

0 250 500 Kilometers

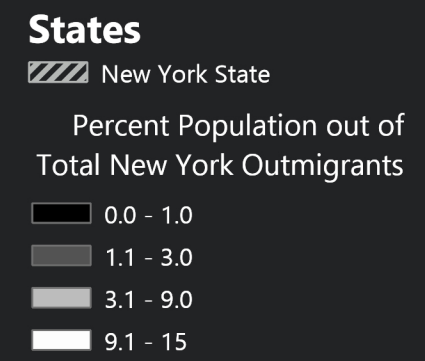
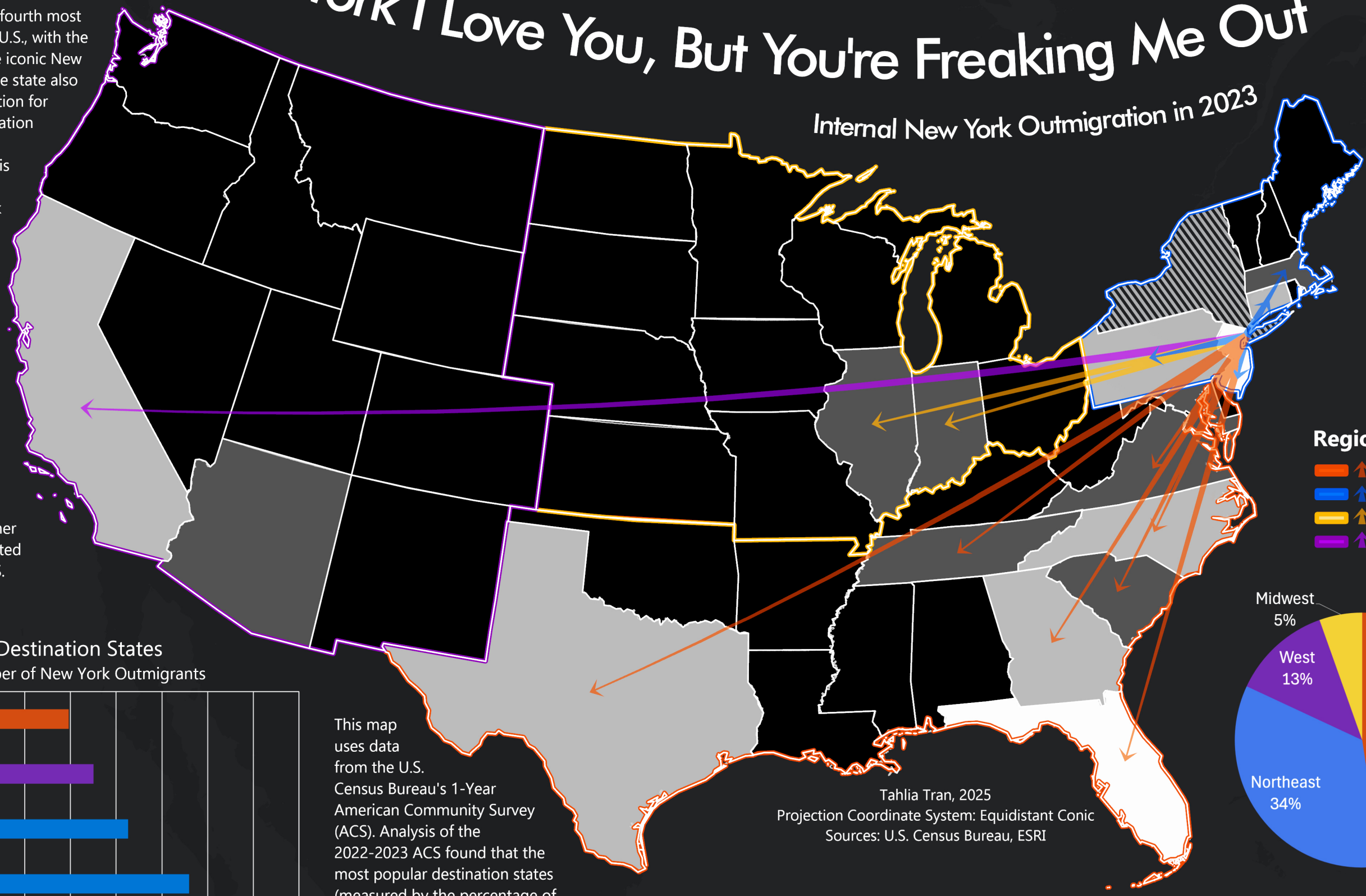


# New York I Love You, But You're Freaking Me Out

New York State is the fourth most populous state in the U.S., with the greatest density in the iconic New York City. However, the state also ranked third in the nation for most internal outmigration in 2023.

Internal outmigration is measured by people who lived in New York in 2022 and now live in another U.S. State in 2023, which was over 480,000. According to the U.S. Census Bureau, the top reason people stated for moving states was housing, including to seek better homes/apartments, home ownership, and cheaper rent. Family, employment, and higher education also motivated internal migration (U.S. Census Bureau).

## Internal New York Outmigration in 2023

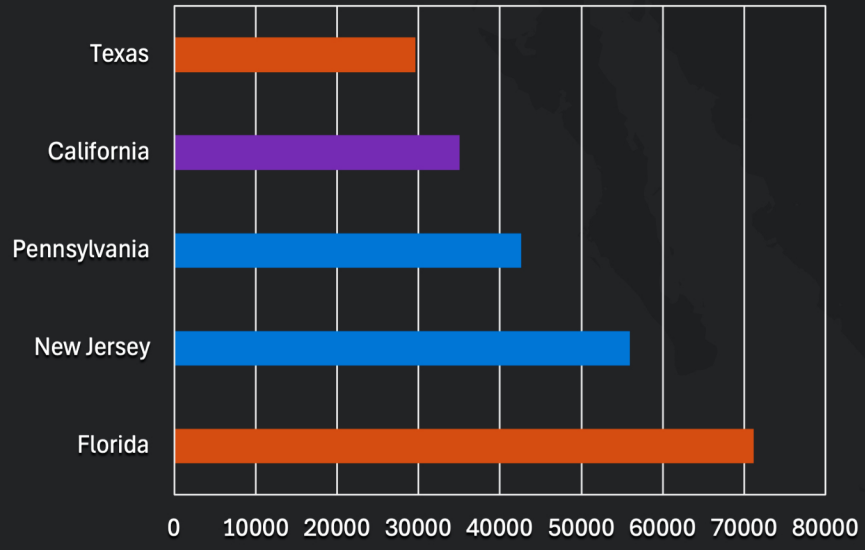


**Regions**

- South
- Northeast
- Midwest
- West

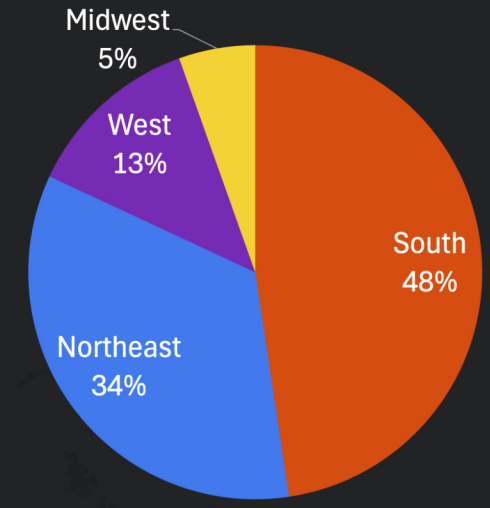
↑ Top 15 States of Destination, by region of destination

**Top 5 Destination States**  
by number of New York Outmigrants



This map uses data from the U.S. Census Bureau's 1-Year American Community Survey (ACS). Analysis of the 2022-2023 ACS found that the most popular destination states (measured by the percentage of New Yorkers who moved to the prospective state out of total New York outmigrants) was Florida, New Jersey, Pennsylvania, California, and Texas. Of the American geographical regions (South, Northeast, West, Midwest), the South was the most popular destination.

Tahlia Tran, 2025  
Projection Coordinate System: Equidistant Conic  
Sources: U.S. Census Bureau, ESRI



**Region Destinations**

Percent region of destination of out total New York Outmigrants