

Oldest Counties by Median Age — ALEX Intelligence 2026

68 Years: The New Median Age in America

Sumter County leads the nation in oldest median age — ALEX Intelligence, 2026

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THE DATA

68 years

Median Resident Age (2024)

Sumter County, Florida, is the oldest county in America by median age.

This figure is not a trend—it is a threshold. At 68 years, Sumter County represents a demographic inflection point where the population is no longer merely aging but has already settled into a mature, stable, and highly engaged phase of life. This age cohort is not retiring from the economy; it is redefining it.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-09-29-fifty-five-plus-fifty-five-plus-median-age-county-us>



01

Age Is Not a Barrier—It's a Signal

The oldest counties are the first to deliver on this need—proving that demographic maturity and market innovation can coexist.

02

The Real Estate of Longevity

The fact that these oldest counties are also seeing record interest in age-restricted, single-level communities suggests a new kind of real estate: one that is not about escape from life, but about enhancing it. The oldest counties are not dying—they are thriving on a different metric.



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