



Kinston, North Carolina.

Current market data.

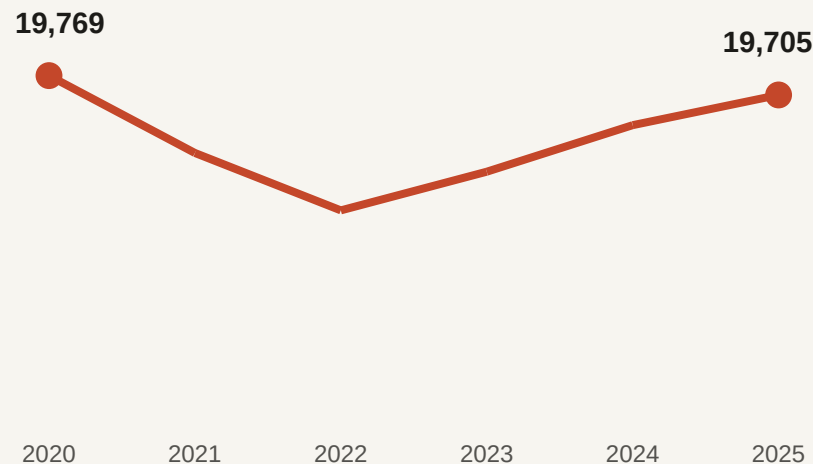
10 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Down 0.3% since 2020.

19,705

people, the 54th-largest of North Carolina's cities and towns.

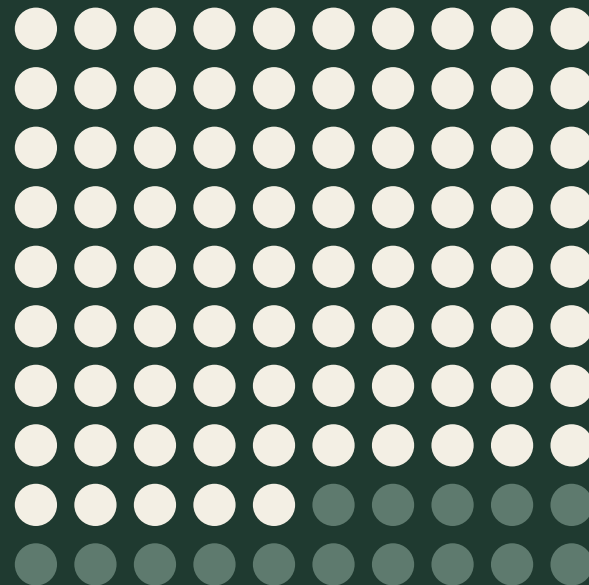


THE WORKDAY

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

84.9%

of 19,798 jobs located in Kinston are filled by in-commuters.



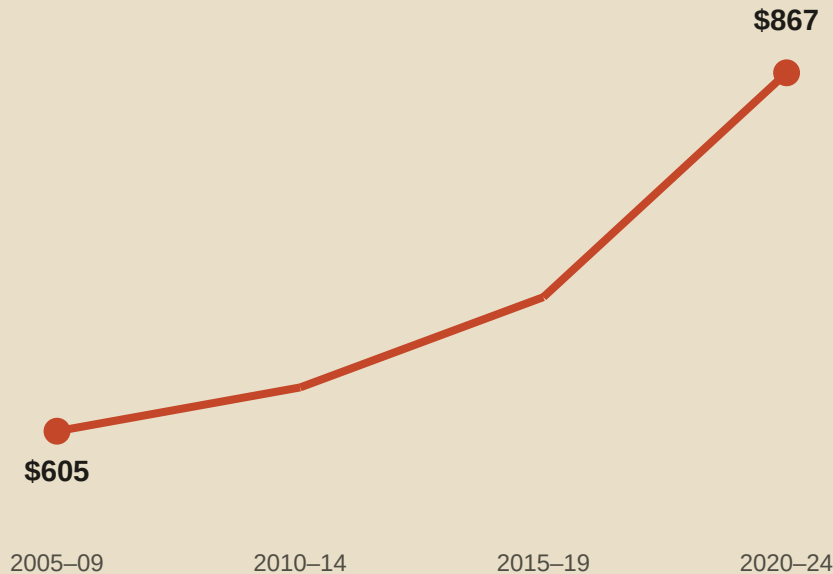
Each dot is 1% of jobs. Filled: held by in-commuters.

RENT

Median rent is up 43%
since the 2005–2009
survey, before inflation.

\$867

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





THE SEAM

Cross one tract line and median rent doubles.

A \$637 gap between neighbors, the sharpest rent edge between adjacent tracts in Lenoir County.

TRACT 103

\$355

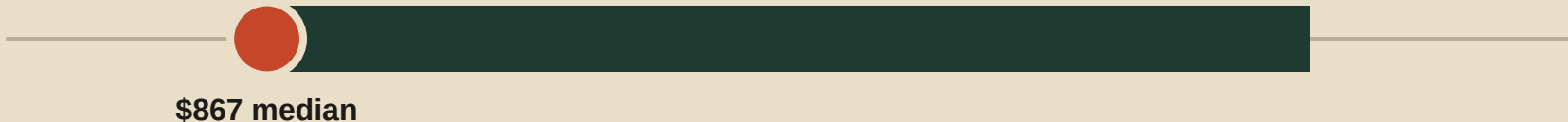
TRACT 102

\$992

ROOM TO BUILD

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

\$870–\$1,306



is the monthly rent range local workforce wages support.

BUILDING

Most of the housing here is older than 2000.

142

homes permitted, 2022–2023

85%

of those were in multifamily
buildings

94%

of all homes were built before 2000



UNITS NEEDED

Closing the gap would add 0.4–1.9% to the 10,599 homes here.

47–198

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



HOME VALUE

A median home costs 59% less than North Carolina's.

\$119,300

median home value in Kinston.

Kinston



\$119,300

North Carolina



\$288,900

U.S.



\$332,700

THAT WAS KINSTON'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/kinston/**](https://almanacdata.ai/e/nc/kinston/)

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