Grand Forks, North Dakota.

Current market data.

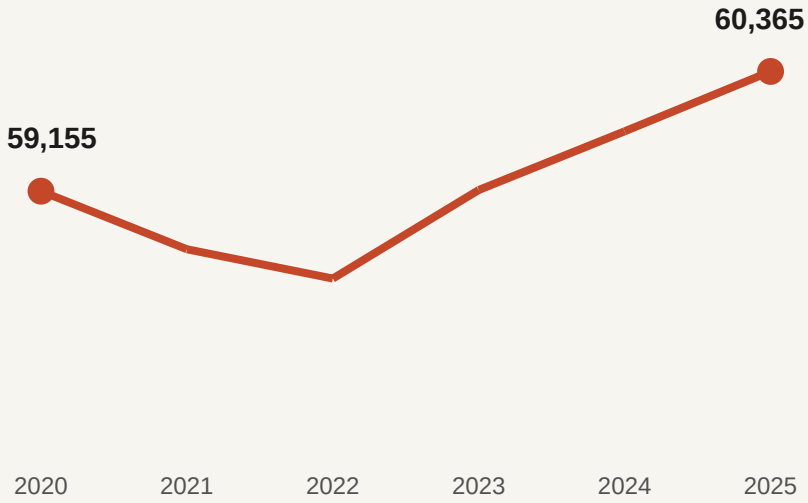
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 2.0% since 2020.

60,365

people, the 3rd-largest of North Dakota's cities and towns.



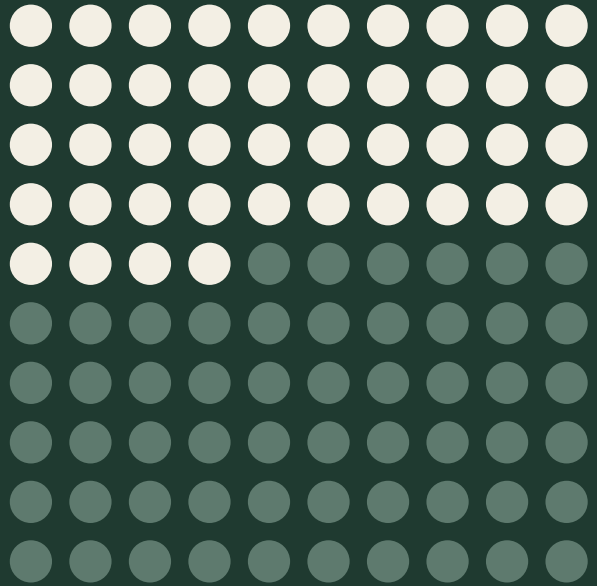
Source: Census Population Estimates, 2025

THE WORKDAY

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

44.1%

of 34,649 jobs located in Grand Forks are filled by in-commuters.



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

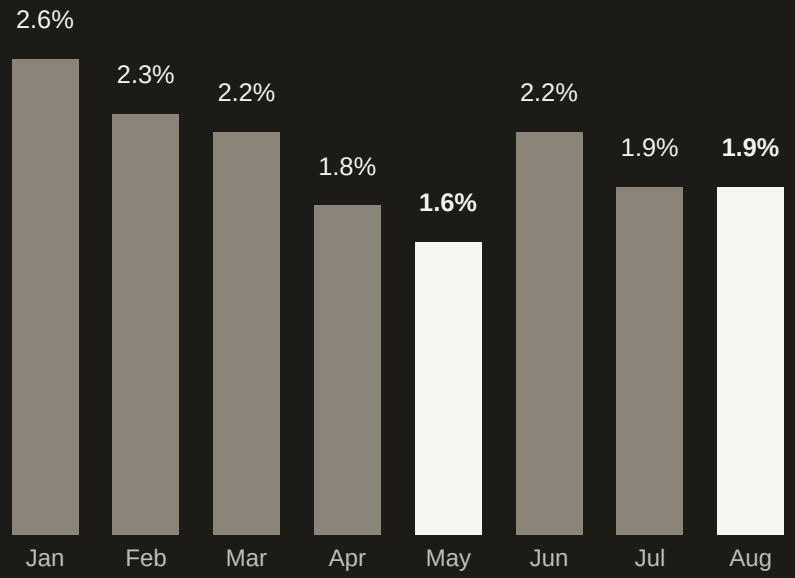
Source: Census LEHD LODES, 2023

UNEMPLOYMENT, 2026

The low came in May: 1.6%.

1.9%

in August 2026, the latest month released. A year earlier it was 2.1%.



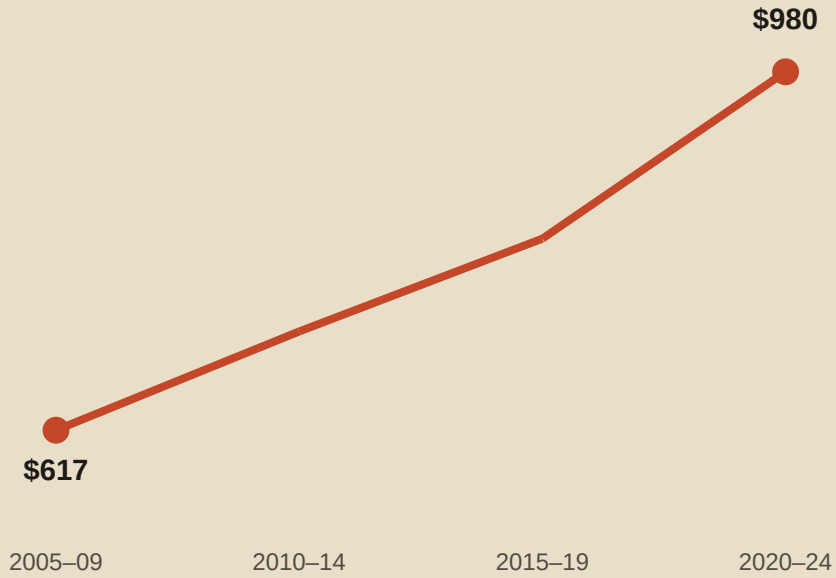
Source: BLS Local Area Unemployment Statistics, 2026-08

RENT

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

$980

a month. North Dakota's median is $954.

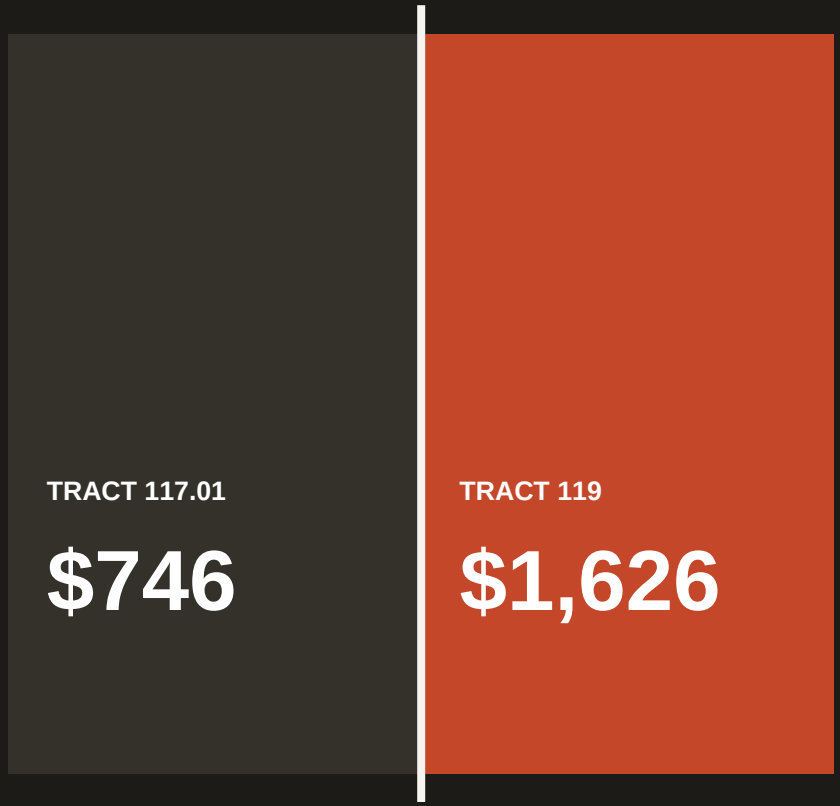


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

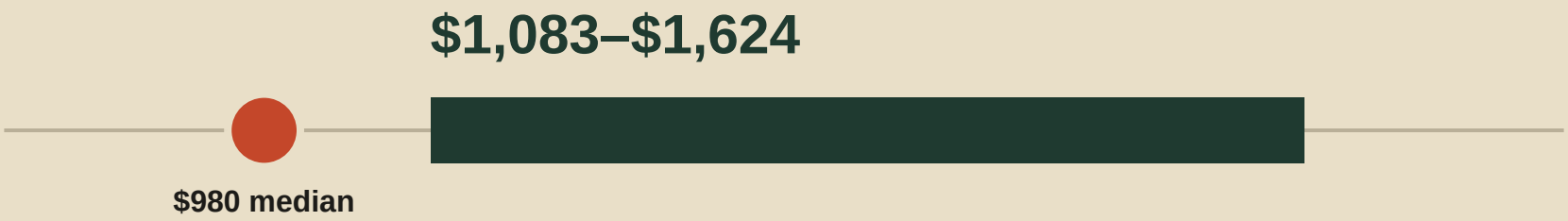
A $880 gap between neighbors, the sharpest rent edge between adjacent tracts in Grand Forks County.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

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



is the monthly rent range local workforce wages support.

Source: Computed by the Almanac, 2023; Census ACS 5-year, 2020-2024

BUILDING

69% of the housing here was built before 2000.

1,925

homes permitted in ten years, 2016–2025

43%

of those were in multifamily buildings

69%

of all homes were built before 2000

Source: Census Building Permits Survey, 2016-2025; Census ACS 5-year, 2020-2024

UNITS NEEDED

Closing the gap would add 0.5–1.2% to the 28,129 homes here.

134–346

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

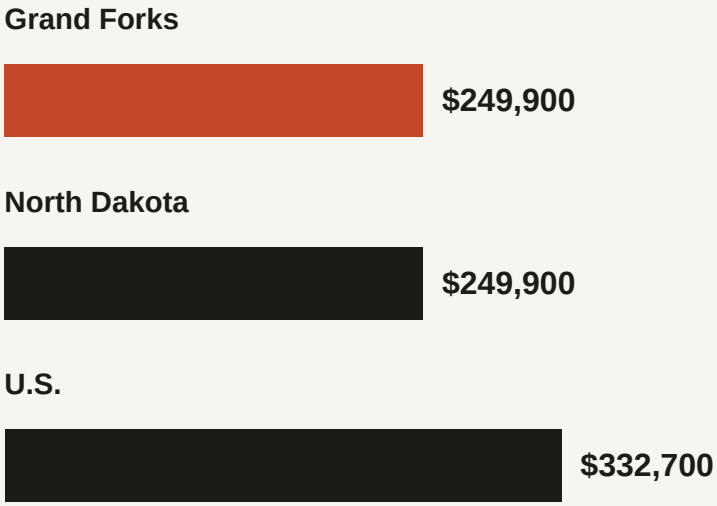
Source: Computed by the Almanac, 2023

HOME VALUE

A median home costs about the same as North Dakota's.

$249,900

median home value in Grand Forks.



Source: Census ACS 5-year, 2020-2024

THAT WAS GRAND FORKS'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/nd/grand-forks/**