

Highland Lakes — #1 of 10: Median Resident Age

Highland Lakes leads Alabama in median age

47 years, according to ALEX Intelligence 2026 data

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THE DATA

47 years

Median Resident Age (2024)

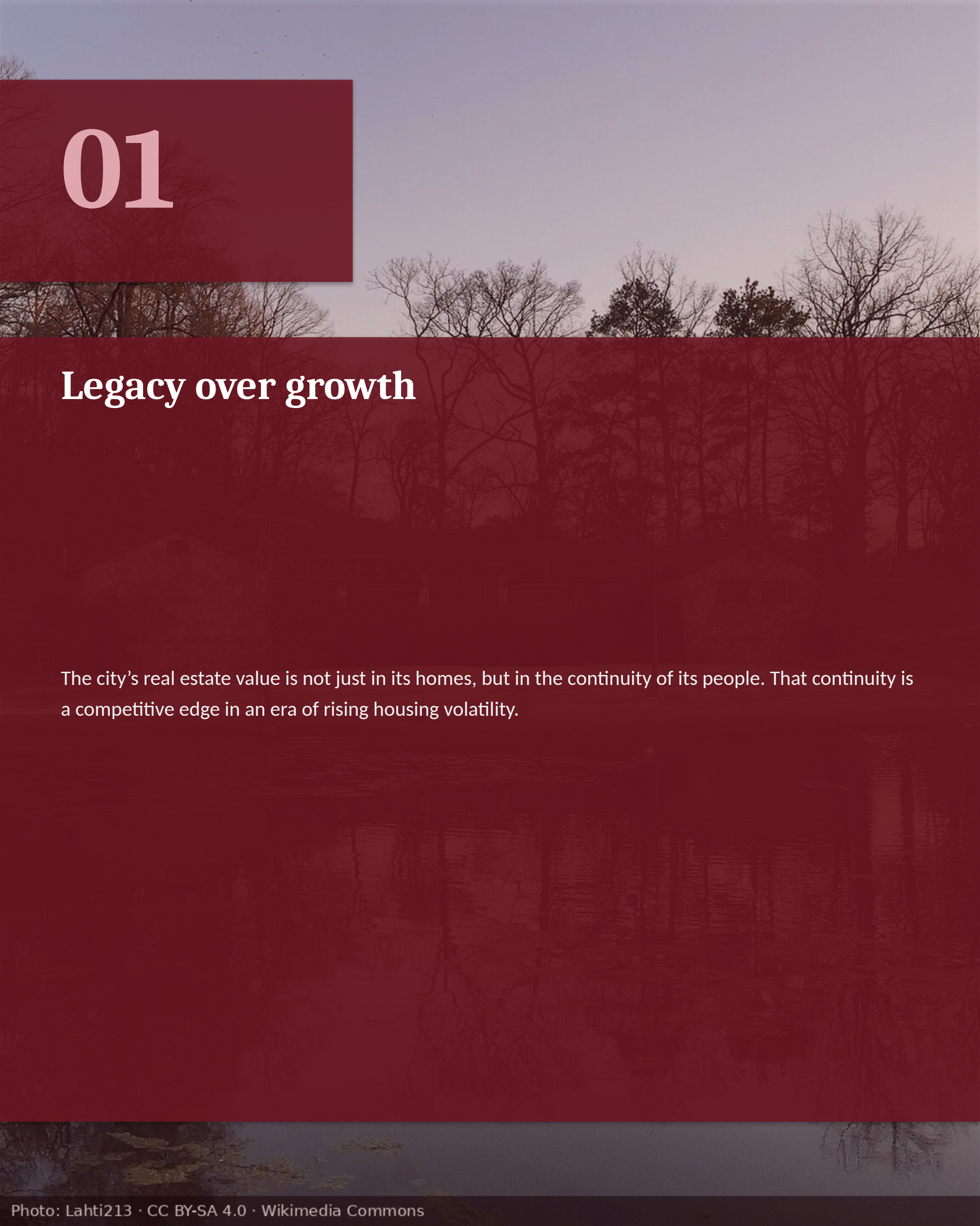
Highland Lakes is the oldest city in the Birmingham metro and in Alabama by median age.

This figure reflects a deeply rooted community with long-term residents, many of whom have lived in the area for decades. Unlike markets driven by young professionals or transient populations, Highland Lakes' demographic stability signals enduring neighborhood identity and established social capital.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-15-birmingham-median-age-place-mkt>



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01

Legacy over growth

The city's real estate value is not just in its homes, but in the continuity of its people. That continuity is a competitive edge in an era of rising housing volatility.

02

The quiet edge of permanence

In a climate of economic uncertainty, the quiet strength of Highland Lakes—its roots, not its growth—may become the model for sustainable community development across the Birmingham metro.



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