Regal, Minnesota.

Current market data.

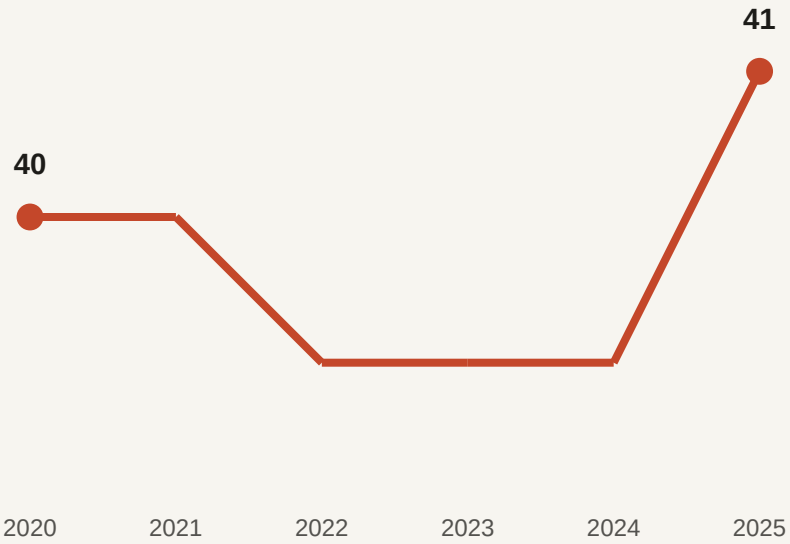
8 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 2.5% since 2020.

41

people, the 838th-largest of Minnesota's cities and towns.



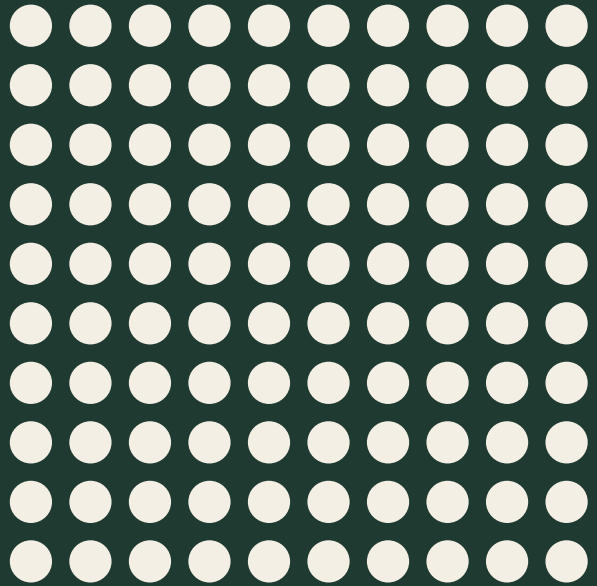
Source: Census Population Estimates, 2025

THE WORKDAY

Every job here goes to someone who lives somewhere else.

100.0%

of 9 jobs located in Regal are filled by in-commuters.



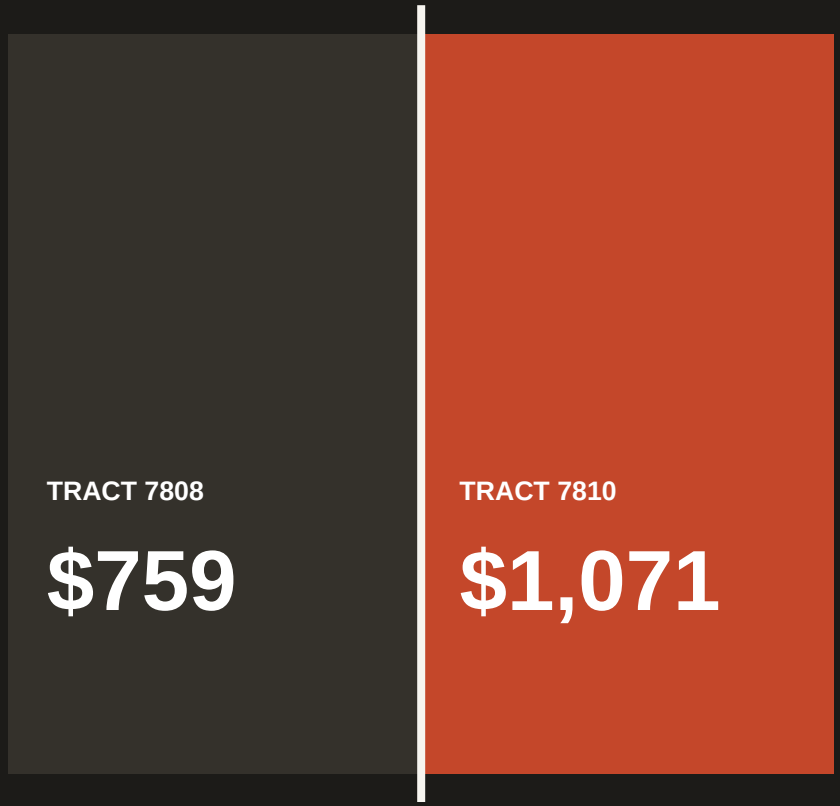
Each dot is 1% of jobs. Filled: held by in-commuters.

Source: Census LEHD LODES, 2023

THE SEAM

Cross one tract line and median rent jumps $312.

A $312 gap between neighbors, the sharpest rent edge between adjacent tracts in Kandiyohi County.



Source: Census ACS 5-year, 2020-2024

BUILDING

67% of the housing here was built before 2000.

67%

of all homes were built before 2000

Source: Census ACS 5-year, 2020-2024

UNITS NEEDED

None of three estimates finds a housing shortfall here.

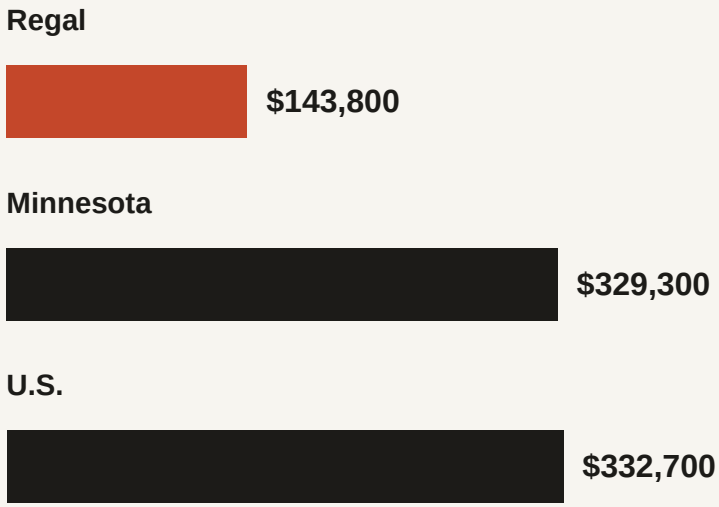
0

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

Source: Computed by the Almanac, 2023

HOME VALUE

A median home costs 56% less than Minnesota's.



$143,800

median home value in Regal.

Source: Census ACS 5-year, 2020-2024

THAT WAS REGAL'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/mn/regal/**