special issue

brief

SPRING 2023

MIGRATION TRENDS OF OLDER ADULTS

By: Francesco "Frank" Rockwood

asha
American Seniors Housing ASSOCIATION

Rockwood Pacific

TABLE OF CONTENTS

Click link below to go direct to page.

> Click here to return to Table of Contents.

MIGRATION TRENDS OF OLDER ADULTS

By: Francesco "Frank" Rockwood

Introduction

What are the general patterns in domestic migration, particularly for older adults? Which places have been and are expected to continue to benefit from the migration of older adults?

This Brief primarily utilizes data from American Community Survey (ACS) and open-source data extraction and analytic tools to explore these questions.[1]

Overview and Highlights

Practically all moves into senior living communities would fall into the category of domestic migration, that is, a move to and from a different, state, county, city or even neighborhood. Older adults are less likely to move, which is consistent with the relatively small portion of seniors who make a move, as in migrate from their traditional home to a new home and a new place.[2] Longer moves, as in across state lines, are rarer than local moves.

However, while year to year migration may be modest, over years and decades, the impact of domestic migration is a major driver of which places thrive.

Here are the highlights of this Brief, each of which are explored in greater detail herein:

- Migration rates are trending down but may be stabilizing.
- Older adults migrate less than working age adults.
- Migration rates vary widely across the US.
- Popular places attract people of all ages; conversely, places that are unattractive are unattractive to people of all ages. Except for older seniors (aged 85+), variations in this correlation are minor but nonetheless revealing.
- Migration patterns for older seniors (aged 85+) differ from those of younger seniors and from the general population.
- The impact of the pandemic is not yet clear.

[1] This Brief primarily relies on American Community Survey (ACS) data accessed via tidycensus(), an open-source R package authored by Kyle Walker, Matt Herman and Kris Eberwein. For an excellent guide to utilizing this tool, I highly recommend Walker's new book specifically focused on this R package (Walker 2023). Also, in a Journal of Economic Perspectives article, Raven Molloy et. al. provides a good overview of applicable data sources and applicable literature on domestic migration (Molloy 2011).

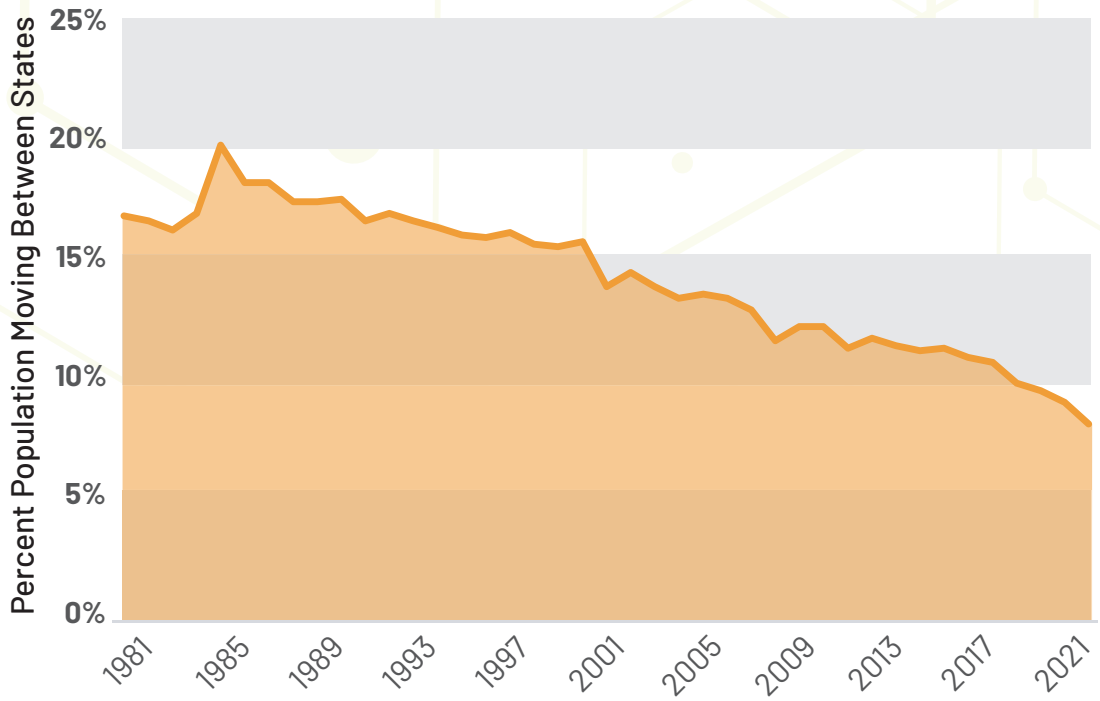
[2] The US Census makes a minor distinction between mobility and migration. According to their definition, migration typically refers to moves that cross a boundary of a city, county or state and rates will change depending on the geographic level considered. Alternatively, mobility can refer to any move. Herein for simplicity, this Brief does not use the term mobility except in footnotes. Furthermore, migration figures referenced in this Brief generally exclude moves to and from other countries.

> Click here to return to Table of Contents.

Migration Rates Are Trending Down

Employment and income are powerful drivers of domestic migration. Workers move to where jobs are plentiful and salaries are high. In some years, tech-driven economies may experience an influx of workers like the San Francisco Bay Area did during the dot.com boom. Another sector, such as energy, may offer the best employment opportunities in other years, benefiting places like Houston. Pundits have been predicting a major reduction in the need for job related moves as the economy continues to transition to a service and information economy and tele-communication technologies continue to improve. Great disparities in the cost to rent an office or buy a home in, say Palo Alto, versus most other places undermine the case for a "death of place" and a "flatter world".[3] However, the long, downward slide in migration (see Figure 1) and the recent pandemic-induced surge in remote work does support the hypothesis that job related moves have and will continue to become less of a motivating force.

Figure 1: Migration Rates by Year

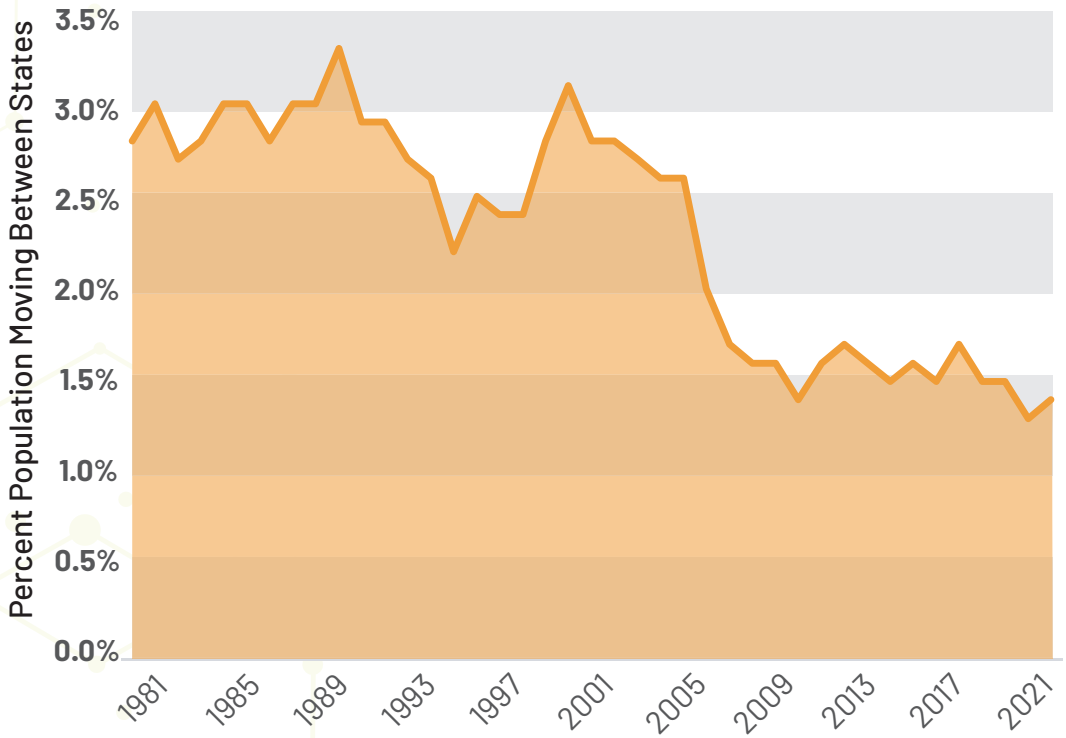


Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement 1948-2021 (CPS ASEC). Mobility Rates by Year. Mid-year data thru 2020-2021. [hst_a_1].

[3] See Friedman (2005) for a detailed and comprehensive case for the diminishing role of place.

Unlike all moves, interstate moves have stabilized over the past decade, albeit at a low rate. Perhaps the rate of longer distance moves is hitting a floor (Figure 2).

Figure 2: Migration Across State Lines

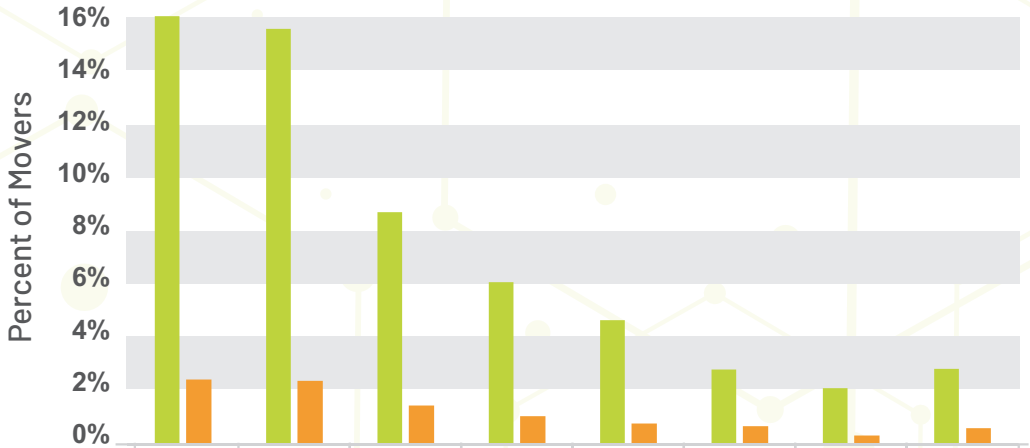


Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement 1948-2021 (CPS ASEC). Mobility Rates by Year. Mid-year data thru 2020-2021. [hst_a_1].

Older Adults Move Less than Younger Adults

Adults move most in their early working years to seek jobs and secure housing to accommodate family formation (see Figure 3). However, note the bump in moves after age 85 (hereafter, referred to as older seniors).

Figure 3: Migration Rates by Age



Years of Age	18 to 24	25 to 34	35 to 44	45 to 54	55 to 64	65 to 74	75 to 84	85+
All Moves	16.1%	15.6%	8.7%	6.1%	4.7%	2.8%	2.1%	2.8%
Different State	2.4%	2.4%	1.5%	1.1%	0.8%	0.7%	0.3%	0.6%

Source: U.S. Census Bureau, Current Population Survey, 2021 Annual Social and Economic Supplement (CPS ASEC). Mobility Rates y Age [mig_01_2021].

Also, note the absence of any bump in rate related to the empty nester years. The active adult opportunity is promising not because there is a jump in the propensity to move after the kids move out and one has become untethered from employment, but rather because of the sheer number of people aging into this phase of life. Even a steady and low migration rate applied to a big and growing population translates into a promising opportunity.

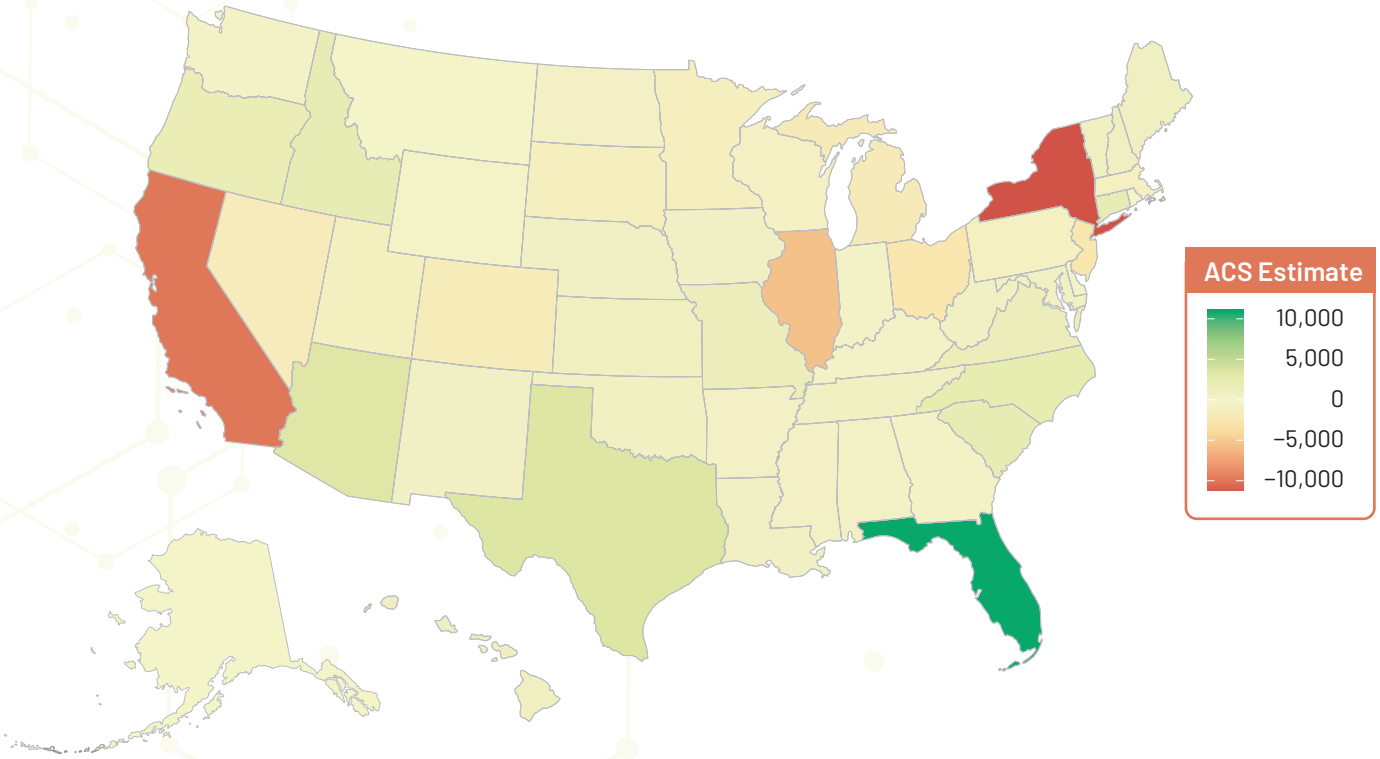
Migration Rates Vary Widely Across the US

Older adults are moving away from New York, California and Illinois to Florida, Texas and the Carolinas.

The migration patterns for older adults as reflected in Figure 4 have persisted for many years.

Figure 4: 2021 Net Migration of Persons 75+

2021 1-year ACS Estimates

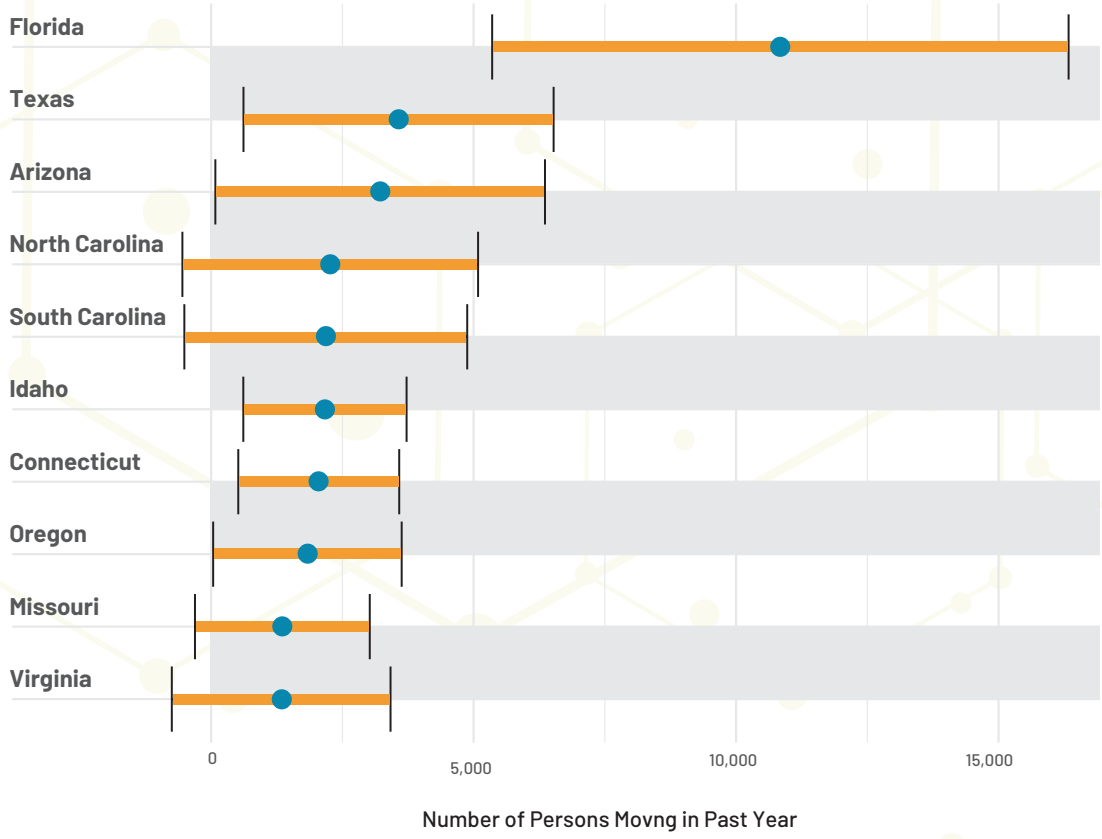


Source: ACS Data Tables via tidycensus R package

> *Click here to return to Table of Contents.*

Florida is a genuine standout. In terms of net number of senior movers, no state is in the same league (see Figure 5).[4] The rest of the top destinations have similar levels in net migration rates for seniors aged 75+. Since the Great Recession, Florida has consistently experienced impressive positive net migration rates for all age groups and has been particularly attractive to seniors aged 75+.

Figure 5: 2021 Migration of Persons 75+ Between States with 90% Margin of Error intervals

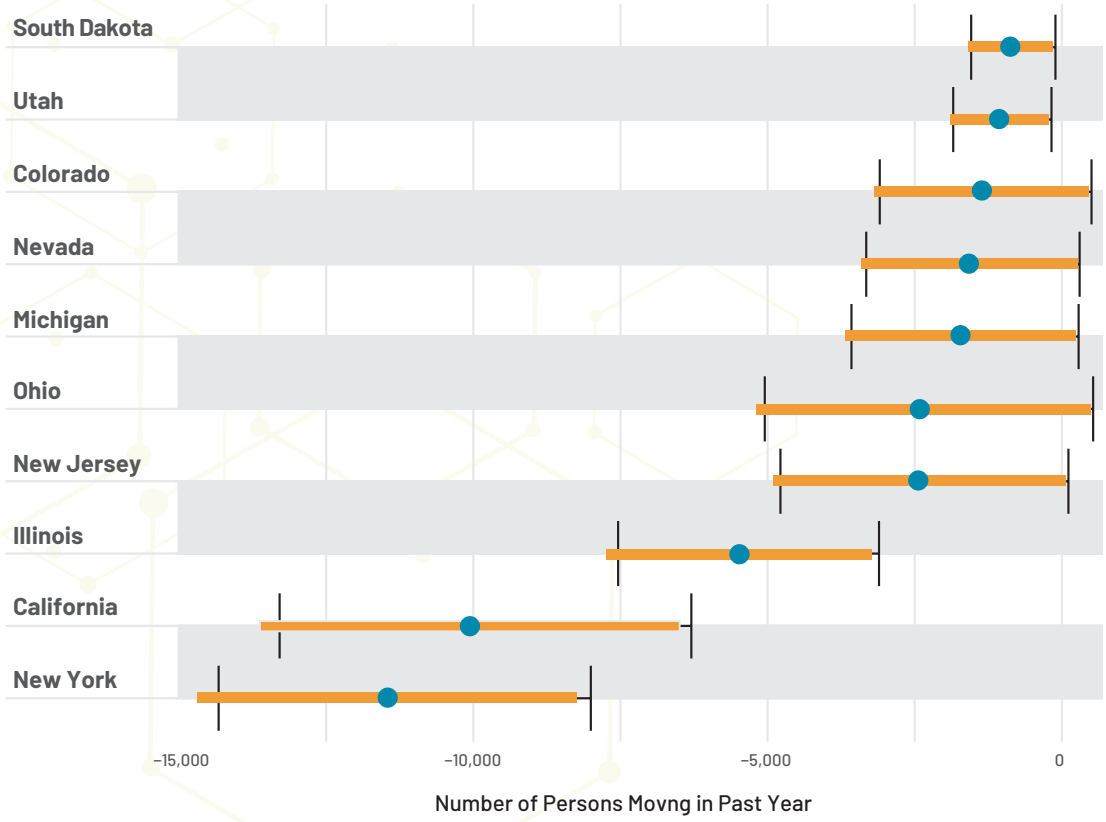


Source: ACS Data Tables via tidycensus R package

[5] The 90% margin of error (MOE) range for Florida only overlaps with Texas and Arizona, barely, while the MOE range for Texas overlaps with many states.

Conversely, California and the New York are at the other end of this spectrum (see Figure 6). California and New York have been net exporters of people for decades in part because of their high cost of living. However, California has become an exporter of seniors more recently, perhaps in part due to the role Proposition 13 has played in shielding long-time California residents from high property taxes.[5]

Figure 6: 2021 Migration of Persons 75+ Between States with 90% Margin of Error intervals



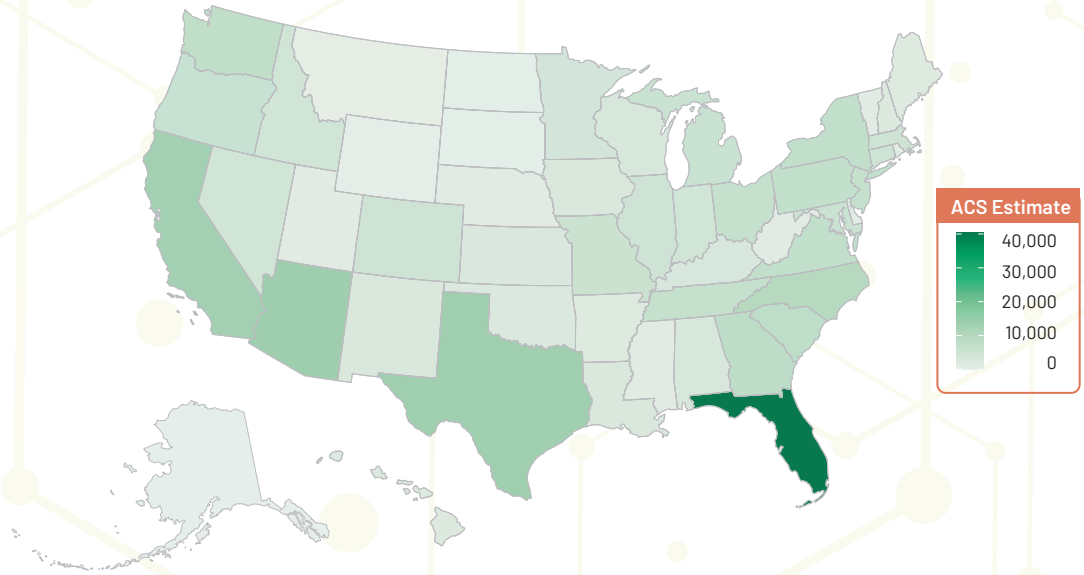
Source: ACS Data Tables via tidycensus R package

[5] For the general population, prior to the pandemic, in-bound international movers off-set domestic out-bound movers. Going farther back, the dot-com boom resulted in a period of positive domestic migration rates for California followed by a period of reduced mobility during the Great Recession (Frey 2019). Incidentally, families moving out of California are generally poorer and less educated than the families that remain (Lin 2019).

> Click here to return to Table of Contents.

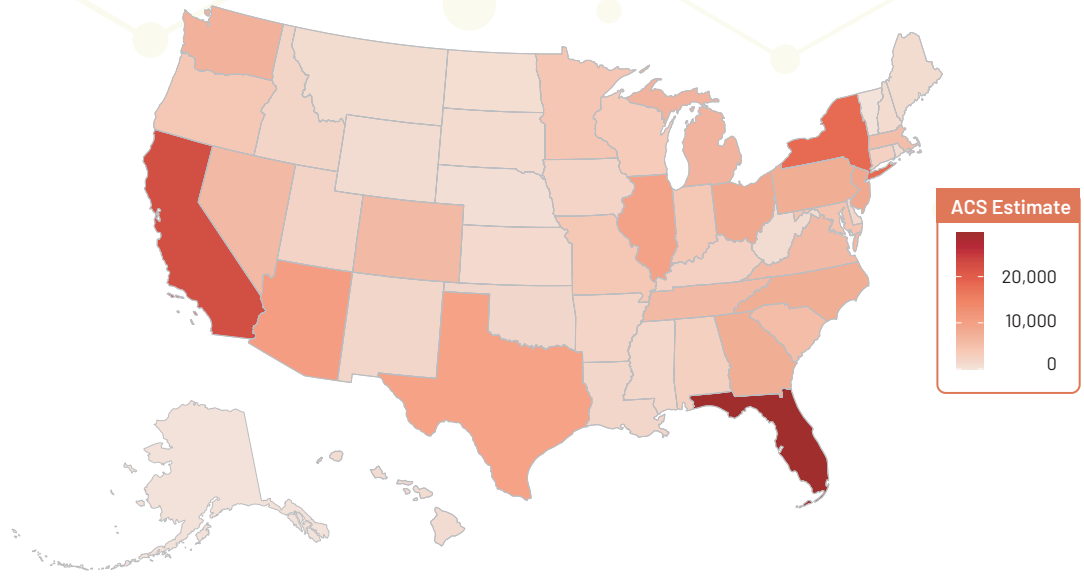
Net migration rates can mask their underlying components. Florida had more seniors *leave* the state than any other state. Conversely, California has the second highest number of seniors *moving in* than any other state (see Figure 7 and Figure 8; see Appendix A for migration statistics by state).

Figure 7: 2021 75+ Seniors Moving IN FROM a Different State



Source: ACS Data Tables via tidycensus R package

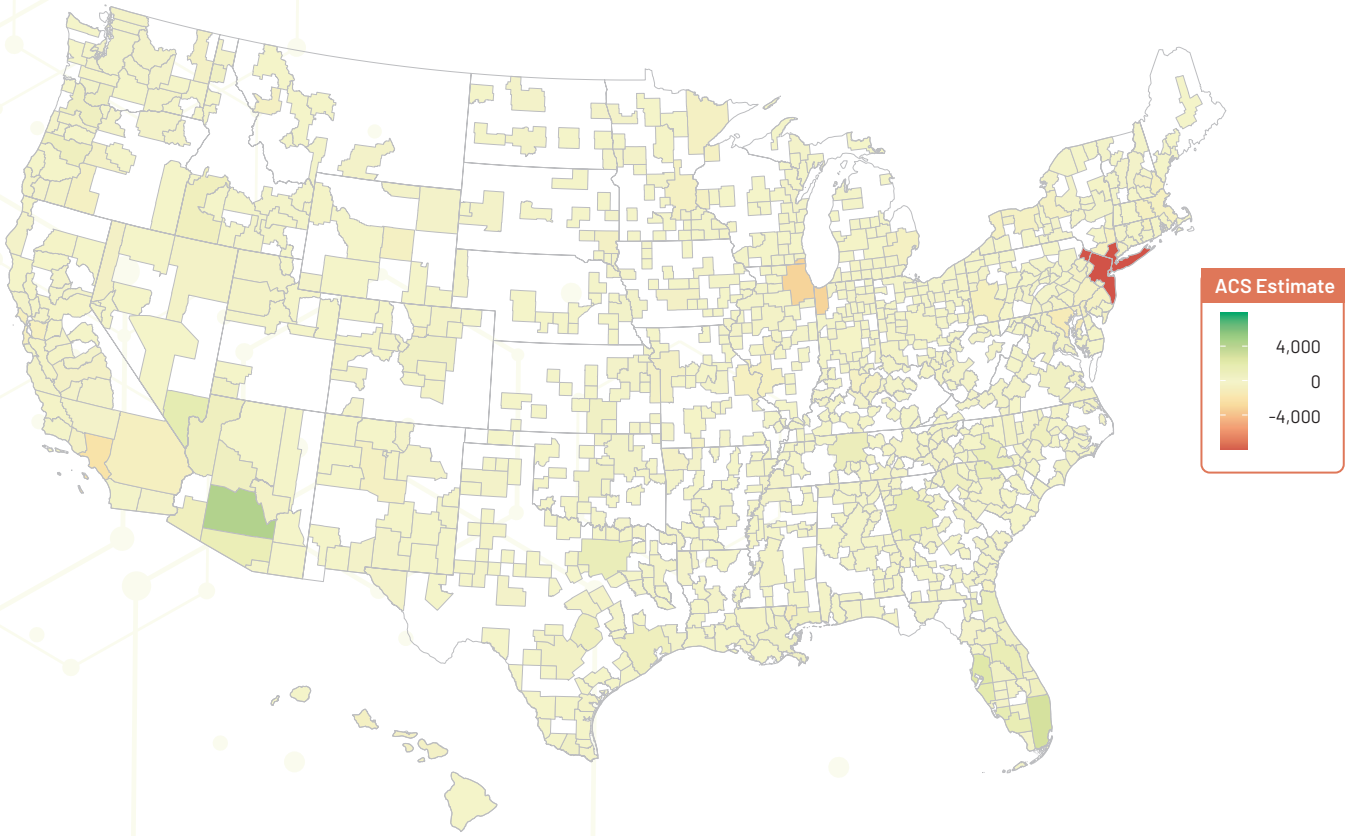
Figure 8: 2021 75+ Seniors Moving OUT TO a Different State



Source: ACS Data Tables via tidycensus R package

Viewed from a metro perspective, the net number of seniors moving out of the New York-Newark-Jersey City metro dwarfs migration numbers of all other metros.[6]

Figure 9: Net Migration of Persons 75+ Moving to a Different Metro | Annual Average 2016-2020

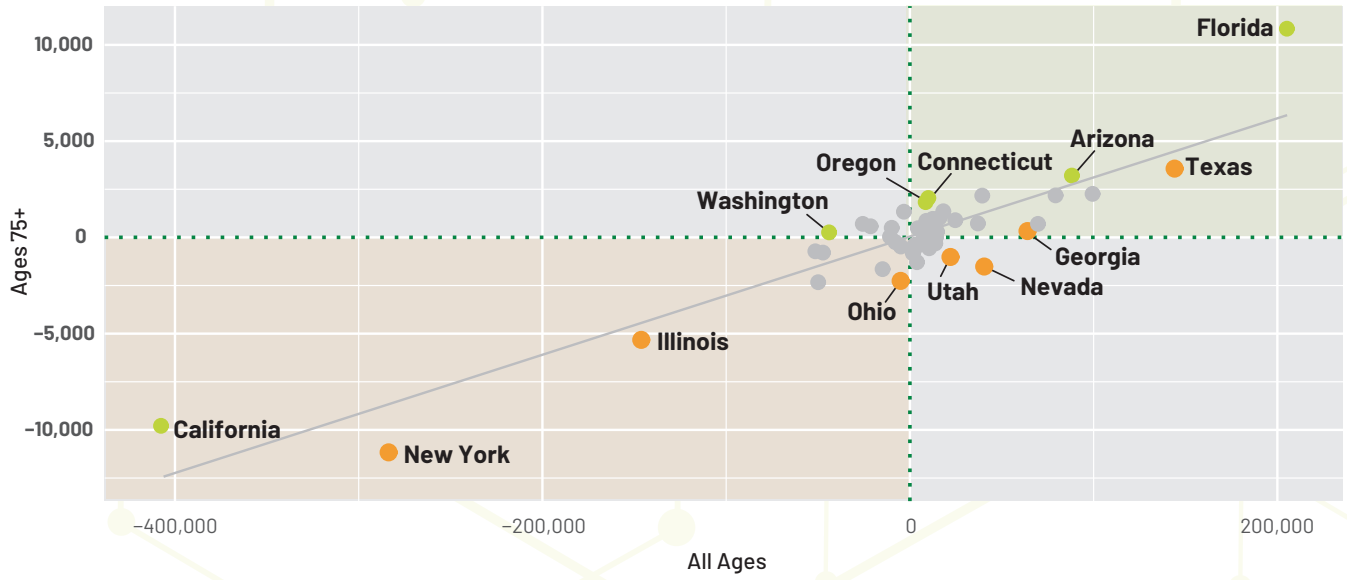


6 In large part due to the primary data set utilized in this Brief, namely the American Community Survey, figures for metropolitan areas correspond to the applicable core based statistical areas ("CBSA"). All references to "metros" in this Brief in fact correspond to applicable CBSAs. CBSA are defined by the United States Office of Management and Budget (OMB). Due to data reliability, for metros it is necessary to utilize 5-year averages rather than single year averages. Specifically, metro data in the report corresponds to the 5-year average from 2016 to 2020. For metros, single year data resulted in 90% margin of error figures that were unacceptably wide.

Popular Places Attract People of All Ages; Unpopular Places Are Unpopular to All

Migration magnets are popular destinations for all ages; conversely, places that are unpopular to seniors are unpopular to people of all ages.

Figure 10: 2021 Net Migration Between States | Seniors Aged 75+ versus the General Population | All States

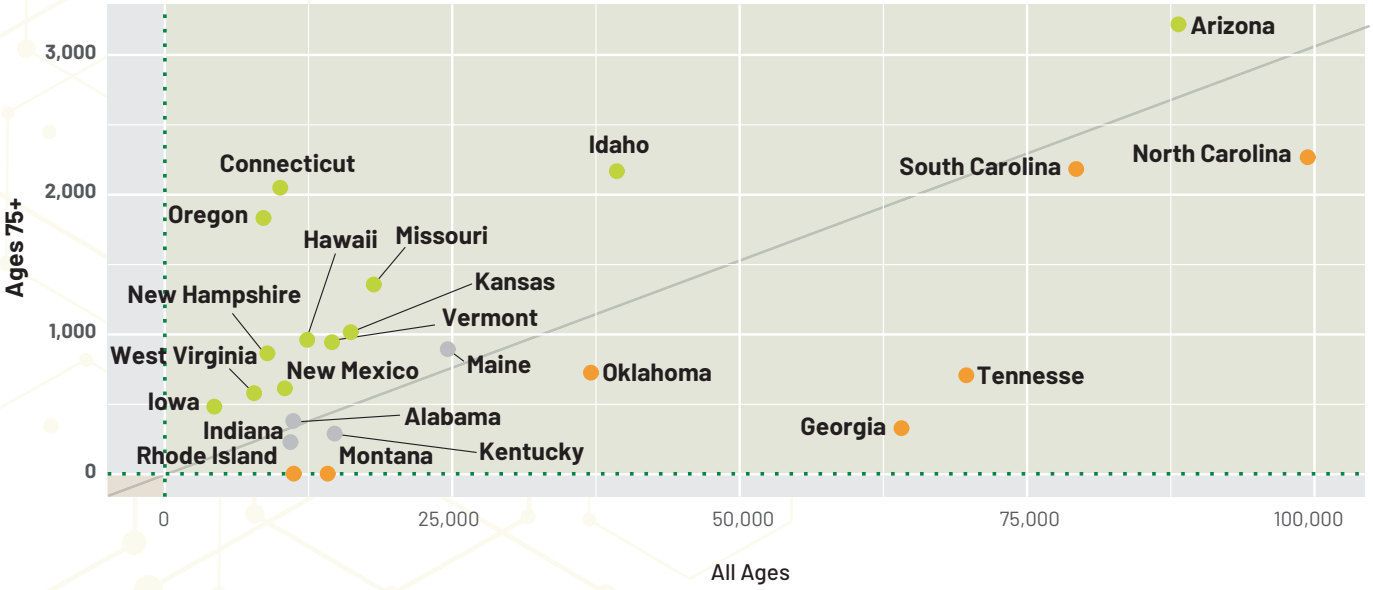


Source: ACS Data Tables via tidycensus R package

Consistent with common perceptions, Florida is a favorite destination and there is a good chance that the couple who just moved in next door is from New York or California. Take note of which states fall above vs. below the trend line in Figure 10. Not only are Florida and California outliers in terms of the net number of people moving to and moving from these states respectively, but both are also *relatively* more attractive to seniors. Florida is a magnet, but even more so for seniors. Many flee California, but seniors are more likely to stay.

In Figure 11, the upper quadrant includes states that are broadly popular, with positive net migration rates for both seniors and the general population.

Figure 11: Net Migration Between States | Seniors Aged 75+ versus the General Population | Broadly Popular States Only (Excluding Florida and Texas)

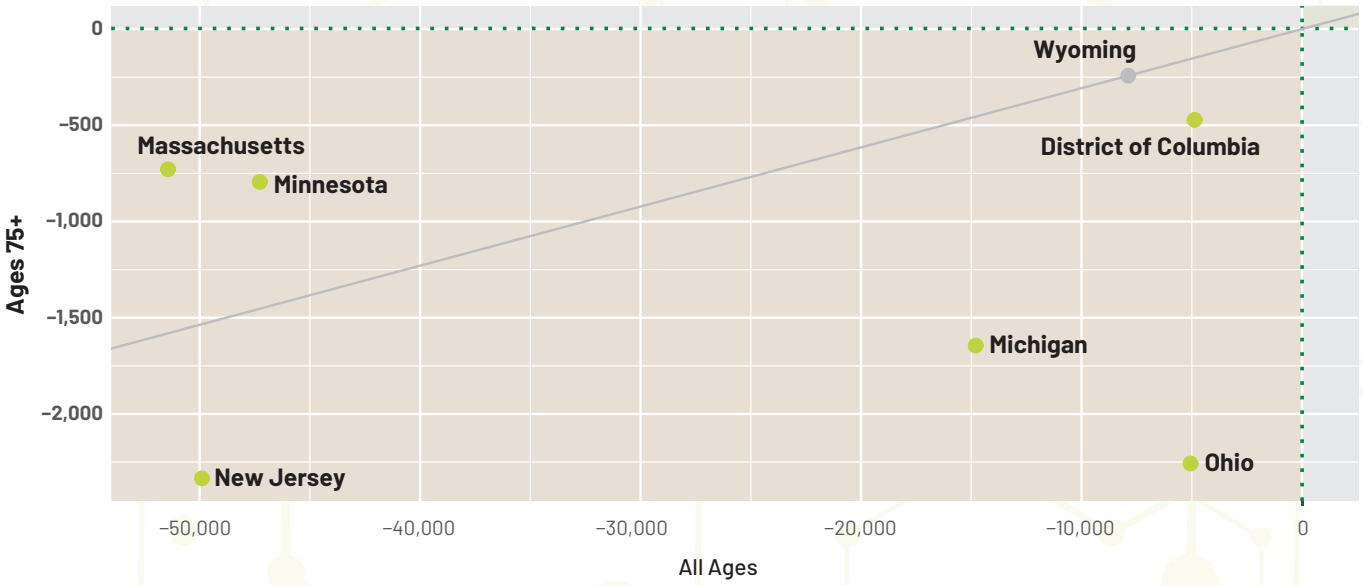


Source: ACS Data Tables via tidycensus R package

Note the strong relative attraction of Connecticut, Oregon, Idaho and Arizona. While each of these states has positive net migration rates for both seniors and the general population, they are relatively more popular with seniors. Conversely, Georgia, Tennessee and North Carolina, while popular destinations overall, are relatively less attractive for seniors.

> Click here to return to Table of Contents.

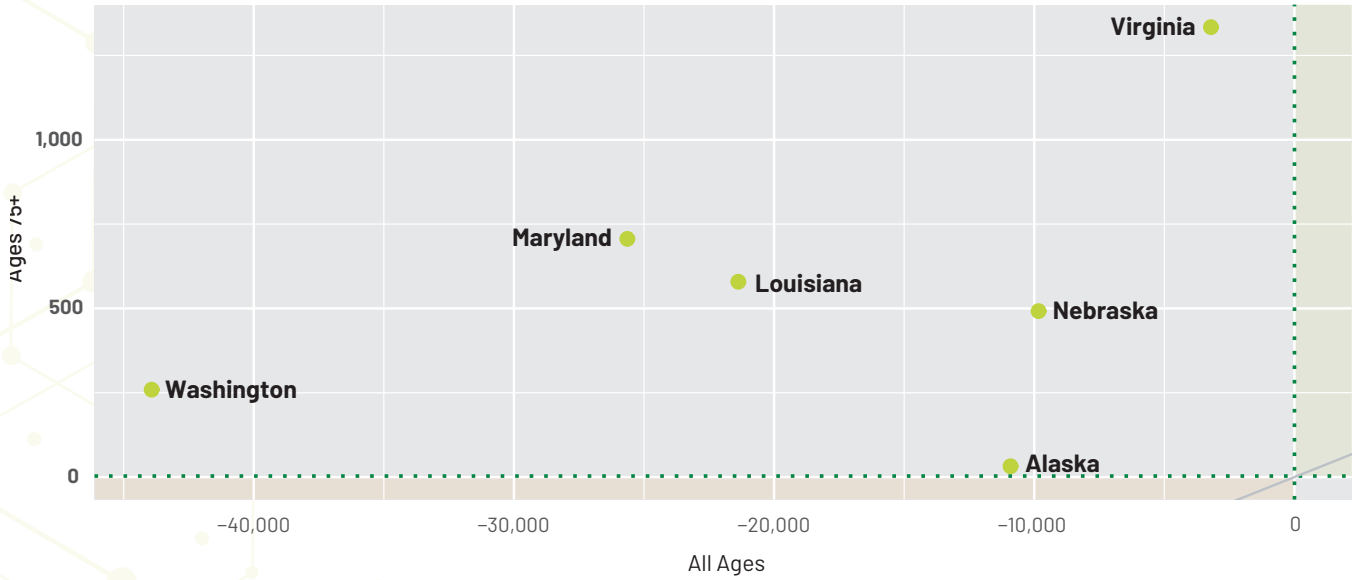
Figure 12: Net Migration Between States | Seniors Aged 75+ versus the General Population | Broadly Unpopular States Only (Excluding California, New York and Illinois)



Source: ACS Data Tables via tidycensus R package

In the broadly unpopular states category (see Figure 12), Ohio and Michigan are particularly unpopular with seniors 75+. I suspect this may not be the case for older seniors (age 85+) as being close to family members starts to outweigh other considerations.

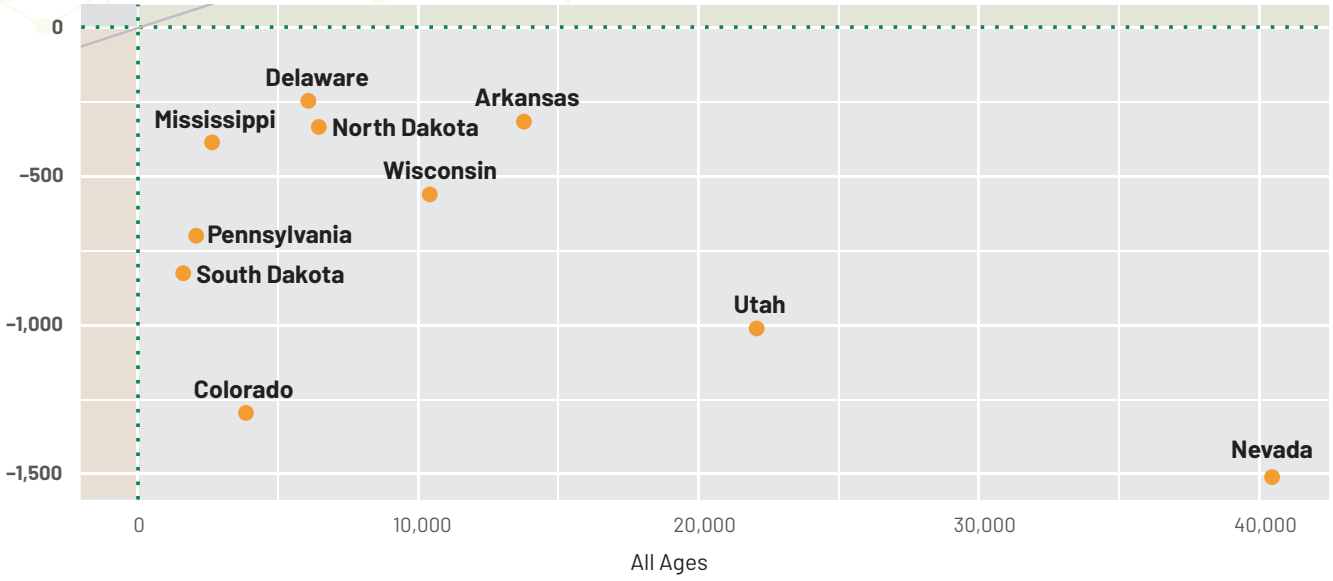
Figure 13: Net Migration Between States | Seniors Aged 75+ versus the General Population | States Popular with Seniors but Unpopular with the General Population



Source: ACS Data Tables via tidycensus R package

Seniors are attracted to Virginia, Maryland and Washington despite the overall unpopularity of these states for domestic movers.

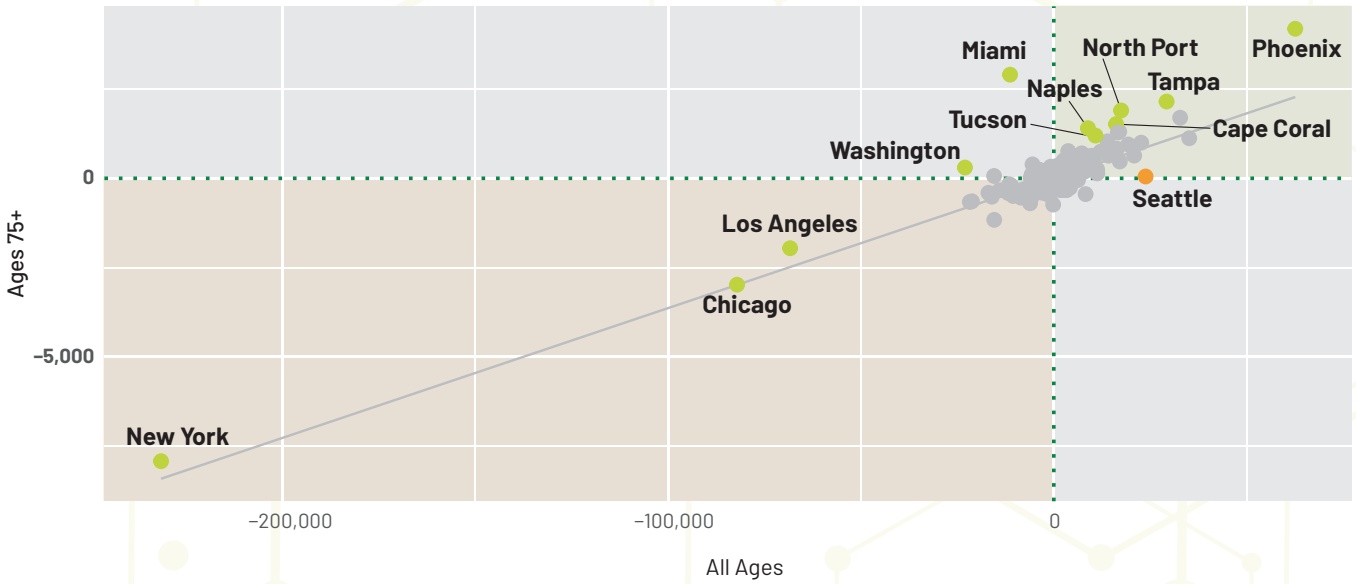
Figure 14: Net Migration Between States | Seniors Aged 75+ versus the General Population | States Popular with General Population but Unpopular with Seniors



Source: ACS Data Tables via tidycensus R package

Despite Nevada's broad appeal to domestic movers, it was not popular among senior movers.

Figure 15: Net Migration Between Metros | Seniors Aged 75+ versus the General Population



Source: ACS Data Tables via tidycensus R package

As expected, inter-metro migration aligns with inter-state migration. Due to data reliability, for metros the following charts utilize 5-year averages rather than single year averages.[7]

The New York-Newark-Jersey City metro is an extraordinary outlier and is in effect a major supplier of domestic movers to many sunbelt metros. Metros particularly attractive to seniors include Phoenix-Mesa-Chandler, Tampa-St. Petersburg-Clearwater, North Port-Sarasota and Cape Coral-Fort Myers. The Miami-Fort Lauderdale-Port St. Lucie metro stands out for being a highly attractive place for seniors despite its general unpopularity with domestic movers.

In summary, places that are attractive to the general population are indeed generally attractive to seniors 75+. The variations, while mostly minor, reveal nuances between states and metros. While younger adults are moving out of California and moving into Florida at impressive rates, seniors represent a small portion of out-bound movers from California and a higher portion of in-bound movers to Florida. Likewise, seniors are particularly attracted to the metros of Miami-Fort Lauderdale-Port St. Lucie and Phoenix-Mesa-Chandler. Conversely, while Seattle-Tacoma-Bellevue is attractive to younger movers, it is not very attractive to older movers.[8]

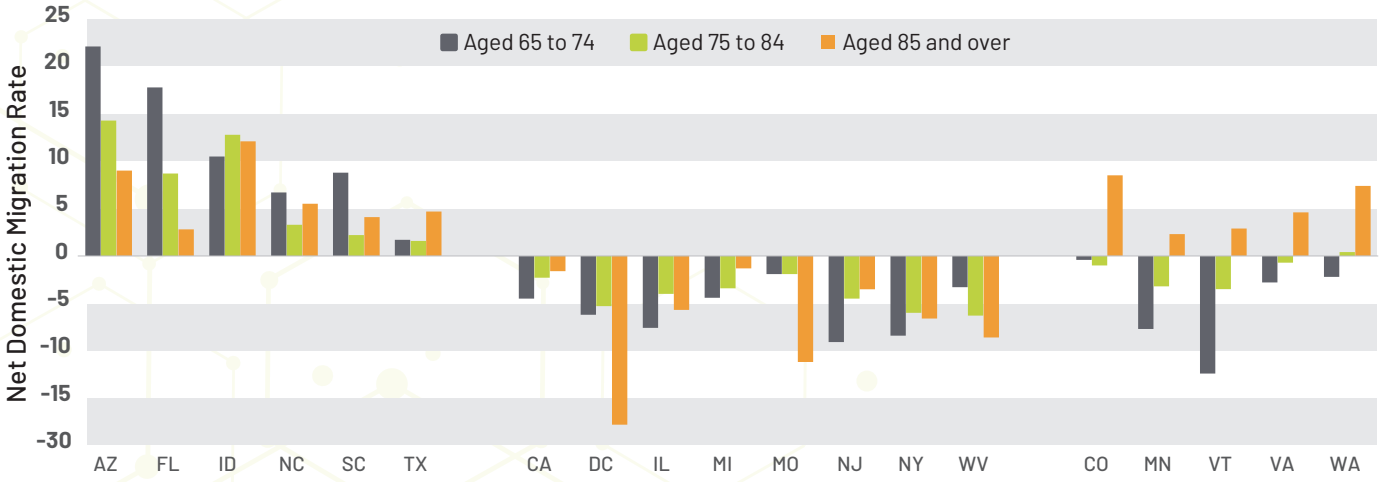
[7] Specifically, metro data in the report corresponds to the 5-year average from 2016 to 2020. For metros, single year data resulted in 90% margin of error figures that were unacceptably wide.

[8] Keep in mind that the margins of error, even utilizing 5-year data, are material. Accordingly, very minor variations from the broader trendline could merely be noise in the underlying data.

Older Seniors are Different

Recently the US Census issued a study focusing on domestic migration of older adults (US Census Bureau 2022). Similar to prior US Census studies, seniors are defined as older adults aged 65 or better. For many involved in providing services to older adults, a person does not become a likely prospect for their services until they reach the age of 75. However, when it comes to where people move, patterns don't materially change until seniors reach their 80's.

Figure 16: Net Domestic Migration Rates by Age for Select States | 2014 – 2019



Source: U.S. Census Bureau, 2015-2019 American Community Survey via Current Population Report (see References)

It is worth spending a few minutes studying Figure 16. As already covered, as we age, we become less likely to move. Rerunning the above analysis in the prior section for younger seniors (age 60-70) and adult caregivers (age 45-60) directionally yield similar results. Florida remains the most popular destination; California and New York remain the largest exporters and younger seniors move less than the even younger adult caregivers.

However, at age 85+, things get interesting, and these patterns no longer persist. As seniors reach their mid-eighties, the warmth of the sun grows dimmer. Their moves no longer follow the sun and it is reasonable to infer that their interstate moves are motivated by a desire to be closer to family.

The US Census does not provide much data with a breakout for the age 85+ cohort, which is unfortunate, because this is where migration patterns get interesting.[9]

[9] In other words, it is not possible to readily replicate Figure 16 with tables available through the data.census.gov portal. However, it is possible but more involved to assess 85+ counts via American Community Survey (ACS) Public Use Microdata Sample (PUMS) data files.

> Click here to return to Table of Contents.

Impact of the Pandemic on Migration Patterns is Unclear

Did the pandemic accelerate the long-term trend of declining migration? The Brookings Institute did a deeper dive into Census data and concluded that the pandemic has likely not changed the long downward slide (Frey 2021). Using USPS change of address data instead of US Census data, a Harvard Joint Center for Housing Studies report (Frost 2021) revealed that while moving rates spiked early in the pandemic, longer-term domestic migration trends do not appear to have materially changed.

These findings are consistent with my analysis. The inter-state migration figures above are based on 2021 data. Rerunning the analysis with pre-pandemic years yields comparable results. Yes, Florida did experience a material increase in the number of in-bound working age adults since the pandemic and California a material surge in the number of out-bound working age adults. However, according to the US Census data, the relative positioning of states and metros in terms of migration have not materially changed. However, the pandemic has undermined the quality and reliability of US Census data (McCue 2022). With the release of new data, changes in migration patterns may come to light.

Conclusion

The warmth of the sun has and will continue to draw people of all ages to the sunbelt with the notable exception of California, which implemented policies that have made the creation of new housing extraordinarily arduous and expensive.

However, unpopular locations for domestic movers are not necessarily unattractive markets. Migration is just one of many factors affecting the suitability and feasibility of future development. For instance, while California has extraordinarily high levels of out-bound movers, many coastal California markets have and will continue to lack sufficient supply for the many California seniors who have a strong preference to stay local.

For many senior services, the decision maker is an adult child in their fifties or sixties rather than a senior aged 75+. Many of the migration patterns, including deviations from trendlines, addressed in this Brief hold for these younger adults. Only when one reaches their mid-eighties do migration patterns diverge significantly from the general population. The draw of the sun is diminished, with many older seniors returning to their legacy homes or reuniting with their adult children in locales outside the sunbelt, including, notably, the states of Washington, Virginia and Idaho.

[10] A study published in the Population and Environment Journal (Winkler and Rouleau 2020) discovered that places highly valued for their amenities are relatively more likely to experience increased outbound moves due to extreme heat and wildfires.

In its broadest sense, migration is a key driver of changes in local markets. What, if anything, would cause the long slide in migration rates to turnaround? Technology providers continue to develop and rollout advances delinking us all from any specific place. Yet homes in locales blessed with pleasant weather, attractive amenities and lower cost of living continue to have greater drawing power than places not so blessed. Seniors more than others will have the flexibility to make moves that optimize quality of life. Magnet communities with high amenity value shouldn't take their positions for granted; Mother Nature will continue to change her allocation of attractive natural amenities with some highly attractive places becoming less so while places currently with less appealing natural attributes may become more attractive.[10] Instead of subsidizing new employment, civic leaders should instead redirect some of these resources to making their communities more attractive to the growing and important senior population.

Afterword and Acknowledgment

The population analysis is based on openly accessible US Census data sets. Most extraction, analysis and visualization utilized open-source R packages, including a heavy reliance on tidycensus(). See: **https://walker-data.com/tidycensus/**

In the spirt of open source, all the underlying scripts utilized in this analysis can be accessed at: **https://github.com/FRANCESCOROCKWOOD/ASHA_Migration_2023**

A major limitation of US Census information is the limited availability of *readily accessible* data for age breakouts at 85+ or even 100+. With the passage of time, this is becoming less of a constraint, and it is time for the US Census to release more detailed readily accessible demographic information for all phases of life.

Phil Downey, a former chair of the American Seniors Housing Association, provided valuable guidance in the development of the initial outline for this Brief as was as substantive editing guidance. Phil remains involved with the senior living industry as a member of the board of directors of Victory Housing, a non-profit developer and operator of affordable housing in the Washington D.C. area.

[10] A study published in the Population and Environment Journal (Winkler and Rouleau 2020) discovered that places highly valued for their amenities are relatively more likely to experience increased outbound moves due to extreme heat and wildfires.

> Click here to return to Table of Contents.

Appendix A – Domestic Migration Rates by State (Sorted by Net Migration of Seniors Aged 75+)

American Community Survey 2021 | State to State Domestic Migration

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Florida	10,844	40,297	29,453	205,163	674,740	469,577	5.3%	6.0%	6.3%
Texas	3,570	13,589	10,019	144,032	591,395	447,363	2.5%	2.3%	2.2%
Arizona	3,220	13,837	10,617	88,165	264,948	176,783	3.7%	5.2%	6.0%
North Carolina	2,269	10,104	7,835	99,406	336,681	237,275	2.3%	3.0%	3.3%
South Carolina	2,184	7,826	5,642	79,268	196,200	116,932	2.8%	4.0%	4.8%
Idaho	2,168	4,168	2,000	39,315	96,388	57,073	5.5%	4.3%	3.5%
Connecticut	2,050	4,641	2,591	10,040	106,618	96,578	20.4%	4.4%	2.7%
Oregon	1,834	5,768	3,934	8,572	133,935	125,363	21.4%	4.3%	3.1%
Missouri	1,357	5,490	4,133	18,184	165,921	147,737	7.5%	3.3%	2.8%
Virginia	1,334	7,512	6,178	(3,213)	272,693	275,906	-41.5%	2.8%	2.2%
Kansas	1,016	2,522	1,506	16,178	102,319	86,141	6.3%	2.5%	1.7%
Hawaii	962	2,047	1,085	12,390	71,626	59,236	7.8%	2.9%	1.8%
Vermont	944	1,300	356	14,548	31,809	17,261	6.5%	4.1%	2.1%
Maine	895	1,857	962	24,606	43,492	18,886	3.6%	4.3%	5.1%
New Hampshire	865	2,071	1,206	8,919	53,245	44,326	9.7%	3.9%	2.7%
Oklahoma	727	2,319	1,592	37,070	108,288	71,218	2.0%	2.1%	2.2%
Tennessee	709	6,732	6,023	69,705	220,591	150,886	1.0%	3.1%	4.0%
Maryland	706	5,347	4,641	(25,641)	160,016	185,657	-2.8%	3.3%	2.5%
New Mexico	614	2,372	1,758	10,434	68,019	57,585	5.9%	3.5%	3.1%
West Virginia	581	1,479	898	7,775	43,801	36,026	7.5%	3.4%	2.5%
Louisiana	579	2,364	1,785	(21,374)	81,944	103,318	-2.7%	2.9%	1.7%
Nebraska	492	1,259	767	(9,829)	43,287	53,116	-5.0%	2.9%	1.4%
Iowa	483	2,716	2,233	4,302	77,245	72,943	11.2%	3.5%	3.1%
Alabama	381	3,133	2,752	11,160	115,641	104,481	3.4%	2.7%	2.6%
Georgia	330	8,234	7,904	64,067	302,512	238,445	0.5%	2.7%	3.3%
Kentucky	291	2,937	2,646	14,754	107,693	92,939	2.0%	2.7%	2.8%
Washington	259	7,755	7,496	(43,926)	225,306	269,232	-0.6%	3.4%	2.8%
Indiana	230	4,213	3,983	10,928	156,417	145,489	2.1%	2.7%	2.7%
Alaska	32	377	345	(10,913)	31,378	42,291	-0.3%	1.2%	0.8%
Montana	5	946	941	14,171	44,531	30,360	0.0%	2.1%	3.1%
Rhode Island	4	1,057	1,053	11,219	43,266	32,047	0.0%	2.4%	3.3%
Wyoming	(243)	860	1,103	(7,883)	27,281	35,164	3.1%	3.2%	3.1%
Delaware	(245)	1,419	1,664	6,080	42,551	36,471	-4.0%	3.3%	4.6%
Arkansas	(315)	1,779	2,094	13,770	76,108	62,338	-2.3%	2.3%	3.4%
North Dakota	(333)	491	824	6,454	37,844	31,390	-5.2%	1.3%	2.6%
Mississippi	(385)	1,228	1,613	2,646	59,759	57,113	-14.6%	2.1%	2.8%
District of Columbia	(472)	1,009	1,481	(4,876)	57,746	62,622	9.7%	1.7%	2.4%
Wisconsin	(560)	3,057	3,617	10,413	122,742	112,329	-5.4%	2.5%	3.2%
Pennsylvania	(699)	7,177	7,876	2,079	261,831	259,752	-33.6%	2.7%	3.0%
Massachusetts	(728)	4,792	5,520	(51,439)	158,311	209,750	1.4%	3.0%	2.6%
Minnesota	(794)	3,507	4,301	(47,273)	93,286	140,559	1.7%	3.8%	3.1%
South Dakota	(825)	489	1,314	1,618	27,528	25,910	-51.0%	1.8%	5.1%
Utah	(1,011)	1,285	2,296	22,075	101,051	78,976	-4.6%	1.3%	2.9%
Colorado	(1,295)	4,803	6,098	3,854	250,031	246,177	-33.6%	1.9%	2.5%
Nevada	(1,511)	4,328	5,839	40,464	132,648	92,184	-3.7%	3.3%	6.3%
Michigan	(1,645)	5,387	7,032	(14,796)	143,042	157,838	11.1%	3.8%	4.5%
Ohio	(2,258)	6,522	8,780	(5,057)	184,477	189,534	44.7%	3.5%	4.6%
New Jersey	(2,335)	6,508	8,843	(49,901)	195,828	245,729	4.7%	3.3%	3.6%
Illinois	(5,323)	4,638	9,961	(146,248)	195,177	341,425	3.6%	2.4%	2.9%
California	(9,793)	12,945	22,738	(407,663)	433,402	841,065	2.4%	3.0%	2.7%
New York	(11,165)	7,461	18,626	(283,792)	287,249	571,041	3.9%	2.6%	3.3%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+)

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Phoenix-Mesa-Chandler	4,199	8,889	4,690	62,635	172,868	110,233	6.7%	5.1%	4.3%
Miami-Fort Lauderdale-Pompano Beach	2,911	7,241	4,330	(11,334)	97,153	108,487	-25.7%	7.5%	4.0%
Tampa-St. Petersburg-Clearwater	2,157	5,869	3,712	29,263	95,044	65,781	7.4%	6.2%	5.6%
North Port-Sarasota-Bradenton	1,907	4,133	2,226	17,466	34,963	17,497	10.9%	11.8%	12.7%
Las Vegas-Henderson-Paradise	1,703	4,158	2,455	32,770	97,084	64,314	5.2%	4.3%	3.8%
Cape Coral-Fort Myers	1,524	3,159	1,635	16,170	29,560	13,390	9.4%	10.7%	12.2%
Naples-Marco Island	1,410	2,214	804	8,863	17,064	8,201	15.9%	13.0%	9.8%
Atlanta-Sandy Springs-Alpharetta	1,310	4,865	3,555	16,981	154,964	137,983	7.7%	3.1%	2.6%
Orlando-Kissimmee-Sanford	1,291	3,629	2,338	16,612	72,272	55,660	7.8%	5.0%	4.2%
Tucson	1,202	2,816	1,614	10,805	39,756	28,951	11.1%	7.1%	5.6%
Dallas-Fort Worth-Arlington	1,128	3,858	2,730	35,126	155,767	120,641	3.2%	2.5%	2.3%
Jacksonville	1,040	2,028	988	13,947	51,392	37,445	7.5%	3.9%	2.6%
Charlotte-Concord-Gastonia	1,003	2,867	1,864	22,669	90,338	67,669	4.4%	3.2%	2.8%
Nashville-Davidson-Murfreesboro-Franklin	952	2,043	1,091	19,328	65,363	46,035	4.9%	3.1%	2.4%
Houston-The Woodlands-Sugar Land	834	2,989	2,155	16,384	105,068	88,684	5.1%	2.8%	2.4%
Yuma	768	1,037	269	3,736	9,101	5,365	20.6%	11.4%	5.0%
Boise City	752	1,129	377	12,144	30,676	18,532	6.2%	3.7%	2.0%
Lake Havasu City-Kingman	702	1,163	461	7,239	13,863	6,624	9.7%	8.4%	7.0%
Eugene-Springfield	693	848	155	7,267	16,025	8,758	9.5%	5.3%	1.8%
Port St. Lucie	656	1,663	1,007	4,579	12,126	7,547	14.3%	13.7%	13.3%
Austin-Round Rock-Georgetown	641	1,383	742	20,843	63,802	42,959	3.1%	2.2%	1.7%
Raleigh-Cary	639	1,322	683	14,201	41,843	27,642	4.5%	3.2%	2.5%
Portland-Vancouver-Hillsboro	635	2,490	1,855	9,838	86,218	76,380	6.5%	2.9%	2.4%
Palm Bay-Melbourne-Titusville	623	1,530	907	7,232	21,130	13,898	8.6%	7.2%	6.5%
Greenville-Anderson	616	1,166	550	9,166	26,140	16,974	6.7%	4.5%	3.2%
Prescott Valley-Prescott	603	997	394	3,973	9,715	5,742	15.2%	10.3%	6.9%
Gulfport-Biloxi	510	713	203	2,639	16,683	14,044	19.3%	4.3%	1.4%
Lakeland-Winter Haven	476	1,393	917	10,368	22,674	12,306	4.6%	6.1%	7.5%
Denver-Aurora-Lakewood	475	2,376	1,901	17,127	104,206	87,079	2.8%	2.3%	2.2%
Coeur d'Alene	459	651	192	2,331	8,265	5,934	19.7%	7.9%	3.2%
Richmond	455	965	510	3,116	28,893	25,777	14.6%	3.3%	2.0%
Deltona-Daytona Beach-Ormond Beach	429	1,545	1,116	8,497	21,475	12,978	5.0%	7.2%	8.6%
New Orleans-Metairie	394	1,073	679	(5,525)	25,955	31,480	-7.1%	4.1%	2.2%
The Villages	385	894	509	2,782	5,907	3,125	13.8%	15.1%	16.3%
Oklahoma City	365	942	577	6,094	37,875	31,781	6.0%	2.5%	1.8%
Wilmington	348	454	106	3,769	9,539	5,770	9.2%	4.8%	1.8%
St. George	344	533	189	2,447	7,859	5,412	14.1%	6.8%	3.5%
Wichita	343	616	273	554	15,532	14,978	61.9%	4.0%	1.8%
McAllen-Edinburg-Mission	328	622	294	(802)	5,706	6,508	-40.9%	10.9%	4.5%
Greensboro-High Point	311	528	217	4,623	17,385	12,762	6.7%	3.0%	1.7%
Washington-Arlington-Alexandria	305	5,661	5,356	(23,032)	240,045	263,077	-1.3%	2.4%	2.0%
San Antonio-New Braunfels	283	1,169	886	9,635	55,560	45,925	2.9%	2.1%	1.9%
Virginia Beach-Norfolk-Newport News	252	1,588	1,336	11,251	76,215	64,964	2.2%	2.1%	2.1%
Ocala	252	1,004	752	5,960	11,835	5,875	4.2%	8.5%	12.8%
New Haven-Milford	243	954	711	(3,711)	17,824	21,535	-6.5%	5.4%	3.3%
Jackson	226	336	110	(1,649)	11,463	13,112	-13.7%	2.9%	0.8%
Mobile	225	321	96	(3,777)	7,428	11,205	-6.0%	4.3%	0.9%
Dayton-Kettering	215	437	222	5,087	19,645	14,558	4.2%	2.2%	1.5%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Kennewick-Richland	214	380	166	421	6,946	6,525	50.8%	5.5%	2.5%
Punta Gorda	212	886	674	4,680	8,687	4,007	4.5%	10.2%	16.8%
Killeen-Temple	209	307	98	4,969	24,590	19,621	4.2%	1.2%	0.5%
Pueblo	209	277	68	(17)	3,554	3,571	-1229.4%	7.8%	1.9%
Cincinnati	208	1,604	1,396	(238)	53,244	53,482	-87.4%	3.0%	2.6%
Sebastian-Vero Beach	206	596	390	2,721	5,671	2,950	7.6%	10.5%	13.2%
Hot Springs	196	285	89	1,431	2,639	1,208	13.7%	10.8%	7.4%
Peoria	195	299	104	(4,293)	5,051	9,344	-4.5%	5.9%	1.1%
Chattanooga	191	677	486	2,509	18,769	16,260	7.6%	3.6%	3.0%
East Stroudsburg	191	226	35	2,311	5,788	3,477	8.3%	3.9%	1.0%
California-Lexington Park	190	191	1	(688)	3,578	4,266	-27.6%	5.3%	0.0%
Waco	190	215	25	3,418	6,167	2,749	5.6%	3.5%	0.9%
Oshkosh-Neenah	187	233	46	(227)	2,970	3,197	-82.4%	7.8%	1.4%
Knoxville	184	702	518	7,909	25,015	17,106	2.3%	2.8%	3.0%
York-Hanover	182	417	235	2,422	9,426	7,004	7.5%	4.4%	3.4%
Salt Lake City	174	769	595	1,881	35,240	33,359	9.3%	2.2%	1.8%
Athens-Clarke County	172	181	9	1,021	6,436	5,415	16.8%	2.8%	0.2%
Hagerstown-Martinsburg	165	384	219	(269)	8,815	9,084	-61.3%	4.4%	2.4%
Fayetteville	164	307	143	1,163	30,466	29,303	14.1%	1.0%	0.5%
Roanoke	163	284	121	(1,203)	6,255	7,458	-13.5%	4.5%	1.6%
Brookings	160	265	105	884	1,550	666	18.1%	17.1%	15.8%
Salem	159	361	202	2,292	8,963	6,671	6.9%	4.0%	3.0%
Medford	159	363	204	1,579	7,158	5,579	10.1%	5.1%	3.7%
Greeley	158	295	137	539	7,924	7,385	29.3%	3.7%	1.9%
Payson	154	194	40	1,113	1,646	533	13.8%	11.8%	7.5%
Charlottesville	153	297	144	426	7,569	7,143	35.9%	3.9%	2.0%
Longview	150	188	38	(591)	3,429	4,020	-25.4%	5.5%	0.9%
Sebring-Avon Park	142	644	502	712	2,893	2,181	19.9%	22.3%	23.0%
Columbia	141	580	439	11,285	35,808	24,523	1.2%	1.6%	1.8%
Gainesville	139	177	38	2,156	4,218	2,062	6.4%	4.2%	1.8%
Jackson	139	171	32	113	2,249	2,136	123.0%	7.6%	1.5%
Columbus	137	193	56	1,276	19,139	17,863	10.7%	1.0%	0.3%
Elko	132	188	56	806	2,603	1,797	16.4%	7.2%	3.1%
Grand Junction	132	255	123	1,076	4,917	3,841	12.3%	5.2%	3.2%
Corpus Christi	131	245	114	77	6,845	6,768	170.1%	3.6%	1.7%
Bellingham	129	228	99	630	6,448	5,818	20.5%	3.5%	1.7%
Lubbock	128	191	63	506	6,837	6,331	25.3%	2.8%	1.0%
Greenville	127	171	44	2,936	6,567	3,631	4.3%	2.6%	1.2%
Tallahassee	124	243	119	(377)	9,381	9,758	-32.9%	2.6%	1.2%
Burlington-South Burlington	124	492	368	2,948	10,135	7,187	4.2%	4.9%	5.1%
Tulsa	123	714	591	23	21,568	21,545	534.8%	3.3%	2.7%
Beaumont-Port Arthur	122	135	13	59	5,111	5,052	206.8%	2.6%	0.3%
Albany-Schenectady-Troy	119	601	482	(3,247)	16,876	20,123	-3.7%	3.6%	2.4%
Vincennes	118	121	3	350	763	413	33.7%	15.9%	0.7%
Scranton—Wilkes-Barre	117	308	191	4,509	12,326	7,817	2.6%	2.5%	2.4%
Longview	113	143	30	837	3,553	2,716	13.5%	4.0%	1.1%
Omaha-Council Bluffs	112	648	536	(5,736)	26,117	31,853	-2.0%	2.5%	1.7%
Savannah	110	412	302	3,370	17,082	13,712	3.3%	2.4%	2.2%
Racine	108	134	26	445	2,751	2,306	24.3%	4.9%	1.1%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Champaign-Urbana	98	196	98	(1,937)	6,119	8,056	-5.1%	3.2%	1.2%
Pensacola-Ferry Pass-Brent	95	545	450	3,621	26,513	22,892	2.6%	2.1%	2.0%
Ann Arbor	93	215	122	1,629	15,094	13,465	5.7%	1.4%	0.9%
Wenatchee	90	119	29	323	1,993	1,670	27.9%	6.0%	1.7%
Sandpoint	89	154	65	521	2,069	1,548	17.1%	7.4%	4.2%
Coffeyville	89	114	25	(150)	1,198	1,348	-59.3%	9.5%	1.9%
Durango	85	139	54	516	2,592	2,076	16.5%	5.4%	2.6%
Newport	84	167	83	938	1,789	851	9.0%	9.3%	9.8%
Grand Forks	84	268	184	1,118	6,751	5,633	7.5%	4.0%	3.3%
Dover	83	254	171	2,428	7,366	4,938	3.4%	3.4%	3.5%
Forest City	81	96	15	1,456	2,140	684	5.6%	4.5%	2.2%
Portland-South Portland	81	842	761	1,896	16,909	15,013	4.3%	5.0%	5.1%
Terre Haute	80	136	56	10	3,427	3,417	800.0%	4.0%	1.6%
Farmington	80	80	–	280	1,070	790	28.6%	7.5%	0.0%
Harrisonburg	79	105	26	1,620	4,227	2,607	4.9%	2.5%	1.0%
Lincoln	79	115	36	271	398	127	29.2%	28.9%	28.3%
Pocatello	78	103	25	60	3,029	2,969	130.0%	3.4%	0.8%
Muskegon	78	125	47	154	1,967	1,813	50.6%	6.4%	2.6%
Charleston-Mattoon	75	116	41	143	1,154	1,011	52.4%	10.1%	4.1%
Yuba City	74	142	68	(356)	2,942	3,298	-20.8%	4.8%	2.1%
Key West	73	177	104	1,271	3,853	2,582	5.7%	4.6%	4.0%
Idaho Falls	72	273	201	2,064	5,715	3,651	3.5%	4.8%	5.5%
San Diego-Chula Vista-Carlsbad	69	1,908	1,839	(15,489)	79,427	94,916	-0.4%	2.4%	1.9%
Harrisburg-Carlisle	69	386	317	682	13,158	12,476	10.1%	2.9%	2.5%
Birmingham-Hoover	69	687	618	(1,188)	18,968	20,156	-5.8%	3.6%	3.1%
Zanesville	69	96	27	(22)	786	808	-313.6%	12.2%	3.3%
Ashtabula	68	102	34	644	1,610	966	10.6%	6.3%	3.5%
Santa Maria-Santa Barbara	68	181	113	(2,173)	7,226	9,399	-3.1%	2.5%	1.2%
Bloomington	66	183	117	2,420	7,501	5,081	2.7%	2.4%	2.3%
Pittsburg	66	70	4	857	1,663	806	7.7%	4.2%	0.5%
Lumberton	65	74	9	(83)	1,109	1,192	-78.3%	6.7%	0.8%
Cedar Rapids	65	85	20	331	5,582	5,251	19.6%	1.5%	0.4%
Whitewater	62	141	79	847	2,762	1,915	7.3%	5.1%	4.1%
Oxford	61	66	5	657	3,493	2,836	9.3%	1.9%	0.2%
Brownsville-Harlingen	59	148	89	(1,002)	2,459	3,461	-5.9%	6.0%	2.6%
Provo-Orem	58	317	259	5,909	25,107	19,198	1.0%	1.3%	1.3%
Marietta	58	97	39	765	1,687	922	7.6%	5.7%	4.2%
Bozeman	58	199	141	3,267	7,919	4,652	1.8%	2.5%	3.0%
Sterling	58	66	8	(8)	948	956	-725.0%	7.0%	0.8%
Decatur	57	64	7	(518)	1,622	2,140	-11.0%	3.9%	0.3%
Cadillac	56	57	1	515	784	269	10.9%	7.3%	0.4%
Little Rock-North Little Rock-Conway	55	535	480	(3,528)	13,469	16,997	-1.6%	4.0%	2.8%
Seattle-Tacoma-Bellevue	54	2,430	2,376	23,811	130,947	107,136	0.2%	1.9%	2.2%
Jonesboro	54	87	33	382	2,787	2,405	14.1%	3.1%	1.4%
Mount Vernon-Anacortes	53	109	56	(227)	2,234	2,461	-23.3%	4.9%	2.3%
Ellensburg	53	53	–	(2)	1,219	1,221	-2650.0%	4.3%	0.0%
Starkville	53	101	48	50	2,228	2,178	106.0%	4.5%	2.2%
Shawnee	52	52	–	498	1,569	1,071	10.4%	3.3%	0.0%
Lexington-Fayette	52	235	183	2,491	14,970	12,479	2.1%	1.6%	1.5%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Clewiston	52	52	–	376	594	218	13.8%	8.8%	0.0%
Shelby	52	144	92	961	2,186	1,225	5.4%	6.6%	7.5%
Berlin	51	55	4	388	1,356	968	13.1%	4.1%	0.4%
Portales	51	57	6	510	1,036	526	10.0%	5.5%	1.1%
Burlington	51	70	19	1,820	3,526	1,706	2.8%	2.0%	1.1%
Bennington	51	58	7	368	1,477	1,109	13.9%	3.9%	0.6%
Montgomery	50	201	151	1,318	10,273	8,955	3.8%	2.0%	1.7%
College Station-Bryan	49	49	–	(39)	6,220	6,259	-125.6%	0.8%	0.0%
Fort Smith	49	240	191	206	6,040	5,834	23.8%	4.0%	3.3%
Burley	49	49	–	493	1,121	628	9.9%	4.4%	0.0%
New Bern	48	162	114	(214)	5,437	5,651	-22.4%	3.0%	2.0%
Crestview-Fort Walton Beach-Destin	48	583	535	2,091	17,247	15,156	2.3%	3.4%	3.5%
Bartlesville	48	72	24	(187)	1,502	1,689	-25.7%	4.8%	1.4%
Traverse City	47	208	161	(213)	2,728	2,941	-22.1%	7.6%	5.5%
Douglas	47	47	–	363	705	342	12.9%	6.7%	0.0%
Seymour	46	46	–	210	437	227	21.9%	10.5%	0.0%
Ogdensburg-Massena	46	56	10	62	1,270	1,208	74.2%	4.4%	0.8%
Durant	45	85	40	359	1,716	1,357	12.5%	5.0%	2.9%
London	45	102	57	640	2,277	1,637	7.0%	4.5%	3.5%
Ardmore	44	44	–	(58)	1,068	1,126	-75.9%	4.1%	0.0%
Somerset	44	56	12	(217)	931	1,148	-20.3%	6.0%	1.0%
Davenport-Moline-Rock Island	44	429	385	(981)	9,604	10,585	-4.5%	4.5%	3.6%
Palestine	43	49	6	170	448	278	25.3%	10.9%	2.2%
Platteville	42	47	5	86	988	902	48.8%	4.8%	0.6%
Rutland	42	119	77	(611)	1,395	2,006	-6.9%	8.5%	3.8%
Lafayette-West Lafayette	41	127	86	2,104	8,483	6,379	1.9%	1.5%	1.3%
Williamsport	41	65	24	461	1,598	1,137	8.9%	4.1%	2.1%
Danville	41	41	–	361	970	609	11.4%	4.2%	0.0%
Malvern	40	49	9	(78)	325	403	-51.3%	15.1%	2.2%
Emporia	40	50	10	76	438	362	52.6%	11.4%	2.8%
Angola	40	40	–	190	707	517	21.1%	5.7%	0.0%
Rochester	39	161	122	1,145	6,084	4,939	3.4%	2.6%	2.5%
Laurinburg	39	39	–	258	829	571	15.1%	4.7%	0.0%
Milledgeville	39	56	17	247	622	375	15.8%	9.0%	4.5%
Paducah	39	119	80	(558)	1,811	2,369	-7.0%	6.6%	3.4%
Janesville-Beloit	39	79	40	1,208	3,263	2,055	3.2%	2.4%	1.9%
Murray	39	39	–	586	1,513	927	6.7%	2.6%	0.0%
Effingham	39	39	–	(161)	608	769	-24.2%	6.4%	0.0%
Norfolk	39	60	21	(176)	893	1,069	-22.2%	6.7%	2.0%
Toledo	38	441	403	(377)	12,845	13,222	-10.1%	3.4%	3.0%
Waycross	38	38	–	(184)	538	722	-20.7%	7.1%	0.0%
New Philadelphia-Dover	38	38	–	1,055	2,037	982	3.6%	1.9%	0.0%
Pinehurst-Southern Pines	37	201	164	1,539	4,388	2,849	2.4%	4.6%	5.8%
Norwich-New London	37	120	83	410	9,640	9,230	9.0%	1.2%	0.9%
Tyler	37	65	28	1,380	3,378	1,998	2.7%	1.9%	1.4%
Cape Girardeau	36	81	45	(52)	2,220	2,272	-69.2%	3.6%	2.0%
Helena	35	70	35	889	2,405	1,516	3.9%	2.9%	2.3%
Watertown	35	59	24	(49)	783	832	-71.4%	7.5%	2.9%
Mineral Wells	34	34	–	(109)	386	495	-31.2%	8.8%	0.0%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Grand Island	34	34	–	(358)	1,039	1,397	-9.5%	3.3%	0.0%
Fitzgerald	33	33	–	(8)	138	146	-412.5%	23.9%	0.0%
Duncan	33	36	3	14	1,090	1,076	235.7%	3.3%	0.3%
Rocky Mount	32	32	–	1,210	2,407	1,197	2.6%	1.3%	0.0%
Madisonville	32	32	–	(654)	309	963	-4.9%	10.4%	0.0%
Auburn	32	32	–	127	431	304	25.2%	7.4%	0.0%
Wauchula	32	34	2	(590)	135	725	-5.4%	25.2%	0.3%
Meridian	32	41	9	291	2,939	2,648	11.0%	1.4%	0.3%
Cambridge	32	32	–	(50)	448	498	-64.0%	7.1%	0.0%
Okeechobee	31	75	44	(157)	538	695	-19.7%	13.9%	6.3%
Glenwood Springs	31	72	41	95	2,097	2,002	32.6%	3.4%	2.0%
Hutchinson	31	31	–	(244)	237	481	-12.7%	13.1%	0.0%
Auburn-Opelika	31	104	73	1,725	7,854	6,129	1.8%	1.3%	1.2%
Lawton	31	85	54	3,260	10,872	7,612	1.0%	0.8%	0.7%
Fremont	31	42	11	(24)	467	491	-129.2%	9.0%	2.2%
Alexandria	31	44	13	(259)	455	714	-12.0%	9.7%	1.8%
Dublin	30	48	18	(221)	955	1,176	-13.6%	5.0%	1.5%
Kennett	30	51	21	(68)	640	708	-44.1%	8.0%	3.0%
Newberry	30	57	27	300	504	204	10.0%	11.3%	13.2%
Morristown	30	156	126	(228)	2,826	3,054	-13.2%	5.5%	4.1%
Pahrump	30	198	168	204	1,792	1,588	14.7%	11.0%	10.6%
Port Angeles	29	200	171	1,213	2,860	1,647	2.4%	7.0%	10.4%
Clarksville	29	215	186	1,416	25,004	23,588	2.0%	0.9%	0.8%
Sedalia	29	29	–	(201)	676	877	-14.4%	4.3%	0.0%
Bedford	29	29	–	(327)	173	500	-8.9%	16.8%	0.0%
Bloomsburg-Berwick	29	37	8	(126)	1,010	1,136	-23.0%	3.7%	0.7%
Chillicothe	29	29	–	422	787	365	6.9%	3.7%	0.0%
Craig	29	29	–	(163)	601	764	-17.8%	4.8%	0.0%
Hammond	28	71	43	(670)	1,360	2,030	-4.2%	5.2%	2.1%
Campbellsville	28	31	3	354	594	240	7.9%	5.2%	1.3%
Ruston	28	28	–	(482)	1,093	1,575	-5.8%	2.6%	0.0%
Tupelo	28	64	36	(97)	1,998	2,095	-28.9%	3.2%	1.7%
Yakima	27	246	219	(155)	2,805	2,960	-17.4%	8.8%	7.4%
Fairfield	27	37	10	(656)	469	1,125	-4.1%	7.9%	0.9%
Henderson	27	36	9	(136)	304	440	-19.9%	11.8%	2.0%
Show Low	26	53	27	97	1,836	1,739	26.8%	2.9%	1.6%
Meadville	26	101	75	(20)	1,282	1,302	-130.0%	7.9%	5.8%
Rochelle	26	44	18	(413)	766	1,179	-6.3%	5.7%	1.5%
Decatur	25	53	28	80	1,759	1,679	31.3%	3.0%	1.7%
Sonora	25	111	86	(173)	620	793	-14.5%	17.9%	10.8%
Huntsville	25	58	33	521	1,076	555	4.8%	5.4%	5.9%
Ontario	25	63	38	940	2,357	1,417	2.7%	2.7%	2.7%
Roseburg	25	194	169	2,298	4,372	2,074	1.1%	4.4%	8.1%
Beatrice	25	34	9	(736)	172	908	-3.4%	19.8%	1.0%
Granbury	25	127	102	(223)	1,278	1,501	-11.2%	9.9%	6.8%
Weatherford	25	25	–	(60)	424	484	-41.7%	5.9%	0.0%
DuBois	24	24	–	(420)	574	994	-5.7%	4.2%	0.0%
Athens	24	49	25	(465)	1,133	1,598	-5.2%	4.3%	1.6%
Sanford	24	30	6	(586)	915	1,501	-4.1%	3.3%	0.4%

> *Click here to return to Table of Contents.*

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Cookeville	24	44	20	(22)	1,714	1,736	-109.1%	2.6%	1.2%
Corsicana	24	35	11	107	583	476	22.4%	6.0%	2.3%
Fort Payne	24	28	4	132	912	780	18.2%	3.1%	0.5%
Kearney	24	24	–	(125)	798	923	-19.2%	3.0%	0.0%
Storm Lake	24	24	–	83	458	375	28.9%	5.2%	0.0%
Mansfield	24	114	90	468	1,750	1,282	5.1%	6.5%	7.0%
Owatonna	24	24	–	(120)	705	825	-20.0%	3.4%	0.0%
Tifton	24	43	19	(335)	381	716	-7.2%	11.3%	2.7%
Rexburg	23	23	–	(234)	5,254	5,488	-9.8%	0.4%	0.0%
Enid	23	25	2	246	1,910	1,664	9.3%	1.3%	0.1%
Hood River	23	31	8	(121)	716	837	-19.0%	4.3%	1.0%
Cleveland-Elyria	22	1,296	1,274	(4,780)	28,314	33,094	-0.5%	4.6%	3.8%
Florence	22	103	81	(981)	2,349	3,330	-2.2%	4.4%	2.4%
Atmore	22	37	15	(13)	487	500	-169.2%	7.6%	3.0%
Deming	22	78	56	(825)	401	1,226	-2.7%	19.5%	4.6%
Hailey	22	65	43	338	877	539	6.5%	7.4%	8.0%
Mount Gay-Shamrock	22	27	5	(284)	304	588	-7.7%	8.9%	0.9%
Bluffton	22	22	–	(67)	195	262	-32.8%	11.3%	0.0%
Appleton	22	106	84	(1,093)	2,737	3,830	-2.0%	3.9%	2.2%
Marinette	21	83	62	71	1,642	1,571	29.6%	5.1%	3.9%
Morehead City	21	88	67	846	2,150	1,304	2.5%	4.1%	5.1%
Georgetown	21	106	85	1,384	2,164	780	1.5%	4.9%	10.9%
Walla Walla	20	129	109	908	2,492	1,584	2.2%	5.2%	6.9%
Seneca Falls	20	20	–	5	355	350	400.0%	5.6%	0.0%
McComb	20	20	–	(1)	433	434	-2000.0%	4.6%	0.0%
Union City	20	32	12	(109)	416	525	-18.3%	7.7%	2.3%
Morgantown	19	145	126	2,131	7,265	5,134	0.9%	2.0%	2.5%
Dubuque	19	71	52	1,363	3,305	1,942	1.4%	2.1%	2.7%
Wausau-Weston	19	72	53	(1,370)	1,712	3,082	-1.4%	4.2%	1.7%
Burlington	19	32	13	183	1,247	1,064	10.4%	2.6%	1.2%
Palatka	19	60	41	157	903	746	12.1%	6.6%	5.5%
Lufkin	18	62	44	627	1,479	852	2.9%	4.2%	5.2%
Jackson	18	65	47	884	2,800	1,916	2.0%	2.3%	2.5%
Aberdeen	18	95	77	435	1,721	1,286	4.1%	5.5%	6.0%
Spearfish	18	55	37	256	1,197	941	7.0%	4.6%	3.9%
Stephenville	18	51	33	240	793	553	7.5%	6.4%	6.0%
Mountain Home	17	17	–	42	1,671	1,629	40.5%	1.0%	0.0%
Kingston	17	145	128	(347)	2,038	2,385	-4.9%	7.1%	5.4%
Albany	17	68	51	290	2,886	2,596	5.9%	2.4%	2.0%
Red Bluff	17	41	24	(277)	573	850	-6.1%	7.2%	2.8%
Corinth	17	33	16	(103)	442	545	-16.5%	7.5%	2.9%
Maysville	17	17	–	299	505	206	5.7%	3.4%	0.0%
Fond du Lac	17	22	5	372	1,155	783	4.6%	1.9%	0.6%
Hillsdale	17	17	–	249	1,066	817	6.8%	1.6%	0.0%
Hinesville	16	24	8	1,747	6,917	5,170	0.9%	0.3%	0.2%
Alma	16	16	–	(165)	260	425	-9.7%	6.2%	0.0%
Taylorville	16	40	24	(143)	313	456	-11.2%	12.8%	5.3%
Vermillion	16	16	–	251	1,100	849	6.4%	1.5%	0.0%
West Point	16	16	–	(107)	214	321	-15.0%	7.5%	0.0%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Ames	16	54	38	25	5,321	5,296	64.0%	1.0%	0.7%
New Ulm	15	15	–	124	336	212	12.1%	4.5%	0.0%
Clovis	15	37	22	95	2,791	2,696	15.8%	1.3%	0.8%
Salina	15	56	41	566	1,747	1,181	2.7%	3.2%	3.5%
McMinnville	15	22	7	211	455	244	7.1%	4.8%	2.9%
Moultrie	15	15	–	271	1,050	779	5.5%	1.4%	0.0%
Lewiston-Auburn	15	64	49	92	1,776	1,684	16.3%	3.6%	2.9%
Hastings	15	20	5	(166)	385	551	-9.0%	5.2%	0.9%
Kapaa	15	32	17	639	2,401	1,762	2.3%	1.3%	1.0%
Daphne-Fairhope-Foley	14	239	225	792	6,426	5,634	1.8%	3.7%	4.0%
Plattsburgh	14	63	49	171	1,085	914	8.2%	5.8%	5.4%
Natchitoches	14	14	–	878	1,415	537	1.6%	1.0%	0.0%
Enterprise	14	53	39	(6)	2,440	2,446	-233.3%	2.2%	1.6%
Greensburg	14	14	–	46	192	146	30.4%	7.3%	0.0%
Ottumwa	14	14	–	(795)	451	1,246	-1.8%	3.1%	0.0%
Blackfoot	14	41	27	(65)	1,395	1,460	-21.5%	2.9%	1.8%
Lawrenceburg	14	14	–	(95)	551	646	-14.7%	2.5%	0.0%
Safford	13	13	–	538	1,182	644	2.4%	1.1%	0.0%
Hays	13	13	–	49	850	801	26.5%	1.5%	0.0%
Thomaston	13	13	–	(48)	394	442	-27.1%	3.3%	0.0%
Lexington	13	13	–	62	490	428	21.0%	2.7%	0.0%
Americus	12	17	5	38	355	317	31.6%	4.8%	1.6%
Price	12	12	–	69	348	279	17.4%	3.4%	0.0%
Union	12	12	–	(157)	87	244	-7.6%	13.8%	0.0%
Raymondville	12	12	–	(196)	75	271	-6.1%	16.0%	0.0%
Fairmont	12	39	27	189	447	258	6.3%	8.7%	10.5%
Dumas	12	15	3	(448)	49	497	-2.7%	30.6%	0.6%
St. Marys	12	12	–	20	212	192	60.0%	5.7%	0.0%
Lewistown	12	16	4	(25)	255	280	-48.0%	6.3%	1.4%
Galesburg	12	23	11	(435)	374	809	-2.8%	6.1%	1.4%
Winfield	12	60	48	257	1,019	762	4.7%	5.9%	6.3%
Poplar Bluff	11	14	3	1,006	1,561	555	1.1%	0.9%	0.5%
Victoria	11	11	–	28	639	611	39.3%	1.7%	0.0%
Sunbury	11	17	6	(14)	761	775	-78.6%	2.2%	0.8%
Middlesborough	11	11	–	(197)	321	518	-5.6%	3.4%	0.0%
Miami	11	11	–	197	751	554	5.6%	1.5%	0.0%
Centralia	11	11	–	(145)	357	502	-7.6%	3.1%	0.0%
Mount Vernon	11	11	–	727	1,349	622	1.5%	0.8%	0.0%
Shawano	11	16	5	46	285	239	23.9%	5.6%	2.1%
Barre	11	44	33	(271)	1,562	1,833	-4.1%	2.8%	1.8%
Vernal	10	19	9	(747)	856	1,603	-1.3%	2.2%	0.6%
Nogales	10	10	–	340	560	220	2.9%	1.8%	0.0%
Silver City	10	93	83	(196)	1,008	1,204	-5.1%	9.2%	6.9%
Kirksville	10	27	17	307	946	639	3.3%	2.9%	2.7%
Washington Court House	10	10	–	117	203	86	8.5%	4.9%	0.0%
Gardnerville Ranchos	10	72	62	426	2,322	1,896	2.3%	3.1%	3.3%
Keene	10	86	76	485	3,255	2,770	2.1%	2.6%	2.7%
Lock Haven	9	9	–	(93)	332	425	-9.7%	2.7%	0.0%
Bay City	9	9	–	(90)	235	325	-10.0%	3.8%	0.0%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
North Wilkesboro	9	9	–	(30)	477	507	-30.0%	1.9%	0.0%
Butte-Silver Bow	9	23	14	(90)	633	723	-10.0%	3.6%	1.9%
Red Wing	9	40	31	(109)	924	1,033	-8.3%	4.3%	3.0%
Summerville	9	12	3	(94)	232	326	-9.6%	5.2%	0.9%
Ruidoso	9	46	37	508	924	416	1.8%	5.0%	8.9%
Beaver Dam	9	39	30	158	840	682	5.7%	4.6%	4.4%
Bainbridge	9	65	56	72	511	439	12.5%	12.7%	12.8%
Sweetwater	9	9	–	120	259	139	7.5%	3.5%	0.0%
Bardstown	8	8	–	(137)	114	251	-5.8%	7.0%	0.0%
Dyersburg	8	21	13	(567)	600	1,167	-1.4%	3.5%	1.1%
Holland	8	50	42	(307)	946	1,253	-2.6%	5.3%	3.4%
Marshall	8	14	6	(195)	465	660	-4.1%	3.0%	0.9%
Ludington	8	12	4	7	301	294	114.3%	4.0%	1.4%
Pella	8	8	–	203	868	665	3.9%	0.9%	0.0%
Oskaloosa	8	15	7	(274)	392	666	-2.9%	3.8%	1.1%
Dodge City	8	8	–	147	606	459	5.4%	1.3%	0.0%
Woodward	7	21	14	243	476	233	2.9%	4.4%	6.0%
Great Bend	7	7	–	(518)	205	723	-1.4%	3.4%	0.0%
Spartanburg	7	157	150	2,259	7,241	4,982	0.3%	2.2%	3.0%
Fort Collins	7	563	556	2,025	15,507	13,482	0.3%	3.6%	4.1%
Moberly	7	7	–	(39)	215	254	-17.9%	3.3%	0.0%
Austin	7	28	21	741	1,089	348	0.9%	2.6%	6.0%
Alice	7	7	–	(310)	77	387	-2.3%	9.1%	0.0%
Tahlequah	7	7	–	340	892	552	2.1%	0.8%	0.0%
Sikeston	6	6	–	237	559	322	2.5%	1.1%	0.0%
Jefferson	6	52	46	(92)	836	928	-6.5%	6.2%	5.0%
Kokomo	6	48	42	(394)	839	1,233	-1.5%	5.7%	3.4%
Milwaukee-Waukesha	6	645	639	(6,017)	24,914	30,931	-0.1%	2.6%	2.1%
Hannibal	6	6	–	81	707	626	7.4%	0.8%	0.0%
Pittsfield	6	261	255	364	3,556	3,192	1.6%	7.3%	8.0%
Othello	6	6	–	(10)	155	165	-60.0%	3.9%	0.0%
Frankfort	6	6	–	291	481	190	2.1%	1.2%	0.0%
Cedar City	6	78	72	297	2,187	1,890	2.0%	3.6%	3.8%
Albany-Lebanon	5	68	63	366	2,315	1,949	1.4%	2.9%	3.2%
Vidalia	5	5	–	525	793	268	1.0%	0.6%	0.0%
Arkadelphia	5	5	–	(48)	663	711	-10.4%	0.8%	0.0%
Alexander City	5	33	28	795	1,140	345	0.6%	2.9%	8.1%
Carroll	5	5	–	(86)	366	452	-5.8%	1.4%	0.0%
Columbus	5	5	–	(24)	1,489	1,513	-20.8%	0.3%	0.0%
Boone	5	13	8	(22)	1,549	1,571	-22.7%	0.8%	0.5%
Decatur	5	15	10	139	677	538	3.6%	2.2%	1.9%
Sierra Vista-Douglas	5	207	202	52	6,878	6,826	9.6%	3.0%	3.0%
Logansport	4	4	–	336	444	108	1.2%	0.9%	0.0%
Ozark	4	30	26	2,065	3,944	1,879	0.2%	0.8%	1.4%
Pampa	4	54	50	290	537	247	1.4%	10.1%	20.2%
Malone	4	15	11	478	877	399	0.8%	1.7%	2.8%
Myrtle Beach-Conway-North Myrtle Beach	3	949	946	5,490	19,988	14,498	0.1%	4.7%	6.5%
DeRidder	3	3	–	37	851	814	8.1%	0.4%	0.0%
Shelton	3	55	52	96	1,201	1,105	3.1%	4.6%	4.7%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Homosassa Springs	3	458	455	2,281	5,338	3,057	0.1%	8.6%	14.9%
Maryville	3	6	3	263	1,077	814	1.1%	0.6%	0.4%
Worthington	3	30	27	(337)	219	556	-0.9%	13.7%	4.9%
Mason City	3	22	19	308	878	570	1.0%	2.5%	3.3%
Tiffin	3	3	–	130	678	548	2.3%	0.4%	0.0%
Jamestown	3	3	–	631	1,046	415	0.5%	0.3%	0.0%
Sault Ste. Marie	3	39	36	(201)	588	789	-1.5%	6.6%	4.6%
Weirton-Steubenville	3	132	129	593	3,856	3,263	0.5%	3.4%	4.0%
Española	2	15	13	225	480	255	0.9%	3.1%	5.1%
Mount Sterling	2	2	–	213	622	409	0.9%	0.3%	0.0%
Del Rio	2	10	8	(56)	1,162	1,218	-3.6%	0.9%	0.7%
Fredericksburg	2	22	20	(93)	208	301	-2.2%	10.6%	6.6%
Mankato	1	73	72	165	2,203	2,038	0.6%	3.3%	3.5%
Defiance	1	42	41	75	654	579	1.3%	6.4%	7.1%
Jasper	–	–	–	(793)	173	966	0.0%	0.0%	0.0%
Brenham	–	–	–	(38)	316	354	0.0%	0.0%	0.0%
Beeville	–	–	–	126	280	154	0.0%	0.0%	0.0%
Alpena	–	10	10	(358)	240	598	0.0%	4.2%	1.7%
Greenwood	–	–	–	(471)	396	867	0.0%	0.0%	0.0%
Sulphur Springs	–	–	–	(251)	283	534	0.0%	0.0%	0.0%
Kingsville	–	–	–	(262)	524	786	0.0%	0.0%	0.0%
El Dorado	–	16	16	(156)	444	600	0.0%	3.6%	2.7%
Houghton	–	39	39	163	1,246	1,083	0.0%	3.1%	3.6%
Vernon	–	–	–	112	174	62	0.0%	0.0%	0.0%
Levelland	–	–	–	(11)	151	162	0.0%	0.0%	0.0%
Port Lavaca	–	–	–	51	192	141	0.0%	0.0%	0.0%
Indiana	–	18	18	(20)	1,033	1,053	0.0%	1.7%	1.7%
Cornelia	–	28	28	289	598	309	0.0%	4.7%	9.1%
Cleveland	–	–	–	(293)	164	457	0.0%	0.0%	0.0%
Staunton	–	59	59	549	1,868	1,319	0.0%	3.2%	4.5%
Talladega-Sylacauga	–	–	–	(443)	942	1,385	0.0%	0.0%	0.0%
El Campo	–	–	–	(544)	34	578	0.0%	0.0%	0.0%
Pecos	–	–	–	295	481	186	0.0%	0.0%	0.0%
Pearsall	–	–	–	60	98	38	0.0%	0.0%	0.0%
Cedartown	–	–	–	553	758	205	0.0%	0.0%	0.0%
Columbus	–	–	–	109	618	509	0.0%	0.0%	0.0%
Marion	–	–	–	(184)	596	780	0.0%	0.0%	0.0%
Snyder	–	–	–	(18)	113	131	0.0%	0.0%	0.0%
Borger	–	–	–	(74)	306	380	0.0%	0.0%	0.0%
Van Wert	–	–	–	(444)	253	697	0.0%	0.0%	0.0%
Coshocton	–	–	–	(34)	223	257	0.0%	0.0%	0.0%
Zapata	–	–	–	28	55	27	0.0%	0.0%	0.0%
Grenada	–	–	–	(424)	85	509	0.0%	0.0%	0.0%
Midland	–	95	95	(610)	1,415	2,025	0.0%	6.7%	4.7%
Wabash	–	–	–	26	332	306	0.0%	0.0%	0.0%
Dickinson	–	–	–	220	1,495	1,275	0.0%	0.0%	0.0%
Brownwood	–	–	–	(76)	149	225	0.0%	0.0%	0.0%
Clarksdale	–	–	–	(541)	428	969	0.0%	0.0%	0.0%
Peru	–	–	–	566	869	303	0.0%	0.0%	0.0%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Andrews	–	–	–	(134)	187	321	0.0%	0.0%	0.0%
Lamesa	–	–	–	109	120	11	0.0%	0.0%	0.0%
North Vernon	–	–	–	(225)	153	378	0.0%	0.0%	0.0%
Bemidji	–	2	2	251	742	491	0.0%	0.3%	0.4%
Warren	–	64	64	(419)	597	1,016	0.0%	10.7%	6.3%
Brownsville	–	–	–	(248)	98	346	0.0%	0.0%	0.0%
Lake Charles	(1)	151	152	(372)	3,273	3,645	0.3%	4.6%	4.2%
Shelbyville	(1)	18	19	(156)	572	728	0.6%	3.1%	2.6%
Glasgow	(1)	64	65	13	717	704	-7.7%	8.9%	9.2%
Iowa City	(1)	81	82	201	7,628	7,427	-0.5%	1.1%	1.1%
Lebanon	(1)	86	87	(225)	2,264	2,489	0.4%	3.8%	3.5%
Dixon	(1)	32	33	(196)	304	500	0.5%	10.5%	6.6%
Ada	(1)	12	13	(155)	474	629	0.6%	2.5%	2.1%
Troy	(2)	3	5	48	789	741	-4.2%	0.4%	0.7%
Albemarle	(2)	13	15	423	736	313	-0.5%	1.8%	4.8%
Pierre	(2)	–	2	123	1,039	916	-1.6%	0.0%	0.2%
McPherson	(2)	39	41	(65)	710	775	3.1%	5.5%	5.3%
Manchester-Nashua	(2)	479	481	2,169	15,989	13,820	-0.1%	3.0%	3.5%
Richmond	(2)	10	12	1,048	2,022	974	-0.2%	0.5%	1.2%
Mexico	(2)	–	2	230	336	106	-0.9%	0.0%	1.9%
Eagle Pass	(3)	6	9	55	226	171	-5.5%	2.7%	5.3%
Escanaba	(3)	20	23	378	820	442	-0.8%	2.4%	5.2%
Kendallville	(3)	4	7	40	602	562	-7.5%	0.7%	1.2%
Gloversville	(3)	16	19	(933)	403	1,336	0.3%	4.0%	1.4%
Bangor	(3)	107	110	1,174	4,503	3,329	-0.3%	2.4%	3.3%
Charleston-North Charleston	(4)	662	666	4,770	31,994	27,224	-0.1%	2.1%	2.4%
Jesup	(4)	–	4	(105)	542	647	3.8%	0.0%	0.6%
Batesville	(4)	21	25	32	770	738	-12.5%	2.7%	3.4%
Rock Springs	(4)	33	37	372	2,153	1,781	-1.1%	1.5%	2.1%
Elmira	(4)	21	25	(715)	956	1,671	0.6%	2.2%	1.5%
Sayre	(4)	13	17	(239)	1,158	1,397	1.7%	1.1%	1.2%
Paragould	(4)	–	4	225	1,172	947	-1.8%	0.0%	0.4%
Russellville	(4)	27	31	20	1,094	1,074	-20.0%	2.5%	2.9%
Vineyard Haven	(5)	41	46	(65)	418	483	7.7%	9.8%	9.5%
Somerset	(5)	24	29	320	1,008	688	-1.6%	2.4%	4.2%
Mount Airy	(5)	28	33	397	995	598	-1.3%	2.8%	5.5%
Manitowoc	(5)	29	34	(32)	830	862	15.6%	3.5%	3.9%
Garden City	(5)	–	5	(9)	1,031	1,040	55.6%	0.0%	0.5%
Opelousas	(6)	10	16	(504)	424	928	1.2%	2.4%	1.7%
Logan	(6)	66	72	313	4,635	4,322	-1.9%	1.4%	1.7%
Lewisburg	(6)	52	58	(21)	292	313	28.6%	17.8%	18.5%
Helena-West Helena	(6)	3	9	(84)	145	229	7.1%	2.1%	3.9%
Wilmington	(6)	–	6	84	402	318	-7.1%	0.0%	1.9%
Lewisburg	(6)	41	47	2,270	3,085	815	-0.3%	1.3%	5.8%
Huntington	(6)	13	19	32	405	373	-18.8%	3.2%	5.1%
Ottawa	(6)	7	13	105	361	256	-5.7%	1.9%	5.1%
Danville	(6)	68	74	(1,215)	665	1,880	0.5%	10.2%	3.9%
McAlester	(6)	8	14	(26)	960	986	23.1%	0.8%	1.4%
Jacksonville	(7)	–	7	72	339	267	-9.7%	0.0%	2.6%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Connersville	(7)	–	7	36	264	228	-19.4%	0.0%	3.1%
Fallon	(7)	8	15	223	1,121	898	-3.1%	0.7%	1.7%
Owensboro	(7)	24	31	(821)	1,947	2,768	0.9%	1.2%	1.1%
Lincoln	(7)	137	144	1,252	9,815	8,563	-0.6%	1.4%	1.7%
Carlsbad-Artesia	(7)	47	54	(1,448)	1,435	2,883	0.5%	3.3%	1.9%
Sidney	(7)	–	7	192	352	160	-3.6%	0.0%	4.4%
Eufaula	(8)	8	16	27	489	462	-29.6%	1.6%	3.5%
Central City	(8)	12	20	67	254	187	-11.9%	4.7%	10.7%
Laurel	(8)	20	28	(403)	540	943	2.0%	3.7%	3.0%
Stevens Point	(8)	–	8	(155)	935	1,090	5.2%	0.0%	0.7%
Norwalk	(8)	15	23	(40)	686	726	20.0%	2.2%	3.2%
Atchison	(8)	1	9	128	631	503	-6.3%	0.2%	1.8%
Twin Falls	(9)	121	130	996	3,474	2,478	-0.9%	3.5%	5.2%
Flagstaff	(9)	74	83	3,038	8,690	5,652	-0.3%	0.9%	1.5%
Natchez	(9)	21	30	(884)	701	1,585	1.0%	3.0%	1.9%
Lake City	(9)	26	35	671	1,578	907	-1.3%	1.6%	3.9%
Astoria	(9)	34	43	(755)	1,313	2,068	1.2%	2.6%	2.1%
Dayton	(9)	11	20	(324)	385	709	2.8%	2.9%	2.8%
Cullman	(9)	24	33	618	1,261	643	-1.5%	1.9%	5.1%
Rockport	(9)	55	64	3	319	316	-300.0%	17.2%	20.3%
Spencer	(9)	4	13	259	461	202	-3.5%	0.9%	6.4%
Reading	(9)	253	262	(357)	5,517	5,874	2.5%	4.6%	4.5%
Liberal	(9)	–	9	(101)	624	725	8.9%	0.0%	1.2%
Aberdeen	(9)	9	18	39	1,055	1,016	-23.1%	0.9%	1.8%
Laramie	(9)	–	9	(68)	3,248	3,316	13.2%	0.0%	0.3%
Huron	(9)	3	12	339	677	338	-2.7%	0.4%	3.6%
Hope	(10)	–	10	879	1,059	180	-1.1%	0.0%	5.6%
Martin	(10)	39	49	367	749	382	-2.7%	5.2%	12.8%
Kingsport-Bristol	(10)	317	327	111	7,327	7,216	-9.0%	4.3%	4.5%
Wichita Falls	(10)	76	86	1,150	7,101	5,951	-0.9%	1.1%	1.4%
Fort Dodge	(10)	8	18	(127)	785	912	7.9%	1.0%	2.0%
Scottsburg	(10)	–	10	(234)	362	596	4.3%	0.0%	1.7%
Grants	(10)	–	10	190	596	406	-5.3%	0.0%	2.5%
Athens	(10)	21	31	113	1,850	1,737	-8.8%	1.1%	1.8%
Guymon	(10)	–	10	(325)	482	807	3.1%	0.0%	1.2%
Susanville	(10)	–	10	(665)	610	1,275	1.5%	0.0%	0.8%
Lafayette	(11)	95	106	(1,922)	5,494	7,416	0.6%	1.7%	1.4%
Monroe	(11)	57	68	(2,179)	1,689	3,868	0.5%	3.4%	1.8%
Clinton	(11)	55	66	29	812	783	-37.9%	6.8%	8.4%
Winston-Salem	(11)	370	381	4,854	14,502	9,648	-0.2%	2.6%	3.9%
Huntsville	(11)	378	389	1,628	13,198	11,570	-0.7%	2.9%	3.4%
Hutchinson	(11)	12	23	(647)	900	1,547	1.7%	1.3%	1.5%
Uvalde	(11)	–	11	139	351	212	-7.9%	0.0%	5.2%
Carson City	(11)	55	66	236	2,082	1,846	-4.7%	2.6%	3.6%
Pontiac	(11)	3	14	(317)	201	518	3.5%	1.5%	2.7%
Menomonie	(11)	6	17	1,240	2,010	770	-0.9%	0.3%	2.2%
Albertville	(11)	44	55	419	1,501	1,082	-2.6%	2.9%	5.1%
Greenwood	(12)	32	44	182	944	762	-6.6%	3.4%	5.8%
Mount Pleasant	(12)	–	12	86	682	596	-14.0%	0.0%	2.0%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Heber	(12)	32	44	1,528	3,746	2,218	-0.8%	0.9%	2.0%
State College	(12)	112	124	1,248	6,621	5,373	-1.0%	1.7%	2.3%
Bennettsville	(12)	13	25	168	752	584	-7.1%	1.7%	4.3%
Gainesville	(12)	–	12	269	568	299	-4.5%	0.0%	4.0%
Celina	(12)	–	12	(418)	403	821	2.9%	0.0%	1.5%
Lebanon	(12)	–	12	(626)	203	829	1.9%	0.0%	1.4%
Madison	(12)	10	22	99	655	556	-12.1%	1.5%	4.0%
Wisconsin Rapids-Marshfield	(12)	2	14	(101)	761	862	11.9%	0.3%	1.6%
Fort Polk South	(13)	26	39	(1,538)	4,437	5,975	0.8%	0.6%	0.7%
Cordele	(13)	10	23	(54)	258	312	24.1%	3.9%	7.4%
Jackson	(13)	–	13	(271)	258	529	4.8%	0.0%	2.5%
Houma-Thibodaux	(14)	14	28	(462)	1,973	2,435	3.0%	0.7%	1.1%
Vineland-Bridgeton	(14)	27	41	(1,216)	1,361	2,577	1.2%	2.0%	1.6%
Springfield	(14)	345	359	(1,653)	13,378	15,031	0.8%	2.6%	2.4%
Moscow	(14)	30	44	(395)	2,617	3,012	3.5%	1.1%	1.5%
Bonham	(14)	–	14	192	437	245	-7.3%	0.0%	5.7%
Elk City	(14)	–	14	(233)	374	607	6.0%	0.0%	2.3%
Baraboo	(15)	11	26	599	1,153	554	-2.5%	1.0%	4.7%
Muskogee	(15)	18	33	211	1,620	1,409	-7.1%	1.1%	2.3%
Columbia	(15)	63	78	52	6,525	6,473	-28.8%	1.0%	1.2%
Big Spring	(15)	–	15	202	847	645	-7.4%	0.0%	2.3%
Iron Mountain	(15)	61	76	186	638	452	-8.1%	9.6%	16.8%
Tullahoma-Manchester	(15)	64	79	43	1,780	1,737	-34.9%	3.6%	4.5%
Fargo	(15)	336	351	226	15,025	14,799	-6.6%	2.2%	2.4%
Muscatine	(15)	25	40	(983)	366	1,349	1.5%	6.8%	3.0%
Bay City	(15)	–	15	371	1,059	688	-4.0%	0.0%	2.2%
Wapakoneta	(15)	7	22	(189)	344	533	7.9%	2.0%	4.1%
Amsterdam	(15)	–	15	194	544	350	-7.7%	0.0%	4.3%
Steamboat Springs	(16)	–	16	(224)	810	1,034	7.1%	0.0%	1.5%
Freeport	(16)	6	22	(374)	550	924	4.3%	1.1%	2.4%
Plainview	(16)	–	16	99	328	229	-16.2%	0.0%	7.0%
Hobbs	(16)	33	49	(147)	2,122	2,269	10.9%	1.6%	2.2%
Fernley	(17)	45	62	1,222	2,656	1,434	-1.4%	1.7%	4.3%
Jennings	(17)	13	30	(84)	203	287	20.2%	6.4%	10.5%
Marshall	(17)	14	31	273	519	246	-6.2%	2.7%	12.6%
Williston	(17)	54	71	(693)	2,307	3,000	2.5%	2.3%	2.4%
Yankton	(17)	–	17	70	1,149	1,079	-24.3%	0.0%	1.6%
Prineville	(17)	8	25	385	864	479	-4.4%	0.9%	5.2%
Gallup	(18)	5	23	(499)	1,252	1,751	3.6%	0.4%	1.3%
Marion	(18)	–	18	226	474	248	-8.0%	0.0%	7.3%
Washington	(18)	–	18	245	459	214	-7.3%	0.0%	8.4%
Rio Grande City-Roma	(18)	–	18	(111)	145	256	16.2%	0.0%	7.0%
Los Alamos	(18)	11	29	(641)	928	1,569	2.8%	1.2%	1.8%
St. Joseph	(19)	56	75	(515)	2,704	3,219	3.7%	2.1%	2.3%
Tuscaloosa	(19)	65	84	3,094	8,794	5,700	-0.6%	0.7%	1.5%
Napa	(19)	44	63	(863)	1,543	2,406	2.2%	2.9%	2.6%
Sheboygan	(19)	47	66	120	1,335	1,215	-15.8%	3.5%	5.4%
Abilene	(19)	44	63	531	3,762	3,231	-3.6%	1.2%	1.9%
Jasper	(19)	17	36	(84)	472	556	22.6%	3.6%	6.5%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Lima	(19)	109	128	(51)	1,876	1,927	37.3%	5.8%	6.6%
Salisbury	(19)	906	925	3,253	14,671	11,418	-0.6%	6.2%	8.1%
Danville	(20)	8	28	242	2,042	1,800	-8.3%	0.4%	1.6%
Lewiston	(20)	218	238	(412)	3,388	3,800	4.9%	6.4%	6.3%
Nacogdoches	(20)	–	20	140	1,045	905	-14.3%	0.0%	2.2%
Warrensburg	(20)	–	20	263	2,741	2,478	-7.6%	0.0%	0.8%
Muncie	(20)	27	47	220	2,553	2,333	-9.1%	1.1%	2.0%
Winchester	(21)	138	159	(195)	3,153	3,348	10.8%	4.4%	4.7%
Blytheville	(21)	13	34	(150)	902	1,052	14.0%	1.4%	3.2%
Salem	(21)	46	67	(228)	1,588	1,816	9.2%	2.9%	3.7%
Brookhaven	(21)	–	21	(105)	269	374	20.0%	0.0%	5.6%
Roswell	(21)	40	61	309	1,872	1,563	-6.8%	2.1%	3.9%
Farmington	(22)	49	71	(154)	3,448	3,602	14.3%	1.4%	2.0%
LaGrange	(22)	54	76	358	1,759	1,401	-6.1%	3.1%	5.4%
Pottsville	(22)	20	42	(349)	1,013	1,362	6.3%	2.0%	3.1%
Fairmont	(23)	6	29	535	1,297	762	-4.3%	0.5%	3.8%
Auburn	(23)	17	40	(659)	624	1,283	3.5%	2.7%	3.1%
Oak Harbor	(23)	86	109	(1,559)	3,173	4,732	1.5%	2.7%	2.3%
Carbondale-Marion	(23)	75	98	(856)	3,153	4,009	2.7%	2.4%	2.4%
Odessa	(23)	–	23	1,590	3,657	2,067	-1.4%	0.0%	1.1%
Johnstown	(23)	12	35	943	1,750	807	-2.4%	0.7%	4.3%
North Platte	(23)	31	54	(360)	1,015	1,375	6.4%	3.1%	3.9%
Selma	(24)	–	24	(114)	285	399	21.1%	0.0%	6.0%
Santa Cruz-Watsonville	(24)	91	115	(236)	4,360	4,596	10.2%	2.1%	2.5%
Winnemucca	(24)	6	30	(151)	563	714	15.9%	1.1%	4.2%
Ithaca	(24)	14	38	1,691	6,936	5,245	-1.4%	0.2%	0.7%
Cheyenne	(24)	119	143	183	5,606	5,423	-13.1%	2.1%	2.6%
Goldsboro	(24)	21	45	(72)	3,775	3,847	33.3%	0.6%	1.2%
Cumberland	(25)	48	73	1	2,386	2,385	-2500.0%	2.0%	3.1%
Mount Vernon	(25)	14	39	(114)	462	576	21.9%	3.0%	6.8%
Pullman	(27)	14	41	366	2,908	2,542	-7.4%	0.5%	1.6%
Laredo	(27)	13	40	(319)	1,039	1,358	8.5%	1.3%	2.9%
Toccoa	(27)	24	51	298	601	303	-9.1%	4.0%	16.8%
Mount Pleasant	(27)	13	40	262	1,254	992	-10.3%	1.0%	4.0%
Mountain Home	(27)	58	85	66	1,099	1,033	-40.9%	5.3%	8.2%
Cañon City	(28)	35	63	(298)	1,277	1,575	9.4%	2.7%	4.0%
Bradford	(28)	39	67	68	1,042	974	-41.2%	3.7%	6.9%
Selinsgrove	(28)	3	31	161	582	421	-17.4%	0.5%	7.4%
Bucyrus-Galion	(28)	2	30	7	205	198	-400.0%	1.0%	15.2%
Rome	(28)	7	35	(148)	1,607	1,755	18.9%	0.4%	2.0%
Hilo	(28)	196	224	(205)	5,997	6,202	13.7%	3.3%	3.6%
Bogalusa	(29)	7	36	73	499	426	-39.7%	1.4%	8.5%
Searcy	(29)	37	66	1,125	2,413	1,288	-2.6%	1.5%	5.1%
Indianola	(29)	–	29	(624)	195	819	4.6%	0.0%	3.5%
Canton-Massillon	(30)	158	188	(877)	3,994	4,871	3.4%	4.0%	3.9%
Coos Bay	(30)	152	182	1,498	3,024	1,526	-2.0%	5.0%	11.9%
Morgan City	(31)	–	31	(379)	585	964	8.2%	0.0%	3.2%
Grand Rapids	(31)	25	56	(545)	318	863	5.7%	7.9%	6.5%
Plymouth	(31)	–	31	(295)	428	723	10.5%	0.0%	4.3%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Camden	(32)	–	32	(79)	426	505	40.5%	0.0%	6.3%
Hickory-Lenoir-Morganton	(32)	117	149	2,128	5,974	3,846	-1.5%	2.0%	3.9%
Corvallis	(32)	32	64	(173)	4,005	4,178	18.5%	0.8%	1.5%
Kinston	(32)	3	35	568	829	261	-5.6%	0.4%	13.4%
Hattiesburg	(32)	106	138	218	4,231	4,013	-14.7%	2.5%	3.4%
Olean	(33)	23	56	(465)	783	1,248	7.1%	2.9%	4.5%
Fort Morgan	(33)	–	33	466	788	322	-7.1%	0.0%	10.2%
Ukiah	(34)	35	69	(12)	1,526	1,538	283.3%	2.3%	4.5%
Willmar	(34)	24	58	(269)	549	818	12.6%	4.4%	7.1%
Mayfield	(34)	–	34	25	442	417	-136.0%	0.0%	8.2%
Laconia	(35)	134	169	(866)	1,625	2,491	4.0%	8.2%	6.8%
Jacksonville	(35)	7	42	(370)	516	886	9.5%	1.4%	4.7%
Augusta-Waterville	(35)	80	115	723	2,359	1,636	-4.8%	3.4%	7.0%
Bellefontaine	(35)	7	42	(68)	488	556	51.5%	1.4%	7.6%
Eau Claire	(35)	88	123	1,161	3,799	2,638	-3.0%	2.3%	4.7%
Ottawa	(36)	57	93	(636)	1,642	2,278	5.7%	3.5%	4.1%
Riverton	(37)	43	80	190	1,130	940	-19.5%	3.8%	8.5%
Findlay	(37)	24	61	(445)	1,372	1,817	8.3%	1.7%	3.4%
Albert Lea	(37)	40	77	(90)	323	413	41.1%	12.4%	18.6%
Cambridge	(37)	35	72	(537)	212	749	6.9%	16.5%	9.6%
Sterling	(37)	4	41	(321)	441	762	11.5%	0.9%	5.4%
Fremont	(37)	9	46	354	719	365	-10.5%	1.3%	12.6%
Sandusky	(38)	20	58	189	1,071	882	-20.1%	1.9%	6.6%
Great Falls	(38)	92	130	(81)	3,375	3,456	46.9%	2.7%	3.8%
Corning	(38)	26	64	(1,046)	1,085	2,131	3.6%	2.4%	3.0%
Marshalltown	(38)	24	62	(53)	351	404	71.7%	6.8%	15.3%
Lansing-East Lansing	(39)	175	214	(14)	8,959	8,973	278.6%	2.0%	2.4%
Easton	(39)	34	73	296	1,014	718	-13.2%	3.4%	10.2%
Quincy	(39)	36	75	(509)	1,580	2,089	7.7%	2.3%	3.6%
Forrest City	(39)	–	39	(1,062)	254	1,316	3.7%	0.0%	3.0%
Stillwater	(39)	3	42	691	3,822	3,131	-5.6%	0.1%	1.3%
Athens	(40)	17	57	473	1,340	867	-8.5%	1.3%	6.6%
Gadsden	(40)	31	71	(683)	1,204	1,887	5.9%	2.6%	3.8%
Madison	(40)	229	269	2,493	19,936	17,443	-1.6%	1.1%	1.5%
Dothan	(40)	91	131	(548)	2,995	3,543	7.3%	3.0%	3.7%
Kalispell	(40)	113	153	158	3,764	3,606	-25.3%	3.0%	4.2%
Rockingham	(41)	15	56	(36)	663	699	113.9%	2.3%	8.0%
Altus	(41)	15	56	67	1,589	1,522	-61.2%	0.9%	3.7%
Sumter	(41)	30	71	(324)	4,000	4,324	12.7%	0.8%	1.6%
Atlantic City-Hammonton	(42)	178	220	(2,072)	3,481	5,553	2.0%	5.1%	4.0%
Hereford	(42)	–	42	(387)	241	628	10.9%	0.0%	6.7%
Fort Leonard Wood	(42)	11	53	6,286	11,799	5,513	-0.7%	0.1%	1.0%
Portsmouth	(43)	11	54	280	1,445	1,165	-15.4%	0.8%	4.6%
Valdosta	(43)	15	58	394	4,839	4,445	-10.9%	0.3%	1.3%
Wahpeton	(43)	19	62	161	1,051	890	-26.7%	1.8%	7.0%
Scottsboro	(44)	34	78	221	757	536	-19.9%	4.5%	14.6%
Charleston	(44)	102	146	(2,021)	3,107	5,128	2.2%	3.3%	2.8%
Lebanon	(44)	412	456	439	9,194	8,755	-10.0%	4.5%	5.2%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Newport	(44)	–	44	24	482	458	-183.3%	0.0%	9.6%
Chambersburg-Waynesboro	(44)	145	189	46	2,710	2,664	-95.7%	5.4%	7.1%
Taos	(45)	19	64	105	807	702	-42.9%	2.4%	9.1%
Cullowhee	(45)	31	76	394	1,982	1,588	-11.4%	1.6%	4.8%
Edwards	(46)	44	90	(172)	2,216	2,388	26.7%	2.0%	3.8%
Greenville	(46)	7	53	75	697	622	-61.3%	1.0%	8.5%
Elkhart-Goshen	(46)	93	139	(1,757)	3,409	5,166	2.6%	2.7%	2.7%
Wilson	(46)	12	58	(264)	643	907	17.4%	1.9%	6.4%
Gainesville	(47)	105	152	(1,586)	7,794	9,380	3.0%	1.3%	1.6%
Sevierville	(47)	78	125	681	3,673	2,992	-6.9%	2.1%	4.2%
Evanston	(47)	–	47	164	630	466	-28.7%	0.0%	10.1%
Montrose	(48)	8	56	(321)	1,229	1,550	15.0%	0.7%	3.6%
Battle Creek	(48)	47	95	202	1,973	1,771	-23.8%	2.4%	5.4%
Texarkana	(49)	55	104	(119)	4,451	4,570	41.2%	1.2%	2.3%
Asheville	(49)	700	749	4,955	14,797	9,842	-1.0%	4.7%	7.6%
Pine Bluff	(49)	52	101	38	1,379	1,341	-128.9%	3.8%	7.5%
Vallejo	(49)	218	267	(2,828)	5,182	8,010	1.7%	4.2%	3.3%
Moses Lake	(49)	46	95	(67)	1,129	1,196	73.1%	4.1%	7.9%
Kerrville	(49)	26	75	(67)	670	737	73.1%	3.9%	10.2%
Cortland	(49)	4	53	203	555	352	-24.1%	0.7%	15.1%
Watertown-Fort Atkinson	(49)	4	53	242	1,167	925	-20.2%	0.3%	5.7%
Magnolia	(49)	–	49	354	803	449	-13.8%	0.0%	10.9%
Elizabethtown-Fort Knox	(50)	73	123	2,363	7,142	4,779	-2.1%	1.0%	2.6%
Kill Devil Hills	(50)	73	123	(48)	1,187	1,235	104.2%	6.1%	10.0%
Minden	(51)	9	60	(256)	376	632	19.9%	2.4%	9.5%
Sioux City	(51)	147	198	(1,596)	3,962	5,558	3.2%	3.7%	3.6%
Alamogordo	(51)	69	120	350	4,516	4,166	-14.6%	1.5%	2.9%
Huntingdon	(52)	12	64	(172)	519	691	30.2%	2.3%	9.3%
Washington	(53)	6	59	(159)	484	643	33.3%	1.2%	9.2%
Urbana	(53)	25	78	(173)	256	429	30.6%	9.8%	18.2%
Ashland	(53)	4	57	(97)	616	713	54.6%	0.6%	8.0%
Topeka	(54)	128	182	(227)	3,194	3,421	23.8%	4.0%	5.3%
Frankfort	(54)	–	54	33	1,052	1,019	-163.6%	0.0%	5.3%
Trenton-Princeton	(55)	219	274	(4,118)	8,917	13,035	1.3%	2.5%	2.1%
Binghamton	(55)	53	108	(1,547)	3,750	5,297	3.6%	1.4%	2.0%
Billings	(55)	183	238	(1,538)	4,543	6,081	3.6%	4.0%	3.9%
Rapid City	(55)	41	96	(823)	6,113	6,936	6.7%	0.7%	1.4%
Amarillo	(55)	118	173	(147)	4,492	4,639	37.4%	2.6%	3.7%
Macomb	(55)	13	68	326	949	623	-16.9%	1.4%	10.9%
Parsons	(55)	16	71	56	498	442	-98.2%	3.2%	16.1%
Alexandria	(56)	11	67	234	2,897	2,663	-23.9%	0.4%	2.5%
Marion	(56)	23	79	353	1,509	1,156	-15.9%	1.5%	6.8%
Florence-Muscle Shoals	(57)	27	84	1,510	3,793	2,283	-3.8%	0.7%	3.7%
Elizabeth City	(58)	12	70	885	2,056	1,171	-6.6%	0.6%	6.0%
Orangeburg	(58)	30	88	(50)	976	1,026	116.0%	3.1%	8.6%
Las Vegas	(58)	–	58	(184)	491	675	31.5%	0.0%	8.6%
Gillette	(58)	16	74	(346)	2,304	2,650	16.8%	0.7%	2.8%
Anniston-Oxford	(58)	22	80	138	2,181	2,043	-42.0%	1.0%	3.9%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Harrison	(58)	28	86	284	923	639	-20.4%	3.0%	13.5%
Fort Madison-Keokuk	(59)	41	100	7	1,392	1,385	-842.9%	2.9%	7.2%
New Castle	(59)	5	64	(288)	350	638	20.5%	1.4%	10.0%
Fergus Falls	(59)	60	119	(87)	1,180	1,267	67.8%	5.1%	9.4%
La Grande	(60)	10	70	(386)	819	1,205	15.5%	1.2%	5.8%
Kankakee	(60)	21	81	(1,196)	959	2,155	5.0%	2.2%	3.8%
Spirit Lake	(60)	–	60	(376)	372	748	16.0%	0.0%	8.0%
Coldwater	(60)	6	66	174	725	551	-34.5%	0.8%	12.0%
St. Cloud	(61)	14	75	(517)	2,946	3,463	11.8%	0.5%	2.2%
Roanoke Rapids	(61)	7	68	(262)	743	1,005	23.3%	0.9%	6.8%
Statesboro	(61)	14	75	23	1,316	1,293	-265.2%	1.1%	5.8%
Gaffney	(61)	5	66	323	933	610	-18.9%	0.5%	10.8%
Johnson City	(61)	245	306	1,548	5,881	4,333	-3.9%	4.2%	7.1%
Beckley	(61)	23	84	(914)	1,519	2,433	6.7%	1.5%	3.5%
Springfield	(61)	3	64	614	1,887	1,273	-9.9%	0.2%	5.0%
Wooster	(61)	29	90	(330)	1,154	1,484	18.5%	2.5%	6.1%
Bremerton-Silverdale-Port Orchard	(62)	169	231	4,268	13,471	9,203	-1.5%	1.3%	2.5%
Adrian	(62)	97	159	(891)	1,355	2,246	7.0%	7.2%	7.1%
Santa Rosa-Petaluma	(62)	292	354	(3,896)	5,098	8,994	1.6%	5.7%	3.9%
Jacksonville	(63)	125	188	5,438	22,888	17,450	-1.2%	0.5%	1.1%
Scottsbluff	(63)	18	81	(12)	1,155	1,167	525.0%	1.6%	6.9%
Augusta-Richmond County	(66)	489	555	3,675	23,125	19,450	-1.8%	2.1%	2.9%
Jefferson City	(66)	44	110	(611)	2,121	2,732	10.8%	2.1%	4.0%
Torrington	(66)	120	186	(1,004)	3,131	4,135	6.6%	3.8%	4.5%
Jamestown-Dunkirk-Fredonia	(67)	53	120	365	2,370	2,005	-18.4%	2.2%	6.0%
Evansville	(67)	187	254	1,448	7,708	6,260	-4.6%	2.4%	4.1%
Sheridan	(68)	11	79	(386)	894	1,280	17.6%	1.2%	6.2%
Bluefield	(68)	135	203	6	2,690	2,684	-1133.3%	5.0%	7.6%
Paris	(68)	8	76	283	792	509	-24.0%	1.0%	14.9%
Midland	(68)	34	102	133	4,027	3,894	-51.1%	0.8%	2.6%
Clarksburg	(69)	78	147	(828)	1,227	2,055	8.3%	6.4%	7.2%
San Angelo	(69)	–	69	1,412	3,689	2,277	-4.9%	0.0%	3.0%
Columbus	(70)	29	99	(815)	1,310	2,125	8.6%	2.2%	4.7%
Martinsville	(70)	4	74	20	607	587	-350.0%	0.7%	12.6%
Crawfordsville	(72)	2	74	(91)	534	625	79.1%	0.4%	11.8%
Brookings	(72)	9	81	148	1,714	1,566	-48.6%	0.5%	5.2%
Olympia-Lacey-Tumwater	(74)	275	349	(431)	10,148	10,579	17.2%	2.7%	3.3%
Truckee-Grass Valley	(75)	84	159	(1,668)	884	2,552	4.5%	9.5%	6.2%
Saginaw	(75)	39	114	(662)	1,416	2,078	11.3%	2.8%	5.5%
Joplin	(76)	190	266	865	5,560	4,695	-8.8%	3.4%	5.7%
Blacksburg-Christiansburg	(77)	90	167	(1,295)	4,616	5,911	5.9%	1.9%	2.8%
Hanford-Corcoran	(77)	27	104	(419)	2,591	3,010	18.4%	1.0%	3.5%
Macon-Bibb County	(78)	149	227	(164)	2,998	3,162	47.6%	5.0%	7.2%
Utica-Rome	(79)	129	208	(772)	3,100	3,872	10.2%	4.2%	5.4%
Grants Pass	(81)	114	195	1,196	2,976	1,780	-6.8%	3.8%	11.0%
Seneca	(81)	90	171	1,699	3,139	1,440	-4.8%	2.9%	11.9%
Monroe	(81)	103	184	(992)	2,464	3,456	8.2%	4.2%	5.3%
Modesto	(82)	42	124	(2,039)	3,794	5,833	4.0%	1.1%	2.1%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Dalton	(82)	12	94	(162)	2,143	2,305	50.6%	0.6%	4.1%
Minot	(83)	41	124	(891)	4,062	4,953	9.3%	1.0%	2.5%
Waterloo-Cedar Falls	(85)	42	127	(234)	2,832	3,066	36.3%	1.5%	4.1%
Durham-Chapel Hill	(86)	370	456	2,643	22,121	19,478	-3.3%	1.7%	2.3%
Altoona	(87)	5	92	(116)	1,259	1,375	75.0%	0.4%	6.7%
Oneonta	(87)	47	134	(221)	733	954	39.4%	6.4%	14.0%
Mitchell	(87)	17	104	(61)	347	408	142.6%	4.9%	25.5%
Visalia	(88)	46	134	(2,120)	2,336	4,456	4.2%	2.0%	3.0%
Niles	(88)	95	183	1,099	4,718	3,619	-8.0%	2.0%	5.1%
Eureka-Arcata	(89)	34	123	(711)	2,515	3,226	12.5%	1.4%	3.8%
Paris	(89)	–	89	(65)	604	669	136.9%	0.0%	13.3%
Las Cruces	(89)	292	381	(182)	7,417	7,599	48.9%	3.9%	5.0%
Lynchburg	(90)	65	155	2,082	7,233	5,151	-4.3%	0.9%	3.0%
Elkins	(90)	–	90	(257)	483	740	35.0%	0.0%	12.2%
Cleveland	(91)	98	189	455	3,149	2,694	-20.0%	3.1%	7.0%
Ogden-Clearfield	(92)	300	392	(1,472)	14,191	15,663	6.3%	2.1%	2.5%
The Dalles	(92)	35	127	(40)	706	746	230.0%	5.0%	17.0%
Big Rapids	(93)	2	95	(342)	542	884	27.2%	0.4%	10.7%
Richmond-Berea	(93)	65	158	(149)	1,980	2,129	62.4%	3.3%	7.4%
Hermiston-Pendleton	(94)	35	129	257	2,153	1,896	-36.6%	1.6%	6.8%
Warsaw	(95)	35	130	135	1,416	1,281	-70.4%	2.5%	10.1%
Parkersburg-Vienna	(97)	39	136	(851)	1,376	2,227	11.4%	2.8%	6.1%
Oil City	(97)	–	97	(184)	469	653	52.7%	0.0%	14.9%
Gettysburg	(97)	38	135	915	2,693	1,778	-10.6%	1.4%	7.6%
New Castle	(98)	22	120	(244)	1,537	1,781	40.2%	1.4%	6.7%
Big Stone Gap	(99)	–	99	(454)	773	1,227	21.8%	0.0%	8.1%
Breckenridge	(99)	–	99	(612)	975	1,587	16.2%	0.0%	6.2%
Chico	(100)	74	174	(1,263)	2,213	3,476	7.9%	3.3%	5.0%
Faribault-Northfield	(100)	10	110	252	1,669	1,417	-39.7%	0.6%	7.8%
Bakersfield	(101)	261	362	(3,115)	9,454	12,569	3.2%	2.8%	2.9%
Michigan City-La Porte	(101)	97	198	535	2,770	2,235	-18.9%	3.5%	8.9%
Watertown-Fort Drum	(103)	89	192	(1,352)	7,340	8,692	7.6%	1.2%	2.2%
Bismarck	(105)	49	154	(581)	2,334	2,915	18.1%	2.1%	5.3%
Bloomington	(105)	40	145	(2,145)	2,646	4,791	4.9%	1.5%	3.0%
Ponca City	(107)	6	113	437	1,451	1,014	-24.5%	0.4%	11.1%
South Bend-Mishawaka	(108)	297	405	217	10,356	10,139	-49.8%	2.9%	4.0%
Shreveport-Bossier City	(108)	212	320	(3,248)	7,758	11,006	3.3%	2.7%	2.9%
Manhattan	(109)	59	168	(4,110)	7,886	11,996	2.7%	0.7%	1.4%
Hilton Head Island-Bluffton	(111)	691	802	927	11,820	10,893	-12.0%	5.8%	7.4%
Salinas	(114)	50	164	(572)	8,510	9,082	19.9%	0.6%	1.8%
Akron	(115)	298	413	(2,915)	9,034	11,949	3.9%	3.3%	3.5%
Rolla	(115)	17	132	(810)	806	1,616	14.2%	2.1%	8.2%
El Centro	(116)	–	116	(1,181)	1,265	2,446	9.8%	0.0%	4.7%
Arcadia	(116)	14	130	519	876	357	-22.4%	1.6%	36.4%
Madera	(117)	–	117	(176)	1,073	1,249	66.5%	0.0%	9.4%
Memphis	(119)	943	1,062	(4,950)	36,022	40,972	2.4%	2.6%	2.6%
Marquette	(121)	9	130	(83)	1,188	1,271	145.8%	0.8%	10.2%
El Paso	(121)	172	293	(5,699)	22,680	28,379	2.1%	0.8%	1.0%

> Click here to return to Table of Contents.

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Vicksburg	(122)	–	122	(636)	573	1,209	19.2%	0.0%	10.1%
Green Bay	(123)	81	204	373	4,653	4,280	-33.0%	1.7%	4.8%
Brunswick	(124)	88	212	636	2,584	1,948	-19.5%	3.4%	10.9%
Lawrence	(124)	81	205	(1,559)	5,506	7,065	8.0%	1.5%	2.9%
West Plains	(125)	–	125	(67)	751	818	186.6%	0.0%	15.3%
Point Pleasant	(125)	11	136	(349)	606	955	35.8%	1.8%	14.2%
Greeneville	(127)	61	188	430	1,522	1,092	-29.5%	4.0%	17.2%
Merced	(130)	6	136	(1,068)	2,108	3,176	12.2%	0.3%	4.3%
Sherman-Denison	(130)	–	130	(216)	2,005	2,221	60.2%	0.0%	5.9%
Colorado Springs	(130)	1,103	1,233	3,985	47,952	43,967	-3.3%	2.3%	2.8%
Huntington-Ashland	(131)	235	366	(1,327)	6,649	7,976	9.9%	3.5%	4.6%
Stockton	(131)	116	247	(1,952)	6,226	8,178	6.7%	1.9%	3.0%
Redding	(132)	171	303	(1,241)	2,172	3,413	10.6%	7.9%	8.9%
Indianapolis-Carmel-Anderson	(134)	1,063	1,197	(3,666)	40,148	43,814	3.7%	2.6%	2.7%
Jackson	(137)	17	154	663	2,604	1,941	-20.7%	0.7%	7.9%
Santa Fe	(138)	90	228	184	4,297	4,113	-75.0%	2.1%	5.5%
Winona	(141)	34	175	(185)	1,575	1,760	76.2%	2.2%	9.9%
Kalamazoo-Portage	(142)	98	240	(485)	5,449	5,934	29.3%	1.8%	4.0%
Wheeling	(143)	73	216	(262)	2,494	2,756	54.6%	2.9%	7.8%
Crossville	(144)	78	222	1,223	1,868	645	-11.8%	4.2%	34.4%
Rockford	(147)	50	197	(3,635)	4,828	8,463	4.0%	1.0%	2.3%
Grand Rapids-Kentwood	(150)	297	447	531	15,737	15,206	-28.2%	1.9%	2.9%
Columbus	(154)	882	1,036	(4,278)	38,019	42,297	3.6%	2.3%	2.4%
Lancaster	(157)	360	517	(1,182)	7,608	8,790	13.3%	4.7%	5.9%
Panama City	(157)	185	342	602	9,219	8,617	-26.1%	2.0%	4.0%
Sturgis	(162)	22	184	(268)	1,168	1,436	60.4%	1.9%	12.8%
Hartford-East Hartford-Middletown	(163)	917	1,080	(11,556)	23,098	34,654	1.4%	4.0%	3.1%
Greenville	(175)	19	194	(951)	734	1,685	18.4%	2.6%	11.5%
Bowling Green	(176)	138	314	2,859	6,637	3,778	-6.2%	2.1%	8.3%
Barnstable Town	(178)	355	533	(808)	4,156	4,964	22.0%	8.5%	10.7%
Warner Robins	(179)	234	413	(315)	4,708	5,023	56.8%	5.0%	8.2%
La Crosse-Onalaska	(179)	66	245	(672)	3,411	4,083	26.6%	1.9%	6.0%
Brainerd	(184)	91	275	155	1,506	1,351	-118.7%	6.0%	20.4%
Erie	(185)	149	334	(2,540)	5,093	7,633	7.3%	2.9%	4.4%
Centralia	(185)	42	227	890	1,976	1,086	-20.8%	2.1%	20.9%
Springfield	(187)	288	475	1,173	10,145	8,972	-15.9%	2.8%	5.3%
Crescent City	(190)	14	204	(275)	561	836	69.1%	2.5%	24.4%
Hudson	(190)	88	278	(788)	786	1,574	24.1%	11.2%	17.7%
Youngstown-Warren-Boardman	(193)	212	405	(510)	8,177	8,687	37.8%	2.6%	4.7%
Sacramento-Roseville-Folsom	(196)	872	1,068	(11,064)	27,875	38,939	1.8%	3.1%	2.7%
Clearlake	(198)	22	220	104	1,151	1,047	-190.4%	1.9%	21.0%
Thomasville	(198)	27	225	663	1,664	1,001	-29.9%	1.6%	22.5%
Baton Rouge	(199)	129	328	(1,376)	13,308	14,684	14.5%	1.0%	2.2%
Glens Falls	(202)	67	269	(765)	1,532	2,297	26.4%	4.4%	11.7%
Calhoun	(202)	35	237	(400)	505	905	50.5%	6.9%	26.2%
San Luis Obispo-Paso Robles	(203)	71	274	423	5,261	4,838	-48.0%	1.3%	5.7%
San Jose-Sunnyvale-Santa Clara	(208)	548	756	(5,971)	33,912	39,883	3.5%	1.6%	1.9%
Providence-Warwick	(208)	1,002	1,210	2,454	42,411	39,957	-8.5%	2.4%	3.0%

Appendix B – Domestic Migration Rates by Metro (Sorted by Net Migration of Seniors Aged 75+) — CONTINUED

American Community Survey 2016-2020 (5-Year Data)

	Seniors 75+			General Population			Ratios		
MIGRATION	NET	IN	OUT	NET	IN	OUT	NET	IN	OUT
Concord	(212)	38	250	293	4,155	3,862	-72.4%	0.9%	6.5%
Ocean City	(218)	162	380	175	3,093	2,918	-124.6%	5.2%	13.0%
Kahului-Wailuku-Lahaina	(222)	137	359	(498)	4,778	5,276	44.6%	2.9%	6.8%
Des Moines-West Des Moines	(224)	347	571	2,405	15,153	12,748	-9.3%	2.3%	4.5%
Fort Wayne	(238)	264	502	176	7,786	7,610	-135.2%	3.4%	6.6%
Reno	(241)	472	713	2,333	18,771	16,438	-10.3%	2.5%	4.3%
Fresno	(251)	159	410	(1,354)	7,053	8,407	18.5%	2.3%	4.9%
Brevard	(257)	84	341	171	1,106	935	-150.3%	7.6%	36.5%
Fayetteville-Springdale-Rogers	(260)	468	728	4,197	19,342	15,145	-6.2%	2.4%	4.8%
Bridgeport-Stamford-Norwalk	(271)	804	1,075	(6,483)	27,099	33,582	4.2%	3.0%	3.2%
Bend	(274)	159	433	2,761	9,103	6,342	-9.9%	1.7%	6.8%
Springfield	(282)	21	303	(1,470)	2,765	4,235	19.2%	0.8%	7.2%
Branson	(287)	27	314	366	1,572	1,206	-78.4%	1.7%	26.0%
St. Marys	(291)	47	338	(658)	3,819	4,477	44.2%	1.2%	7.5%
Batavia	(304)	–	304	(745)	445	1,190	40.8%	0.0%	25.5%
Oxnard-Thousand Oaks-Ventura	(309)	204	513	(7,900)	8,251	16,151	3.9%	2.5%	3.2%
Sioux Falls	(314)	110	424	(582)	8,356	8,938	54.0%	1.3%	4.7%
Kansas City	(314)	1,690	2,004	(1,158)	74,390	75,548	27.1%	2.3%	2.7%
Allentown-Bethlehem-Easton	(328)	571	899	2,521	18,927	16,406	-13.0%	3.0%	5.5%
Spokane-Spokane Valley	(328)	550	878	3,363	18,231	14,868	-9.8%	3.0%	5.9%
Missoula	(329)	50	379	1,671	5,911	4,240	-19.7%	0.8%	8.9%
Klamath Falls	(332)	22	354	75	2,600	2,525	-442.7%	0.8%	14.0%
Urban Honolulu	(334)	591	925	(14,069)	37,966	52,035	2.4%	1.6%	1.8%
Syracuse	(336)	311	647	(3,187)	11,555	14,742	10.5%	2.7%	4.4%
Rochester	(347)	284	631	(2,693)	16,757	19,450	12.9%	1.7%	3.2%
Minneapolis-St. Paul-Bloomington	(355)	1,660	2,015	(9,065)	70,953	80,018	3.9%	2.3%	2.5%
Duluth	(370)	147	517	(1,245)	6,336	7,581	29.7%	2.3%	6.8%
Louisville/Jefferson County	(392)	656	1,048	(2,543)	27,547	30,090	15.4%	2.4%	3.5%
Albuquerque	(398)	760	1,158	(3,128)	23,283	26,411	12.7%	3.3%	4.4%
Philadelphia-Camden-Wilmington	(404)	4,161	4,565	(16,961)	134,990	151,951	2.4%	3.1%	3.0%
Detroit-Warren-Dearborn	(407)	1,835	2,242	(11,876)	45,810	57,686	3.4%	4.0%	3.9%
Flint	(425)	128	553	(1,996)	3,606	5,602	21.3%	3.5%	9.9%
Boulder	(440)	218	658	8,247	19,601	11,354	-5.3%	1.1%	5.8%
Casper	(464)	64	528	(1,114)	1,923	3,037	41.7%	3.3%	17.4%
Poughkeepsie-Newburgh-Middletown	(486)	366	852	(6,984)	10,076	17,060	7.0%	3.6%	5.0%
St. Louis	(492)	1,395	1,887	(10,548)	59,921	70,469	4.7%	2.3%	2.7%
Boston-Cambridge-Newton	(514)	3,170	3,684	(16,067)	121,828	137,895	3.2%	2.6%	2.7%
Buffalo-Cheektowaga	(538)	448	986	(5,806)	12,009	17,815	9.3%	3.7%	5.5%
Worcester	(540)	292	832	(8,492)	15,279	23,771	6.4%	1.9%	3.5%
Riverside-San Bernardino-Ontario	(642)	2,716	3,358	(21,244)	50,557	71,801	3.0%	5.4%	4.7%
San Francisco-Oakland-Berkeley	(661)	1,567	2,228	(21,775)	69,336	91,111	3.0%	2.3%	2.4%
Pittsburgh	(698)	799	1,497	(6,155)	40,566	46,721	11.3%	2.0%	3.2%
Picayune	(735)	48	783	(163)	1,945	2,108	450.9%	2.5%	37.1%
Baltimore-Columbia-Towson	(1,162)	1,375	2,537	(15,449)	63,866	79,315	7.5%	2.2%	3.2%
Los Angeles-Long Beach-Anaheim	(1,958)	3,488	5,446	(68,383)	130,940	199,323	2.9%	2.7%	2.7%
Chicago-Naperville-Elgin	(2,982)	3,478	6,460	(82,149)	159,678	241,827	3.6%	2.2%	2.7%
New York-Newark-Jersey City	(7,934)	7,259	15,193	(231,550)	259,905	491,455	3.4%	2.8%	3.1%

> Click here to return to Table of Contents.

References

Friedman, Thomas. 2005. *The World Is Flat: A Brief History of the Twenty-first Century.* Farrar, Straus and Giroux.

Frey, William. 2007. *Mapping the Growth in Older America: Seniors and Booms in the Early 21st Century.* Brookings Institute, Metropolitan Policy Program.

Frey, William. 2019. *How Migration of Millennials and Seniors Has Shifted Since the Great Recession.* Brookings Institute, Metropolitan Policy Program.

Frey, William. 2021. *Despite the Pandemic Narrative, Americans are Moving at Historically Low Rates,* Brookings Institute, Metropolitan Policy Program.

Frost, Riordan. 2021. *Have More People Moved During the Pandemic?* Joint Center for Housing Studies, Harvard University.

McCue, Daniel. 2022. *Defining "Use with Caution": How we're navigating new census bureau data.* Harvard Joint Center for Housing Studies, Harvard University.

Molly, Raven, Christopher L. Smith, and Abigail Wozniak. 2011. *Internal Migration in the United States.* Journal of Economic Perspectives.

US Census Bureau. 2022. *Domestic Migration of Older Americans: 2015-2019,* Current Population Reports, P23-218, Washington D.C.

Walker, Kyle. 2023. *Analyzing US Census Data: Methods, Maps, and Models in R.* CRC Press.

Winkler, Richelle and Mark Rouleau. 2020. *Amenities or disamenities? Estimating the impacts of extreme heat and wildfire on domestic US migration.* Population and Environment.

About The Author

Francesco "Frank" Rockwood is President of Rockwood Pacific, which he co-founded with his wife in 2013. The Rockwood Pacific team provides real estate development, master capital investment planning, real estate advisory and research services to the senior living industry. Prior to Rockwood Pacific, Frank was a development executive for Sunrise Senior Living, Transamerica, The Walt Disney Company, and the City and County of Denver. Frank has authored and co-authored several papers and studies related to real estate development and demography. Frank holds a master's degree in business administration from Berkeley Haas and an undergraduate degree with a focus on applied mathematics from Harvard College.

For more information on Rockwood Pacific, see **www.rockwoodpacific.com.**

www.ashaliving.org

www.rockwoodpacific.com