

#1 Oldest Cities in the Triangle — ALEX Intelligence 2026

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Roxboro leads with 45-year median age — ALEX Intelligence 2026

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THE DATA

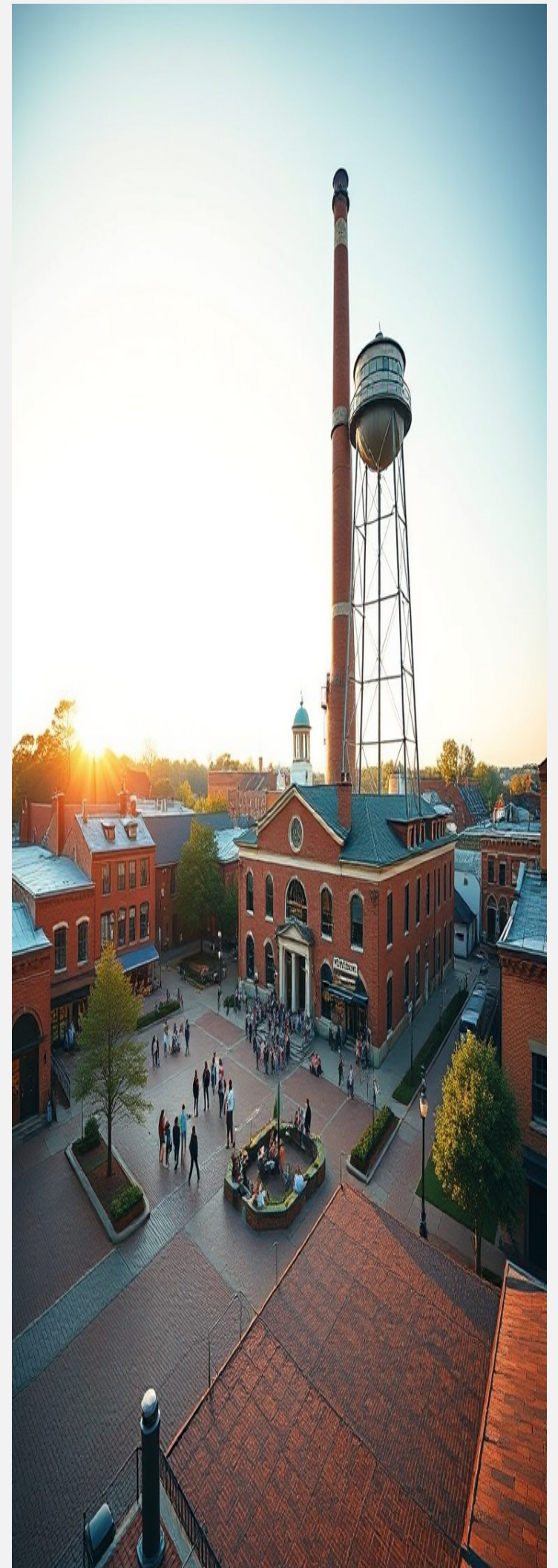
45 years

Median Resident Age (2024)

Roxboro has the highest median age in the Triangle, at 45 years.

This is not a sign of decline, but a signal of deep-rooted community stability. Roxboro's high median age reflects decades of long-term residency, intergenerational homeownership, and low turnover — traits that correlate with strong neighborhood cohesion and resilient real estate values. The city's aging population is not passive; it is actively shaping its future through civic engagement and property stewardship.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-26-triangle-median-age-place-mkt>



01

Aging Is a Strategic Asset

In the Triangle, higher median age is not a liability but a competitive advantage. Cities like Roxboro and Smithfield, with median ages of 45, demonstrate that long-term residents are not just buyers — they are builders of enduring communities. Their stability reduces vacancy, supports local institutions, and creates a demand for walkable, maintenance-conscious neighborhoods that outperform transient markets. This demographic is not fleeing; it is anchoring.





02

Resilience Through Continuity

The Triangle's housing market resilience is not driven solely by young professionals or rapid growth, but by the quiet strength of aging-in-place communities. These cities, with their deep roots and stable occupancy, absorb economic shocks better than high-turnover markets. Their low vacancy, high owner occupancy, and strong civic infrastructure create a self-reinforcing ecosystem where real estate values remain stable even amid national softening. The future of the Triangle is not just in new development — it's in sustaining what's already built.

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