

# Moving In, Moving Out

A special report analyzing the movement of people into and out of the Hudson Valley during 2019-2020

May 2023





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Cover image: The Gov. Mario M. Cuomo Bridge between Rockland and Westchester counties.

Inside image: An overlook at Mohonk Mountain House in Ulster County.

Photographs courtesy of Danny Wild, on Instagram @dannywild11.



# Introduction: Hudson Valley Migration

A new set of data released by the federal government shows that rural counties in the Hudson Valley continued to gain people from migration during the heart of the Covid-19 pandemic, but suburban counties lost population as people with high incomes and job flexibility moved away from density.

The new migration data were released by the Internal Revenue Service (IRS) in late April 2023. The data utilize information from tax returns to track domestic and international migration in the United States. The IRS migration data are considered among the most accurate information to track the movement of people throughout the country.

The data in this report are from tax returns filed with the IRS during calendar years 2020 and 2021. Returns received in 2020 represent migration that happened in 2019; and returns received in 2021 represent migration in 2020.

Therefore, the data in this report show migration for the first full year of the Covid-19 pandemic. A migration analysis published by Pattern in 2022 reflected migration for the first several months of the pandemic. The two reports together paint a complete picture of the peak movement of people into and out of the Hudson Valley during the health crisis - a trend that pushed housing prices to record highs.

The regional analysis in this report accounts for inflow and outflow data from the nine-county region that includes Columbia, Dutchess, Greene, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester counties.

## Key takeaways

- **The nine-county region gained 104,071 people and lost 108,916 because of migration in 2019-2020, for a net loss of 4,845 people.** Although seven out of our nine counties gained population from migration, large losses in Rockland County and Westchester County more than offset the gains to the north. Rockland and Westchester lost a combined net of 9,581 people to outward migration, an outflow that underscores the strong desire to move away from density during the pandemic.

- **The data confirm that a wave of people from New York City moved into the region.** A total of 45,890 people from New York City moved into the region during the latest reporting period; and 14,642 left the Hudson Valley for the five boroughs during that time. Our region gained a net of 31,248 people from New York City in the latest IRS data. The previous year's migration data showed a net inflow of 33,394 people from the city. While the data do not show how many stayed from the first wave, it is fair to estimate that the Hudson Valley gained a net of approximately 60,000 people from New York City during the brunt of the pandemic.
- **The data continued to show a north-south divide in pandemic migration.** Communities south of Route 84 generally lost population or stayed flat, while communities to the north saw a relatively large inflow of new residents. Again, these data highlight the movement away from density and into rural towns and smaller cities and villages. This trend was well documented in real estate data that showed people leaving high-population areas because they feared that density put them at a greater risk of contracting the novel coronavirus.
- **Migration affects counties on a proportional basis.** For example, it is important for us to recognize that a gain of 881 people in Sullivan County is felt differently than 1,348 people in Dutchess County. The chart below shows the percentage of population change from migration based on the total county populations in 2020.

Columbia County	0.62%
Dutchess County	0.46%
Greene County	1.09%
Orange County	0.00%
Putnam County	0.33%
Rockland County	-0.62%
Sullivan County	1.12%
Ulster County	0.50%
Westchester County	-0.71%

# Introduction: Hudson Valley Migration

- **A large number of people from the Hudson Valley continue to move to counties in bordering states.** In fact, 12,841 people from our region moved into the bordering counties in Connecticut, Massachusetts, New Jersey and Pennsylvania during the last reporting period. A recent analysis by Pattern found that property taxes in these states are roughly 40-70 percent of what we pay in our region.
- **The data suggest that climate refugees are moving into the region from California.** A total of 1,179 people from Los Angeles County have moved into the Hudson Valley from 2018-2020. Many assumed that our growing TV and film industries had attracted these West Coast transplants. And that might be true to some extent. But Pattern has also encountered several people who moved from Los Angeles during that time because they were tired of water restrictions and wary of fires. Those are climate refugees, and their arrival in the Hudson Valley deserves more attention and analysis.

## Why is migration important?

Migration into and out of the Hudson Valley affects many aspects of life across the region, including schools, businesses, taxes, and the number of Congressional seats assigned to New York.

The Hudson Valley has experienced a net outflow of people due to migration for all the last 25 years except one. That loss of population has resulted in fewer children in our schools, which forced school districts to close some of their elementary buildings forever. It has reduced the size of the workforce in many parts of the region, which makes it more difficult for employers to find workers. The State of New York once sent 45 representatives to Congress, but that number has dropped to 26 because of our population declines relative to gains elsewhere in the country.

The latest batches of migration data raise significant questions for the region.

**Will they stay?** This is perhaps the biggest question about migration into the Hudson Valley during the Covid-19 pandemic. We can look to recent history for

## Regional migration by the numbers...

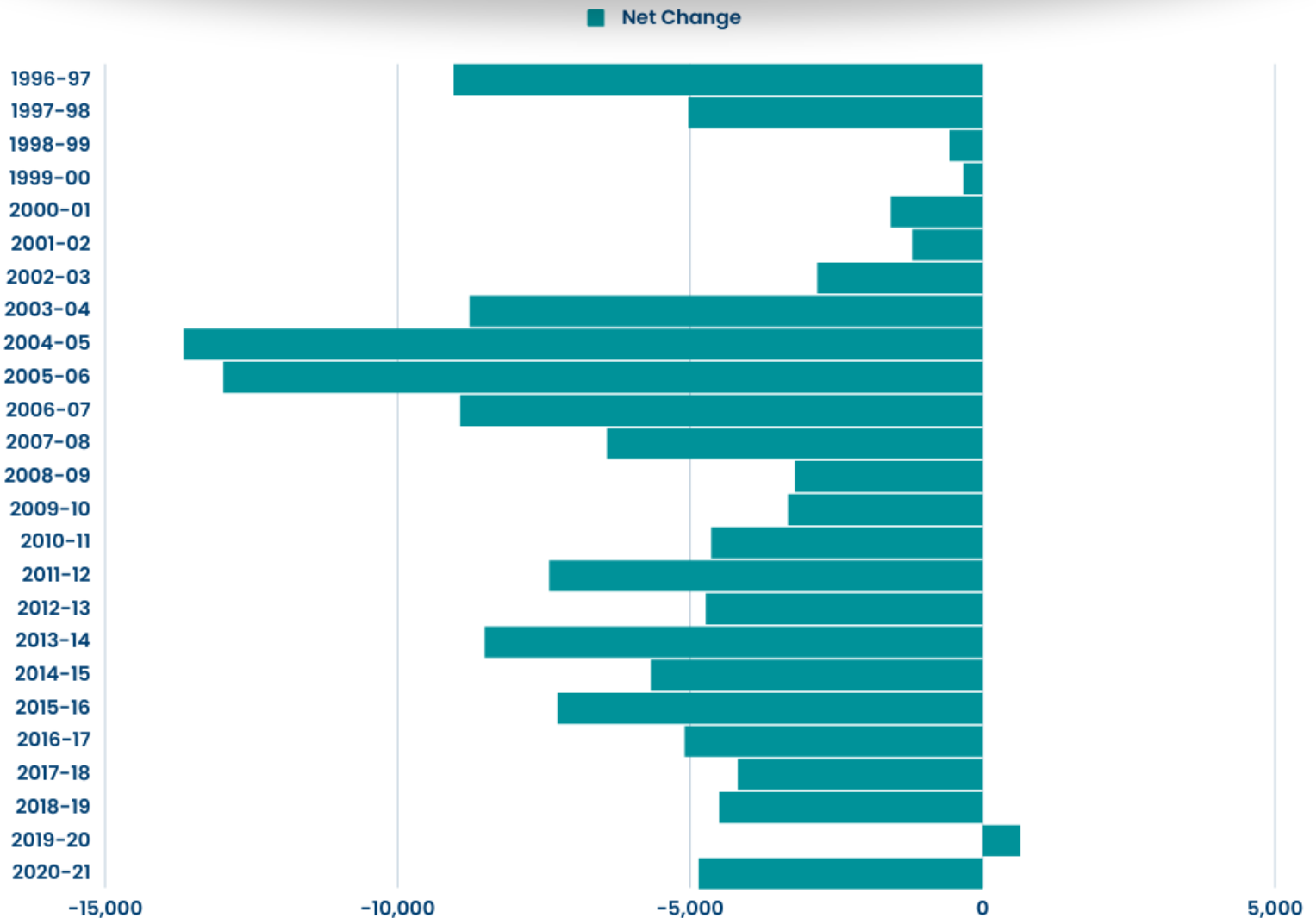
- **104,071** people moved into the region
- **108,916** people moved out of the region
- The Hudson Valley lost a net of **4,845** to migration during the first full year of the Covid-19 pandemic
- A total of **12,841** people moved from the Hudson Valley to bordering counties in other states
- A total of **609** people from Los Angeles County, California, moved into the Hudson Valley during the most recent reporting period

context. After the terrorist attacks of 9/11, thousands of people moved out of New York City and into the Hudson Valley, following the train lines into places like Dutchess County and Orange County. By 2004, however, many of our temporary neighbors from the five boroughs returned to New York City, and they dragged with them a new generation of young families that were looking to return to urban centers.

That could happen again, but there are some things that are different in 2023. For one, work-from-home software is more ubiquitous and easy to use. Many who can work from home might decide to stay here - a luxury they did not have in 2001. The Hudson Valley has another factor working in its favor: many of our small cities and villages are in a cycle of reinvestment, with money flowing into revitalization projects in our downtowns. By contrast, many of these same places were deep in a trough of disinvestment when the last wave of New York City migrants moved north more than 20 years ago.

The following pages show how the most recent trends in migration have affected each county, and the region as a whole.

# Regional Migration Trends



The chart above shows the net migration into and out of the Hudson Valley from 1996 until 2020. These data are from the Internal Revenue Service. They are also used for the county-by-county analyses in this report.

On a net basis, the Hudson Valley has been losing residents every year since 1996. The only exception was in 2019-2020, the year that included the first approximately six months of the pandemic, when the Hudson Valley gained a net of 629 people from migration.

**The Hudson Valley has lost a total of 134,505 people to migration over the past 25 years.**

Other research reports published by Pattern have found that this consistent outward migration is having a deleterious effect on the Hudson Valley. It is causing workforce shortages, school closures, and exacerbating the aging of the region.

The people leaving our region are, in general, moving to three places. Those who stayed in New York were tending to move to New York City or the Capital District. Those leaving the state can generally be split into two subsets. One subset has moved to bordering counties in Connecticut, Massachusetts, New Jersey, and Pennsylvania, where property taxes are approximately 30-60 percent less than ours. The second subset has been moving to the South, predominantly to Delaware, Florida, North Carolina, and South Carolina, where lower taxes and housing costs are complimented by warm, snowless weather.

**\*Note:** The dates on this chart are for the tax filing years, which represent migration from the previous year. For example 2020-2021 actually represents movement that happened in 2019 and 2020.

# Regional Migration Trends

## Hudson Valley Outflow 2020-2021\*

County	State	Number of People
NYC Counties	NY	14,632
Fairfield County	CT	7,252
Bergen County	NJ	2,635
Palm Beach County	FL	1,870
Long Island Counties	NY	1,661
New Haven County	CT	1,154
Albany County	NY	1,059
Hudson County	NJ	651
Horry County	SC	621
Broward County	FL	616

## Hudson Valley Inflow 2020-2021\*

County	State	Number of People
NYC Counties	NY	45,890
Long Island Counties	NY	3,040
Fairfield County	CT	2,237
Bergen County	NJ	1,563
Hudson County	NJ	1,182
Los Angeles County	CA	609
Albany County	NY	558
Palm Beach County	FL	426
Essex County	NJ	352
Passaic County	NJ	295

## Hudson Valley Outflow 2019-2020\*

County	State	Number of People
NYC Counties	NY	15,248
Fairfield County	CT	6,809
Bergen County	NJ	2,547
Long Island Counties	NY	2,134
Palm Beach County	FL	1,460
Albany County	NY	959
New Haven County	CT	829
Hudson County	NJ	583
Horry County	SC	527
Broward County	FL	522

## Hudson Valley Inflow 2019-2020\*

County	State	Number of People
NYC Counties	NY	48,642
Long Island Counties	NY	3,056
Fairfield County	CT	2,401
Bergen County	NJ	1,733
Hudson County	NJ	1,184
Albany County	NY	571
Los Angeles County	CA	570
New Haven County	CT	341
Passaic County	NJ	329
Palm Beach County	FL	324

The charts above show two years of regional migration into and out of the Hudson Valley on a regional basis.

These data underscore several trends that are discussed in the report and underscored in the county-by-county analyses. There is a significant inflow of people from New York City into the Hudson Valley, but an equally significant outflow from our region to neighboring states and particular counties in the South.

There are significant year-over-year similarities in the number of people moving into or out of the region, and the destinations for people leaving the region.

**\*Note:** The dates in these charts are for the tax filing years, which represent migration from the previous year in each case. For example Hudson Valley Inflow 2020-2021 actually represents movement that happened in 2019 and 2020.

# New York City Data

People migrate in large numbers between the Hudson Valley and New York City every year.

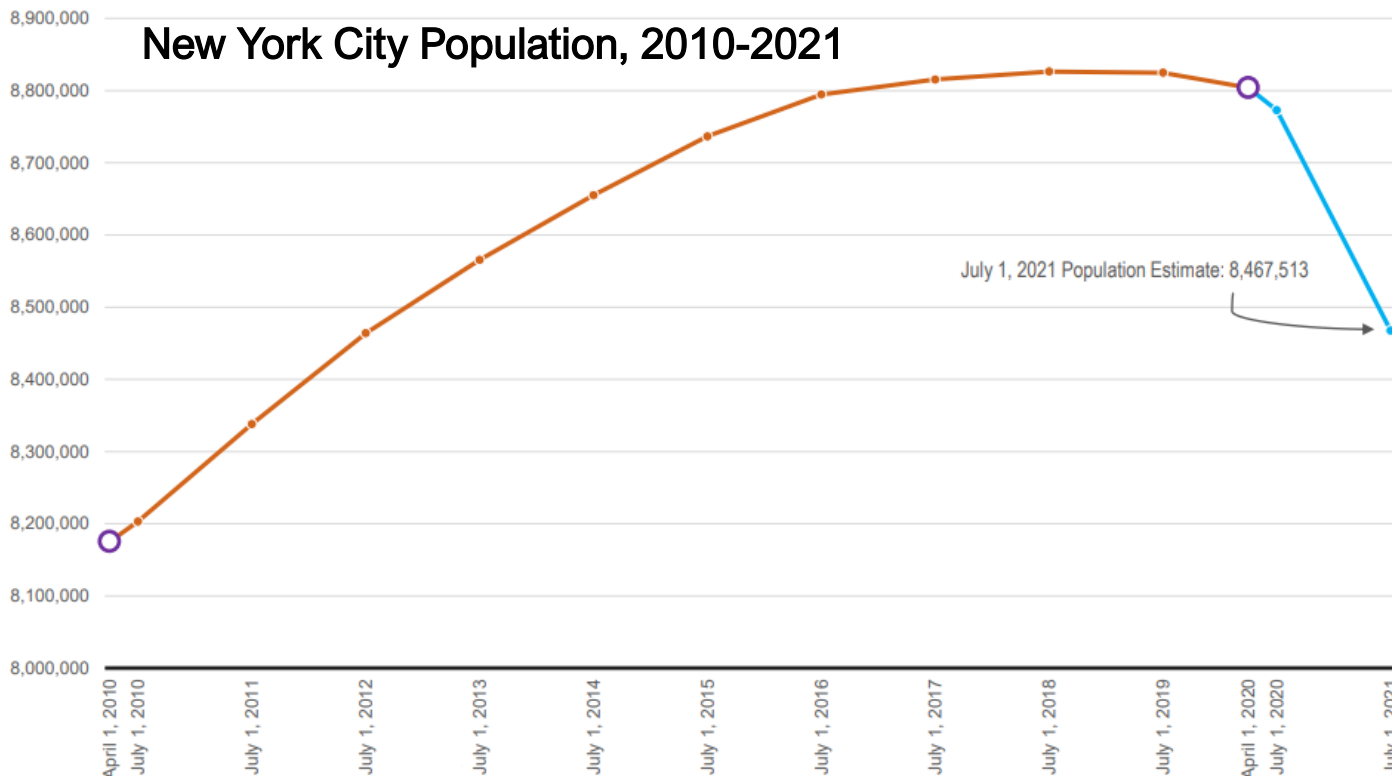
The chart on this page shows that recent migration during the heart of the Covid-19 pandemic resulted in net gains for the Hudson Valley. The data show the inflow of people from New York City, the outflow to the city, and the net gains that each of our counties made during 2019-2020.

The line chart below shows the population of New York City over the past decade. The city's population grew for nearly the entire decade, largely because of birth rates, longer life expectancies, and international migration into the city.

An analysis by the New York City Planning Department, however, shows significant net losses of population during the pandemic. This was driven by domestic migration out of the city, fewer births and more deaths than usual. **The Hudson Valley gained a net of 31,248 new residents from New York City during 2020, and a net of 33,394 in 2019.**

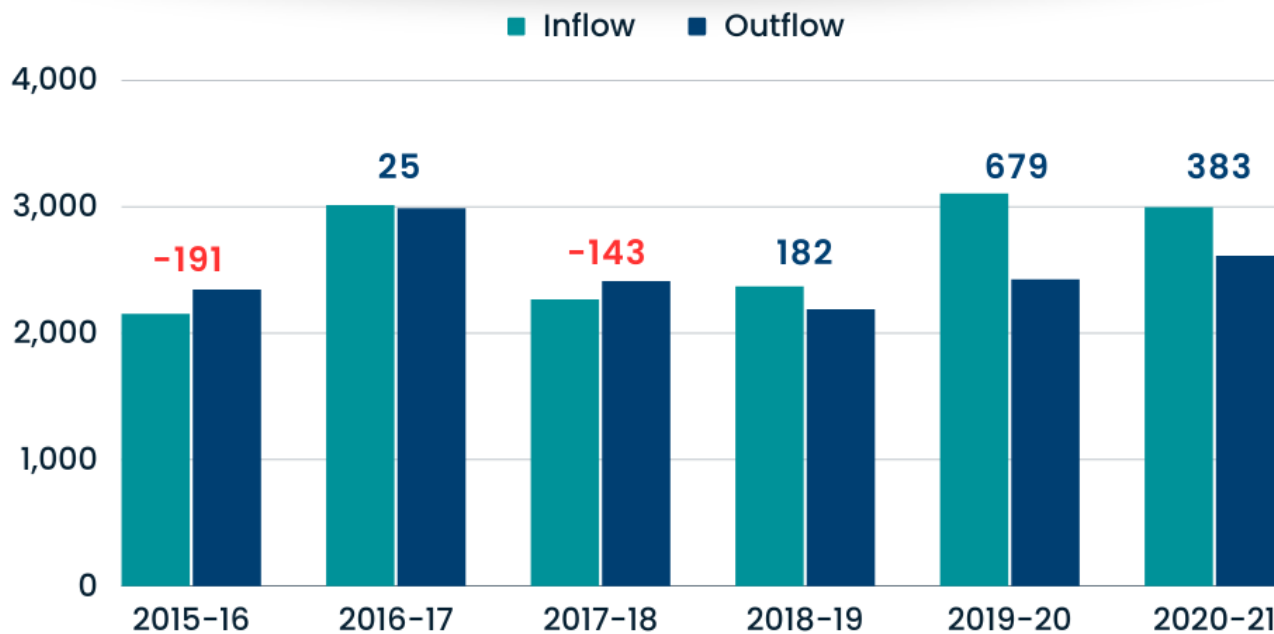
Hudson Valley / NYC Migration			
County	Inflow from NYC	Outflow to NYC	Net total
Columbia	1,065	227	838
Dutchess	3,510	890	2,620
Greene	665	196	469
Orange	6,412	1,504	4,908
Putnam	1,577	359	1,218
Rockland	4,848	1,273	3,575
Sullivan	1,716	553	1,163
Ulster	2,722	578	2,144
Westchester	23,375	9,062	14,313
Total	45,890	14,642	31,248

Source: Internal Revenue Service



Source: NYC Department of Planning

# Columbia County



## Columbia County Outflow

County	State	Number of People
Rensselaer County	NY	325
NYC Counties	NY	227
Albany County	NY	225
Berkshire County	MA	110
Saratoga County	NY	76
Schenectady County	NY	31

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

## Columbia County Inflow

County	State	Number of People
NYC Counties	NY	1,065
Rensselaer County	NY	187
Albany County	NY	108
Berkshire County	MA	64
Saratoga County	NY	44
Los Angeles County	CA	38
Schenectady County	NY	30

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

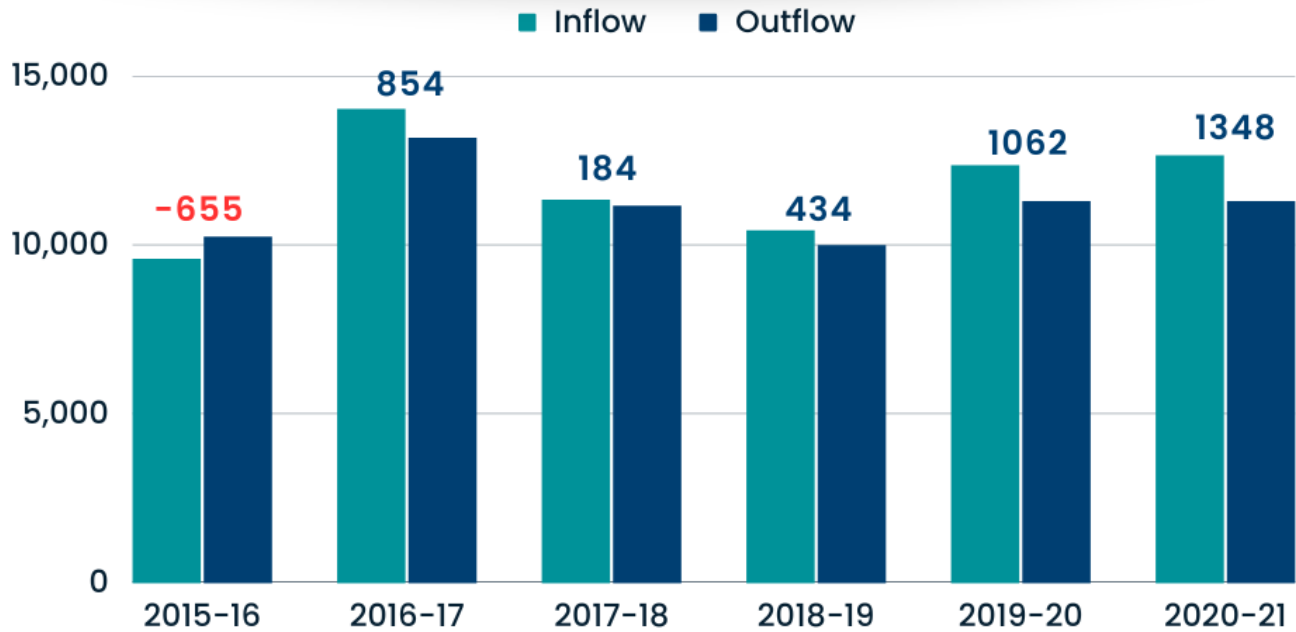
**Guide to county-by-county data:** Each county in the pages that follow will include a bar chart and two lists. The bar chart shows the inflow and outflow for that county for each of the past five years reported by the IRS, with a net calculation at the top of each year. The lists show the counties and states from which the greatest number of people came from, or moved to, for each county in the Hudson Valley.

The lists **do not** include migration between counties in the Hudson Valley. Also note that net inflow/outflow should not be confused with total population gain or loss, which is a function of births, deaths and other factors that are not included in the IRS data. The IRS is the source of all data in the charts and lists.

**\*Note:** The dates on the county-by-county charts are for the tax filing years, which represent migration from the previous year. For example 2020-2021 actually represents movement that happened in 2019 and 2020.



# Dutchess County



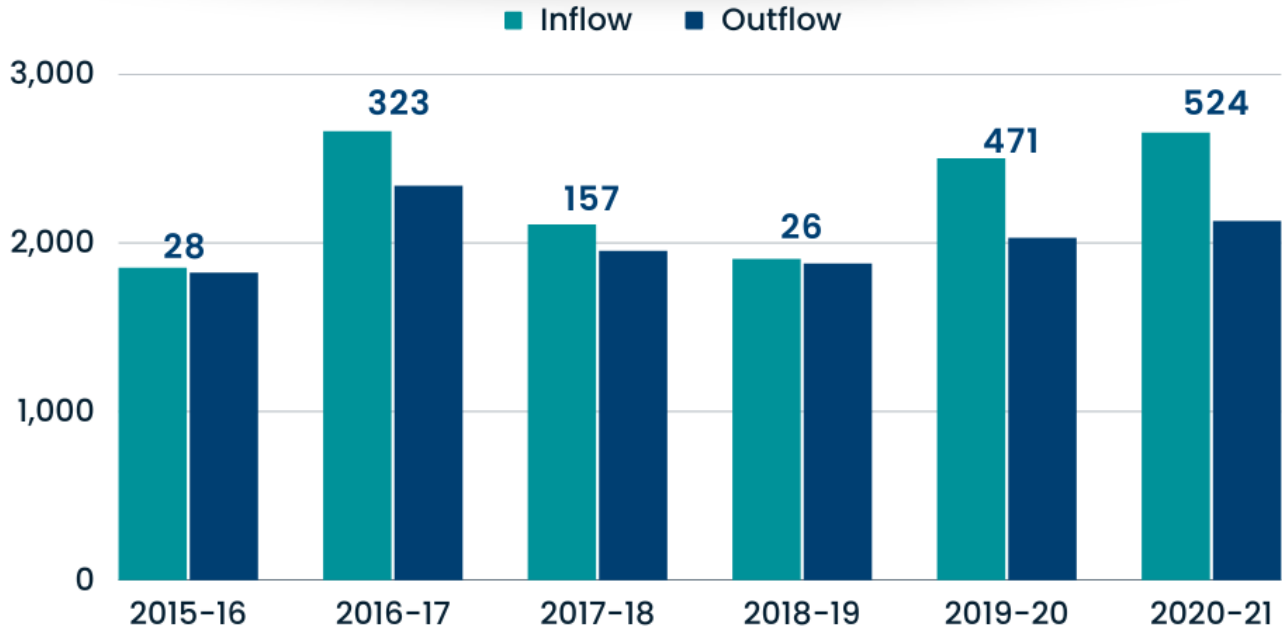
## Dutchess County Outflow

County	State	Number of People
NYC Counties	NY	890
Fairfield County	CT	324
Horry County	SC	191
Albany County	NY	169
Litchfield County	CT	164
Long Island Counties	NY	156
Palm Beach County	FL	137
New Haven County	CT	91
Saratoga County	NY	89
Lee County	FL	78

## Dutchess County Inflow

County	State	Number of People
NYC Counties	NY	3,510
Long Island Counties	NY	350
Fairfield County	CT	200
Hudson County	NJ	99
Albany County	NY	96
Los Angeles County	CA	94
Litchfield County	CT	80
Bergen County	NJ	77
Palm Beach County	FL	64
New Haven County	CT	56

# Greene County



## Greene County Outflow

County	State	Number of People
Albany County	NY	413
NYC Counties	NY	196
Rensselaer County	NY	80
Saratoga County	NY	59
LI Counties	NY	36
Schoharie County	NY	32

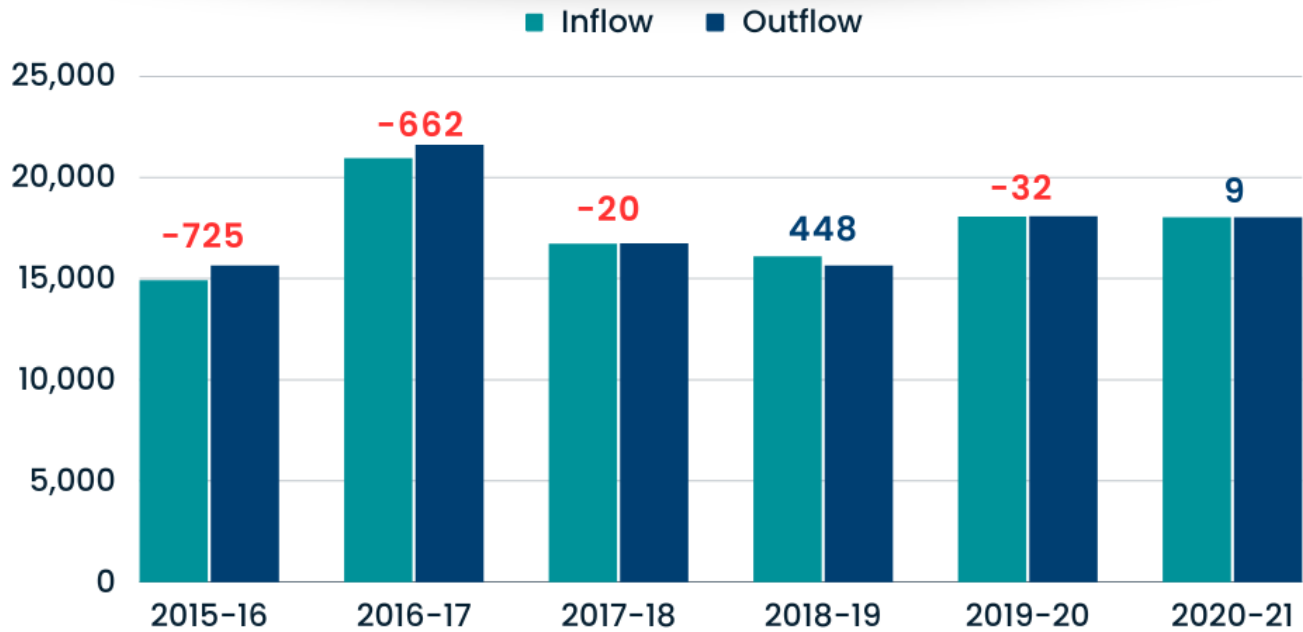
\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

## Greene County Inflow

County	State	Number of People
NYC Counties	NY	665
Albany County	NY	273
LI Counties	NY	111
Rensselaer County	NY	45
Hudson County	NJ	39
Schoharie County	NY	38
Saratoga County	NY	33
Schenectady County	NY	29

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

# Orange County



## Orange County Outflow

County	State	Number of People
NYC Counties	NY	1,504
Pike County	PA	541
Bergen County	NJ	317
Horry County	SC	233
Sussex County	NJ	216
Passaic County	NJ	177
Hillsborough County	FL	165
Palm Beach County	FL	152
Sussex County	DE	148
Wake County	NC	147

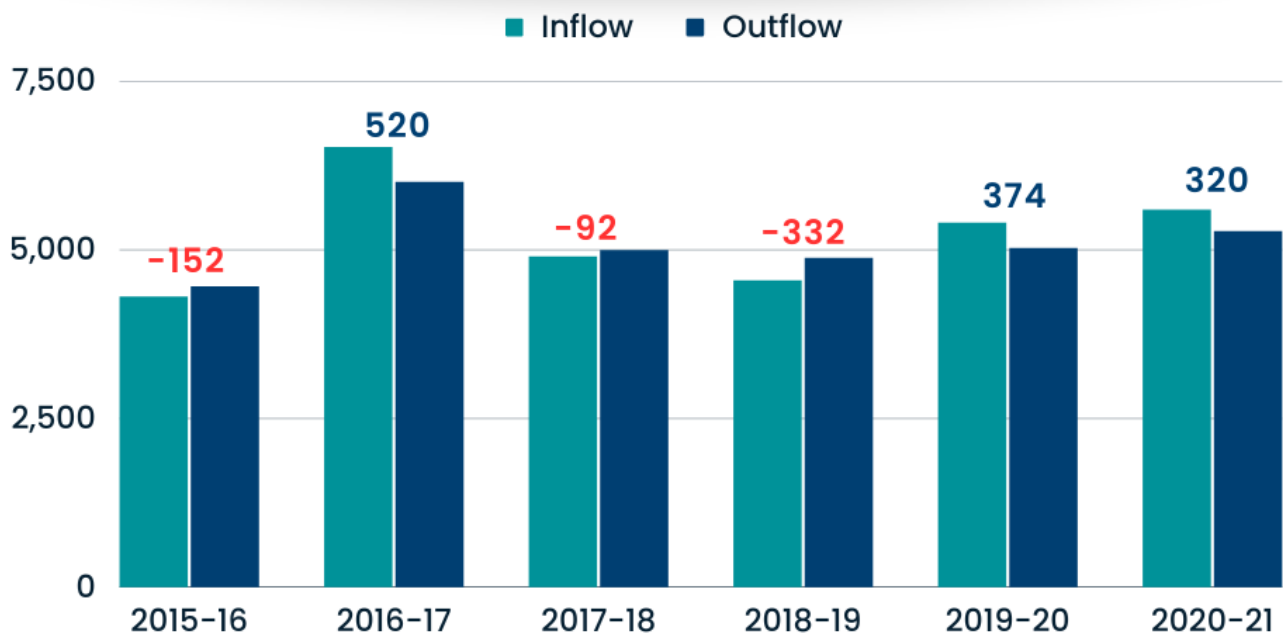
## Orange County Inflow

County	State	Number of People
NYC Counties	NY	6,412
Long Island Counties	NJ	525
Bergen County	NJ	350
Hudson County	NJ	206
Pike County	PA	177
Passaic County	NJ	155
Sussex County	NJ	117
Essex County	NJ	104
Fairfield County	CT	94

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.



# Putnam County



## Putnam County Outflow

County	State	Number of People
Fairfield County	CT	560
NYC Counties	NY	359
New Haven County	CT	78
Litchfield County	CT	62
Palm Beach County	FL	61
Lee County	FL	60
Horry County	SC	50
Nassau County	NY	47

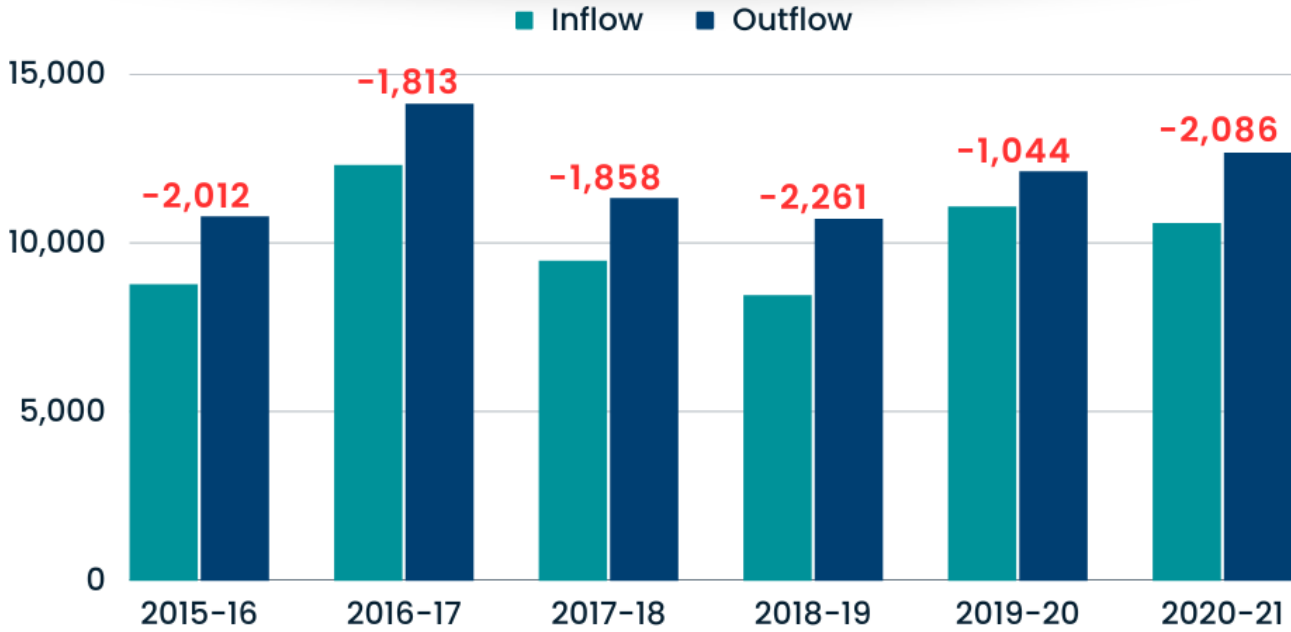
\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

## Putnam County Inflow

County	State	Number of People
NYC Counties	NY	1,577
Fairfield County	CT	209
Long Island Counties	NY	139
Hudson County	NJ	32

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

# Rockland County



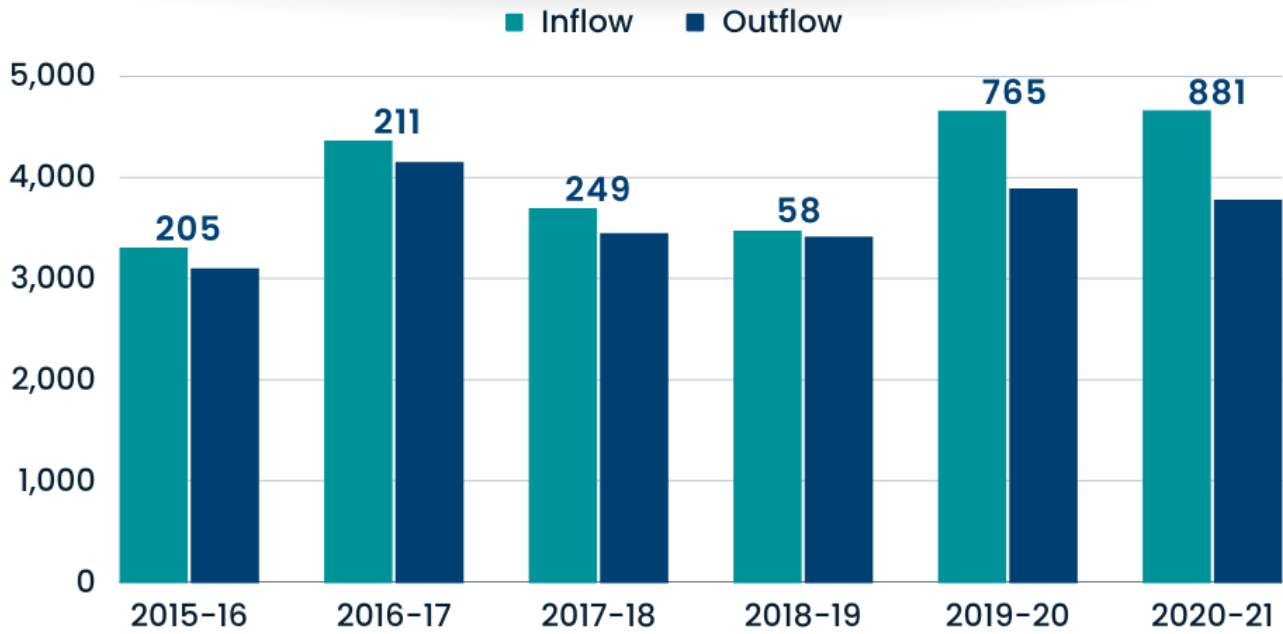
## Rockland County Outflow

County	State	Number of People
Bergen County	NJ	1,456
NYC Counties	NY	1,273
Palm Beach County	FL	416
Kings County (FL)	FL	360
Ocean County	NJ	309
Passaic County	NJ	236
Fairfield County	CT	228
Hudson County	NJ	214
Broward County	FL	161
Essex County	NJ	139

## Rockland County Inflow

County	State	Number of People
NYC Counties	NY	4,848
Bergen County	NJ	635
Long Island Counties	NY	266
Hudson County	NJ	149
Passaic County	NJ	140
Ocean County	NJ	136
Fairfield County	CT	97
Palm Beach County	FL	82
Essex County	NJ	70
Los Angeles County	CA	66

# Sullivan County



## Sullivan County Outflow

County	State	Number of People
NYC Counties	NY	553
Pike County	PA	103
Wayne County	PA	52
Palm Beach County	FL	49
Bergen County	NJ	42
Delaware County	NY	38
Horry County	SC	37
Nassau County	NY	27

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

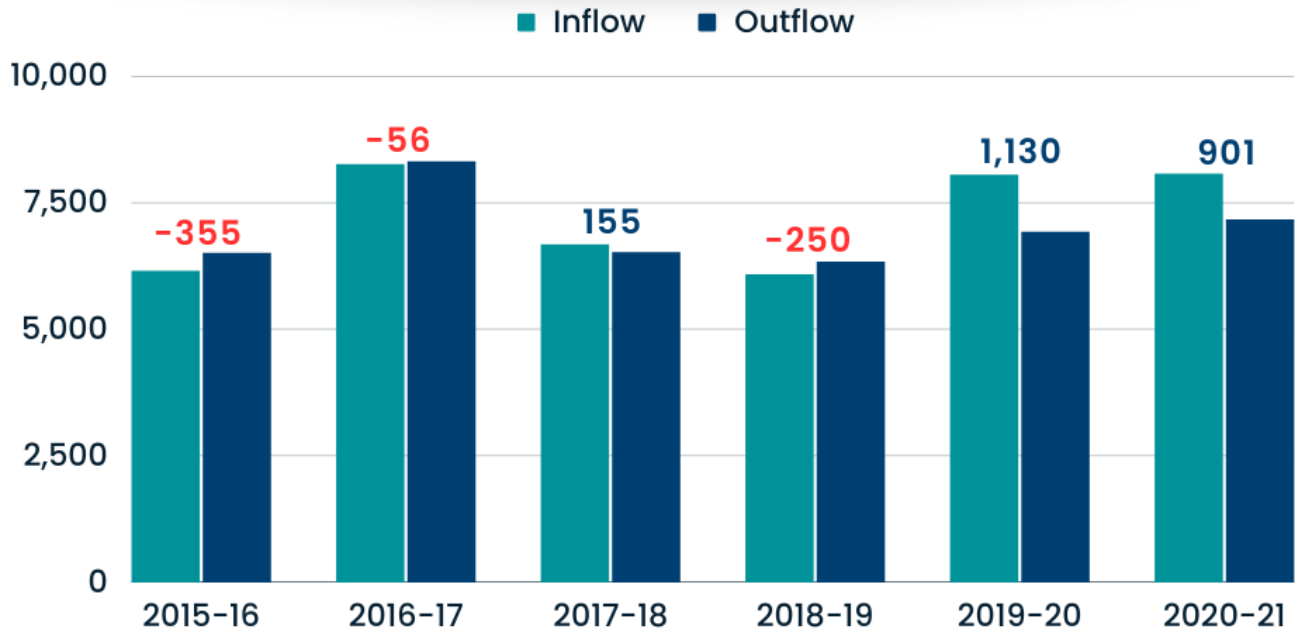
## Sullivan County Inflow

County	State	Number of People
NYC Counties	NY	1,716
Long Island Counties	NY	151
Pike County	PA	47
Bergen County	NJ	41
Hudson County	NJ	37

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.



# Ulster County



## Ulster County Outflow

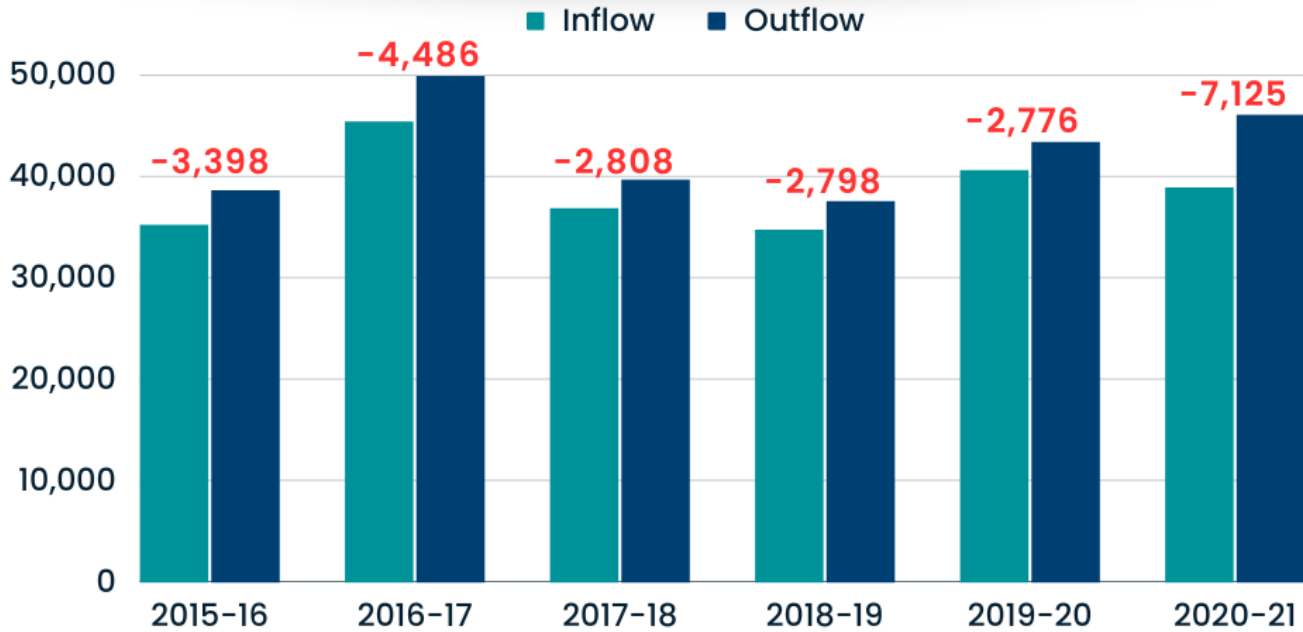
County	State	Number of People
NYC Counties	NY	578
Albany County	NY	252
Horry County	SC	110
LI Counties	NY	100
Rensselaer County	NY	72
Delaware County	NY	50
Saratoga County	NY	49
Palm Beach County	FL	48
Schenectady County	NY	43
Fairfield County	CT	41

## Ulster County Inflow

County	State	Number of People
NYC Counties	NY	2,722
Long Island Counties	NY	212
Los Angeles County	CA	86
Albany County	NY	81
Bergen County	NJ	72
Hudson County	NJ	57
Fairfield County	CT	49
Delaware County	NY	39
Rensselaer County	NY	33

\* Note: Counties are not included when the migration to/from them is fewer than 20 people.

# Westchester County



## Westchester County Outflow

County	State	Number of People
NYC Counties	NY	9,062
Fairfield County	CT	6,099
Long Island Counties	NY	1,295
Palm Beach County	FL	1,007
New Haven County	CT	985
Bergen County	NJ	820
Broward County	FL	455
Hudson County	NJ	437
Miami-Dade County	FL	436
Los Angeles County	CA	372

## Westchester County Inflow

County	State	Number of People
NYC Counties	NY	23,375
Fairfield County	CT	1,588
Long Island Counties	NY	1,286
Hudson County	NJ	563
Bergen County	NJ	388
Los Angeles County	CA	325
Palm Beach County	FL	280
New Haven County	CT	194
Essex County	MA	178
Cook County	IL	177



Hudson Valley Pattern for Progress is a nonprofit membership corporation that was founded in 1965. Our independent research, like *Moving In, Moving Out*, is made possible by the annual contributions of our members throughout the Hudson Valley.

A full list of our members can be found on the Pattern website by [clicking here](#).

Want to become a member and support regional planning and research that supports our quality of life in the Hudson Valley?

Call us at (845) 564-4900, or email Robin DeGroat at [rdegroat@pfprogress.org](mailto:rdegroat@pfprogress.org).

### Our Mission

Hudson Valley Pattern for Progress is a nonprofit organization that provides objective research, planning, and educational training throughout the region. Its work identifies civic challenges and promotes regional, equitable, and sustainable solutions to constantly improve the quality of life in Hudson Valley communities. Pattern develops its work upon a considerable foundation of facts and experience, without political aims or affiliations.

### Our Research Initiatives

Pattern manages two specialized research initiatives to help communities in the Hudson Valley. The Center for Housing Solutions provides research, planning, underwriting and strategic solutions for housing. Main Street: Hudson Valley provides research and technical support to support strategic planning for downtowns across the region and promote revitalization among its main streets.

