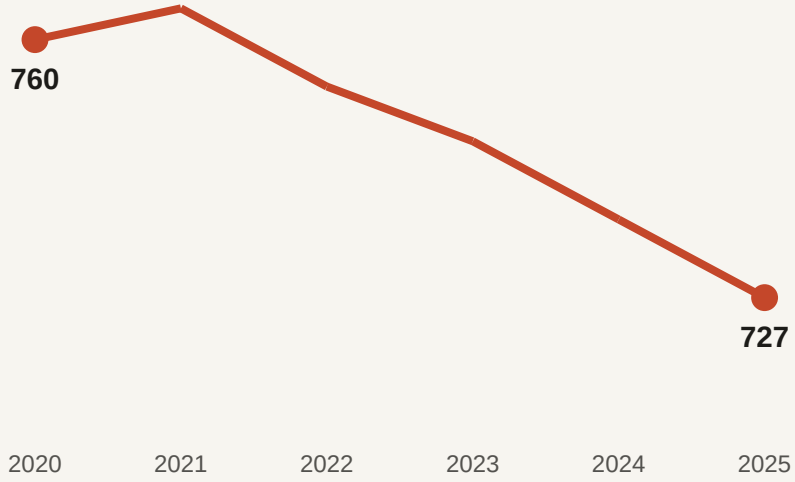
Theresa, New York.

Current market data.

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

POPULATION

Down 4.3% since 2020.



727

people, the 471st-largest of New York's cities and towns.

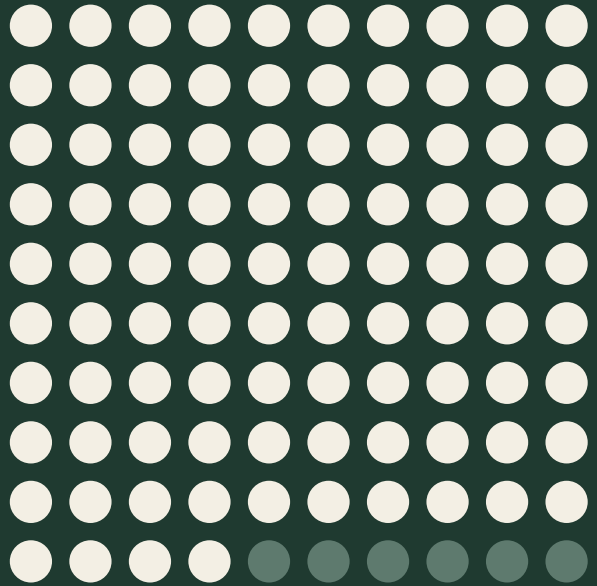
Source: Census Population Estimates, 2025

THE WORKDAY

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

93.8%

of 64 jobs located in Theresa are filled by in-commuters.



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

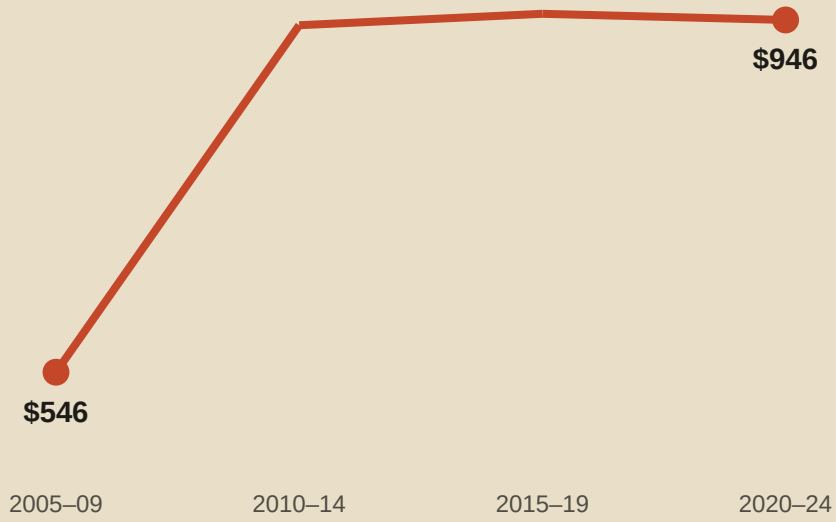
Source: Census LEHD LODES, 2023

RENT

Median rent is up 73% since the 2005–2009 survey, before inflation.

$946

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

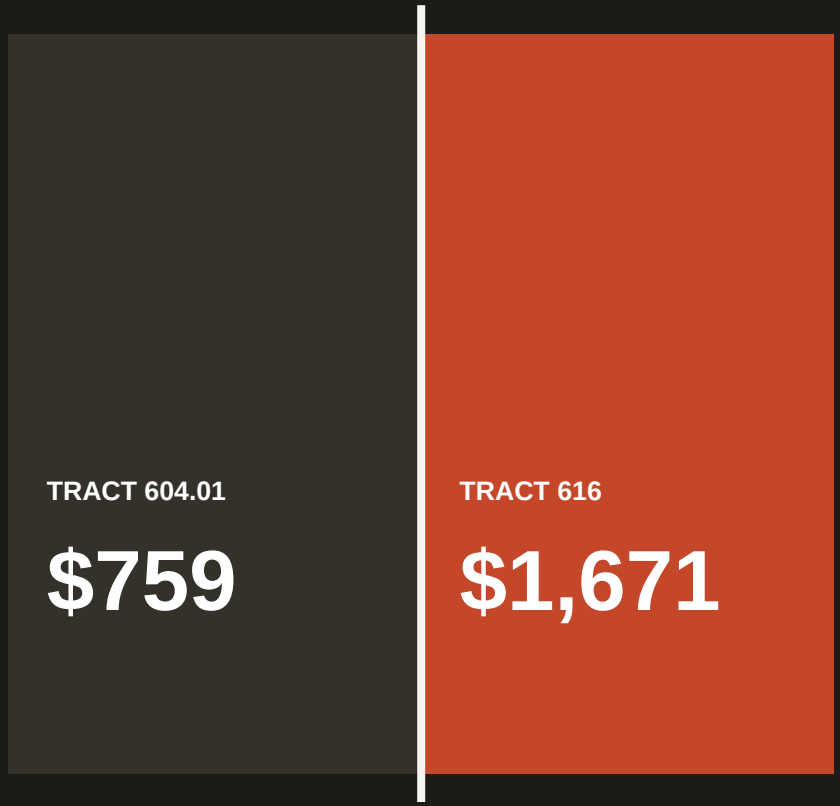


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

A $912 gap between neighbors, the sharpest rent edge between adjacent tracts in Jefferson County.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

The median rent sits inside 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.

0

homes permitted, 2022–2025

88%

of all homes were built before 2000

Source: Census Building Permits Survey, 2022-2025; Census ACS 5-year, 2020-2024

UNITS NEEDED

Closing the gap would add 0.3% to the 397 homes here.

1

is the estimated number of missing housing units; all three estimates agree.

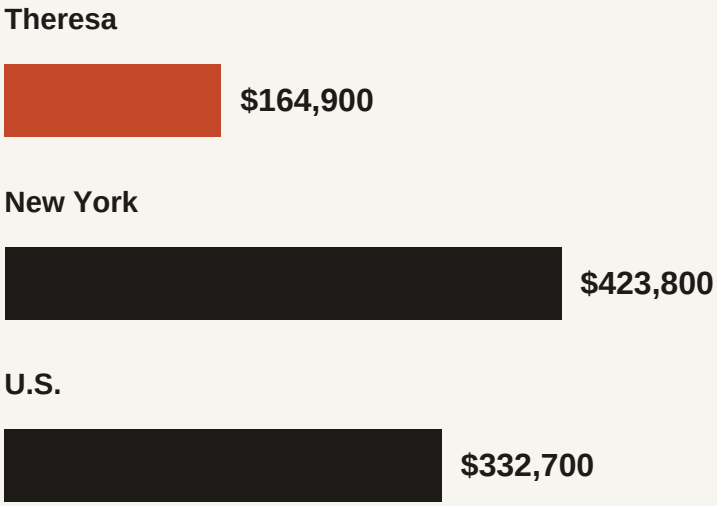
Source: Computed by the Almanac, 2023

HOME VALUE

A median home costs 61% less than New York's.

$164,900

median home value in Theresa.



Source: Census ACS 5-year, 2020-2024

THAT WAS THERESA'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/theresa/**