

Top Household Size in Tennessee — ALEX Intelligence 2026

Arlington Leads TN in Household Size

3.1 people per home — ALEX Intelligence 2026

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3.1

Average Household Size (2024)

Arlington, Memphis's fastest-growing city, holds the highest average household size in Tennessee.

This figure reflects a deepening trend of multi-generational living, extended family households, and tight-knit community networks. Unlike many metro areas where household size is shrinking, Arlington's 3.1 average signals a resilient domestic structure that supports long-term housing stability and reduced turnover.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-27-memphis-household-size-place-mkt>



01

Family-First Demand Is Driving Value

In a market where 40% of homes are over 50 years old, high household density in Arlington isn't just demographic—it's economic. Larger homes with multiple bedrooms and shared spaces are in higher demand, especially in neighborhoods with strong school districts and community cohesion. This creates a natural floor for home values, even in areas with aging infrastructure.



02

Affordability Fuels Cohabitation Trends

With median rents in Memphis rising 12% since 2023 and mortgage rates above 7%, shared housing is not a lifestyle choice but a necessity. Arlington's 3.1 household size reflects a strategic adaptation to economic pressures—families pool resources to maintain homeownership, reducing per-capita costs and increasing financial resilience. This trend strengthens neighborhood stability and reduces vacancy risk.

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