

REAL ESTATE

D-FW deemed 'renter-friendly' Median asking rent climbs down

Median asking rent falls 2.5% as vacancy rate hits 10.5%

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The Mystique at University Heights apartments in Fort Worth. Rent prices decreased in the Dallas-Fort Worth-Arlington metro from the previous year, according to a report from Realtor.com. (Smiley N. Pool/Staff Photographer)

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Rent prices decreased in the Dallas-Fort Worth-Arlington metro from the previous year, keeping the city in a renter-friendly status, according to a report from Realtor.com.

The median asking rent in the metro area was \$1,410 in January 2026, a 2.5% decline from the year before.

Metro areas with a rental vacancy rate of 7% are considered to have a renter-friendly market, according to the report. In the Dallas-Fort Worth metro, rental vacancy rates stayed above that mark and rose from 8.9% in 2024 to 10.5% in 2025.

Having a higher vacancy rate means that tenants have more choices and stronger negotiating power, according to the report.

The average vacancy rate for the U.S. rental market was about 7.6% in January, up from 7.2% in 2024.

The median asking rent in the Dallas area declined at a faster rate than the national trend, which was down 1.5% from the previous year. Jiayi Xu, an economist at

Realtor.com, said supply is outperforming demand in the Dallas metro, which puts downward pressure on prices.

A high rental vacancy rate doesn't necessarily mean the Dallas area isn't a popular market, but instead means that developers are preparing for the future, Xu said.

“They're not trying to meet the current demand, but they're trying to meet the future demand for the rental market in Dallas,” Xu said.

Among the largest 50 metros, Realtor.com found that 22 are considered rental-friendly, 22 are balanced and six favor landlords.

Nationally, the median asking rent was about \$1,672 across the 50 largest metros in January 2026, which is still lower than the typical monthly mortgage payment of about \$2,040.

Renting is the more affordable monthly option in the Dallas-Fort Worth area because home prices are still elevated, according to the report.

Realtor.com data placed the medium listing price for homes in the Dallas-Fort Worth-Arlington metro at \$405,000 in January.