

Oldest Housing Stock in the Triad — ALEX Intelligence 2026

Eden & Reidsville Lead the Triad in Home Age

Median age: 57 years — oldest in the region

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THE DATA

57 years

Median Home Age (2024)

The median home in Eden is 57 years old, the oldest in the Greensboro-Winston-Salem-High Point MSA.

This figure, drawn from the 2024 American Community Survey 5-Year Estimates, reflects decades of underbuilding in smaller, non-urban centers. Unlike Greensboro's 39-year median age, Eden's housing stock has remained largely unchanged since the postwar construction boom. The implications are not just aesthetic—they signal deep structural constraints on modernization, infrastructure upgrades, and energy efficiency improvements.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-24-greensboro-median-home-age-place-mkt>



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Age Is a Hidden Supply Constraint

This structural rigidity is especially acute in towns with limited municipal resources. Unlike Greensboro, which has seen a modest uptick in permits, Eden and Reidsville lack the infrastructure and regulatory capacity to support modern development. The result? A market where affordability is artificially maintained by scarcity, but where long-term resilience is at risk.



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Aging Stock, Rising Demand

The result is a market where demand is concentrated in areas with the least capacity to respond. This could lead to a long-term mismatch between housing quality and buyer expectations, particularly as climate resilience and energy costs rise. Without targeted investment in retrofitting and zoning reform, these towns risk becoming 'stagnant' in the regional housing ecosystem—desirable for price but not for long-term livability.

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