

Florida and Texas Gained Over a Million New Residents Over the Past Decade, New York and California Lost Nearly 2 Million Each

States Ranked by Net Change in Residents From Interstate Migration Between 2013 and 2022

State	Net Individuals	Rank
Florida	+1,632,485	1
Texas	+1,232,542	2
North Carolina	+564,383	3
Arizona	+494,138	4
South Carolina	+489,840	5
Tennessee	+378,507	6
Georgia	+365,979	7
Nevada	+244,563	8
Idaho	+203,567	9
Washington	+199,555	10
Colorado	+176,487	11
Oregon	+128,365	12
Alabama	+101,920	13
Montana	+71,116	14
Oklahoma	+66,534	15
Utah	+65,702	16
Delaware	+65,587	17
Maine	+63,534	18
Arkansas	+56,304	19
New Hampshire	+52,206	20
Indiana	+29,513	21
South Dakota	+21,006	22
Missouri	+18,019	23
Kentucky	+9,127	24
Vermont	+1,725	25
Wyoming	-9,391	26
Wisconsin	-20,870	27
Rhode Island	-22,689	28
West Virginia	-23,866	29
North Dakota	-29,354	30
Iowa	-30,650	31
Nebraska	-32,158	32
New Mexico	-39,208	33
Mississippi	-52,037	34
Minnesota	-53,538	35
Alaska	-68,966	36
DC	-76,900	37
Hawaii	-89,610	38
Kansas	-90,968	39
Connecticut	-107,599	40
Michigan	-107,833	41
Ohio	-107,895	42
Virginia	-112,013	43
Pennsylvania	-174,964	44
Louisiana	-183,929	45
Maryland	-188,366	46
Massachusetts	-301,508	47
New Jersey	-346,005	48
Illinois	-868,272	49
California	-1,790,703	50
New York	-1,803,454	51