

Nashville-Davidson metropolitan government — #1 of 10: Population

Nashville Leads TN in Population

Source: ALEX Intelligence, October 26, 2026

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THE DATA

690,130

Population (2024)

Nashville-Davidson metropolitan government is the most populous city in Tennessee.

This population figure represents a clear majority of the state's urban concentration, underscoring Nashville's role as Tennessee's primary demographic and economic engine. With nearly one in every three residents of the state living within its boundaries, the city's growth trajectory is not only sustained but increasingly central to statewide planning, infrastructure, and service delivery.

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

<https://alex-companies.com/data/2026-10-26-nashville-population-place-mkt>



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01

Scale Drives Economic Resilience

Nashville's population size directly correlates with its real estate market strength. A larger resident base increases demand across all housing tiers, from entry-level rentals to luxury homes. This scale provides a buffer against regional economic volatility, making the market more resilient than smaller cities even during periods of national uncertainty. The city's ability to absorb demographic shifts—such as in-migration from other states—further cements its dominance.

02

Density Fuels Innovation and Investment

High population density in Nashville concentrates talent, capital, and consumer demand, accelerating innovation in sectors like healthcare, entertainment, and tech. This concentration makes the city a magnet for enterprise-level infrastructure, including AI and data centers, even as it faces rising operational costs. The scale of the population enables economies of scale in public services, transportation, and housing development that smaller cities cannot replicate.



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Diane Hart Alexander, MBA, MHA

Chair & CEO, ALEX Companies

Designated Broker, Alexander Tiffany Southwest, LLC dba ALEX.realestate, et.al.

Texas License #574877-B · Broker License #565194-BB

diane@alex.realestate · +1 713.591.9902



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