Middletown, Connecticut.

Current market data.

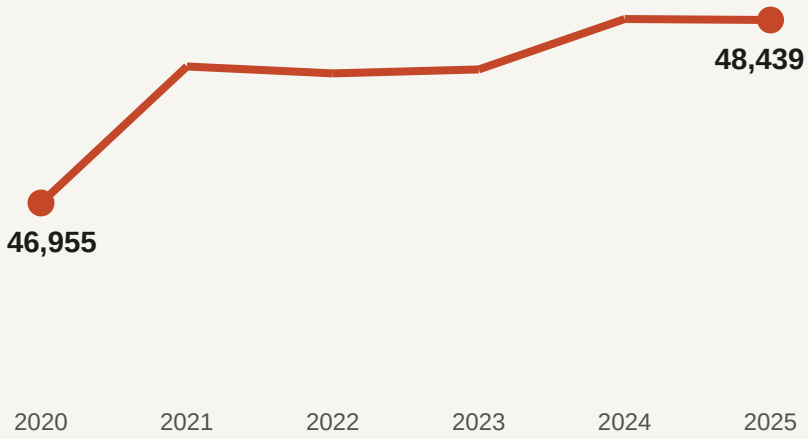
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 3.2% since 2020.

48,439

people, the 13th-largest of Connecticut's cities and towns.



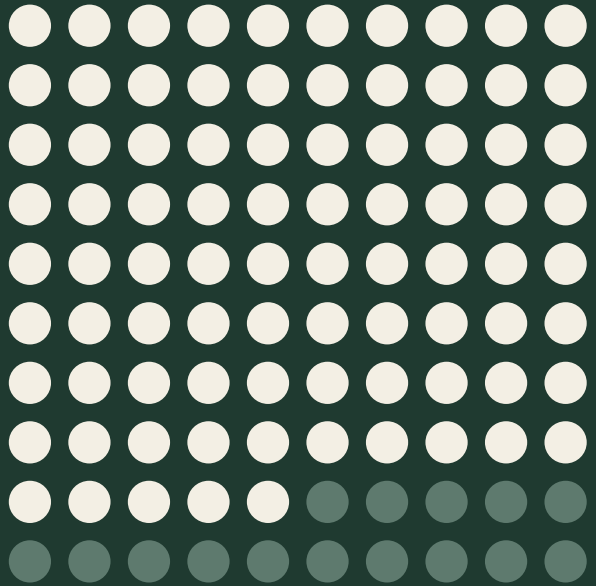
Source: Census Population Estimates, 2025

THE WORKDAY

8 in 10 jobs here go to people who live somewhere else.

84.8%

of 27,120 jobs located in Middletown are filled by in-commuters.



Each dot is 1% of jobs. Filled: held by in-commuters.

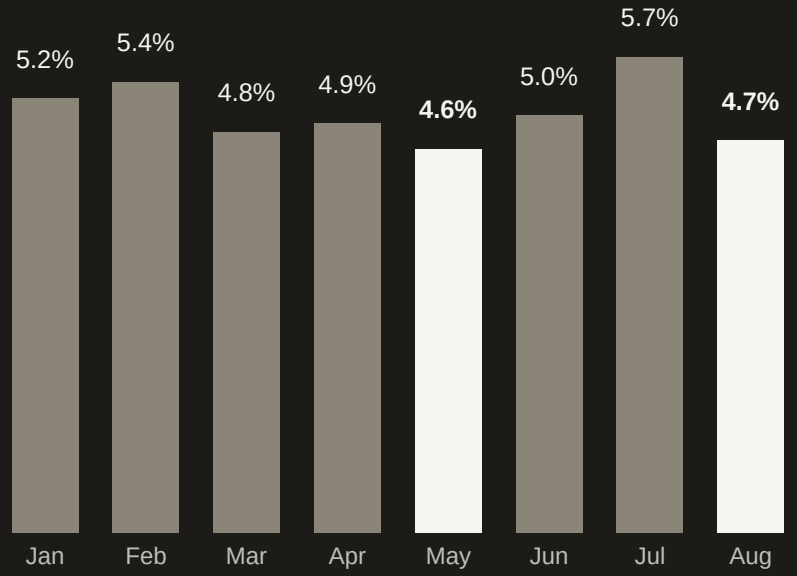
Source: Census LEHD LODES, 2023

UNEMPLOYMENT, 2026

The low came in May: 4.6%.

4.7%

in August 2026, the latest month released. A year earlier it was 4.0%.



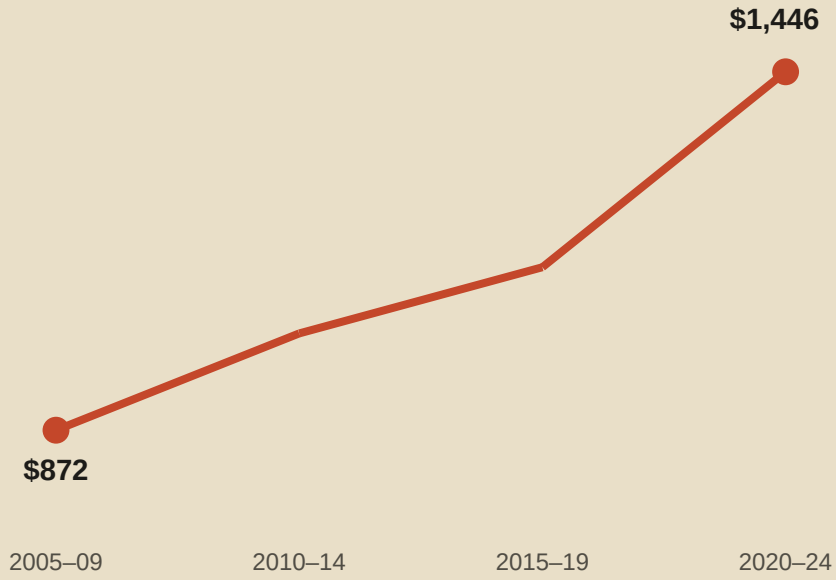
Source: BLS Local Area Unemployment Statistics, 2026-08

RENT

Median rent is up 66% since the 2005–2009 survey, before inflation.

$1,446

a month. Connecticut's median is $1,488.

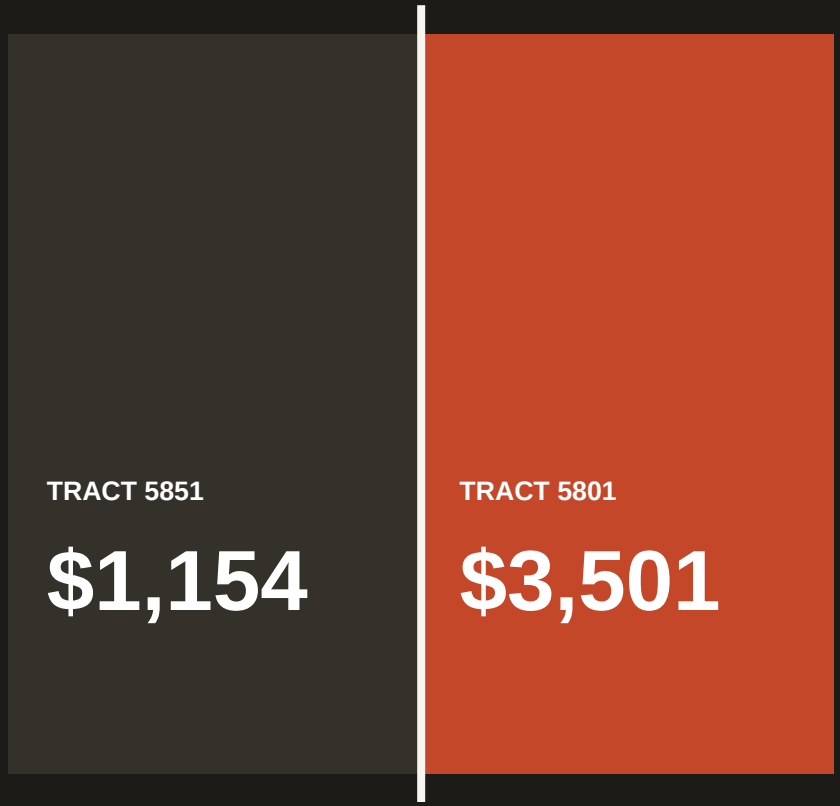


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

A $2,347 gap between neighbors, the sharpest rent edge between adjacent tracts in Lower Connecticut River Valley Planning Region.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

The median rent sits inside what local wages can carry.

is the monthly rent range local workforce wages support.

Source: Computed by the Almanac, 2023; Census ACS 5-year, 2020-2024

BUILDING

Most of the housing here is older than 2000.

201

homes permitted in ten years, 2016–2025

4%

of those were in multifamily buildings

88%

of all homes were built before 2000

Source: Census Building Permits Survey, 2016-2025; Census ACS 5-year, 2020-2024

UNITS NEEDED

Closing the gap would add 0.4–1.3% to the 21,644 homes here.

95–271

is the estimated number of missing housing units, from the lowest to the highest of three estimates.

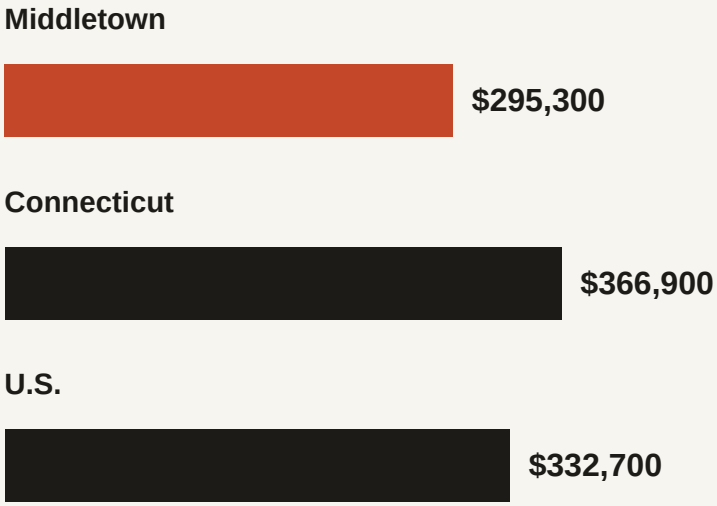
Source: Computed by the Almanac, 2023

HOME VALUE

A median home costs 20% less than Connecticut's.

$295,300

median home value in Middletown.



Source: Census ACS 5-year, 2020-2024

THAT WAS MIDDLETOWN'S 2026

Every number came from a public source, with its date.

New Census data usually lands in December. The next Edition follows it.

See this Edition at **almanacdata.ai/e/ct/middletown/**