



# Spring Lake Heights, New Jersey.

Current market data.

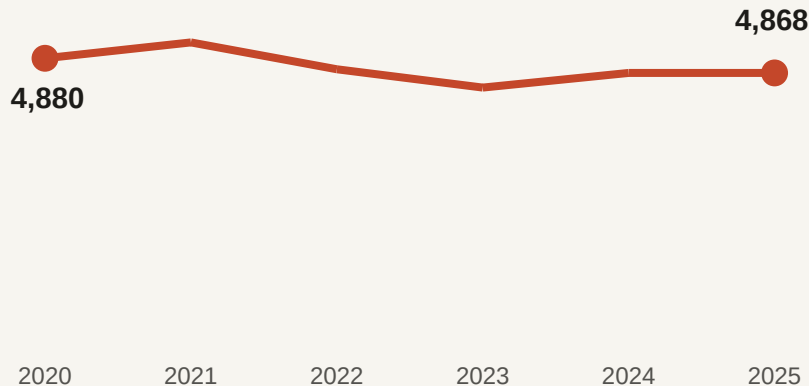
10 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

**Steady. Within 1% of 2020,  
every year since.**

**4,868**

people, the 201st-largest of New Jersey's cities and towns.



## THE WORKDAY

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

88.6%

of 1,193 jobs located in Spring Lake Heights are filled by in-commuters.



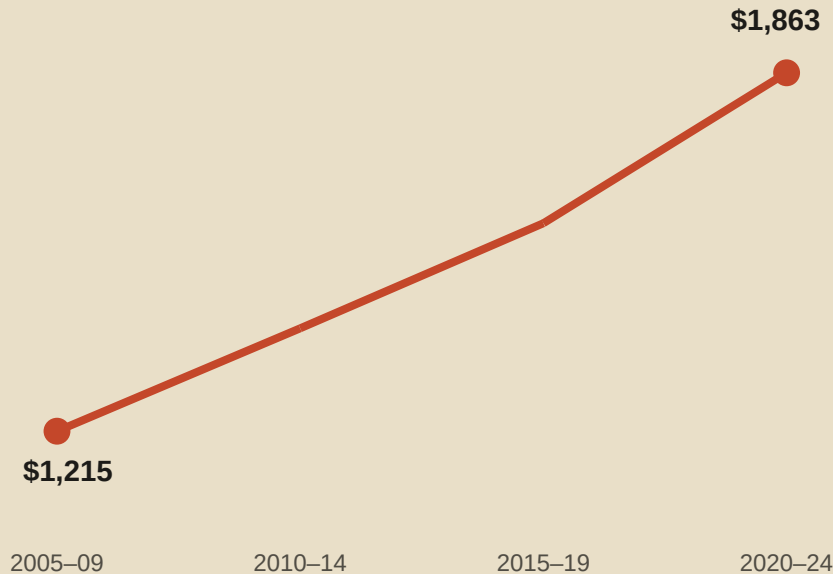
Each dot is 1% of jobs. Filled: held by in-commuters.

RENT

Median rent is up 53%  
since the 2005–2009  
survey, before inflation.

**\$1,863**

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



## THE SEAM

# Cross one tract line and median rent doubles.

A \$3,168 gap between neighbors, the sharpest rent edge between adjacent tracts in Monmouth County.

TRACT 8053

**\$333**

TRACT 8042

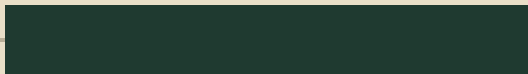
**\$3,501**



ROOM TO BUILD

The median rent is above what local wages can carry.

**\$908–\$1,362**



**\$1,863 median**

is the monthly rent range local workforce wages support.

BUILDING

# Most of the housing here is older than 2000.

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**115**

homes permitted in ten years,  
2016–2025

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**0%**

of those were in multifamily  
buildings

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**95%**

of all homes were built before 2000

## UNITS NEEDED

**Closing the gap would add 0.2–0.4% to the 2,777 homes here.**

**5–12**

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



HOME VALUE

**A median home costs 59% more than New Jersey's.**

**\$721,100**

median home value in Spring Lake Heights.

Spring Lake Heights



\$721,100

New Jersey



\$454,400

U.S.



\$332,700

THAT WAS SPRING LAKE 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/spring-lake-heights/\*\*](https://almanacdata.ai/e/nj/spring-lake-heights/)

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