Dallas-Fort Worth-Arlington — #1 of 10: Population

Dallas-Fort Worth-Arlington leads Texas in 55+ population

The largest 55+ market in Texas — source: ALEX Intelligence 2026

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THE DATA

7,985,590

Population (2024)

This is the total 55+ population in Dallas-Fort Worth-Arlington, the largest metro in Texas by this measure.

The sheer scale of the 55+ population in Dallas-Fort Worth-Arlington signals a profound shift in the region's demographic and economic fabric. This concentration is not just a number — it represents a critical mass of demand for age-restricted communities, accessible design, and integrated services tailored to active adults. It also reinforces the region’s economic resilience, as this cohort drives sustained demand for housing, healthcare access, and leisure infrastructure.



Photo: Jeremy Thompson · CC BY 2.0 · Wikimedia Commons

Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-24-fifty-five-plus-fifty-five-plus-dem-population-msa-tx

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Scale drives innovation in service integration

The density of demand enables economies of scale for shared services — from transportation networks to wellness programs and tech-enabled care coordination. This creates a feedback loop: more residents attract more specialized providers, which in turn increases community desirability and long-term stability.

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The invisible infrastructure of age-in-place

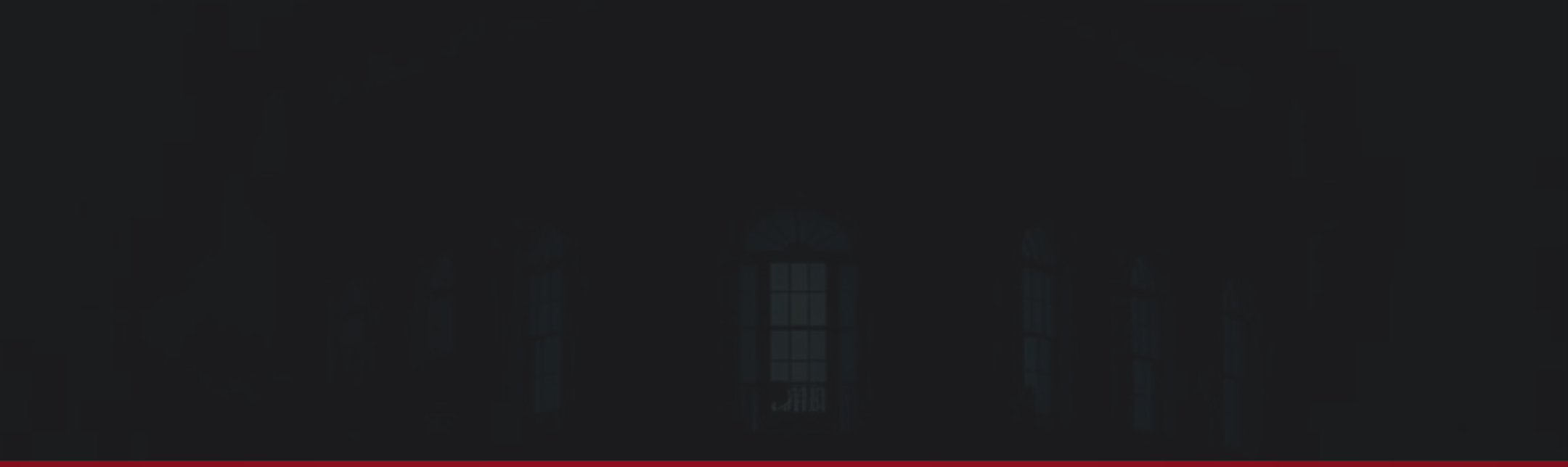
What makes Dallas-Fort Worth-Arlington a leader isn't just the number of older adults, but the underlying infrastructure that supports them. The region’s strong manufacturing base, steady job growth, and expanding healthcare networks create a sustainable ecosystem. This stability reduces the risk of abrupt market shifts and ensures that communities designed for active adults can maintain value and livability over decades.

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