

#78 of 401 U.S. metros on renters over 30% threshold — ALEX Intelligence 2026

Denver Ranks #78 on Rent Burden

49.9% of renters spend over 30% of income on rent — ALEX Intelligence, 2026

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THE DATA

49.9%

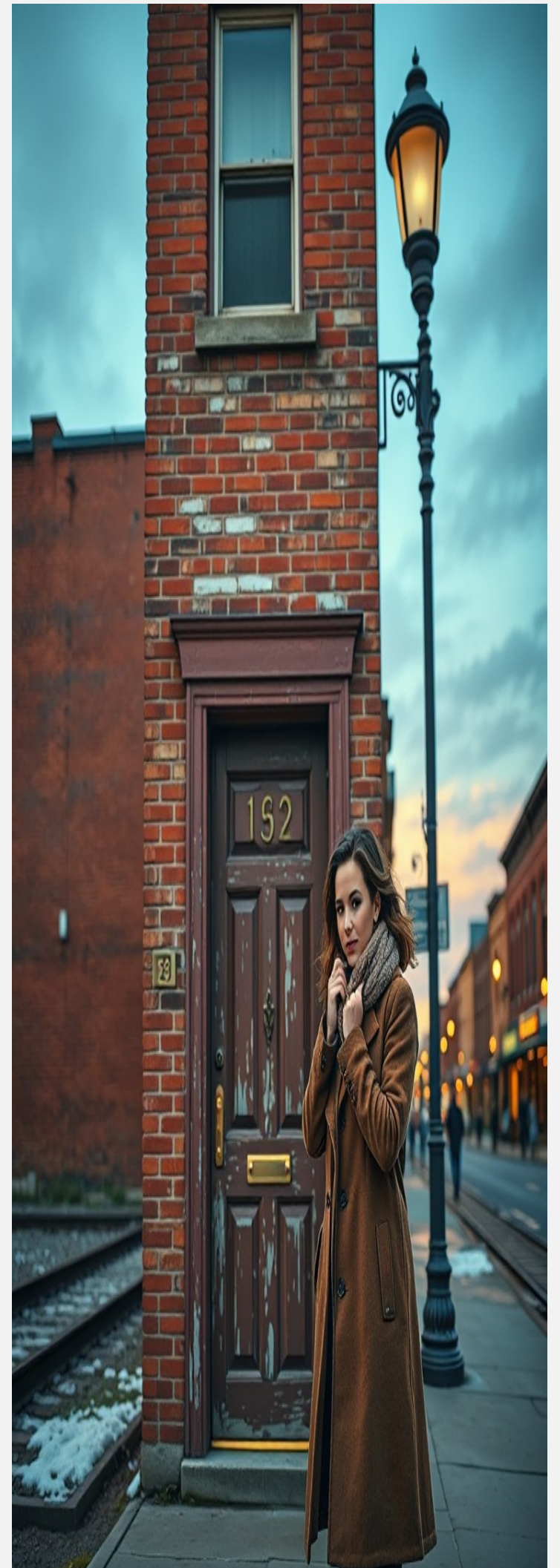
Renters Over the 30% Rent Threshold (2024)

Denver-Aurora-Centennial ranks #78 among 401 U.S. metros for renters spending more than 30% of income on rent.

This figure reflects a persistent affordability challenge in the Denver metro, where rising home prices and constrained supply continue to pressure rental markets. Despite strong economic growth and migration, a near-half of renters are classified as cost-burdened, indicating that housing affordability is not a temporary condition but a structural constraint.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation

<https://alex-companies.com/data/2026-09-28-denver-standing-rent-burden-msa>



01

Affordability Is Not a Crisis — Yet

This is not a sign of market failure, but of a market in tension — where economic momentum is outpacing supply development. The data does not show a collapse in affordability, but rather a shift in where the burden is carried: renters, not buyers, are now bearing the brunt of price pressures.

02

The Rent Burden Is a Signal, Not a Symptom

This counterintuitive persistence reveals that the city's value proposition — urban vibrancy, climate, and opportunity — outweighs financial strain for many. The rent burden is not a deterrent, but a proxy for demand. If the burden were to rise further, that calculus could shift — making today's stability a critical window for supply intervention.

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Diane Hart Alexander, MBA, MHA

Chair & CEO, ALEX Companies

Designated Broker, Alexander Tiffany Southwest, LLC dba ALEX.realestate, et.al.

Texas License #574877-B · Broker License #565194-BB

diane@alex.realestate · +1 713.591.9902

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