# Helena, Oklahoma.

## Current market data.

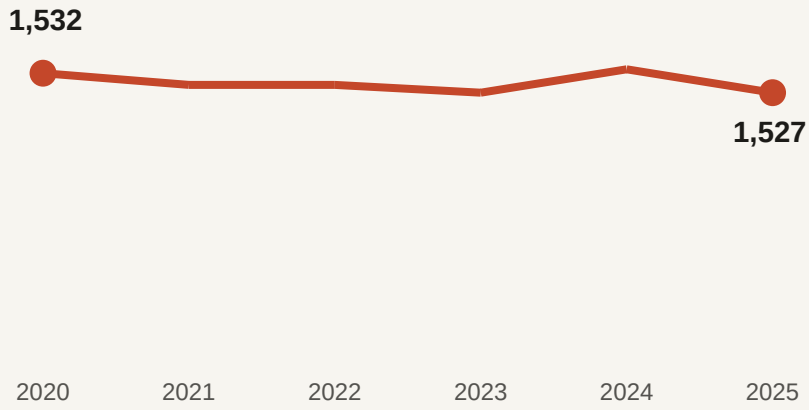
10 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

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

**1,527**

people, the 162nd-largest of Oklahoma's cities and towns.



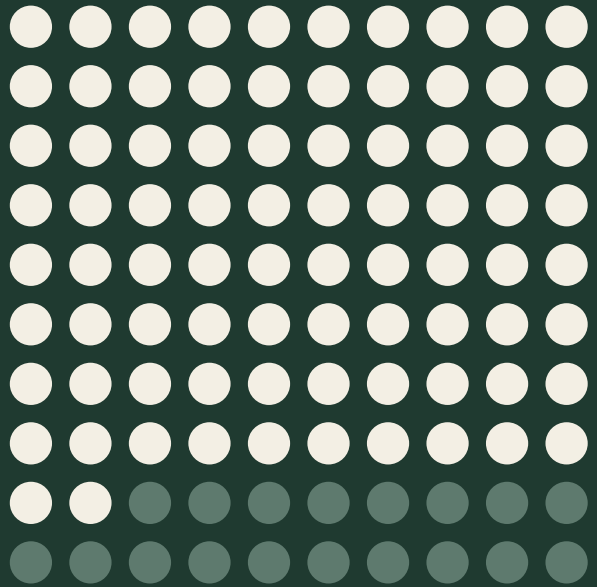

Source: Census Population Estimates, 2025

THE WORKDAY

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

**81.5%**

of 238 jobs located in Helena are filled by in-commuters.



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

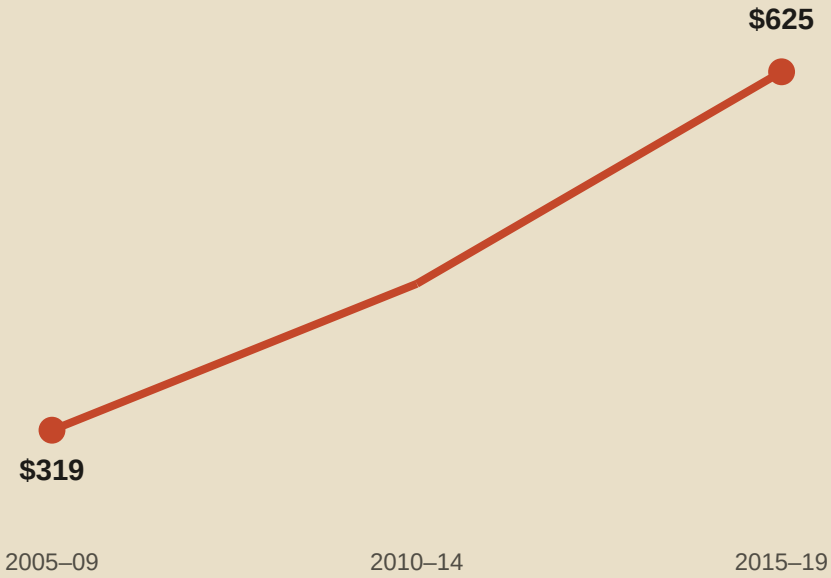
Source: Census LEHD LODES, 2023

RENT

# Median rent is up 96% since the 2005–2009 survey, before inflation.

**$625**

a month. Oklahoma's median is $1,014.

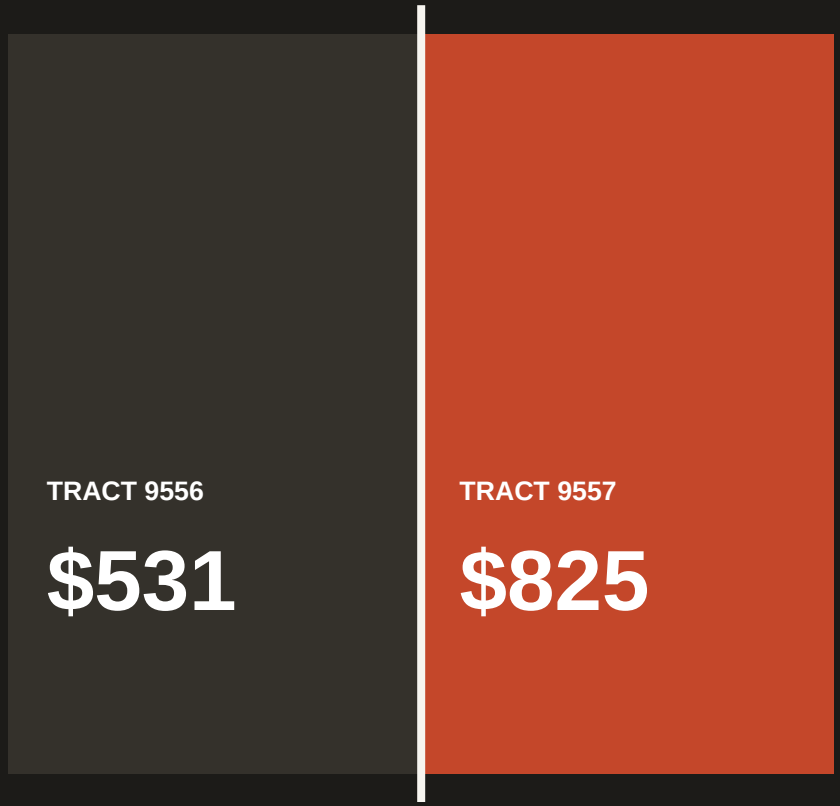



Source: Census ACS 5-year, 2015-2019

THE SEAM

# Cross one tract line and median rent jumps $294.

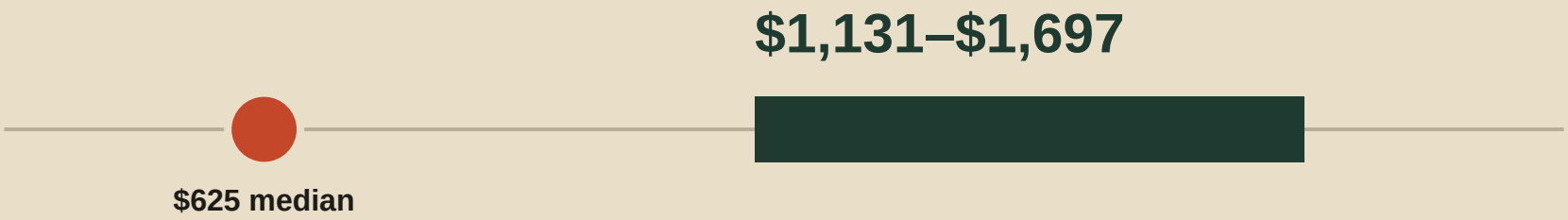
A $294 gap between neighbors, the sharpest rent edge between adjacent tracts in Alfalfa County.




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, 2015-2019

BUILDING

# Most of the housing here is older than 2000.

**100%**

of all homes were built before 2000

Source: Census ACS 5-year, 2020-2024

UNITS NEEDED

# Closing the gap would add 1% to the 165 homes here.

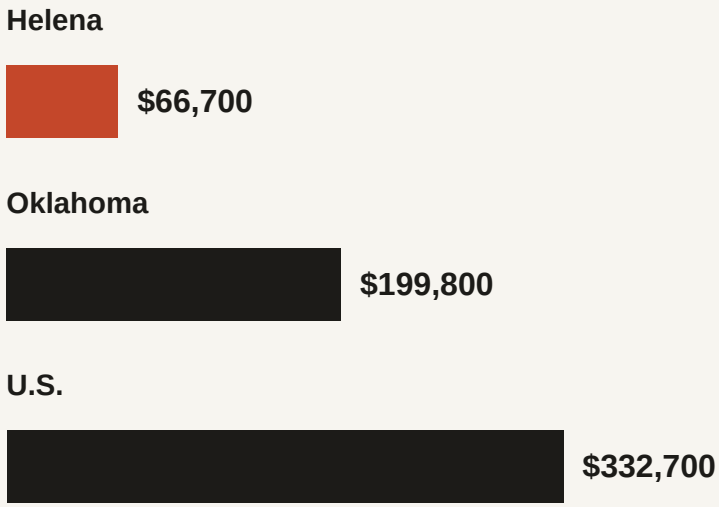
**1–2**

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 67% less than Oklahoma's.




# $66,700

median home value in Helena.

Source: Census ACS 5-year, 2020-2024

THAT WAS HELENA'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/ok/helena/**