



2025 United Van Lines National Movers Study – by State*

| | State | Total Shipments | Inbound Shipments | Inbound % | Outbound Shipments | Outbound % |
|----|----------------------|-----------------|-------------------|-----------|--------------------|------------|
| 1 | Oregon | 1,842 | 1,188 | 64.50% | 654 | 35.50% |
| 2 | West Virginia | 293 | 182 | 62.12% | 111 | 37.88% |
| 3 | South Carolina | 3,931 | 2,390 | 60.80% | 1,541 | 39.20% |
| 4 | Delaware | 513 | 306 | 59.65% | 207 | 40.35% |
| 5 | Minnesota | 1,826 | 1,062 | 58.16% | 764 | 41.84% |
| 6 | Idaho | 936 | 541 | 57.80% | 395 | 42.20% |
| 7 | North Carolina | 7,538 | 4,355 | 57.77% | 3,183 | 42.23% |
| 8 | Arkansas | 959 | 549 | 57.25% | 410 | 42.75% |
| 9 | Alabama | 1,874 | 1,070 | 57.10% | 804 | 42.90% |
| 10 | Nevada | 2,142 | 1,221 | 57.00% | 921 | 43.00% |
| 11 | Indiana | 2,057 | 1,172 | 56.98% | 885 | 43.02% |
| 12 | District of Columbia | 908 | 517 | 56.94% | 391 | 43.06% |
| 13 | Arizona | 4,432 | 2,506 | 56.54% | 1,926 | 43.46% |
| 14 | Rhode Island | 601 | 337 | 56.07% | 264 | 43.93% |
| 15 | Tennessee | 4,049 | 2,268 | 56.01% | 1,781 | 43.99% |
| 16 | Wisconsin | 2,097 | 1,119 | 53.36% | 978 | 46.64% |
| 17 | Oklahoma | 1,648 | 876 | 53.16% | 772 | 46.84% |
| 18 | New Mexico | 1,533 | 811 | 52.90% | 722 | 47.10% |
| 19 | Utah | 1,658 | 870 | 52.47% | 788 | 47.53% |
| 20 | Montana | 779 | 408 | 52.37% | 371 | 47.63% |
| 21 | Florida | 12,803 | 6,682 | 52.19% | 6,121 | 47.81% |
| 22 | Missouri | 2,970 | 1,543 | 51.95% | 1,427 | 48.05% |
| 23 | Virginia | 8,204 | 4,248 | 51.78% | 3,956 | 48.22% |
| 24 | Kentucky | 1,761 | 911 | 51.73% | 850 | 48.27% |
| 25 | Georgia | 5,364 | 2,773 | 51.70% | 2,591 | 48.30% |
| 26 | Maine | 831 | 429 | 51.62% | 402 | 48.38% |
| 27 | Iowa | 998 | 514 | 51.50% | 484 | 48.50% |
| 28 | Texas | 16,766 | 8,500 | 50.70% | 8,266 | 49.30% |
| 29 | Louisiana | 1,670 | 846 | 50.66% | 824 | 49.34% |
| 30 | South Dakota | 394 | 198 | 50.25% | 196 | 49.75% |
| 31 | Kansas | 1,803 | 903 | 50.08% | 900 | 49.92% |
| 32 | New Hampshire | 632 | 312 | 49.37% | 320 | 50.63% |
| 33 | Michigan | 3,247 | 1,595 | 49.12% | 1,652 | 50.88% |
| 34 | Pennsylvania | 4,273 | 2,092 | 48.96% | 2,181 | 51.04% |
| 35 | Ohio | 4,447 | 2,175 | 48.91% | 2,272 | 51.09% |



| | | | | | | |
|----|---------------|--------|-------|--------|-------|--------|
| 36 | Washington | 8,036 | 3,828 | 47.64% | 4,208 | 52.36% |
| 37 | Maryland | 3,340 | 1,591 | 47.63% | 1,749 | 52.37% |
| 38 | Connecticut | 1,685 | 783 | 46.47% | 902 | 53.53% |
| 39 | Wyoming | 382 | 176 | 46.07% | 206 | 53.93% |
| 40 | Illinois | 5,480 | 2,502 | 45.66% | 2,978 | 54.34% |
| 41 | Nebraska | 1,104 | 503 | 45.56% | 601 | 54.44% |
| 42 | Massachusetts | 3,135 | 1,421 | 45.33% | 1,714 | 54.67% |
| 43 | Mississippi | 1,038 | 468 | 45.09% | 570 | 54.91% |
| 44 | Colorado | 6,633 | 2,986 | 45.02% | 3,647 | 54.98% |
| 45 | North Dakota | 498 | 216 | 43.37% | 282 | 56.63% |
| 46 | California | 17,067 | 7,200 | 42.19% | 9,867 | 57.81% |
| 47 | New York | 6,412 | 2,703 | 42.16% | 3,709 | 57.84% |
| 48 | New Jersey | 3,191 | 1,202 | 37.67% | 1,989 | 62.33% |

**Vermont is not accounted for in the data list; although Vermont experienced the highest percentage of inbound moves overall, United Van Lines moved fewer than 250 families in and out of the state. The inbound and outbound rankings in the 2025 study only reflect states with 250 moves or more.*

About the Data:

Since 1977, United Van Lines annually tracks migration patterns on a state-by-state basis. The 2025 study is based on household moves handled by the UniGroup network (parent company of United Van Lines) within the 48 contiguous states and Washington, D.C. and ranks states based off the inbound and outbound percentages of total moves in each state. United classifies states as “high inbound” if 55 percent or more of the moves are going into a state, “high outbound” if 55 percent or more moves were coming out of a state or “balanced” if the difference between inbound and outbound is negligible.

To view the entire 2025 study, an interactive map and archived press releases and photos from United, please visit www.unitedvanlines.com.