

24.4% Share Aged 65+ in Highlands — ALEX Intelligence 2026

24.4% of Highlands Are 65+

Houston's Most Senior City — ALEX Intelligence, 2026

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THE DATA

24.4%

Share Aged 65 and Over (2024)

Highlands leads the Houston MSA in senior population share.

This 24.4% figure is not just a number—it's a demographic signal. Highlands' age profile suggests a mature housing market with reduced demand for new construction and higher demand for age-in-place infrastructure, adaptive housing, and healthcare proximity. This is not a trend in isolation; it reflects a broader shift in suburban Texas toward retirement-oriented development patterns.

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

<https://alex-companies.com/data/2026-10-01-houston-msa-senior-share-place-mkt>





01

Senior Density Drives Adaptive Demand

This trend may also explain why Houston's mid-tier housing market continues to show resilience: it is increasingly serving the needs of an aging population, not just first-time buyers.



02

The Hidden Real Estate Engine

The Houston MSA is quietly building a new real estate economy—centered not on growth, but on sustainability and aging in place.

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

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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