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NEW YORK STATE · MONTHLY LABOR MARKET

August 2026: unemployment 4.3%

Preliminary figures, subject to revision by BLS.

New York's unemployment rate was 4.3% in August 2026, 0.2 points above the national rate and down from 4.5% a year earlier. The rate peaked at 4.6% in September 2025 in this window. The state counted 9,946,000 nonfarm jobs, 500 fewer than a year earlier.

New York unemployment
4.3%
-0.2 pts from Aug 2025

Versus the U.S. rate
+0.2 pts
U.S. at 4.1%

New Yorkers out of work
432,957
-20.9k from a year earlier

New York nonfarm jobs
9.95M
-0.5k from Aug 2025

Labor force participation
61.3%
+0.1 pts from a year earlier

The job mix, quarter by quarter

Every New York job sits in one industry. Pick a quarter, or press play to watch the mix shift.

Play

2024 Q1

2024 Q2

2024 Q3

2024 Q4

2025 Q1

2025 Q2

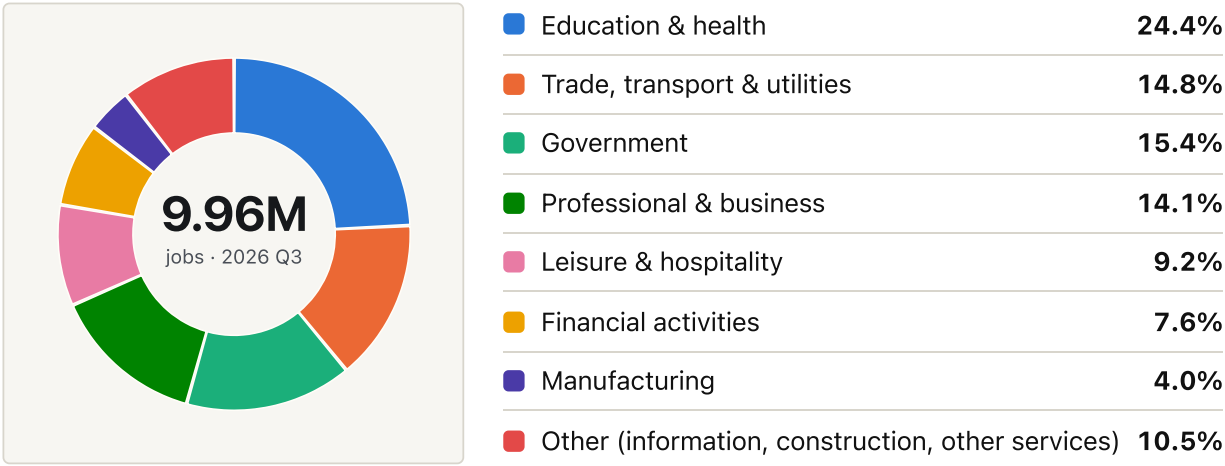
2025 Q3

2025 Q4

2026 Q1

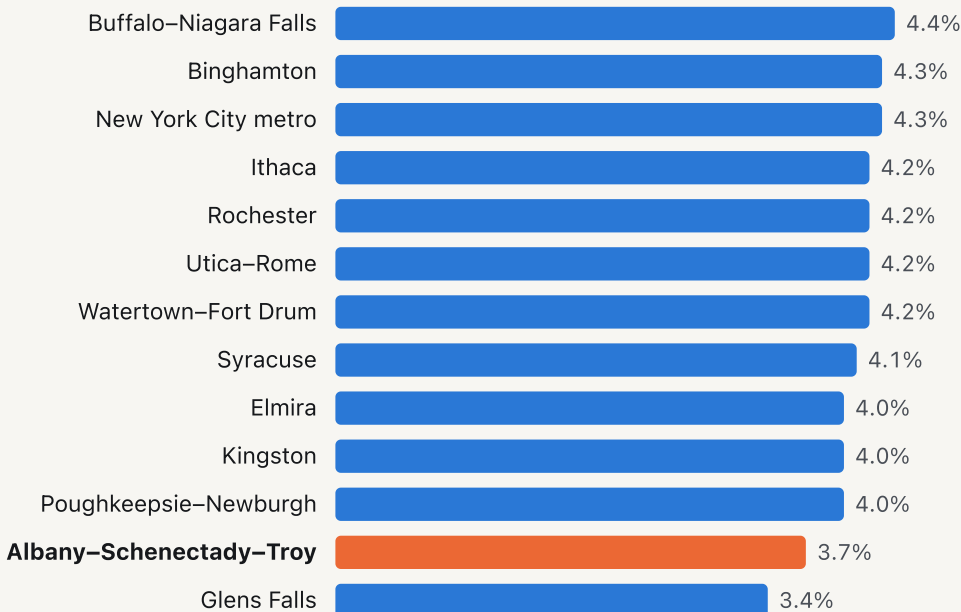
2026 Q2

2026 Q3



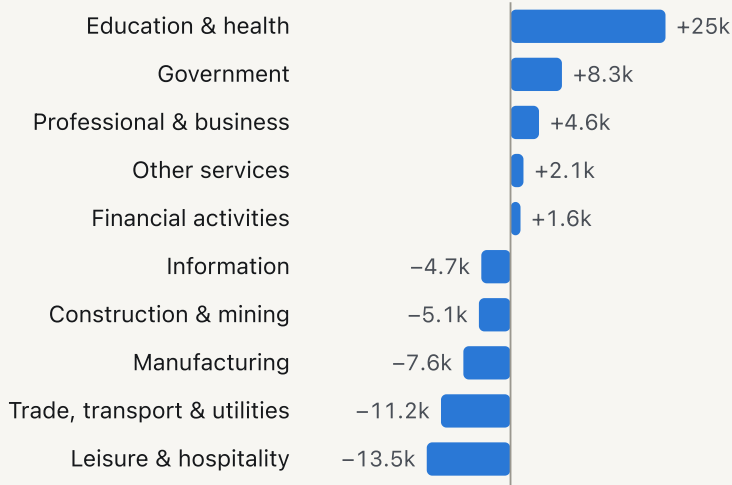
Across the state, July 2026

Unemployment rate by metro area, ordered by the latest month. The Capital Region, home of the Department of Labor, is highlighted.



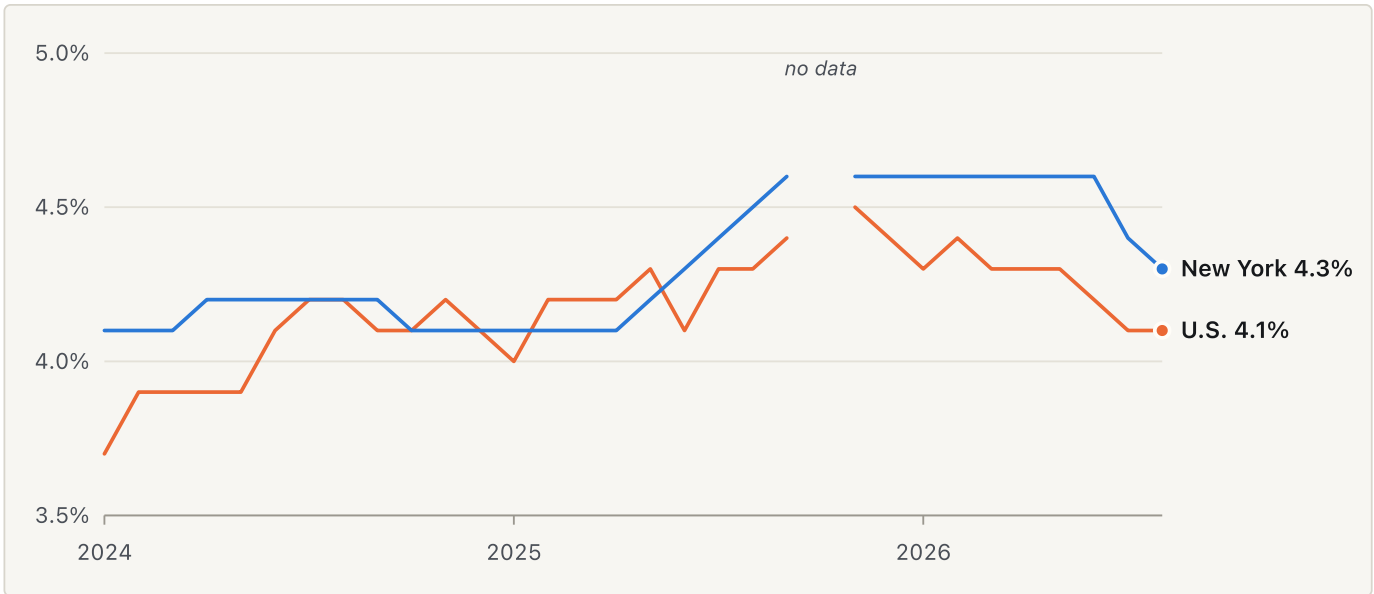
Where the jobs moved, August 2026

Change in New York jobs over the past year, by industry, in thousands, ordered by the latest month.

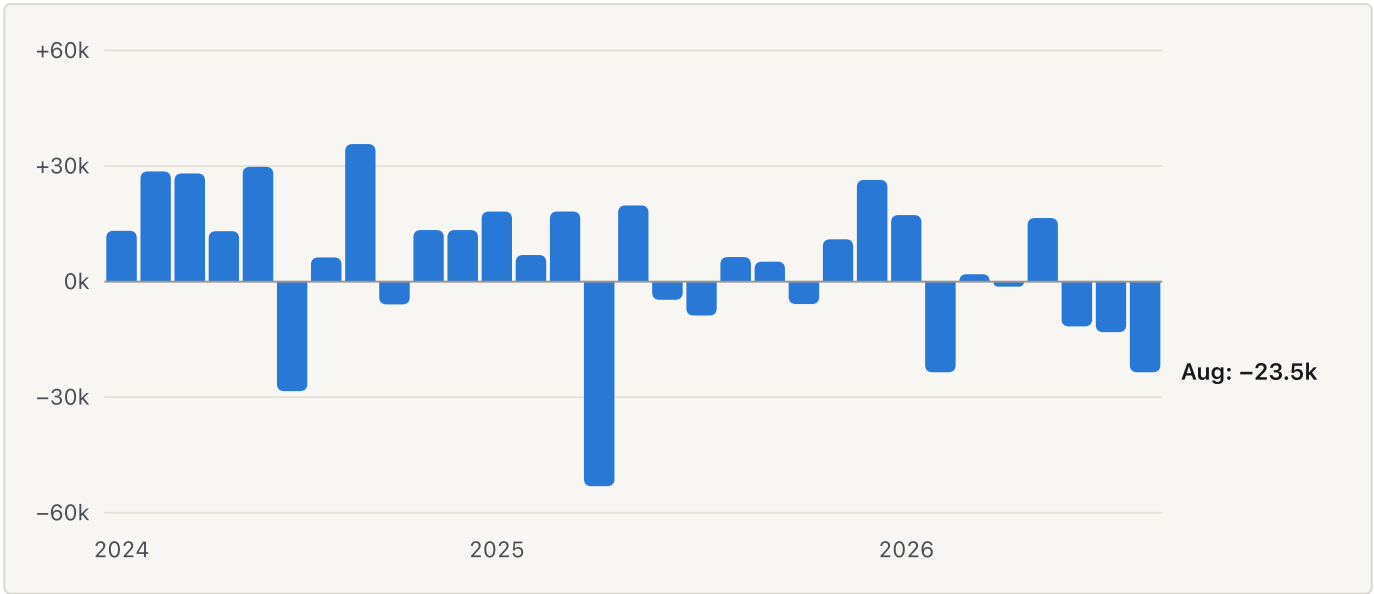


Unemployment rate, New York vs. U.S.

— New York — United States



Jobs added or lost each month



The data

Monthly values, seasonally adjusted. Jobs in thousands.

Month	NY unemployment	U.S. unemployment	NY nonfarm jobs	Change
August 2026 (P)	4.3%	4.1%	9,946.0	-23.5
July 2026	4.4%	4.1%	9,969.5	-13.1
June 2026	4.6%	4.2%	9,982.6	-11.6
May 2026	4.6%	4.3%	9,994.2	+16.5
April 2026	4.6%	4.3%	9,977.7	-1.3
March 2026	4.6%	4.3%	9,979.0	+1.9
February 2026	4.6%	4.4%	9,977.1	-23.5
January 2026	4.6%	4.3%	10,000.6	+17.3
December 2025	4.6%	4.4%	9,983.3	+26.4
November 2025	4.6%	4.5%	9,956.9	+11
October 2025	n/a	n/a	9,945.9	-5.8
September 2025	4.6%	4.4%	9,951.7	+5.2

Month	NY unemployment	U.S. unemployment	NY nonfarm jobs	Change
August 2025	4.5%	4.3%	9,946.5	+6.4
July 2025	4.4%	4.3%	9,940.1	−8.8
June 2025	4.3%	4.1%	9,948.9	−4.7
May 2025	4.2%	4.3%	9,953.6	+19.8
April 2025	4.1%	4.2%	9,933.8	−53.1
March 2025	4.1%	4.2%	9,986.9	+18.2
February 2025	4.1%	4.2%	9,968.7	+6.9
January 2025	4.1%	4.0%	9,961.8	+18.2
December 2024	4.1%	4.1%	9,943.6	+13.4
November 2024	4.1%	4.2%	9,930.2	+13.4
October 2024	4.1%	4.1%	9,916.8	−5.9
September 2024	4.2%	4.1%	9,922.7	+35.7
August 2024	4.2%	4.2%	9,887.0	+6.3
July 2024	4.2%	4.2%	9,880.7	−28.4
June 2024	4.2%	4.1%	9,909.1	+29.8
May 2024	4.2%	3.9%	9,879.3	+13.1
April 2024	4.2%	3.9%	9,866.2	+28.1
March 2024	4.1%	3.9%	9,838.1	+28.6
February 2024	4.1%	3.9%	9,809.5	+13.2
January 2024	4.1%	3.7%	9,796.3	—

Unemployment rate by metro area, July 2026. Not seasonally adjusted.

Metro area	Rate	vs. a year earlier
Albany–Schenectady–Troy	3.7%	+0.1 pts
Binghamton	4.3%	±0 pts
Buffalo–Niagara Falls	4.4%	+0.1 pts
Elmira	4.0%	±0 pts
Glens Falls	3.4%	+0.2 pts
Ithaca	4.2%	+0.1 pts
Kingston	4.0%	+0.1 pts
Poughkeepsie–Newburgh	4.0%	±0 pts
New York City metro	4.3%	−1.1 pts
Rochester	4.2%	+0.2 pts
Syracuse	4.1%	+0.2 pts
Utica–Rome	4.2%	+0.1 pts
Watertown–Fort Drum	4.2%	±0 pts

New York jobs by industry, August 2026, in thousands. Seasonally adjusted.

Industry	Jobs	vs. a year earlier
Construction & mining	386.6	−5.1
Manufacturing	396.3	−7.6
Trade, transport & utilities	1,475.4	−11.2
Information	269.4	−4.7
Financial activities	759.1	+1.6

Industry	Jobs	vs. a year earlier
Professional & business	1,397.9	+4.6
Education & health	2,427.1	+25
Leisure & hospitality	920.3	-13.5
Other services	381.8	+2.1
Government	1,532.1	+8.3

Share of New York nonfarm jobs by industry, quarterly averages. Seasonally adjusted.

Quarter	Education & health	Trade, transport & utilities	Government	Professional & business	Leisure & hospitality	Financial activities	Manufacturing	Other (information, construction, other services)	All jobs (000s)
2026 Q3 (part)	24.4%	14.8%	15.4%	14.1%	9.2%	7.6%	4.0%	10.5%	9,958.0
2026 Q2	24.5%	14.8%	15.3%	14.1%	9.3%	7.6%	4.0%	10.4%	9,984.8
2026 Q1	24.5%	14.8%	15.2%	14.1%	9.3%	7.6%	4.0%	10.5%	9,985.7
2025 Q4	24.3%	14.9%	15.3%	14.0%	9.4%	7.6%	4.0%	10.5%	9,962.0
2025 Q3	24.2%	14.9%	15.3%	14.0%	9.4%	7.6%	4.1%	10.5%	9,946.0
2025 Q2	24.3%	14.9%	15.2%	14.0%	9.3%	7.6%	4.1%	10.5%	9,945.4
2025 Q1	24.1%	15.0%	15.1%	14.2%	9.4%	7.6%	4.1%	10.5%	9,972.6
2024 Q4	24.0%	15.0%	15.1%	14.1%	9.4%	7.6%	4.1%	10.6%	9,930.2
2024 Q3	23.8%	15.0%	15.2%	14.2%	9.4%	7.6%	4.2%	10.7%	9,896.7
2024 Q2	23.7%	15.1%	15.1%	14.2%	9.4%	7.6%	4.2%	10.7%	9,884.8
2024 Q1	23.4%	15.2%	15.1%	14.2%	9.4%	7.6%	4.3%	10.9%	9,814.8

Source and method

U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics and Current Employment Statistics, produced in cooperation with the New York State Department of Labor, via the BLS public API. Statewide and industry figures are seasonally adjusted; metro-area rates are not, and run a month behind the statewide release. (P) = preliminary, subject to revision. October 2025 unemployment rates were not published because of the 2025 federal funding lapse; the chart leaves that month as a gap rather than interpolating.

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