Megalopolis compared to Alaska or Utah has a more mature population with less than the national average of households with one or more persons aged 18 and under. At 35.2%, Megalopolis is slightly below the national mean and between the youthful state of Utah with 45.8% (27.2% above the national mean [NM]) and Florida with 31.3% (13.1% below the NM).

Counties with a higher than average number of young households include the southern growth zone that has attracted young families. Stafford VA has a rate of 50.4 (40.1% above the NM). Little more than 1 out of every 2 households in this county has at least one person aged 18 or under. The growing suburban counties of central Megalopolis such as Orange NY 42.4% (18.0% above NM) also have younger households. Areas with less than the national average include the central city areas and much of the older industrial areas of central Megalopolis and New England. New York, for example, has only 19.6% (45.3% below NM) of households with someone aged 18 or under. Less than 1 in 5 households have someone aged 18 or under. In the central city areas there are more single and non-children households while in the older industrial, areas such as New Haven CT 33.8% (6.1% below NM), and the retirement/resort areas, such as Dukes MA 30.1% (16.1% below NM), there has been a selective out migration of the younger families and a greater proportion of older households.

An exception to this general pattern is Bronx NY where 43.2% (21.7% above NM) of households have someone aged 18 or younger. In this county in the heart of the New York metro area children are an important part of the urban scene.