

Mid-Atlantic Multifamily Markets: Key Statistics

All Mid-Atlantic multifamily markets remain strong with occupancy above 95% though annual effective rent growth is modest, ranging from 0.1% to 2.0%. Year-to-date, absorption outpaced deliveries in three of the four Mid-Atlantic markets. The Washington metro area experienced negative absorption during the third quarter of 2025, due to federal government and contractor job losses across the region.

Market Statistics				
	Washington Metro	Baltimore Metro	Hampton Roads Metro	Richmond Metro
Total Inventory (Units)	702,948	239,970	146,532	119,160
Overall Occupancy Rate	95.6%	95.6%	96.7%	95.8%
Year-to-Date Absorption (Units)	4,902	4,011	2,112	3,193
Effective Rent (Per Unit)	\$2,233	\$1,759	\$1,589	\$1,568
1-Year Effective Rent Change	0.1%	0.8%	2.0%	0.9%
5-Year Average Effective Rent Change	3.6%	3.4%	5.3%	4.6%
YTD Deliveries	7,544	1,499	814	2,622
Under Construction (Units)	12,409	2,646	1,271	4,737

Source: RealPage, Newmark Research

