



High Point, North Carolina.

Current market data.

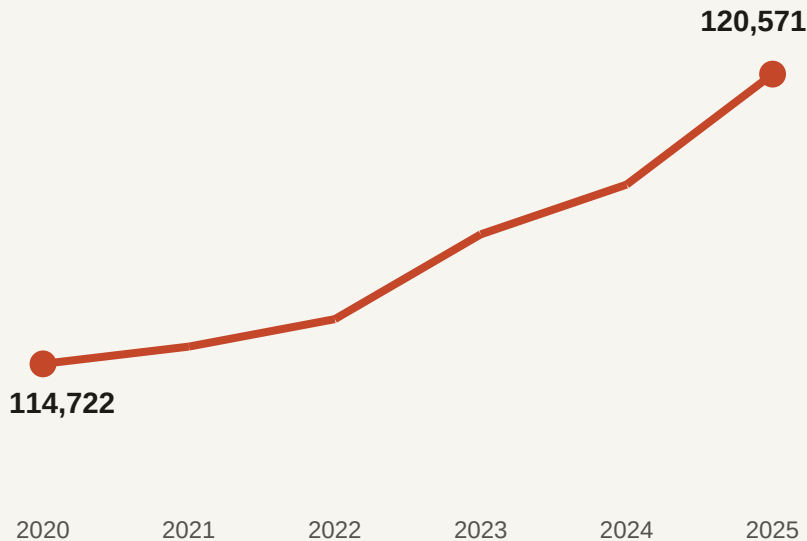
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

**Growing. Up 5.1% since
2020.**

120,571

people, the 9th-largest of North Carolina's cities and towns.

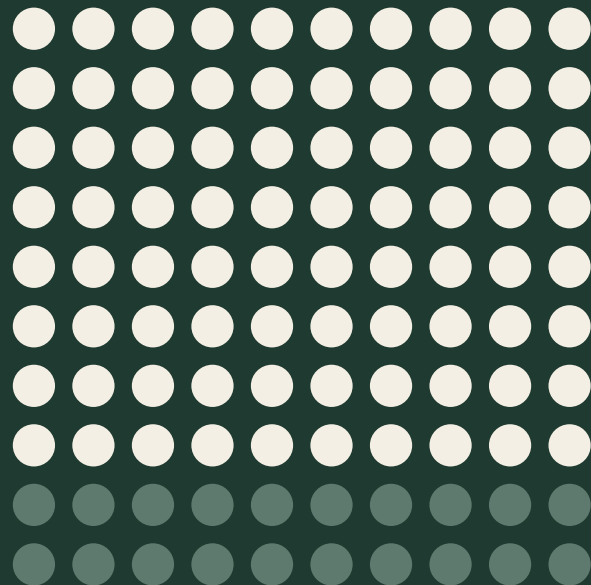


THE WORKDAY

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

80.5%

of 61,121 jobs located in High Point are filled by in-commuters.



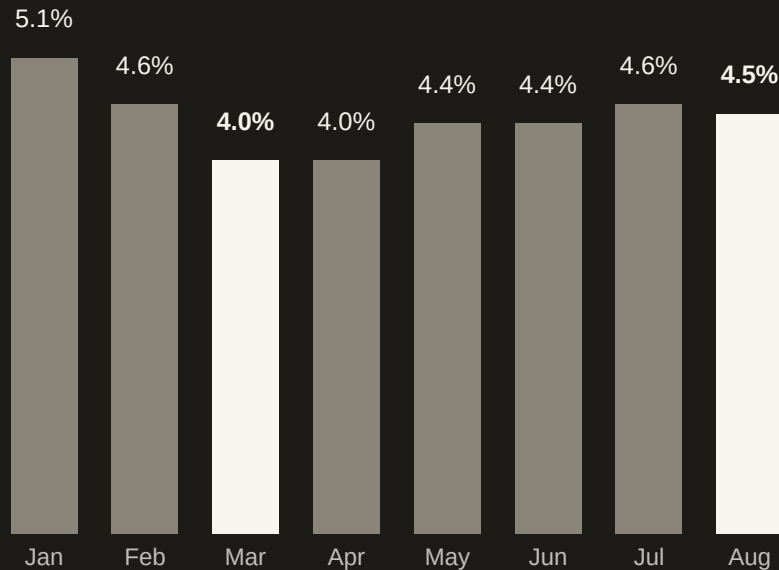
Each dot is 1% of jobs. Filled: held by in-commuters.

UNEMPLOYMENT, 2026

The low came in March:
4.0%.

4.5%

in August 2026, the latest month released. A year earlier it was 5.0%.

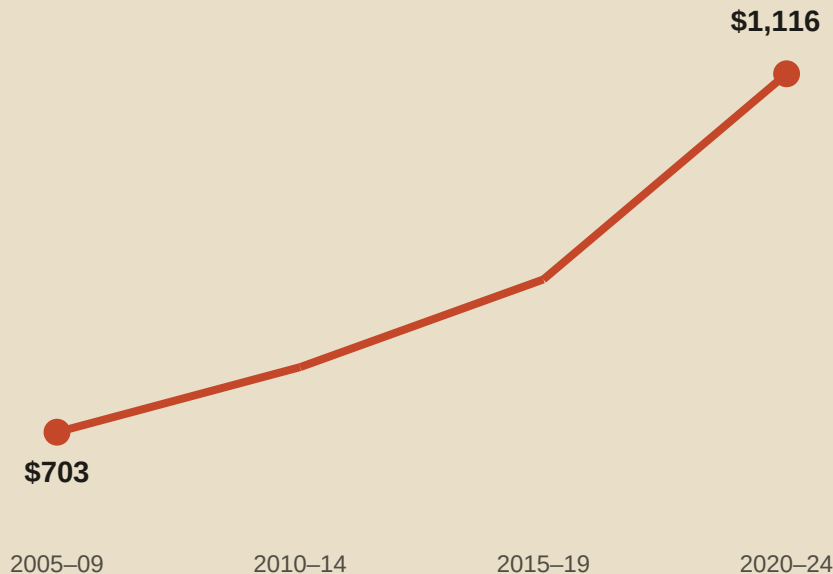


RENT

Median rent is up 59%
since the 2005–2009
survey, before inflation.

\$1,116

a month. North Carolina's median is \$1,228.





THE SEAM

Cross one tract line and median rent doubles.

A \$1,491 gap between neighbors, the sharpest rent edge between adjacent tracts in Guilford County.

TRACT 144.11

\$945

TRACT 144.12

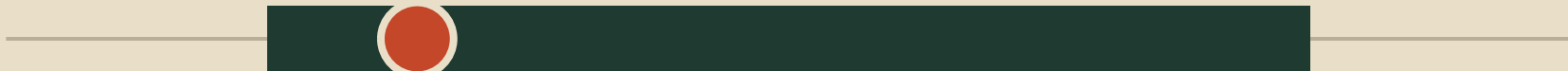
\$2,436



ROOM TO BUILD

The median rent sits inside what local wages can carry.

\$1,041–\$1,561



\$1,116 median

is the monthly rent range local workforce wages support.

BUILDING

67% of the housing here was built before 2000.

4,890

homes permitted in ten years,
2016–2025

32%

of those were in multifamily
buildings

67%

of all homes were built before 2000

UNITS NEEDED

Closing the gap would add 0.4–1.2% to the 49,131 homes here.

211–611

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



HOME VALUE

A median home costs 18% less than North Carolina's.

\$235,800

median home value in High Point.

High Point



\$235,800

North Carolina



\$288,900

U.S.



\$332,700

THAT WAS HIGH POINT'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/nc/high-point/

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