

Germantown — #1 of 10: Median Resident Age

Germantown Leads Memphis in Median Age

44 years, according to ALEX Intelligence, 2026

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44 years

Median Resident Age (2024)

Germantown is the oldest city in the Memphis metro by median age, according to the latest data.

This figure reflects a long-term trend of population aging in suburban communities with established housing stock and mature infrastructure. The high median age suggests a shift in housing demand toward low-maintenance, single-family homes and accessible senior living options. It also signals a potential slowdown in new construction activity as younger households move to lower-cost or more dynamic markets.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-14-memphis-median-age-place-mkt>



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Aging Suburbs Signal Shift in Housing Demand

Meanwhile, the lower median ages in Memphis (34 years) and Arlington (37 years) suggest ongoing demand for starter homes and family-friendly communities. This contrast between aging suburbs and younger urban cores creates a dual market dynamic: one focused on retirement readiness, the other on growth and affordability.

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The Inverse of Growth: Stability in Declining Turnover

For real estate professionals, this means that traditional growth metrics—like new listings and days on market—may understate the true value of these markets. The real advantage lies in long-term ownership, reduced foreclosure risk, and sustained equity accumulation. This stability is a competitive edge in an era of economic uncertainty.



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