

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

Topics for Discussion



Population Trends



Housing Trends



Economic Trends



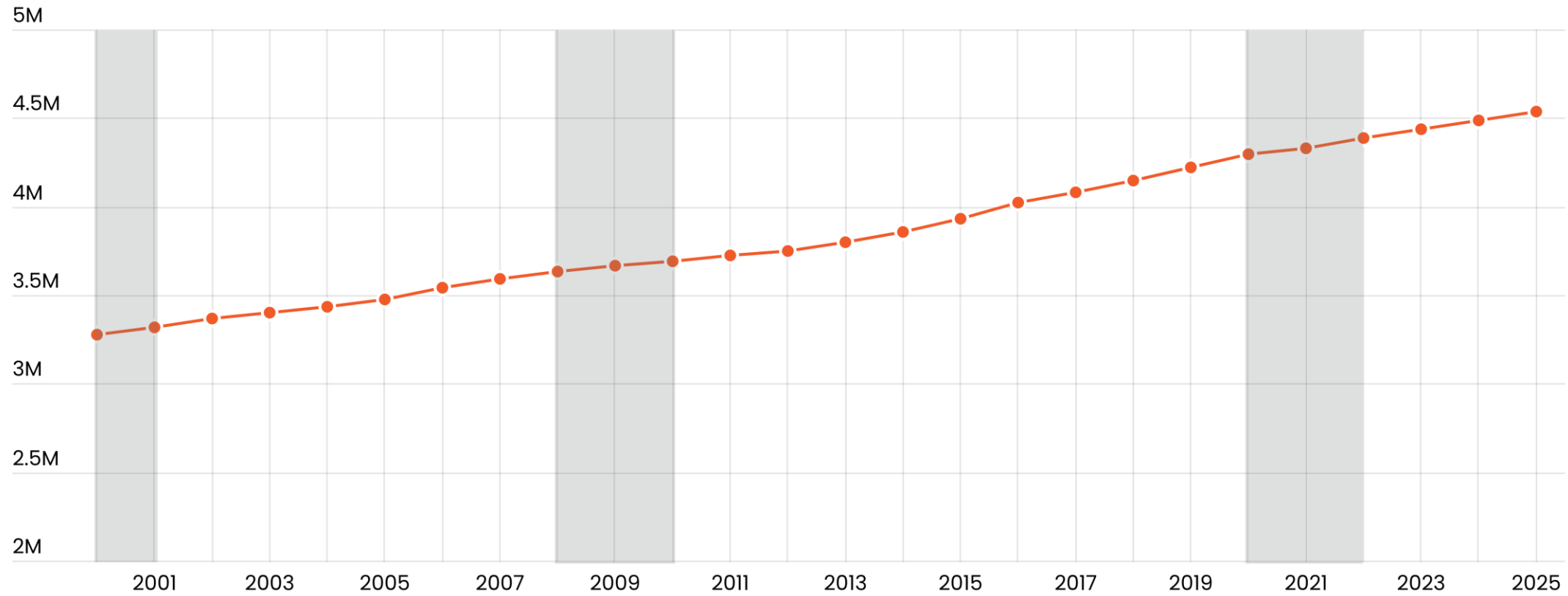
Transportation Trends

Population Trends



Population reached 4.53 million in 2025

Total Population in Central Puget Sound, 2000–2025

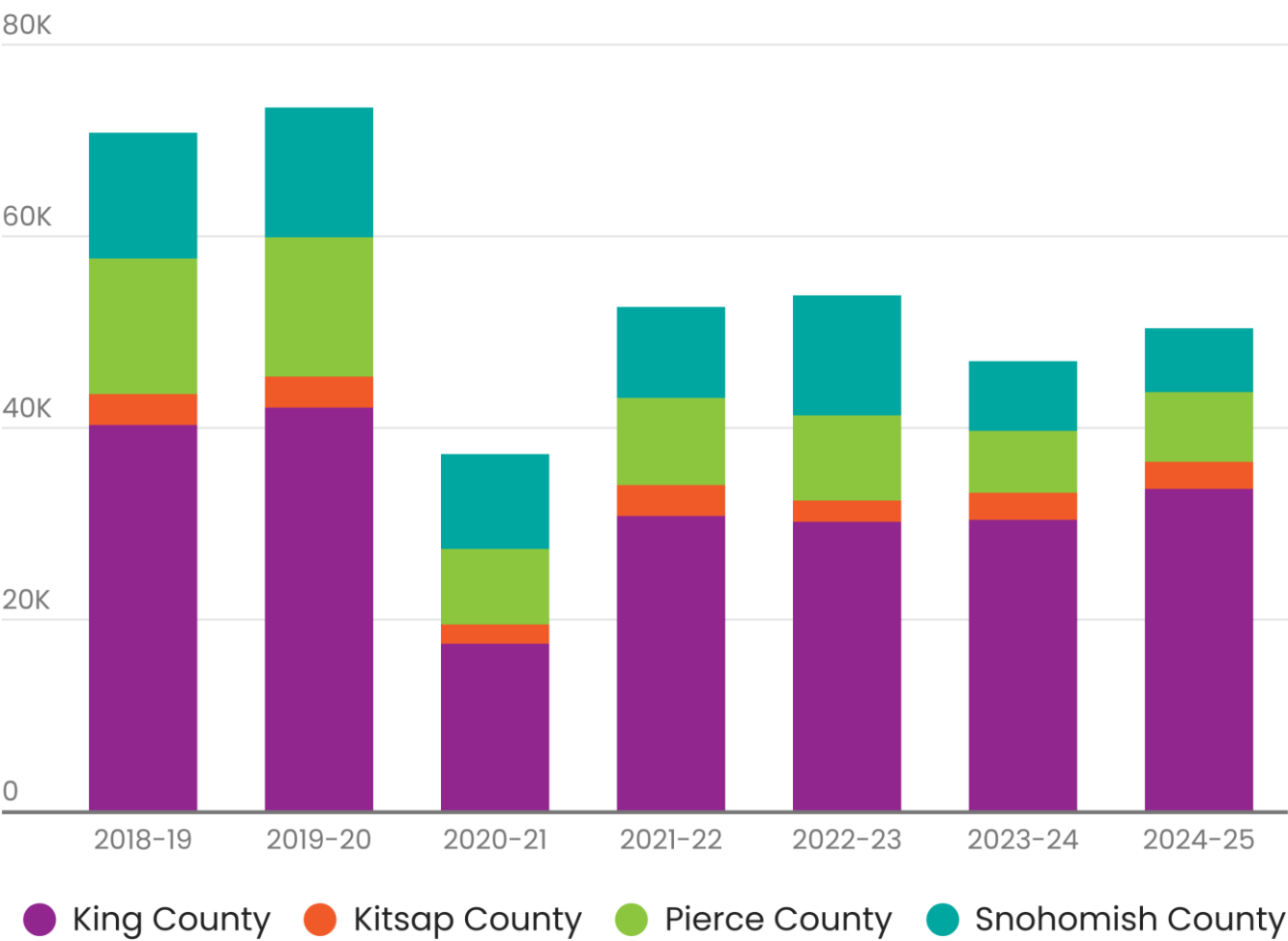


Gray bars indicate U.S. recessions and the COVID-19 Pandemic.

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

Population Growth has slowed since the pandemic

Population Change by County, 2018–2025

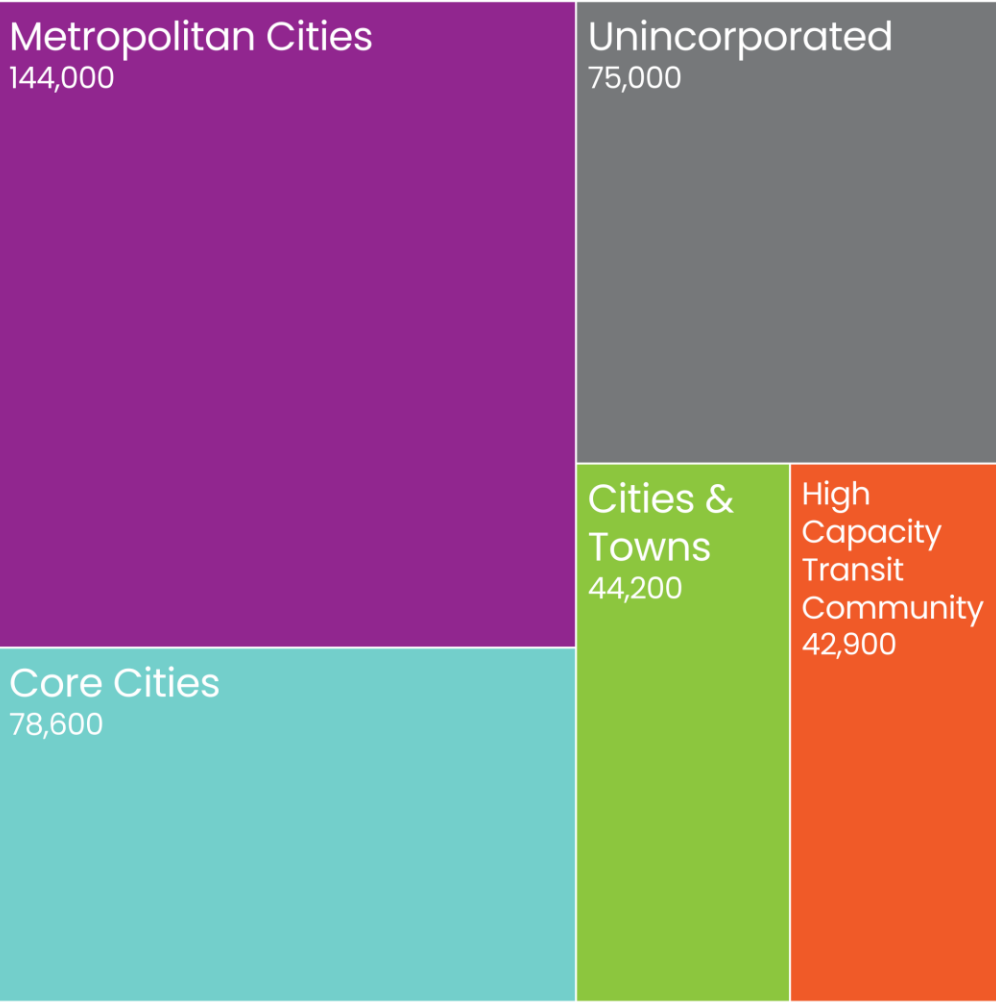


The region grew by **50,400** people between 2024 and 2025 and **67%** of the growth occurred in King County.

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

Most Population growth has occurred in cities

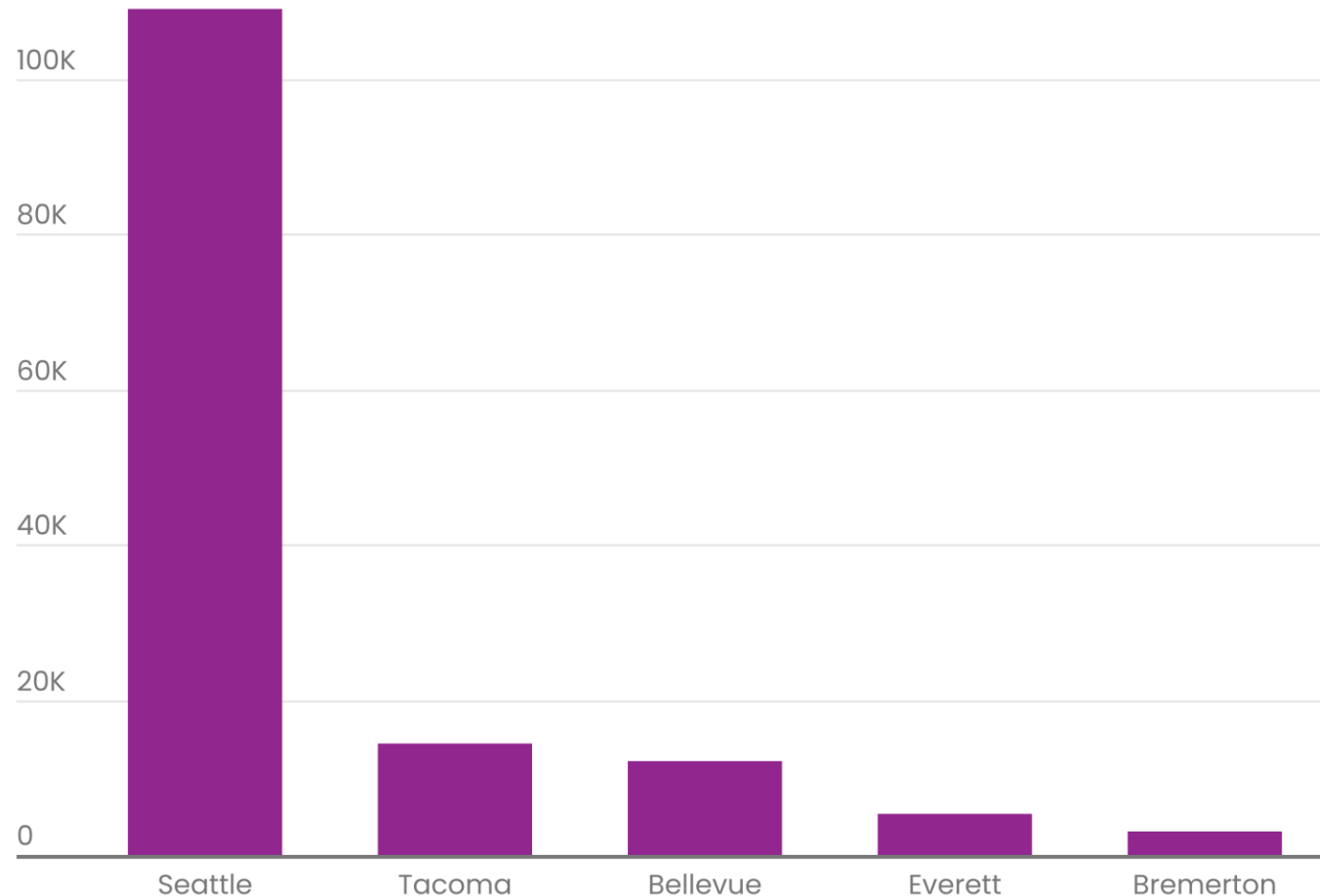
Growth by Regional Geography, 2018–2025



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

Metropolitan Cities added 144k residents since 2018

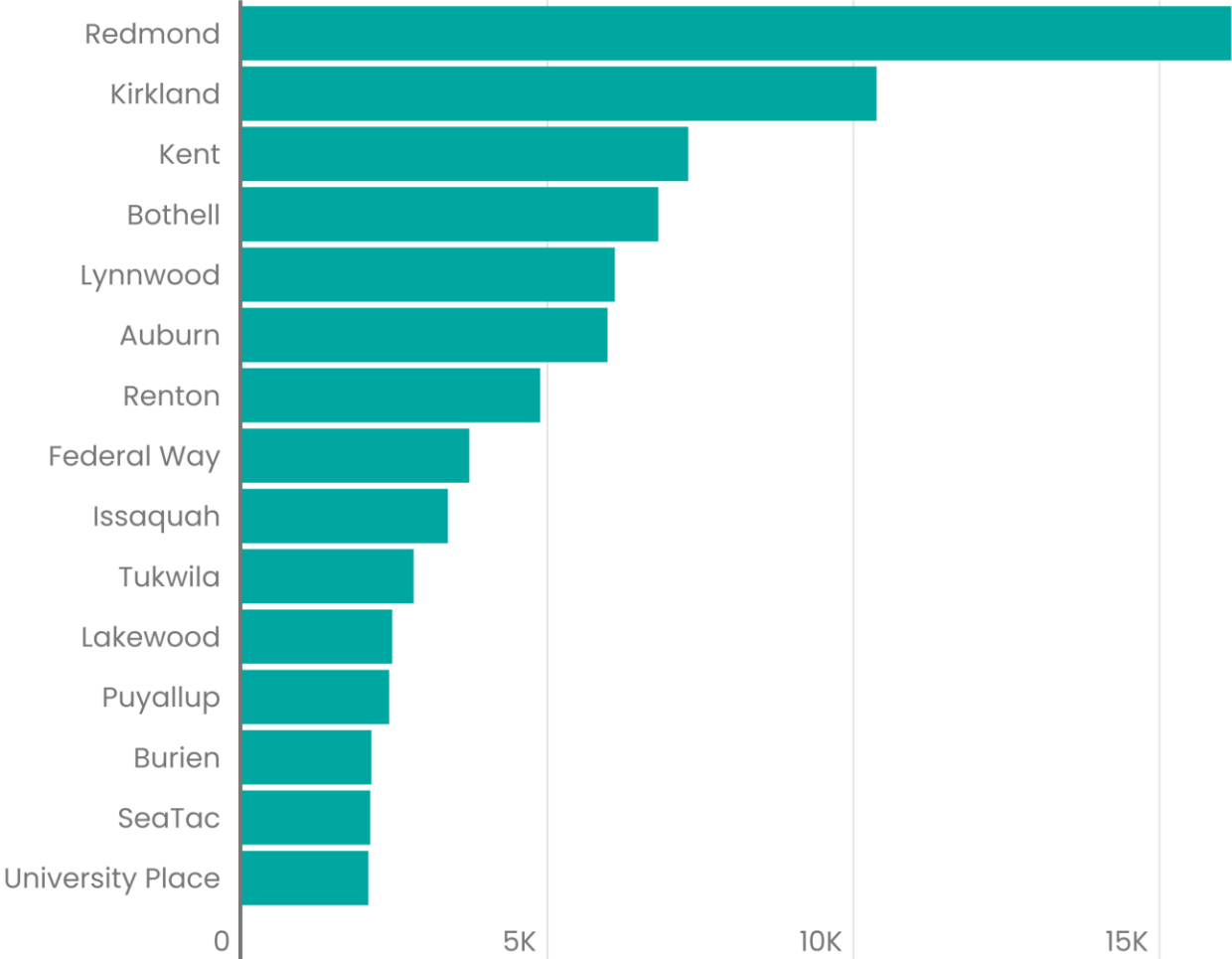
Metropolitan City Growth, 2018–2025



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

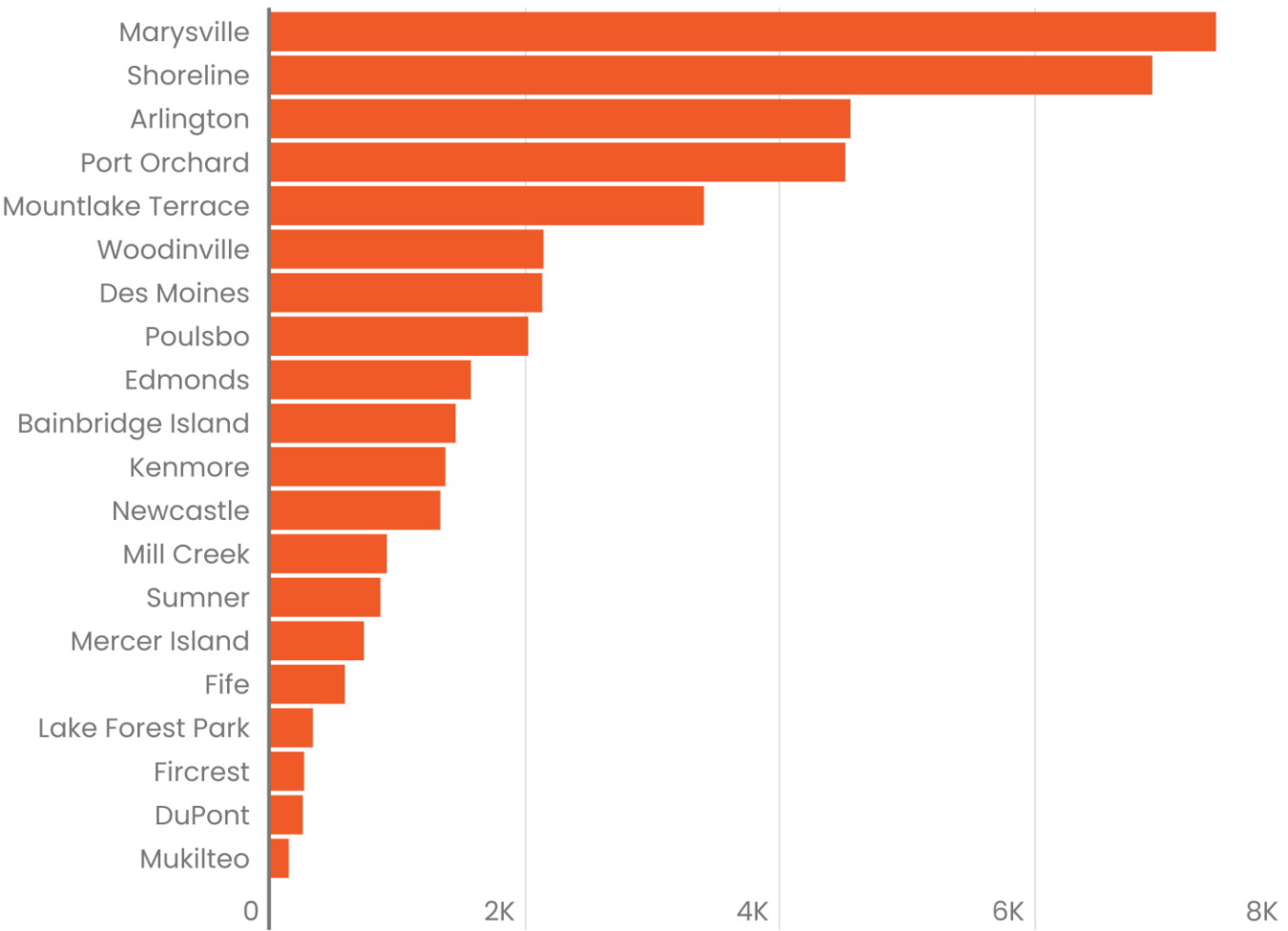


Redmond, Kirkland and Kent combined accounted for an additional **34,000** residents since 2018, **43%** of the total growth of Core Cities.

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

HCT Communities added 43k residents since 2018

HCT Community Growth, 2018–2025

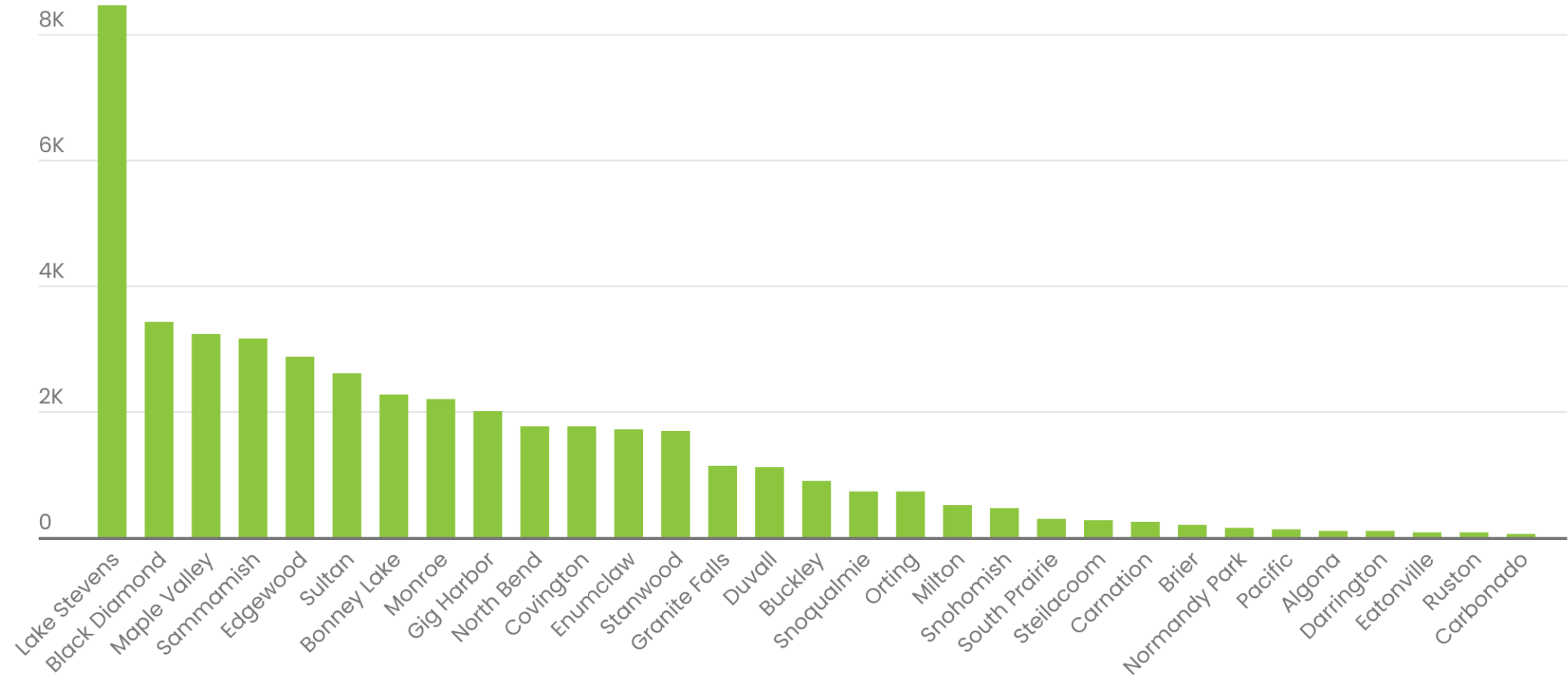


Marysville, Shoreline and Arlington accounted for **44%** of the total HCT Community growth since 2018.

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

Cities & Towns added 44k residents since 2018

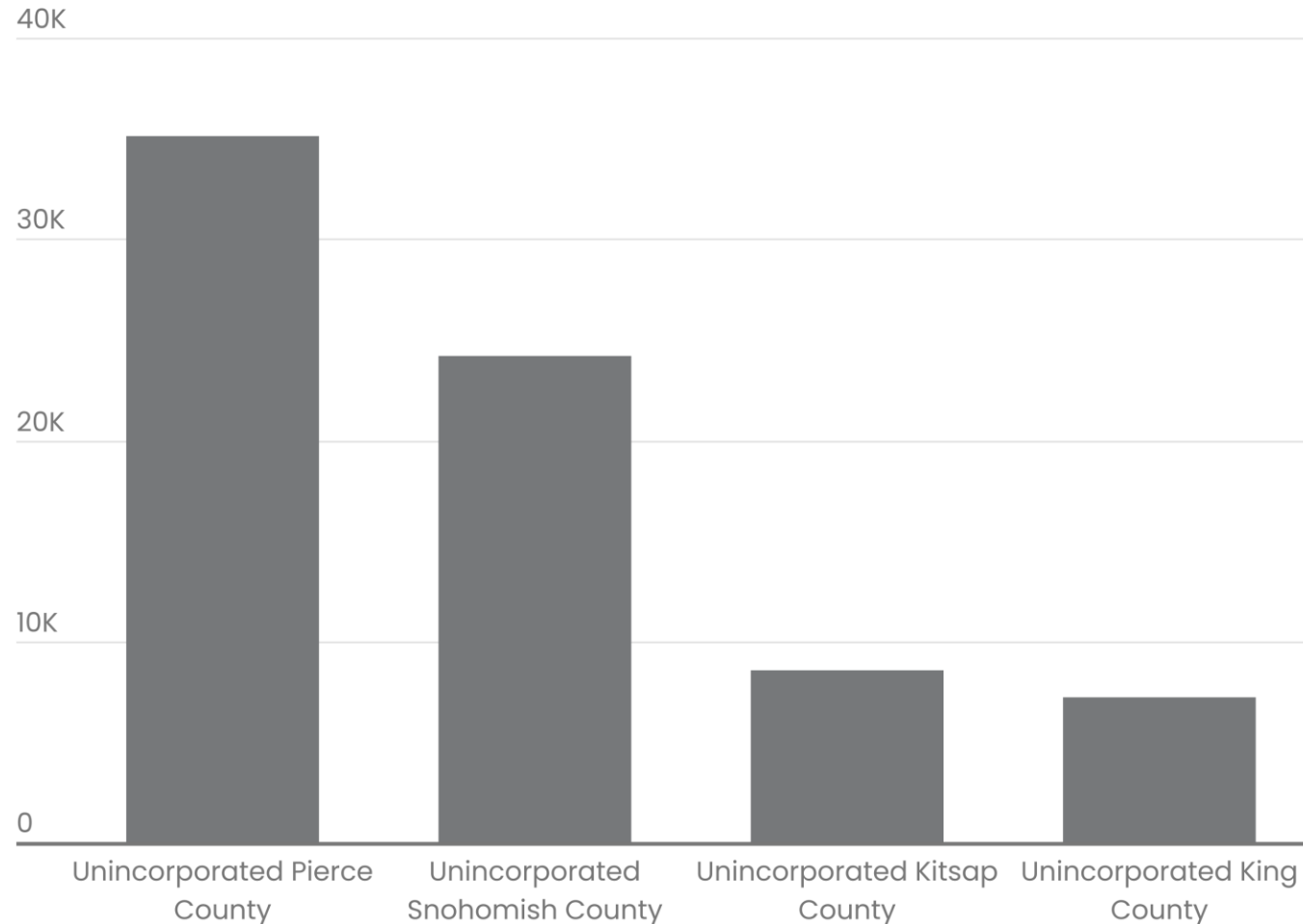
Cities & Towns Growth, 2018–2025



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

Unincorporated area added 75k residents since 2018

Unincorporated Area Growth, 2018–2025



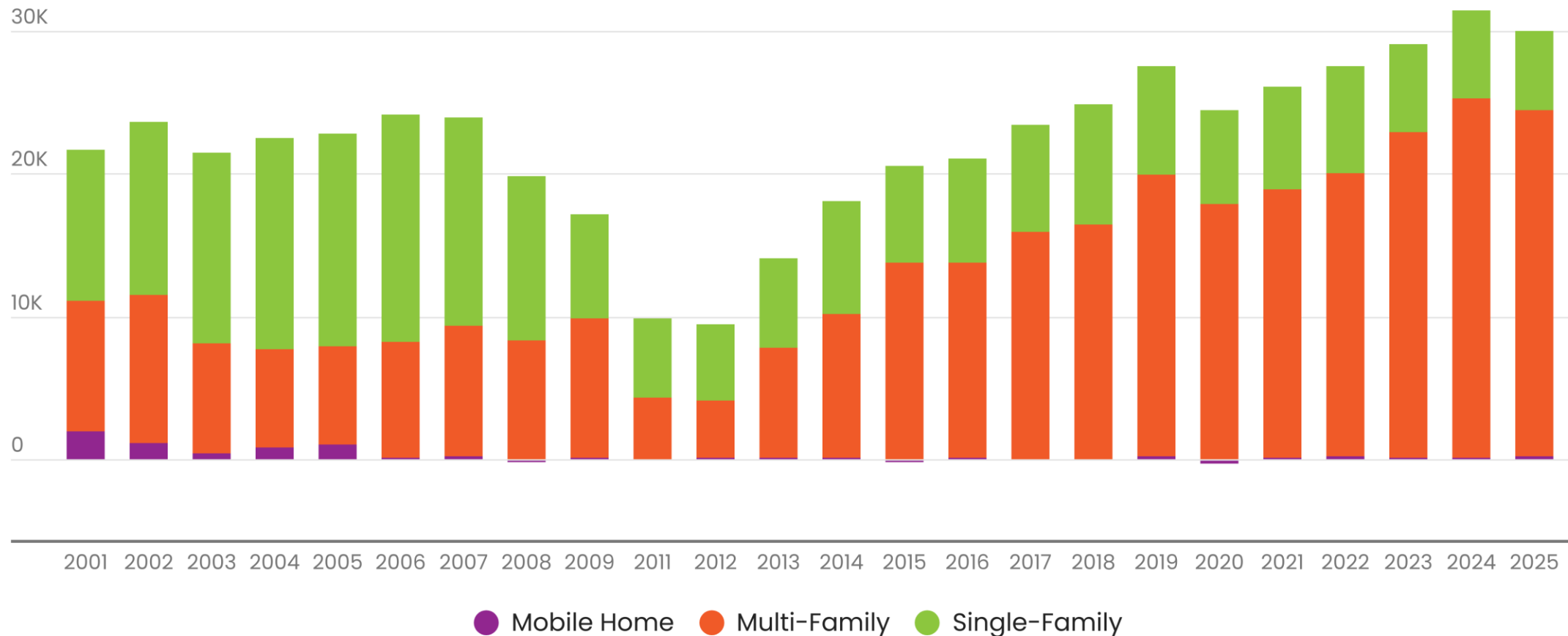
Pierce County
Unincorporated areas
added **35,000**
residents since 2018,
accounting for **47%** of
the total
unincorporated area
growth since 2019.

Housing Trends



New Housing Production near 30k units in 2025

Housing Unit Change by Type, 2000–2025

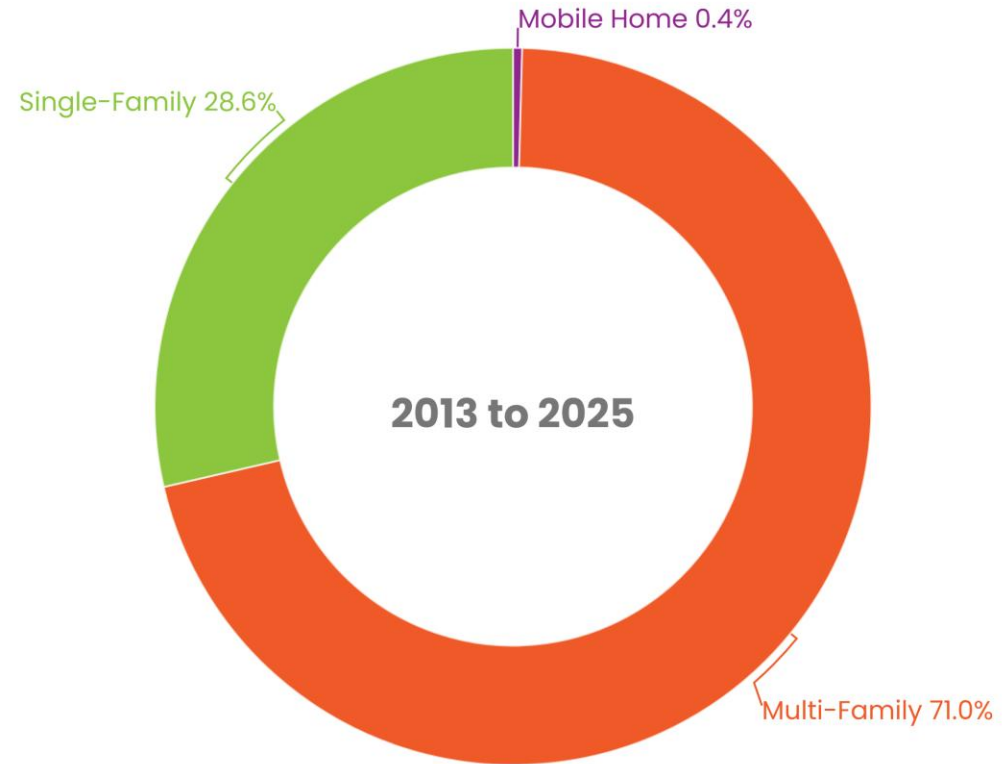
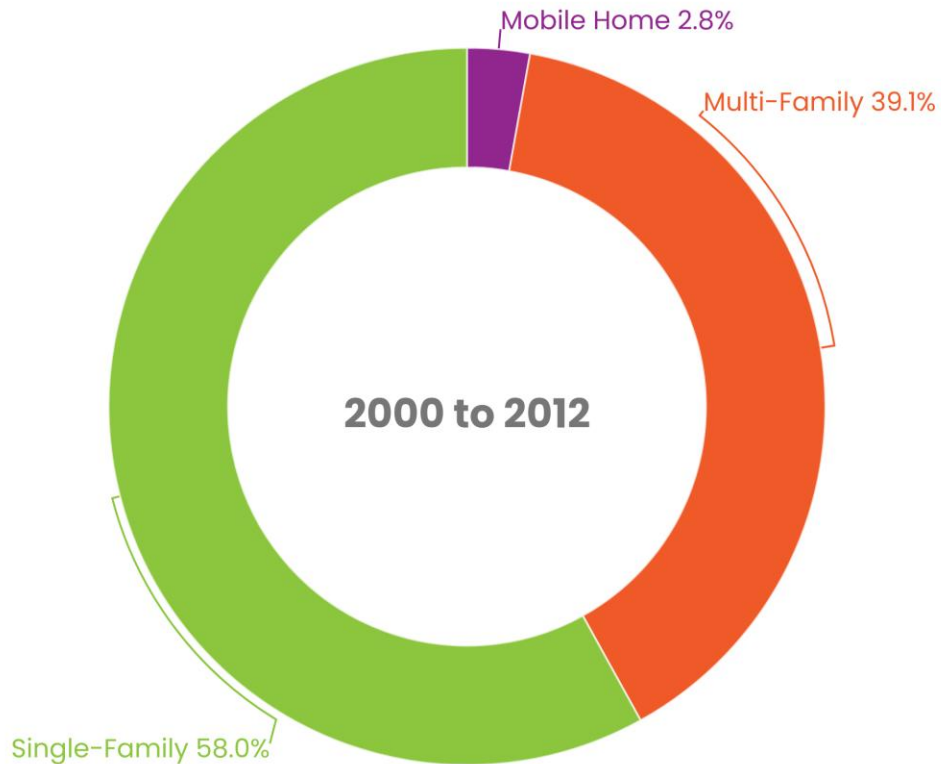


Source: Office of Financial Management, Historical Estimates of April 1 Population and Housing by State, County & Cities



New Housing is predominately multi-family

New Housing Units by Type

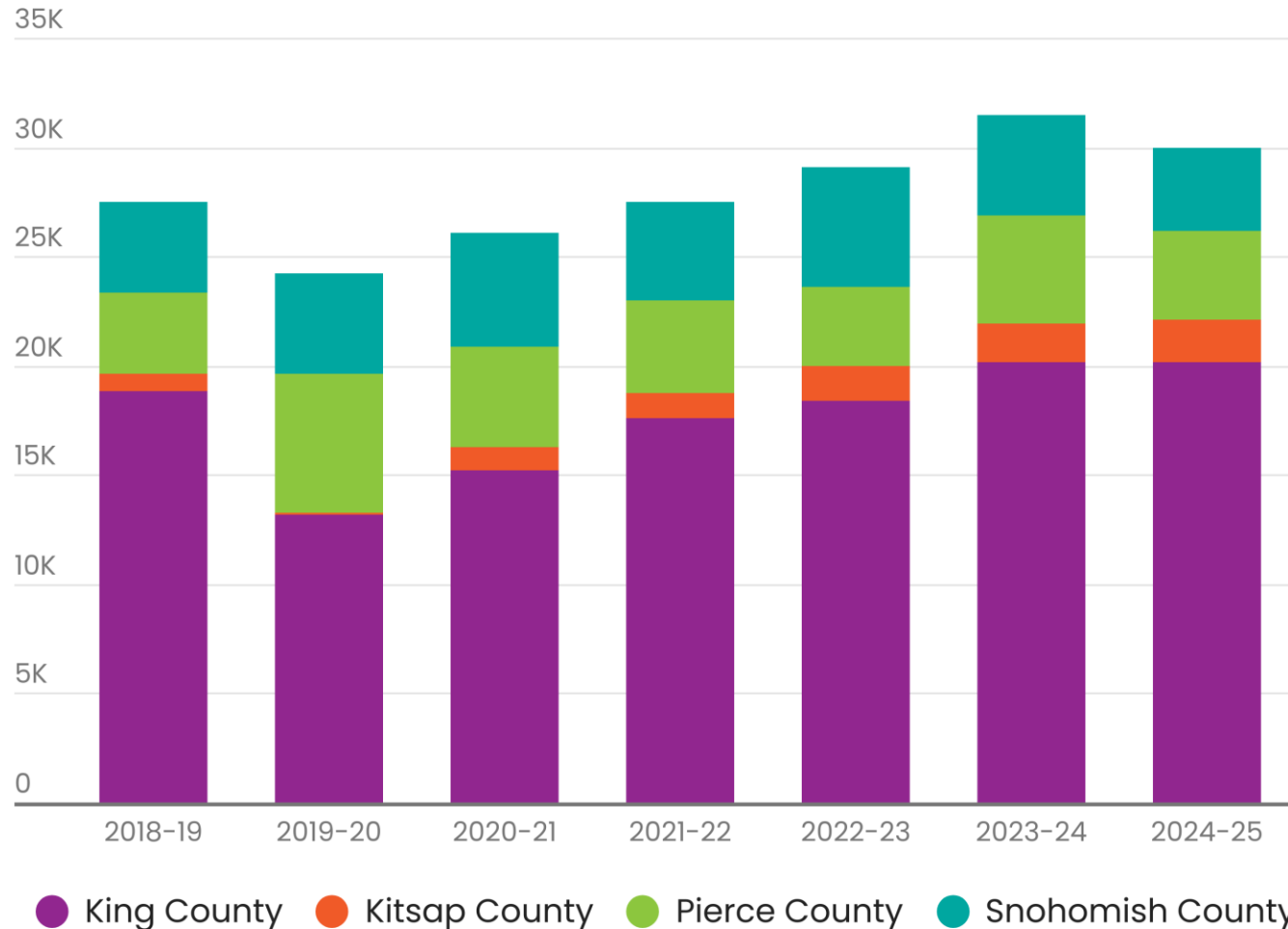


Source: Office of Financial Management, Historical Housing Estimates, 2025



All Counties are adding Housing

Housing Unit Change by County, 2018–2025

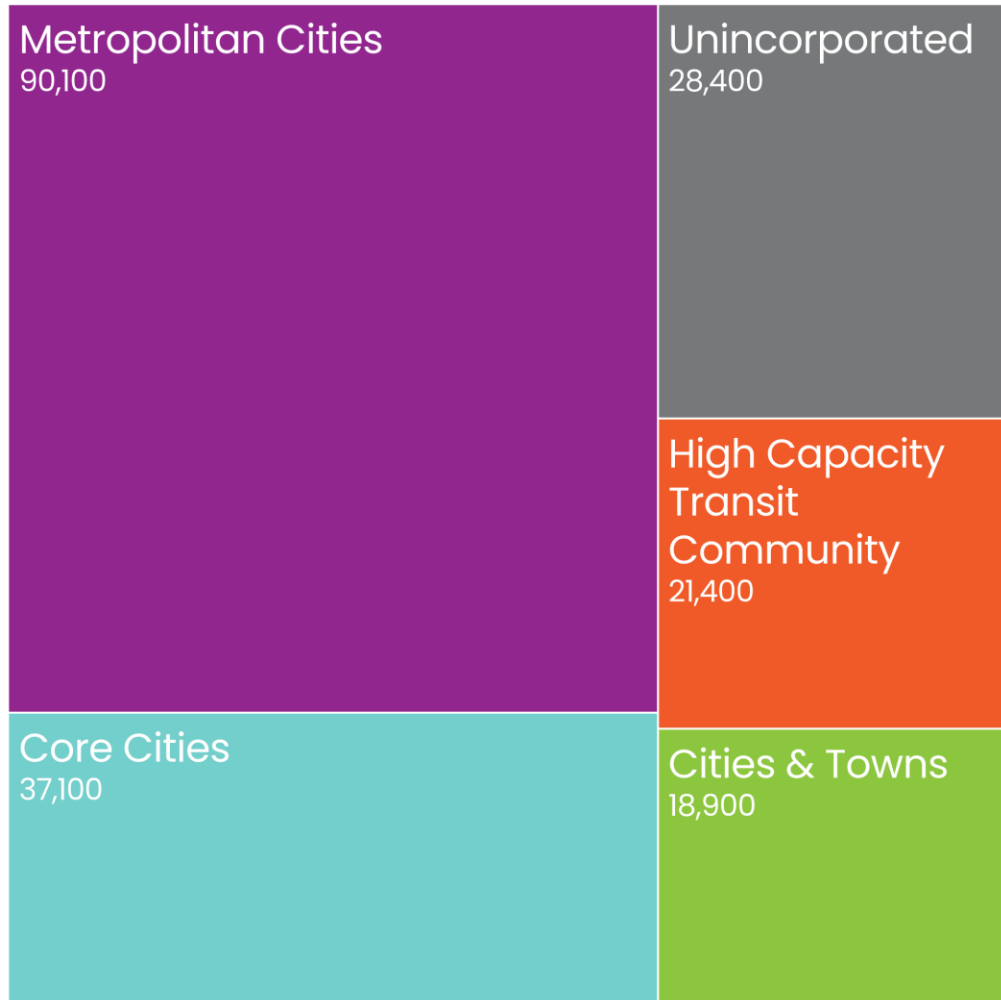


The region added **30,000** housing units between 2024 and 2025 and **67%** of the growth occurred in King County.



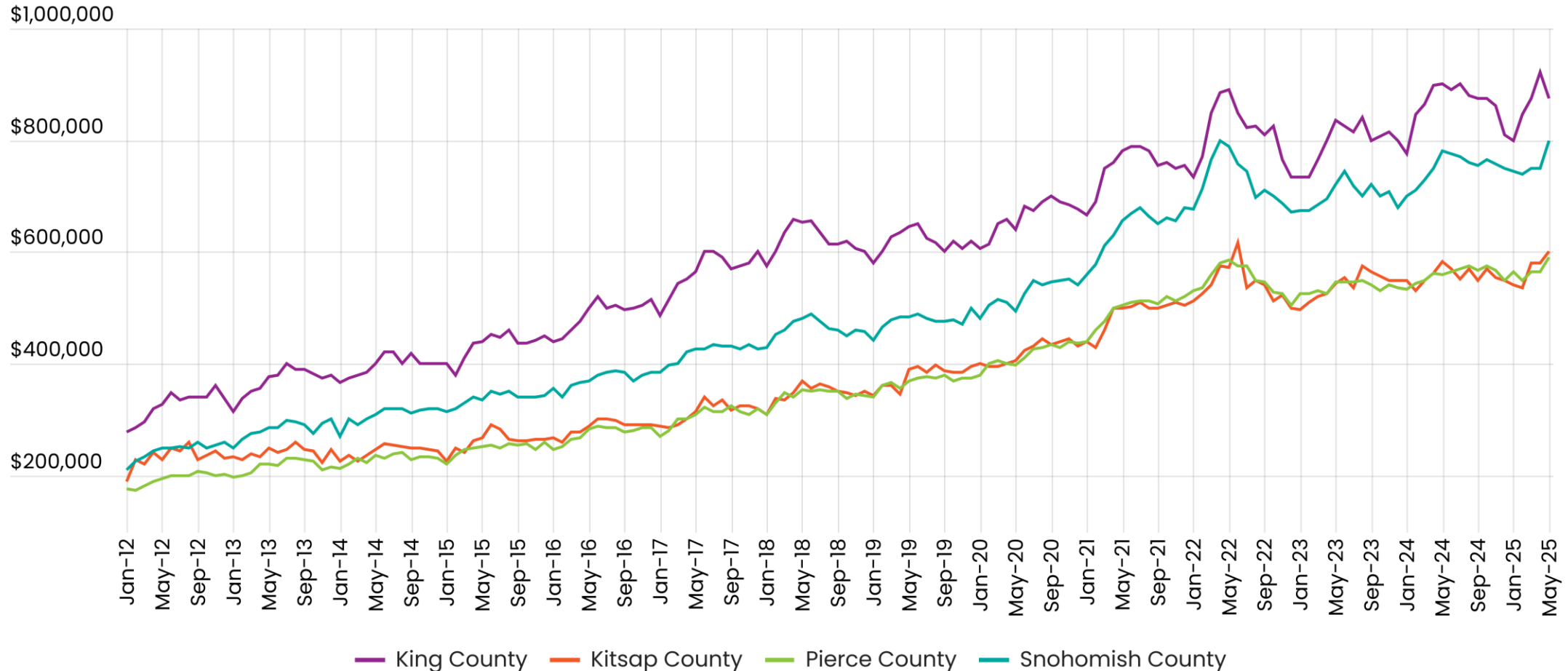
Most housing growth has occurred in cities

Growth by Regional Geography, 2018–2025



Median Sales price are at all-time highs

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

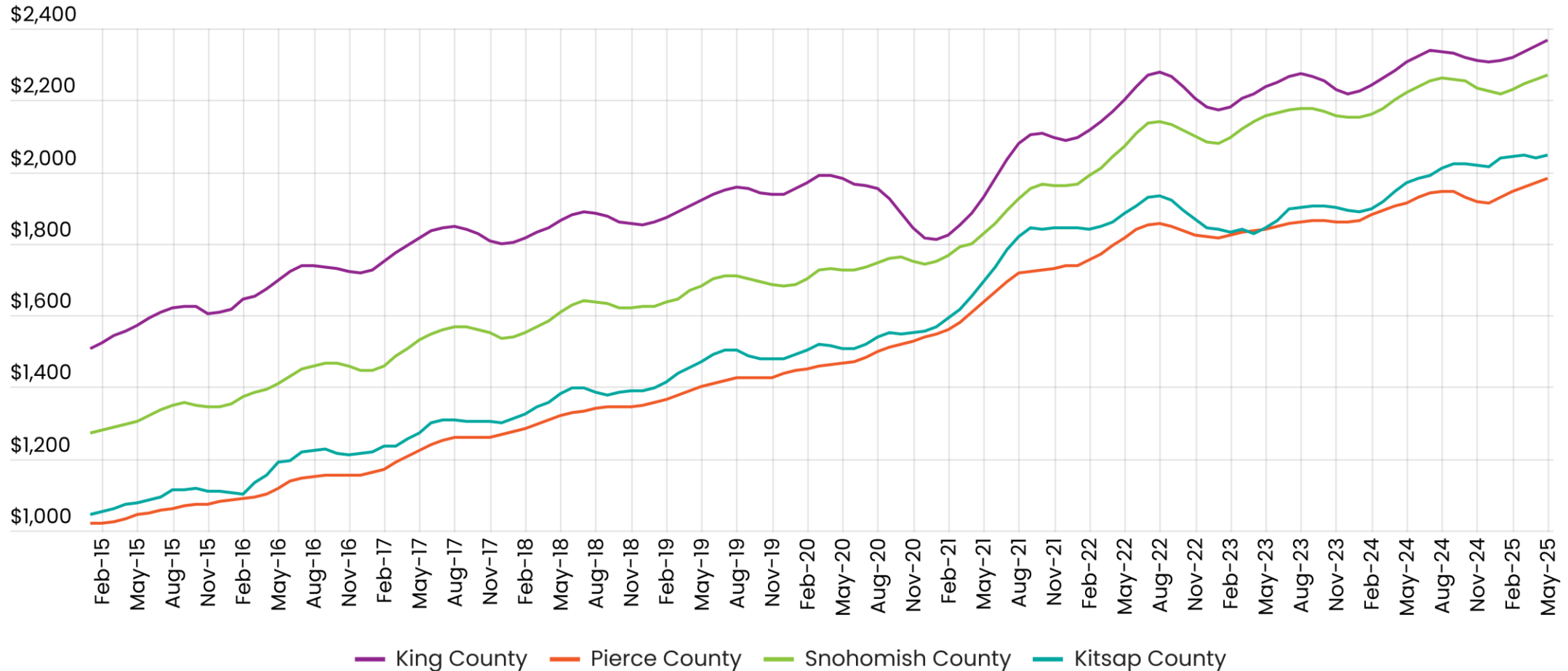


Source: Data provided by Redfin, a national real estate brokerage



Monthly Rents are at all-time highs

Median Monthly Rent in Central Puget Sound, 2015–2025



Source: Housing Data - Zillow Research

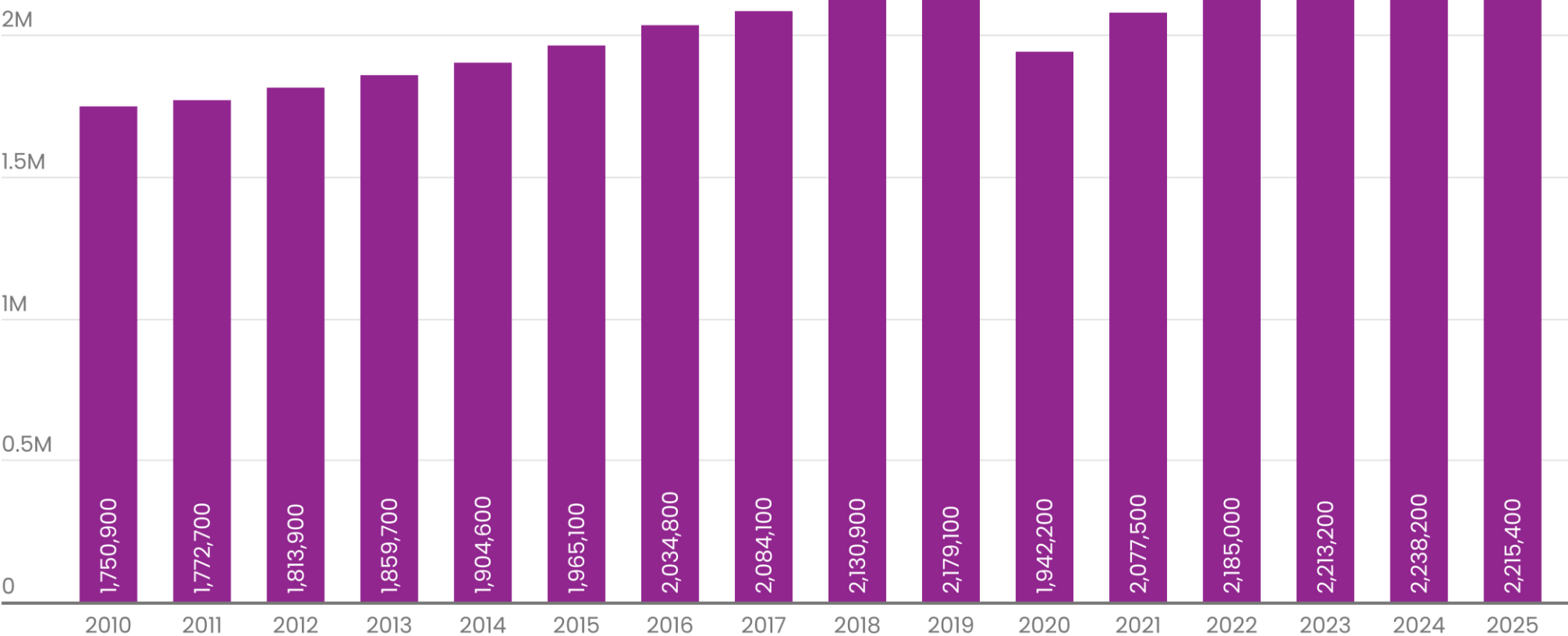


Economic Trends



Jobs are still above pre-pandemic levels

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

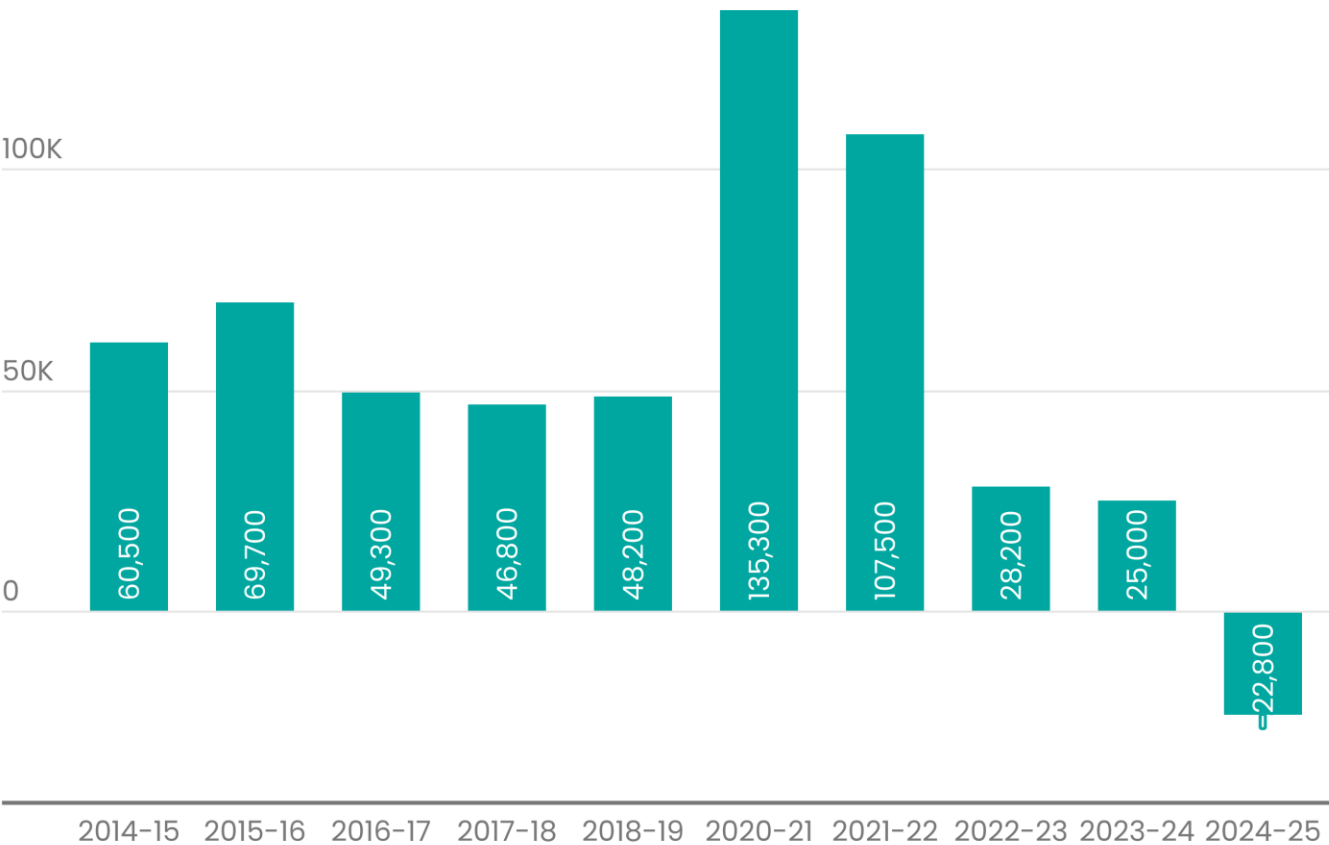


Source: Washington State Employment Securities Department



The region has lost jobs in the past year

Job Change in May by Year, 2015–2025*



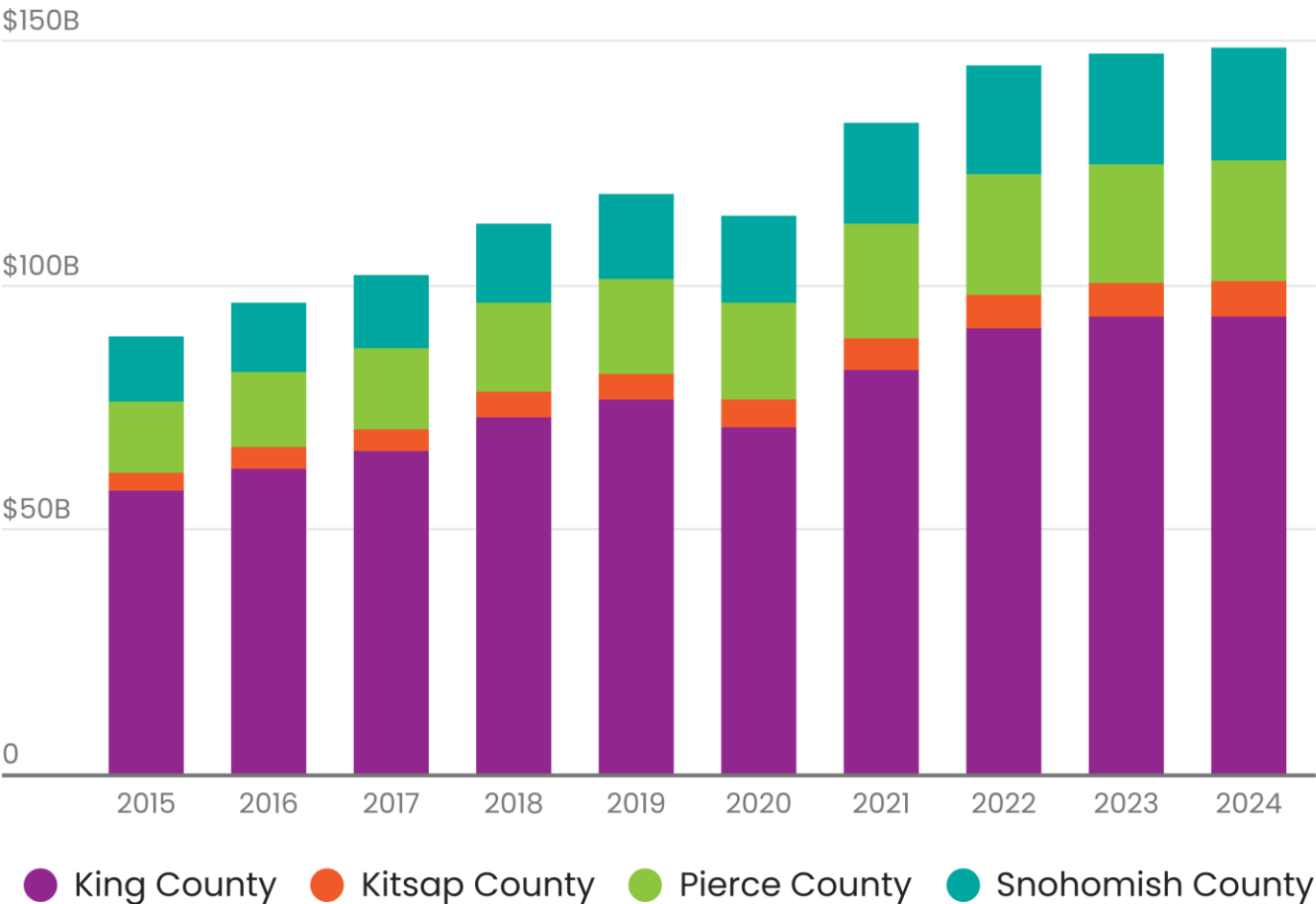
The region lost **-22,800** jobs between May of 2024 and May of 2025. These losses include layoffs announced by large tech companies as well as impacts of economic uncertainty.

* 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

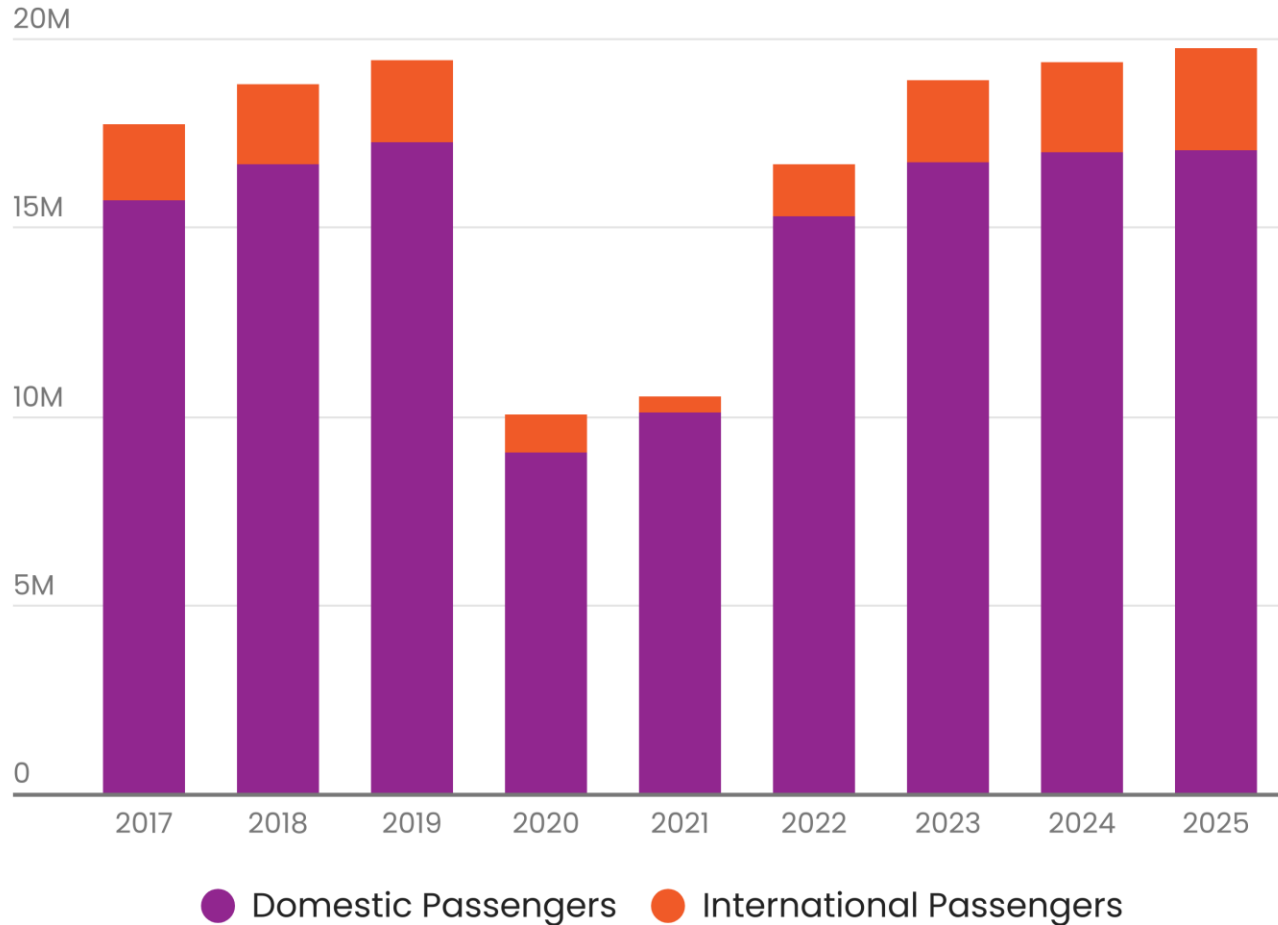


Sales & Use tax collections increased **0.9%** in 2024, the smallest increase outside of 2020 in the past decade.

Source: Washington State Department of Revenue

SEA Passenger volumes are above 2019 levels

Jan-May SEA Passengers by Type, 2017-2025



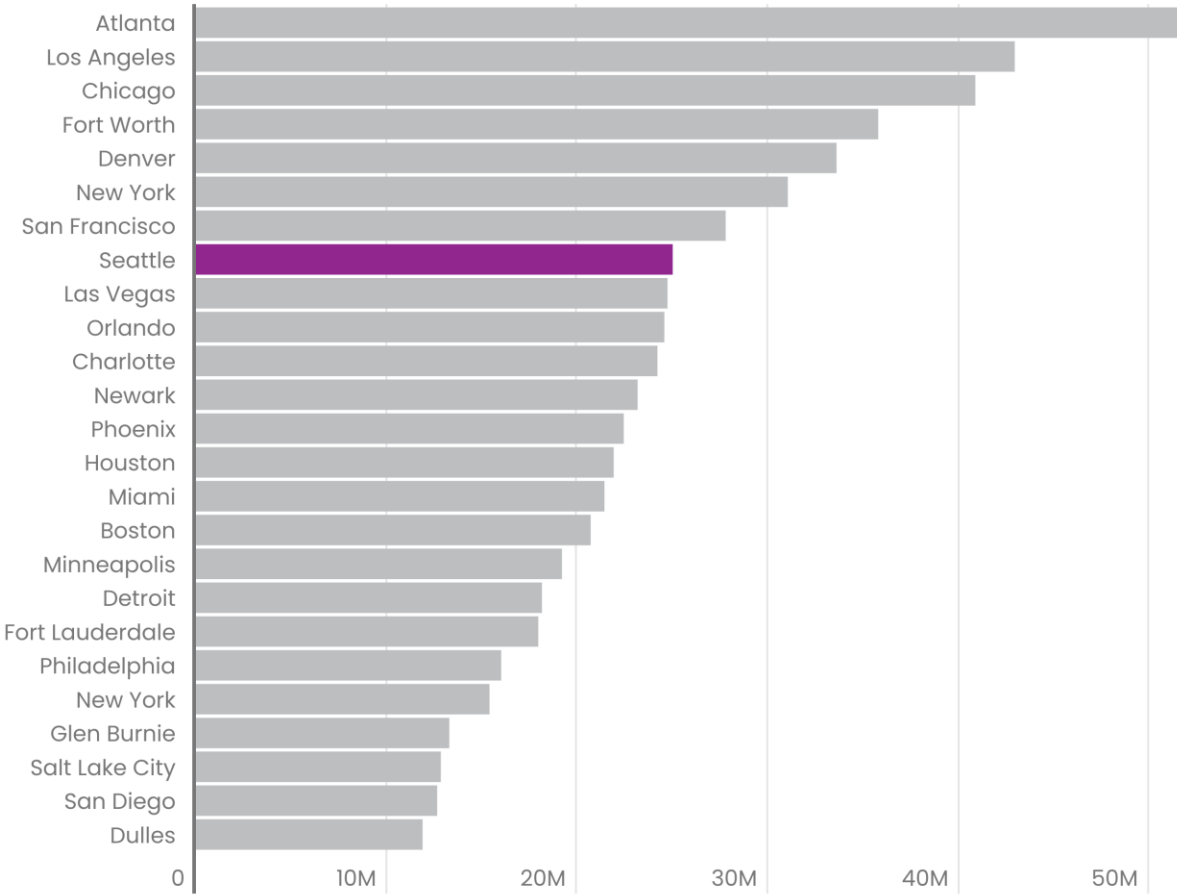
Through May of 2025, more than **19.7 million** passengers passed through SEA

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



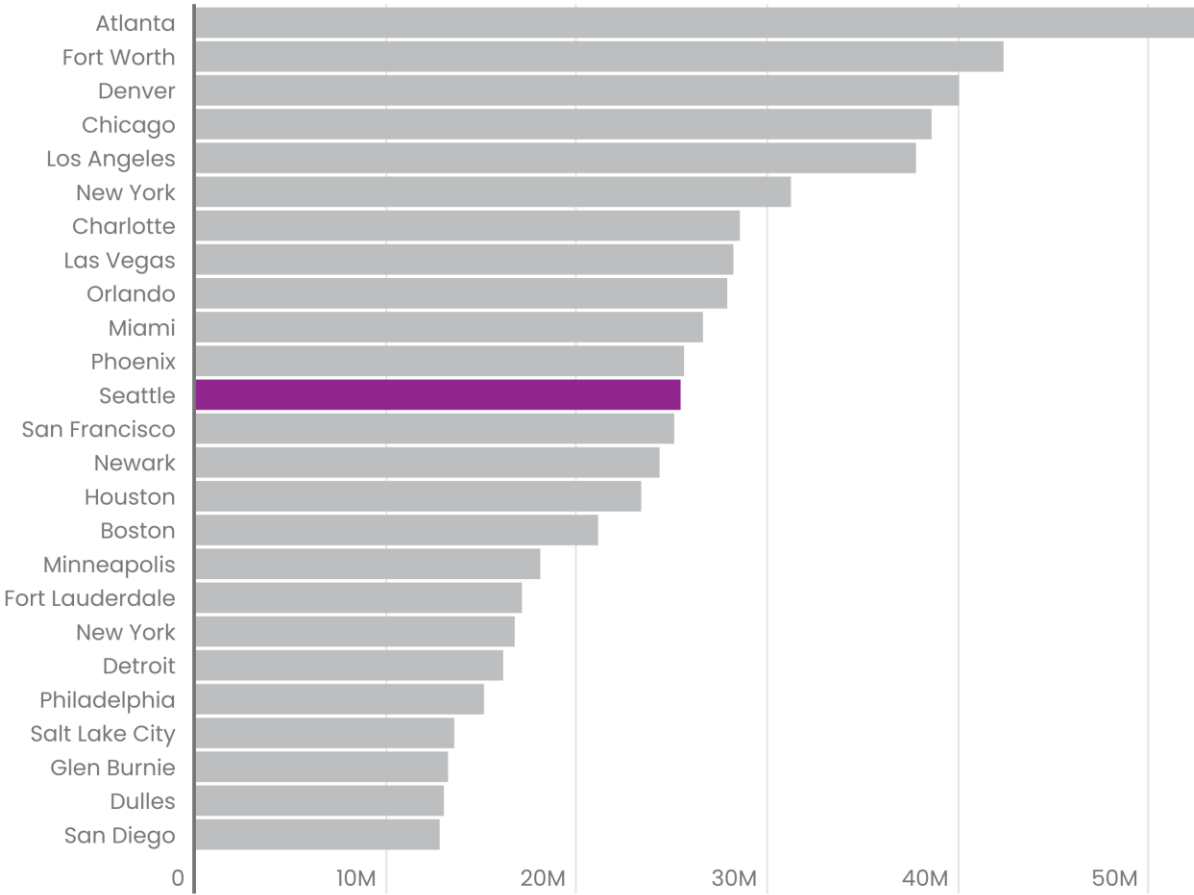
SEA carried the 12th most passengers in 2024

Annual Enplanements: 2019



Source: USDOT Federal Aviation Administration

Annual Enplanements: 2024

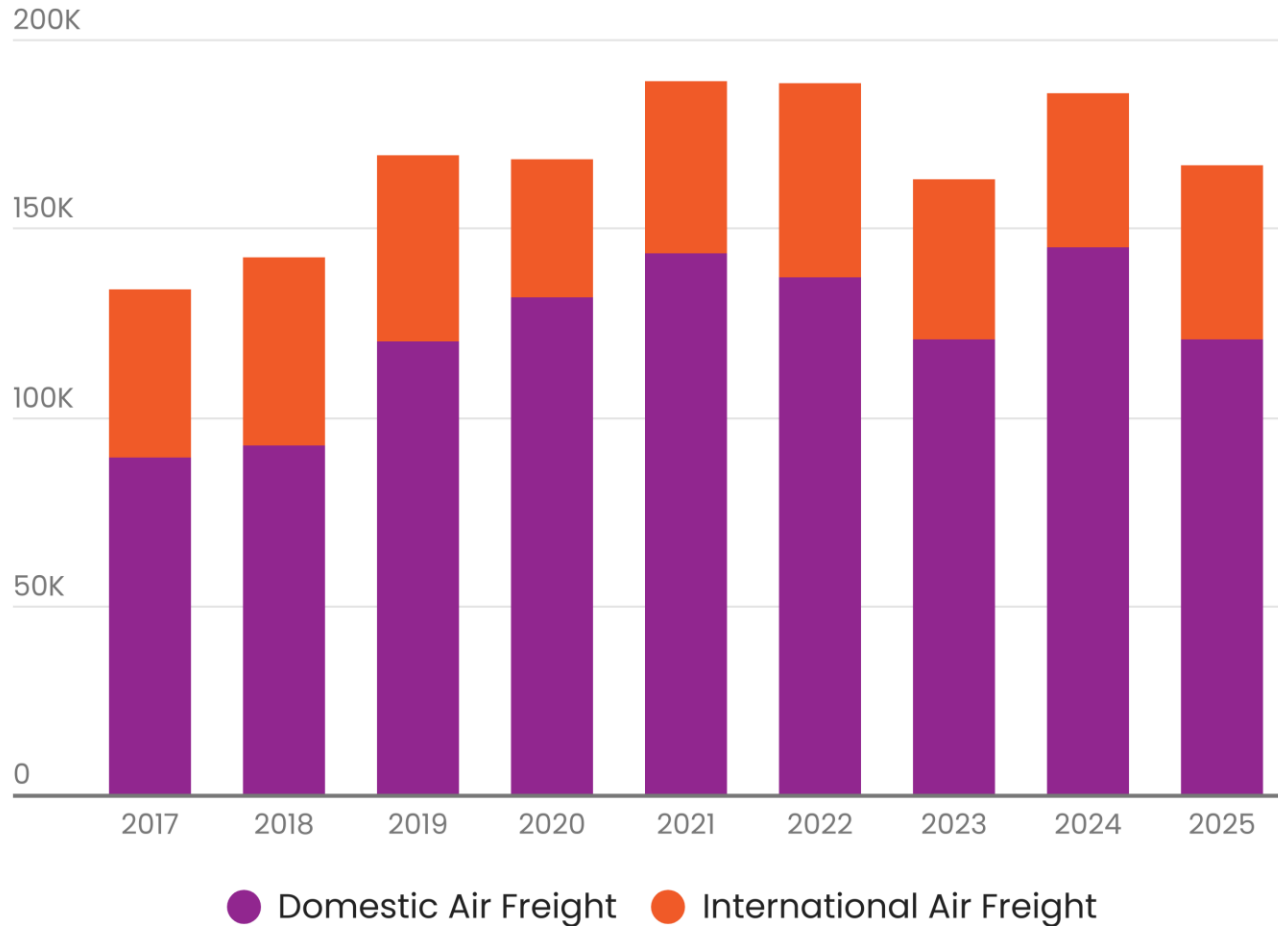


Source: USDOT Federal Aviation Administration



SEA Passenger volumes are above 2019 levels

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



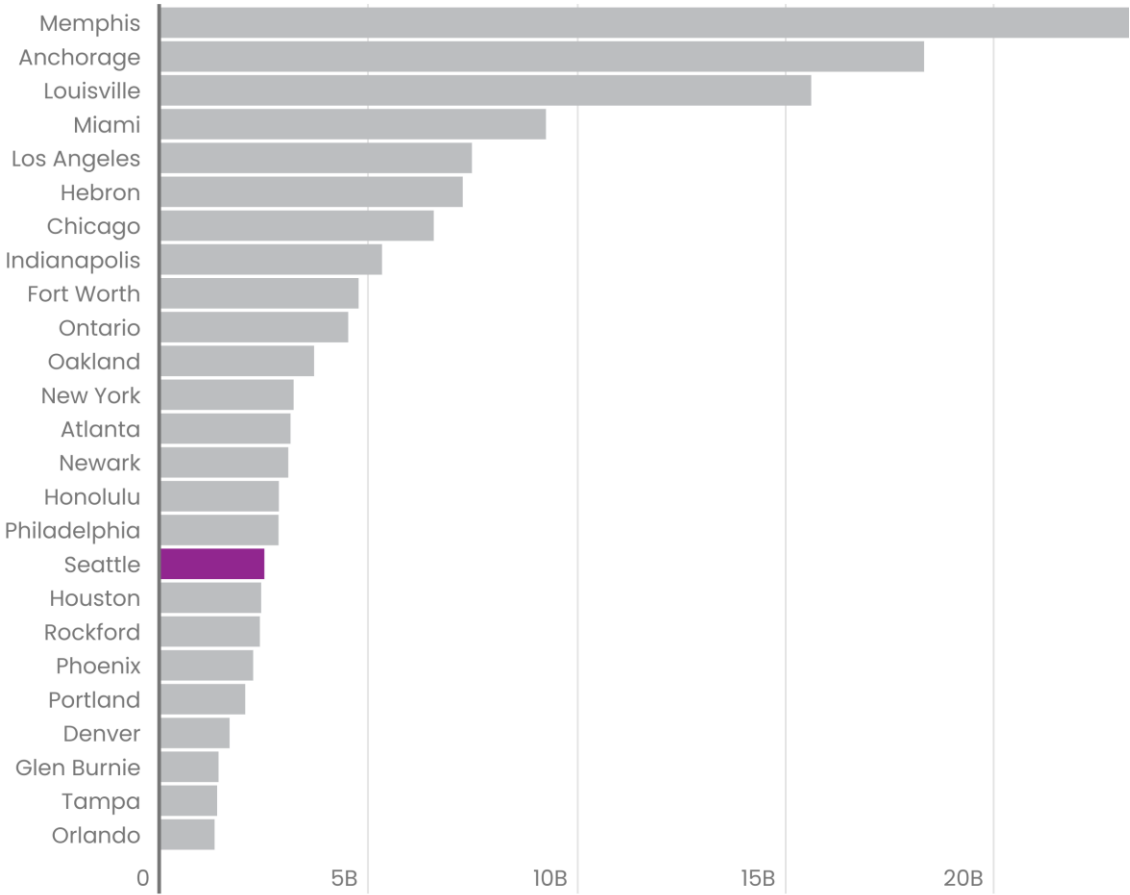
Through May of 2025, more than **167k metric tons** of air cargo passed through SEA

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



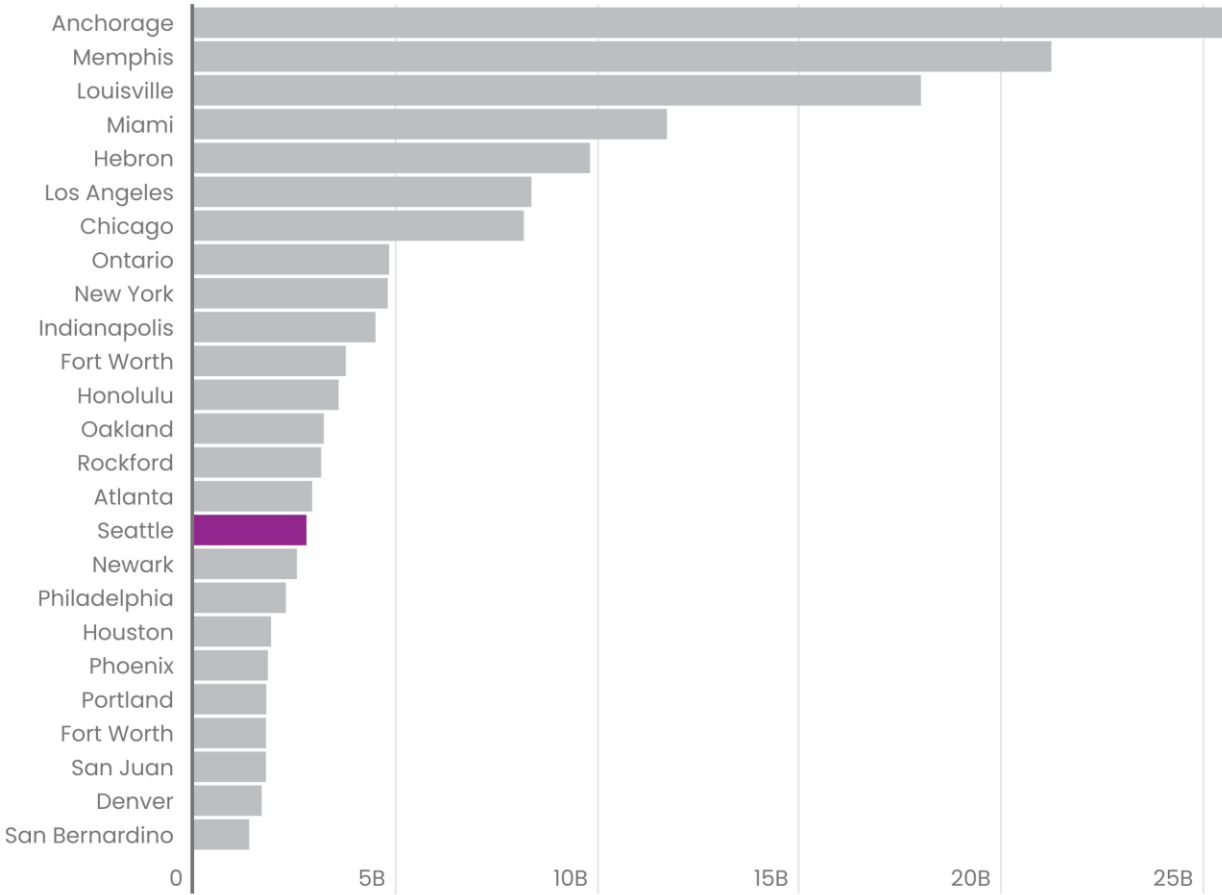
SEA carried the 16th most air cargo in 2024

Annual Air Cargo: 2019



Source: USDOT Federal Aviation Administration

Annual Air Cargo: 2024



Source: USDOT Federal Aviation Administration

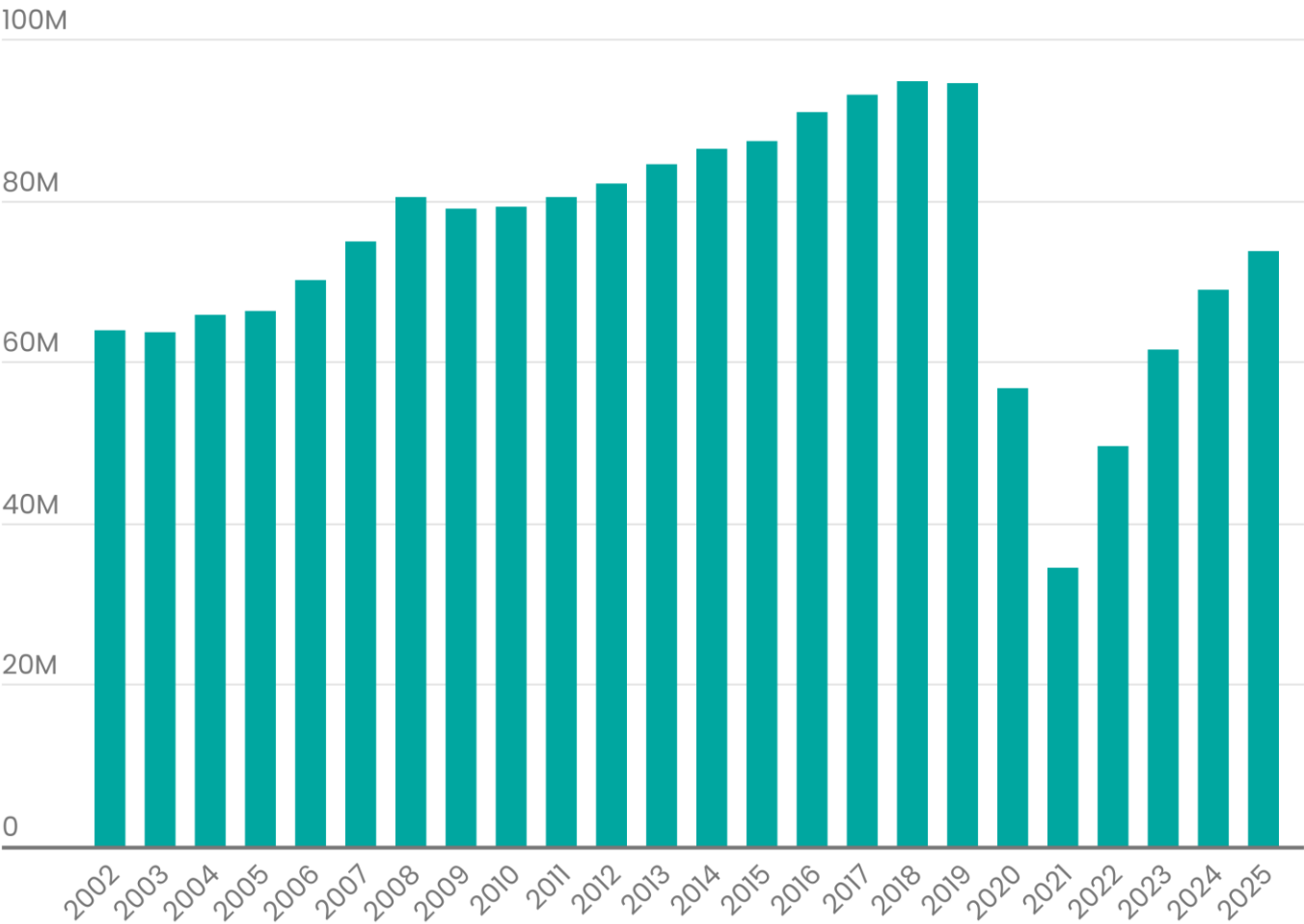


Transportation Trends



Transit Ridership continues to recover

Jan-May Total Boardings, 2002-2025

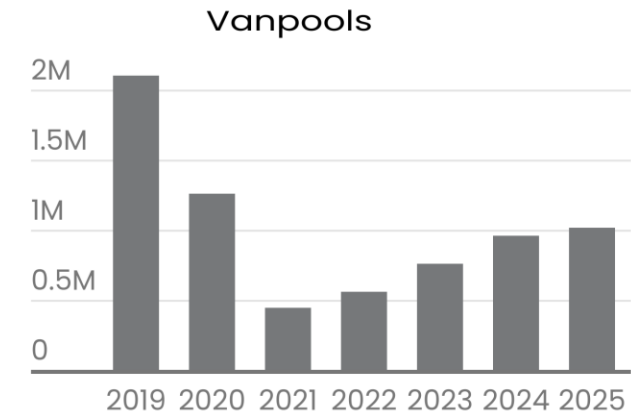
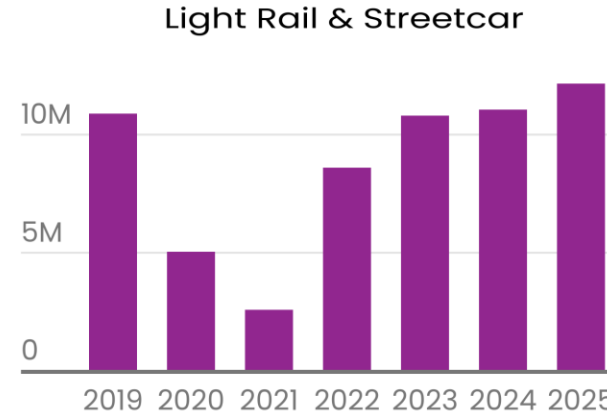
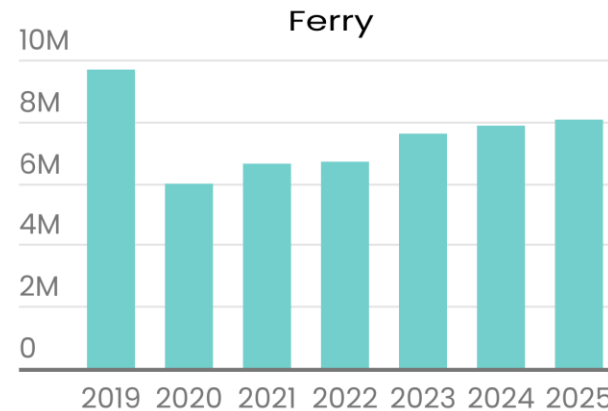
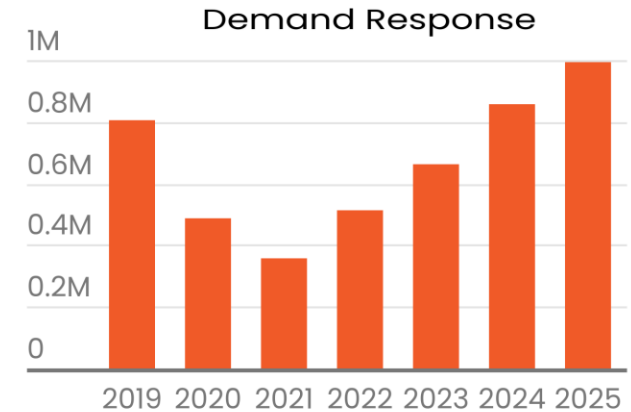
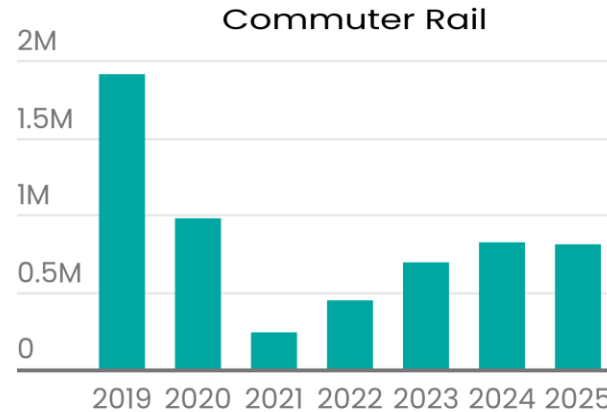
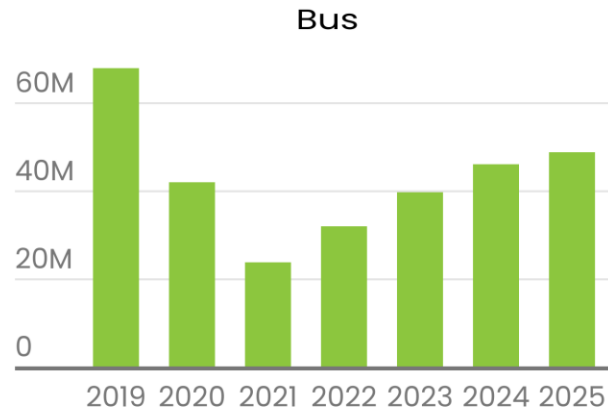


There were approximately **74 million** boardings from January to May 2025 on the Region’s transit system (**78%** of 2019 ridership)

Source: USDOT Federal Transit Administration National Transit Database

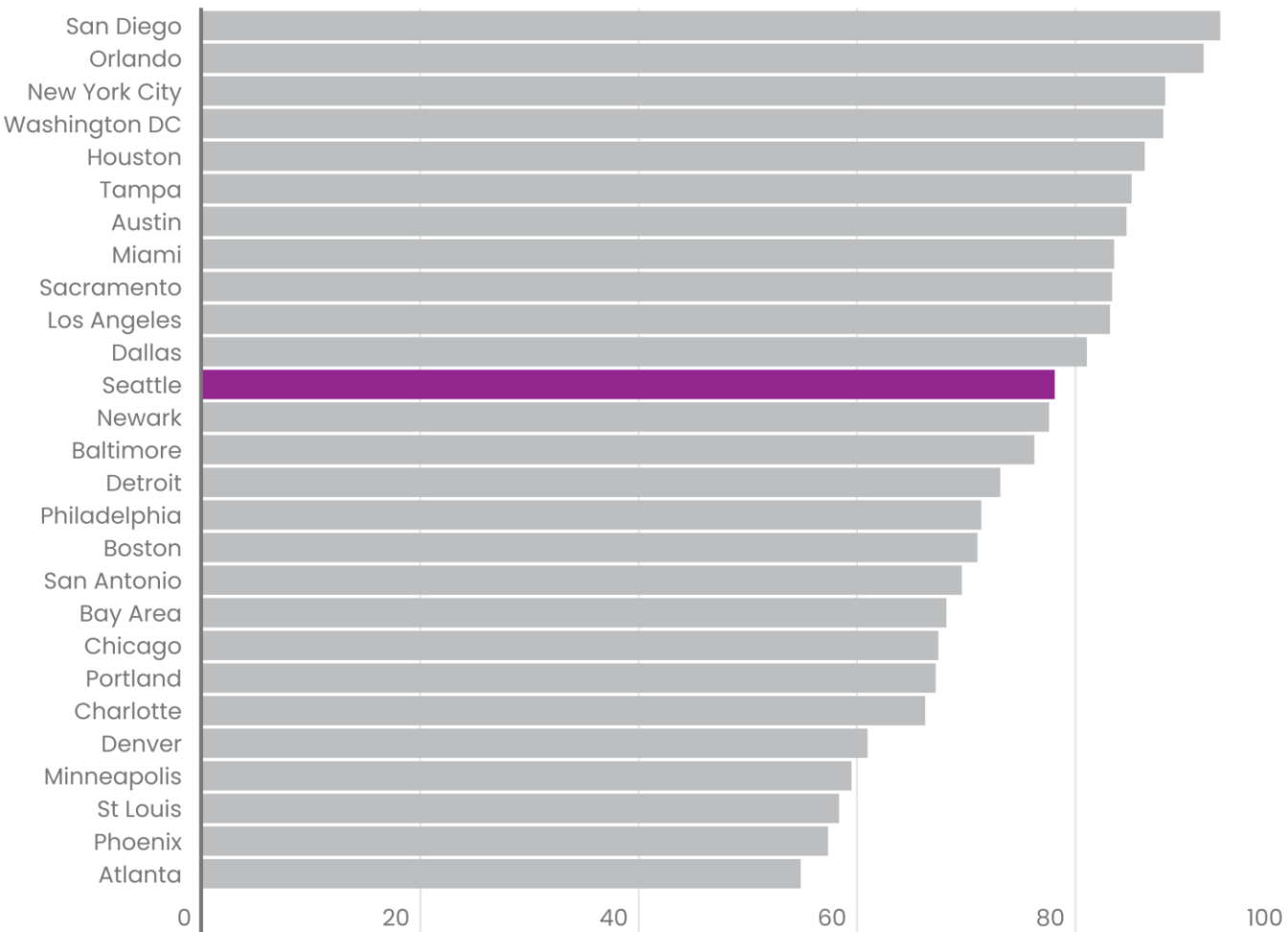
Recovery differs by Mode

Jan-May Boardings by Mode



Recovery is like other Metro Areas

Ratio of Jan-May Boardings: 2025 / 2019

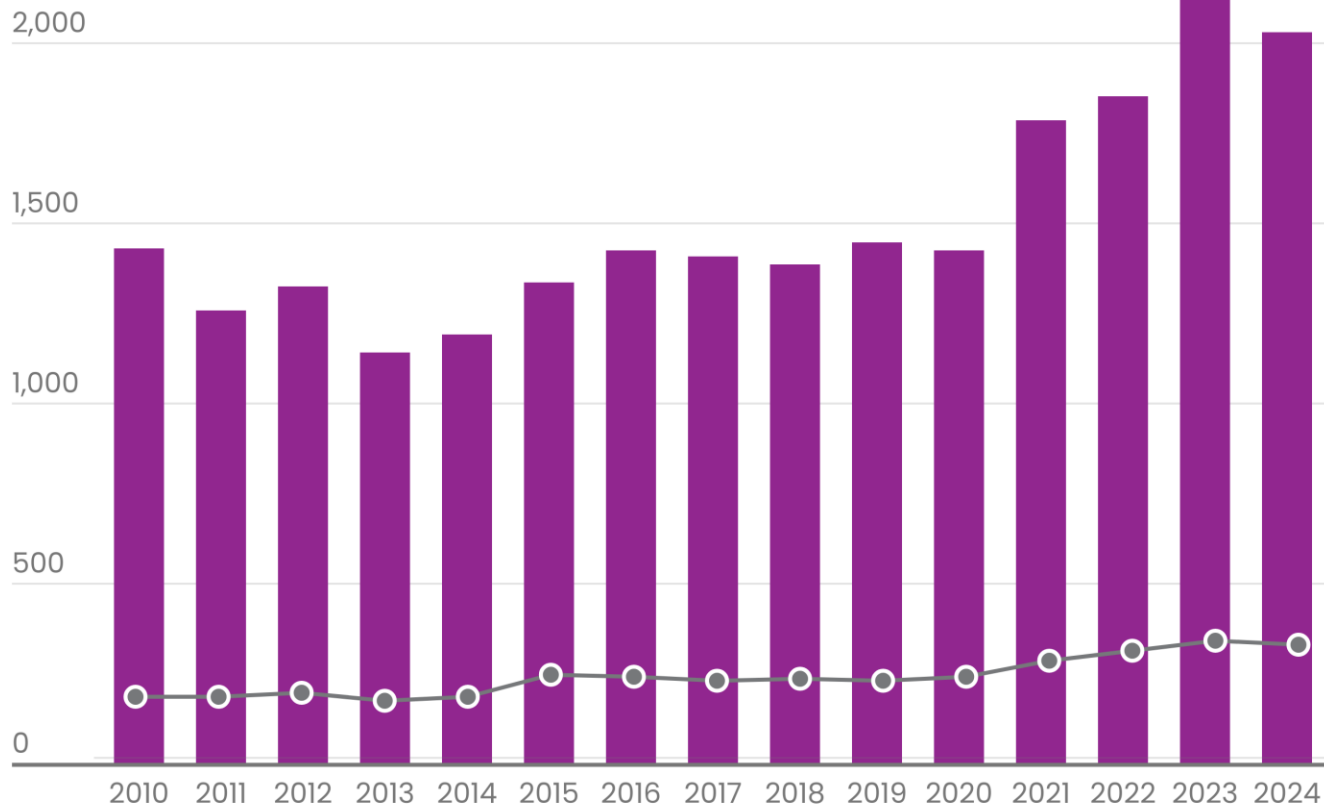


Source: USDOT Federal Transit Administration National Transit Database



Traffic Related Deaths are still at historic levels

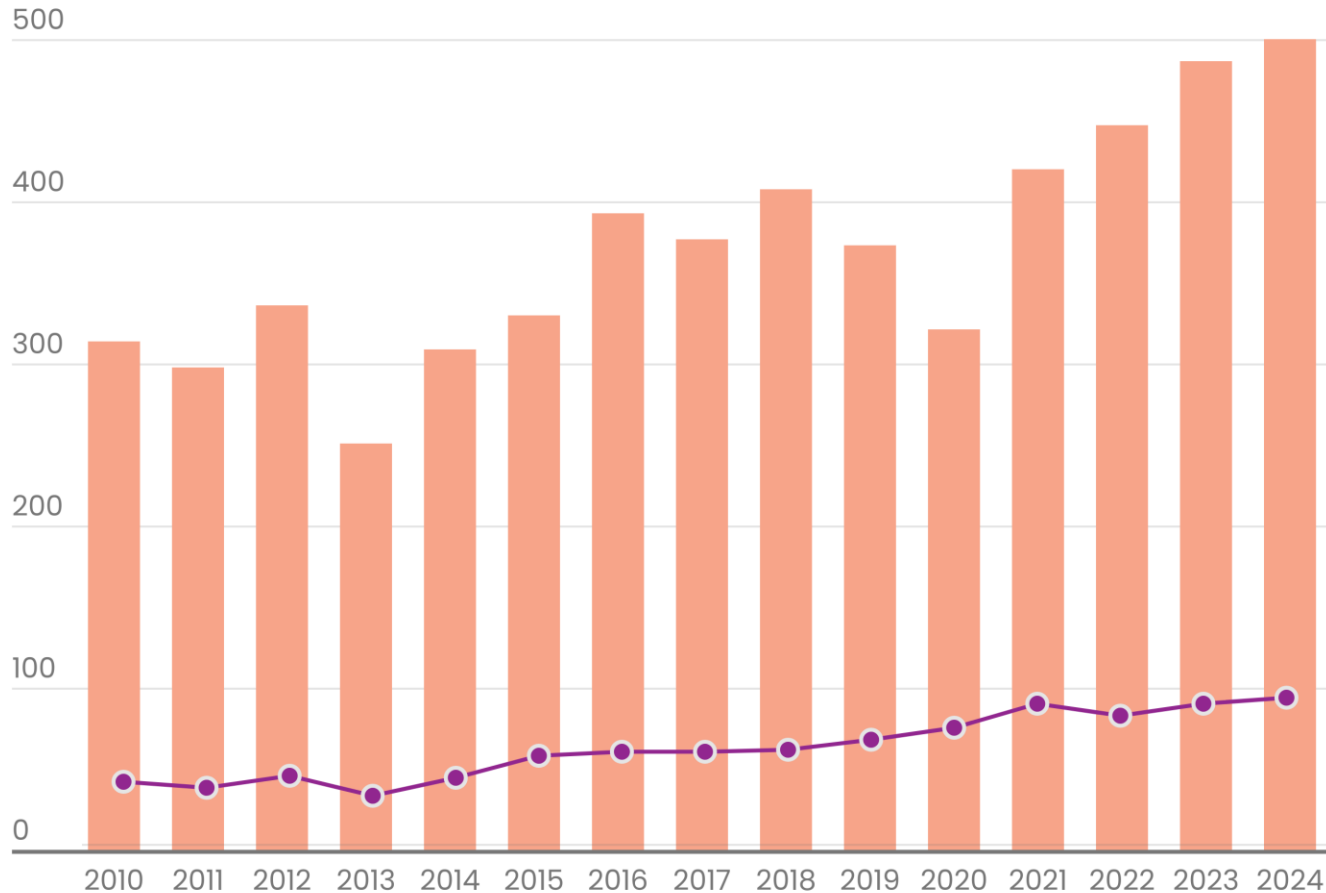
Traffic Deaths & Serious Injuries 2010–2024



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

Deaths are increasing for All users

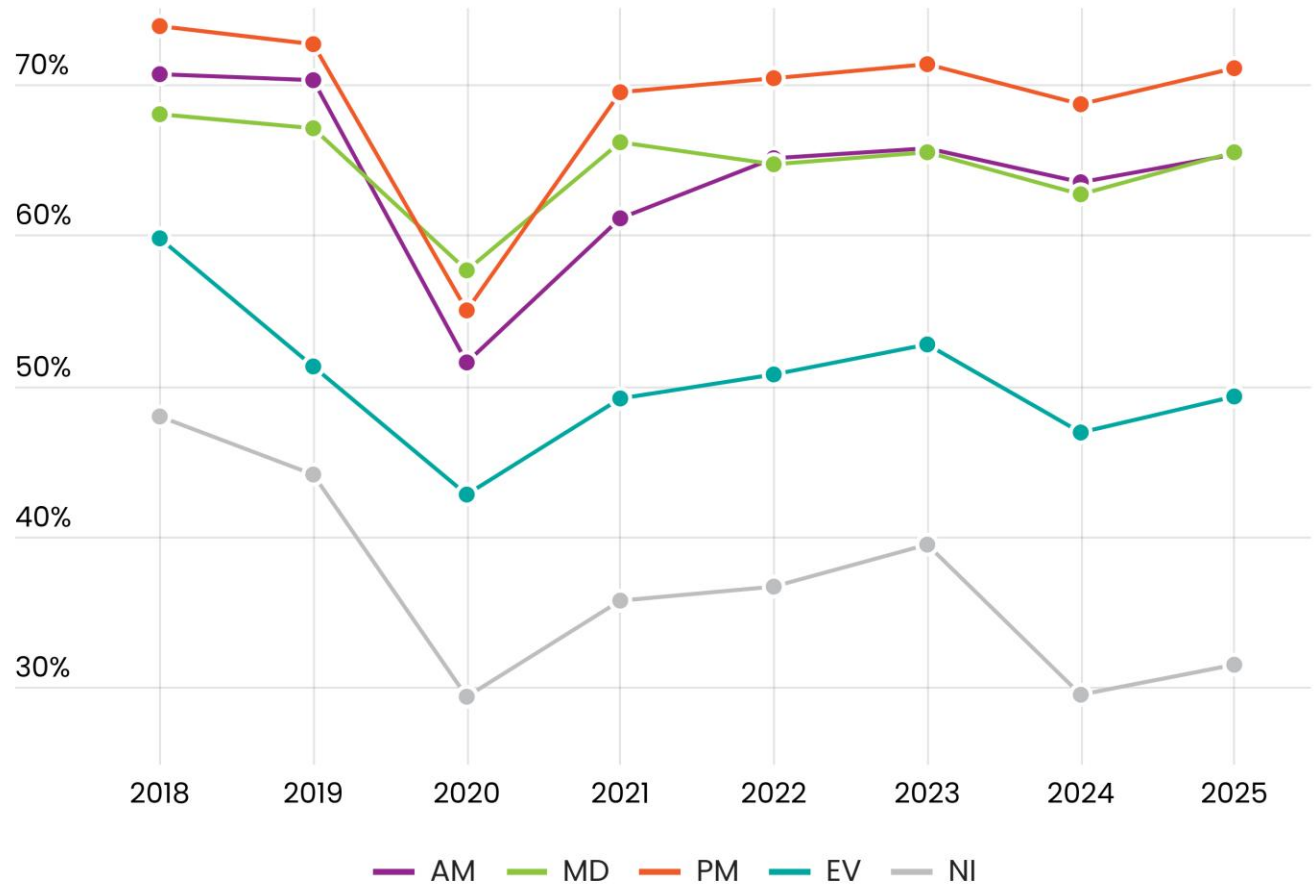
Bike & Ped Deaths & Serious Injuries 2010–2024



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!

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