

A REGION ON THE MOVE

Population Growth and Migration in Northern Virginia | 2010-2019

Executive Summary

As northern Virginia (NOVA) looks forward to a new decade, A Region on the Move looks back to examine how the region's population has changed since 2010, and what these trends might mean for its future workforce and economic vitality.

Key Findings



The NOVA region has grown, on average, 1.3% (or 31,000 people) per year since 2010 – this was a faster rate than the rest of the country, the state of Virginia, and the Washington D.C. metropolitan area. However, over half of the region's growth occurred between 2010 and 2013, and has slowed significantly since then.



Between 13,000 and 20,000 people have moved out of the NOVA region every year since 2013 – a high cost of living is one main factor, with many residents moving to further outlying suburban counties in the D.C. metro area and other, less-expensive, metropolitan areas in Virginia.



Individuals aged 25-54 make up an 8% smaller share of the total population than in 2010 – those aged 55+ now make up a 22% larger share. While NOVA's "prime working age population" has been shrinking since 2017, it continues to grow in other parts of Virginia, especially outlying counties (e.g. Stafford and Spotsylvania) as well as other metropolitan areas (and higher education centers) across the state.



50% of the region's population are racial/ethnic minorities – the NOVA region is more diverse than the rest of the country, and international migration is now its primary source of adult population growth. Asian countries are the largest source of international migration to the NOVA region, which has a higher percentage of Asian-Americans than both the U.S. and the D.C. metro area.

The report concludes by outlining three main takeaways and strategies to address the past decade's trends of slowing growth and increased domestic out-migration. These include:

1. Continuing to **develop effective regional attraction strategies** targeted at young adults and families.
2. **Addressing the high cost of living and issues of affordability** in the region, particularly that of housing.
3. Continuing to **grow regional higher education opportunities and pathways** in order to retain talent.

For more information

Find more data on labor market trends and occupations in the northern Virginia region on our website, www.nvcc.edu/lmi

For more information, or to request customized labor market information reports, e-mail us at novalmi@nvcc.edu

NOVA
WORKFORCE