#275 of 401 U.S. Metros on Median Resident Age — ALEX Intelligence 2026

Raleigh-Cary Is #275 on U.S. Median Age

The Triangle's youthfulness is a strategic edge in a national market of aging populations

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THE DATA

38 years

Median Resident Age (2024)

Raleigh-Cary ranks #275 among 401 U.S. metros on median resident age, indicating a notably youthful population.

This figure reflects a demographic engine that fuels innovation, labor force participation, and long-term housing demand. In a national context where many regions are approaching median ages above 50, the Triangle's 38-year average signals sustained economic dynamism and a future-oriented housing market. The contrast is not merely statistical—it's structural.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-09-29-triangle-standing-median-age-msa

01

Youth Drives Demand, Not Just Supply

The Triangle's median age of 38 isn't just a headline—it's a market multiplier. Younger populations correlate with higher home ownership aspirations, especially among first-time buyers in the $450K–$600K price range. This cohort is less likely to delay homeownership due to economic uncertainty, making the market more resilient to interest rate fluctuations than older, more risk-averse regions. The demographic is not a passive statistic—it's an active driver of transaction volume.

02

Aging Nation, Youthful Triangle

While the U.S. median age continues to rise—driven by aging Baby Boomers and declining birth rates—the Triangle stands out as an outlier. This youthfulness is not accidental. It's a function of the region's concentration in tech, biotech, and higher education, which attract young professionals and students. As national markets stagnate due to demographic decline, the Triangle's youthful base ensures that demand for housing, commercial space, and infrastructure remains robust and self-sustaining.

Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

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