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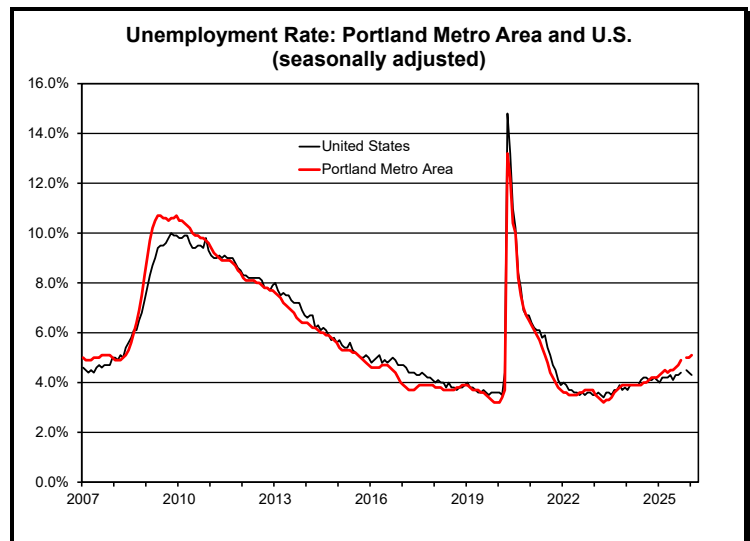
Employment and Unemployment in the Portland Metropolitan Area January 2026

The Portland metropolitan area's unemployment rate was 5.1% in January, essentially unchanged from December but higher than a year earlier (4.3%). The unemployment rate has gradually risen from a post-pandemic low of 3.2% set in April 2023, then leveling out at, or close to, 5.0% over the past five months. Approximately 75,600 area residents were unemployed in January; 7,600 more than a year ago. Oregon's unemployment rate was 5.2% and national rate was 4.3% in January.

The metro area's nonfarm employment rose by 1,800 jobs in January (seasonally adjusted). December's numbers were revised upwards to show a gain of 600 jobs over the month.

Construction shed fewer jobs than typical in January; the low point of the year for this seasonal industry.

Transportation and warehousing also cut fewer jobs than usual for this time of year; specifically the couriers component (e.g. UPS, FedEx, Amazon), which cut about half the typical number of jobs following the holiday shopping (and shipping) season.



On the other end of the spectrum, professional and business services cut nearly three times the January average, almost entirely in the professional and technical services component (e.g. architectural, engineering, legal, computer design firms).

Most other broad industries added or lost jobs in line with seasonal trends.

Over the past 12 months the metro area has lost 22,700 jobs, or -1.9% (not seasonally adjusted). All major industries are in the red except for private health care and social assistance (+5,800 jobs; 3.1%) and transportation and warehousing (+500; 1.0%).

Next Press Release

The Oregon Employment Department will release the Portland metropolitan area's unemployment rate and employment survey data for February on Tuesday, April 21.

The Oregon Employment Department and the U.S. Bureau of Labor Statistics (BLS) work cooperatively to develop and publish monthly payroll employment and labor force data for Oregon's metropolitan areas and counties. The estimates of monthly job gains and losses are based on a survey of businesses. The estimates of unemployment are based on a survey of households and other sources.

The Oregon Employment Department payroll employment estimates are revised quarterly using information from unemployment insurance tax records. All department publications use data from this *official Oregon series* unless noted.

The department also makes the BLS-produced nonfarm payroll employment series for metropolitan areas available. These are revised annually by BLS.

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To file an Unemployment Insurance claim, visit our online claims system or call our contact centers, where Employment Department staff are ready to help by phone, at 1-877-FILE-4-UI (1-877-345-3484). For help finding jobs and training resources, go to: www.WorkSourceOregon.org.

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Portland-Vancouver-Hillsboro, OR-WA MSA Current Labor Force and Industry Employment

	January 2025	December 2025	January 2025	December 2025	January 2025
	--Change From--				
Labor Force Status					
Civilian labor force	1,367,418	1,381,125	1,388,585	-13,707	-21,167
Unemployed	75,645	68,028	70,061	7,617	5,584
Unemployment rate	5.5%	4.9%	5.0%	0.6	0.5
<i>Unemployment rate (seasonally adjusted)</i>	5.1%	5.0%	4.3%		
Employed	1,291,773	1,313,097	1,318,524	-21,324	-26,751
Nonfarm Payroll Employment					
Total nonfarm employment	1,209,700	1,229,200	1,232,400	-19,500	-22,700
<i>Total nonfarm employment (seasonally adjusted)</i>	1,224,600	1,222,800	1,247,500	1,800	-22,900
Total private	1,049,700	1,067,800	1,070,700	-18,100	-21,000
Mining, logging, and construction	74,500	75,300	78,700	-800	-4,200
Mining and logging	900	1,000	1,000	-100	-100
Construction	73,600	74,300	77,700	-700	-4,100
Construction of buildings	18,600	18,900	20,100	-300	-1,500
Residential building construction	11,600	11,800	12,500	-200	-900
Nonresidential building construction	7,000	7,100	7,600	-100	-600
Heavy and civil engineering construction	6,800	6,900	7,200	-100	-400
Specialty trade contractors	48,200	48,500	50,400	-300	-2,200
Manufacturing	112,700	114,800	117,200	-2,100	-4,500
Durable goods	82,900	84,100	87,000	-1,200	-4,100
Primary metal manufacturing	4,400	4,400	4,400	0	0
Fabricated metal product manufacturing	11,600	11,600	11,900	0	-300
Machinery manufacturing	9,000	9,100	9,200	-100	-200
Computer and electronic product manufacturing	32,400	32,800	36,000	-400	-3,600
Semiconductor and electronic component mfg.	27,000	27,500	30,400	-500	-3,400
Electronic instrument manufacturing	3,900	3,900	4,100	0	-200
Transportation equipment manufacturing	6,700	6,700	6,500	0	200
Nondurable goods	29,800	30,700	30,200	-900	-400
Food manufacturing	13,700	14,100	13,700	-400	0
Trade, transportation, and utilities	217,000	223,000	220,800	-6,000	-3,800
Wholesale trade	54,400	55,100	55,900	-700	-1,500
Retail trade	109,900	113,500	112,600	-3,600	-2,700
General merchandise retailers	22,400	23,400	22,600	-1,000	-200
Transportation, warehousing, and utilities	52,700	54,400	52,300	-1,700	400
Utilities	2,600	2,700	2,700	-100	-100
Transportation and warehousing	50,100	51,700	49,600	-1,600	500
Truck transportation	9,700	9,900	10,400	-200	-700
Couriers and messengers	12,700	13,400	12,500	-700	200
Warehousing and storage	10,200	10,600	10,300	-400	-100
Information	24,300	24,900	26,100	-600	-1,800
Software publishers	9,800	10,100	10,400	-300	-600
Financial activities	70,200	70,500	70,900	-300	-700
Finance and insurance	38,800	38,900	39,800	-100	-1,000
Credit intermediation and related activities	14,000	14,000	14,100	0	-100
Insurance carriers and related activities	18,100	18,200	18,800	-100	-700
Real estate and rental and leasing	31,400	31,600	31,100	-200	300

Nonfarm Payroll Employment (continued)

			--Change From--		
	January 2026	December 2025	January 2025	December 2025	January 2025
Professional and business services	183,700	188,600	192,100	-4,900	-8,400
Professional and technical services	81,700	83,800	85,400	-2,100	-3,700
Architectural and engineering services	15,200	15,800	15,700	-600	-500
Computer systems design and related services	14,100	14,500	15,200	-400	-1,100
Management of companies and enterprises	38,800	39,400	39,800	-600	-1,000
Administrative and waste services	63,200	65,400	66,900	-2,200	-3,700
Employment services	22,800	24,000	25,800	-1,200	-3,000
Private education and health services	210,800	211,000	205,800	-200	5,000
Private educational services	26,600	27,200	27,400	-600	-800
Health care and social assistance	184,200	183,800	178,400	400	5,800
Ambulatory health care services	64,000	64,000	63,500	0	500
Hospitals	34,300	34,600	33,600	-300	700
Nursing and residential care facilities	34,200	34,100	32,700	100	1,500
Social assistance	51,700	51,100	48,600	600	3,100
Leisure and hospitality	114,400	117,800	115,900	-3,400	-1,500
Arts, entertainment, and recreation	17,400	17,400	17,900	0	-500
Accommodation and food services	97,000	100,400	98,000	-3,400	-1,000
Accommodation	9,800	10,000	9,600	-200	200
Food services and drinking places	87,200	90,400	88,400	-3,200	-1,200
Restaurants and other eating places	75,900	78,700	77,700	-2,800	-1,800
Other services	42,100	41,900	43,200	200	-1,100
Government	160,000	161,400	161,700	-1,400	-1,700
Federal government	17,400	17,600	19,000	-200	-1,600
State government	14,300	14,400	14,300	-100	0
State education	1,900	2,000	2,000	-100	-100
Local government	128,300	129,400	128,400	-1,100	-100
Local education	66,900	67,400	68,100	-500	-1,200

The most recent month is preliminary, the prior month is revised. Prepared in cooperation with the U.S. Department of Labor, Bureau of Labor Statistics.

Civilian labor force includes employed and unemployed individuals 16 years and older by place of residence.

Employed includes payroll employment, self-employed, unpaid family workers, domestics, agriculture, and labor disputants.

Unemployment rate is calculated by dividing unemployed by civilian labor force.

Nonfarm Payroll Employment: Official Oregon Series. Data are by place of work and cover full- and part-time employees who worked or received pay for the pay period that includes the 12th of the month. The data exclude the self-employed, volunteers, unpaid family workers, and domestics.

The Portland-Vancouver-Hillsboro metropolitan area includes Clackamas, Columbia, Multnomah, Washington, and Yamhill counties in Oregon, and Clark and Skamania counties in Washington State.