

Meadowbrook — #1 of 10: Renters Over the 30% Rent Threshold

Meadowbrook leads Alabama in rent burden

65.5% of renters exceed 30% threshold — ALEX Intelligence 2026

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THE DATA

65.5%

Renters Over the 30% Rent Threshold (2024)

Meadowbrook has the highest share of renters spending more than 30% of income on rent among all cities in the Birmingham metro and across Alabama.

This figure marks a structural shift in affordability dynamics. With 65.5% of renters in Meadowbrook classified as cost-burdened, the area is experiencing a unique convergence of high rental demand and limited supply. This is not a temporary spike but a sustained imbalance reflected in stagnant inventory and rising competition for available units.

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

<https://alex-companies.com/data/2026-10-14-birmingham-rent-burden-place-mkt>



Photo: Bjoertvedt · CC BY-SA 4.0 · Wikimedia Commons

The background of the slide is a photograph of a tall, modern office building with a grid-like facade of windows. The building has the "BBVA Compass" logo at the top. In the foreground, there is a paved path leading through a park with trees and greenery. A semi-transparent dark red rectangle is overlaid on the left side of the image, containing the number "01" in white.

01

Affordability is the new scarcity

For investors and policymakers, this is not a sign of overheating but of systemic underinvestment in rental infrastructure. The market is signaling that new supply — especially mid- to low-income rental units — is not just needed, it is overdue.

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The cost of stability

This is not just about rent — it's about the future of the city's social fabric. If affordability is not addressed at the policy level, the burden will continue to grow, making Meadowbrook less sustainable as a place to live for the very people who sustain it.



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