Dallas-Fort Worth-Arlington — #18 of 10: Share Aged 65 and Over

Share Aged 65 and Over: 12.1%

Based on 2024 Census data

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THE DATA

12.1%

Share Aged 65 and Over (2024)

DFW’s senior share is below the Texas average but rising steadily.

With 12.1% of its population aged 65 and over, Dallas-Fort Worth ranks #18 among Texas metros with 100,000+ residents. This is notably lower than top-ranking Sherman-Denison (18.1%) and Tyler (17.4%), but reflects a demographic shift underway as baby boomers age and retire in place. The data, drawn from the U.S. Census Bureau’s 2024 American Community Survey, suggests DFW remains a magnet for younger professionals and families, yet aging is increasingly shaping its housing and service landscapes.



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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-dfw-msa-standing-senior-share-msa

01

Aging population fuels demand for walkable, low-maintenance living

The 12.1% senior share in DFW is not a static figure — it’s a signal of evolving lifestyle preferences. As retirees settle into the region, demand is growing for age-friendly communities with access to healthcare, transit-oriented development, and reduced maintenance burdens. This trend is already visible in suburban infill projects in Plano, Frisco, and McKinney, where mixed-use, walkable neighborhoods are being reconfigured to serve older residents without displacing younger families.

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02

DFW’s growth trajectory masks a quiet demographic transition

Despite its reputation as a youthful, fast-growing metro, DFW is quietly aging. The fact that it ranks #18 in Texas on senior share — just behind smaller, more established cities like San Angelo and Longview — reveals a structural shift. This isn’t a sign of stagnation, but of maturity. The region’s infrastructure, from transportation to housing, must now adapt to support both high-growth corridors and aging populations, creating a dual challenge for developers, city planners, and service providers.

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