



Poughkeepsie, New York.

Current market data.

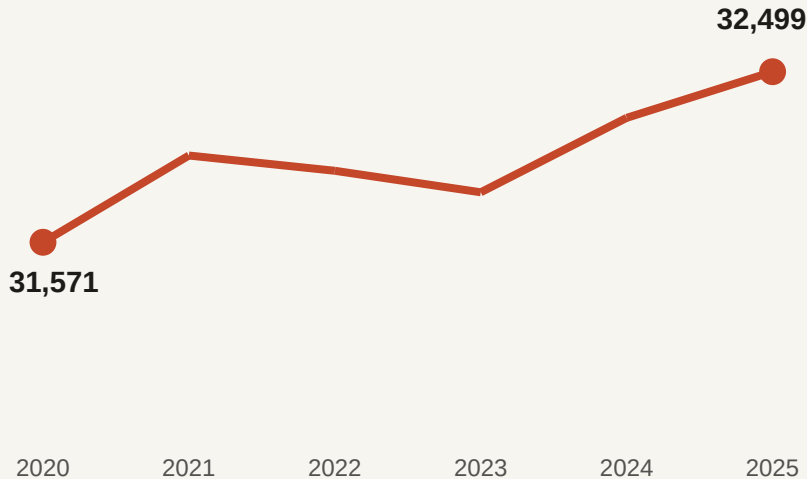
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 2.9% since 2020.

32,499

people, the 22nd-largest of New York's cities and towns.

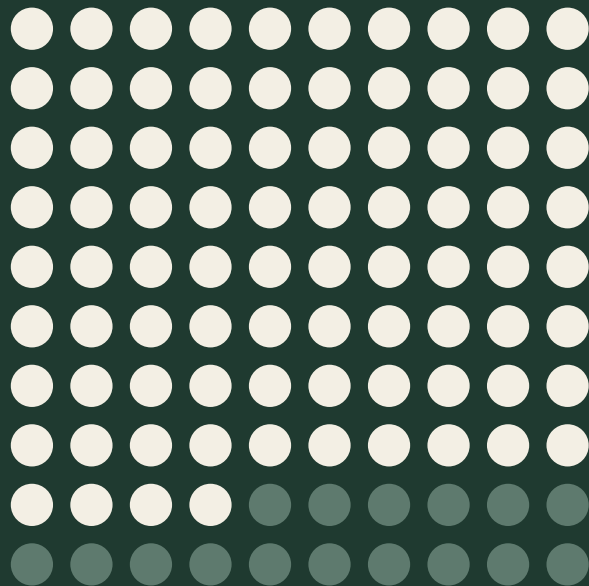


THE WORKDAY

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

84.1%

of 14,032 jobs located in Poughkeepsie are filled by
in-commuters.



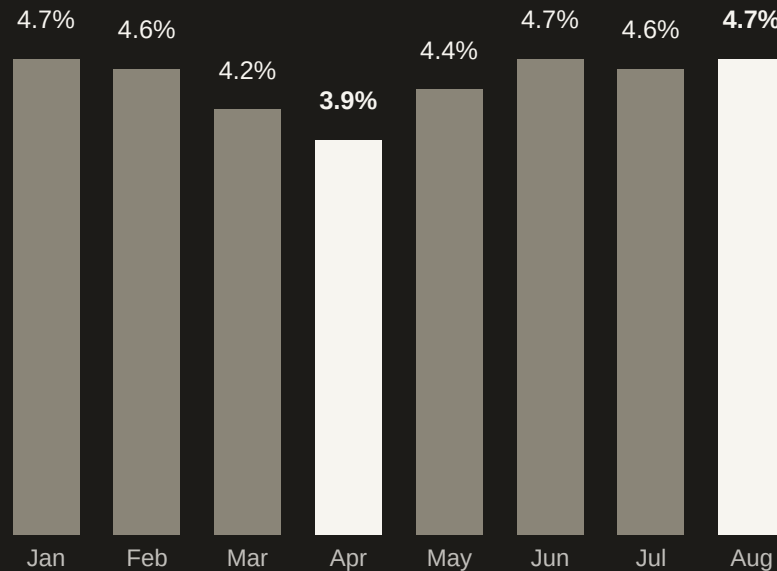
Each dot is 1% of jobs. Filled: held by in-commuters.

UNEMPLOYMENT, 2026

The low came in April:
3.9%.

4.7%

in August 2026, the latest month released. A year earlier it was 4.6%.

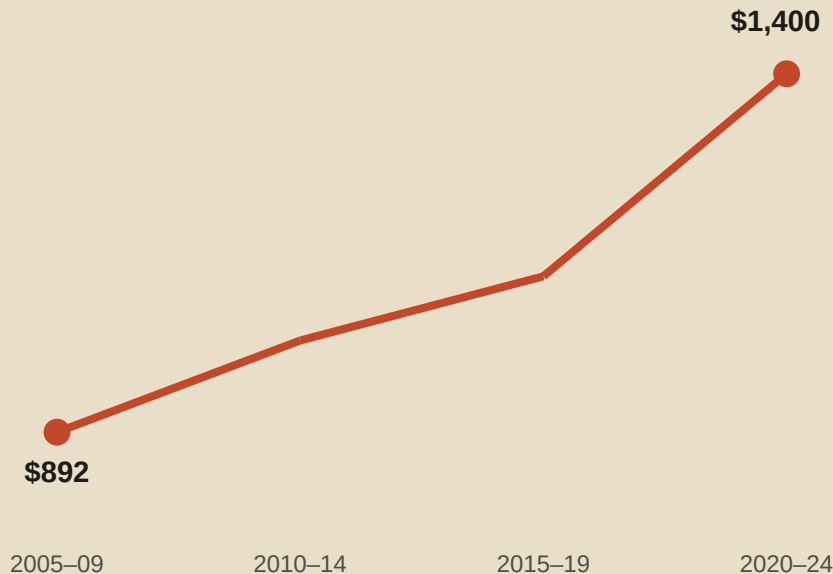


RENT

Median rent is up 57%
since the 2005–2009
survey, before inflation.

\$1,400

a month. New York's median is \$1,621.





THE SEAM

Cross one tract line and median rent doubles.

A \$1,368 gap between neighbors, the sharpest rent edge between adjacent tracts in Dutchess County.

TRACT 1100.04

\$1,199

TRACT 1100.03

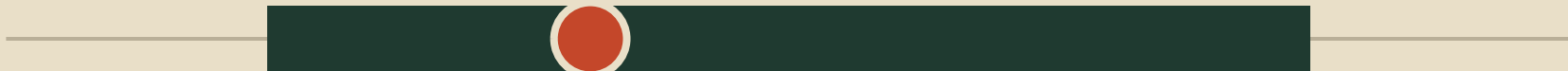
\$2,567



ROOM TO BUILD

The median rent sits inside what local wages can carry.

\$1,212–\$1,818



\$1,400 median

is the monthly rent range local workforce wages support.



BUILDING

Most of the housing here is older than 2000.

396

homes permitted, 2022–2025

98%

of those were in multifamily
buildings

91%

of all homes were built before 2000

UNITS NEEDED

Closing the gap would add 0.6–1.0% to the 14,290 homes here.

83–140

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



HOME VALUE

A median home costs 33% less than New York's.

\$283,700

median home value in Poughkeepsie.

Poughkeepsie



\$283,700

New York



\$423,800

U.S.



\$332,700

THAT WAS POUGHKEEPSIE'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/ny/poughkeepsie/

The Almanac · your hyper-diligent research partner