

Rent regulation is the backbone of affordability in New York City, protecting 1,020,600 apartments—41 percent of the city’s rentals—from unchecked rent hikes. Rent regulated apartments house low-income tenants, as well as Black and Latino New Yorkers, at higher rates than other forms of housing. And, they offer

tenants a sense of stability not found in the unregulated rental market.

In this brief, we use data from the [2023 New York City Housing and Vacancy Study \(HVS\)](#) to illustrate who the over 2 million tenants are that live in these crucial rent regulated apartments.

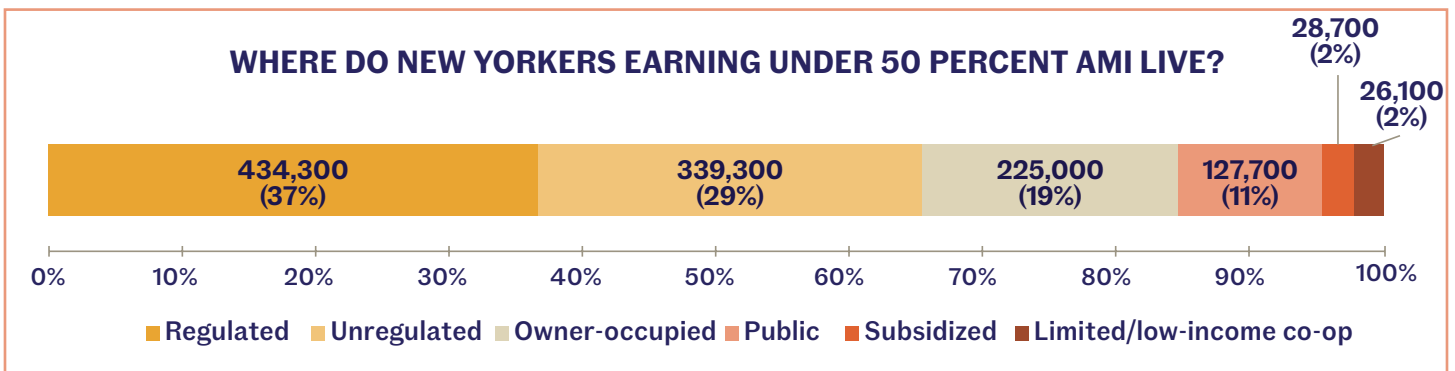
## Pre-2019 losses of rent regulated apartments

In 2019, tenants won a [historic expansion](#) of rent regulation, the Housing Stability and Tenant Protection Act (HSTPA). Before the HSTPA’s implementation, landlords exploited rent regulation loopholes to push out long-term tenants and drive up rents. Stabilized rents increased by 20 percent upon tenant turnover, and apartments that reached \$2,816 in rent were permanently deregulated. From 1994 to 2019, the city [lost](#) 310,000 rent stabilized apartments to

deregulation, co-op conversions, and other loopholes. Repeated efforts to buy out long-term tenants, disruptive construction, illegal lockouts, and other landlord efforts to force long-term tenants out became so commonplace that the city and state were forced to sharpen their [tenant harassment definitions](#). The HSTPA stabilized runaway rents, stopped deregulatory losses, and helped preserve New York City’s dwindling supply of low-rent apartments.

## Essential for low-income New Yorkers

Thirty-seven percent of [low-income households](#) (who earn under 50 percent of Area Median Income, or AMI) live in rent regulated apartments—totaling 434,300 households. That is nearly three times as many as those living in public housing and subsidized rentals combined.



Source: CSS analysis of 2023 HVS microdata.

For more information, contact Oksana Mironova at [omironova@cssny.org](mailto:omironova@cssny.org).

## A lifeline for New York-born and immigrant tenants

Forty three percent of rent regulated renters were born in New York City, while 41 percent immigrated to the US from another country. Among immigrant tenants, the top three countries of origin are the Dominican Republic, Mexico, and China.

## A key resource for Latino and Black New Yorkers

Latino and Black New Yorkers rely on rent regulation more than any other racial or ethnic groups—and for these groups, it is the most common housing arrangement. Thirty-eight percent of Latino New Yorkers and 29 percent of Black New Yorkers live in rent regulated apartments. While white and Asian New Yorkers are more likely to be homeowners, 19 percent of white households and 16 percent of Asian households are rent regulated tenants.

## Providing tenants with tenure security

Homeownership offers New Yorkers tenure security—the ability to stay in their home and neighborhood while planning for the future. Households living in owner-occupied housing (conventionally financed co-ops, condos, or 1-4 family homes) and limited/low-income co-ops (developed through the [Mitchell-Lama program or incorporated as HDFCs](#)), stay in their home for significantly longer than tenants.

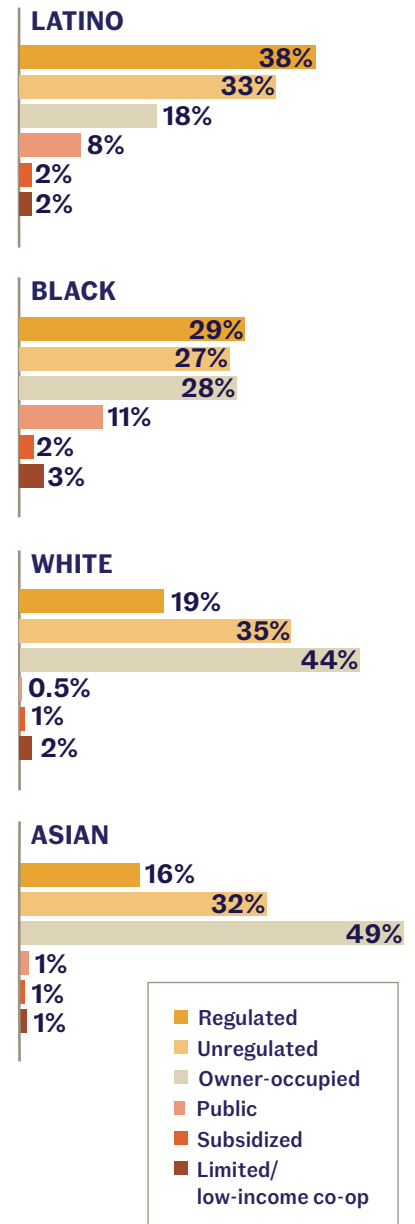
Public and subsidized tenants also experience stability, staying in their apartments for nearly as long as homeowners, 14 and 13 years, respectively. Their stability is rooted in public subsidy that ties rents to incomes rather than the market.

The typical rent regulated tenant has lived in their apartment for eight years—five years more than the typical unregulated tenant. Their stability is rooted in a legal framework that balances the unequal relationship between tenants and landlords. Rent regulated tenants have the option to stay in their homes long-term, because they are more protected from retaliatory lease non-renewals and dramatic rent increases than unregulated tenants.

**Interested in learning more about rent stabilization in New York? Check out our previous publications:**

- [“Across the State, New Yorkers Support Rent Stabilization and Good Cause.”](#) February 2025.
- [“Our Fast Analysis of the 2021 New York City Housing and Vacancy Survey.”](#) October 2023.
- [“Blame Speculation, Not Rent Regulation: Why New York Must Enforce and Protect the 2019 Rent Laws”](#) July 2022.
- [“Closing the Loopholes: What Six Rental Histories Tell Us About Fixing Rent Regulation in New York”](#) May 2019.
- [“Where Have All the Affordable Rentals Gone?”](#) May 2019.

### WHERE DO LATINO AND BLACK NEW YORKERS LIVE?



Source: CSS analysis of 2023 HVS microdata.

Median move-in year	
Owner-occupied	2007
Limited/low-income co-op	2008
Public	2009
Subsidized	2010
Regulated	2015
Unregulated	2020