



Lamont, Iowa.

Current market data.

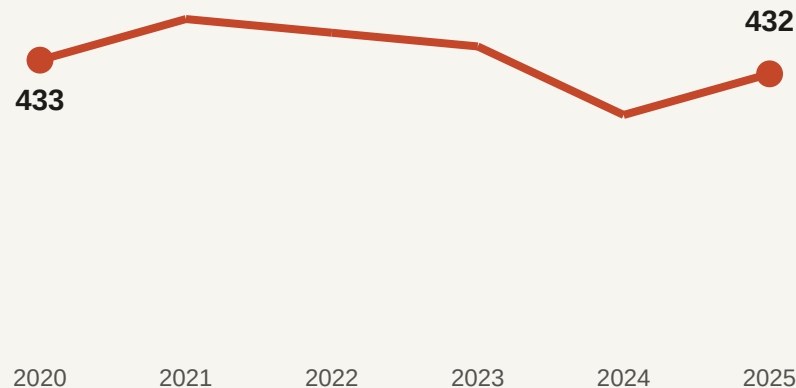
10 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

**Steady. Within 1% of 2020,
every year since.**

432

people, the 467th-largest of Iowa's cities and towns.



THE WORKDAY

Nearly every job here goes
to someone who lives
somewhere else.

97.6%

of 42 jobs located in Lamont are filled by in-commuters.



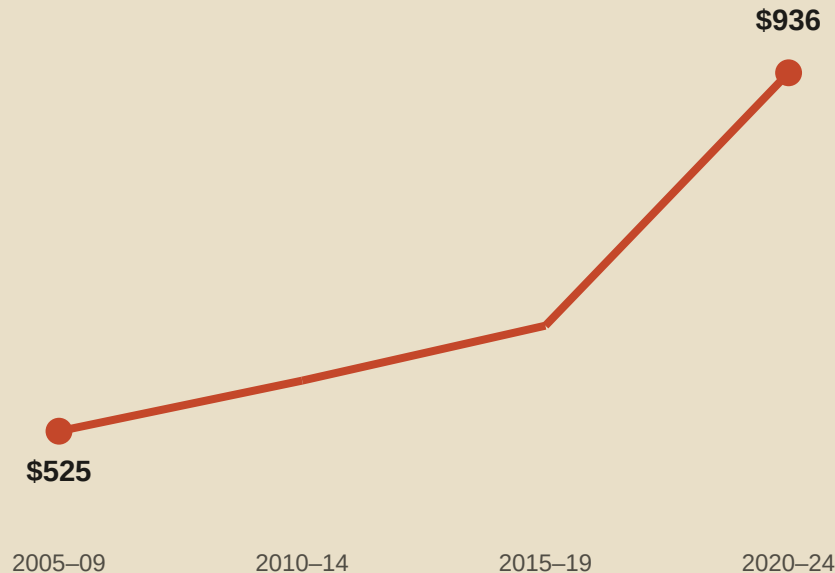
Each dot is 1% of jobs. Filled: held by in-commuters.

RENT

Median rent is up 78%
since the 2005–2009
survey, before inflation.

\$936

a month. Iowa's median is \$972.





THE SEAM

Cross one tract line and median rent jumps \$342.

A \$342 gap between neighbors, the sharpest rent edge between adjacent tracts in Buchanan County.

TRACT 9502

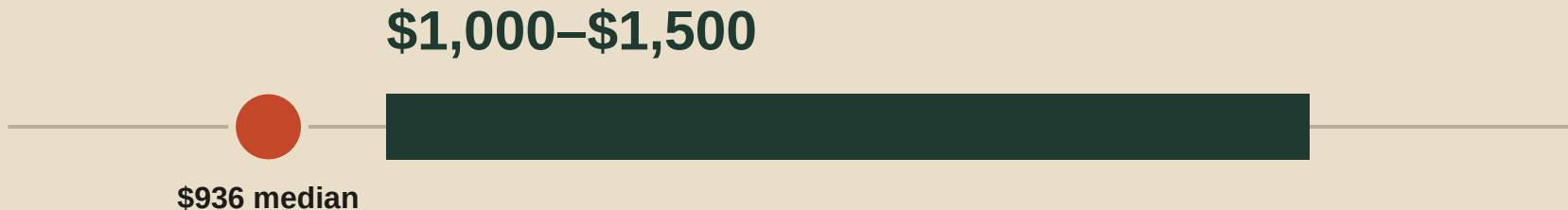
\$688

TRACT 9504

\$1,030

ROOM TO BUILD

Local wages can carry more rent than the median charged today.



is the monthly rent range local workforce wages support.

BUILDING

Most of the housing here is older than 2000.

1

homes permitted, 2022–2025

0%

of those were in multifamily
buildings

91%

of all homes were built before 2000



UNITS NEEDED

None of three estimates finds a housing shortfall here.

0

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



HOME VALUE

A median home costs 53%
less than Iowa's.

\$98,600

median home value in Lamont.

Lamont



\$98,600

Iowa



\$208,000

U.S.



\$332,700

THAT WAS LAMONT'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/ia/lamont/

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