

A background image of a city skyline, likely New York City, with tall buildings and a street view, overlaid with a semi-transparent blue filter.

# The Cost of Rent Control in New York and Beyond

Read Time: 5 minutes

Rent control is a hot-button issue that continues to dominate housing policy debates nationwide, but the risks and unintended consequences of rent regulation have long been clear to housing and economic policy experts. Rather than improving access to housing, rent control often exacerbates shortages, causes existing buildings to deteriorate and disproportionately benefits higher-income households. Despite popularity among voters, the truth is that these regulations worsen affordability for renters, limit renter opportunity and upward mobility and undermine a renter's right to quality housing. Economists across the political spectrum agree on the ineffectiveness and negative consequences of rent control.

A recent [Real Deal](#) article found that rent stabilized losses have devastated several city-managed pension fund investments—causing values to drop more than two-thirds since 2019 when the Housing Stability and Tenant Protection Act (HSTPA) was passed. The result is rising vacancies, deteriorating buildings, widespread code violations and more. From the beginning, housing providers and economists have warned of these kinds of consequences, which may soon be too costly to ignore.

In 2024, NMHC sponsored a report titled “**Rent Regulation Policy in the United States**”. Insights from the report further reinforce years of prior research from the United States and in cross-country comparison demonstrating that rent control and rent regulation policies fail to meet their purported objective of creating a more affordable rental housing market. Key findings include:

- Rent regulation disincentivizes investment in the rental community, resulting in fewer rental units.
- Rent regulation inhibits mobility, creating a barrier to entry for new renters seeking housing in rent-controlled communities.
- The limited benefits of rent regulation accrue disproportionately to higher-income, older and white residents, respectively.
- Rent regulations substantially reduce the value of rent-regulated properties as well as nearby unregulated rental properties, thereby reducing real estate tax revenue to the locality.
- Rent regulation does not reduce evictions or further well-being, educational attainment or neighborhood quality.

Read the Real Deal article [here](#).

Read our “Rent Regulation Policy in the United States” report [here](#).



## 2026 NMHC 50 Sign-Ups Are Open!

Survey links for firms to participate in **NMHC’s authoritative ranking** of the nation’s top 50 apartment owners and top 50 managers, as well as the top 25 developers, top 25 builders and top 10 syndicators are set to go out soon—be sure to enter your firm’s contact info today to participate.

**[Sign Up Today](#)**

# Industry Topic Updates

*The articles linked within this section of the newsletter are exclusively available to NMHC and RETTC members. Gain access to these resources, and more, by becoming a member. Click here to learn more about joining [NMHC](#) and [RETTC](#).*



- **Senate Passes the ROAD to Housing Act:** On October 9, 2025, as part of the National Defense Authorization Act (NDAA), the United States Senate agreed to pass the ROAD to Housing Act, bipartisan legislation that will enact reforms designed to increase housing supply and lower housing cost for average households.
- **White House Adds to HUD Regulatory Reform Agenda:** Following up on items promised in the Administration's Fiscal Year 2026 Budget request, the White House revealed its regulatory reform agenda for the Department of Housing and Urban Development (HUD). It includes repeal of the 30-day notice of eviction requirement and changes to tenant eligibility rules. The timing of these changes is unknown, and, in some cases, details are vague.
- **Treasury, IRS Weigh in on Key Tax Issues:** This month, Treasury and IRS provided guidance for Opportunity Zone investments in rural areas. Additionally, they issued final regulations regarding recordkeeping and reporting requirements pertaining to the average income test under LIHTC.

# RETTC TECH POLICY UPDATES

- **NMHC and RETTC Urge Balanced AI Framework at Senate AI Hearing:**

The Senate Commerce Committee held a September 10 hearing on the administration's AI Action Plan. In a joint letter, NMHC, NAA and RETTC outlined how AI is transforming rental housing, from preventing leasing fraud to improving maintenance, underwriting and affordability. The letter commended policymakers for their thoughtful approach to AI policy and cautioned that a fragmented regulatory approach in data management, security and technology risks stifling innovation and increasing compliance costs.

## Shutdown Implications

The Federal government began a shutdown October 1 due to a lapse in appropriations. While the path for reopening remains unclear, if history is any guide, and it may not be this time around, the **immediate impact of a federal government shutdown on multifamily industry should be limited.**

In challenging and uncertain times, housing providers continue to play a vital role in supporting their communities. RETTC member **Flex** has launched the **Federal Employee Relief Program**, waiving November membership fees for eligible federal employees and contractors so they can continue using Flex to stay current on rent during this period. If your organization has a story that reflects this commitment, we want to hear it.

[Fill out this form to share your story.](#)

## Upcoming Events and Webinars

### Open Events

[2025 NMHC Student Housing Conference](#) | Oct. 20-22

[Q4 State of the Multifamily Market Webinar](#) | Oct. 23

### RETTC Members-Only Events

[OPTECH 2025](#) | Nov. 17-19

*NMHC Members: The list doesn't stop here—log in to your member account and access other exclusive, member-only meeting and registration details.*

## More to Explore

[\*\*Turning Laws into Homes: Effective Strategies for Housing Legislation Implementation\*\*](#)

[\*\*ICYMI: Regulation and Rents\*\*](#)

"...how do we move from housing policy to housing progress? How do we turn potential housing into real homes? To meet the needs of the housing abundance movement, YIMBY Law has developed a variety of tactics to meet implementation needs across the United States."

[\*\*READ MORE\*\*](#)

Local rules intended to protect renters may be increasing the very costs they aim to control. Regulation and Rents—authored by Daniel Shoag, Ph.D. and Issi Romem, Ph.D. and sponsored by NMHC and the National Apartment Association (NAA)—examines how four categories of regulation affect rents across U.S. metro areas.

[READ MORE](#)



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