



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.