

Stamford, Connecticut

General

ACS, 2020–2024	Stamford	State
Current Population	137,144	3,624,508
Land Area <i>mi</i> ²	38	4,842
Population Density <i>people per mi</i> ²	3,646	748
Number of Households	55,291	1,434,007
Median Age	38	41
Median Household Income	\$111,586	\$95,781
Poverty Rate	10%	10%

Economy

Top Industries

Lightcast, 2024 (2 and 3 digit NAICS)	Jobs	Share of Industry
1 Health Care and Social Assistance	10,205	
Hospitals		37%
2 Finance and Insurance	8,018	
Securities, Commodities, & Financial Inv.		64%
3 Professional, Scientific, and Tech Svc	7,944	
Professional, Scientific, and Tech Svc		100%
4 Information	6,873	
Telecommunications		33%
5 Admin and Support and Waste Mgt	5,869	
Administrative and Support Services		94%
Total Jobs, All Industries	71,615	

SOTS Business Registrations

Secretary of the State, March 2026

New Business Registrations by Year

Year	2021	2022	2023	2024	2025
Total	2,216	2,298	2,460	2,336	2,357

Total Active Businesses 18,305

Key Employers

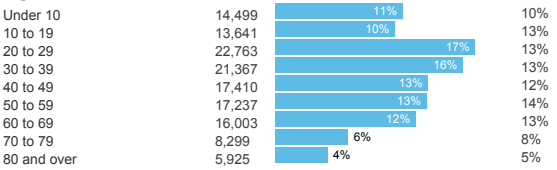
Data from Municipalities, 2026

- 1 Stamford Health
- 2 NBC Sports Group
- 3 Gartner
- 4 Deloitte
- 5 Charter Communications

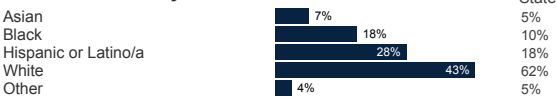
Demographics

ACS, 2020–2024

Age Distribution



Race and Ethnicity

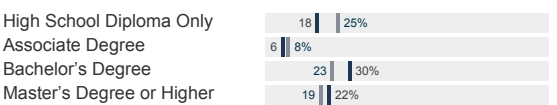


Hispanic includes those of any race. Remaining racial groups include only non-hispanic. 'Other' includes American Indian, Alaska Native, Native Hawaiian, Pacific Islander, two or more races.

Language Spoken at Home



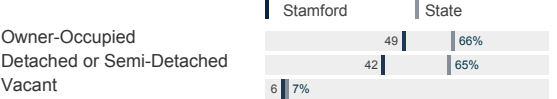
Educational Attainment



Housing

ACS, 2020–2024

	Stamford	State
Median Home Value	\$624,400	\$366,900
Median Rent	\$2,276	\$1,488
Housing Units	58,655	1,541,822



Schools

CT Department of Education, 2025-26

School Districts

	Available Grades	Total Enrollment	Pre-K Enrollment	4-Year Grad Rate (2023-24)
Stamford Charter School for Excellence	PK-8	541	0	
Stamford School District	PK-12	15,342	354	80%
Statewide	-	497,764	20,604	89%

Smarter Balanced Assessments

Met or Exceeded Expectations, 2024-25

	Math	ELA
Stamford Charter School for Excellence	75%	77%
Stamford School District	33%	36%
Statewide	46%	50%

Stamford, Connecticut

Labor Force

CT Department of Labor, 2025

	Stamford	State
Employed	79,135	1,869,450
Unemployed	2,823	76,777

Unemployment Rate

Self-Employment Rate*

*ACS, 2020–2024

Catchment Areas of 15mi, 30mi, and 60mi

Massachusetts

Providence •
Rhode Island



Access

ACS, 2020–2024

	Stamford	State
Mean Commute Time *	28 min	26 min
No Access to a Car	9 9%	
No Internet Access	4 6%	

Commute Mode

Public Transport	3 10%
Walking or Cycling	3 5%
Driving	65 77%
Working From Home *	16 19%

Public Transit

CT <i>transit</i> Service	Local, Stamford metro
Other Public Bus Operations	-
Train Service	Amtrak, Metro-North

* 5 year estimates include Covid-19 pandemic data

Fiscal Indicators

CT Office of Policy and Management, State FY 2022-23

Municipal Revenue

Total Revenue	\$703,966,843
Property Tax Revenue	\$605,219,570
per capita	\$4,443
per capita, as % of state avg.	132%
Intergovernmental Revenue	\$66,320,307
Revenue to Expenditure Ratio	112%

Municipal Expenditure

Total Expenditure	\$625,941,601
Educational	\$354,503,929
Other	\$271,437,672

Grand List

Equalized Net Grand List	\$40,182,853,790
per capita	\$294,972
per capita, as % of state avg.	148%
Commercial/Industrial Share of Net Grand List	24%
Actual Mill Rate	27.25
Equalized Mill Rate	15.29

Municipal Debt

Moody's Rating (2025)	-
S&P Rating (2025)	AAA
Total Indebtedness	\$404,632,666
per capita	\$2,970
per capita, as % of state avg.	101%
as percent of expenditures	65%
Annual Debt Service	\$56,537,812
as % of expenditures	9%

About Town Profiles

The Connecticut Town Profiles are two-page reports of demographic and economic information for each of Connecticut's 169 municipalities. Reports for data are available from profiles.ctdata.org

Feedback is welcome, and should be directed to info@ctdata.org

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