

California, New York, and Illinois Lose Young Americans at the Fastest Rates

States ranked by net change in residents under the age of 35 from interstate migration in 2022

State	Under 35	Rank
Texas	+47,411	1
North Carolina	+22,522	2
Colorado	+15,699	3
Tennessee	+12,654	4
Washington	+11,737	5
South Carolina	+11,216	6
Georgia	+8,957	7
Arizona	+7,259	8
Florida	+6,983	9
Nevada	+4,398	10
DC	+4,032	11
Oklahoma	+3,108	12
Arkansas	+2,257	13
Missouri	+2,192	14
Virginia	+1,915	15
Oregon	+1,861	16
Idaho	+1,853	17
Montana	+1,833	18
Maine	+1,761	19
Alabama	+1,639	20
Kentucky	+1,201	21
North Dakota	+645	22
Wisconsin	+537	23
South Dakota	+474	24
West Virginia	+436	25
New Hampshire	+391	26
Delaware	+313	27
Wyoming	-102	28
Utah	-161	29
Vermont	-392	30
Alaska	-547	31
Nebraska	-549	32
New Mexico	-551	33
Rhode Island	-615	34
Indiana	-1,147	35
Minnesota	-1,553	36
Iowa	-2,428	37
Hawaii	-2,996	38
Kansas	-3,093	39
Connecticut	-3,556	40
Mississippi	-5,570	41
Ohio	-5,992	42
Pennsylvania	-6,765	43
New Jersey	-7,456	44
Michigan	-7,638	45
Maryland	-8,319	46
Louisiana	-8,698	47
Massachusetts	-8,758	48
Illinois	-12,808	49
New York	-34,896	50
California	-57,902	51