Nashville-Davidson--Murfreesboro--Franklin — #8 of 10: Median Resident Age

Nashville’s median age is 37 years

Nashville-Davidson--Murfreesboro--Franklin · U.S. Census Bureau 2024

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THE DATA

37 years

Median Resident Age (2024)

Nashville-Davidson--Murfreesboro--Franklin ranks #8 of 10 Tennessee metros on median resident age.

This places Nashville among the youngest major metros in Tennessee, just ahead of Memphis and Clarksville. The median age reflects a demographic profile increasingly shaped by young professionals, creatives, and tech-driven migration. This youthful base supports sustained demand for housing, urban innovation, and flexible living environments.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-22-nashville-standing-median-age-msa

01

Youth drives innovation, not just growth

Unlike older metros where aging populations may depress investment, Nashville’s youthfulness fuels forward-looking urban planning and infrastructure upgrades. This is not just about population size—it’s about velocity of change.

02

The cost of being young is rising faster

The challenge for developers and investors is not just to build more—but to build differently: modular, adaptive, and integrated with transit and digital infrastructure. The city's future depends on whether it can scale innovation without sacrificing access.

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