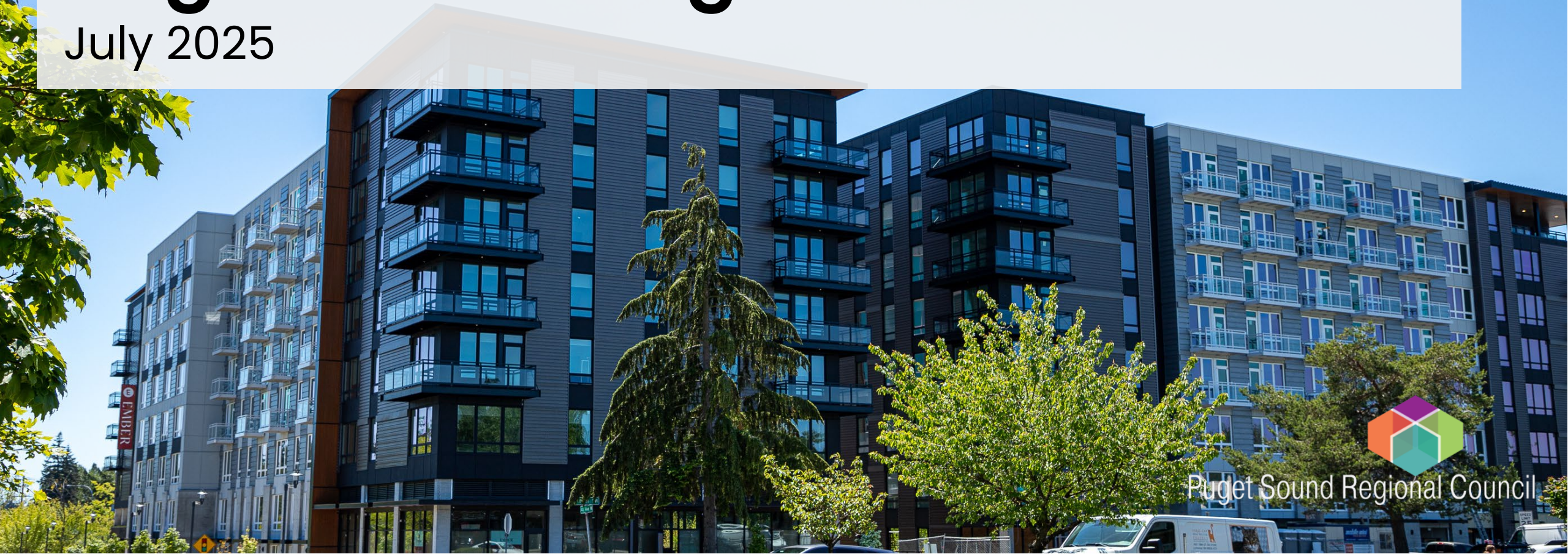


# Puget Sound Regional Data Trends

July 2025



Puget Sound Regional Council



*We are leaders in the region to realize equity for all. Diversity, racial equity and inclusion are integrated into how we carry out all our work.*

[psrc.org/equity](https://psrc.org/equity)



# Topics for Discussion



Population Trends



Housing Trends



Economic Trends



Transportation Trends



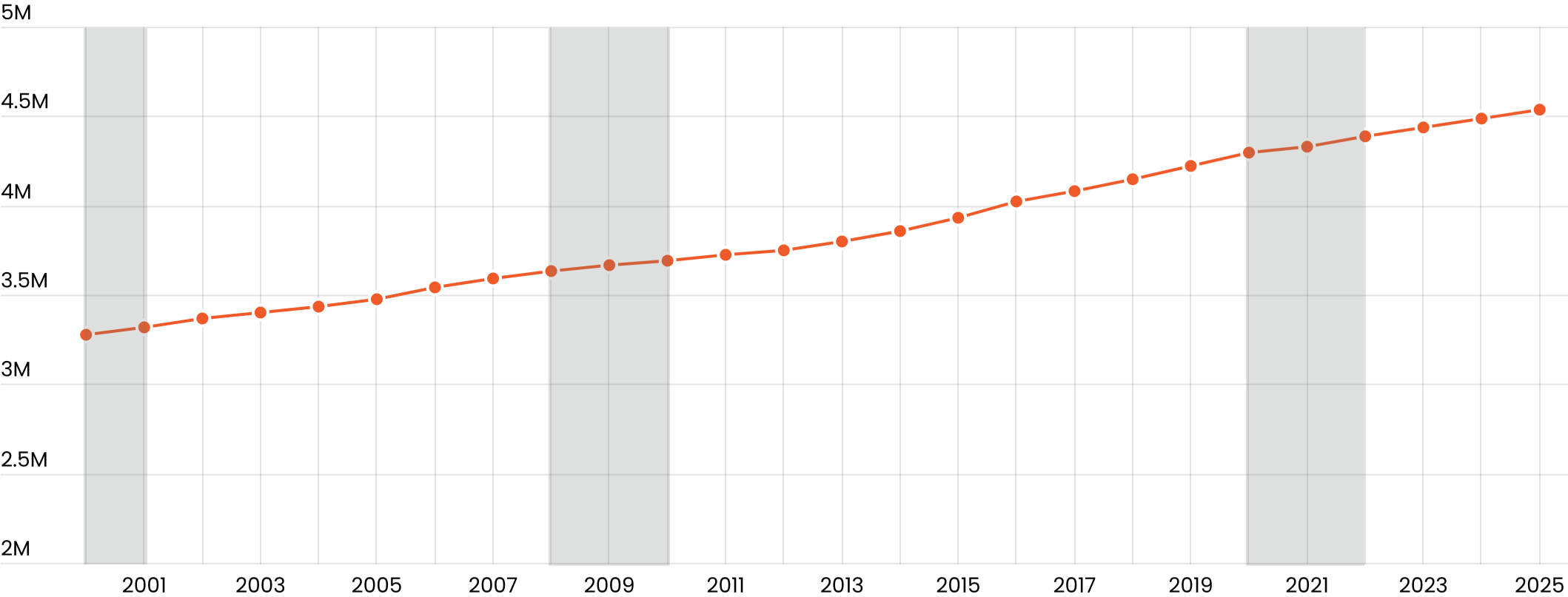
# Population Trends





# Population reached 4.53 million in 2025

## Total Population in Central Puget Sound, 2000–2025



Gray bars indicate U.S. recessions and the COVID-19 Pandemic.

Source: Office of Financial Management, April 1 Official Population, 2025



# Population Growth has slowed since the pandemic

## Population Change by County, 2018–2025



The region grew by **50,400** people between 2024 and 2025 and **67%** of the growth occurred in King County.

Source: Office of Financial Management, April 1 Official Population, 2025



# Most Population growth has occurred in cities

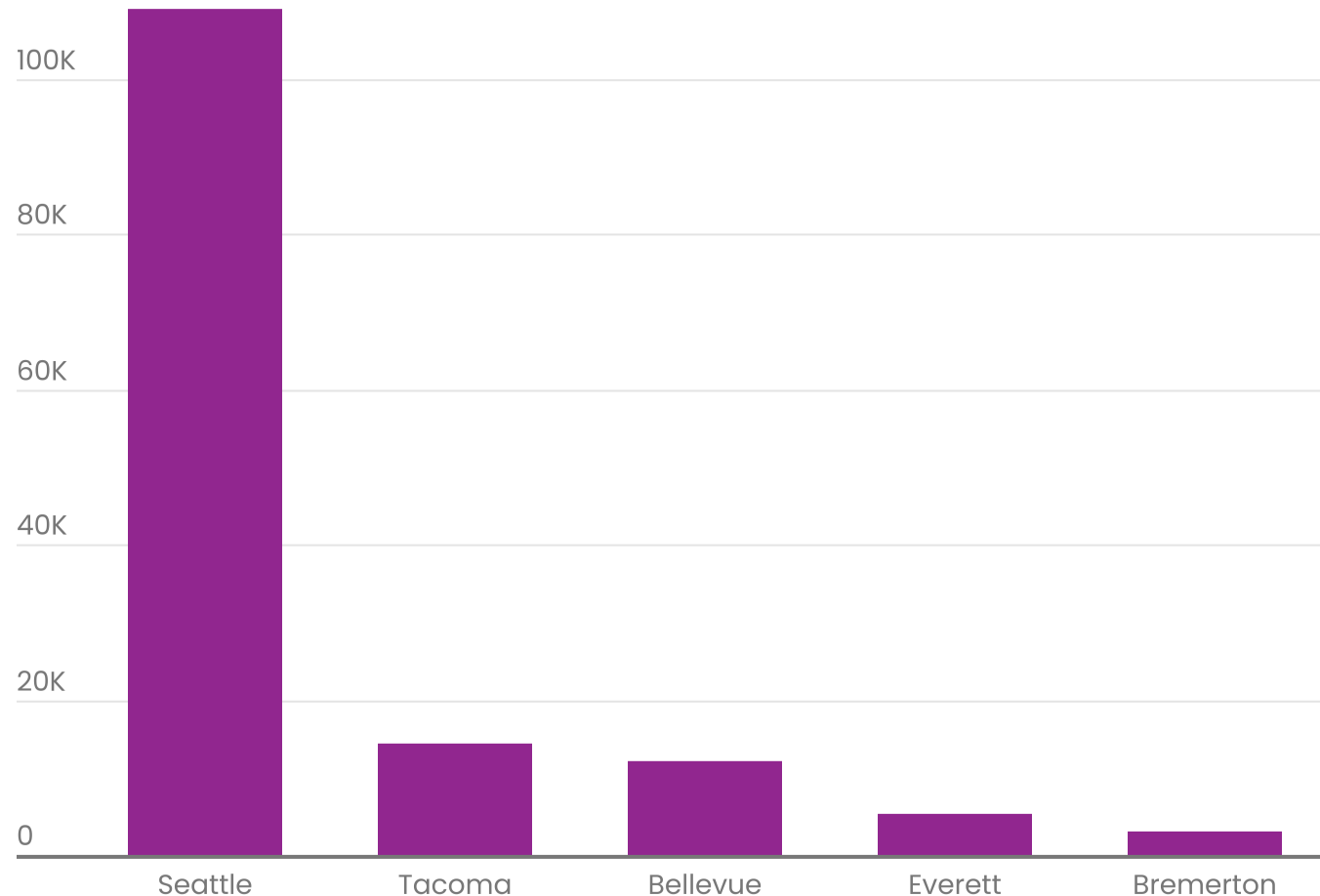
## Growth by Regional Geography, 2018–2025





# Metropolitan Cities added 144k residents since 2018

## Metropolitan City Growth, 2018–2025

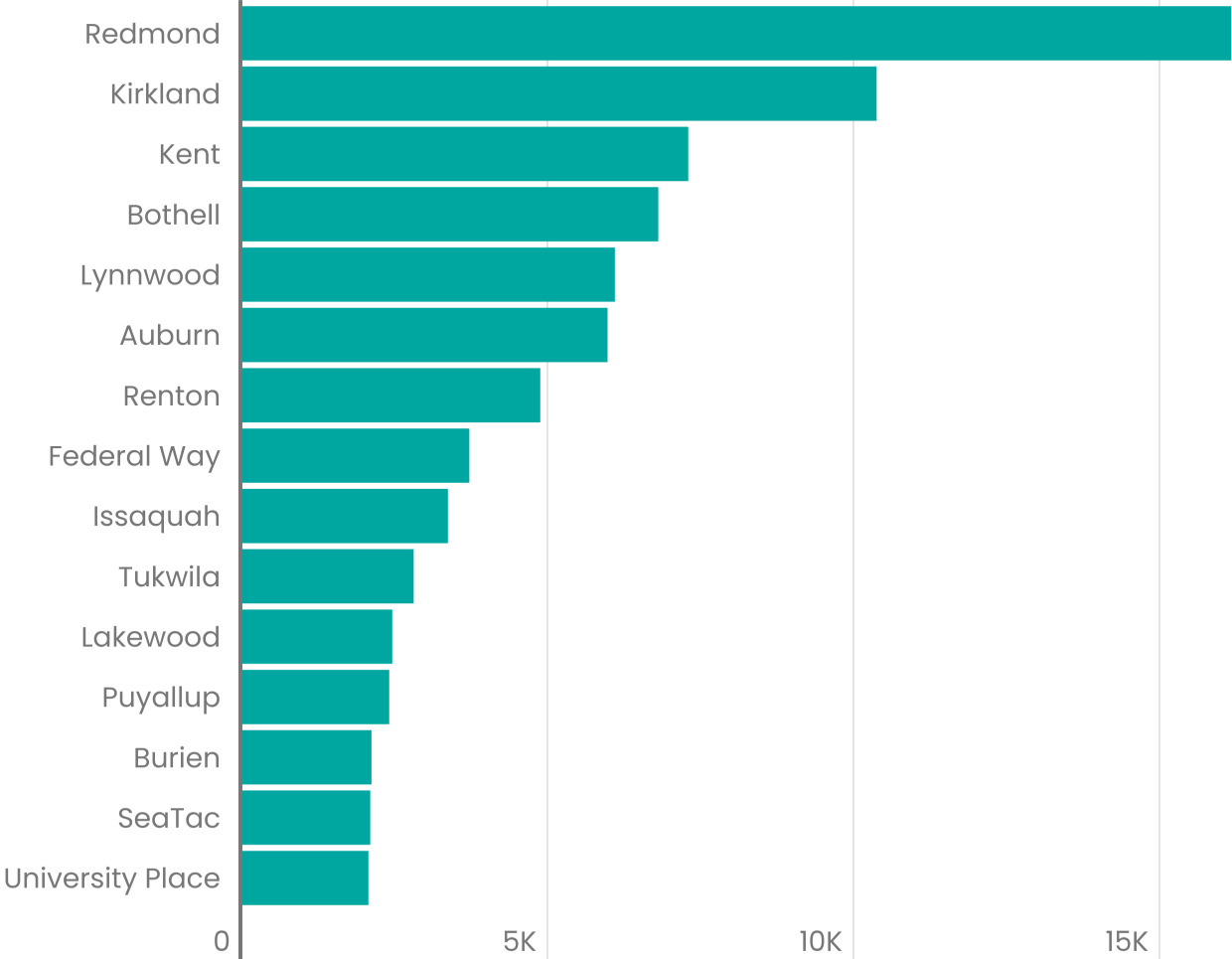


Seattle added 109,000 residents since 2018, accounting for 76% of the total Metropolitan City growth since 2019.



# Core Cities added 79k residents since 2018

## Core City Growth, 2018–2025

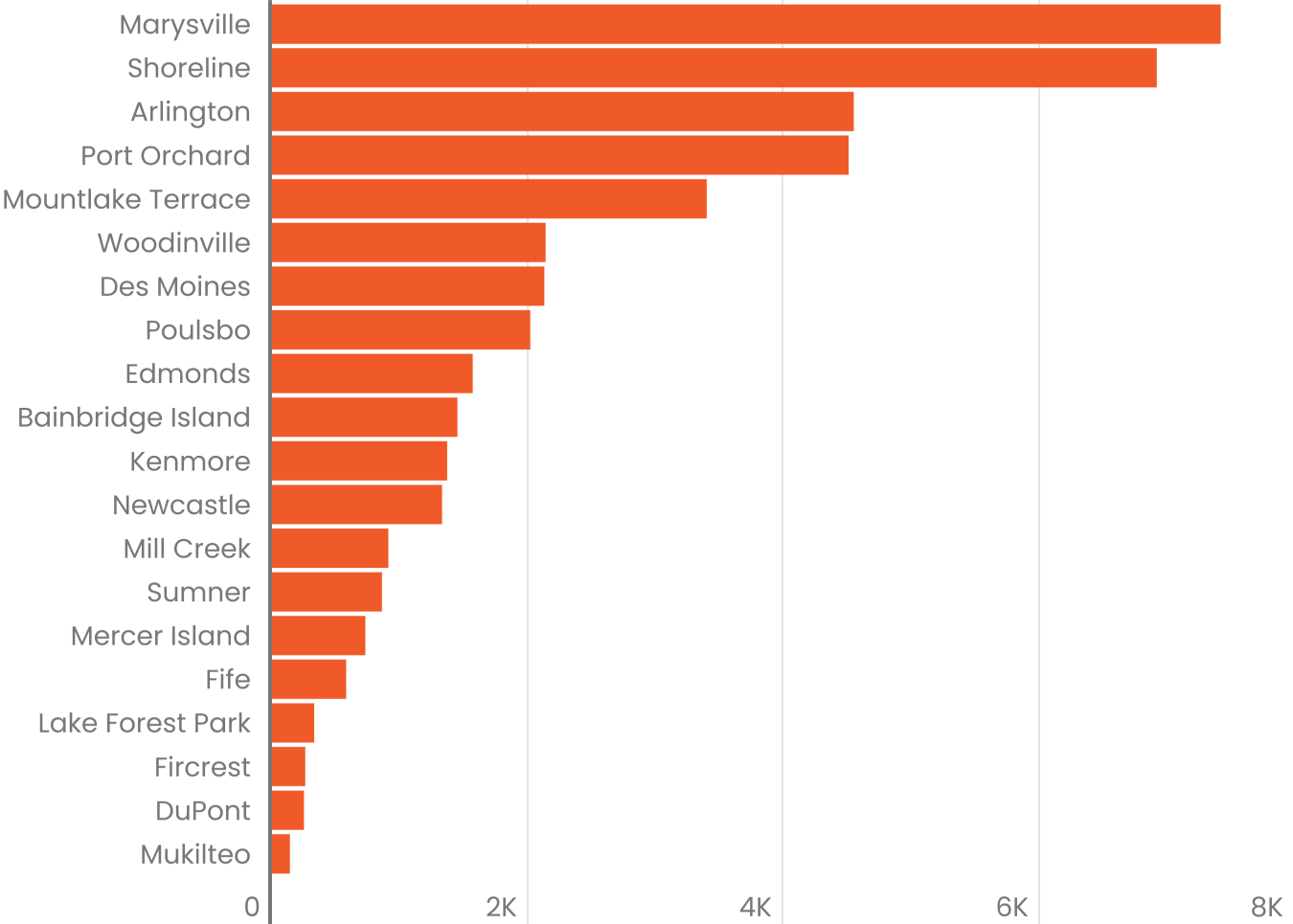


Redmond, Kirkland and Kent combined accounted for an additional **34,000** residents since 2018, **43%** of the total growth of Core Cities.

Source: Office of Financial Management, April 1 Official Population, 2025

# HCT Communities added 43k residents since 2018

## HCT Community Growth, 2018–2025



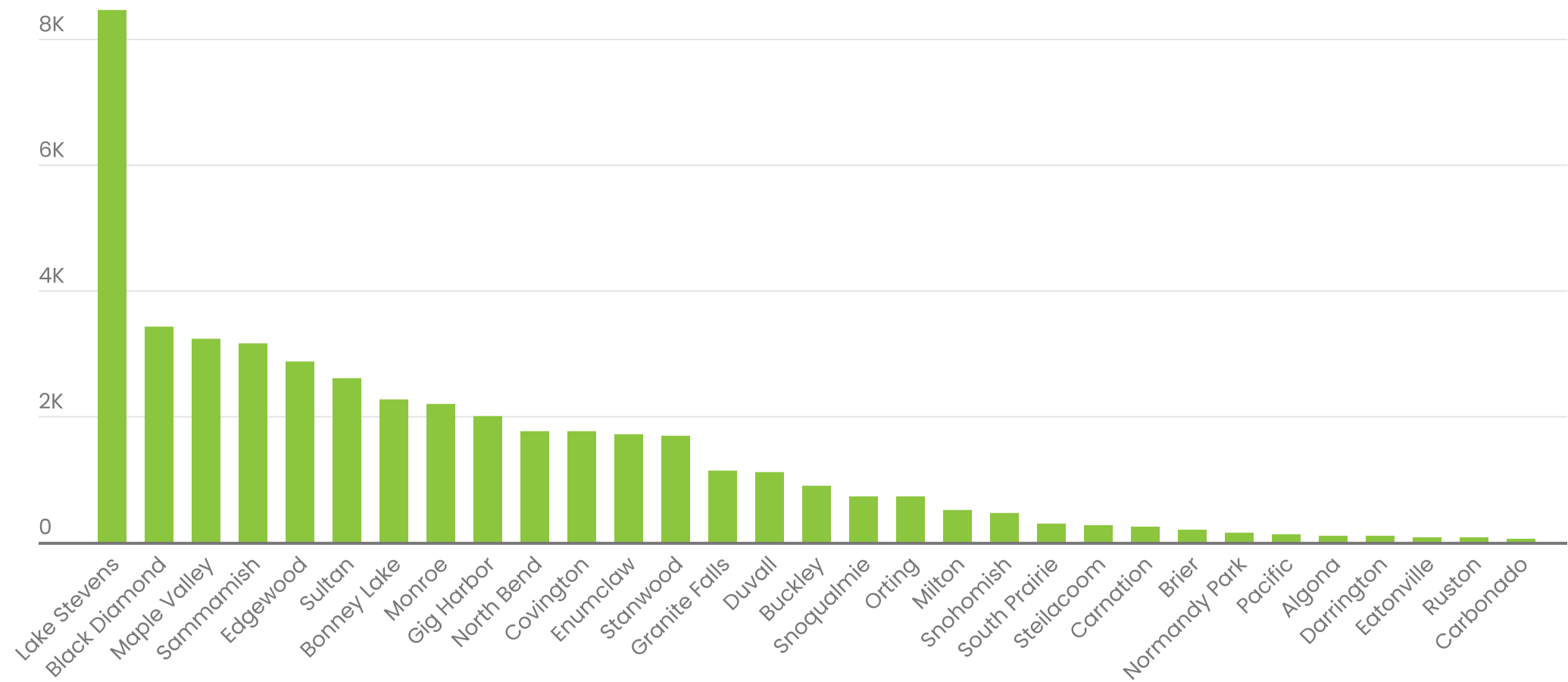
Marysville, Shoreline and Arlington accounted for **44%** of the total HCT Community growth since 2018.

Source: Office of Financial Management, April 1 Official Population, 2025



# Cities & Towns added 44k residents since 2018

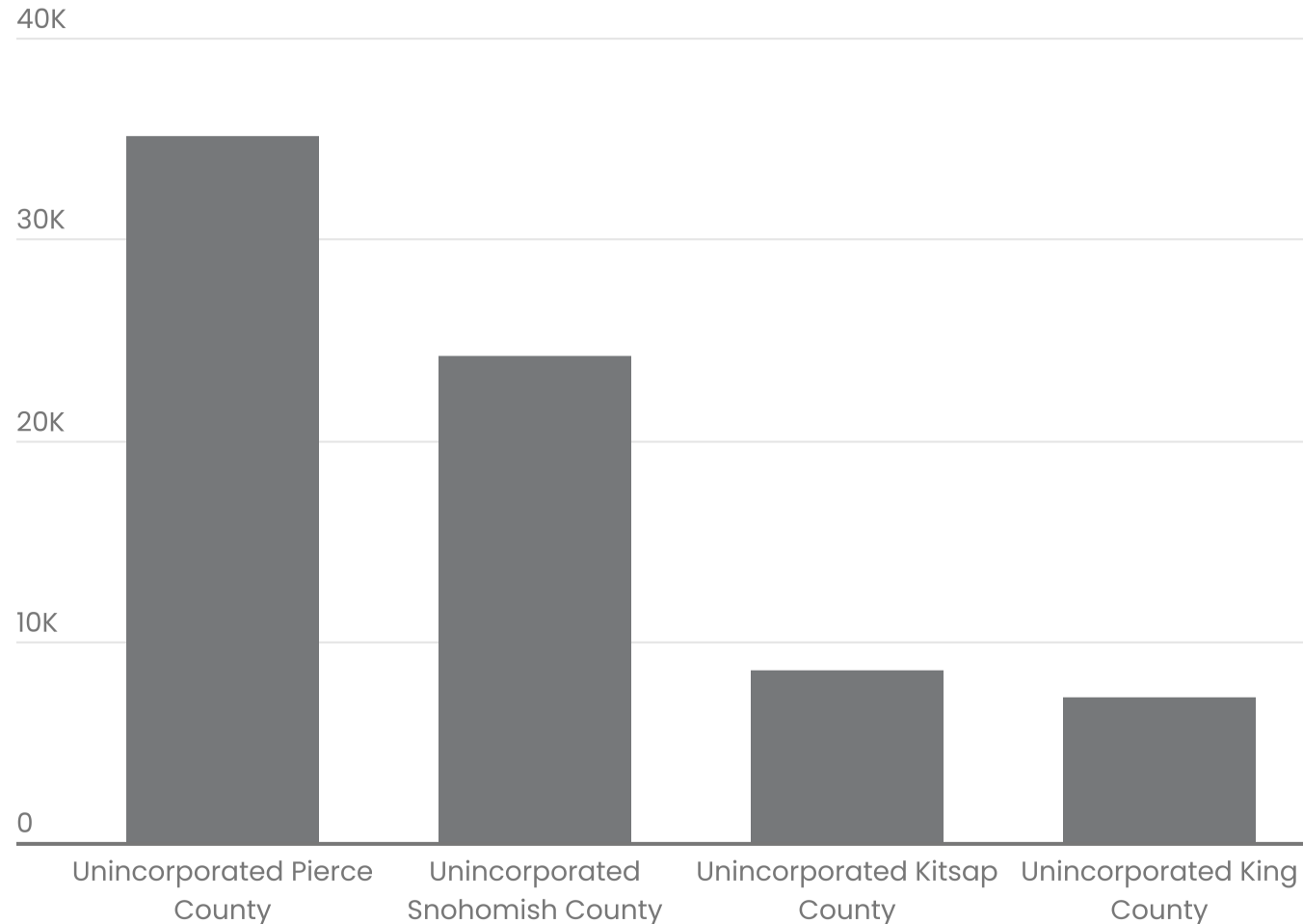
## Cities & Towns Growth, 2018–2025



Source: Office of Financial Management, April 1 Official Population, 2025

# Unincorporated area added 75k residents since 2018

## Unincorporated Area Growth, 2018–2025



Pierce County  
Unincorporated areas  
added **35,000**  
residents since 2018,  
accounting for **47%** of  
the total  
unincorporated area  
growth since 2019.



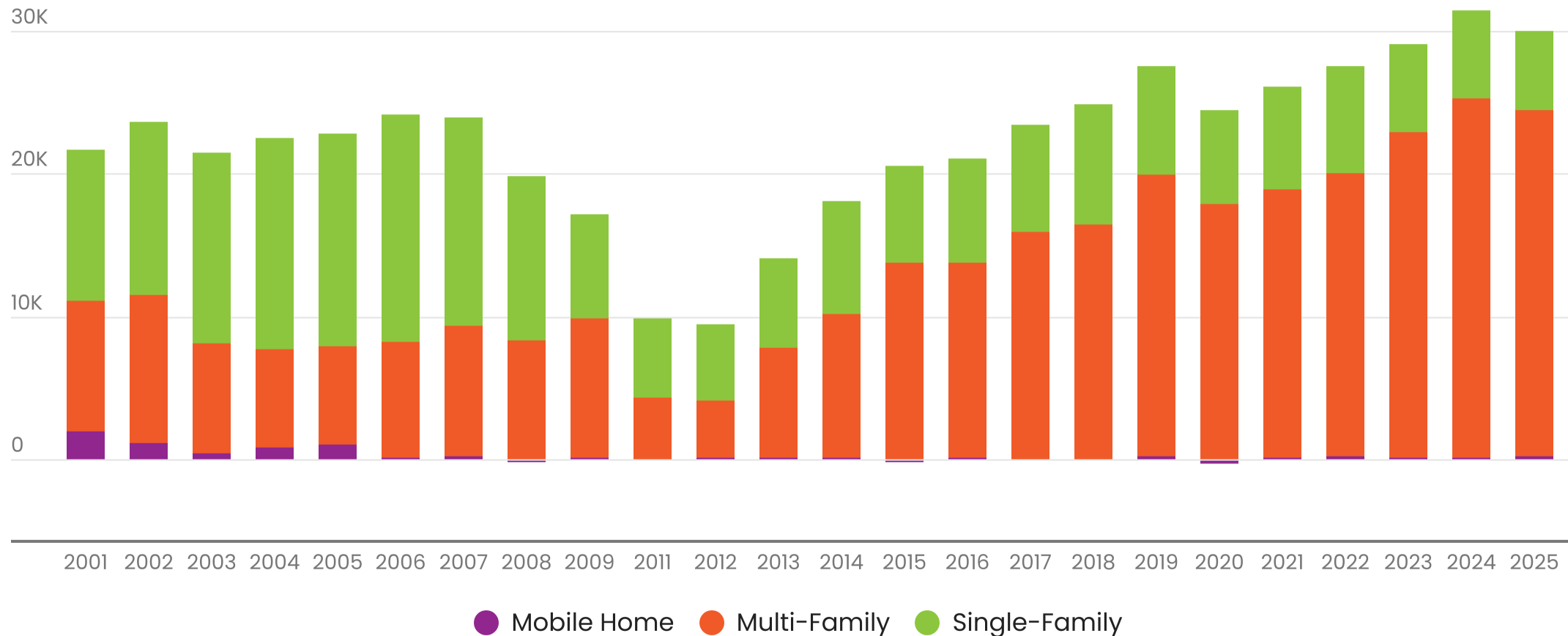
# Housing Trends





# New Housing Production near 30k units in 2025

## Housing Unit Change by Type, 2000–2025



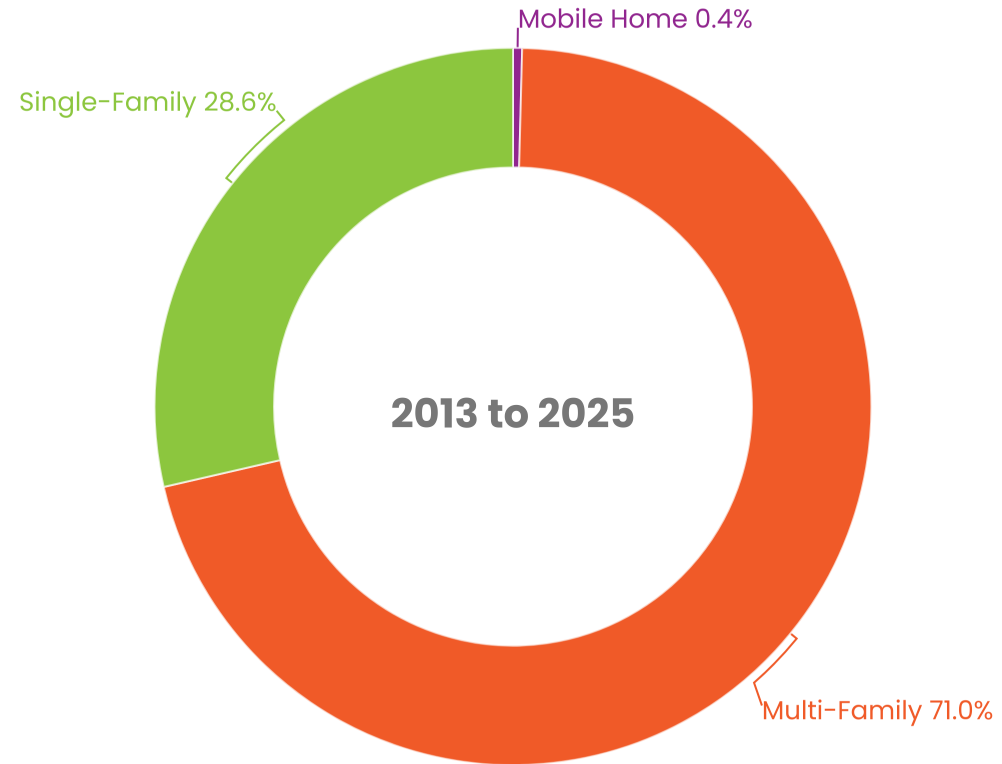
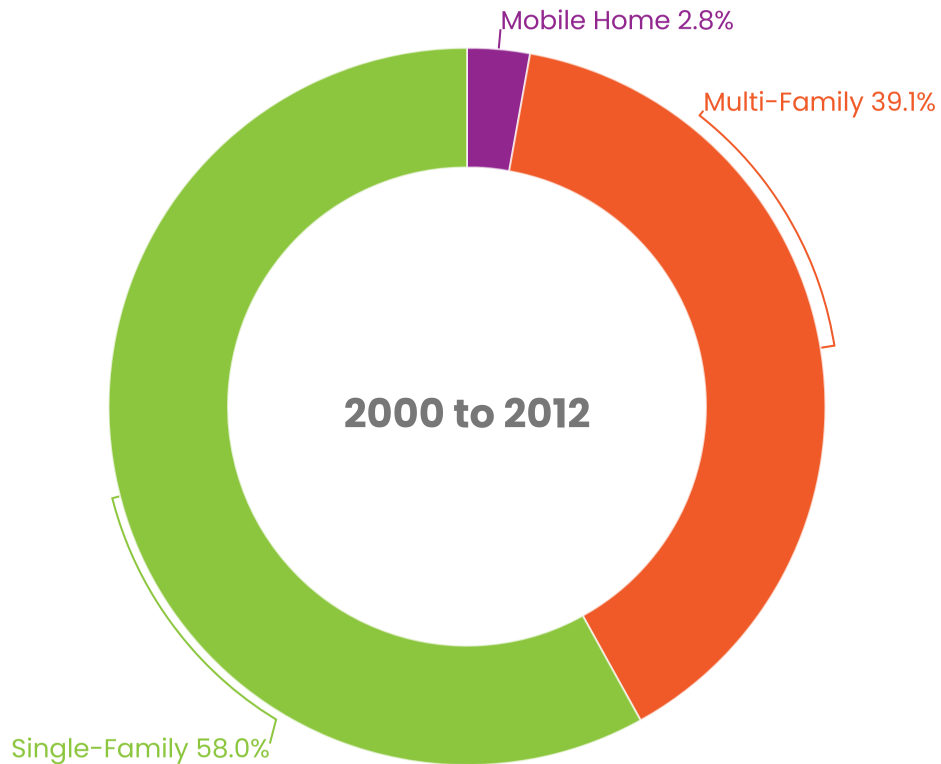
Source: Office of Financial Management, Historical Estimates of April 1 Population and Housing by State, County & Cities





# New Housing is predominately multi-family

## New Housing Units by Type

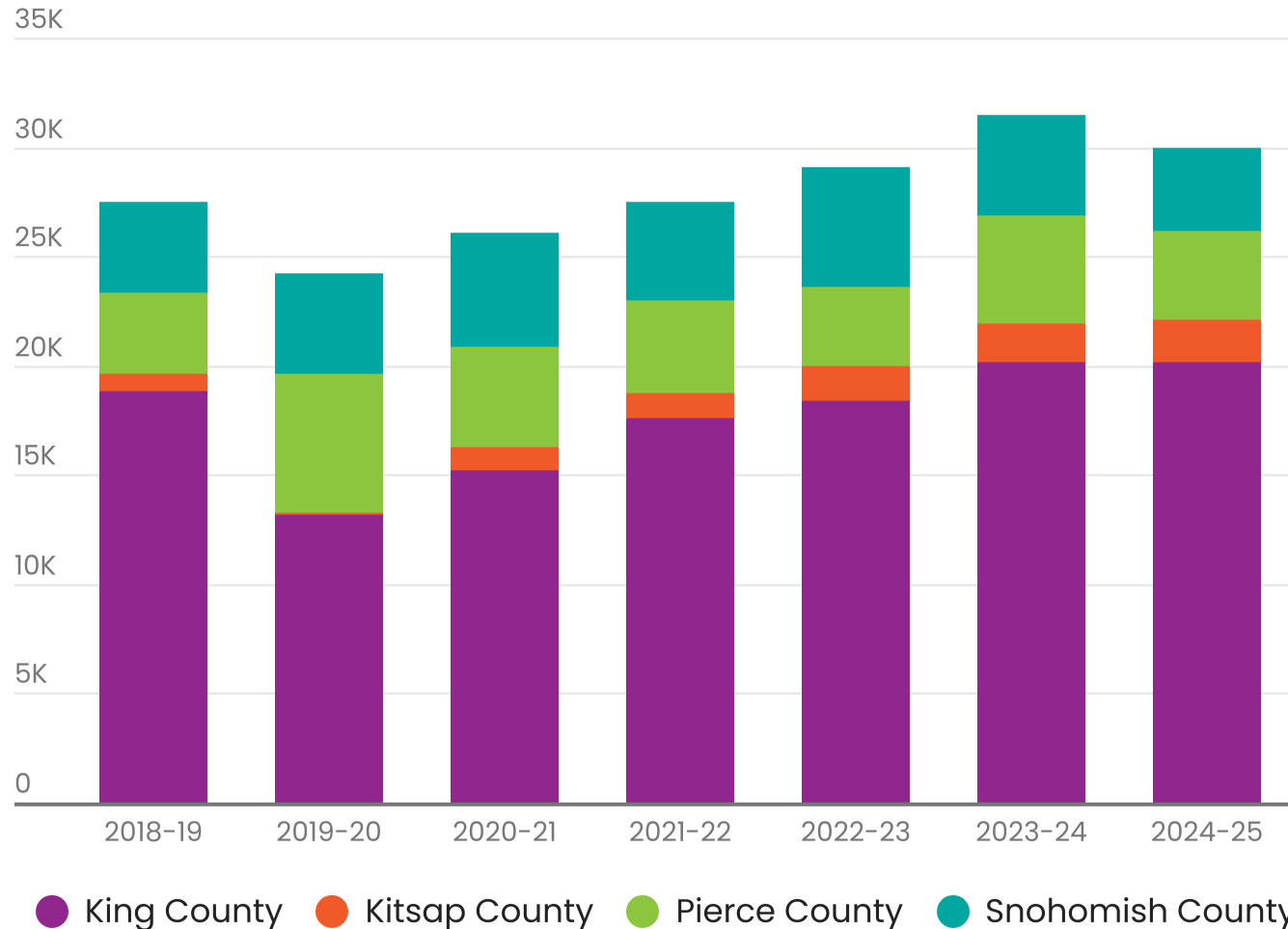


Source: Office of Financial Management, Historical Housing Estimates, 2025



# All Counties are adding Housing

## Housing Unit Change by County, 2018–2025



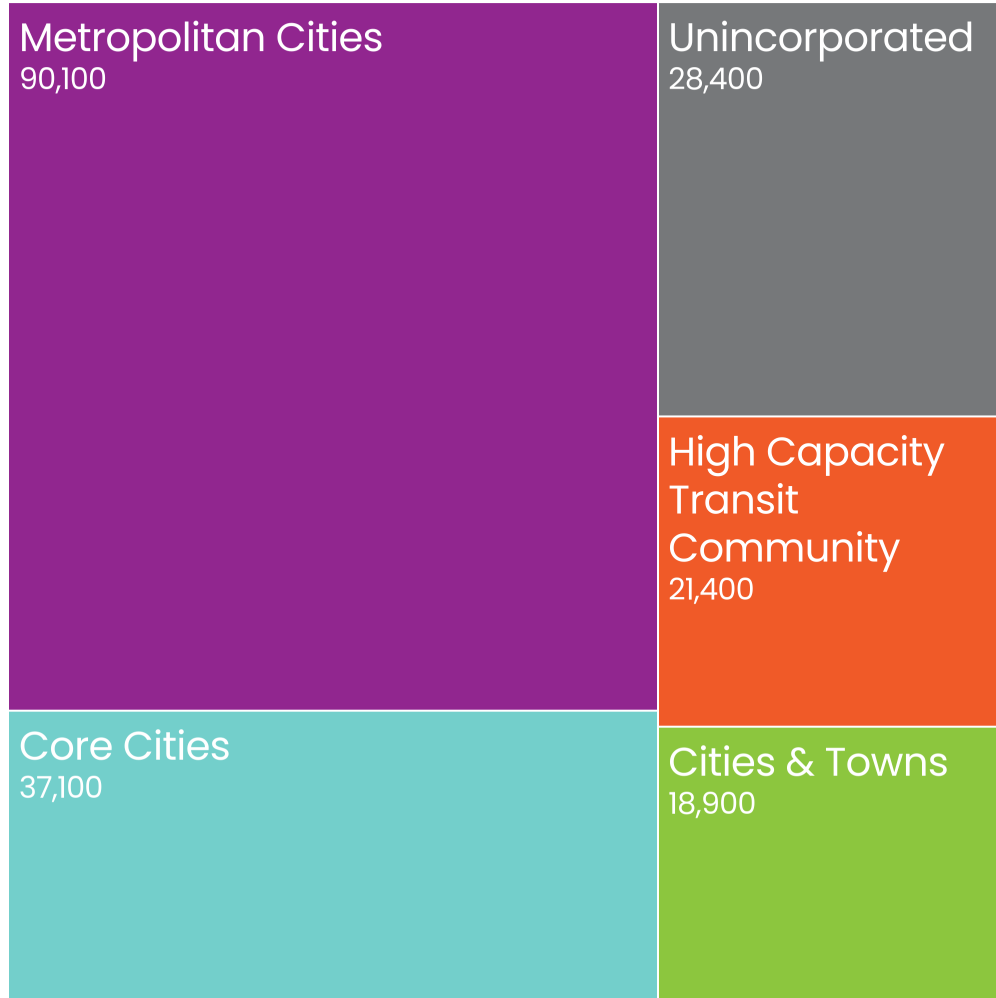
The region added **30,000** housing units between 2024 and 2025 and **67%** of the growth occurred in King County.





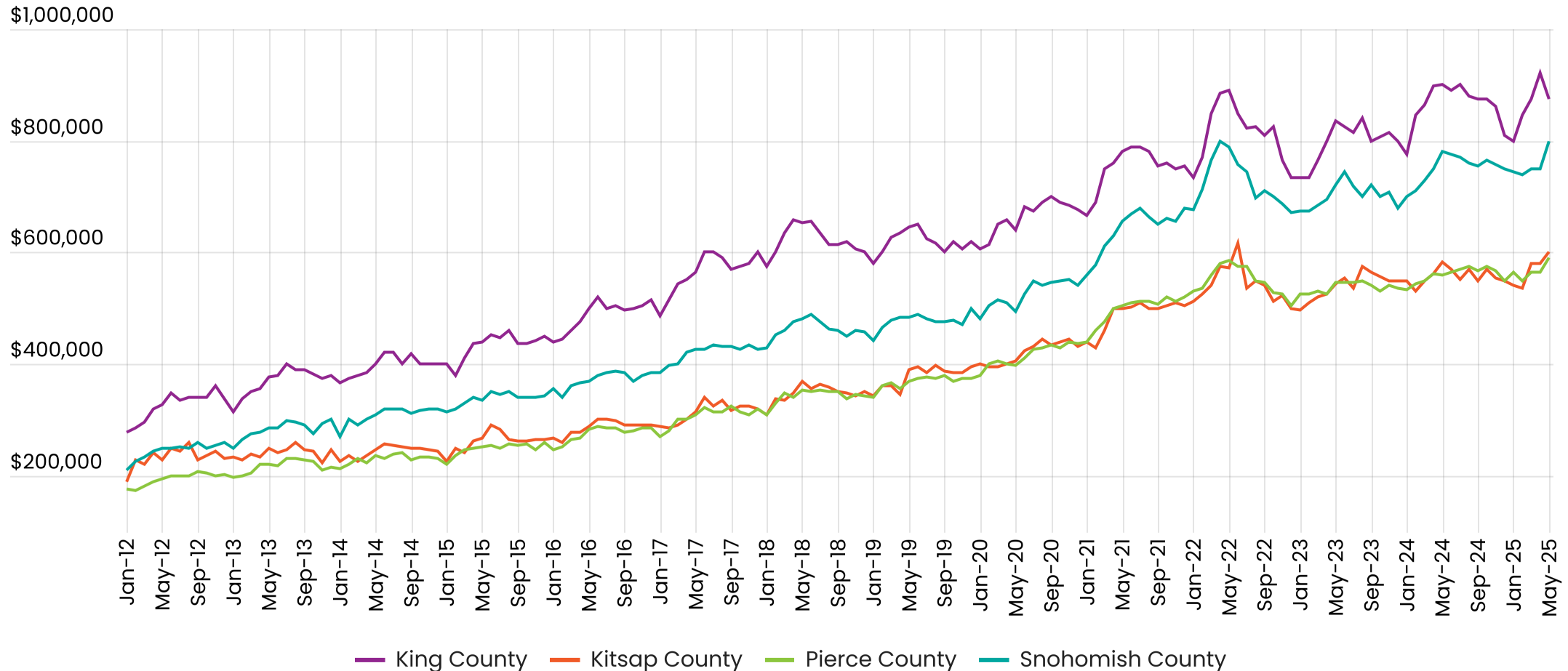
# Most housing growth has occurred in cities

## Growth by Regional Geography, 2018–2025



# Median Sales price are at all-time highs

## Median Home Sales Price in Central Puget Sound, 2012–2025

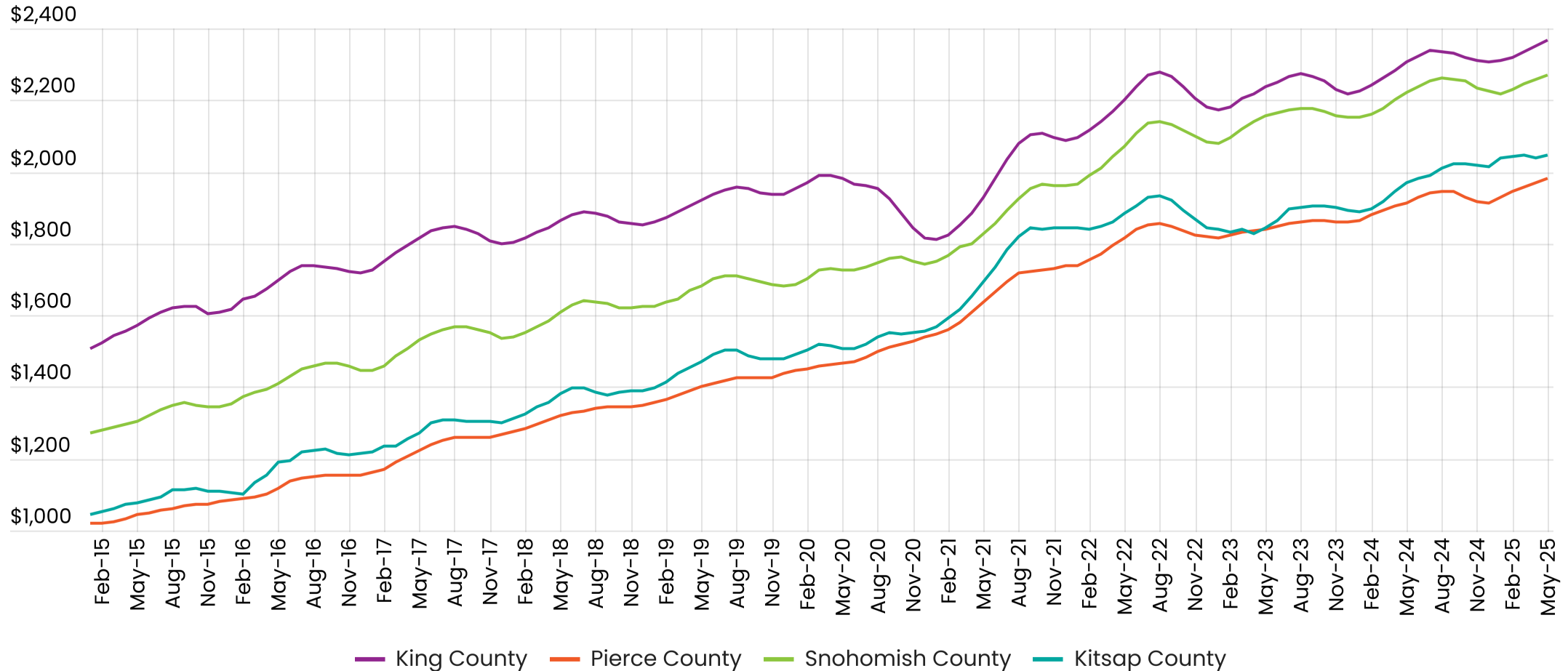


Source: Data provided by Redfin, a national real estate brokerage



# Monthly Rents are at all-time highs

## Median Monthly Rent in Central Puget Sound, 2015–2025



Source: Housing Data - Zillow Research





# Economic Trends



# Jobs are still above pre-pandemic levels

Wage & Salary Jobs in May by Year, 2010–2025

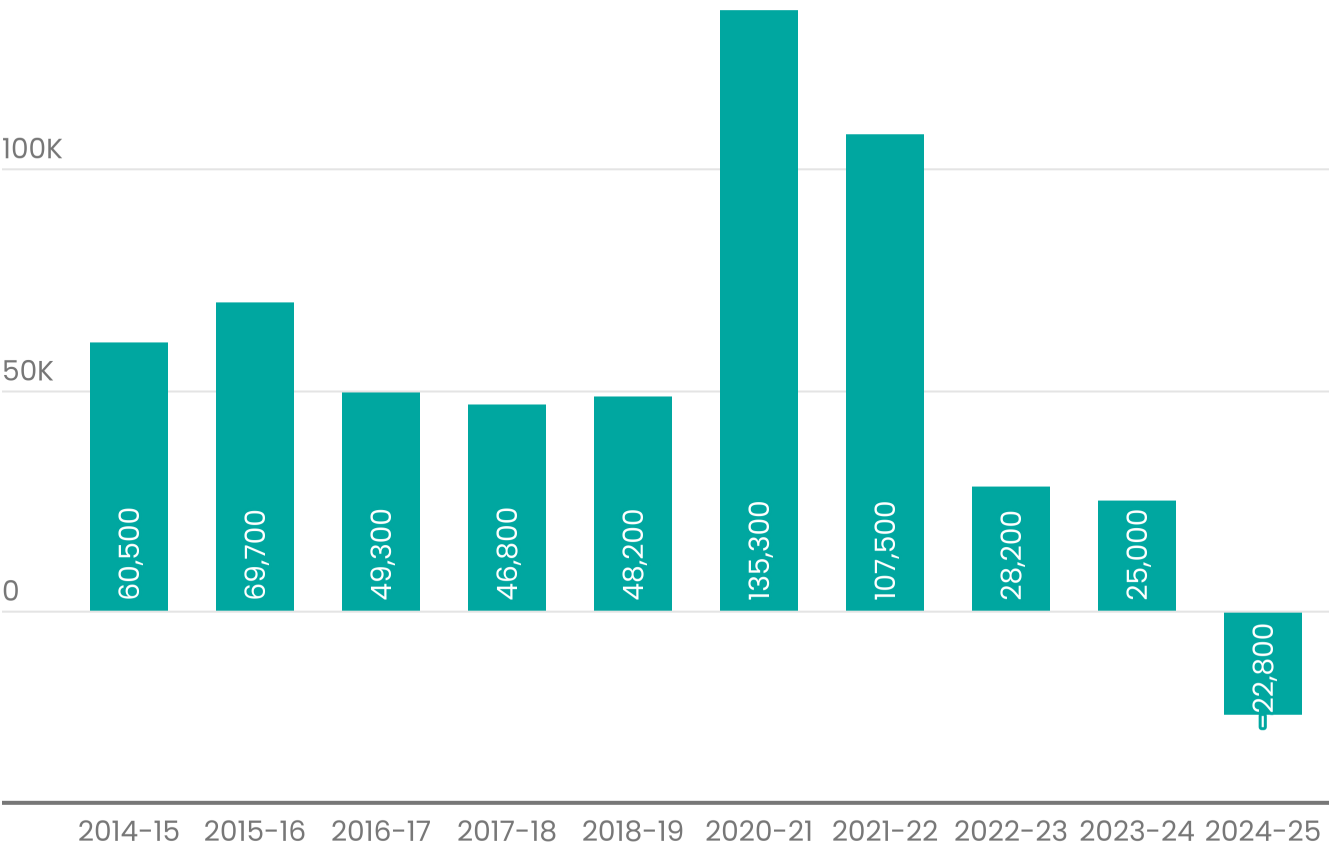


Source: Washington State Employment Securities Department



# The region has lost jobs in the past year

Job Change in May by Year, 2015–2025\*



The region lost **-22,800** jobs between May of 2024 and May of 2025. These losses include layoffs announced by large tech companies as well as impacts of economic uncertainty.

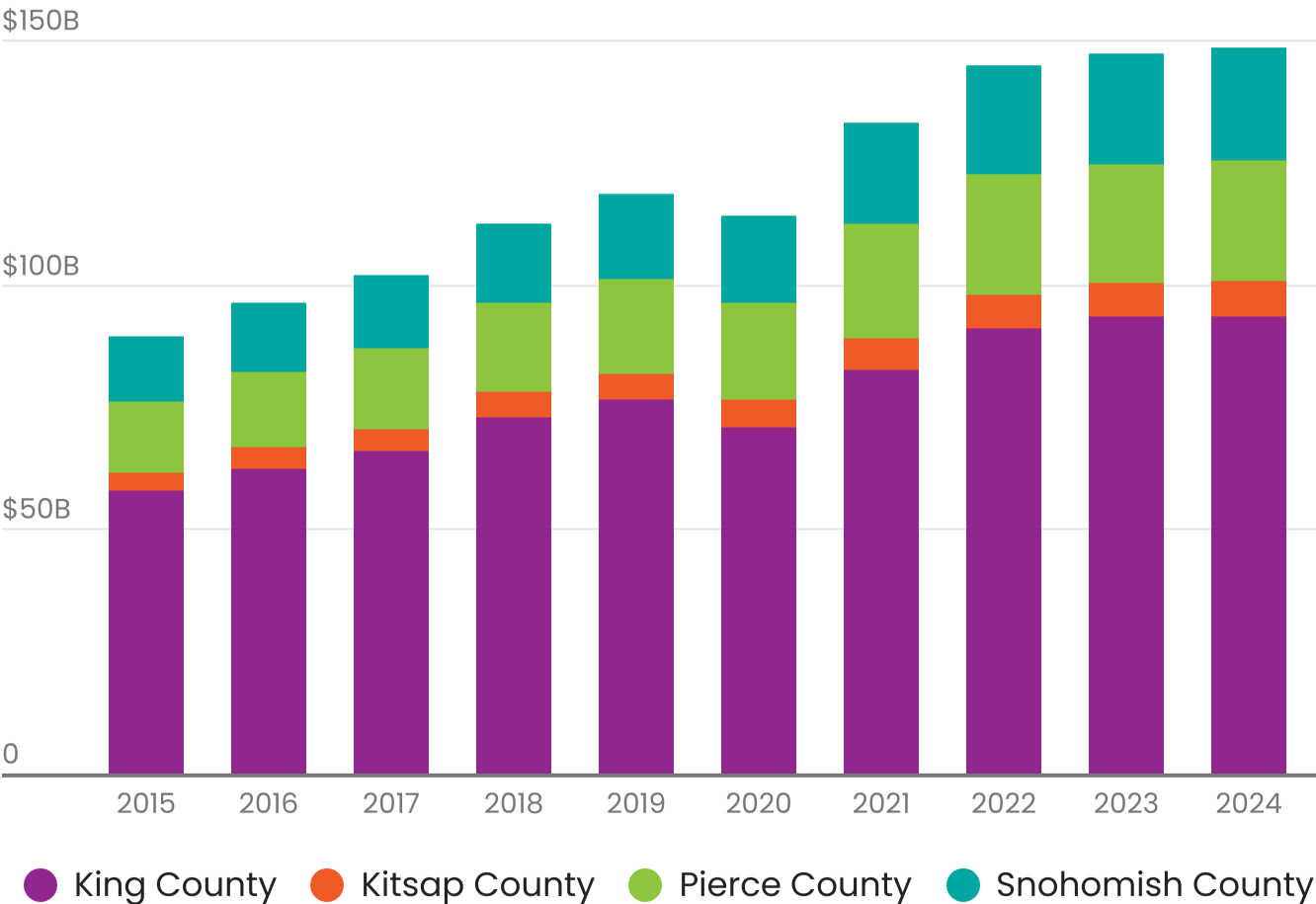
\* 2020 data was left off chart. Almost 240k jobs were lost in 2020

Source: Washington State Employment Securities Department



# Sales & Use Tax growth is slowing

## Sales & Use Taxes by County, 2015–2024

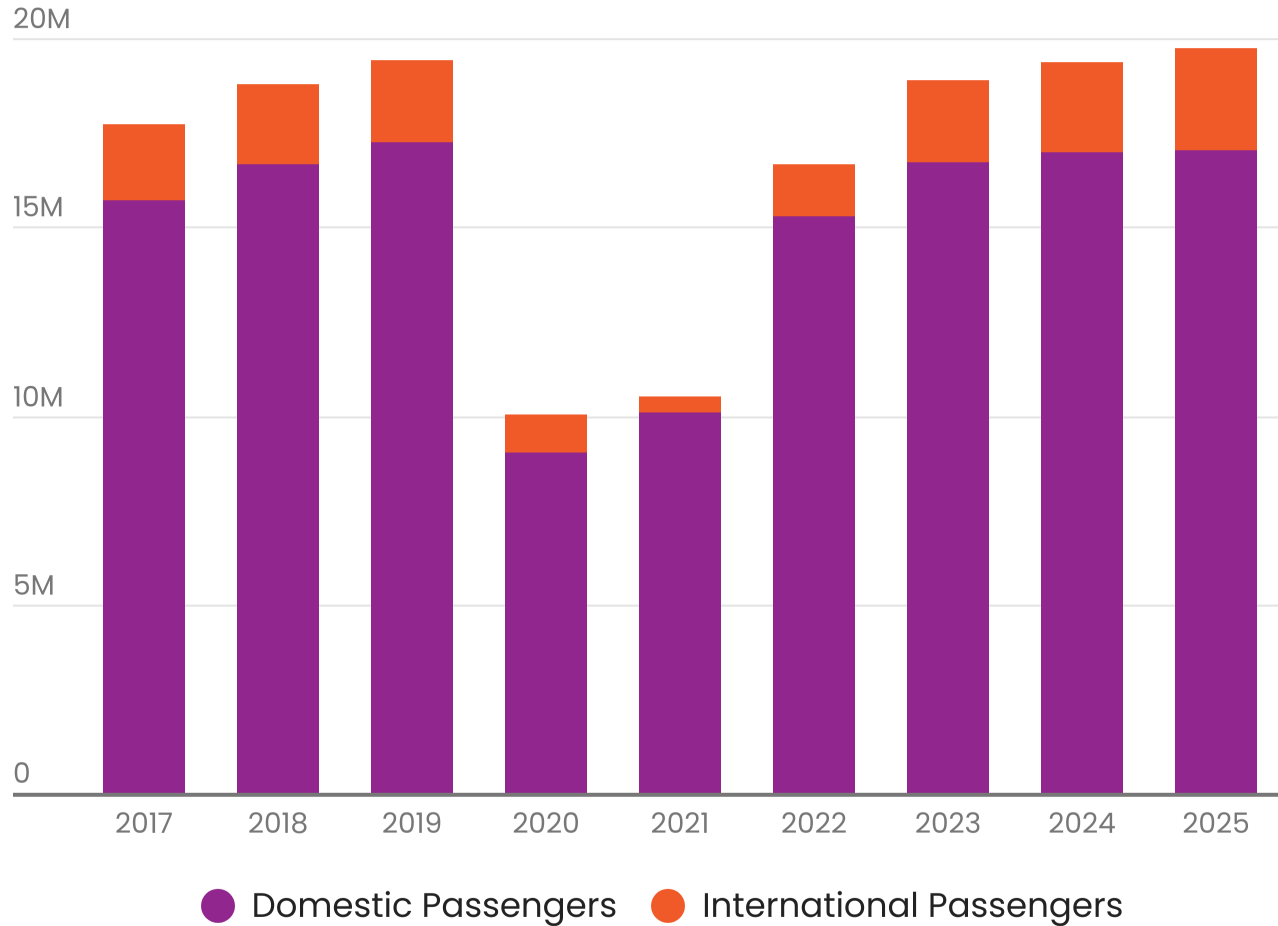


Sales & Use tax collections increased **0.9%** in 2024, the smallest increase outside of 2020 in the past decade.

Source: Washington State Department of Revenue

# SEA Passenger volumes are above 2019 levels

## Jan-May SEA Passengers by Type, 2017-2025



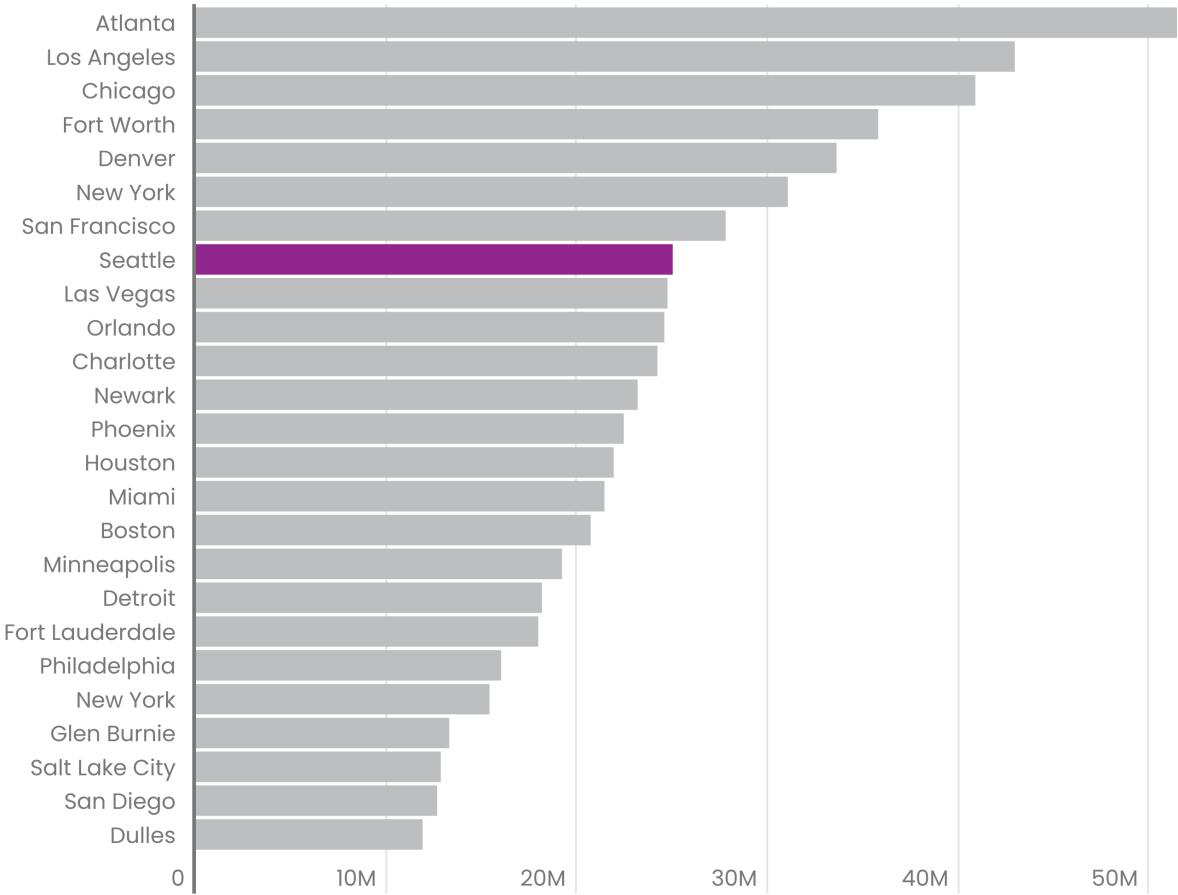
Through May of 2025, more than **19.7 million** passengers passed through SEA

**52.6 million** passengers passed through SEA in 2024, the most in a single year



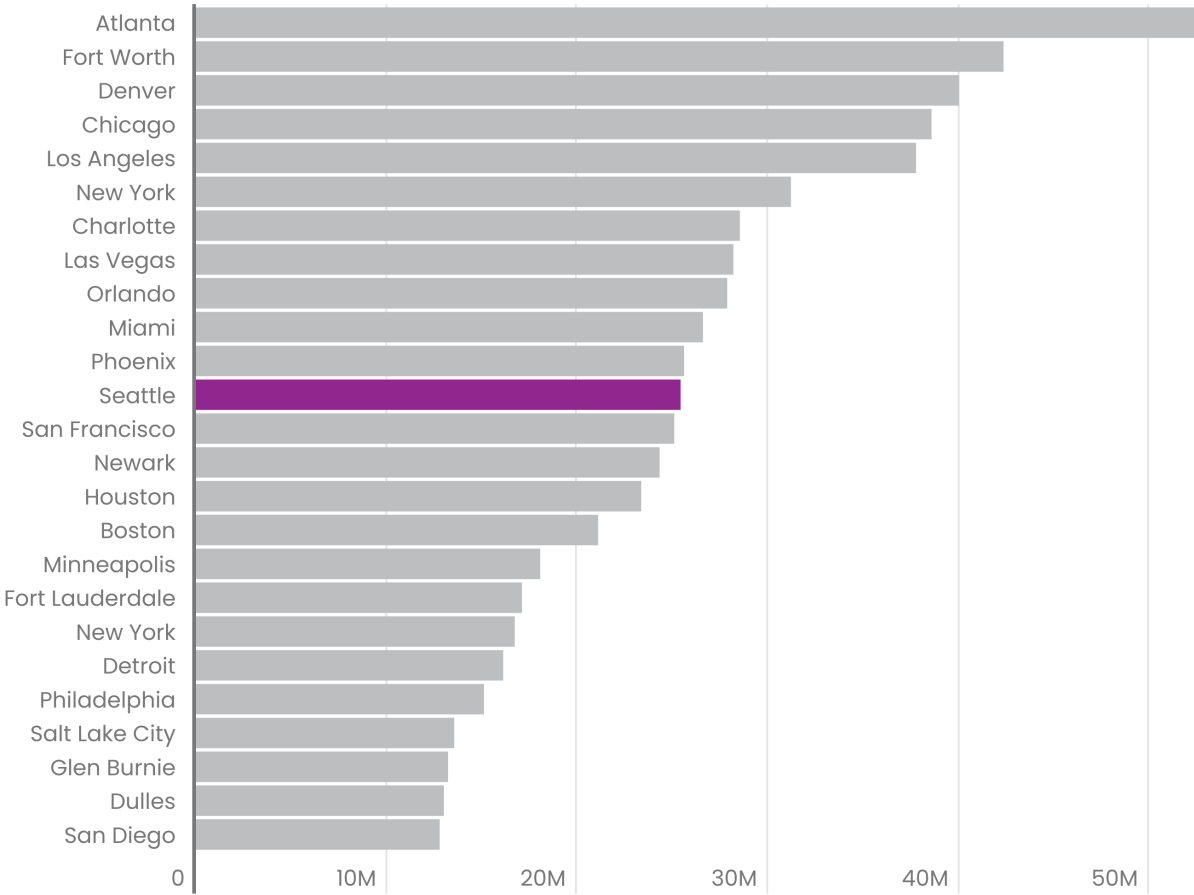
# SEA carried the 12<sup>th</sup> most passengers in 2024

Annual Enplanements: 2019



Source: USDOT Federal Aviation Administration

Annual Enplanements: 2024

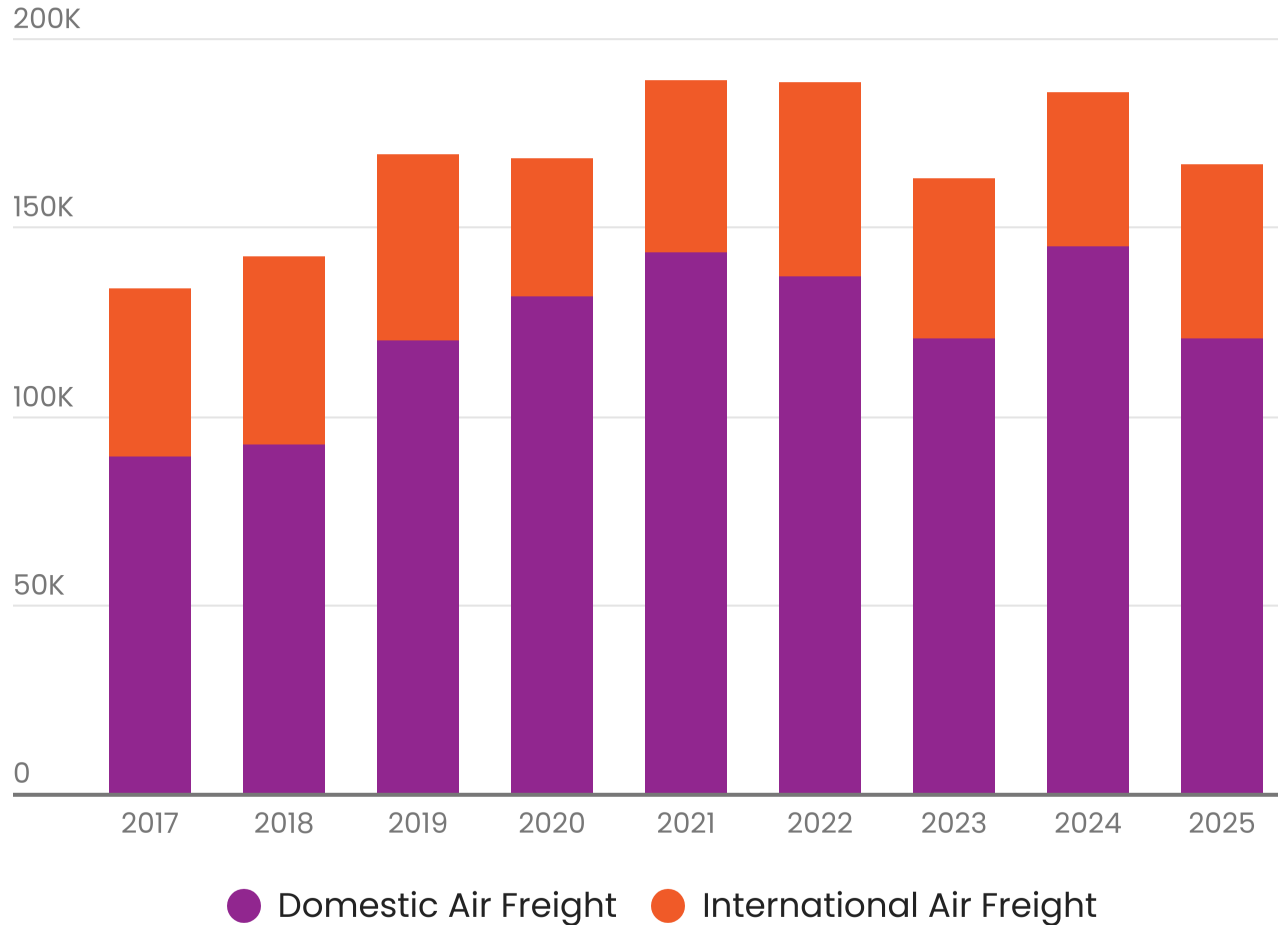


Source: USDOT Federal Aviation Administration



# SEA Passenger volumes are above 2019 levels

## Jan-May SEA Air Freight by Type, 2017-2025



Through May of 2025, more than **167k metric tons** of air cargo passed through SEA

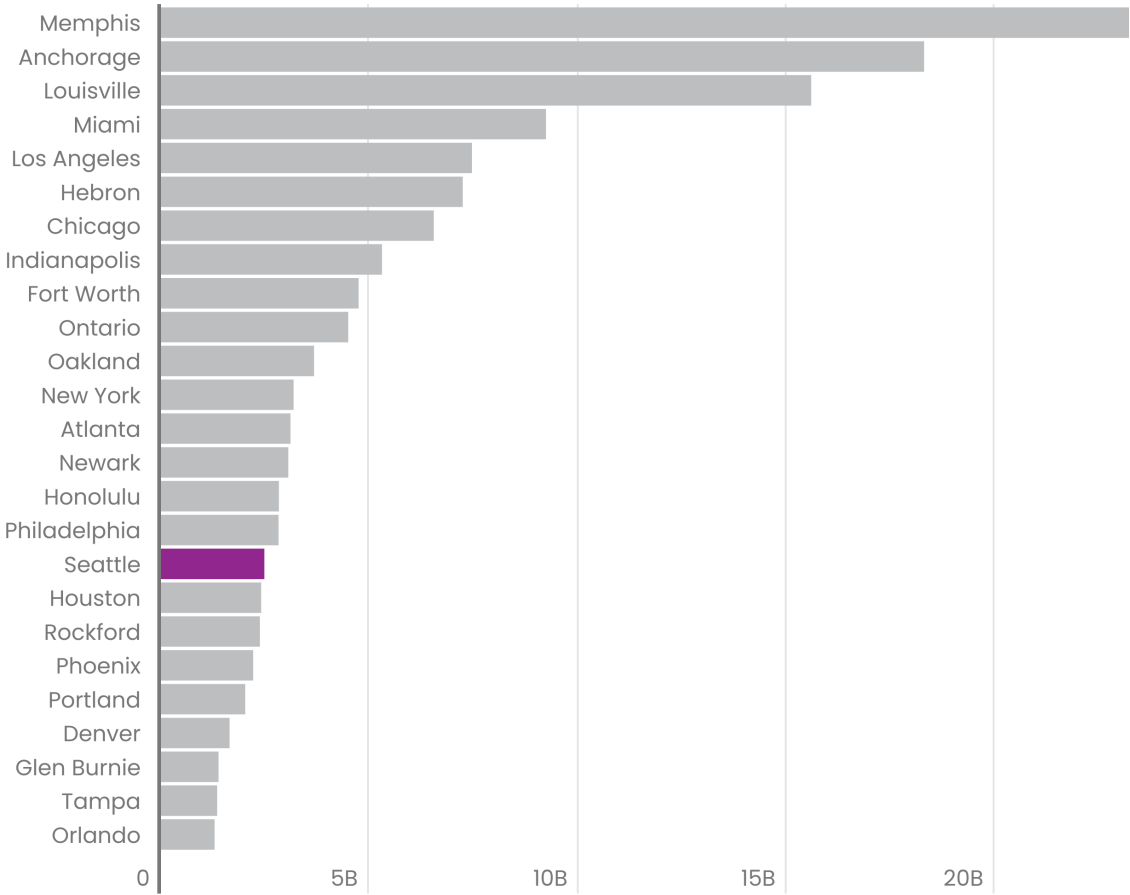
**27%** of air cargo was international in the first five months of 2025





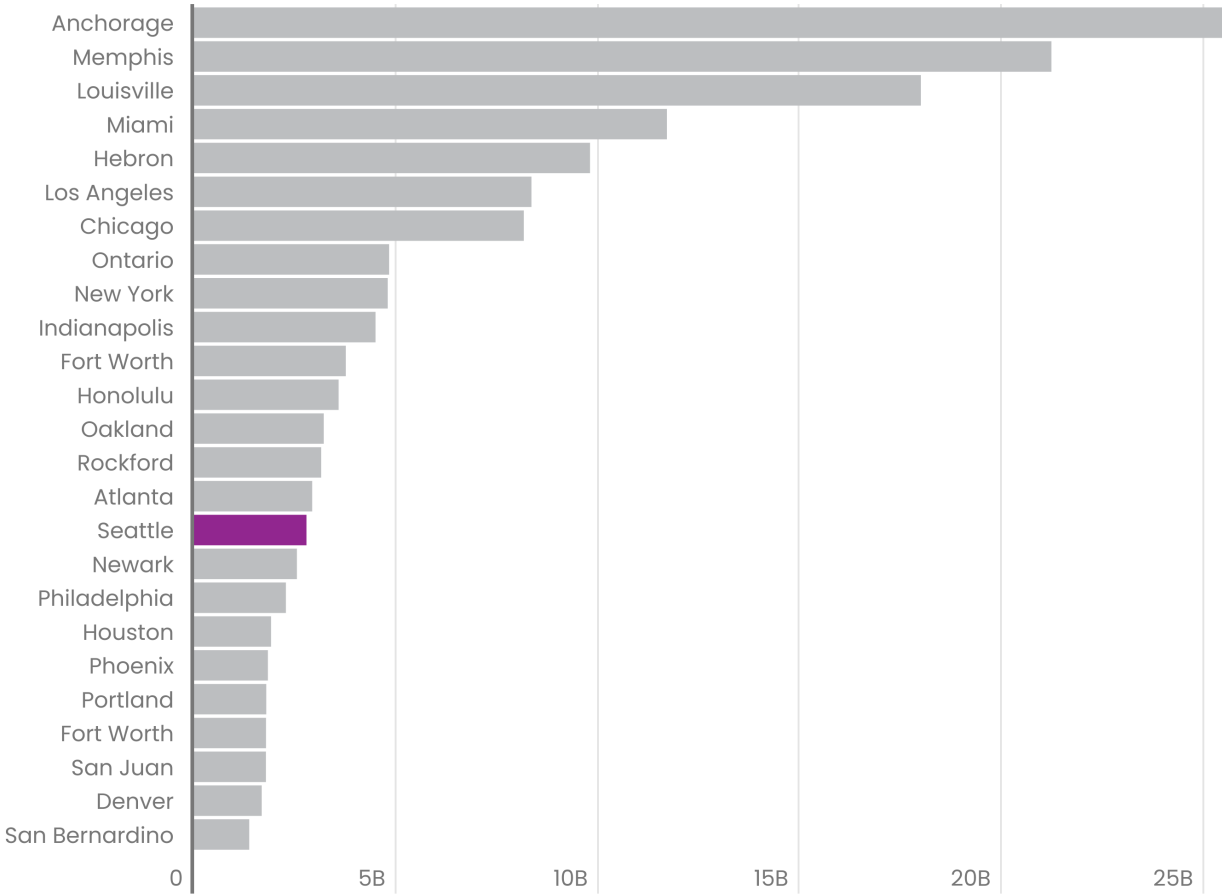
# SEA carried the 16<sup>th</sup> most air cargo in 2024

Annual Air Cargo: 2019



Source: USDOT Federal Aviation Administration

Annual Air Cargo: 2024



Source: USDOT Federal Aviation Administration

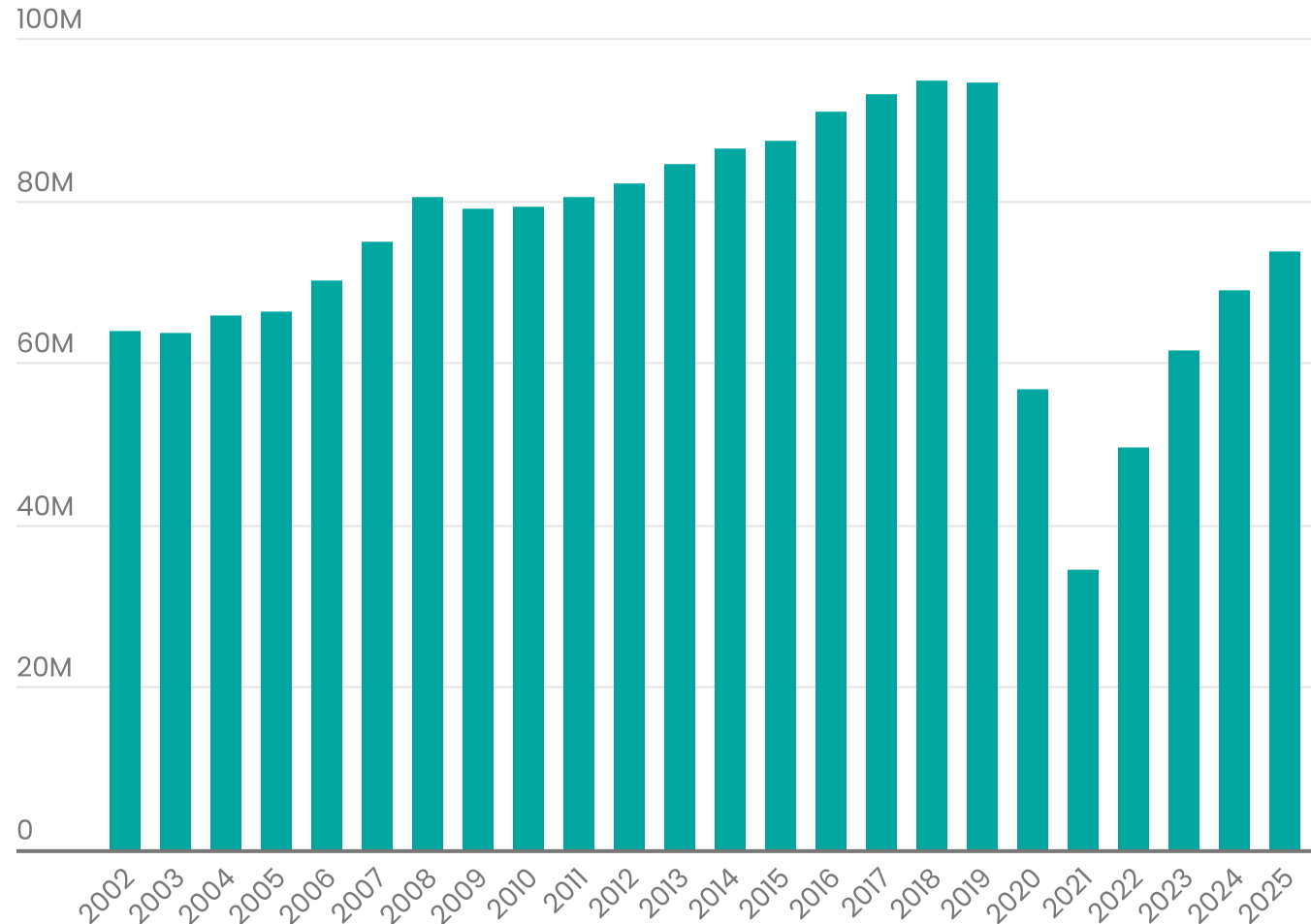


# Transportation Trends



# Transit Ridership continues to recover

## Jan-May Total Boardings, 2002-2025



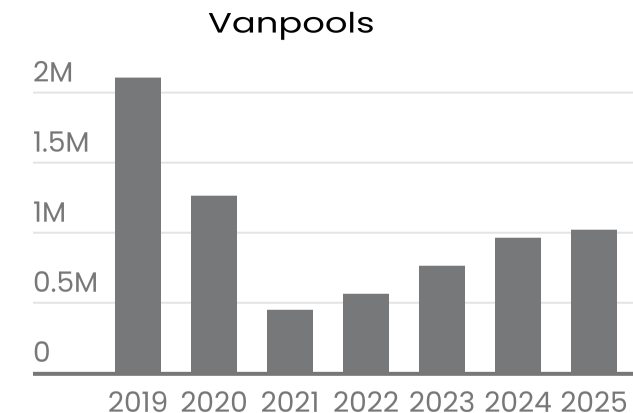
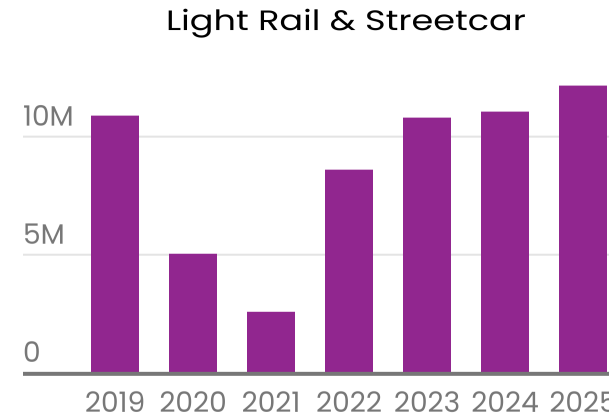
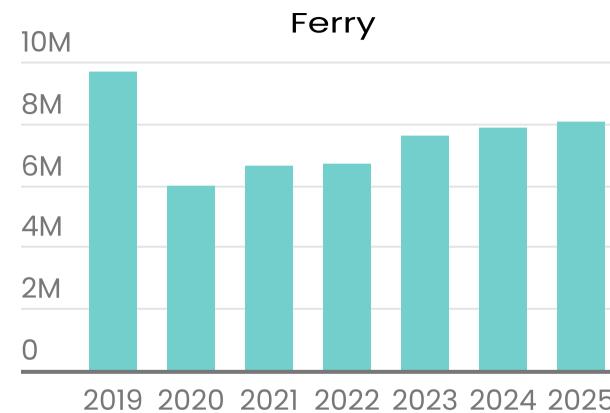
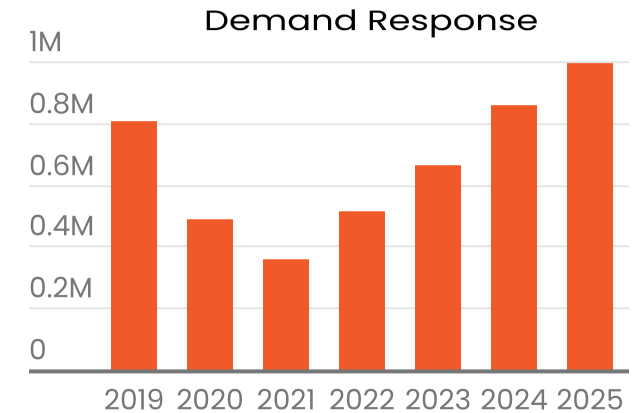
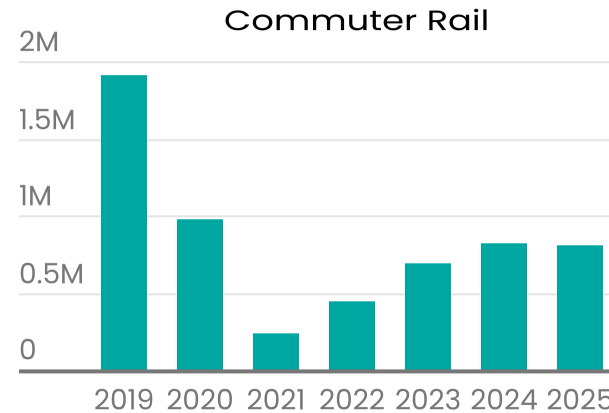
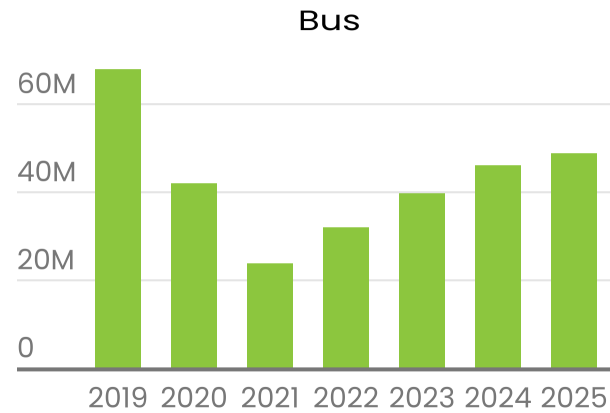
There were approximately **74 million** boardings from January to May 2025 on the Region's transit system (**78%** of 2019 ridership)





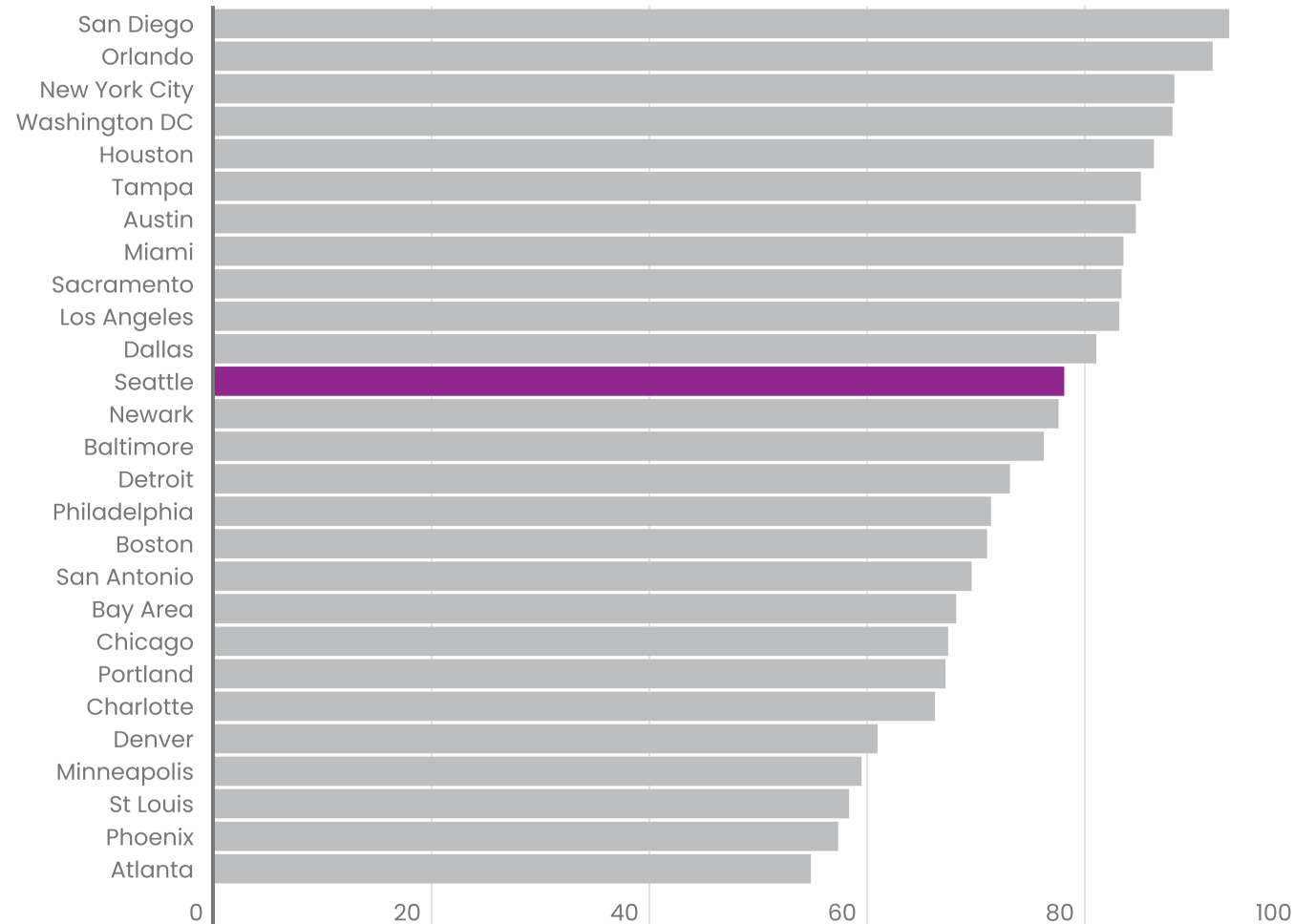
# Recovery differs by Mode

## Jan-May Boardings by Mode



# Recovery is like other Metro Areas

## Ratio of Jan-May Boardings: 2025 / 2019

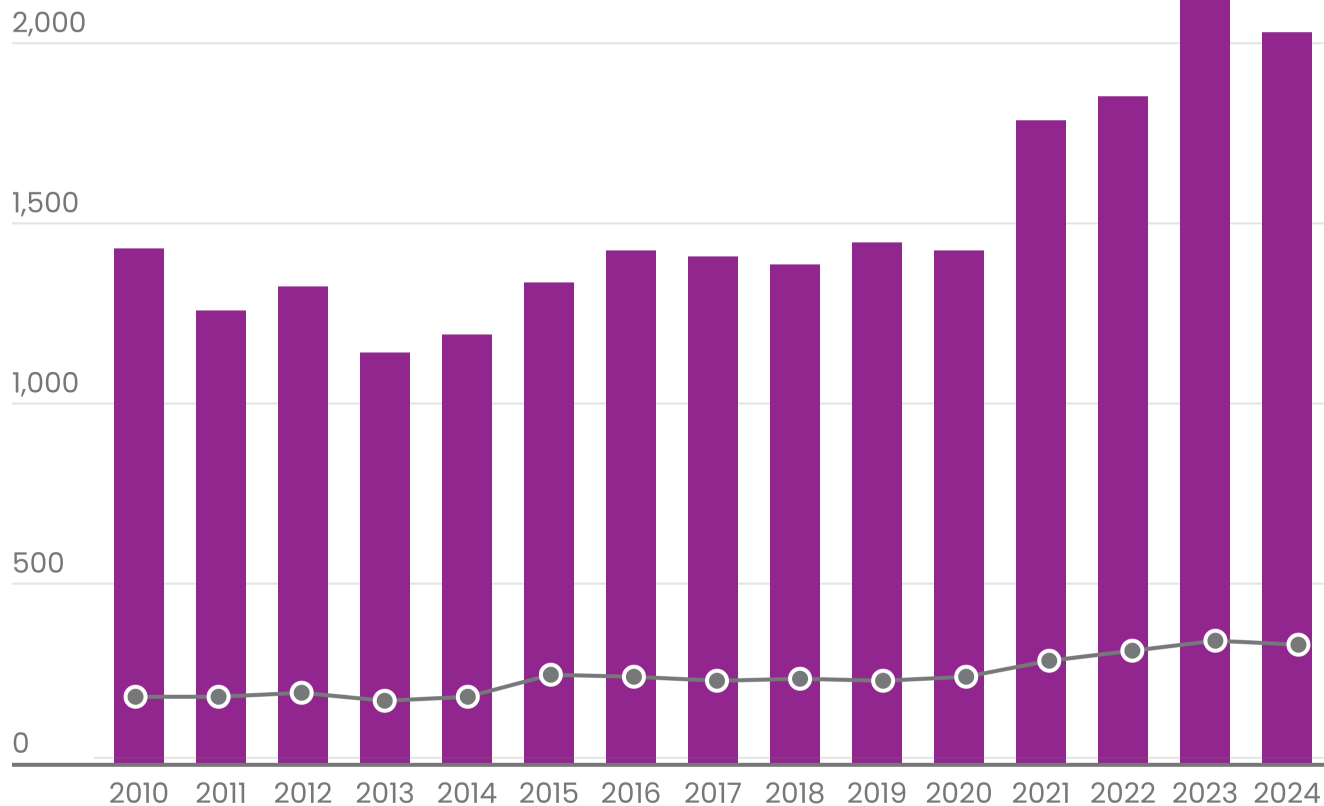


Source: USDOT Federal Transit Administration National Transit Database



# Traffic Related Deaths are still at historic levels

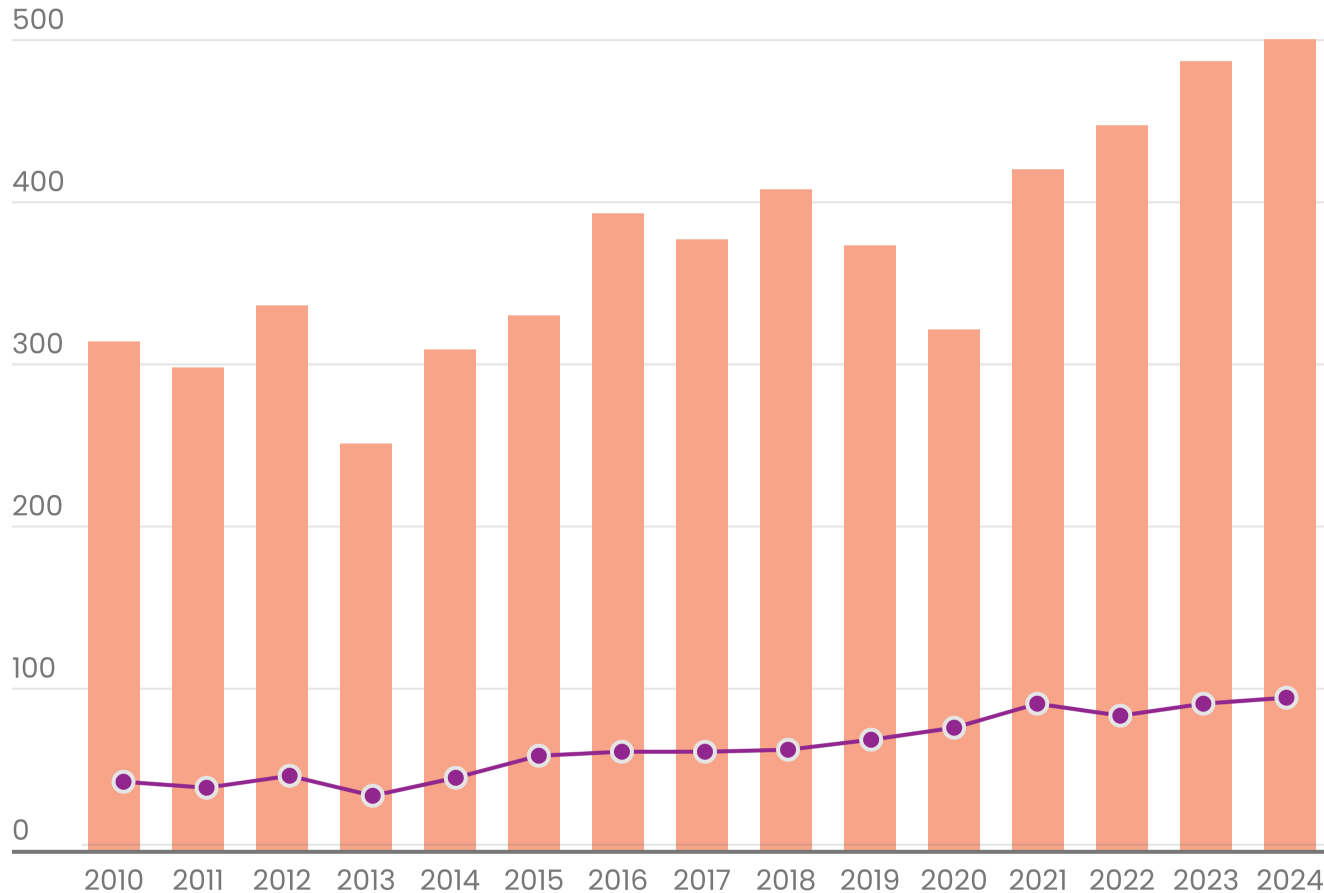
## Traffic Deaths & Serious Injuries 2010–2024



**335** people died on the region's roadways in 2024 and **1693** people were seriously injured.

# Deaths are increasing for All users

## Bike & Ped Deaths & Serious Injuries 2010–2024

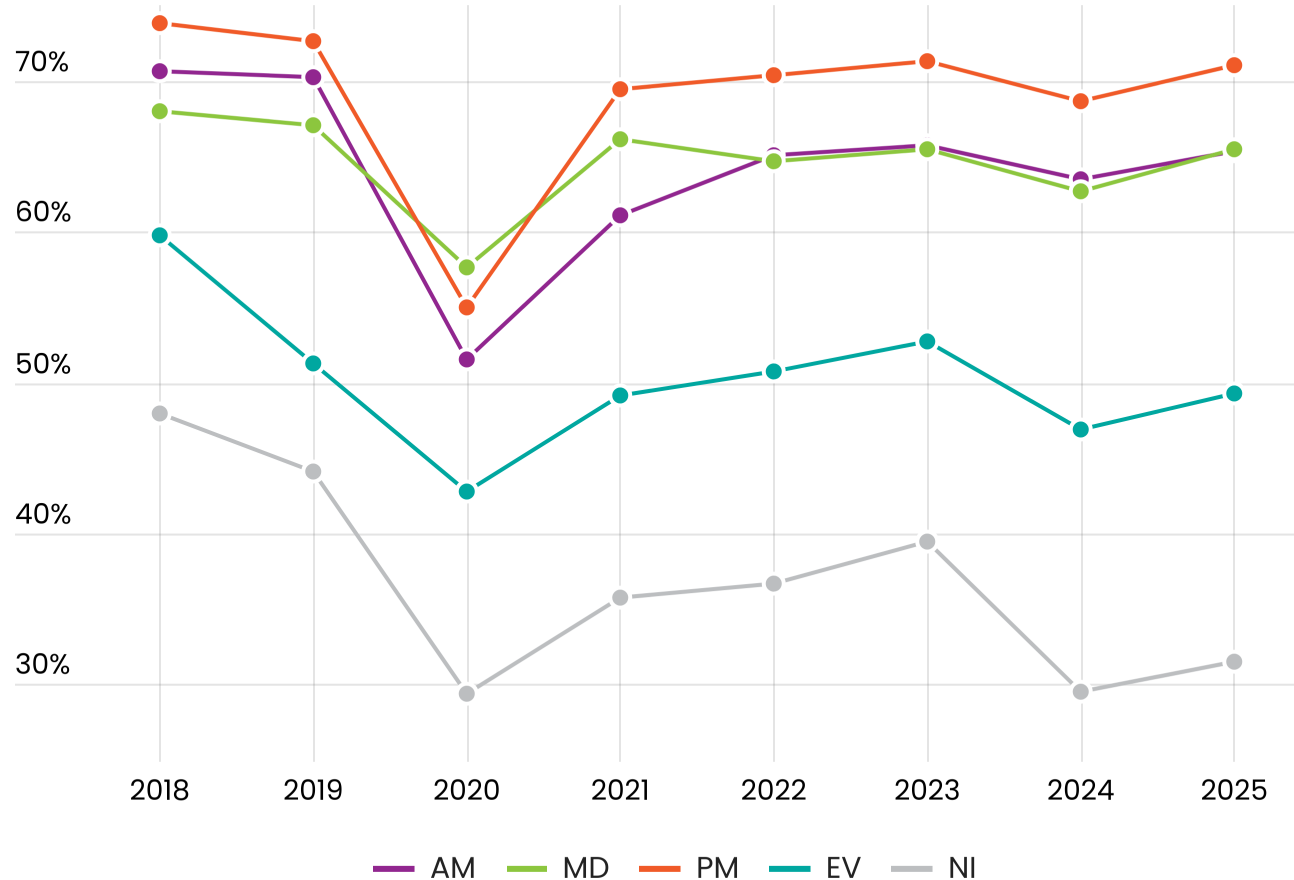


522 people biking or walking were killed or seriously injured in 2024. Pedestrians accounted for **78%** of this total.



# Congestion is rising – but is still lower than 2019

## % Heavy & Severe Congestion, APR 2018–2025



**AM Peak** congestion remains below pre-covid levels. No time periods have more miles of congestion than 2019 but PM Peak is close.

Source: National Performance Measurement Research Dataset (NPMRDS)

Questions?

**Thank You!**

Craig Helmann  
Director of Data  
[chelmann@psrc.org](mailto:chelmann@psrc.org)

