

#1 Oldest City by Median Age in Wilmington — ALEX Intelligence 2026

St. James Is #1 Oldest in Wilmington

68-year median age — ALEX Intelligence, 2026

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68 years

Median Resident Age (2024)

St. James has the highest median age in the Wilmington market, indicating a deeply entrenched, stable population.

This figure is not a demographic anomaly but a structural marker of long-term residency, low turnover, and established community infrastructure. The city's age profile reflects decades of consistent housing retention, with residents who have lived through economic shifts, climate events, and market cycles. This demographic stability supports resilience in housing demand, even amid broader affordability pressures.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-23-wilmington-median-age-place-mkt>



01

Age Is a Form of Market Capital

Unlike markets driven by rapid turnover or speculative influx, St. James's age profile reflects a capital-intensive real estate ecosystem where tenure equals security. This is a counterintuitive advantage in an era of volatility—residents are less likely to sell during downturns, preserving market stability and supporting long-term appreciation.





02

The Aging Advantage Is a Strategic Moat

For developers and policymakers, this suggests that 'aging' is not a failure of growth but a sign of successful retention. The city's low turnover and high home ownership rates mean that investment in infrastructure, schools, and public services yields long-term returns. This model offers a blueprint for sustainable urban development: prioritize stability over speed.

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