

#1 Fastest-Growing 55+ Counties in America — ALEX Intelligence 2026

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Kaufman County leads with 39.4% 5-Year Population Growth — ALEX
Intelligence 2026

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THE DATA

39.4%

5-Year Population Growth (2024)

Kaufman County recorded the highest 5-Year Population Growth among all U.S. counties, driven by migration into active-adult and age-restricted communities.

This growth rate, nearly four times the national average, signals a shift in where older adults are choosing to settle. The data reveals that 55+ communities are no longer confined to coastal or sunbelt enclaves but are emerging in fast-growing, mid-tier suburban counties with strong job markets and infrastructure development. These areas offer affordability, connectivity, and a sense of community without the congestion of major metros.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2019 and 2024 · ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-02-fifty-five-plus-fifty-five-plus-dem-g-population-county-us>



01

Growth Is Built on Infrastructure, Not Just Climate

The top 10 fastest-growing 55+ counties are not defined by warm weather or retirement branding. Instead, they are anchored in counties with expanding transportation corridors, new school districts, and robust broadband access. These are not just places to retire — they are places where active adults are building new lives with digital access, local employment, and community integration. This shift suggests that 55+ real estate is evolving beyond seasonal or leisure-based models toward sustainable, long-term community ecosystems.



02

Demand Is Outpacing Supply in Emerging Hubs

With 5-Year Population Growth exceeding 25% in five of the top 10 counties, the supply of age-restricted, accessible housing is lagging behind demand. The data indicates a critical window for developers to enter these markets before full-scale development cycles begin. These counties represent the next frontier for 55+ communities not because of demographic trends alone, but because they are becoming economically viable and socially cohesive — a combination that attracts both retirees and active adults seeking continuity and growth.

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

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