



Stamford, Connecticut.

Current market data.

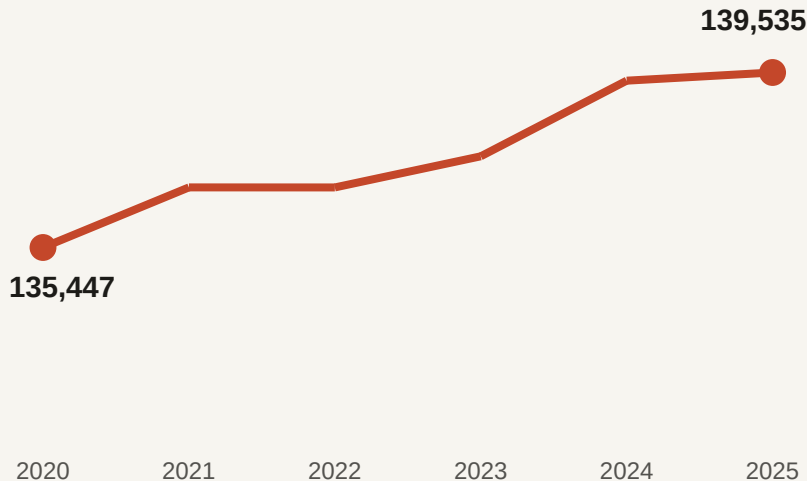
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 3.0% since 2020.

139,535

people, the 2nd-largest of Connecticut's cities and towns.

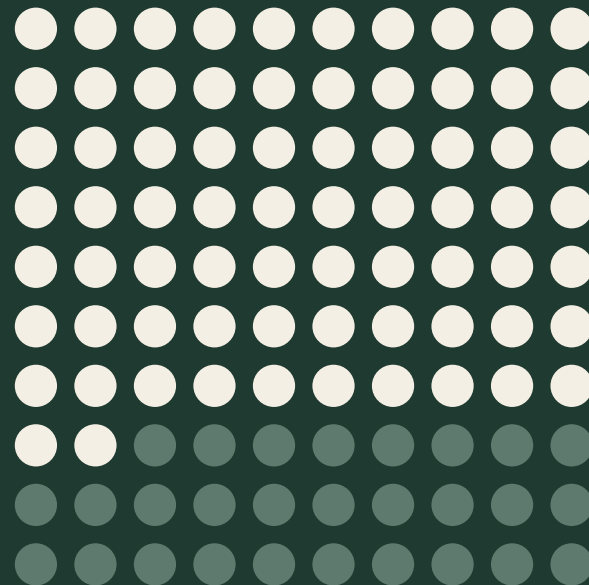


THE WORKDAY

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

72.2%

of 75,522 jobs located in Stamford are filled by in-commuters.



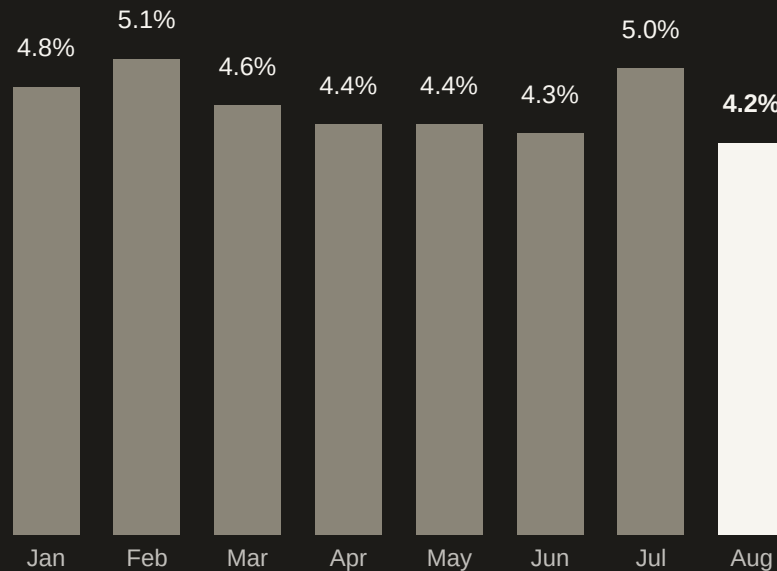
Each dot is 1% of jobs. Filled: held by in-commuters.

UNEMPLOYMENT, 2026

The low came in August:
4.2%.

4.2%

in August 2026, the latest month released. A year earlier it was 3.6%.

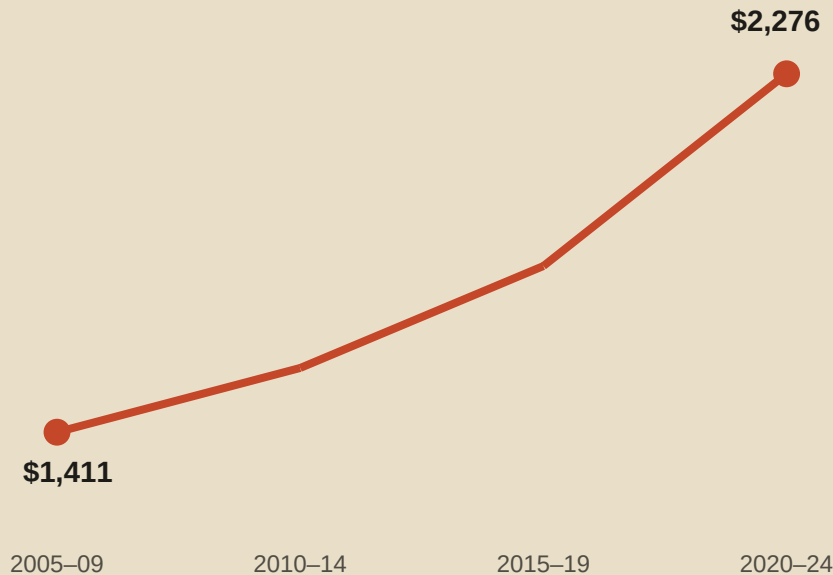


RENT

Median rent is up 61%
since the 2005–2009
survey, before inflation.

\$2,276

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



THE SEAM

Cross one tract line and median rent doubles.

A \$2,357 gap between neighbors, the sharpest rent edge between adjacent tracts in Western Connecticut Planning Region.

TRACT 428

\$1,144

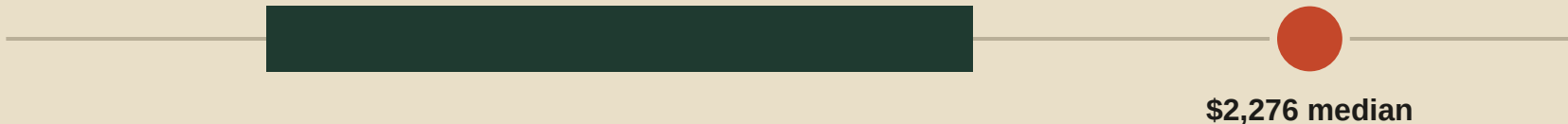
TRACT 425

\$3,501

ROOM TO BUILD

The median rent is above what local wages can carry.

\$1,309–\$1,964



is the monthly rent range local workforce wages support.

BUILDING

Most of the housing here is older than 2000.

4,722

homes permitted in ten years,
2016–2025

91%

of those were in multifamily
buildings

78%

of all homes were built before 2000

UNITS NEEDED

Closing the gap would add 1% to the 58,655 homes here.

296–755

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



HOME VALUE

A median home costs 70% more than Connecticut's.

\$624,400

median home value in Stamford.

Stamford



\$624,400

Connecticut



\$366,900

U.S.



\$332,700

THAT WAS STAMFORD'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/stamford/**](https://almanacdata.ai/e/ct/stamford/)

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