

Regional Trends

Executive Board

23 July 2026



Puget Sound Regional Council

Population Trends

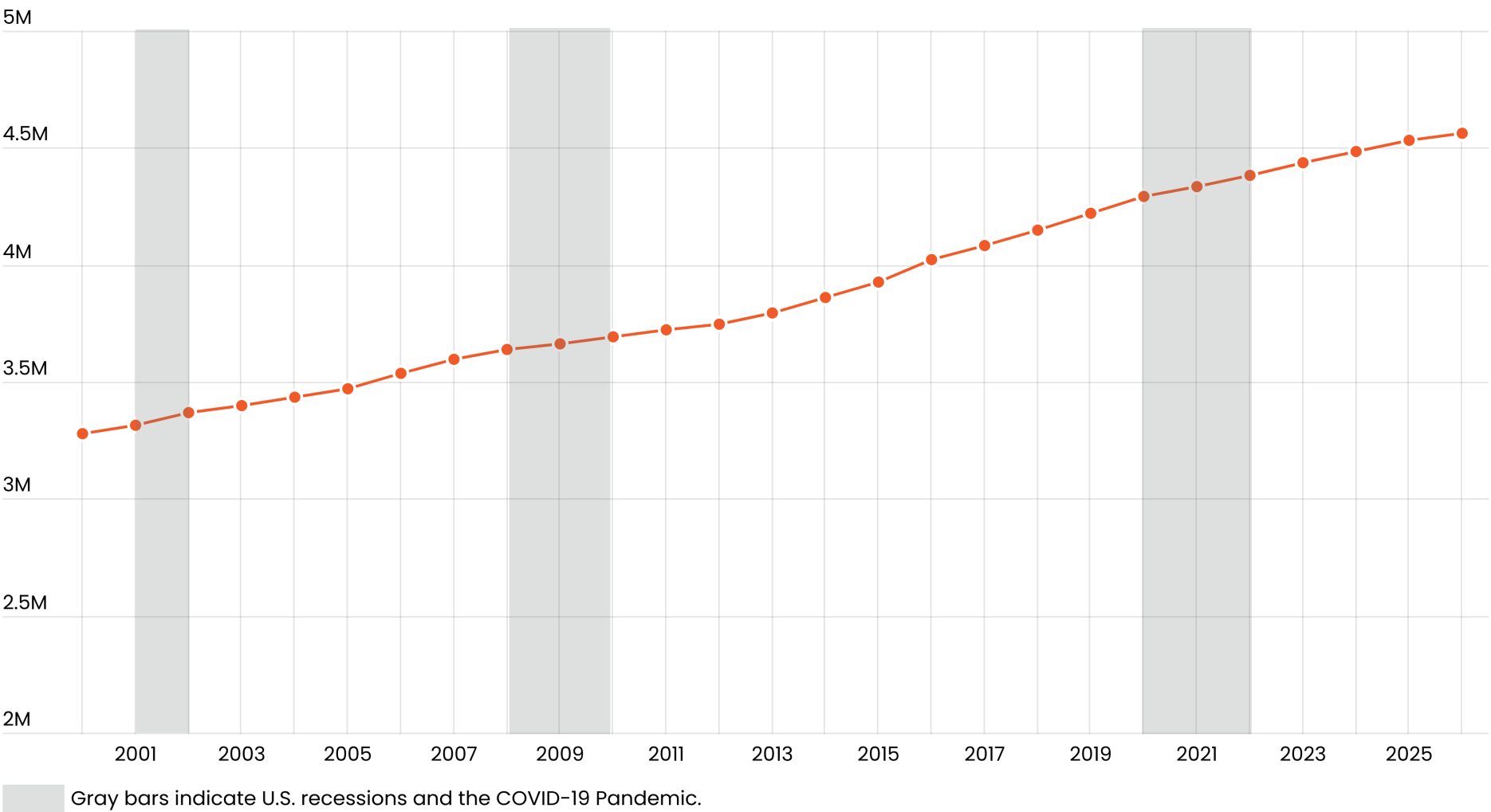


- **Regional Growth Trends**
- **Migration Trends**
- **County Growth Trends**
- **Fastest Growing Cities**
- **National Comparisons**



The region was home to 4.56 million people in 2026

Total Population Growth in Central Puget Sound, 2000–2026



Source: Washington State Office of Financial Management, April 1st Official Population, 2026



The region grew by 29,000 people in 2026

Population Growth by County, 2018–2026

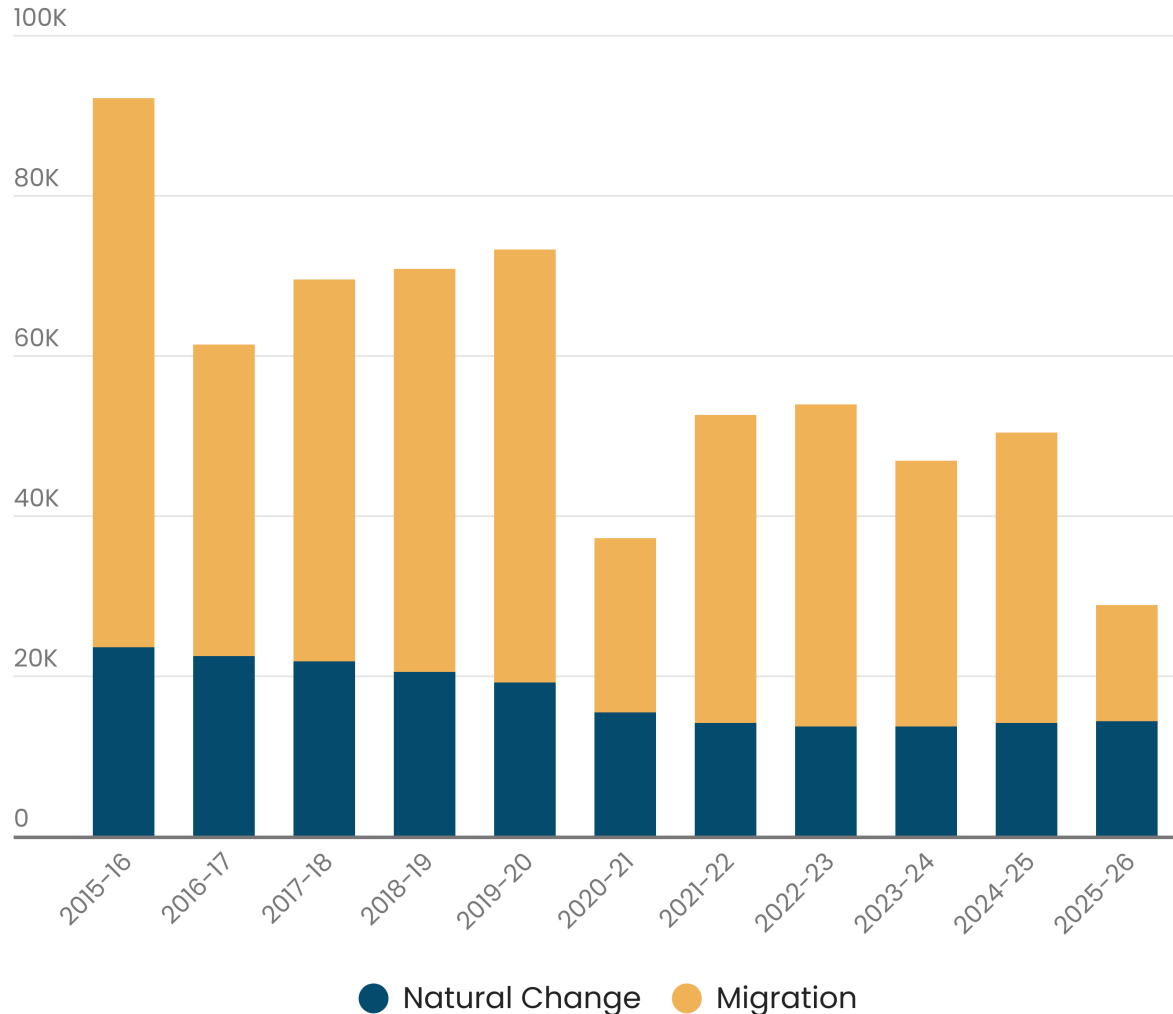


- King County growth slowed from **33,600** people in 2025 to **13,000** people in 2026
- Kitsap, Pierce and Snohomish counties had similar growth in 2025 and 2026



Reduced Migration a part of lower growth

Population Change by Component, 2015–2026

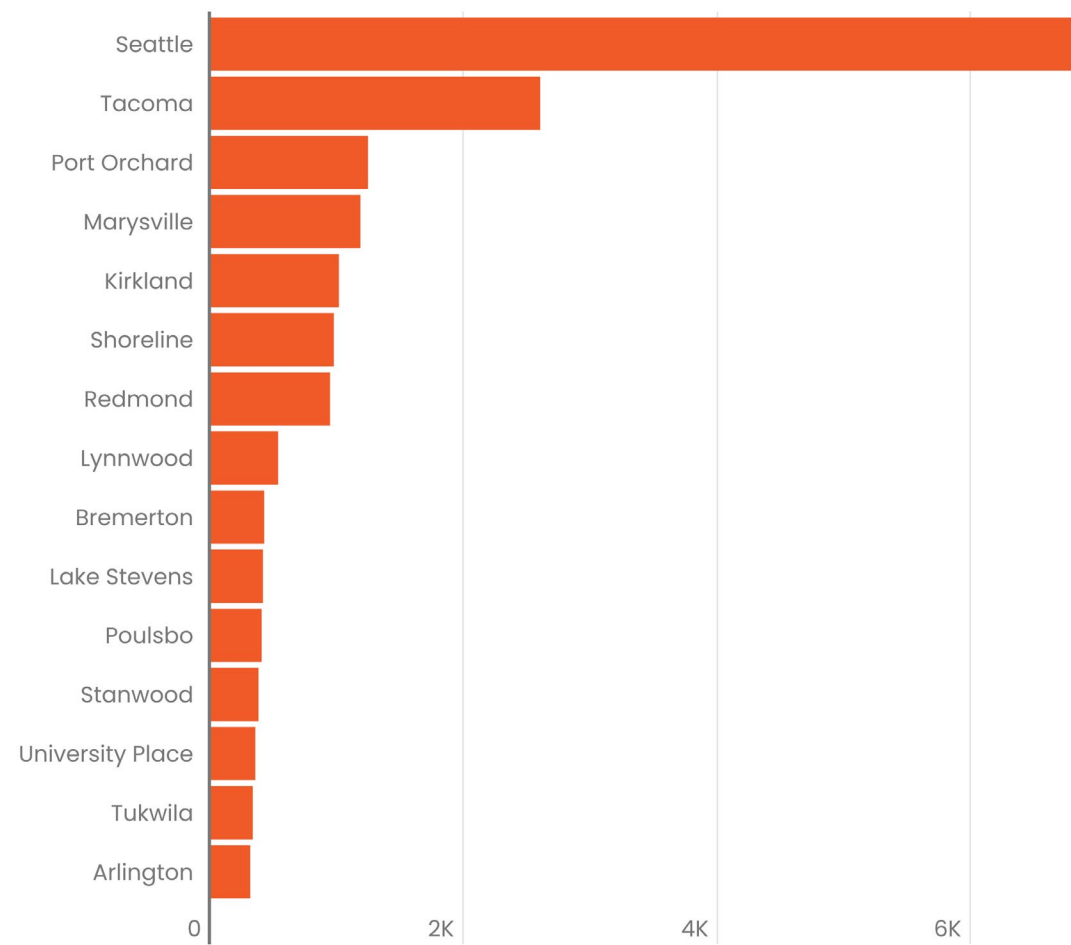


- About **14,700** people migrated to the region in 2026 (**51%** of the total change)
- This was the lowest level of migration since the great recession

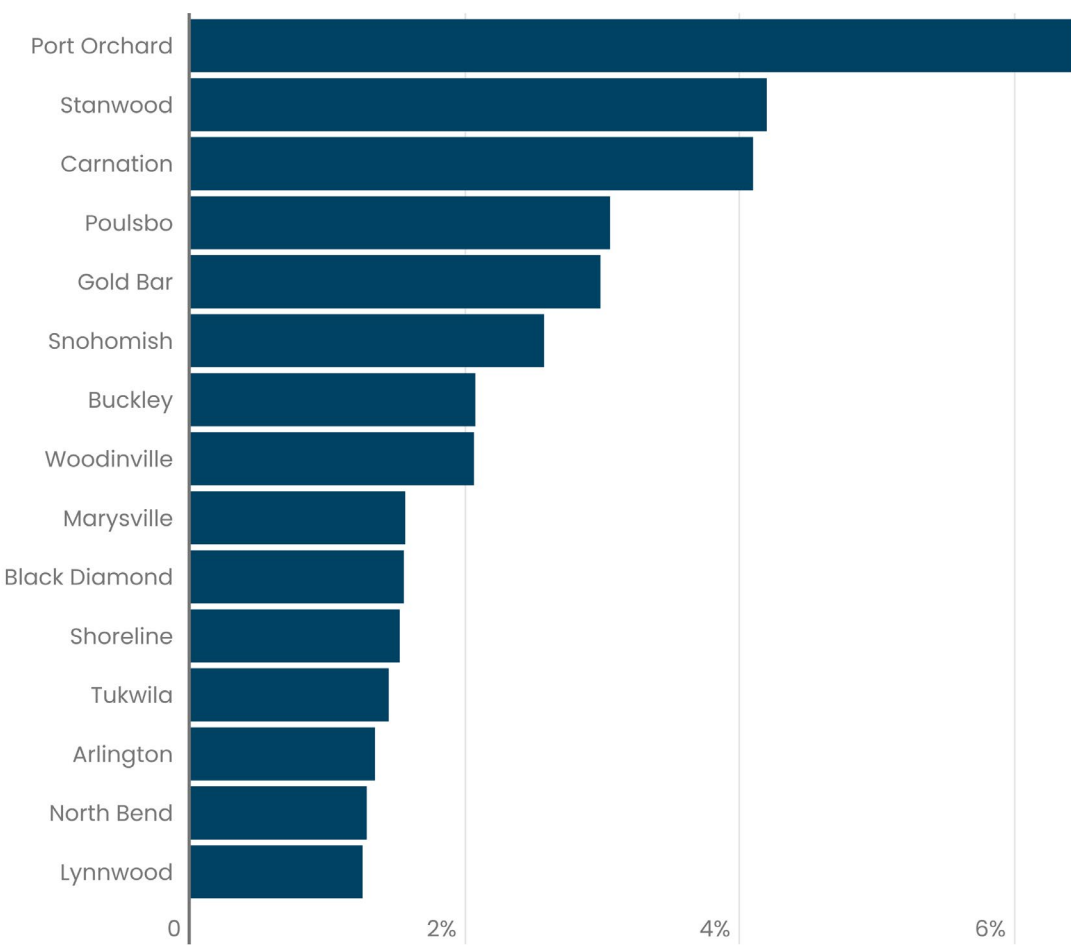


Seattle added 6,800 people in 2026

Top 15 Cities by Total Growth, 2025 to 2026



Top 15 Cities by % Growth, 2018–2026



Source: Washington State Office of Financial Management, April 1st Official Population, 2026



78% of growth was in the region's cities

Growth by Regional Geography, 2025–2026

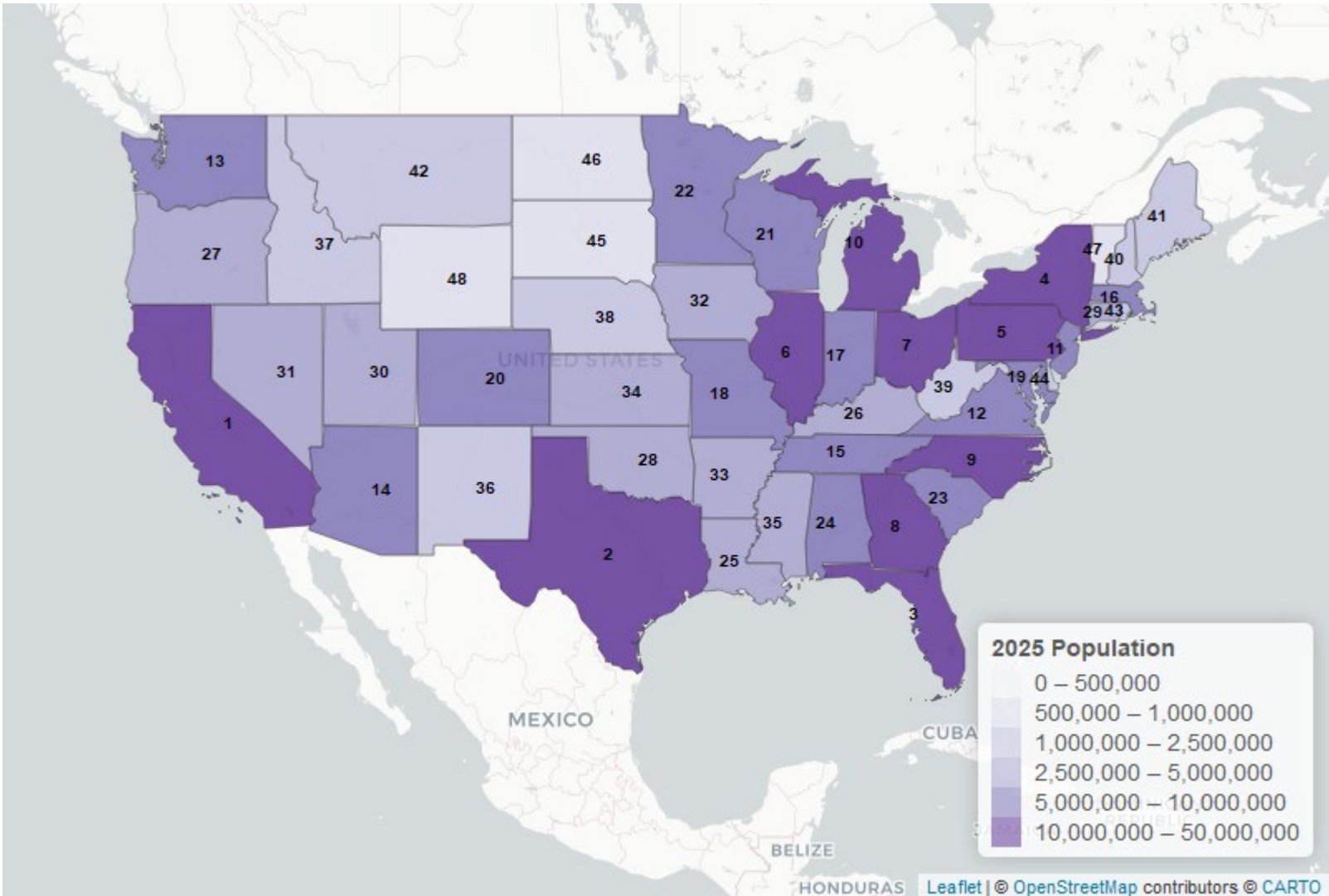


- The unincorporated areas of Pierce County added **3,000** people in 2026 – like the growth in Tacoma
- The region's five largest cities accounted for one third of the total growth in 2026



Washington had over 8.0 million people in 2025

Ranking of State Population, 2025

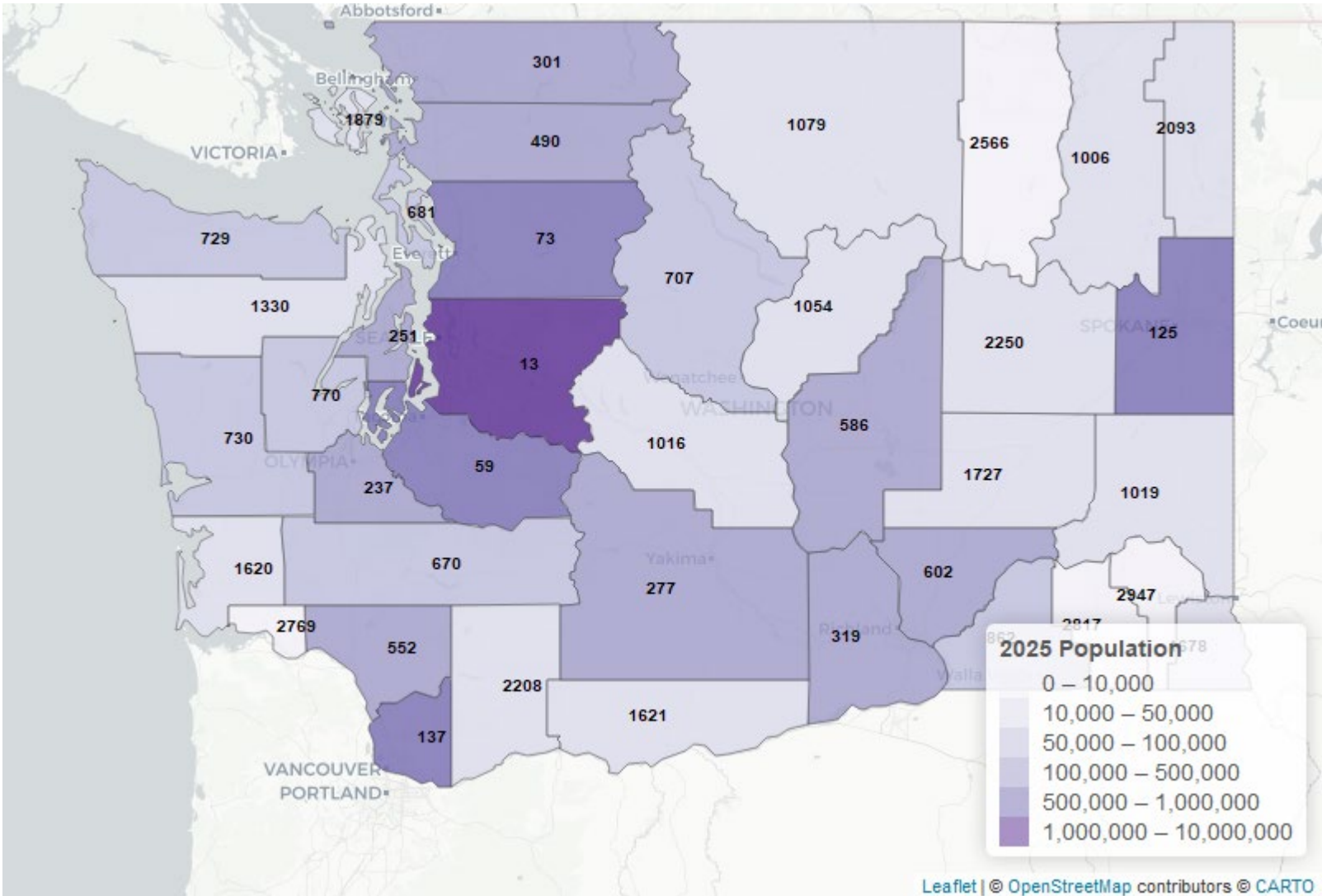


Rank	State	Population
1	California	39,355,000
2	Texas	31,710,000
3	Florida	23,463,000
4	New York	20,002,000
5	Pennsylvania	13,059,000
13	Washington	8,001,000



King County was the 13th largest county in 2025

Ranking of County Population, 2025



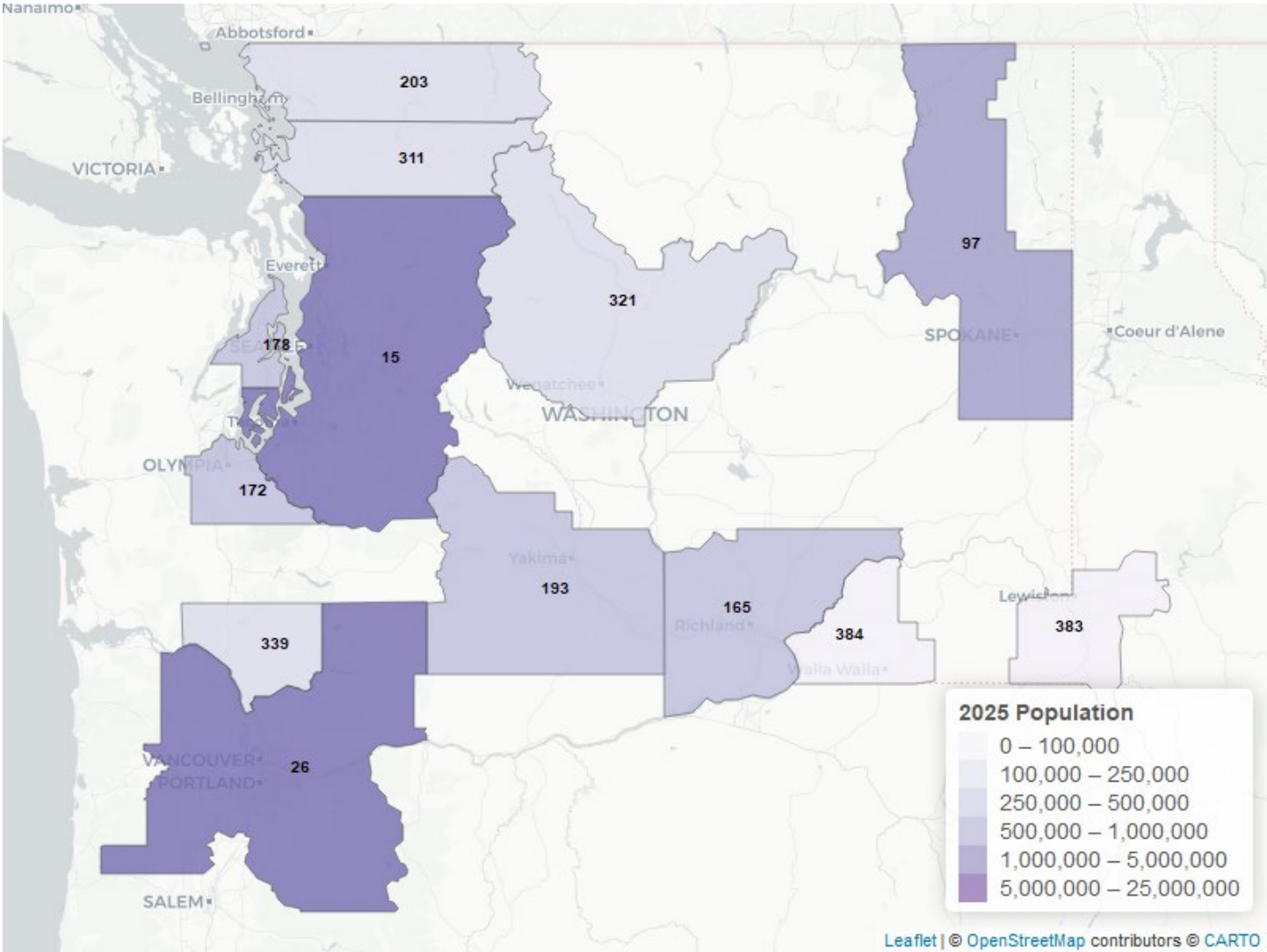
Rank	County	Population
1	Los Angeles County, CA	9,695,000
2	Cook County, IL	5,195,000
3	Harris County, TX	5,045,000
4	Maricopa County, AZ	4,690,000
5	San Diego County, CA	3,282,000
13	King County, WA	2,345,000
59	Pierce County, WA	946,000
73	Snohomish County, WA	871,000
251	Kitsap County, WA	283,000

Source: United States Census Bureau Population & Housing Estimates, Spring 2026



Seattle MSA was the 15th largest metro area in 2025

Ranking of Metro Area Population, 2025



Rank	Metro Area	Population
1	New York	20,112,000
2	Los Angeles	12,844,000
3	Chicago	9,434,000
4	Dallas-Fort Worth	8,477,000
5	Houston	7,905,000
15	Seattle-Tacoma-Bellevue	4,162,000
178	Bremerton-Silverdale-Port Orchard	283,000

Source: United States Census Bureau Population & Housing Estimates, Spring 2026



Housing Trends

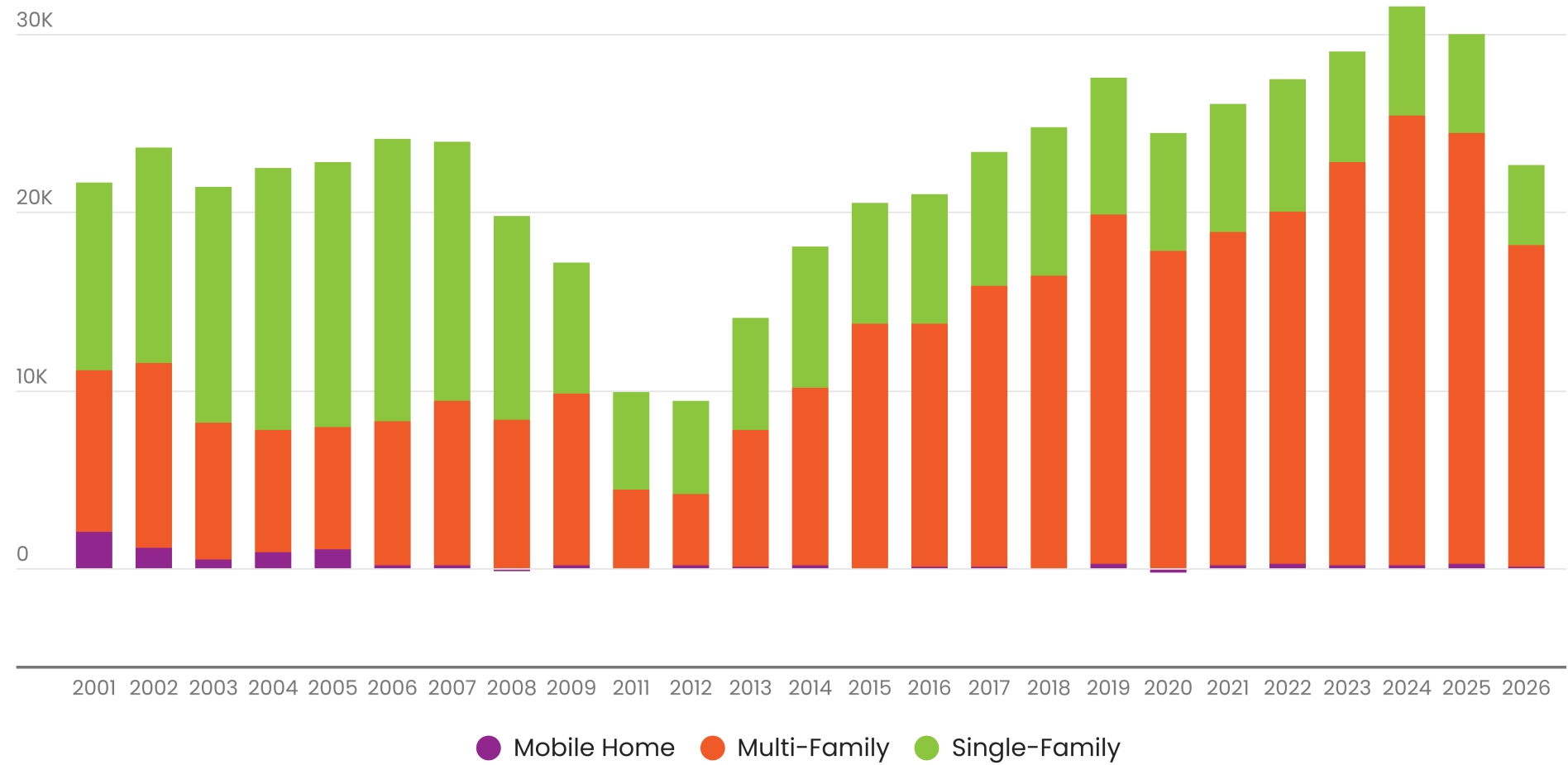


- **Regional Growth Trends**
- **County Growth Trends**
- **Housing Type**
- **Housing Cost**
- **National Cost Comparisons**



The region added 22,700 housing units in 2026

Housing Unit Change by Type, 2000–2026

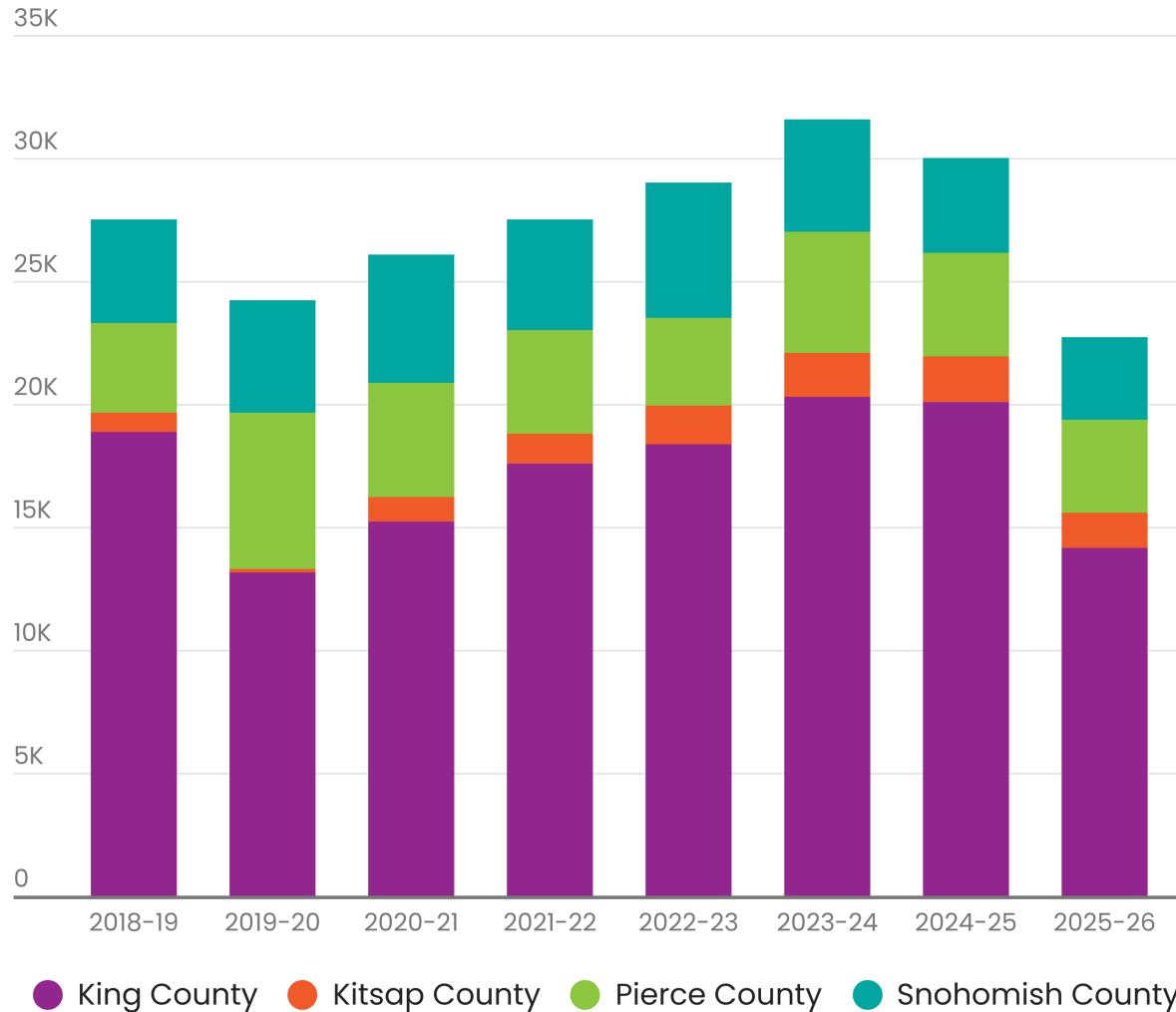


Source: Office of Financial Management, Historical Estimates of April 1 Population and Housing by State, County & Cities



Housing growth was the lowest it has been in 10 years

Housing Unit Change by County, 2018–2026

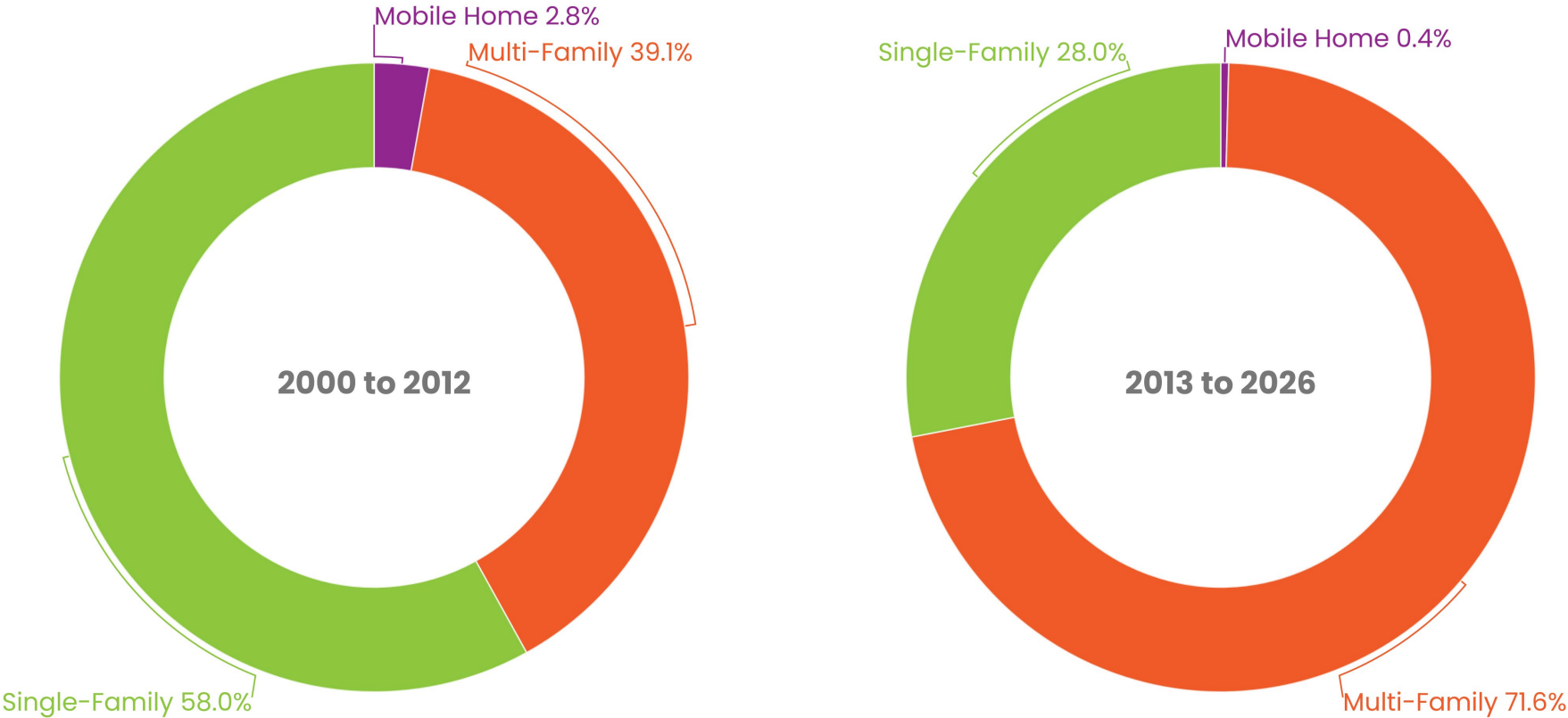


- Pierce and Snohomish counties each added about **10% fewer** housing units in 2026
- King and Kitsap counties each added about **30% fewer** housing units in 2026.



Most new housing units continue to be multi-family

New Housing Units by Type, 2000–2026



Source: Office of Financial Management, Historical Estimates of April 1 Population and Housing by State, County & Cities



85% of housing growth was in the region's cities

Growth by Regional Geography, 2025–2026

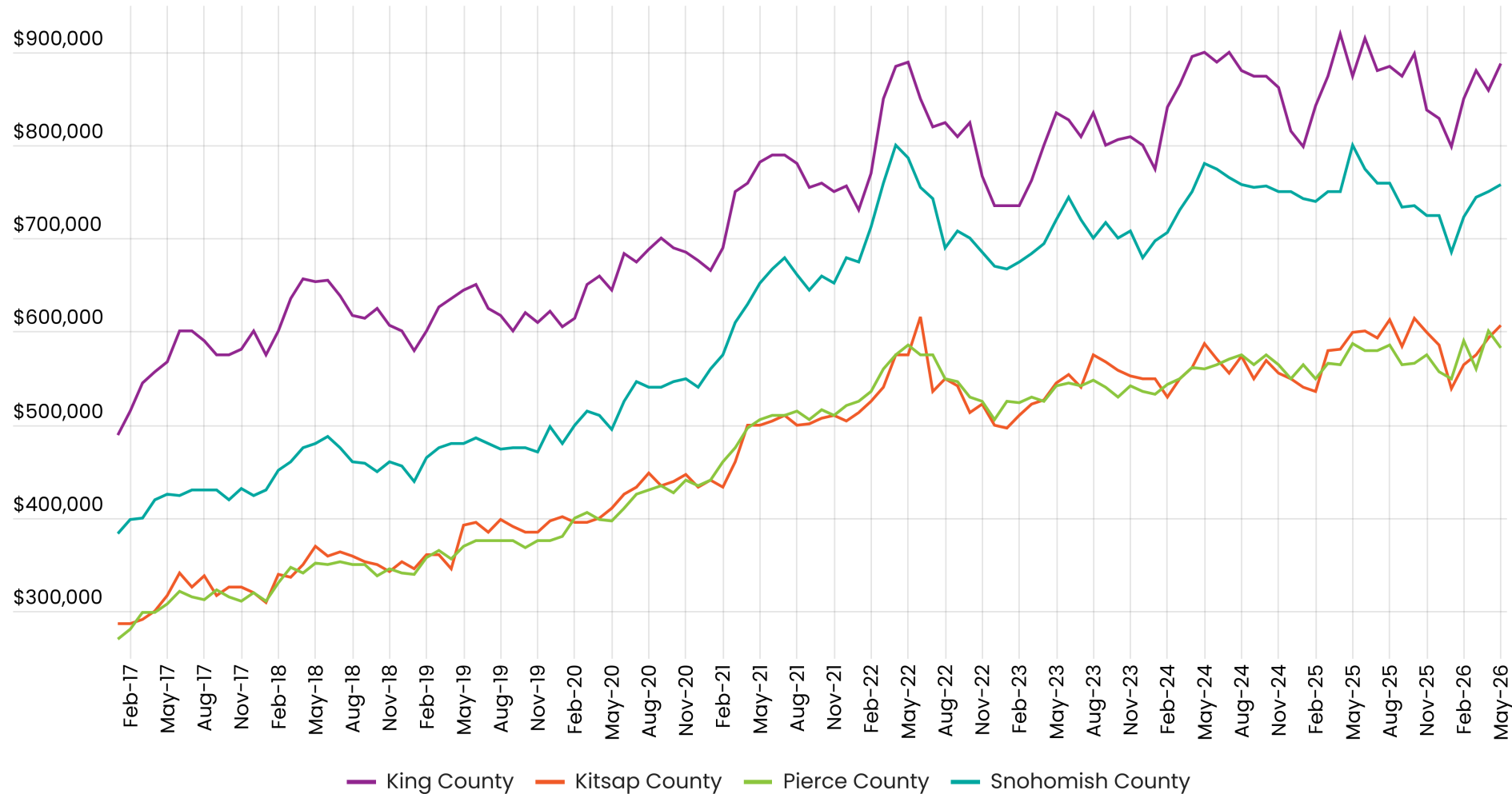


- Core Cities – which include cities near new light rail stations, added **4,700** housing units in the past year
- The region's five largest cities accounted for **43%** of the total growth in 2026



Home price growth has slowed – but is still at highs

Median Home Sales Price in Central Puget Sound, 2017–2026

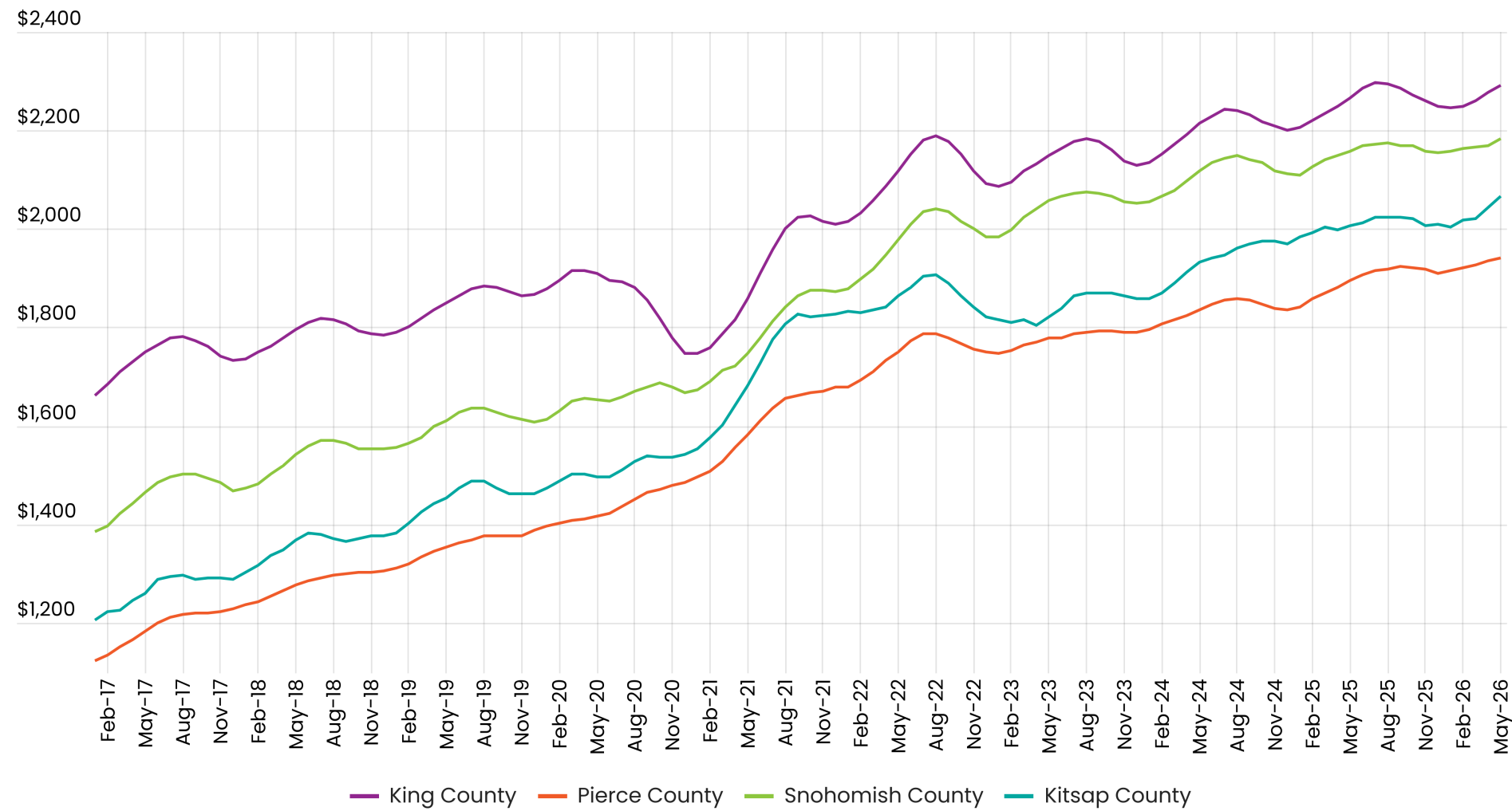


Source: Data provided by Redfin, a national real estate brokerage



Monthly Rents continue to increase

Median Monthly Rent in Central Puget Sound, 2017–2026

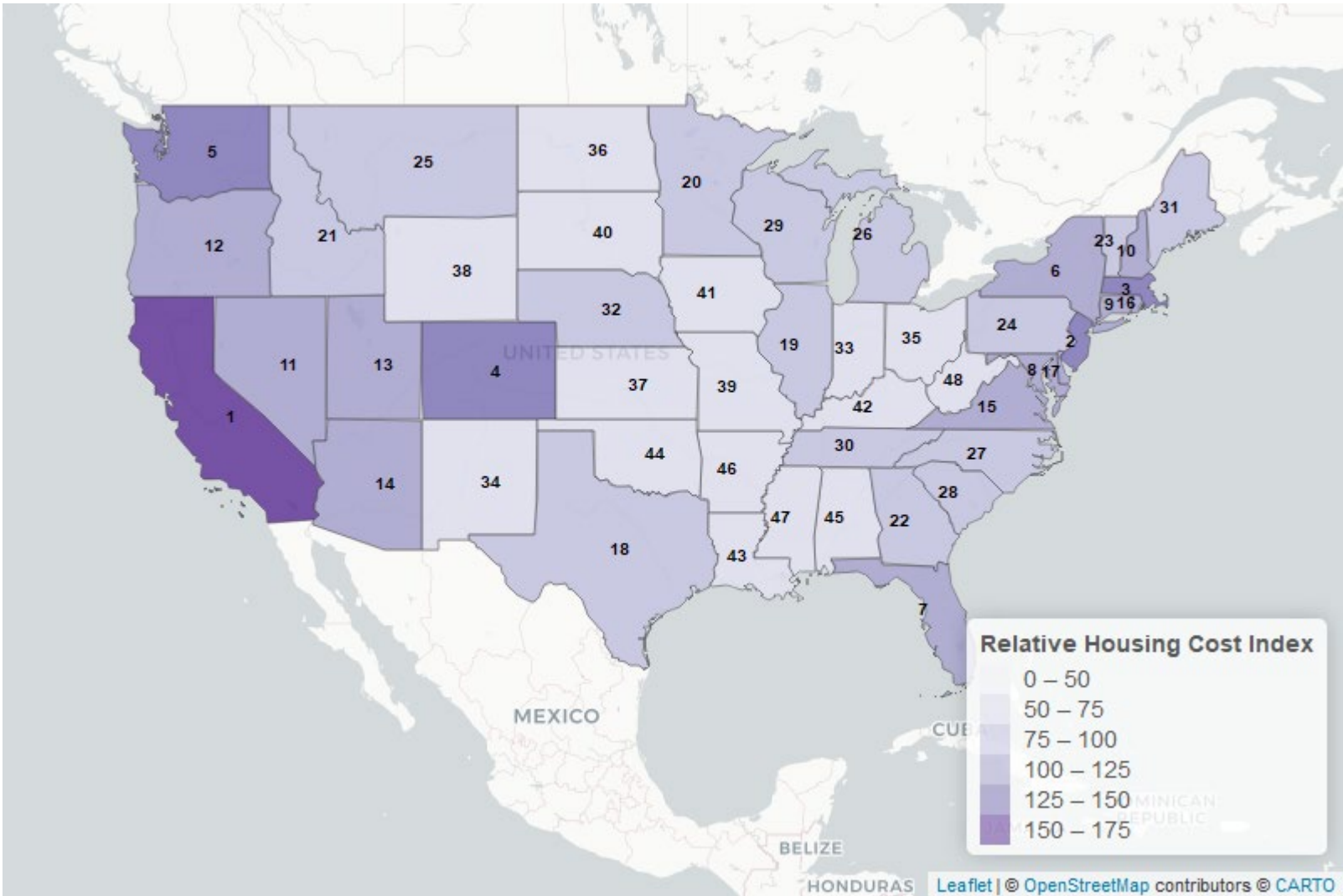


Source: Housing Data – Zillow Research



Washington was the 5th most expensive housing state

Ranking of State Housing Cost Index, 2025



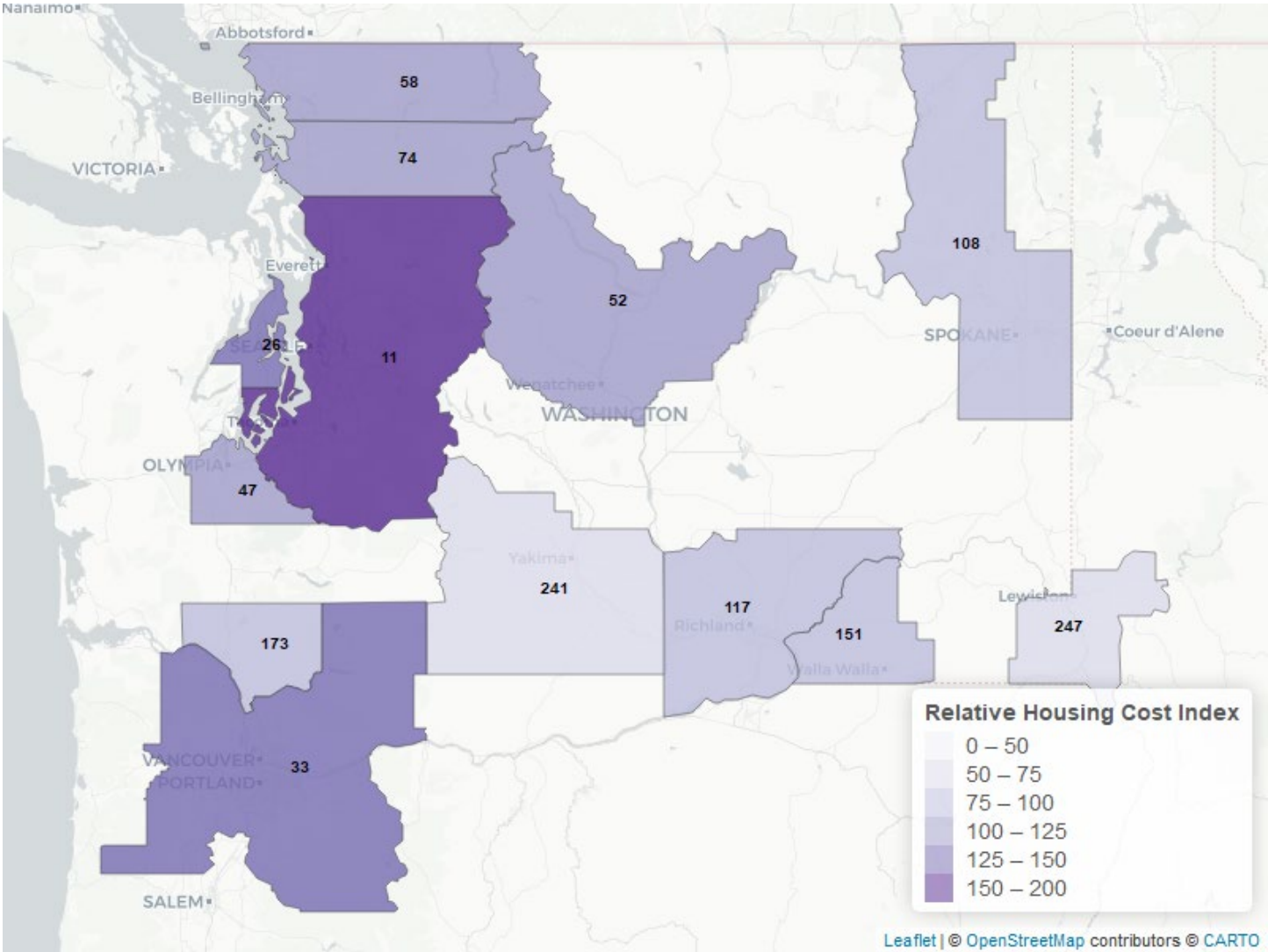
Rank	State	Population
1	California	154
2	New Jersey	134
3	Massachusetts	128
4	Colorado	127
5	Washington	126

Source: United States Bureau of Economic Analysis



Seattle MSA was the 11th most expensive housing metro

Ranking of Metro Area Housing Cost Index, 2025



Rank	Metro Area	RPP
1	San Jose, CA	212
2	Napa, CA	197
3	San Francisco, CA	195
4	San Diego, CA	179
5	Oxnard-Thousand CA	171
11	Seattle-Tacoma-Bellevue	151
26	Bremerton-Silverdale-Port Orchard	130



Economic Trends

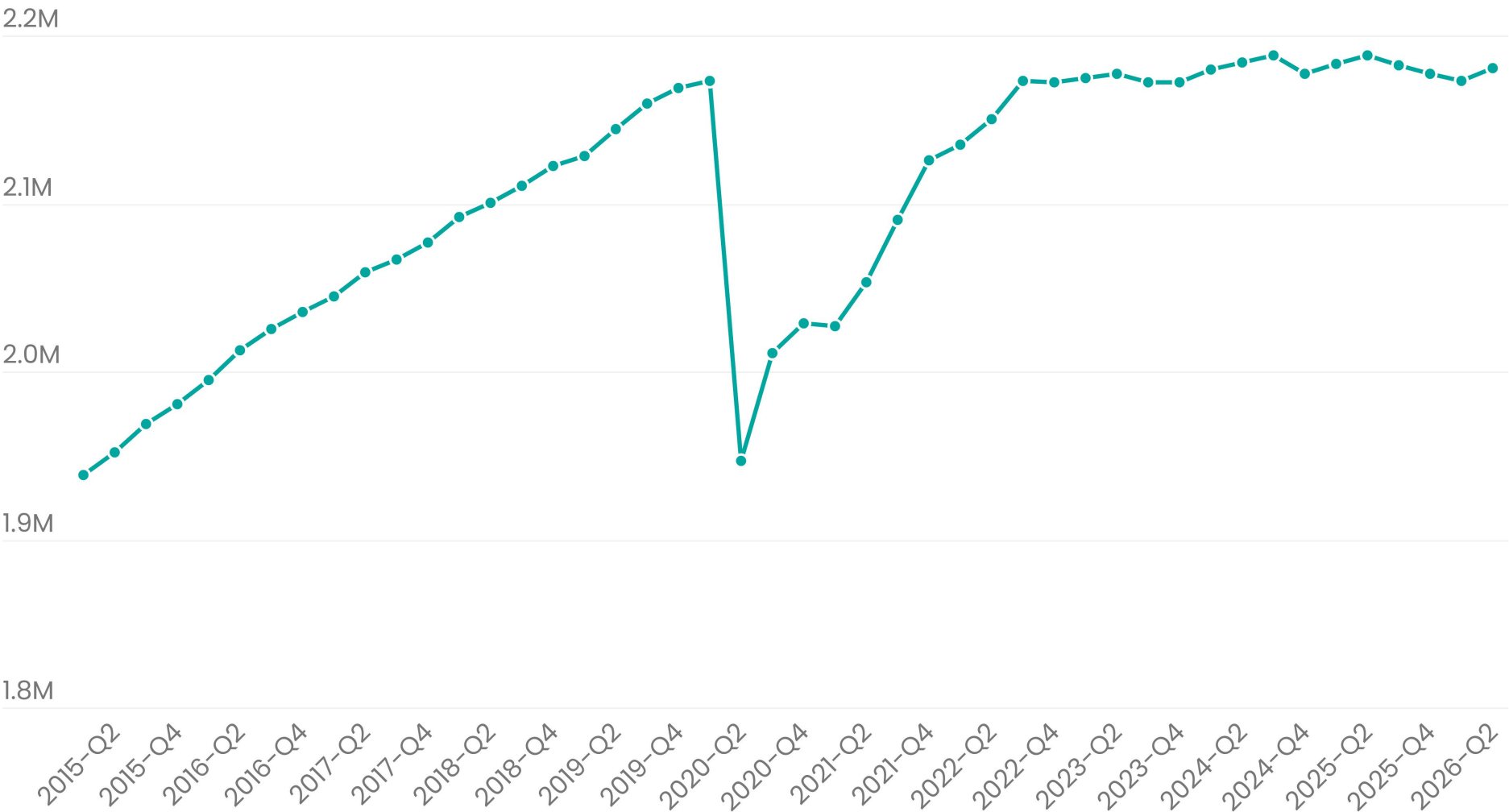


- **Wage & Salary Job Trends**
- **Unemployment Trends**
- **Airport Trends**
- **Port Trends**
- **National Comparisons**



Regional Job growth has remained flat since 2023

PSRC Region Wage & Salary Jobs by Quarter, 2015 to 2026

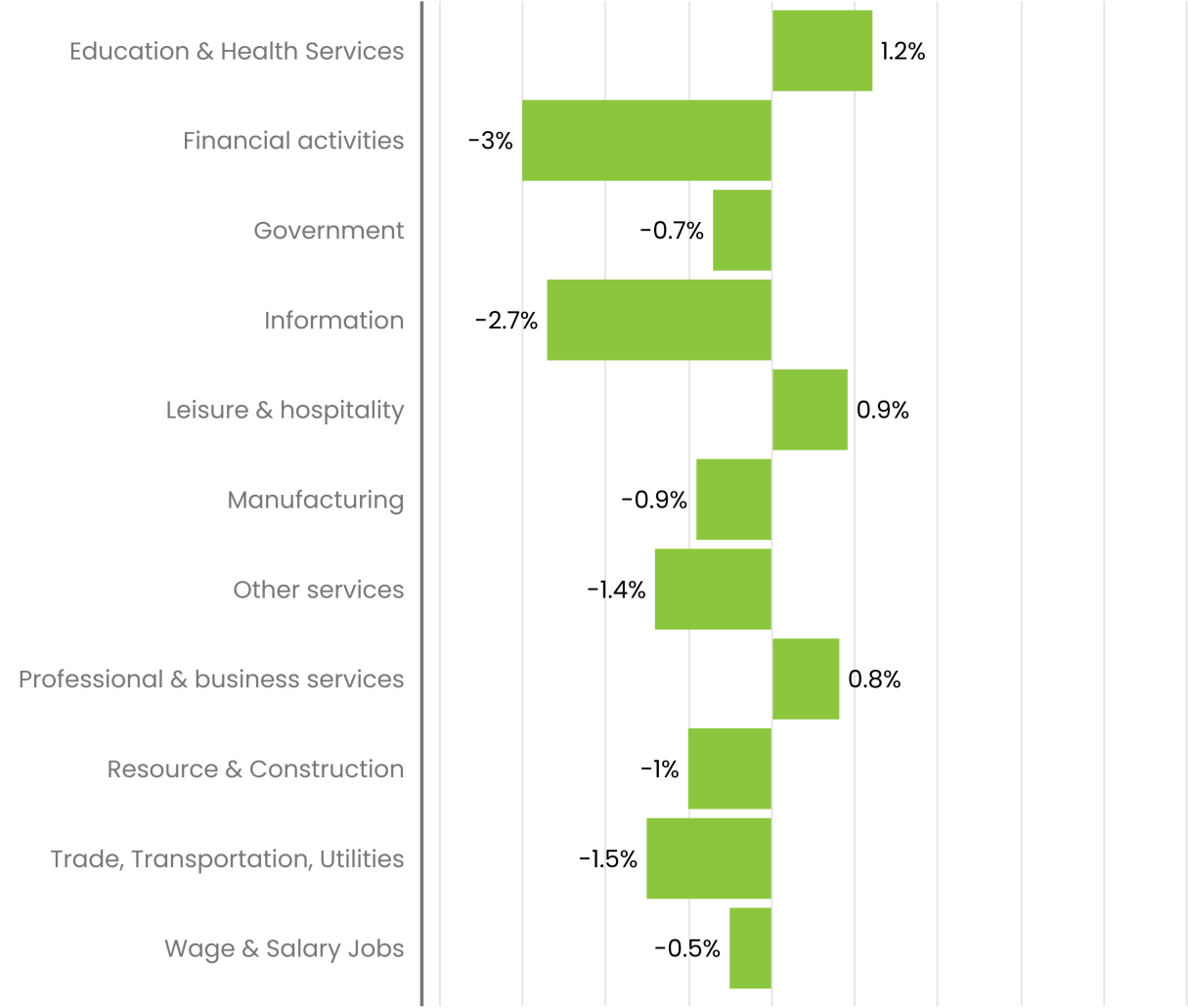


Source: Washington State Employment Securities Department



Some jobs sectors have grown in 2026

% Change in by Sector through May, 2026 / 2025

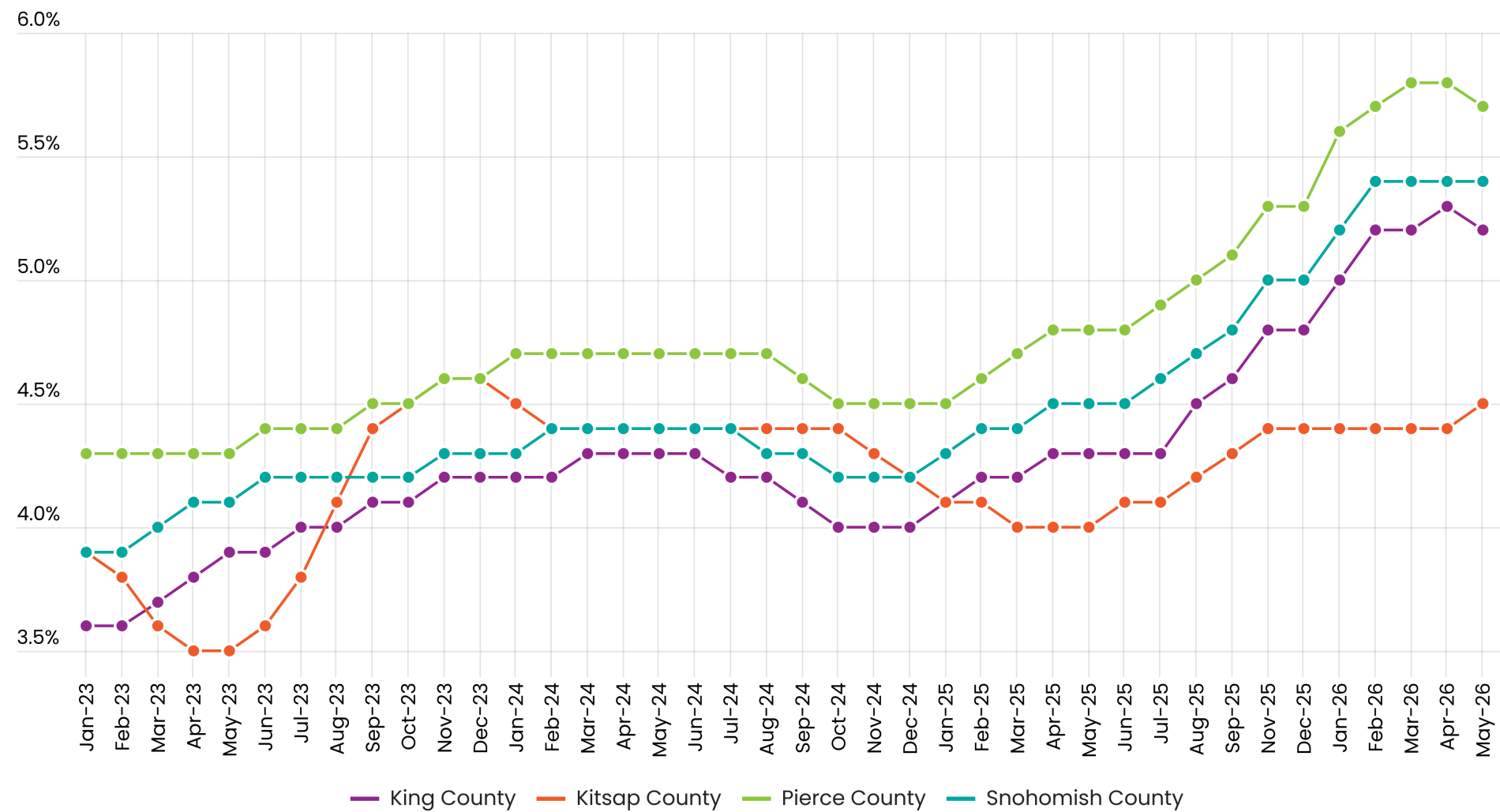


- Education & Health Services, Leisure & Hospitality and Professional & Business services grew in the first five months of 2026
- Information and Finance were down the most in the first five months of 2026.



Unemployment Rate has risen in the past year

Unemployment Rate in Central Puget Sound, 2023–2026

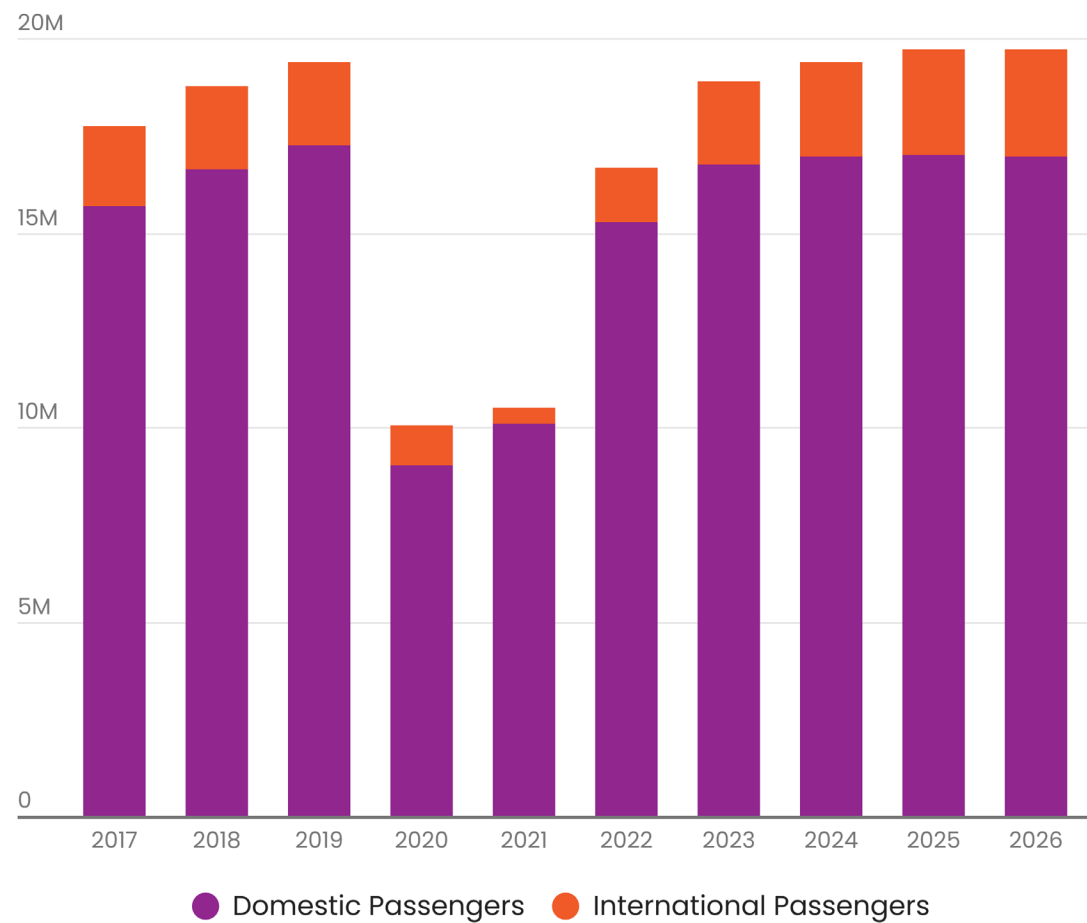


Source: Washington State Employment Securities Department

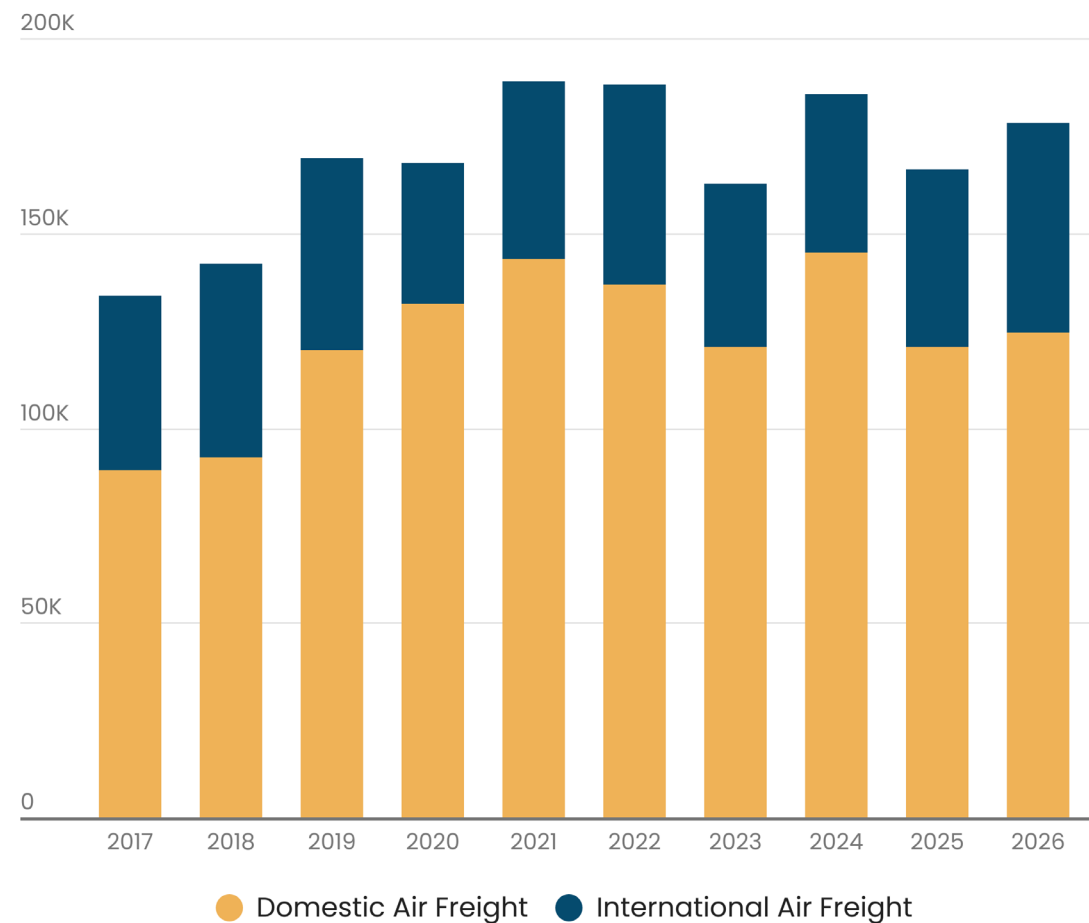


SEA continues to move record numbers of passengers

Jan-May SEA Passengers, 2017-2026



Jan-May SEA Air Freight (tons), 2017-2026

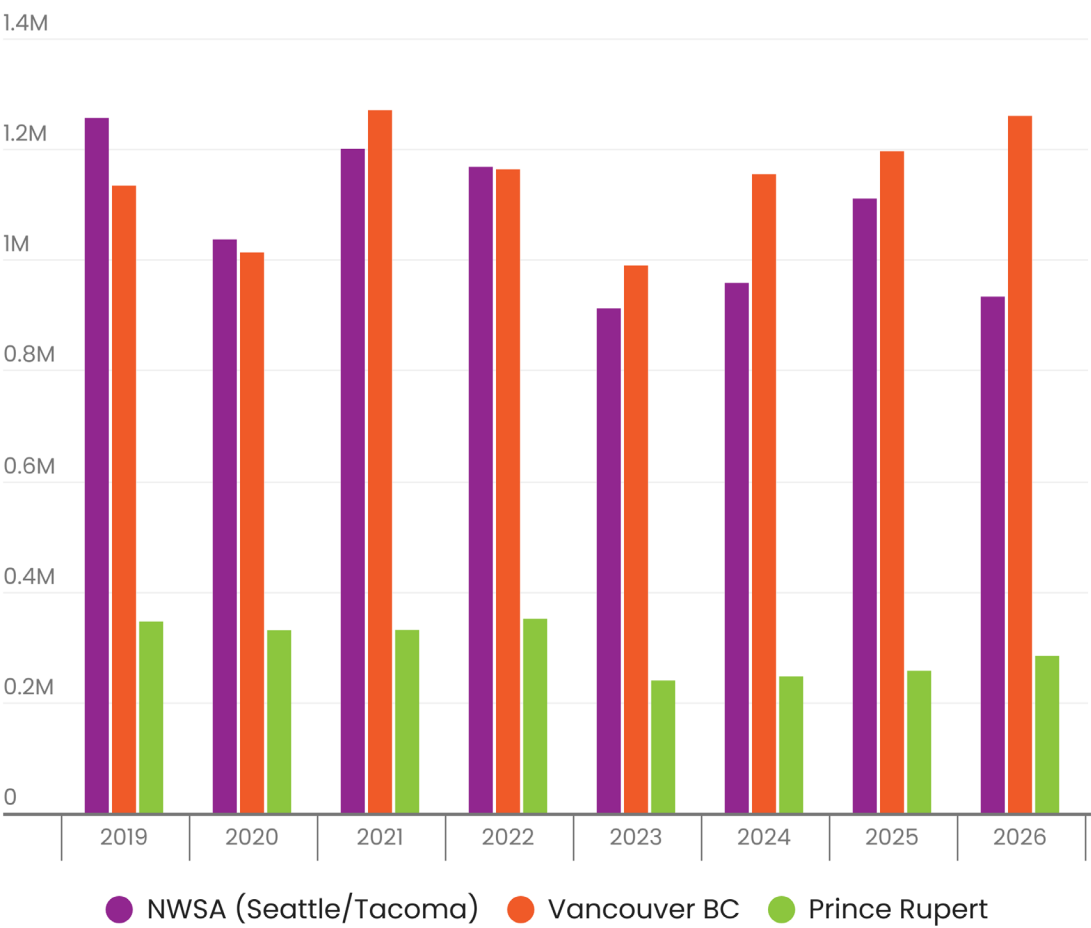


Source: SEA Airport Statistics | Port of Seattle (portseattle.org)



Container growth is lagging for the region

Jan-April TEU's: 2019–2026



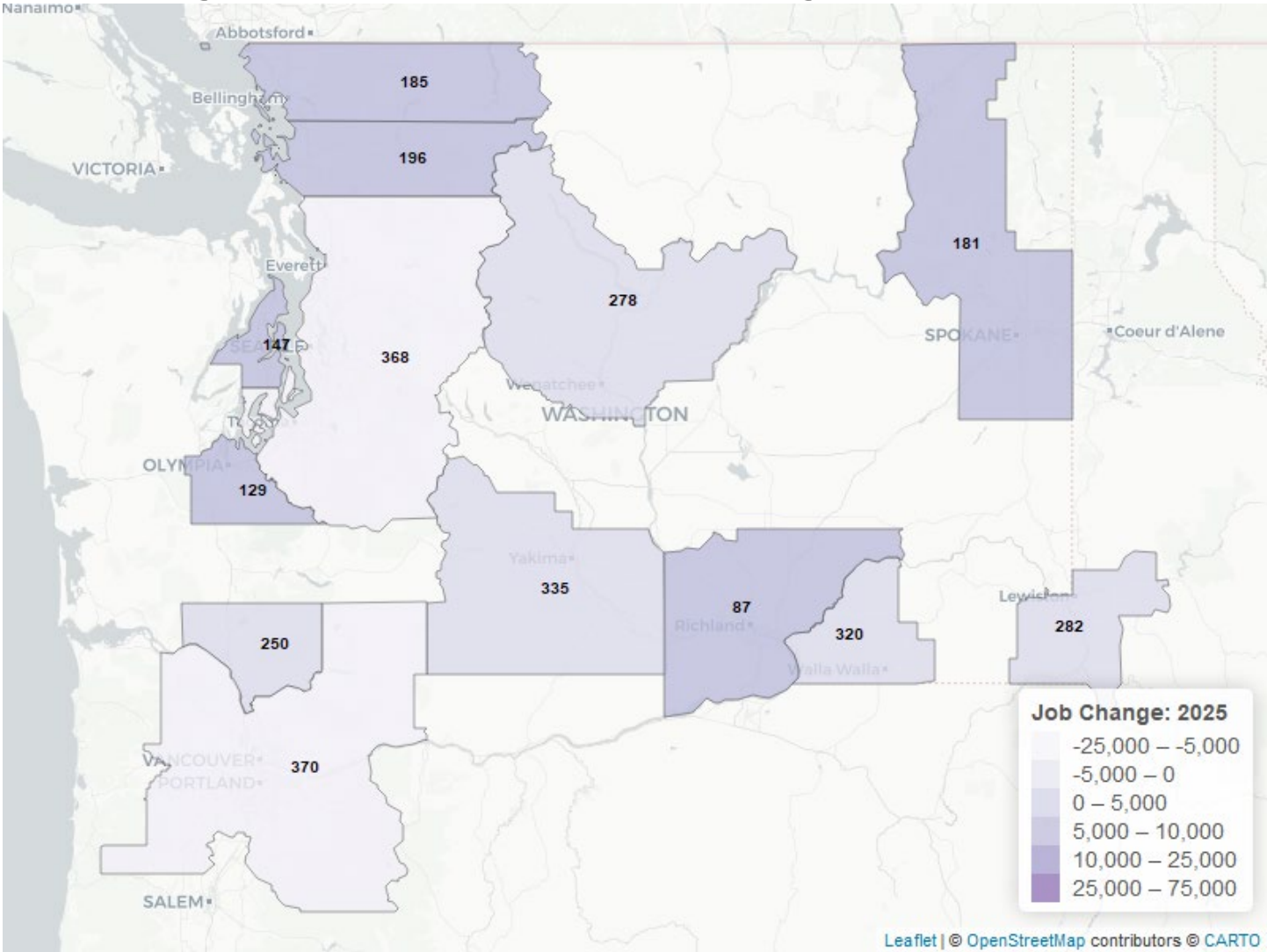
Port	2023	2024	2025	2026	% change 25–26
Prince Rupert	239,080	246,590	256,590	283,700	10.6%
Vancouver BC	989,450	1,154,520	1,196,200	1,260,140	5.3%
Houston	1,241,910	1,394,090	1,456,170	1,441,190	-1.0%
Montreal	492,450	484,120	503,500	496,570	-1.4%
Los Angeles	2,525,200	3,150,840	3,346,860	3,279,700	-2.0%
NY/NJ	2,439,450	2,710,840	2,954,910	2,865,860	-3.0%
Virginia (Norfolk)	1,050,580	1,167,880	1,108,360	1,062,140	-4.2%
Savannah	1,593,070	1,756,680	1,947,570	1,840,960	-5.5%
Oakland	677,810	754,680	787,030	742,350	-5.7%
Long Beach	2,377,370	2,753,240	3,403,070	3,208,220	-5.7%
Charleston	823,840	842,360	884,040	771,730	-12.7%
NWSA (Seattle/Tacoma)	912,140	958,060	1,110,400	932,960	-16.0%

Source: Individual Port websites



Seattle MSA ranked 368th in job change in 2025

Ranking of Metro Area Job Change: 2025



Rank	Metro Area	Job Change
1	New York, NY	61,700
2	Dallas, TX	42,700
3	Austin, TX	39,900
4	Chicago, IL	37,700
5	Houston, TX	33,800
147	Bremerton-Silverdale-Port Orchard	800
368	Seattle-Tacoma-Bellevue	-7,100

Source: United States Bureau of Labor Statistics



Transportation Trends

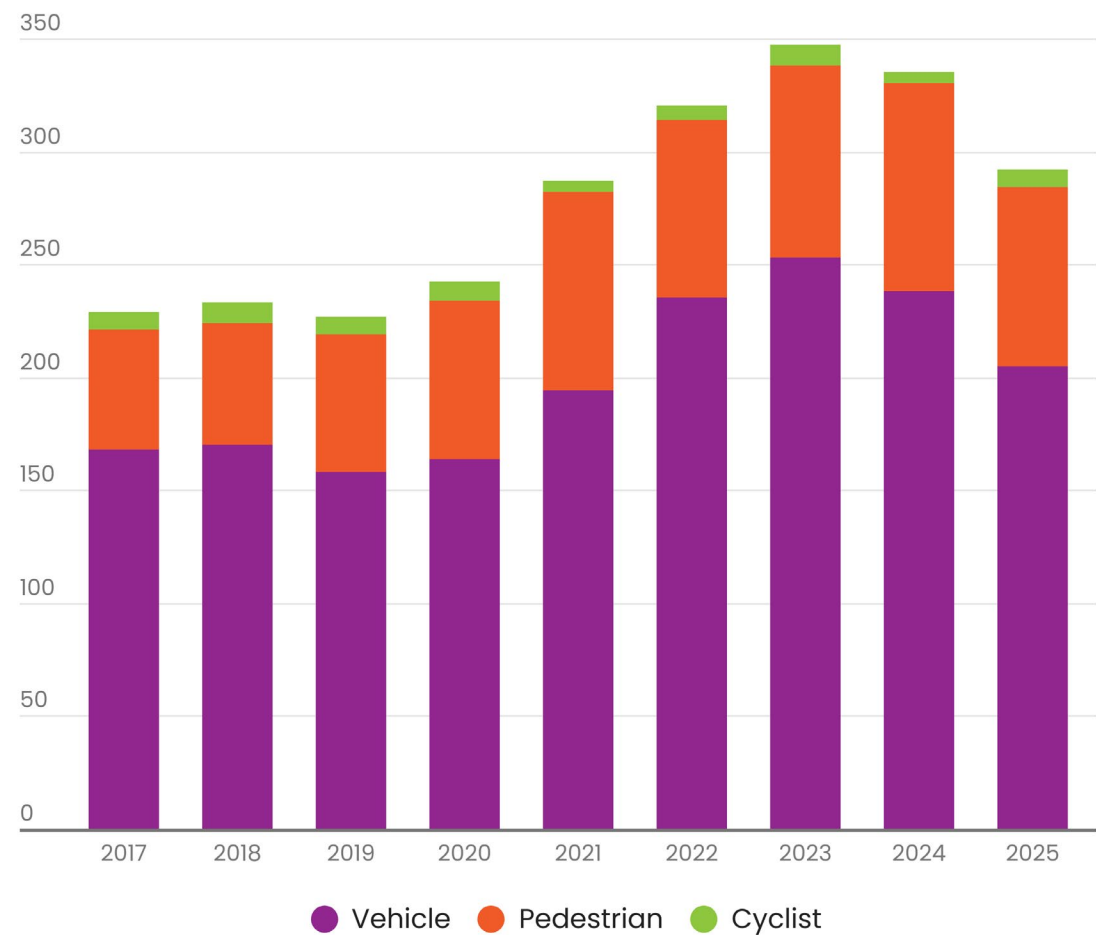


- **Safety Trends**
- **Transit Trends**
- **Vehicle Registration Trends**
- **Congestion Trends**

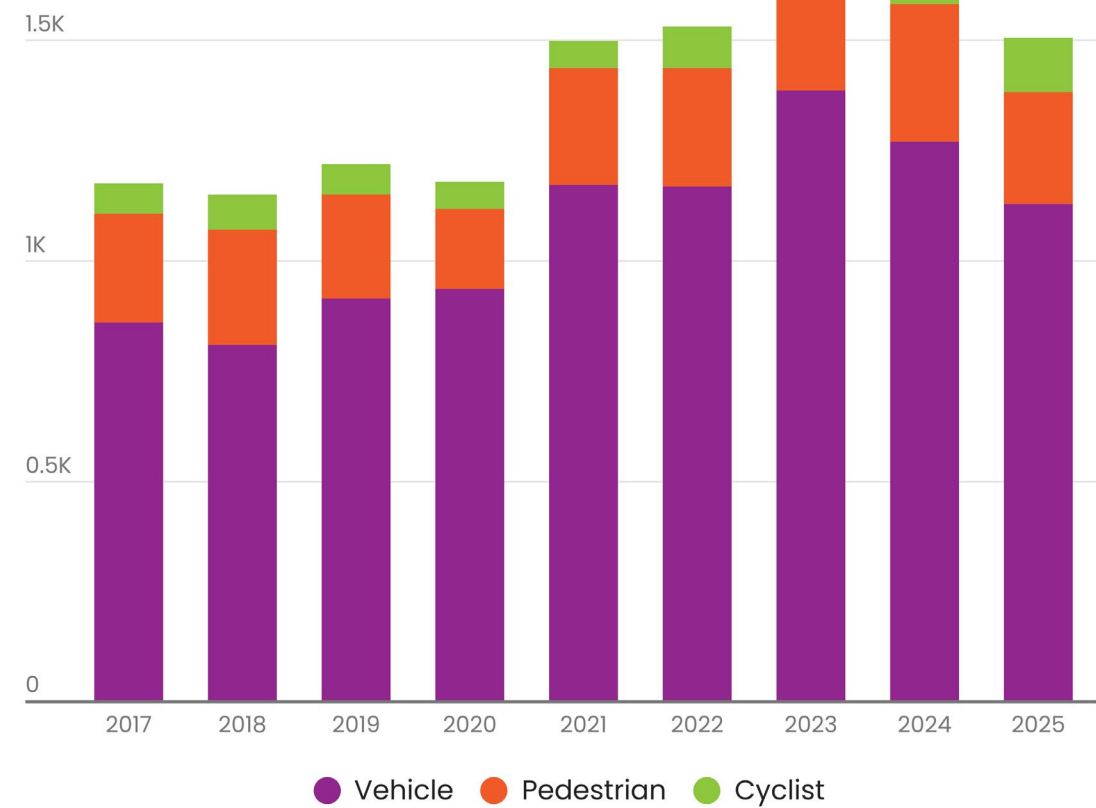


Deaths & Serious Injuries are beginning to decline

Traffic Related Deaths, 2017–2025



Serious Injuries, 2017–2025

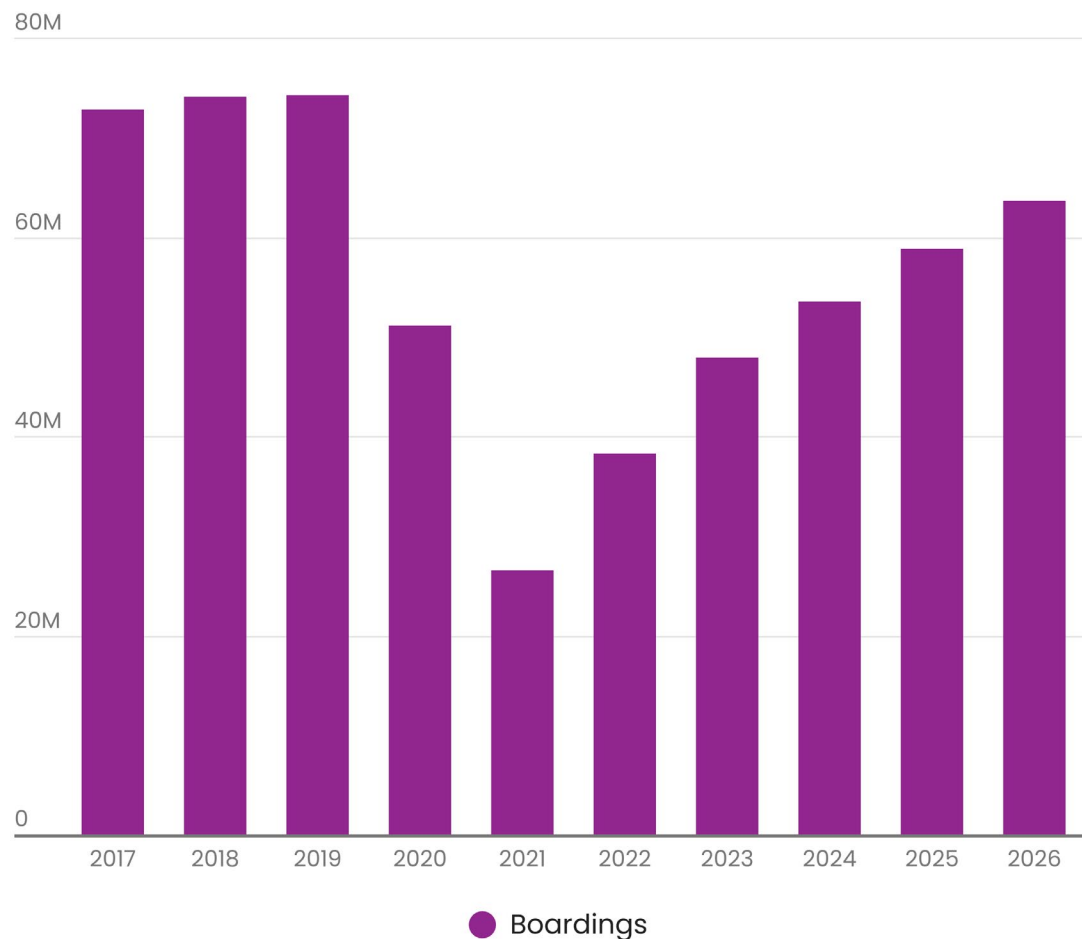


Source: Washington State Department of Transportation, Multi-Row Flat File, 2025 preliminary data release

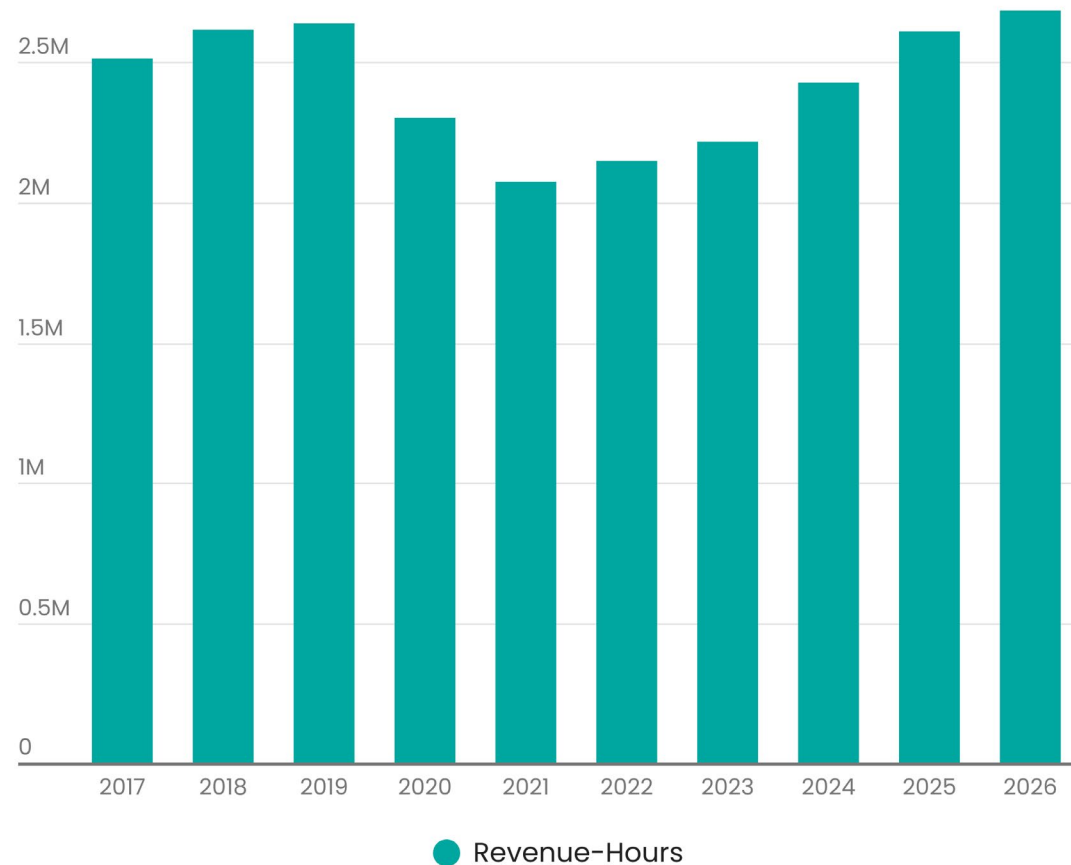


Transit Boardings are at 86% of pre-pandemic levels

Jan-Apr Transit Boardings, 2017-2026

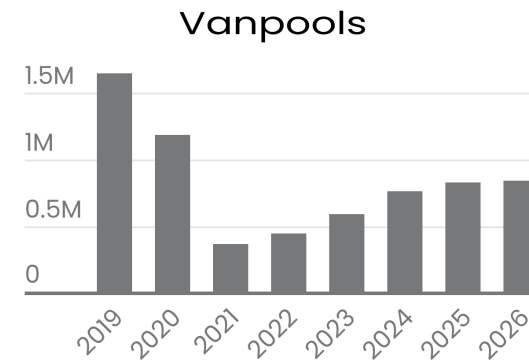
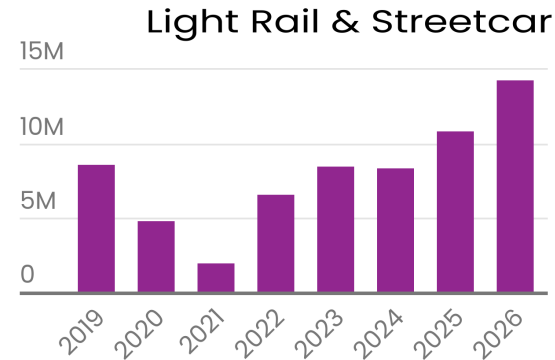
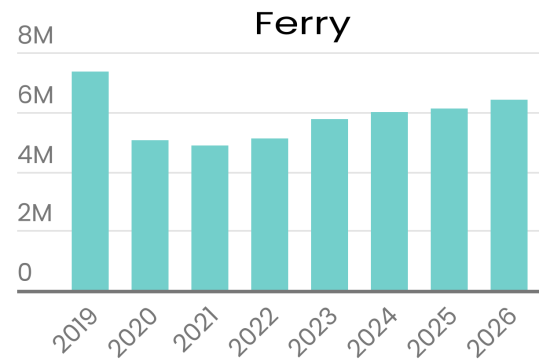
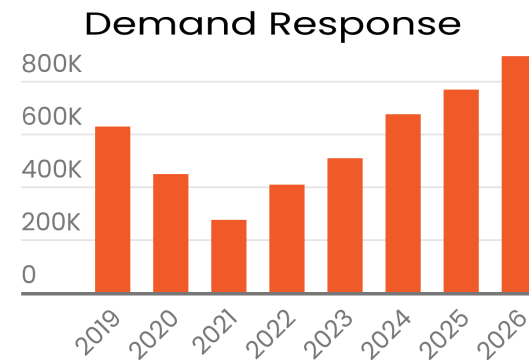
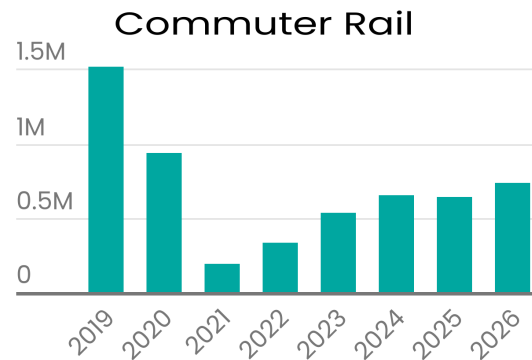
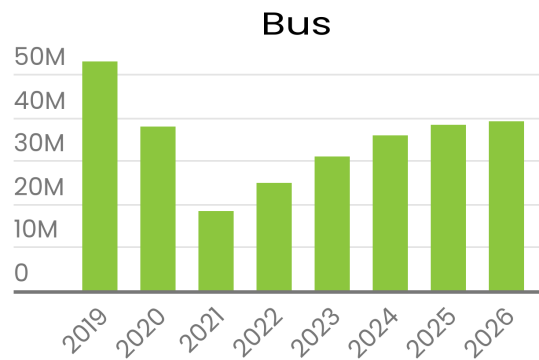


Jan-Apr Revenue-Hours, 2017-2026



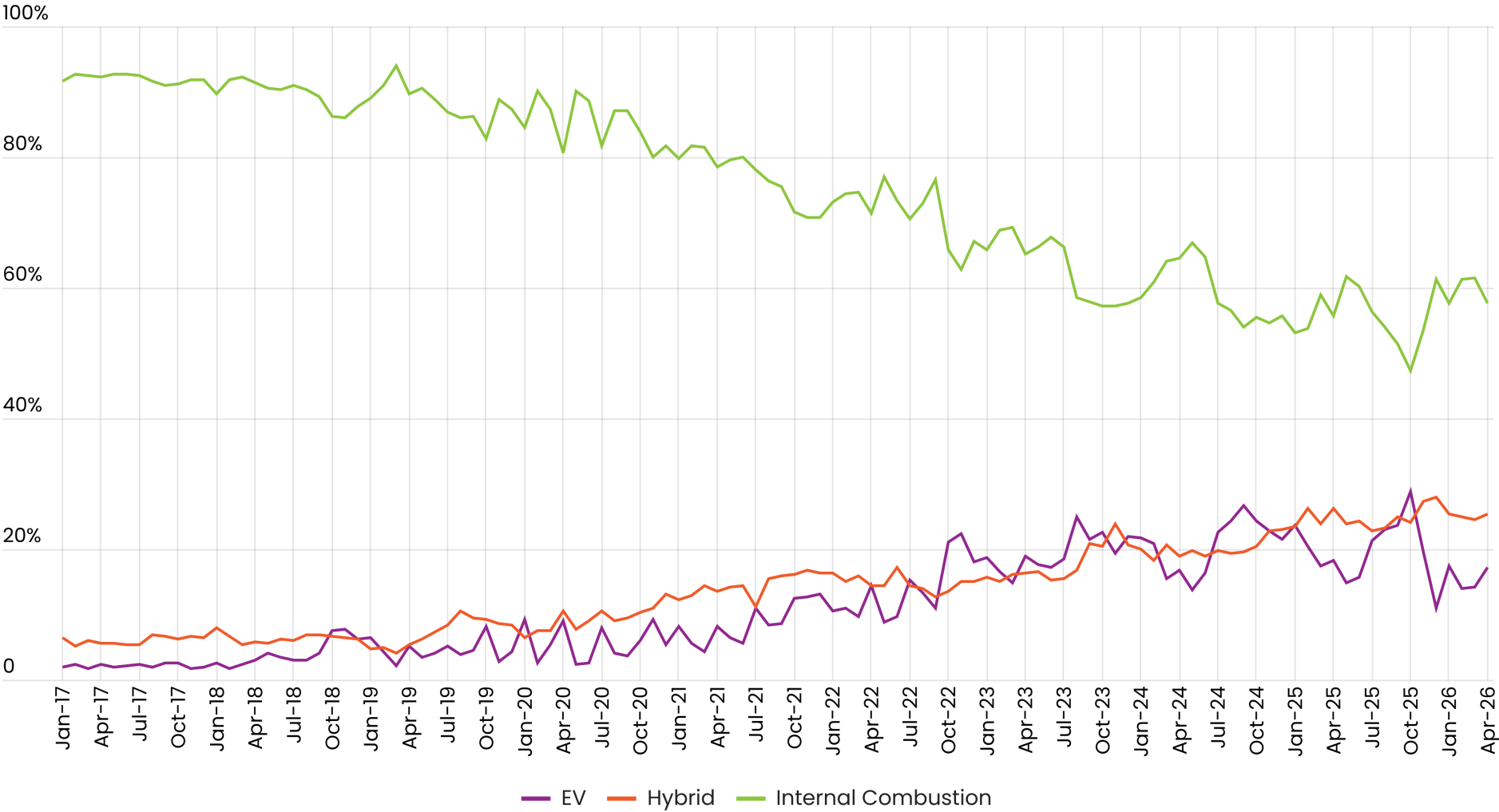
Usage across all transit modes is increasing

Jan-Apr Boardings by Mode, 2019 to 2026



EV & Hybrid Sales made up 40% of new vehicles in 2026

New Vehicle Title Transactions in Central Puget Sound, 2017–2026

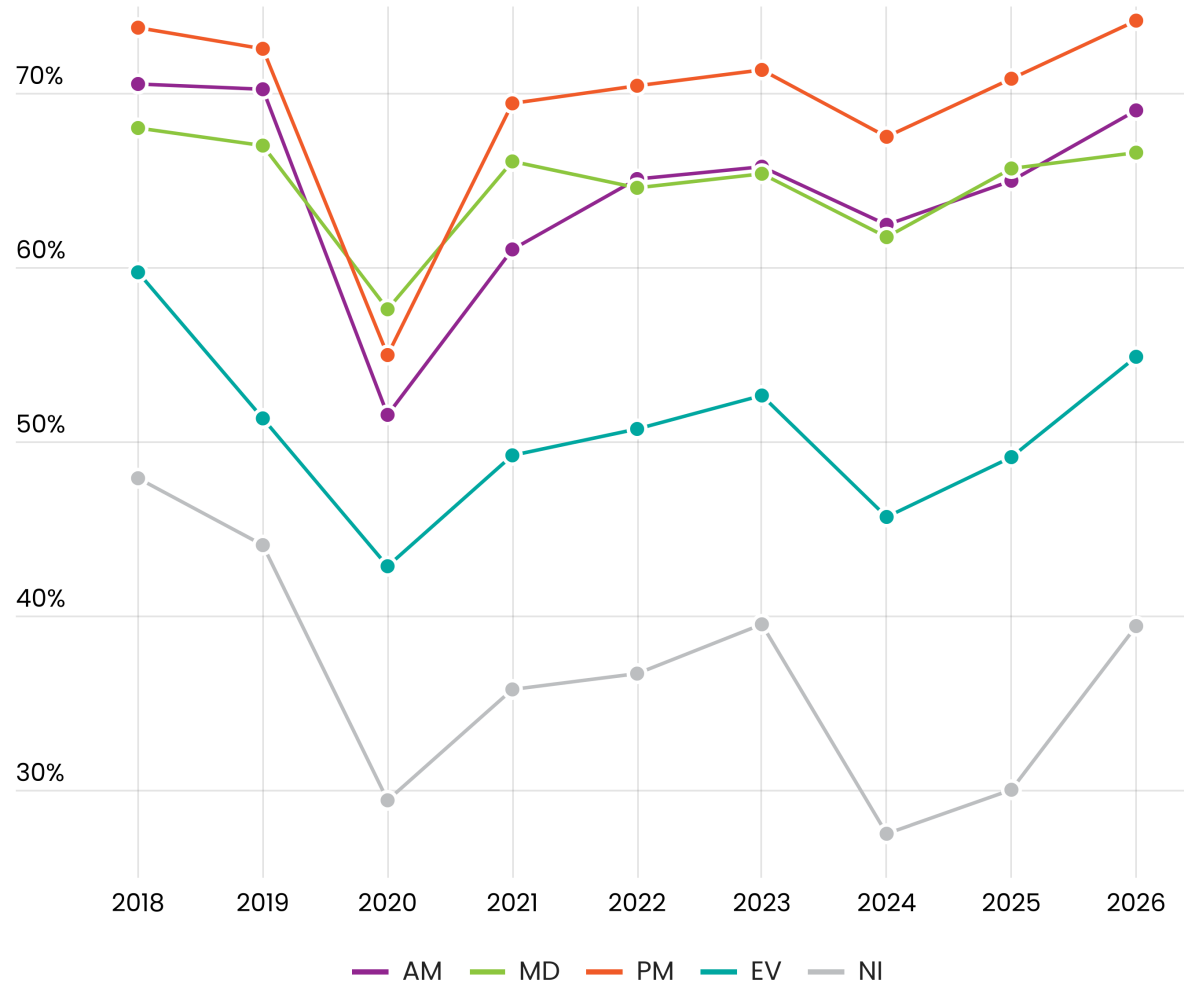


Source: Washington State Department of Licensing, New Vehicle Title Transactions



Congestion increased in the spring of 2026

Heavy & Severe Congestion, April 2018–2026



- Revive I-5 work was on-going during this period
- Significant construction activities were occurring related to STRIDE BRT on I-405 and SR 522





Thank You!

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Puget Sound Regional Council