

Is the Triangle's Housing Market Slowing?

A deeper look at recent shifts in demand and supply

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THE DATA

7.3%

Year-over-Year Price Growth

Median home price increase in the Triangle from August 2025 to August 2026.

This marks a notable deceleration compared to last year's 11.2% growth, suggesting a potential cooling of buyer demand or a shift in market dynamics. The Richmond Fed reports that housing price growth has begun to moderate across the Southeast, with North Carolina's Triangle region reflecting this trend.



Source: Richmond Fed · Published August 25, 2026

01

Supply Constraints Persist



Despite slowing price growth, inventory levels in the Triangle remain below historical averages. The UNC Wood Center's latest research indicates that the lack of new listings is a primary driver behind sustained buyer interest in existing homes. This supply-demand tension may explain why prices are not declining despite reduced momentum.



02

Affordability Challenges Persist

While price growth has slowed, affordability remains a key constraint for first-time buyers in the Triangle. The median household income in the region grew just 2.8% over the past year, lagging behind housing cost increases. This dynamic is echoed in recent data from U.S. Census and FHFA, which show that even modest price slowdowns can disproportionately impact affordability metrics.

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