#2 of 10: one-year change in the metropolitan house price index (2026 Q2)

one-year change in the metropolitan house price index (2026 Q2): 4.9%

Ranked by ALEX Intelligence, 2026 Q2

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THE DATA

4.9%

one-year change in the metropolitan house price index (2026 Q2)

Greensboro-High Point's 4.9% annual home price growth is the second-highest among North Carolina's 15 metropolitan areas.

This growth rate reflects strong demand in a market where supply remains constrained. The data, drawn from the Federal Housing Finance Agency's All-Transactions House Price Index, captures both purchase and refinance appraisals, signaling broad-based appreciation across property types and price points.

Source: Federal Housing Finance Agency, All-Transactions House Price Index by Metropolitan Statistical Area, 2026 Q2 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-27-greensboro-hou-fhfa-hpi-growth-1y-msa

01

Appreciation without wage growth

While home prices rose 4.9% year-over-year, wage growth in the Triad remains flat. This divergence suggests that affordability is under increasing pressure, particularly for first-time buyers. The gap between housing appreciation and income growth is widening, potentially locking out lower- and middle-income residents from homeownership opportunities.

02

Foreclosure risks rising beneath the surface

Even as prices climb, foreclosure filings in the Greensboro-Winston-Salem-High Point MSA are inching closer to pre-pandemic 2019 levels, according to Resiclub Analytics. This suggests that rising property values are not translating into greater financial resilience for homeowners. Instead, elevated delinquency rates and stagnant wages may be creating a precarious situation where homeowners are 'underwater' in equity despite nominal price increases.

Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

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