

#1 in Severe Rent Burden — ALEX Intelligence 2026

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Thompson's Station leads Tennessee in rent burden — 39.9% of renters spend over half their income on rent

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THE DATA

39.9%

Renters Over the 50% Rent Threshold (2024)

Thompson's Station has the highest rate of renters spending more than half their income on rent in the Nashville metro.

This figure — 39.9% — indicates that nearly two in five renters in Thompson's Station are facing severe financial strain. Such a burden is not sustainable over time and signals a deepening affordability crisis in a community that has seen rapid development and population growth. The number reflects a growing gap between housing costs and income, especially in areas where new construction has outpaced wage growth.

01

Affordability is eroding in the fastest-growing suburbs

The data suggests that growth alone does not equate to inclusive development. Without targeted affordability measures — such as inclusionary zoning or rent stabilization — even the most economically dynamic suburbs risk becoming enclaves for the wealthy, undermining the very diversity that fuels innovation and resilience.



02

The 'greenfield' myth is collapsing

This shift demands a new model for suburban planning — one that prioritizes affordability from the outset, rather than treating it as an afterthought. The real estate market must move beyond the assumption that growth equals opportunity for all, and instead design communities where economic mobility is not sacrificed at the altar of development speed.

Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

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