How Migration Trends are Shaping the Housing Market

Anat Nusinovich

Economist

National Association of REALTORS®



Population Growth



Florida is Not the Fastest-Growing State Anymore Total U.S. population grew by nearly 1% in 2024, fastest growth since 2001



Top 15 Fastest-Growing States:

	2023 2024=		
District of Columbia	1.6%	2.2%	
Florida	2.3%	2.0%	
Texas	2.0%	1.8%	
Utah	1.5%	1.8%	
South Carolina	1.9%	1.7%	
Nevada	1.2%	1.7%	
Idaho	1.4%	1.5%	
North Carolina	1.6%	1.5%	
Delaware	1.5%	1.5%	
Arizona	1.3%	1.5%	
New Jersey	0.9%	1.3%	
Washington	0.8%	1.3%	
Tennessee	1.2%	1.1%	
Georgia	1.2%	1.1%	
Massachusetts	0.6%	1.0%	





The South Gained Nearly 1.8 Million People in 2024 But major metro areas experienced slower population growth

Top 10 Fastest-Growing Metro Areas:



Source: U.S. Census Bureau, NAR Calculations



Domestic Migration



Domestic Migration Shifting Towards the West, Midwest Noteworthy changes compared to 2023 in UT, VA, WA, and IA

Top 10 States with the Highest Domestic Migration Changes:

Utah	553.1%
Virginia	154.8%
Washington	115.4%
Nevada	106.2%
lowa	93.7%
Rhode Island	90.7%
District of Columbia	86.9%
Oregon	85.5%
Minnesota	78.2%
Michigan	56.1%



Popular Areas Still Draw Most Americans Despite Decline Areas in TX, NC, saw the strongest domestic migration moves



Source: U.S. Census Bureau, NAR Calculations



How Will the Trends Change?



The South Remains the Fastest-Growing and Fastest-Gaining Region

Due to strong labor markets and decreasing mortgage rates

	Change in Employment	Change in Home-Purchase Loan Originations	Change in Mortgage Rate	Average Mortgage Rate
Dallas-Fort Worth-Arlington, TX	1.2%	0.0%	-0.5%	6.4%
Ocala, FL	4.1%	0.6%	-1.6%	6.2%
Phoenix-Mesa-Chandler, AZ	1.6%	0.3%	-2.2%	6.3%



All Eyes on the Midwest

Continuous job growth and rising demand for home-purchase loans

	Change in Employment	Change in Home-Purchase Loan Originations	Change in Mortgage Rate	Average Mortgage Rate
Des Moines-West Des Moines, IA	2.9%	2.5%	-1.0%	6.6%
Indianapolis-Carmel-Greenwood, IN	1.4%	4.8%	-1.4%	6.6%
Omaha, NE-IA	1.5%	3.2%	-1.6%	6.4%



Thank you!

