Asheville — #2 of 10: Median Resident Age

Asheville is North Carolina's second-oldest metro

Asheville · U.S. Census Bureau 2024

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THE DATA

44 years

Median Resident Age (2024)

Asheville’s median age of 44 years places it second among North Carolina’s 15 metropolitan areas.

This reflects a mature, stable population with deep community roots and long-term investment in property. Unlike younger, rapidly growing markets, Asheville’s demographic profile suggests lower turnover, stronger neighborhood cohesion, and sustained demand for established housing stock.



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Source: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2024 · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-28-asheville-standing-median-age-msa

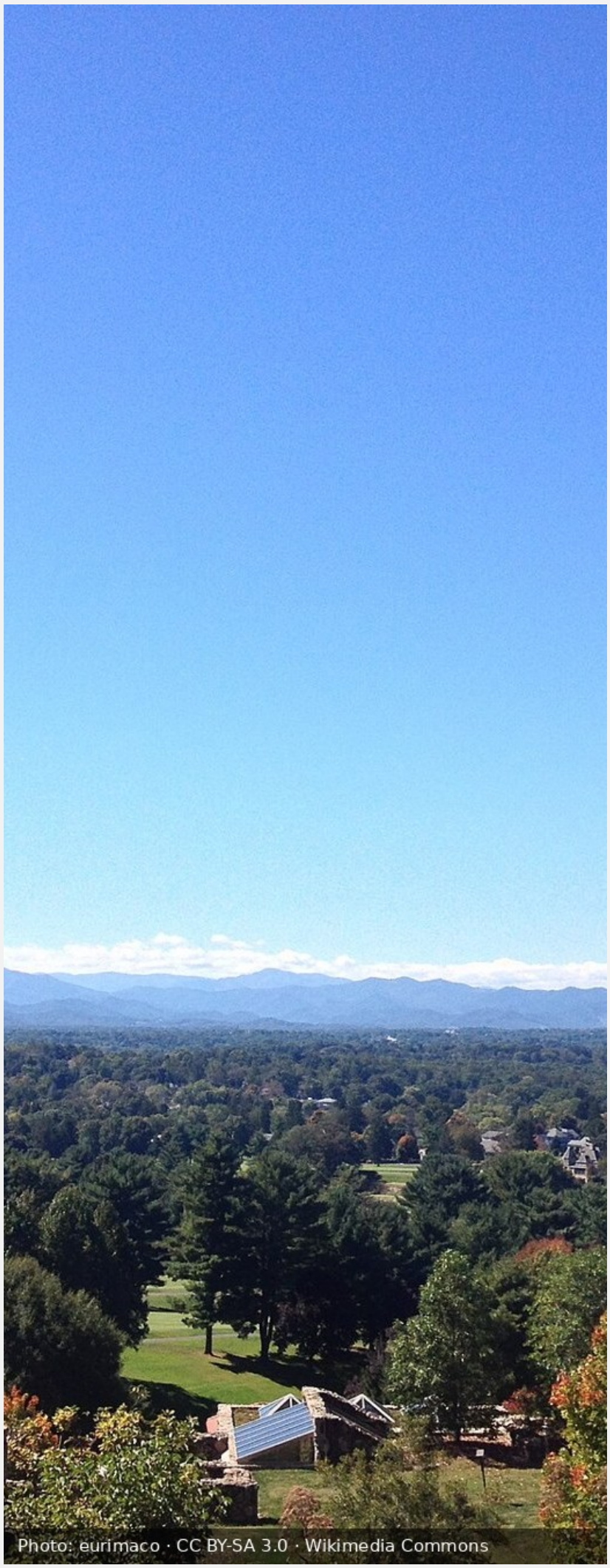
01

Older residents mean lasting value

A median age of 44 is not a demographic flaw—it's a market signal. Residents in this age bracket typically have higher savings, stronger credit, and greater stability in employment and housing. This reduces vacancy risk and supports long-term appreciation, especially in single-family homes and historic districts where renovation and maintenance are valued over turnover.

This cohort is less likely to upsize or relocate frequently, which stabilizes rental markets and supports property values even during national downturns.

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02

Aging population fuels quality over quantity

Asheville's demographic maturity correlates with demand for high-quality, place-based living—characterized by walkable neighborhoods, cultural amenities, and sustainable development. This shifts the competitive edge from volume to quality: builders and investors who prioritize craftsmanship, energy efficiency, and community integration will outperform those chasing speculative growth.

The market is rewarding stewardship, not just speculation—making it ideal for operators with a long-term vision.

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