New Haven, Connecticut.

Current market data.

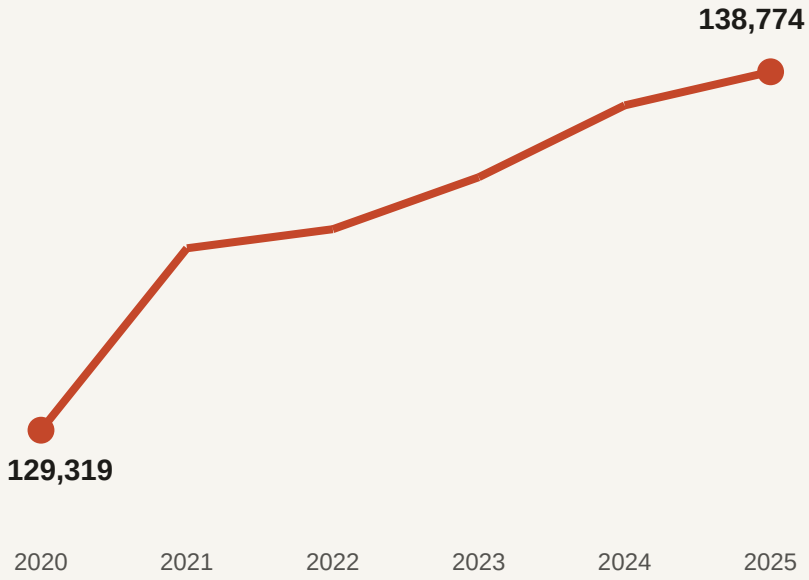
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 7.3% since 2020.

138,774

people, the 3rd-largest of Connecticut's cities and towns.



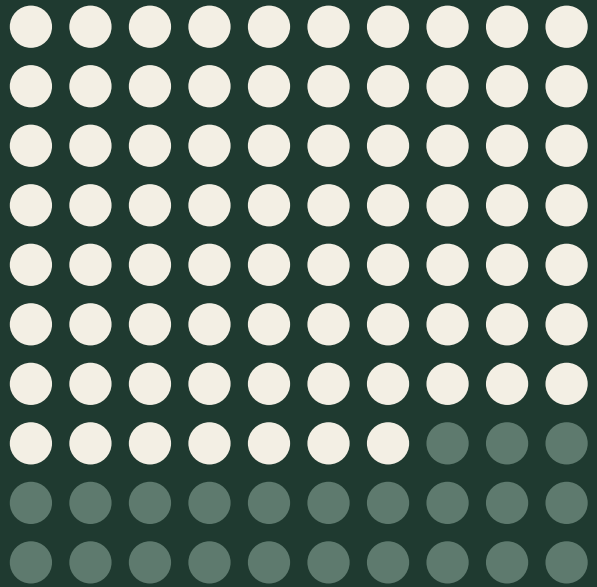
Source: Census Population Estimates, 2025

THE WORKDAY

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

77.4%

of 100,824 jobs located in New Haven are filled by in-commuters.



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

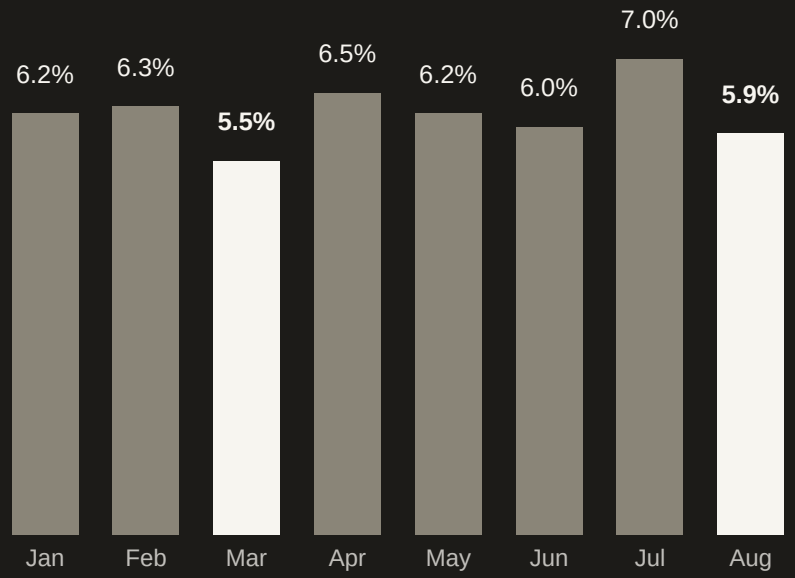
Source: Census LEHD LODES, 2023

UNEMPLOYMENT, 2026

The low came in March: 5.5%.

5.9%

in August 2026, the latest month released. A year earlier it was 5.3%.



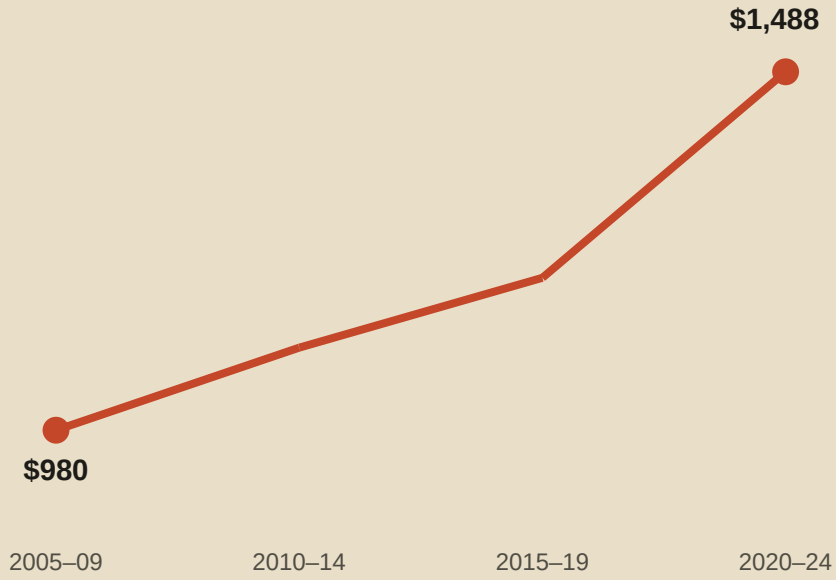
Source: BLS Local Area Unemployment Statistics, 2026-08

RENT

Median rent is up 52% since the 2005–2009 survey, before inflation.

$1,488

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

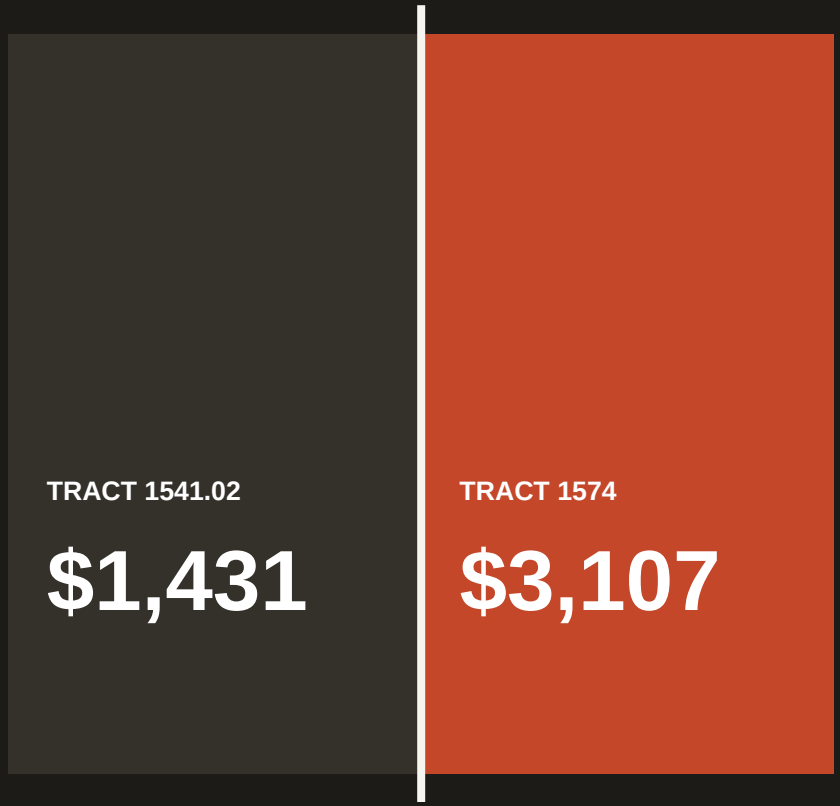


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

A $1,676 gap between neighbors, the sharpest rent edge between adjacent tracts in South Central Connecticut 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.

4,616

homes permitted in ten years, 2016–2025

98%

of those were in multifamily buildings

90%

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 1–2% to the 60,333 homes here.

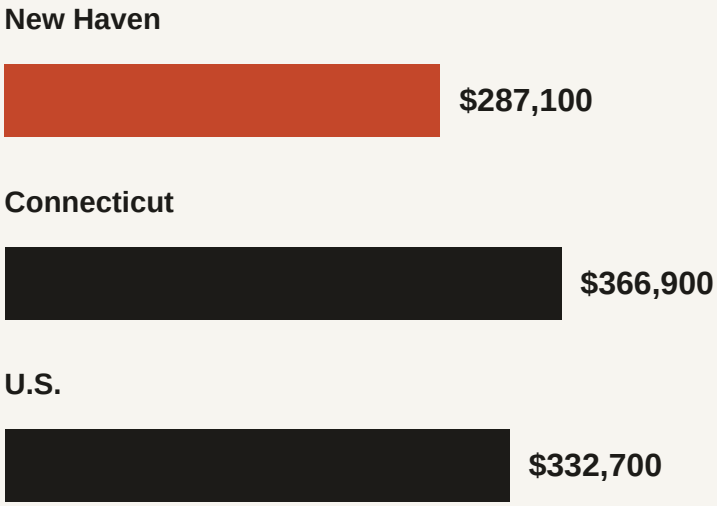
412–1,008

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 22% less than Connecticut's.



$287,100

median home value in New Haven.

Source: Census ACS 5-year, 2020-2024

THAT WAS NEW HAVEN'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/new-haven/**