Seaside Heights, New Jersey.

Current market data.

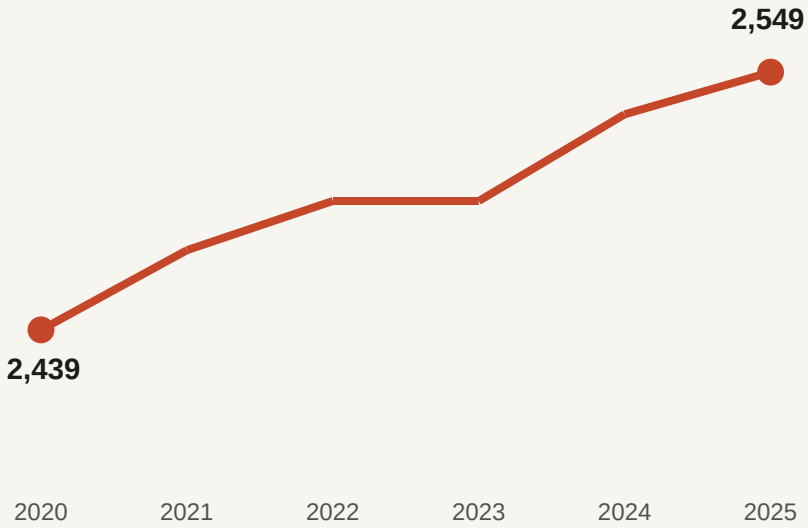
10 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 4.5% since 2020.

2,549

people, the 249th-largest of New Jersey's cities and towns.



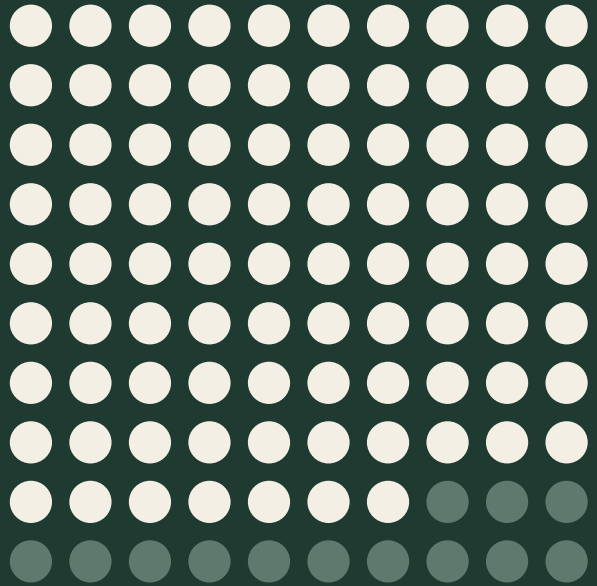
Source: Census Population Estimates, 2025

THE WORKDAY

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

87.3%

of 726 jobs located in Seaside Heights are filled by in-commuters.



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

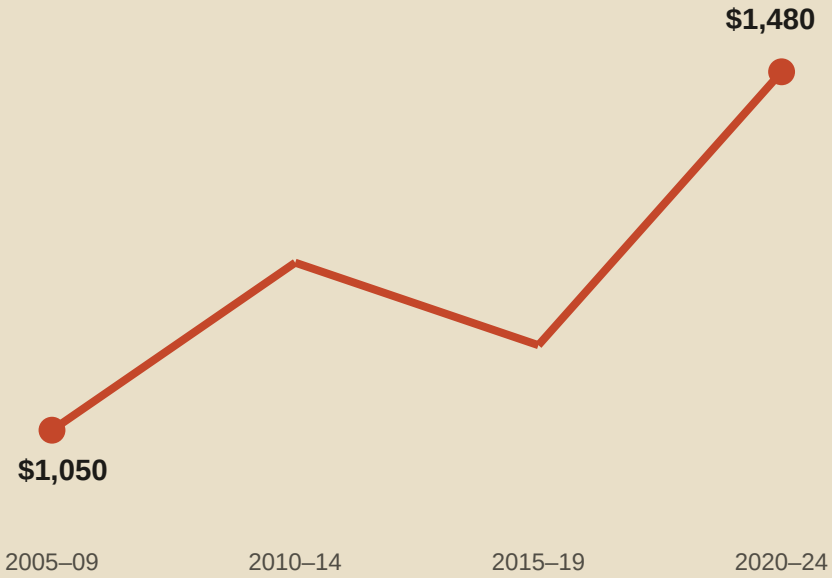
Source: Census LEHD LODES, 2023

RENT

Median rent is up 41% since the 2005–2009 survey, before inflation.

$1,480

a month. New Jersey's median is $1,720.

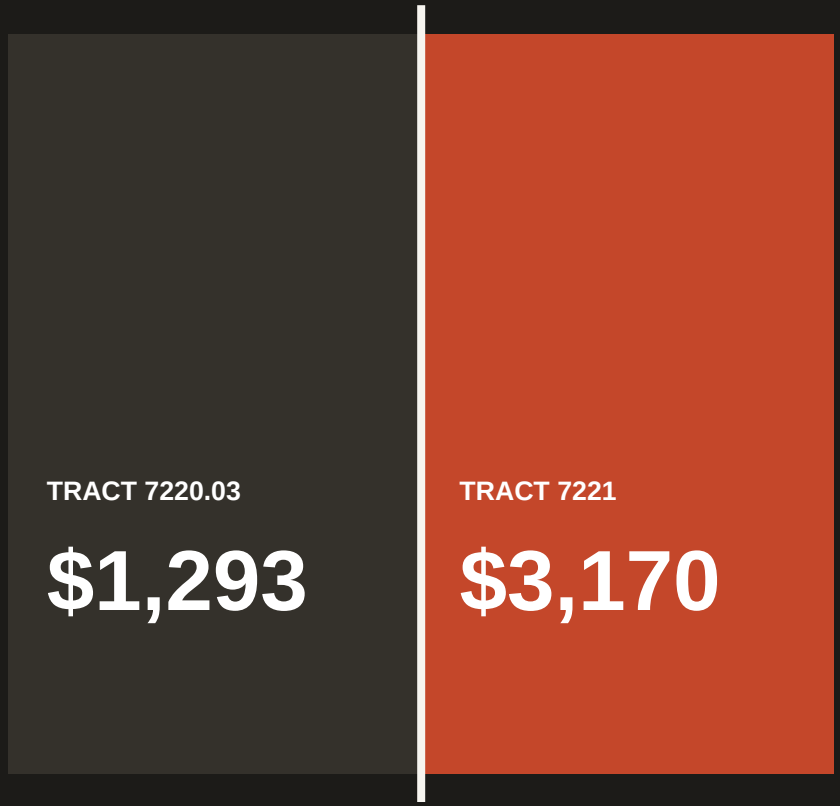


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

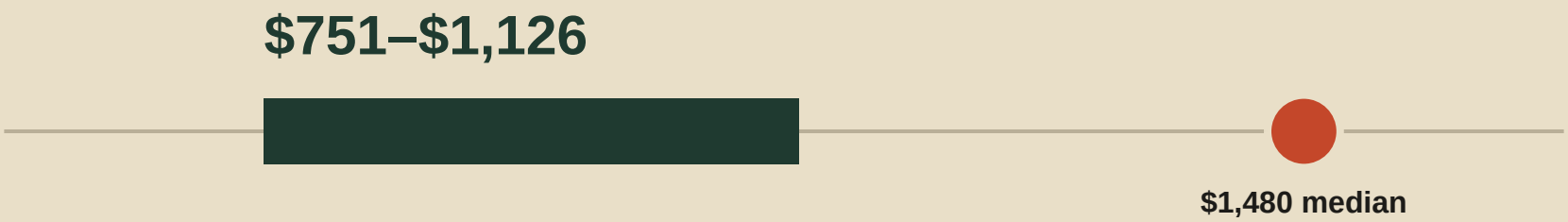
A $1,877 gap between neighbors, the sharpest rent edge between adjacent tracts in Ocean County.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

The median rent is above what local wages can carry.



is the monthly rent range local workforce wages support.

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

BUILDING

Most of the housing here is older than 2000.

402

homes permitted in ten years, 2016–2025

42%

of those were in multifamily buildings

84%

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 0.1–0.2% to the 3,136 homes here.

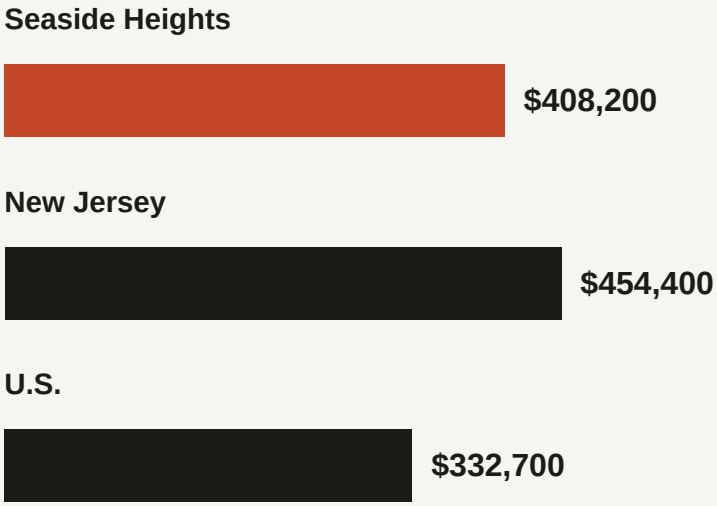
4–7

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 10% less than New Jersey's.



$408,200

median home value in Seaside Heights.

Source: Census ACS 5-year, 2020-2024

THAT WAS SEASIDE HEIGHTS'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/nj/seaside-heights/**