

Birmingham — #7 of 10: Median Resident Age

Birmingham is the 7th youngest metro in Alabama

Based on 2024 U.S. Census data

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THE DATA

39 years

Median Resident Age (2024)

Birmingham's median age of 39 places it as the 7th youngest of 12 Alabama metros.

This age profile reflects a city in transition — balancing established institutions with growing youth-driven innovation. The concentration of younger residents supports demand for modern housing, walkable neighborhoods, and dynamic cultural experiences, distinguishing Birmingham from more mature or aging metro areas in the state.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 • ALEX Intelligence computation
<https://alex-companies.com/data/2026-10-20-birmingham-standing-median-age-msa>



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01

Youthful demographics fuel urban reinvestment

Birmingham's median age of 39 signals a market where demographic momentum favors modernization. Younger residents are more likely to support mixed-use development, transit-oriented planning, and cultural revitalization — all of which align with recent infrastructure projects and civic initiatives. This demographic base is not just a statistic; it's a catalyst for long-term economic repositioning.

02

Aging infrastructure meets younger demand

While Birmingham's population is younger than most Alabama metros, much of its built environment remains mid-century or older. This generational mismatch creates a unique opportunity: younger residents are driving demand for renewal, but the pace of change must outpace the age of the existing stock. The city's recent rail improvements and housing authority leadership changes reflect a strategic alignment with this demographic reality.



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