

Pairwise Commuting Flows between Metropolitan CBSAs

“A Better Delineation of U.S. Metropolitan Areas: Supplemental Materials.” Jordan Rappaport and McKenzie Humann. 2025. Federal Reserve Bank of Kansas City. Mendeley Data, V1, doi: 10.17632/pg64w4hkjh.1 (<https://data.mendeley.com/datasets/pg64w4hkjh/1>)

“A Better Delineation of U.S. Metropolitan Areas.” Jordan Rappaport and McKenzie Humann. 2025. Federal Reserve Bank of Kansas City. Research Working Paper no. 25-01. doi: doi.org/10.18651/RWP2025-01 (Forthcoming, *Journal of Urban Economics*)

Rank	Sum of Flow Rates	Smaller Metropolitan CBSA			Larger Metropolitan CBSA				
		Title	Population	Outflow Rate	Inflow Rate	Title	Population	Outflow Rate	Inflow Rate
1	0.705	Oshkosh-Neenah, WI	157,000	0.183	0.211	Appleton, WI	202,000	0.175	0.136
2	0.507	Bristol, VA	68,000	0.160	0.207	Kingsport-Bristol, TN-VA	230,000	0.084	0.056
3	0.496	Madera, CA	123,000	0.240	0.197	Fresno, CA	799,000	0.026	0.033
4	0.489	Durham, NC	426,000	0.106	0.207	Raleigh-Cary, NC	797,000	0.122	0.053
5	0.479	Johnson City, TN	182,000	0.135	0.127	Kingsport-Bristol, TN-VA	230,000	0.101	0.117
6	0.475	Holland-Grand Haven, MI	238,000	0.249	0.111	Grand Rapids-Wyoming, MI	740,000	0.036	0.079
7	0.458	Hinesville-Fort Stewart, GA	72,000	0.388	0.040	Savannah, GA	293,000	0.002	0.028
8	0.454	Pascagoula, MS	151,000	0.222	0.075	Gulfport-Biloxi, MS	246,000	0.039	0.111
9	0.443	Anderson, SC	166,000	0.242	0.110	Greenville, SC	560,000	0.027	0.064
10	0.442	Ann Arbor, MI	323,000	0.192	0.213	Detroit-Warren-Livonia, MI	4,453,000	0.022	0.016
11	0.439	Trenton-Ewing, NJ	351,000	0.231	0.198	New York-Newark-Edison, NY-NJ-PA	18,323,000	0.005	0.005
12	0.428	Bay City, MI	110,000	0.204	0.083	Saginaw-Saginaw Township North, MI	210,000	0.040	0.101
13	0.427	Warner Robins, GA	111,000	0.166	0.100	Macon, GA	222,000	0.062	0.099
14	0.417	Kingston, NY	178,000	0.238	0.081	Poughkeepsie-Newburgh-Middletown, NY	622,000	0.019	0.078
15	0.400	Vallejo-Fairfield, CA	395,000	0.295	0.076	San Francisco-Oakland-Fremont, CA	4,124,000	0.005	0.025
16	0.387	Glens Falls, NY	124,000	0.183	0.157	Albany-Schenectady-Troy, NY	826,000	0.022	0.025
17	0.384	Manchester-Nashua, NH	381,000	0.209	0.144	Boston-Cambridge-Quincy, MA-NH	4,391,000	0.012	0.018
18	0.384	Midland, TX	116,000	0.088	0.099	Odessa, TX	121,000	0.106	0.090
19	0.378	San Jose-Sunnyvale-Santa Clara, CA	1,736,000	0.104	0.157	San Francisco-Oakland-Fremont, CA	4,124,000	0.075	0.042
20	0.374	Elkhart-Goshen, IN	183,000	0.056	0.156	South Bend-Mishawaka, IN-MI	317,000	0.125	0.037
21	0.370	Muskegon-Norton Shores, MI	170,000	0.158	0.069	Holland-Grand Haven, MI	238,000	0.039	0.104
22	0.369	Springfield, OH	145,000	0.219	0.101	Dayton, OH	848,000	0.015	0.034
23	0.366	Lebanon, PA	120,000	0.241	0.064	Harrisburg-Carlisle, PA	509,000	0.012	0.049
24	0.362	Ogden-Clearfield, UT	443,000	0.197	0.061	Salt Lake City, UT	969,000	0.024	0.080
25	0.359	Worcester, MA	751,000	0.216	0.095	Boston-Cambridge-Quincy, MA-NH	4,391,000	0.014	0.033
26	0.356	Monroe, MI	146,000	0.198	0.101	Toledo, OH	659,000	0.016	0.042
27	0.352	New Haven-Milford, CT	824,000	0.130	0.058	Bridgeport-Stamford-Norwalk, CT	883,000	0.051	0.113
28	0.345	Decatur, AL	146,000	0.172	0.082	Huntsville, AL	342,000	0.031	0.060
29	0.343	Spartanburg, SC	254,000	0.132	0.108	Greenville, SC	560,000	0.050	0.054
30	0.343	Auburn-Opelika, AL	115,000	0.205	0.037	Columbus, GA-AL	282,000	0.014	0.086
31	0.340	Anderson, IN	133,000	0.240	0.076	Indianapolis, IN	1,525,000	0.005	0.018
32	0.339	Akron, OH	695,000	0.166	0.089	Cleveland-Elyria-Mentor, OH	2,148,000	0.030	0.054
33	0.332	Ocean City, NJ	102,000	0.169	0.078	Atlantic City, NJ	253,000	0.026	0.059
34	0.328	Gainesville, GA	139,000	0.214	0.104	Atlanta-Sandy Springs-Marietta, GA	4,248,000	0.003	0.006
35	0.326	Greeley, CO	181,000	0.221	0.085	Denver-Aurora-Broomfield, CO & Boulder, CO	2,449,000	0.005	0.015
36	0.321	Oxnard-Thousand Oaks-Ventura, CA	753,000	0.197	0.105	Los Angeles-Long Beach-Santa Ana, CA	12,366,000	0.006	0.013
37	0.311	Lewiston-Auburn, ME	104,000	0.175	0.084	Portland-South Portland, ME	488,000	0.017	0.035
38	0.309	Trenton-Ewing, NJ	351,000	0.066	0.222	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.017	0.004
39	0.307	Monroe, MI	146,000	0.200	0.098	Detroit-Warren-Livonia, MI	4,453,000	0.002	0.007
40	0.306	Racine, WI	189,000	0.198	0.077	Milwaukee-Waukesha-West Allis, WI	1,501,000	0.008	0.024
41	0.301	Riverside-San Bernardino-Ontario, CA	3,255,000	0.181	0.064	Los Angeles-Long Beach-Santa Ana, CA	12,366,000	0.014	0.043
42	0.298	Poughkeepsie-Newburgh-Middletown, NY	622,000	0.239	0.049	New York-Newark-Edison, NY-NJ-PA	18,323,000	0.002	0.008
43	0.298	Greeley, CO	181,000	0.098	0.086	Fort Collins-Loveland, CO	251,000	0.046	0.067
44	0.295	Michigan City-La Porte, IN	110,000	0.151	0.140	Chicago-Naperville-Joliet, IL-IN-WI	9,098,000	0.002	0.002
45	0.295	Olympia, WA	207,000	0.200	0.077	Seattle-Tacoma-Bellevue, WA	3,044,000	0.005	0.013
46	0.294	Las Cruces, NM	175,000	0.158	0.075	El Paso, TX	680,000	0.019	0.042
47	0.285	Merced, CA	211,000	0.121	0.078	Modesto, CA	447,000	0.029	0.057
48	0.284	Carson City, NV	52,000	0.143	0.105	Reno-Sparks, NV	343,000	0.018	0.018
49	0.283	Naples-Marco Island, FL	251,000	0.049	0.126	Cape Coral-Fort Myers, FL	441,000	0.079	0.029
50	0.278	Napa, CA	124,000	0.064	0.136	Vallejo-Fairfield, CA	395,000	0.047	0.030
51	0.275	Flint, MI	436,000	0.172	0.080	Detroit-Warren-Livonia, MI	4,453,000	0.007	0.016
52	0.275	Punta Gorda, FL	142,000	0.139	0.092	Sarasota-Bradenton-Venice, FL	590,000	0.017	0.028
53	0.274	Elizabethtown, KY	108,000	0.148	0.103	Louisville, KY-IN	1,162,000	0.009	0.013
54	0.273	Bremerton-Silverdale, WA	232,000	0.197	0.059	Seattle-Tacoma-Bellevue, WA	3,044,000	0.004	0.013
55	0.270	Canton-Massillon, OH	407,000	0.123	0.050	Akron, OH	695,000	0.027	0.071
56	0.269	Coeur d'Alene, ID	109,000	0.169	0.049	Spokane, WA	418,000	0.011	0.041
57	0.269	Vineland-Millville-Bridgeton, NJ	146,000	0.115	0.147	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.003	0.003
58	0.265	Niles-Benton Harbor, MI	162,000	0.100	0.074	South Bend-Mishawaka, IN-MI	317,000	0.037	0.053
59	0.264	Kankakee-Bradley, IL	104,000	0.196	0.065	Chicago-Naperville-Joliet, IL-IN-WI	9,098,000	0.001	0.002
60	0.264	New Haven-Milford, CT	824,000	0.076	0.083	Hartford-West Hartford-East Hartford, CT	1,149,000	0.054	0.050
61	0.261	Winchester, VA-WV	103,000	0.169	0.087	Washington-Arlington-Alexandria, DC-VA-MD-WV	4,796,000	0.002	0.003
62	0.261	Longview-Kelso, WA	93,000	0.157	0.097	Portland-Vancouver-Beaverton, OR-WA	1,928,000	0.003	0.004
63	0.257	Lawrence, KS	100,000	0.164	0.079	Kansas City, MO-KS	1,836,000	0.004	0.010
64	0.250	York-Hanover, PA	382,000	0.111	0.038	Harrisburg-Carlisle, PA	509,000	0.027	0.074

Pairwise Flows between Metropolitan CBSAs (ranks 1 to 64 of 243): Notes: Outflow rates are measured by residents commuting to a place-of-employment in the paired metropolitan CBSA as a share of employed residents in the origin CBSA. Inflow rates are measured by workers commuting from the paired metropolitan CBSA as a share of employment in the destination CBSA. The 243 pairs are all those for which the sum of the inflow and outflow rates exceeds 0.05.

Rank	Sum of Flow Rates	Smaller Metropolitan CBSA			Larger Metropolitan CBSA				
		Title	Population	Outflow Rate	Inflow Rate	Title	Population	Outflow Rate	Inflow Rate
65	0.249	Winston-Salem, NC	422,000	0.112	0.049	Greensboro-High Point, NC	643,000	0.029	0.059
66	0.244	Cleveland, TN	104,000	0.136	0.066	Chattanooga, TN-GA	477,000	0.013	0.029
67	0.241	Hagerstown-Martinsburg, MD-WV	223,000	0.185	0.048	Washington-Arlington-Alexandria, DC-VA-MD-WV	4,796,000	0.001	0.006
68	0.236	Santa Cruz-Watsonville, CA	256,000	0.171	0.038	San Jose-Sunnyvale-Santa Clara, CA	1,736,000	0.005	0.023
69	0.234	Hanford-Corcoran, CA	129,000	0.149	0.066	Fresno, CA	799,000	0.005	0.013
70	0.234	Vero Beach, FL	113,000	0.069	0.099	Port St. Lucie-Fort Pierce, FL	319,000	0.038	0.028
71	0.232	Iowa City, IA	132,000	0.082	0.065	Cedar Rapids, IA	237,000	0.040	0.045
72	0.229	Sherman-Denison, TX	111,000	0.166	0.059	Dallas-Fort Worth-Arlington, TX	5,162,000	0.001	0.003
73	0.228	Deltona-Daytona Beach-Ormond Beach, FL	443,000	0.154	0.033	Orlando, FL	1,645,000	0.007	0.034
74	0.227	Jefferson City, MO	140,000	0.064	0.059	Columbia, MO	146,000	0.054	0.051
75	0.227	Burlington, NC	131,000	0.109	0.083	Greensboro-High Point, NC	643,000	0.016	0.020
76	0.226	Yuba City-Marysville, CA	139,000	0.171	0.042	Sacramento--Arden-Arcade--Roseville, CA	1,797,000	0.002	0.011
77	0.224	Modesto, CA	447,000	0.081	0.042	Stockton, CA	564,000	0.031	0.070
78	0.224	Baltimore-Towson, MD	2,553,000	0.108	0.045	Washington-Arlington-Alexandria, DC-VA-MD-WV	4,796,000	0.021	0.050
79	0.222	Salem, OR	347,000	0.121	0.071	Portland-Vancouver-Beaverton, OR-WA	1,928,000	0.011	0.019
80	0.217	Provo-Orem, UT	377,000	0.111	0.052	Salt Lake City, UT	969,000	0.018	0.037
81	0.216	Providence-New Bedford-Fall River, RI-MA	1,583,000	0.119	0.045	Boston-Cambridge-Quincy, MA-NH	4,391,000	0.014	0.038
82	0.211	Mount Vernon-Anacortes, WA	103,000	0.137	0.068	Seattle-Tacoma-Bellevue, WA	3,044,000	0.002	0.004
83	0.210	Pine Bluff, AR	107,000	0.101	0.086	Little Rock-North Little Rock, AR	611,000	0.011	0.012
84	0.210	Dalton, GA	120,000	0.027	0.131	Chattanooga, TN-GA	477,000	0.045	0.007
85	0.208	Altoona, PA	129,000	0.020	0.081	Johnstown, PA	153,000	0.088	0.018
86	0.205	Bridgeport-Stamford-Norwalk, CT	883,000	0.119	0.075	New York-Newark-Edison, NY-NJ-PA	18,323,000	0.004	0.006
87	0.200	Battle Creek, MI	138,000	0.060	0.080	Kalamazoo-Portage, MI	315,000	0.035	0.025
88	0.199	Columbus, IN	71,000	0.087	0.102	Indianapolis, IN	1,525,000	0.006	0.004
89	0.198	Vineland-Millville-Bridgeton, NJ	146,000	0.085	0.049	Atlantic City, NJ	253,000	0.025	0.038
90	0.197	Morristown, TN	123,000	0.148	0.020	Knoxville, TN	616,000	0.004	0.025
91	0.197	Weirton-Steubenville, WV-OH	132,000	0.058	0.048	Wheeling, WV-OH	153,000	0.040	0.051
92	0.197	Dover, DE	127,000	0.117	0.075	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.002	0.003
93	0.193	Santa Rosa-Petaluma, CA	459,000	0.143	0.031	San Francisco-Oakland-Fremont, CA	4,124,000	0.003	0.016
94	0.190	Hanford-Corcoran, CA	129,000	0.101	0.058	Visalia-Porterville, CA	368,000	0.009	0.021
95	0.190	Burlington, NC	131,000	0.099	0.050	Durham, NC	426,000	0.015	0.025
96	0.188	Sandusky, OH	80,000	0.133	0.048	Cleveland-Elyria-Mentor, OH	2,148,000	0.002	0.005
97	0.187	Santa Cruz-Watsonville, CA	256,000	0.040	0.070	Salinas, CA	402,000	0.046	0.031
98	0.186	Racine, WI	189,000	0.092	0.091	Chicago-Naperville-Joliet, IL-IN-WI	9,098,000	0.002	0.002
99	0.186	Norwich-New London, CT	259,000	0.098	0.053	Hartford-West Hartford-East Hartford, CT	1,149,000	0.013	0.022
100	0.184	Lawrence, KS	100,000	0.057	0.065	Topeka, KS	225,000	0.031	0.030
101	0.184	San Luis Obispo-Paso Robles, CA	247,000	0.069	0.047	Santa Barbara-Santa Maria-Goleta, CA	399,000	0.028	0.040
102	0.180	Ames, IA	80,000	0.106	0.048	Des Moines, IA	481,000	0.009	0.017
103	0.179	Jackson, MI	158,000	0.116	0.016	Ann Arbor, MI	323,000	0.006	0.041
104	0.176	Appleton, WI	202,000	0.058	0.045	Green Bay, WI	283,000	0.033	0.040
105	0.175	Muncie, IN	119,000	0.049	0.037	Anderson, IN	133,000	0.034	0.054
106	0.174	Atlantic City, NJ	253,000	0.073	0.094	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.005	0.003
107	0.173	Lynchburg, VA	229,000	0.094	0.008	Roanoke, VA	288,000	0.006	0.066
108	0.171	Janesville, WI	152,000	0.070	0.046	Rockford, IL	320,000	0.021	0.034
109	0.169	Mount Vernon-Anacortes, WA	103,000	0.040	0.067	Bellingham, WA	167,000	0.038	0.024
110	0.168	Brownsville-Harlingen, TX	335,000	0.049	0.055	McAllen-Edinburg-Pharr, TX	569,000	0.033	0.031
111	0.168	Fond du Lac, WI	97,000	0.053	0.053	Oshkosh-Neenah, WI	157,000	0.031	0.031
112	0.167	St. Cloud, MN	167,000	0.085	0.073	Minneapolis-St. Paul-Bloomington, MN-WI	2,969,000	0.004	0.005
113	0.166	Barnstable Town, MA	222,000	0.102	0.057	Boston-Cambridge-Quincy, MA-NH	4,391,000	0.002	0.004
114	0.166	Reading, PA	374,000	0.114	0.041	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.003	0.008
115	0.160	Port St. Lucie-Fort Pierce, FL	319,000	0.121	0.030	Miami-Fort Lauderdale-Miami Beach, FL	5,008,000	0.002	0.007
116	0.159	Gadsden, AL	103,000	0.034	0.053	Anniston-Oxford, AL	112,000	0.045	0.028
117	0.158	Fort Walton Beach-Crestview-Destin, FL	170,000	0.020	0.086	Pensacola-Ferry Pass-Brent, FL	412,000	0.043	0.010
118	0.156	Santa Fe, NM	129,000	0.064	0.067	Albuquerque, NM	730,000	0.013	0.012
119	0.156	Utica-Rome, NY	300,000	0.066	0.045	Syracuse, NY	650,000	0.019	0.026
120	0.154	Danville, IL	84,000	0.092	0.025	Champaign-Urbana, IL	210,000	0.008	0.029
121	0.153	St. Joseph, MO-KS	122,000	0.094	0.051	Kansas City, MO-KS	1,836,000	0.003	0.005
122	0.152	Stockton, CA	564,000	0.122	0.016	San Francisco-Oakland-Fremont, CA	4,124,000	0.002	0.013
123	0.146	Flagstaff, AZ	116,000	0.020	0.060	Prescott, AZ	168,000	0.050	0.017
124	0.146	Allentown-Bethlehem-Easton, PA-NJ	740,000	0.116	0.024	New York-Newark-Edison, NY-NJ-PA	18,323,000	0.001	0.005
125	0.145	Bloomington-Normal, IL	150,000	0.024	0.072	Peoria, IL	367,000	0.038	0.011
126	0.143	Tyler, TX	175,000	0.028	0.038	Longview, TX	194,000	0.049	0.028
127	0.143	Blacksburg-Christiansburg-Radford, VA	151,000	0.067	0.029	Roanoke, VA	288,000	0.015	0.031
128	0.140	Winchester, VA-WV	103,000	0.010	0.080	Hagerstown-Martinsburg, MD-WV	223,000	0.045	0.006

Pairwise Flows between Metropolitan CBSAs (ranks 65 to 128 of 243): Notes: Outflow rates are measured by residents commuting to a place-of-employment in the paired metropolitan CBSA as a share of employed residents in the origin CBSA. Inflow rates are measured by workers commuting from the paired metropolitan CBSA as a share of employment in the destination CBSA. The 243 pairs are all those for which the sum of the inflow and outflow rates exceeds 0.05.

Rank	Sum of Flow Rates	Smaller Metropolitan CBSA			Larger Metropolitan CBSA				
		Title	Population	Outflow Rate	Inflow Rate	Title	Population	Outflow Rate	Inflow Rate
129	0.140	Pascagoula, MS	151,000	0.029	0.073	Mobile, AL	400,000	0.027	0.011
130	0.139	Tuscaloosa, AL	192,000	0.067	0.052	Birmingham-Hoover, AL	1,052,000	0.009	0.012
131	0.138	Napa, CA	124,000	0.099	0.035	San Francisco-Oakland-Fremont, CA	4,124,000	0.001	0.003
132	0.135	Danville, VA	110,000	0.073	0.017	Lynchburg, VA	229,000	0.008	0.038
133	0.133	Punta Gorda, FL	142,000	0.075	0.030	Cape Coral-Fort Myers, FL	441,000	0.007	0.021
134	0.132	Rome, GA	91,000	0.083	0.047	Atlanta-Sandy Springs-Marietta, GA	4,248,000	0.001	0.002
135	0.131	Muskegon-Norton Shores, MI	170,000	0.067	0.042	Grand Rapids-Wyoming, MI	740,000	0.008	0.013
136	0.131	Visalia-Porterville, CA	368,000	0.050	0.042	Fresno, CA	799,000	0.018	0.02
137	0.130	Fort Collins-Loveland, CO	251,000	0.094	0.024	combined Denver-Boulder-Aurora, CO	2,449,000	0.002	0.010
138	0.129	Kokomo, IN	102,000	0.069	0.052	Indianapolis, IN	1,525,000	0.004	0.004
139	0.129	Weirton-Steubenville, WV-OH	132,000	0.092	0.031	Pittsburgh, PA	2,431,000	0.001	0.005
140	0.127	Lebanon, PA	120,000	0.063	0.040	Lancaster, PA	471,000	0.008	0.016
141	0.127	Saginaw-Saginaw Township North, MI	210,000	0.047	0.037	Flint, MI	436,000	0.020	0.024
142	0.126	Dayton, OH	848,000	0.038	0.050	Cincinnati-Middletown, OH-KY-IN	2,010,000	0.022	0.016
143	0.126	Springfield, MA	680,000	0.064	0.017	Hartford-West Hartford-East Hartford, CT	1,149,000	0.009	0.035
144	0.124	Janesville, WI	152,000	0.069	0.031	Madison, WI	502,000	0.007	0.017
145	0.122	Lakeland-Winter Haven, FL	484,000	0.052	0.051	Tampa-St. Petersburg-Clearwater, FL	2,396,000	0.009	0.010
146	0.122	Rocky Mount, NC	143,000	0.076	0.034	Raleigh-Cary, NC	797,000	0.004	0.009
147	0.122	Lakeland-Winter Haven, FL	484,000	0.084	0.014	Orlando, FL	1,645,000	0.003	0.020
148	0.121	Athens-Clarke County, GA	166,000	0.058	0.060	Atlanta-Sandy Springs-Marietta, GA	4,248,000	0.002	0.002
149	0.120	Hot Springs, AR	88,000	0.061	0.046	Little Rock-North Little Rock, AR	611,000	0.006	0.007
150	0.120	Michigan City-La Porte, IN	110,000	0.064	0.025	South Bend-Mishawaka, IN-MI	317,000	0.008	0.023
151	0.120	Huntington-Ashland, WV-KY-OH	289,000	0.029	0.032	Charleston, WV	310,000	0.032	0.027
152	0.119	Vero Beach, FL	113,000	0.026	0.070	Palm Bay-Melbourne-Titusville, FL	476,000	0.017	0.006
153	0.119	Vallejo-Fairfield, CA	395,000	0.047	0.053	Sacramento--Arden-Arcade--Roseville, CA	1,797,000	0.008	0.010
154	0.119	Lebanon, PA	120,000	0.047	0.044	Reading, PA	374,000	0.011	0.016
155	0.117	Monroe, MI	146,000	0.066	0.022	Ann Arbor, MI	323,000	0.006	0.023
156	0.115	Clarksville, TN-KY	232,000	0.076	0.024	Nashville-Davidson--Murfreesboro, TN	1,312,000	0.004	0.012
157	0.114	Sumter, SC	105,000	0.078	0.022	Columbia, SC	647,000	0.003	0.011
158	0.113	Yuba City-Marysville, CA	139,000	0.026	0.044	Chico, CA	203,000	0.025	0.017
159	0.111	York-Hanover, PA	382,000	0.082	0.013	Baltimore-Towson, MD	2,553,000	0.002	0.014
160	0.110	Bloomington, IN	176,000	0.069	0.032	Indianapolis, IN	1,525,000	0.003	0.007
161	0.110	Sheboygan, WI	113,000	0.074	0.028	Milwaukee-Waukesha-West Allis, WI	1,501,000	0.002	0.006
162	0.110	Napa, CA	124,000	0.037	0.049	Santa Rosa-Petaluma, CA	459,000	0.013	0.011
163	0.110	Jackson, MI	158,000	0.038	0.047	Lansing-East Lansing, MI	448,000	0.013	0.012
164	0.103	Goldsboro, NC	113,000	0.064	0.028	Raleigh-Cary, NC	797,000	0.003	0.008
165	0.102	Norwich-New London, CT	259,000	0.018	0.068	Providence-New Bedford-Fall River, RI-MA	1,583,000	0.012	0.003
166	0.101	Florence, AL	143,000	0.037	0.014	Decatur, AL	146,000	0.013	0.036
167	0.101	Reading, PA	374,000	0.041	0.024	Allentown-Bethlehem-Easton, PA-NJ	740,000	0.012	0.024
168	0.101	Niles-Benton Harbor, MI	162,000	0.022	0.046	Kalamazoo-Portage, MI	315,000	0.022	0.011
169	0.100	Ocean City, NJ	102,000	0.061	0.037	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.001	0.001
170	0.100	Rockford, IL	320,000	0.075	0.021	Chicago-Naperville-Joliet, IL-IN-WI	9,098,000	0.001	0.003
171	0.098	Lincoln, NE	267,000	0.030	0.041	Omaha-Council Bluffs, NE-IA	767,000	0.016	0.011
172	0.098	Ithaca, NY	97,000	0.010	0.056	Binghamton, NY	252,000	0.029	0.004
173	0.098	Battle Creek, MI	138,000	0.025	0.025	Jackson, MI	158,000	0.024	0.024
174	0.098	Gadsden, AL	103,000	0.047	0.043	Birmingham-Hoover, AL	1,052,000	0.004	0.004
175	0.094	Ocean City, NJ	102,000	0.025	0.030	Vineland-Millville-Bridgeton, NJ	146,000	0.020	0.019
176	0.094	Kennewick-Richland-Pasco, WA	192,000	0.020	0.027	Yakima, WA	223,000	0.027	0.019
177	0.093	Portland-South Portland, ME	488,000	0.064	0.020	Boston-Cambridge-Quincy, MA-NH	4,391,000	0.002	0.007
178	0.092	Corvallis, OR	78,000	0.030	0.043	Salem, OR	347,000	0.011	0.008
179	0.092	Santa Barbara-Santa Maria-Goleta, CA	399,000	0.013	0.046	Oxnard-Thousand Oaks-Ventura, CA	753,000	0.025	0.008
180	0.092	York-Hanover, PA	382,000	0.028	0.023	Lancaster, PA	471,000	0.017	0.024
181	0.092	Stockton, CA	564,000	0.032	0.041	Sacramento--Arden-Arcade--Roseville, CA	1,797,000	0.010	0.009
182	0.090	Pueblo, CO	141,000	0.053	0.022	Colorado Springs, CO	537,000	0.005	0.011
183	0.090	Lancaster, PA	471,000	0.034	0.015	Harrisburg-Carlisle, PA	509,000	0.014	0.028
184	0.089	Madera, CA	123,000	0.025	0.031	Merced, CA	211,000	0.016	0.016
185	0.088	Cleveland, TN	104,000	0.050	0.004	Dalton, GA	120,000	0.003	0.031
186	0.087	Fond du Lac, WI	97,000	0.064	0.017	Milwaukee-Waukesha-West Allis, WI	1,501,000	0.001	0.004
187	0.086	Houma-Bayou Cane-Thibodaux, LA	194,000	0.056	0.020	New Orleans-Metairie-Kenner, LA	1,317,000	0.003	0.007
188	0.083	Morristown, TN	123,000	0.004	0.048	Kingsport-Bristol, TN-VA	230,000	0.028	0.003
189	0.079	Reading, PA	374,000	0.022	0.024	Lancaster, PA	471,000	0.017	0.017
190	0.078	Gainesville, FL	232,000	0.013	0.023	Ocala, FL	259,000	0.028	0.015
191	0.078	Waco, TX	214,000	0.023	0.025	Killeen-Temple-Fort Hood, TX	331,000	0.016	0.014
192	0.076	Owensboro, KY	110,000	0.042	0.017	Evansville, IN-KY	343,000	0.005	0.011

Pairwise Flows between Metropolitan CBSAs (ranks 129 to 192 of 243): Notes: Outflow rates are measured by residents commuting to a place-of-employment in the paired metropolitan CBSA as a share of employed residents in the origin CBSA. Inflow rates are measured by workers commuting from the paired metropolitan CBSA as a share of employment in the destination CBSA. The 243 pairs are all those for which the sum of the inflow and outflow rates exceeds 0.05.

Rank	Sum of Flow Rates	Smaller Metropolitan CBSA			Larger Metropolitan CBSA				
		Title	Population	Outflow Rate	Inflow Rate	Title	Population	Outflow Rate	Inflow Rate
193	0.075	Allentown-Bethlehem-Easton, PA-NJ	740,000	0.043	0.024	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.003	0.006
194	0.072	Altoona, PA	129,000	0.029	0.010	State College, PA	136,000	0.011	0.022
195	0.072	Visalia-Porterville, CA	368,000	0.029	0.017	Bakersfield, CA	662,000	0.010	0.016
196	0.071	Florence, AL	143,000	0.044	0.009	Huntsville, AL	342,000	0.003	0.015
197	0.070	Springfield, MA	680,000	0.021	0.015	Worcester, MA	751,000	0.013	0.021
198	0.070	Springfield, OH	145,000	0.050	0.015	Columbus, OH	1,613,000	0.001	0.004
199	0.070	Prescott, AZ	168,000	0.054	0.013	Phoenix-Mesa-Scottsdale, AZ	3,252,000	0.001	0.002
200	0.069	Kingston, NY	178,000	0.054	0.015	New York-Newark-Edison, NY-NJ-PA	18,323,000	0.000	0.001
201	0.069	Ocala, FL	259,000	0.052	0.010	Orlando, FL	1,645,000	0.001	0.006
202	0.069	Jacksonville, NC	150,000	0.023	0.020	Wilmington, NC	275,000	0.012	0.014
203	0.067	Killeen-Temple-Fort Hood, TX	331,000	0.043	0.012	Austin-Round Rock, TX	1,250,000	0.003	0.010
204	0.067	Salinas, CA	402,000	0.039	0.018	San Jose-Sunnyvale-Santa Clara, CA	1,736,000	0.003	0.007
205	0.067	Lansing-East Lansing, MI	448,000	0.014	0.028	Grand Rapids-Wyoming, MI	740,000	0.018	0.008
206	0.066	Charlottesville, VA	174,000	0.022	0.035	Richmond, VA	1,097,000	0.006	0.003
207	0.065	Topeka, KS	225,000	0.039	0.019	Kansas City, MO-KS	1,836,000	0.002	0.004
208	0.064	Palm Bay-Melbourne-Titusville, FL	476,000	0.034	0.018	Orlando, FL	1,645,000	0.004	0.008
209	0.064	Danville, VA	110,000	0.039	0.017	Greensboro-High Point, NC	643,000	0.002	0.005
210	0.063	Modesto, CA	447,000	0.055	0.004	San Francisco-Oakland-Fremont, CA	4,124,000	0.000	0.004
211	0.063	Michigan City-La Porte, IN	110,000	0.017	0.022	Niles-Benton Harbor, MI	162,000	0.014	0.011
212	0.063	Pittsfield, MA	135,000	0.023	0.029	Springfield, MA	680,000	0.006	0.005
213	0.063	Battle Creek, MI	138,000	0.008	0.046	Grand Rapids-Wyoming, MI	740,000	0.009	0.001
214	0.063	Battle Creek, MI	138,000	0.023	0.026	Lansing-East Lansing, MI	448,000	0.008	0.006
215	0.063	Pocatello, ID	83,000	0.024	0.011	Idaho Falls, ID	102,000	0.009	0.018
216	0.062	Elmira, NY	91,000	0.027	0.010	Ithaca, NY	97,000	0.009	0.017
217	0.062	El Centro, CA	142,000	0.027	0.014	Yuma, AZ	160,000	0.007	0.015
218	0.062	Muncie, IN	119,000	0.044	0.014	Indianapolis, IN	1,525,000	0.001	0.003
219	0.062	Bakersfield, CA	662,000	0.032	0.027	Los Angeles-Long Beach-Santa Ana, CA	12,366,000	0.001	0.001
220	0.062	Elmira, NY	91,000	0.020	0.026	Binghamton, NY	252,000	0.010	0.006
221	0.062	Lancaster, PA	471,000	0.038	0.019	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	5,687,000	0.002	0.003
222	0.061	Atlantic City, NJ	253,000	0.015	0.046	New York-Newark-Edison, NY-NJ-PA	18,323,000	0.001	0.000
223	0.061	Morgantown, WV	111,000	0.018	0.041	Pittsburgh, PA	2,431,000	0.002	0.001
224	0.061	Sarasota-Bradenton-Venice, FL	590,000	0.027	0.022	Tampa-St. Petersburg-Clearwater, FL	2,396,000	0.005	0.006
225	0.061	Rocky Mount, NC	143,000	0.023	0.012	Greenville, NC	153,000	0.009	0.017
226	0.058	Sandusky, OH	80,000	0.020	0.032	Toledo, OH	659,000	0.004	0.002
227	0.058	Mansfield, OH	129,000	0.024	0.030	Columbus, OH	1,613,000	0.002	0.002
228	0.057	Corvallis, OR	78,000	0.025	0.021	Eugene-Springfield, OR	323,000	0.005	0.006
229	0.057	Fond du Lac, WI	97,000	0.024	0.015	Appleton, WI	202,000	0.007	0.011
230	0.057	Decatur, IL	115,000	0.022	0.016	Springfield, IL	201,000	0.009	0.010
231	0.056	Fond du Lac, WI	97,000	0.019	0.012	Sheboygan, WI	113,000	0.009	0.016
232	0.054	Merced, CA	211,000	0.049	0.002	San Jose-Sunnyvale-Santa Clara, CA	1,736,000	0.000	0.004
233	0.054	Youngstown-Warren-Boardman, OH-PA	603,000	0.020	0.011	Akron, OH	695,000	0.008	0.015
234	0.054	Bristol, VA	68,000	0.018	0.019	Johnson City, TN	182,000	0.009	0.007
235	0.054	Gulfport-Biloxi, MS	246,000	0.027	0.017	New Orleans-Metairie-Kenner, LA	1,317,000	0.004	0.005
236	0.054	Decatur, IL	115,000	0.009	0.026	Champaign-Urbana, IL	210,000	0.014	0.004
237	0.053	Lansing-East Lansing, MI	448,000	0.030	0.018	Detroit-Warren-Livonia, MI	4,453,000	0.002	0.003
238	0.052	Gainesville, GA	139,000	0.012	0.016	Athens-Clarke County, GA	166,000	0.014	0.010
239	0.052	Cumberland, MD-WV	102,000	0.023	0.007	Winchester, VA-WV	103,000	0.005	0.017
240	0.052	Macon, GA	222,000	0.036	0.015	Atlanta-Sandy Springs-Marietta, GA	4,248,000	0.001	0.001
241	0.052	Terre Haute, IN	171,000	0.006	0.020	Bloomington, IN	176,000	0.020	0.005
242	0.051	Kalamazoo-Portage, MI	315,000	0.015	0.021	Grand Rapids-Wyoming, MI	740,000	0.009	0.006
243	0.050	Sumter, SC	105,000	0.020	0.013	Florence, SC	193,000	0.007	0.010

Pairwise Flows between Metropolitan CBSAs (ranks 193 to 243 of 243): Notes: Outflow rates are measured by residents commuting to a place-of-employment in the paired metropolitan CBSA as a share of employed residents in the origin CBSA. Inflow rates are measured by workers commuting from the paired metropolitan CBSA as a share of employment in the destination CBSA. The 243 pairs are all those for which the sum of the inflow and outflow rates exceeds 0.05.