

Highest Average Household Size in NC — ALEX Intelligence 2026

Oak Ridge Leads NC in Household Size

2.9 people per home — highest in the Triad, driven by affordability and workforce density

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THE DATA

2.9

Average Household Size (2024)

Oak Ridge, Greensboro-Winston Salem-High Point MSA, leads North Carolina in household size.

This figure reflects a deep structural trend: homes in Oak Ridge are not just larger in square footage — they are more densely occupied. With a 2.9 average, Oak Ridge stands at the top of the Triad, outpacing even traditionally family-oriented suburbs. This is not a statistical anomaly but a signal of sustained demand for multi-generational living and cost-sharing strategies.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-03-greensboro-household-size-place-mkt>



01

Affordability Drives Household Density

The average household size in Oak Ridge reflects a strategic choice: shared housing as a financial buffer. This is not overcrowding — it's a rational adaptation to cost pressures that persist despite new supply.

02

Manufacturing Growth Fuels Multi-Occupant Demand

The influx of industrial workers, many of whom are young professionals or dual-income families, is increasing demand for homes that accommodate more than two people. This structural shift — driven by industrial growth, not transient migration — is reinforcing the region's high household size as a long-term demographic pattern.



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