Knoxville — #4 of 10: Median Resident Age



Median Resident Age: 41 years

Based on 2024 ACS 5-year estimates

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THE DATA

41 years

Median Resident Age (2024)

Knoxville's median age is 41 years, placing it fourth among Tennessee's 10 metros.

This age profile suggests a mature, stable population base with established careers and long-term residency patterns. The city is neither a youthful boomtown nor a retirement enclave—its demographic sweet spot supports steady housing demand across multiple segments, from starter homes to downsized condos.



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Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-13-knoxville-standing-median-age-msa

01

Stability drives housing resilience

A median age of 41 indicates a population less sensitive to short-term interest rate swings. Unlike younger markets where first-time buyers dominate, Knoxville’s cohort is more likely to prioritize home ownership as a long-term wealth vehicle, sustaining demand even with elevated mortgage rates. This demographic stability explains the city’s recent inventory growth without a corresponding price drop.

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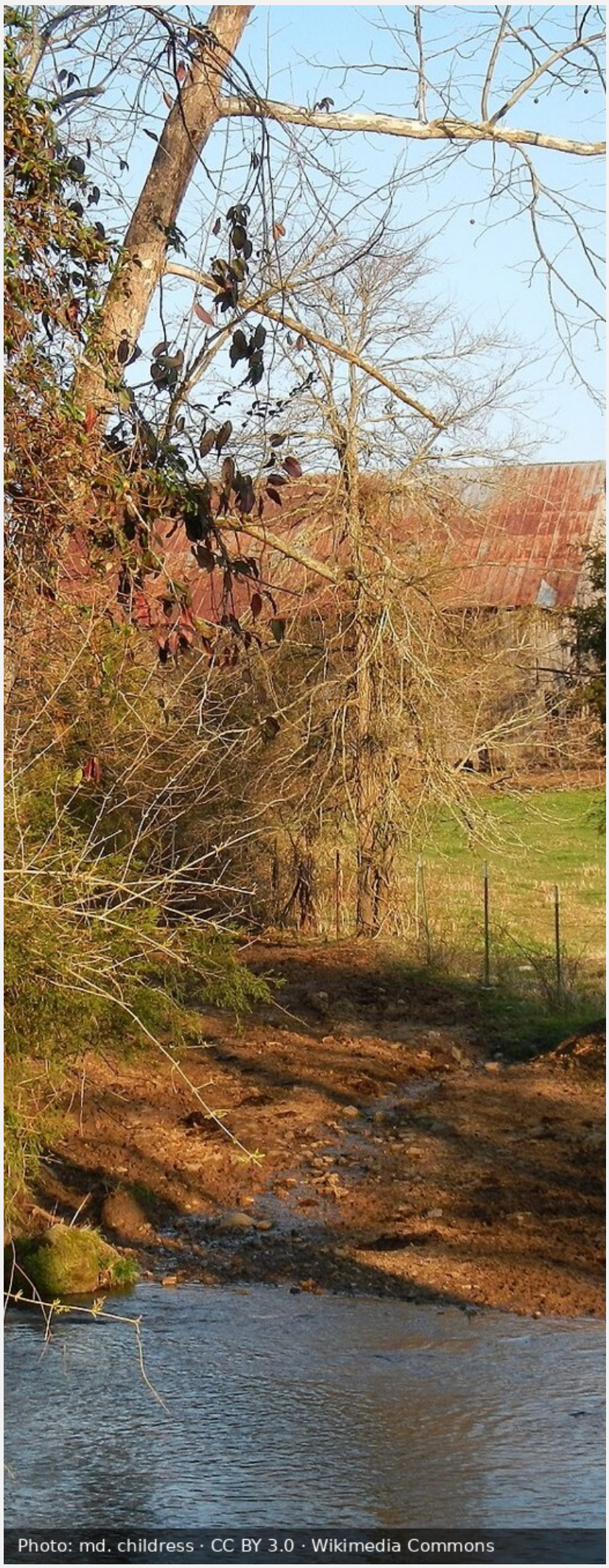


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02

The innovation edge of mid-life talent

This age group is uniquely positioned to fuel innovation: they bring decades of professional experience, financial stability, and a focus on quality of life. Their presence correlates with rising demand for mixed-use developments, walkable neighborhoods, and proximity to education and healthcare—key drivers of East Tennessee's smart city initiatives and creative tech growth.

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