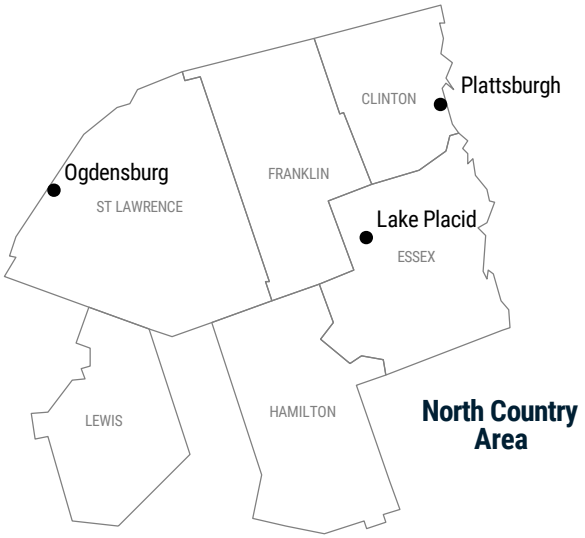
North Country Economic Indicators

The North Country is a large, mostly rural region of New York State near the Canadian border that is sparsely populated and peppered with small towns and cities, such as Lake Placid and Plattsburgh. With almost 300,000 residents, the area encompasses a substantial swath of New York's land area, and includes the Adirondack Park forest preserve. Like the rest of upstate New York, the North Country has seen little population or job growth in recent decades, in part because of steep declines in the region's manufacturing sector. The area includes several higher education institutions, which serve as key employers in the region. Other important local job sectors include health care, retail, tourism, agriculture, manufacturing, and timber.



	NORTH COUNTRY	WATERTOWN*	GLENS FALLS*	NEW YORK STATE	USA
Population 2024	299,551	113,140	125,127	19,867,248	340,110,988
Population growth 2024, 10-year change	-4.7%	-6.9%	-2.6%	-0.7%	6.5%
GDP 2023, billions	$17	$8	$9	$2,183	$27,812
Job growth 2024, 5-year change	-5.2%	-0.8%	-3.5%	0.8%	4.7%
Median household income 2023	$60,800	$60,000	$72,600	$80,150	$76,170
Median home price 2023	$175,000	$175,000	$240,000	$400,000	$325,000
Population share age 25+ with BA+	27.8%	24.9%	30.8%	40.7%	36.2%

Sources: U.S. Census Bureau; U.S. Bureau of Labor Statistics; U.S. Bureau of Economic Analysis; IPUMS USA-University of Minnesota; NYS Department of Labor; New York Fed calculations.
Data retrieved through data.census.gov, Moody's Economy.com, or directly from source.
Notes: Educational attainment figures reflect the American Community Survey 5-Year Estimate. Employment for North Country is calculated using the QCEW instead of the CES.
*Note: These are neighboring metro areas.

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