-Hudson	-25,848	16,666	-9,182
Mohawk Valley	-1,357	884	-473
New York City	-77,751	-44,722	-122,473
North Country	-1,523	-101	-1,624
Southern Tier	-2,287	344	-1,943
Western New York	-5,222	1,491	-3,731

SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

In addition to migration trends captured by IRS data, the Inner Capital Region has experienced natural population decline in recent years, with deaths exceeding births. This trend is partly driven by declining fertility rates and an aging population.² It is important to note that IRS migration data reflect only a portion of overall population movement because they are based on tax filers and do not capture all demographic groups. Viewed in this broader context, migration plays an increasingly important role in sustaining the region's population. Historically, both domestic in-migration and international immigration have helped offset natural population decline. Recent data indicate a decline in international migration, which may increase the importance of other sources of population growth in the future.³

²<https://www.cdc.gov/nchs/state-stats/births/fertility-rate.html>

³<https://www.census.gov/library/stories/2026/03/net-international-migration.html>

EXECUTIVE SUMMARY

- New York State experienced a net domestic migration loss of approximately 157,970 people, which equates to nearly \$9.89 billion dollars lost in AGI during 2022-23.
- Population losses in New York mirror broader national migration trends away from higher-cost states and toward lower-cost, faster-growing states.
- The Inner Capital Region recorded a modest net loss of 556 residents and ranked third among New York regions in net migration performance.
- Interstate migration remained the primary source of population decline in the Inner Capital Region, particularly net losses to Florida, North Carolina, South Carolina, and Texas.
- Positive intrastate migration to the Inner Capital Region partially offset these interstate losses, with strong inflows from regions like New York City and Mid-Hudson.
- Pandemic-era migration patterns contributed to increased movement from downstate areas to upstate regions, particularly during 2020-21.
- Most of the outflow from the Inner Capital Region was to western New York, particularly the Mohawk Valley.
- Western Connecticut Planning Region, CT (+54), Berkshire County, MA (+48), Chittenden County, VT (+45), Los Angeles County, CA (+44), and Middlesex County, NJ (+12) were the top five net inflows to the Inner Capital Region in 2022-23.
- Mecklenburg County, NC (-128), Middlesex County, MA (-118), Suffolk County, MA (-113), Hillsborough County, FL (-81), Maricopa County, AZ (-75) were the locations where the Inner Capital Region experienced the greatest net losses in 2022-23.
- Saratoga County continued to lead regional growth, attracting the most intrastate migrants not only in 2022-23 but historically as well.
- Schenectady County experienced the most growth from New York City migrants than any other county in the Inner Capital Region in 2022-23.
- For the first time the Inner Capital Region also experienced natural decline, meaning the number of deaths were more than births, making future migration both domestic and international increasingly important for sustaining population and workforce levels.

INNER CAPITAL REGION

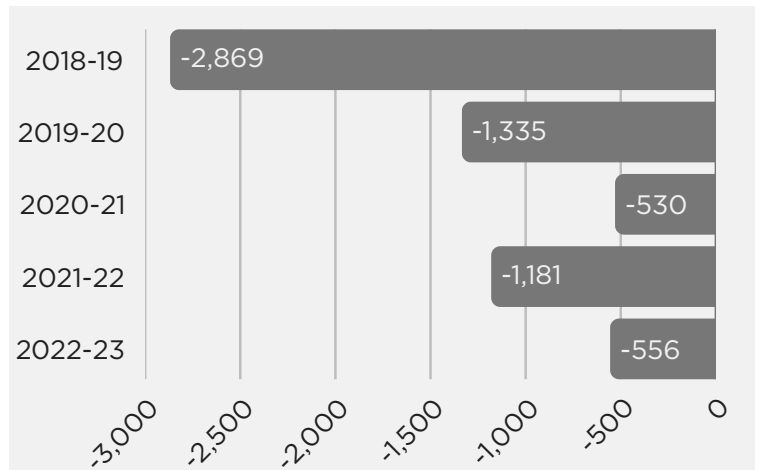
From 2018-19 through 2022-23, the Inner Capital Region experienced persistent net out-migration, although the composition of these flows is essential to understanding the underlying dynamics. While total net migration remained negative from 2018-19 to 2022-23, it is the interaction between interstate and intrastate flows that shapes the region's overall trend.

Interstate migration was the dominant source of population loss. Each year, more residents left the Inner Capital Region for other states than moved in from other states, resulting in consistent net outflows which gradually improved from -5,837 in 2018-19 to -3,794 in 2022-23. Despite the decrease in net migration to other states, interstate migration remained the primary driver of overall population decline.

At the same time, the Inner Capital Region consistently recorded positive net intrastate migration from within New York State. In-state migration offset a meaningful portion of interstate losses, peaking at 4,162 net migrants in 2020-21 before easing in subsequent years. This temporary increase likely reflects pandemic-era relocation patterns, including large movement from downstate urban areas to upstate regions.

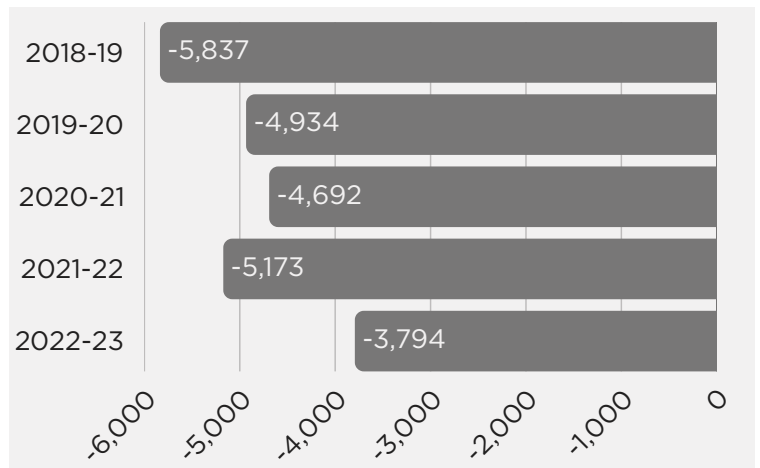
Taken together, these patterns show that while the Inner Capital Region continues to lose population overall due to sustained interstate out-migration, intrastate inflows offset these losses and moderate the region's overall rate of population decline resulting from domestic migration.

NET MIGRATION



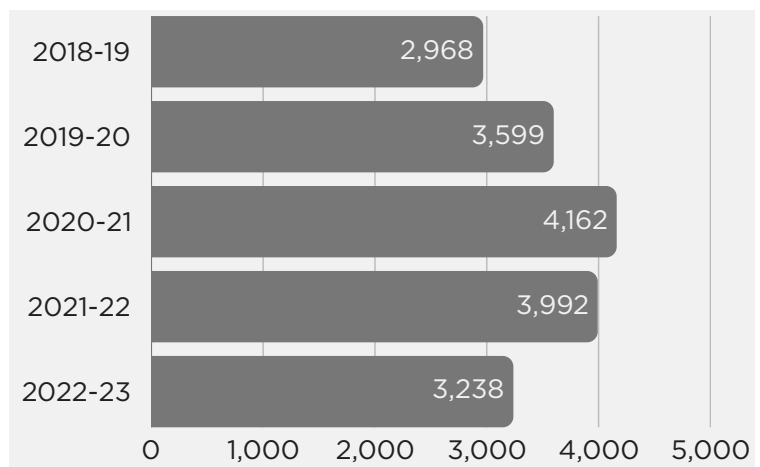
SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

NET MIGRATION: OUT OF STATE



SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

NET MIGRATION: IN STATE



SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

INNER CAPITAL REGION

NET MIGRATION: NYS FLOWS BY REGION

Region	2018-19	2019-20	2020-21	2021-22	2022-23
Central New York	-46	108	41	117	62
Finger Lakes	-9	-5	73	3	-10
Outer Capital Region	621	615	374	648	442
Long Island	456	430	633	671	630
Mid-Hudson	776	823	953	1,141	931
Mohawk Valley	435	-360	-404	-166	-208
New York City	916	2,083	2,611	1,596	1,504
North Country	127	40	93	132	143
Southern Tier	44	36	48	102	90
Western New York	-26	-1	-73	2	35
Other Flows	-331	-167	-189	-248	-381

SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

Migration patterns between the Inner Capital Region and other regions of New York State show a clear concentration of gains originating primarily from New York City and the Mid-Hudson region. New York City was the largest and most consistent source of net inflows to the Inner Capital Region, peaking at 2,611 net migrants in 2020–21 during the height of the pandemic. This surge likely reflected pandemic-era relocation trends, as remote work reduced the need for many households to remain near physical workplaces. Although inflows from New York City declined after 2020–21, it remained the Inner Capital Region’s largest source of in-state net migration in the following years.

The Mid-Hudson region also contributed substantial and steady gains throughout the period, with annual net inflows exceeding 700 migrants in every year observed. These sustained gains suggest an ongoing northward movement of residents from the broader New York City metropolitan area toward upstate regions. In contrast, Mohawk Valley experienced consistent net gains from the Inner Capital Region peaking during the pandemic but continuing to attract Inner Capital Region residents westward in recent years.

INNER CAPITAL REGION

OUT OF STATE MIGRATION: STATE LEVEL


Florida remained the largest destination for residents leaving the Inner Capital Region for another state, with 1,066 individuals moving to the state in the most recent year, a loss of \$78.4 million AGI. After accounting for migration from Florida to the Inner Capital Region, this resulted in a net loss of 845 residents. However, net losses to Florida have declined over the past two years after peaking during the pandemic at a net loss of 1,552 residents, likely reflecting normalized post-pandemic migration patterns and rising housing and insurance costs associated with recent natural disasters.

Other states generating the largest net losses for the Inner Capital Region were North Carolina (-309), Texas (-289), and South Carolina (-244). Recent U.S. Census population estimates further show that many of the nation's fastest-growing counties were located along the southeastern coast in Florida, Georgia, South Carolina, North Carolina, and Virginia, reinforcing the continued demographic and economic pull of these destinations both regionally and across the United States.⁴

By contrast, migration patterns between the Inner Capital Region and nearby Northeastern states were generally smaller and more balanced, with the region recording net gains from states such as New Jersey, Vermont and, in some years, Connecticut. Overall, the data suggest that population losses in the Inner Capital Region were driven primarily by sustained outmigration to southern and other fast-growing states rather than to neighboring Northeastern states.


TOP 5 INTERSTATE MIGRATION FLOWS 2022-23

INFLOW



From State	Number of Individuals
Massachusetts	466
California	224
Florida	221
New Jersey	192
Vermont	160

OUTFLOW



To State	Number of Individuals
Florida	1,066
Massachusetts	657
North Carolina	362
Texas	289
California	251

SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

INNER CAPITAL REGION

OUT OF STATE MIGRATION: COUNTY LEVEL

In 2022–23, the Inner Capital Region’s largest outflows were primarily to the Northeast and Southeast, including Middlesex County, Massachusetts (300), followed by Horry County, South Carolina (204) and Suffolk County, Massachusetts (186). Additional major outflow destinations included Wake County and Mecklenburg County, North Carolina (both 181). Inflows also came from a broad set of regions, with the strongest sources including Middlesex County and Berkshire County in Massachusetts, as well as Los Angeles County, Maricopa County (Arizona), and Palm Beach County (Florida). It is important to note that inflow does not necessarily translate into net gains; of the counties listed in the top 5 inflows, only Berkshire County and Los Angeles County resulted in net positive migration balances with the Inner Capital Region, while counties such as Maricopa County and Palm Beach County still showed overall net losses.

Several of the strongest migration links are with the Boston metropolitan area, which shares similar industry composition, particularly in advanced manufacturing and technology-related sectors. For example, both regions participate in semiconductor-related employment clusters, alongside peer metros such as Phoenix and Raleigh, which may contribute to labor mobility between these markets.⁵

TOP 5 INTERSTATE MIGRATION FLOWS BY COUNTY 2022-23

INFLOW

OUTFLOW

From County	Number of Individuals	To County	Number of Individuals
MA - Middlesex County (Boston)	182	MA - Middlesex County (Boston)	300
MA - Berkshire County	160	SC - Horry County (Myrtle Beach)	204
CA - Los Angeles County	151	MA - Suffolk County (Boston)	186
AZ - Maricopa County (Phoenix)	99	NC - Wake County (Raleigh)	181
FL - Palm Beach County	94	NC - Mecklenburg County (Charlotte)	181

SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

⁵<https://www.ceg.org/articles/global-site-selector-ids-capital-regions-most-competitive-industry-clusters-for-ceg/>

INNER CAPITAL REGION COUNTIES

Intrastate migration patterns across Inner Capital Region counties in 2022-23 reveal notable differences in both the scale and sources of population change. New York City remained the largest source of in-state migrants, with the strongest net inflows occurring in Schenectady County (+679) and Albany County (+589), suggesting that these counties served as primary destinations for downstate movers. The Mid-Hudson region also emerged as a consistent source of migrants across all counties, with particularly strong inflows into Albany (+358) and Saratoga (+245), reinforcing broader northward migration trends within New York State.

Saratoga County recorded the strongest migration exchanges with neighboring Inner Capital Region counties (+969), while Albany County experienced the largest net losses to other counties within the region (-817). Despite these regional outflows, Albany County still posted substantial gains from downstate areas, especially the Mid-Hudson region and New York City. Schenectady County stood out for its particularly strong concentration of migrants arriving from New York City, whereas Rensselaer County experienced more modest and variable migration patterns overall, with its largest net gains coming from the Outer Capital Region (+197).

NET MIGRATION FOR 2022-23: NYS FLOW TO INNER CAPITAL REGION COUNTIES

Region	Albany	Rensselaer	Saratoga	Schenectady
Inner Capital Region	-817	-188	969	36
Central New York	27	-2	33	4
Finger Lakes	-2	-9	-4	5
Outer Capital Region	183	197	-23	85
Long Island	184	106	199	141
Mid-Hudson	358	173	245	155
Mohawk Valley	-27	31	-47	-165
New York City	589	119	117	679
North Country	99		44	
Southern Tier	57		33	
Western New York	-6	35	4	2
Other Flow Same State	-52	-62	-93	-174

SOURCE: INTERNAL REVENUE SERVICE (IRS); FIGURES REFLECT NET MOVEMENT OF PEOPLE YEAR TO YEAR

COUNTY PROFILES

COUNTY PROFILE GUIDE

Page 1: Overall Net Migration

The first page highlights the county's total net migration over the five-year period. The two charts below the net migration further break down migration trends by:

- In-state migration: residents moving between counties within New York State
- Out-of-state migration: residents moving between New York and other states

These charts help distinguish whether population gains or losses were driven primarily by movement within New York or migration from outside the state.

Page 2: Intrastate Migration by New York Region

The second page focuses exclusively on intrastate migration (movement within New York State). This section shows the county's net migration with each region of New York State over the five-year period, helping identify which parts of the state contributed the largest inflows or outflows of residents to the Inner Capital Region.

Page 3: Top Origins and Destinations

The third page highlights both interstate and intercounty migration patterns. This section lists:

- The top states and counties from which residents moved into the county
- The top states and counties to which residents moved out of the county

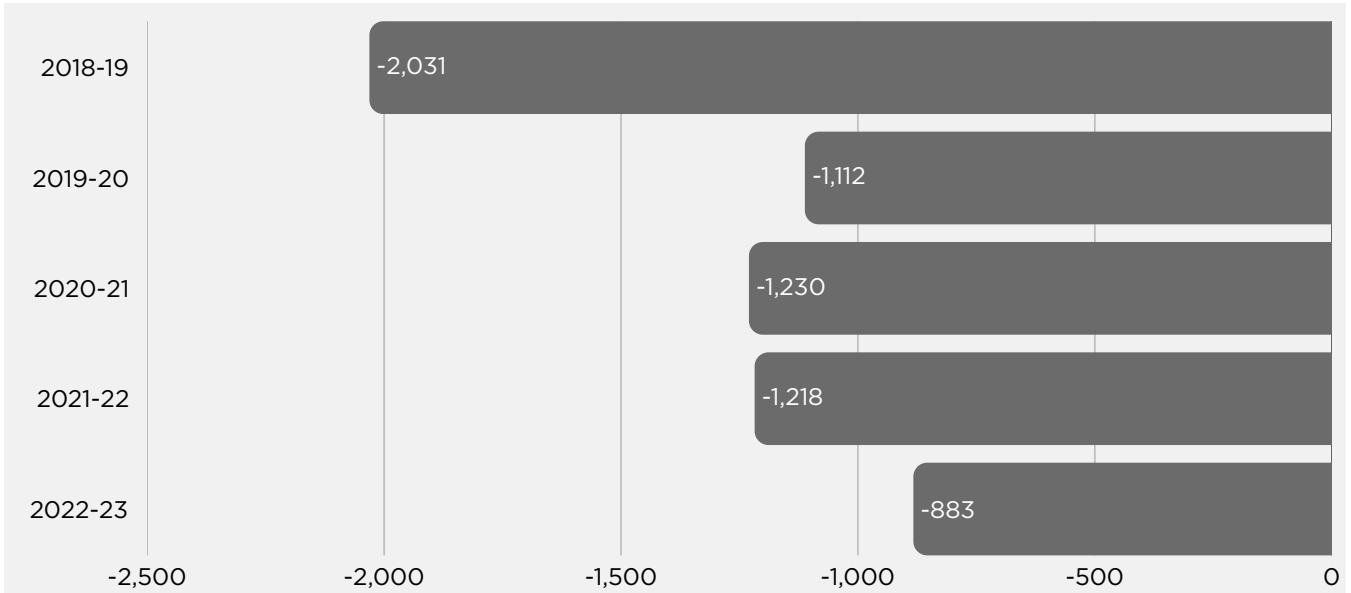
These ranking provide additional detail on the county's strongest migration connections and overall movement patterns for the 2022-2023 IRS data year.

Notes:

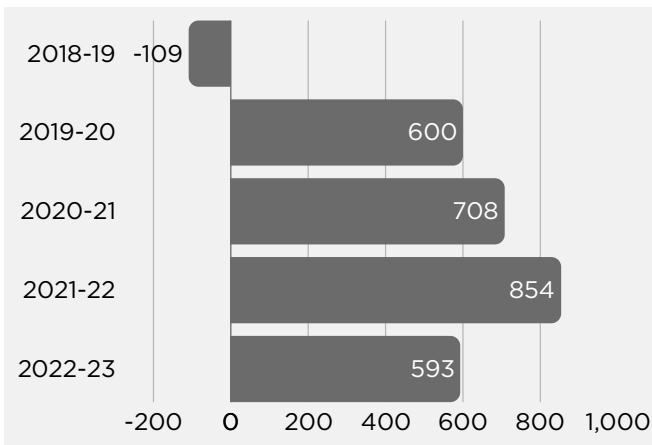
- **Net migration should not be confused with total population gain or loss, which is a function of births, deaths and other factors that are not included in the IRS data.**
- **The IRS is the source of all data in the charts and lists.**
- **The dates noted are for the tax filing years, which represent migration from the previous year. For example, 2022-2023 actually represents movement that happened in 2021 and 2022.**
- **The IRS does not tally origin or destination counties that include fewer than 20 people who moved in a given year.**

ALBANY COUNTY

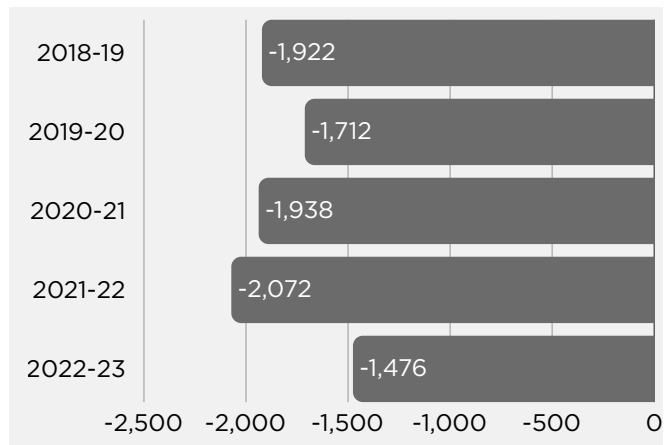
NET MIGRATION



NET MIGRATION: IN STATE



NET MIGRATION: OUT OF STATE



ALBANY COUNTY

NET MIGRATION: NYS FLOWS BY REGION

Region	2018-19	2019-20	2020-21	2021-22	2022-23
Inner Capital Region	-1104	-810	-1082	-1003	-817
Central New York	-26	14	17	14	27
Finger Lakes	12	22	42	20	-2
Outer Capital Region	238	219	195	361	183
Long Island	131	154	146	205	184
Mid-Hudson	231	324	364	423	358
Mohawk Valley	186	-107	-128	-14	-27
New York City	239	810	1151	753	589
North Country	50	-69	37	83	99
Southern Tier	44	4	48	71	57
Western New York	-28	14	8	19	-6
Other Flow Same State	-82	29	-92	-70	-52

ALBANY COUNTY

TOP 5 INTERSTATE MIGRATION FLOWS 2022-23

INFLOW

From State	Number of Individuals
Massachusetts	220
New Jersey	166
Florida	133
California	105
Connecticut	68

OUTFLOW

To State	Number of Individuals
Florida	543
Massachusetts	275
Texas	197
North Carolina	181
California	125

TOP 5 INTERSTATE MIGRATION FLOWS BY COUNTY 2022-23

INFLOW

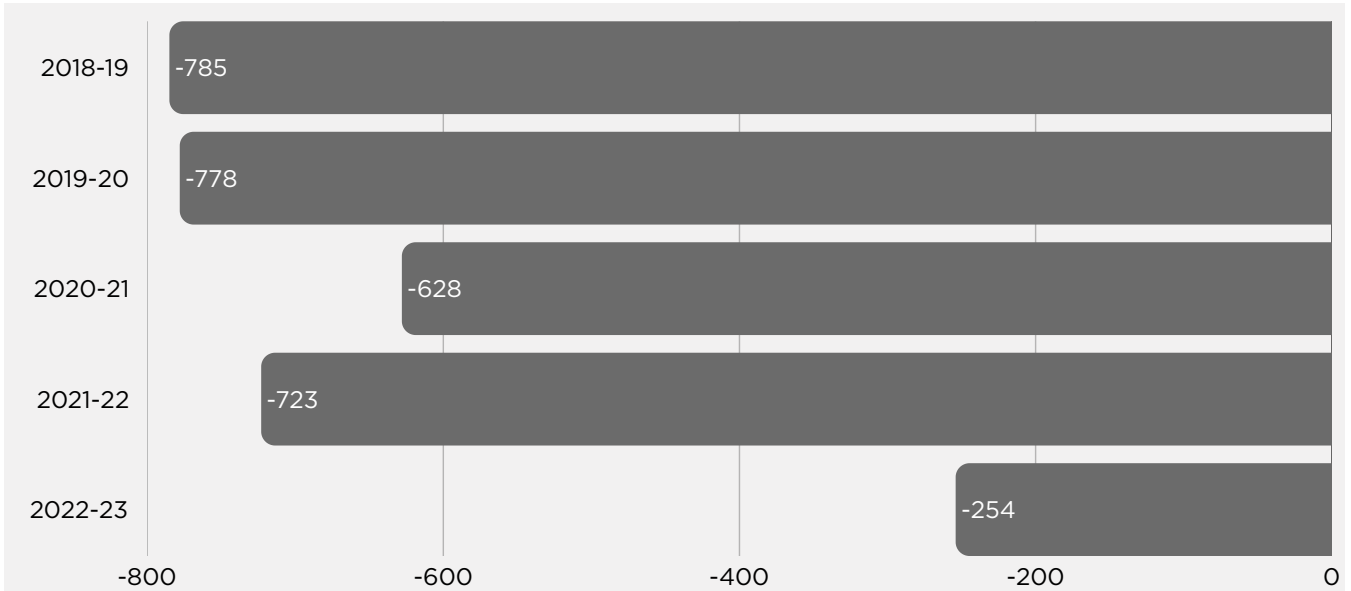
From State	Number of Individuals
MA - Middlesex County	79
CA - Los Angeles County	72
AZ - Maricopa County	57
NJ - Middlesex County	54
NC - Mecklenburg County	53

OUTFLOW

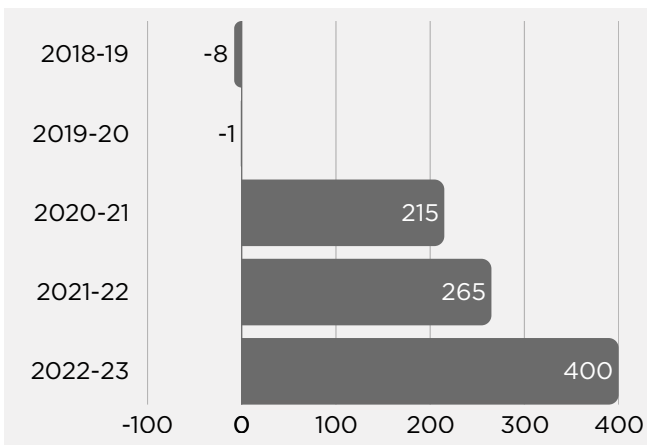
To State	Number of Individuals
MA - Middlesex County	126
NC - Wake County	115
MA - Suffolk County	88
SC - Horry County	72
CA - Los Angeles County	70

RENSSELAER COUNTY

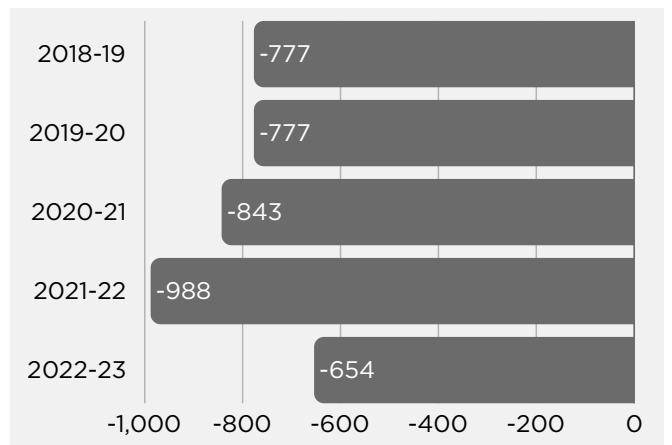
NET MIGRATION



NET MIGRATION: IN STATE



NET MIGRATION: OUT OF STATE



RENSSELAER COUNTY

NET MIGRATION: NYS FLOWS BY REGION

Region	2018-19	2019-20	2020-21	2021-22	2022-23
Inner Capital Region	-443	-377	-351	-162	-188
Central New York	-8	13	19	28	-2
Finger Lakes	3	-3	34	-4	-9
Outer Capital Region	96	121	127	160	197
Long Island	103	21	106	52	106
Mid-Hudson	161	132	177	191	173
Mohawk Valley	10	-110	-102	-46	31
New York City	144	189	306	101	119
Western New York			-31	-24	35
Other Flow Same State	-74	15	-70	-33	-62

RENSSELAER COUNTY

TOP 5 INTERSTATE MIGRATION FLOWS 2022-23

INFLOW

From State	Number of Individuals
Massachusetts	109
Virginia	86
California	23

OUTFLOW

To State	Number of Individuals
Massachusetts	152
Virginia	81
North Carolina	61
South Carolina	42
Florida	37

TOP 5 INTERSTATE MIGRATION FLOWS BY COUNTY 2022-23

INFLOW

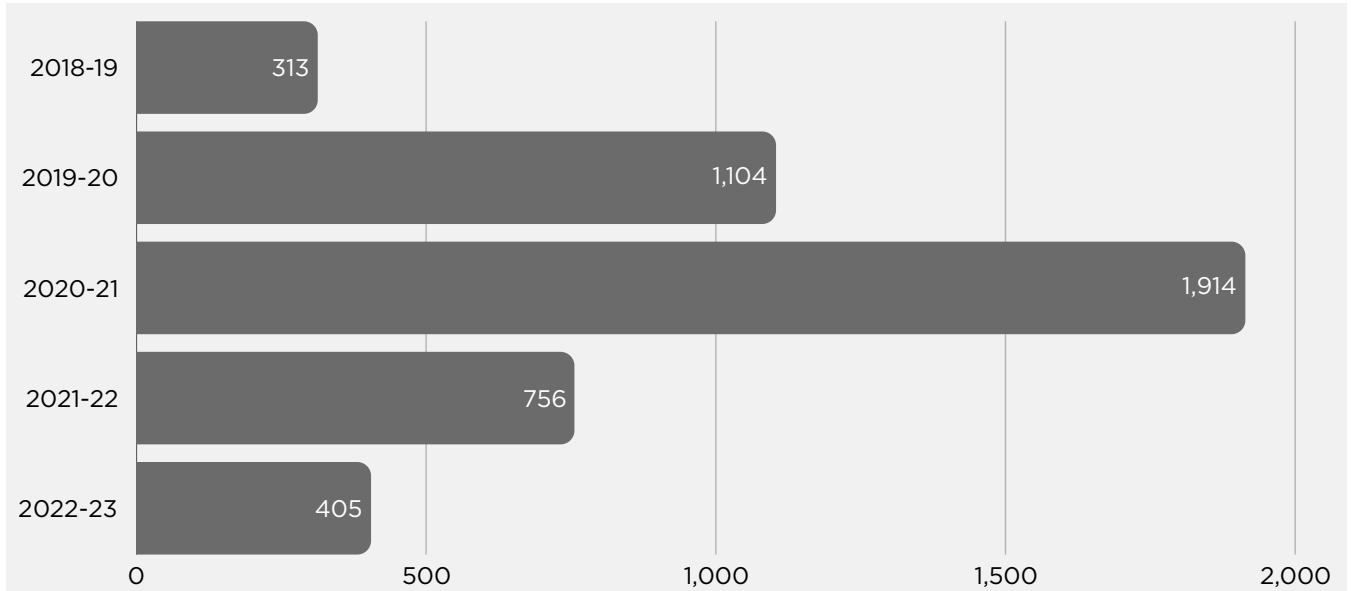
From State	Number of Individuals
VT - Bennington County	86
MA - Berkshire County	81
MA - Middlesex County	28
CA - Los Angeles County	23

OUTFLOW

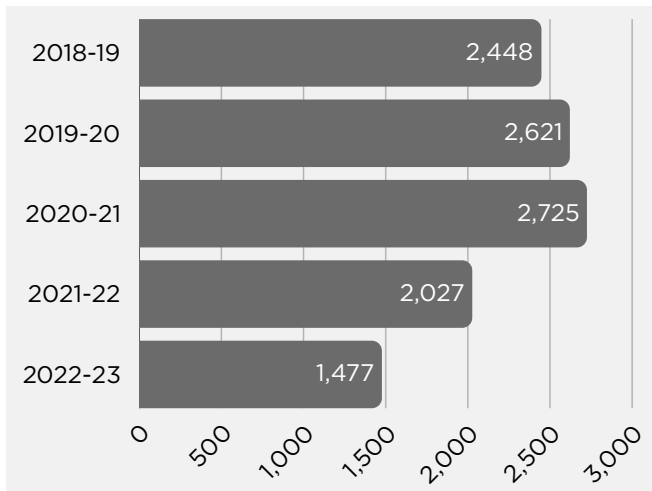
To State	Number of Individuals
MA - Berkshire County	85
VT - Bennington County	81
MA - Middlesex County	67
SC - Horry County	42
FL - Volusia County	37

SARATOGA COUNTY

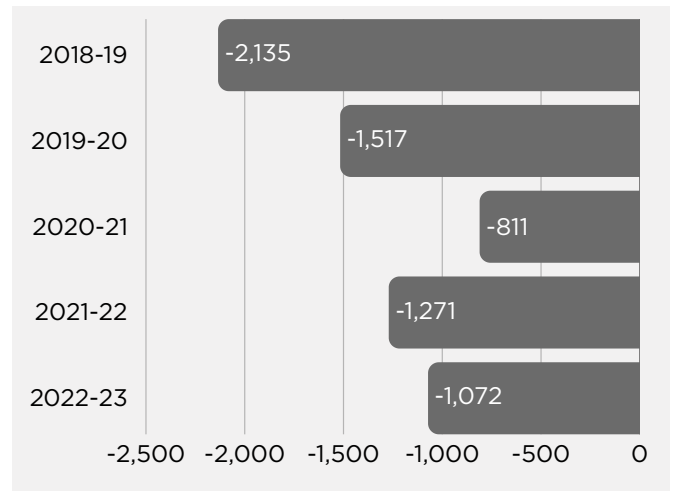
NET MIGRATION



NET MIGRATION: IN STATE



NET MIGRATION: OUT OF STATE



SARATOGA COUNTY

NET MIGRATION: NYS FLOWS BY REGION

Region	2018-19	2019-20	2020-21	2021-22	2022-23
Inner Capital Region	1450	1343	1525	1063	969
Central New York	6	25	16	32	33
Finger Lakes	22	7	-3	27	-4
Outer Capital Region	285	261	121	46	-23
Long Island	116	155	263	277	199
Mid-Hudson	203	214	287	314	245
Mohawk Valley	219	81	40	54	-47
New York City	128	464	451	136	117
North Country	77	109	56	49	44
Southern Tier		32		31	33
Western New York	2	17	-11	7	4
Other Flow Same State	-65	-90	-20	-9	-93

SARATOGA COUNTY

TOP 5 INTERSTATE MIGRATION FLOWS 2022-23

INFLOW

From State	Number of Individuals
Massachusetts	137
California	96
Florida	88
Connecticut	79
Arizona	42

OUTFLOW

To State	Number of Individuals
Florida	401
Massachusetts	181
California	126
South Carolina	95
Texas	92

TOP 5 INTERSTATE MIGRATION FLOWS BY COUNTY 2022-23

INFLOW

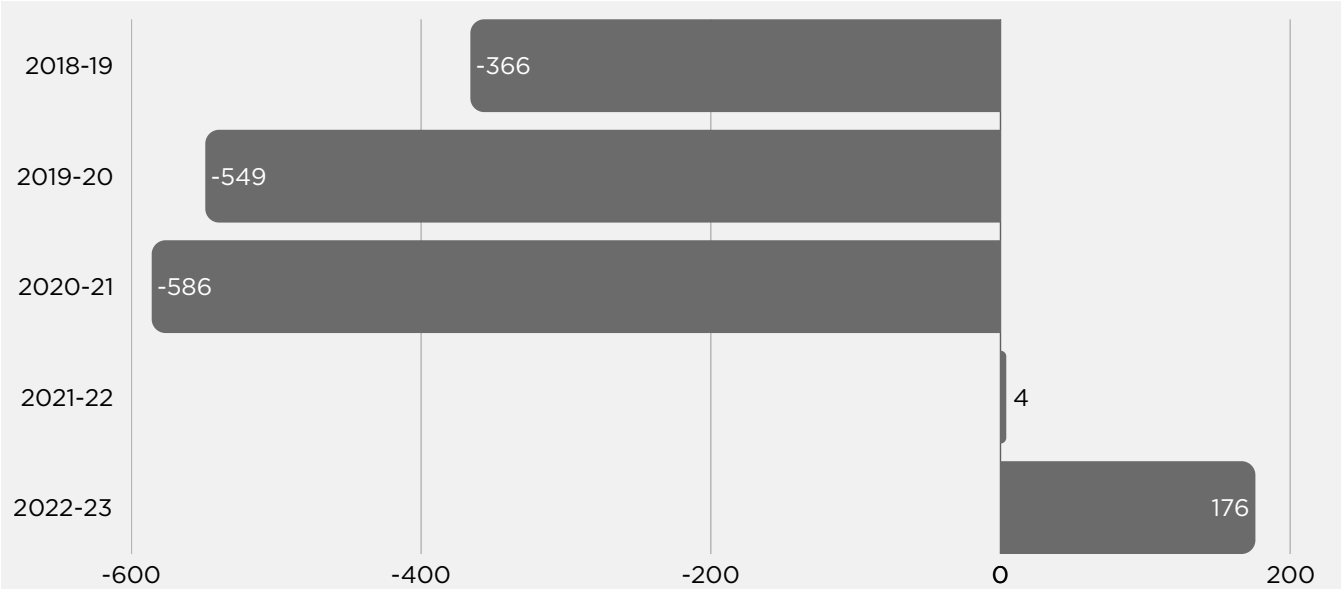
From State	Number of Individuals
MA - Middlesex County	75
CA - Los Angeles County	56
CT - Western Connecticut Planning Region	55
FL - Palm Beach County	51
AZ - Maricopa County	42

OUTFLOW

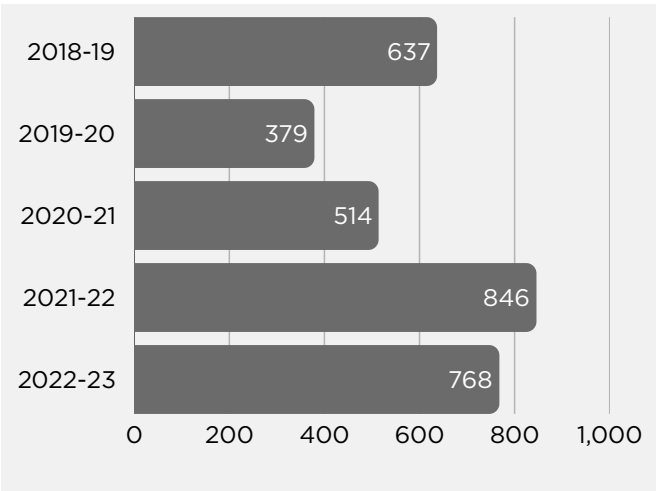
To State	Number of Individuals
MA - Middlesex County	83
AZ - Maricopa County	79
MA - Suffolk County	73
SC - Horry County	55
FL - Sarasota County	55

SCHEENECTADY COUNTY

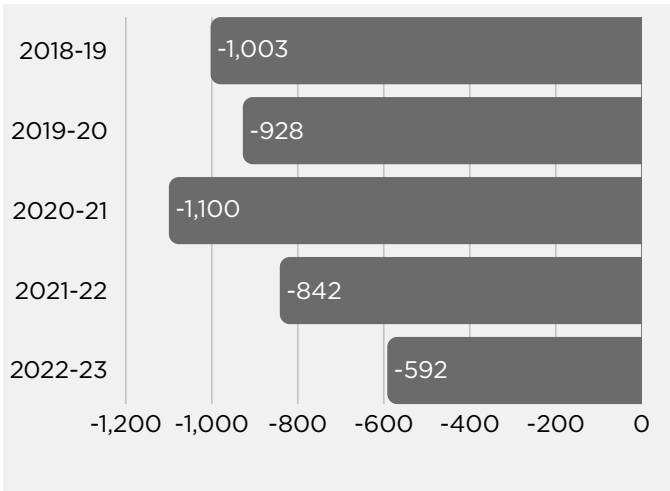
NET MIGRATION



NET MIGRATION: IN STATE



NET MIGRATION: OUT OF STATE



SCHEENECTADY COUNTY

NET MIGRATION: NYS FLOWS BY REGION

Region	2018-19	2019-20	2020-21	2021-22	2022-23
Inner Capital Region	97	-156	-92	102	36
Central New York	-18	56	-11	43	4
Finger Lakes	-46	-31		-40	5
Outer Capital Region	2	14	-69	81	85
Long Island	106	100	118	137	141
Mid-Hudson	181	153	125	213	155
Mohawk Valley	20	-224	-214	-160	-165
New York City	405	620	703	606	679
Western New York		-32	-39		2
Other Flow Same State	-110	-121	-7	-136	-174

SCHENECTADY COUNTY

TOP 5 INTERSTATE MIGRATION FLOWS 2022-23

INFLOW

Schenectady County is shown as having no out-of-state inflow; however, this reflects the reporting threshold rather than an absence of inflow. Out-of-state migration does occur, but no single originating county meets the minimum threshold of 20 migrants.

OUTFLOW

To State	Number of Individuals
Florida	85
Massachusetts	49
North Carolina	43
South Carolina	35
Arizona	29

TOP 5 INTERSTATE MIGRATION FLOWS BY COUNTY 2022-23

INFLOW

Schenectady County is shown as having no out-of-state inflow; however, this reflects the reporting threshold rather than an absence of inflow. Out-of-state migration does occur, but no single originating county meets the minimum threshold of 20 migrants.

OUTFLOW

To State	Number of Individuals
NC - Mecklenburg County	43
SC - Horry County	35
FL - Orange County	34
AZ - Maricopa County	28
FL - Palm Beach County	27

CONCLUSION

The migration patterns identified in this report highlight the complex demographic forces shaping both New York State and the Inner Capital Region. While the Inner Capital Region continues to experience modest overall population decline due to sustained interstate out-migration, the region performs comparatively better than most other areas of the state. Positive intrastate migration, particularly from New York City and the Mid-Hudson region, continues to offset a significant share of losses to southern and other high-growth states. These patterns suggest that the Inner Capital Region remains an attractive destination within New York State.

At the same time, the region faces broader demographic challenges beyond domestic migration alone. Declining birth rates, an aging population, and negative natural population change increase the importance of migration in sustaining long-term population and workforce growth. The findings of this report demonstrate that migration trends are influenced by a combination of economic opportunity, housing affordability, tax structures, labor market conditions, and quality-of-life considerations. As these dynamics continue to evolve, understanding migration patterns will remain critical for regional planning, economic development, housing policy, and workforce retention strategies across the Inner Capital Region.

CAPITAL DISTRICT REGIONAL PLANNING COMMISSION

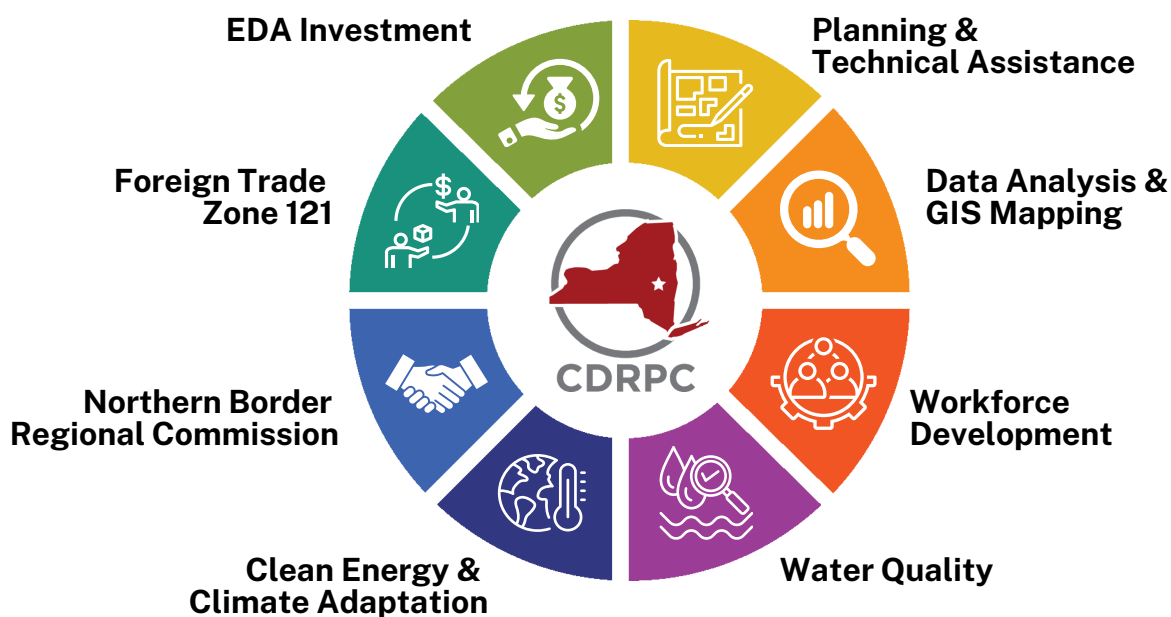
The Capital District Regional Planning Commission (CDRPC) is a regional planning and resource center serving the upstate New York counties of Albany, Rensselaer, Saratoga, and Schenectady. CDRPC objectively analyzes data, trends, opportunities, and challenges relevant to the Region's economic development and planning communities.

CDRPC serves the best interests of both the public and private sectors by promoting intergovernmental cooperation; communicating, collaborating, and facilitating regional initiatives; and sharing information and fostering dialog on solutions to regional problems. Our organization provides added capacity to local municipalities through its regional coordination programs. By partnering with CDRPC, local municipalities can leverage the expertise of a full-time professional planning staff with significant network resources to provide added benefit to the work regularly performed in the Region.

Purpose

CDRPC was established in 1967 as a regional planning board by a cooperative agreement among the counties of Albany, Rensselaer, Saratoga, and Schenectady. Its original purpose was to perform and support comprehensive planning work, including surveys, planning services, technical services, and formulating plans and policies to promote sound and coordinated development of the entire Region.

CDRPC Programs





CAPITAL DISTRICT

**Regional
Planning
Commission**