

**New Jersey Department of Labor
and Workforce Development
Division of Economic & Demographic
Research**

**Labor Market Information Update
for January 2026**

Prepared: April 2026



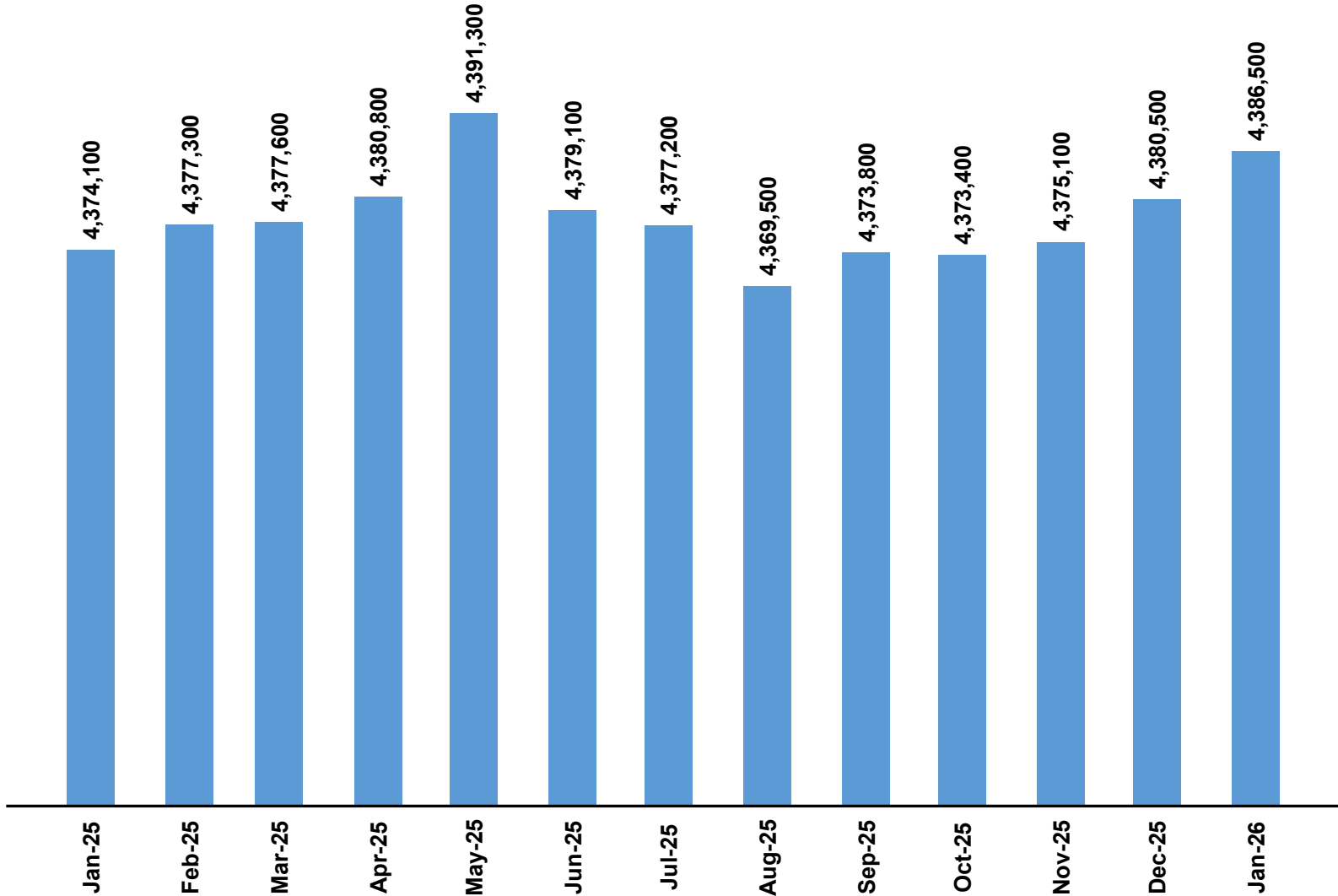
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Office of
Research and
Information

Monthly Total Nonfarm Employment

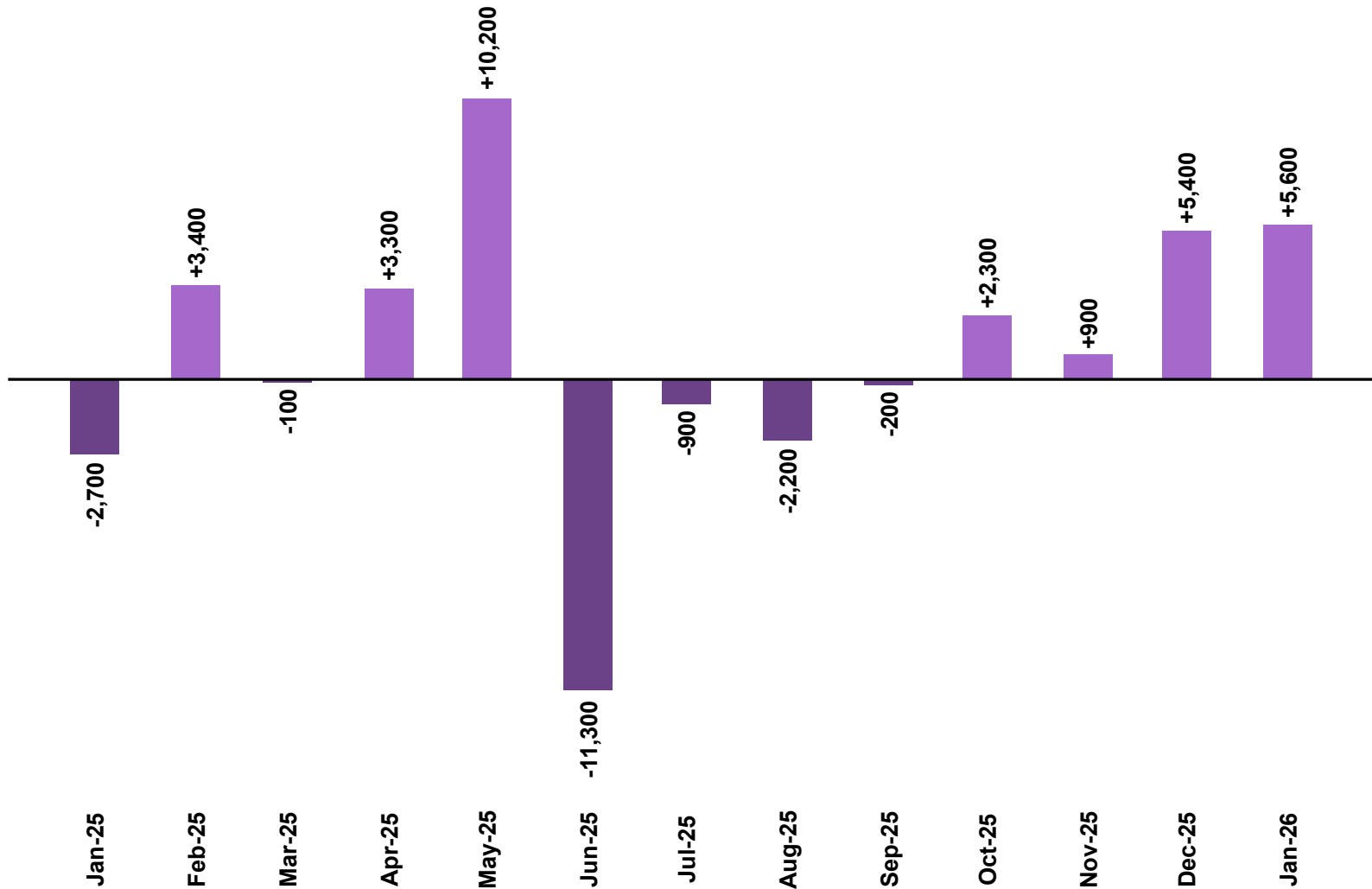


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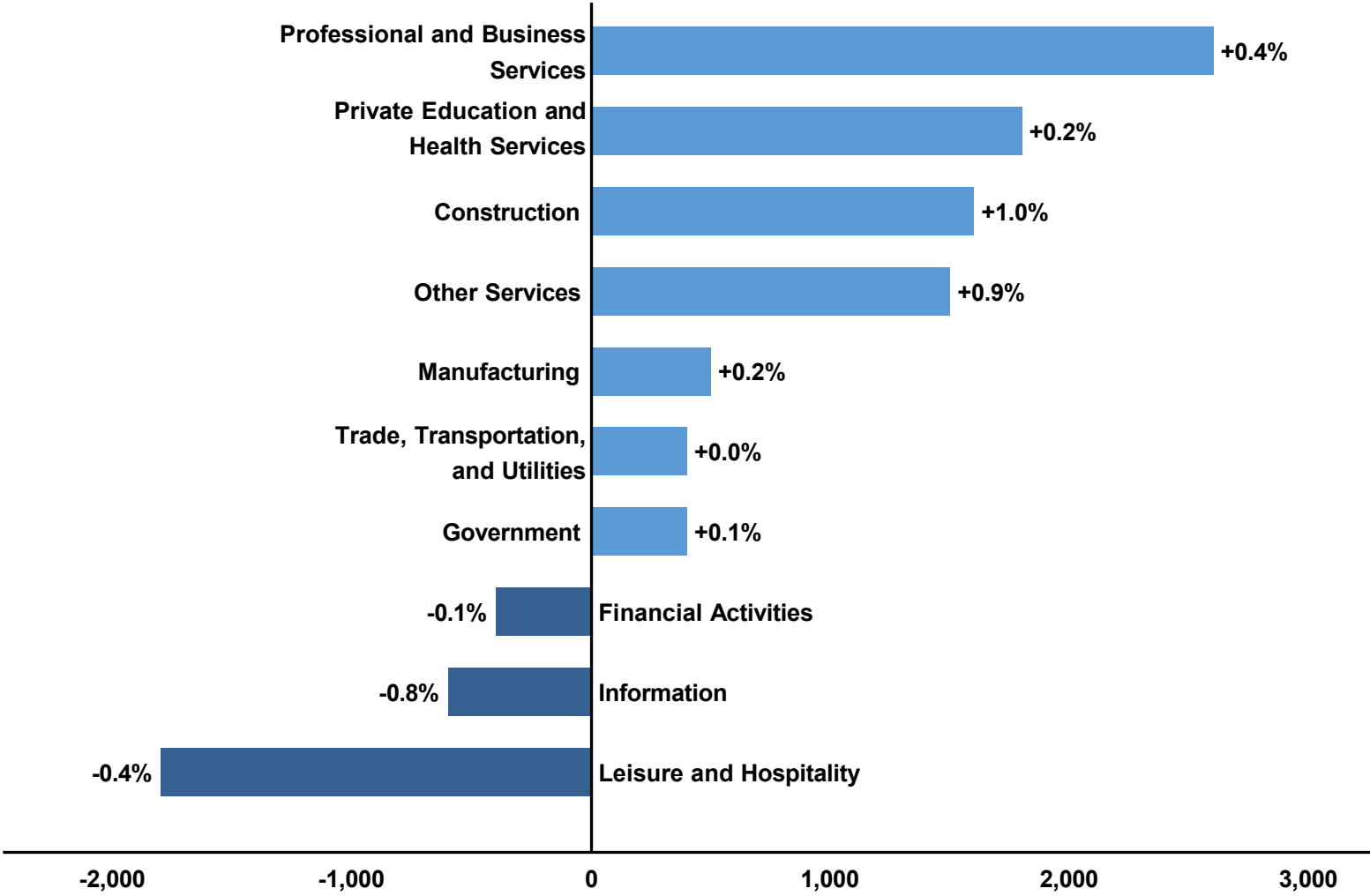
Monthly Private Sector Employment Change

Average monthly gain of 1,400 over the past twelve months.



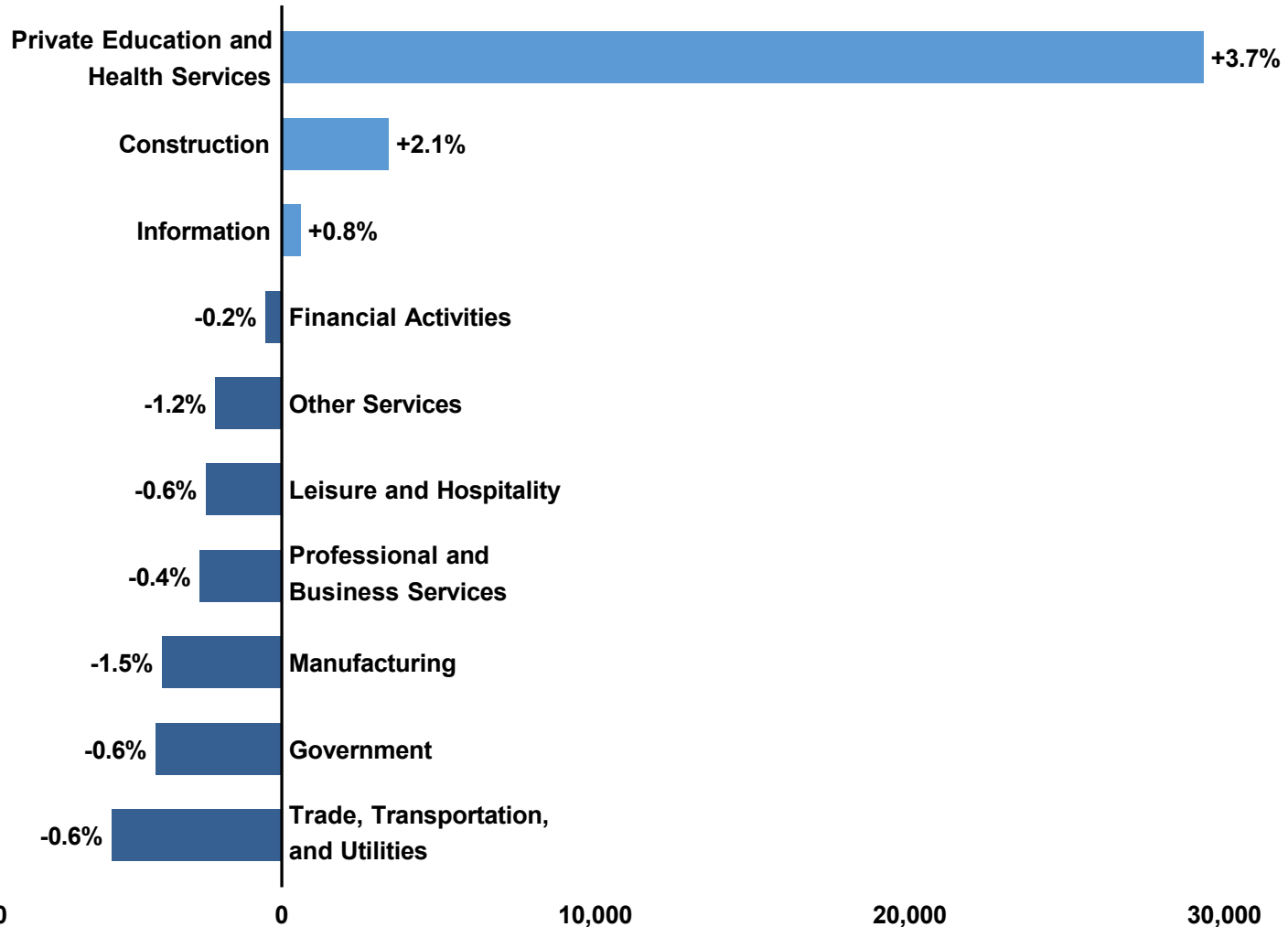
Month-Over-Month Employment Change: Dec 2025 - Jan 2026

Total Nonfarm Change: +6,000 (+0.1%)



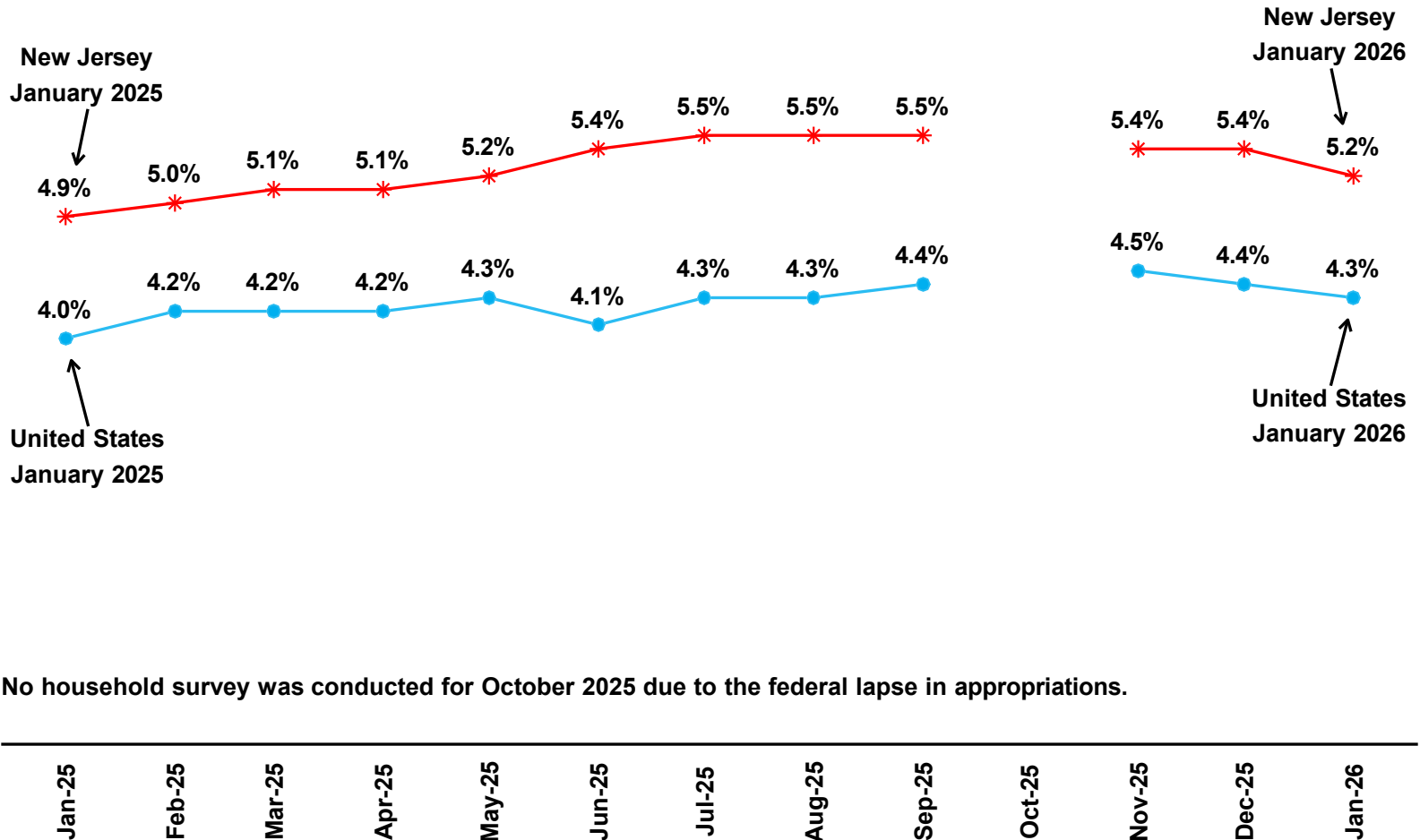
Year-Over-Year Employment Change: Jan 2025 - Jan 2026

Total Nonfarm Change: +12,400 (+0.3%)



Unemployment Rates

● United States * New Jersey

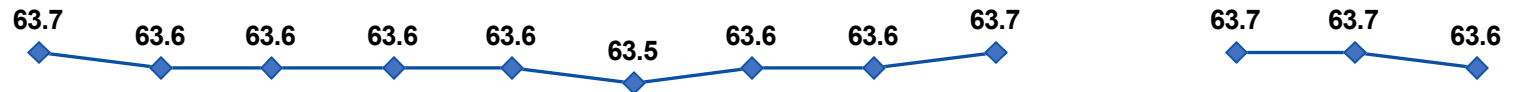


No household survey was conducted for October 2025 due to the federal lapse in appropriations.

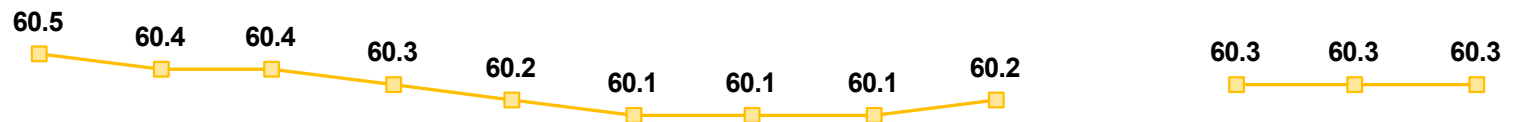


New Jersey Labor Force Participation Rate and Employment to Population Ratio

Labor Force Participation Rate (%)



Employment - Population Ratio (%)



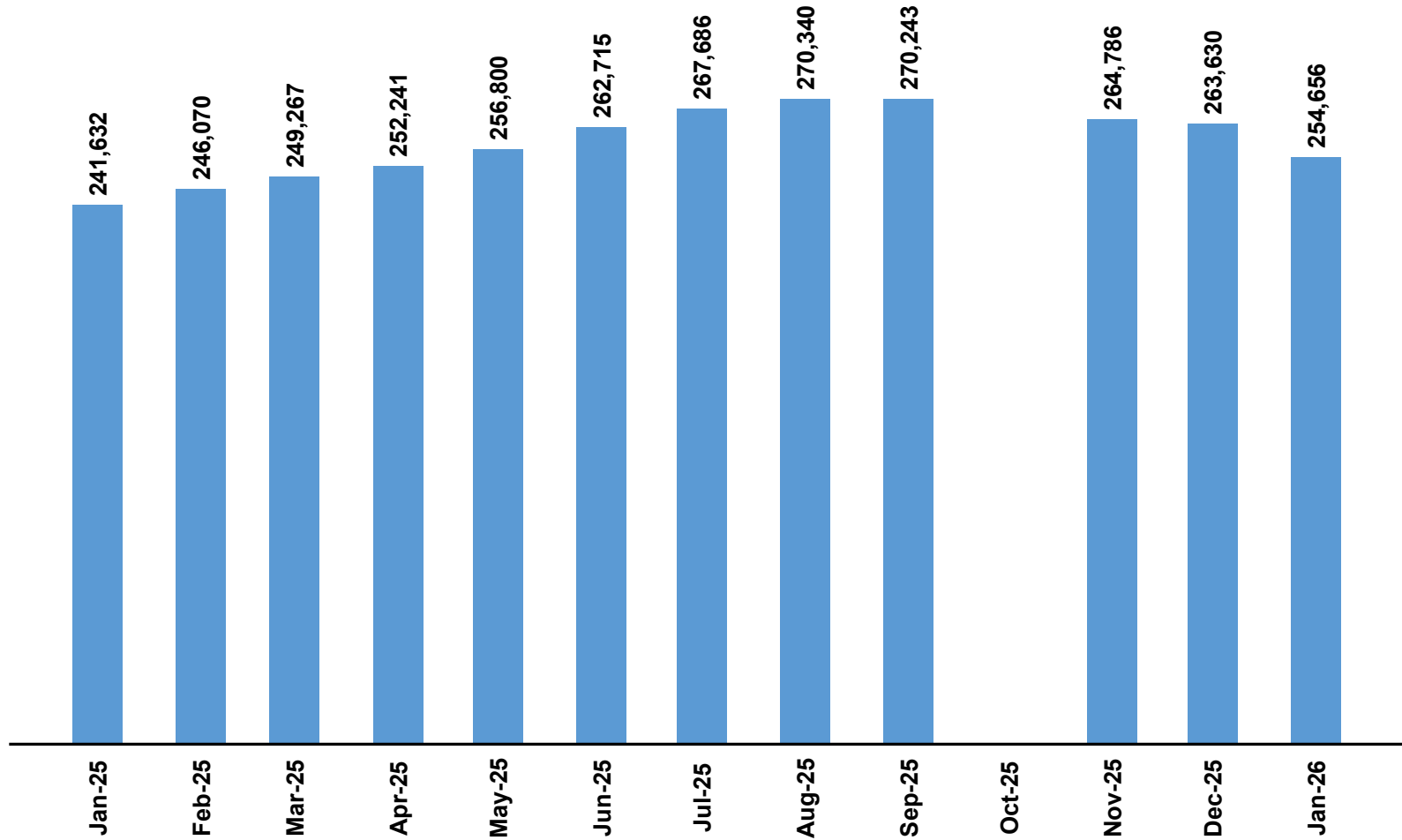
No household survey was conducted for October 2025 due to the federal lapse in appropriations.

Jan-25 Feb-25 Mar-25 Apr-25 May-25 Jun-25 Jul-25 Aug-25 Sep-25 Oct-25 Nov-25 Dec-25 Jan-26



New Jersey Unemployed Residents

Year-Over-Year: +13,024



No household survey was conducted for October 2025 due to the federal lapse in appropriations.

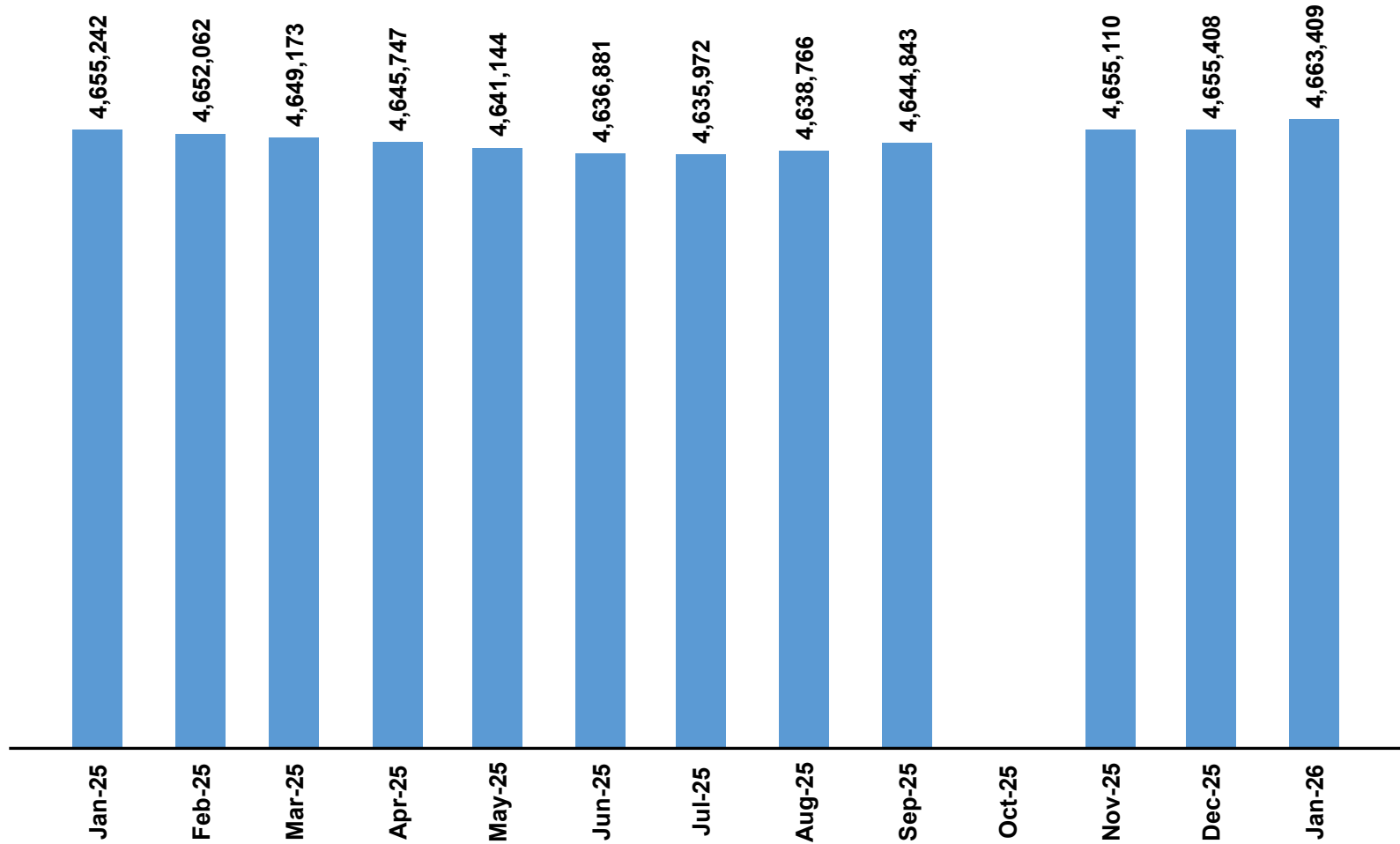


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New Jersey Employed Residents

Year-Over-Year: +8,167



No household survey was conducted for October 2025 due to the federal lapse in appropriations.

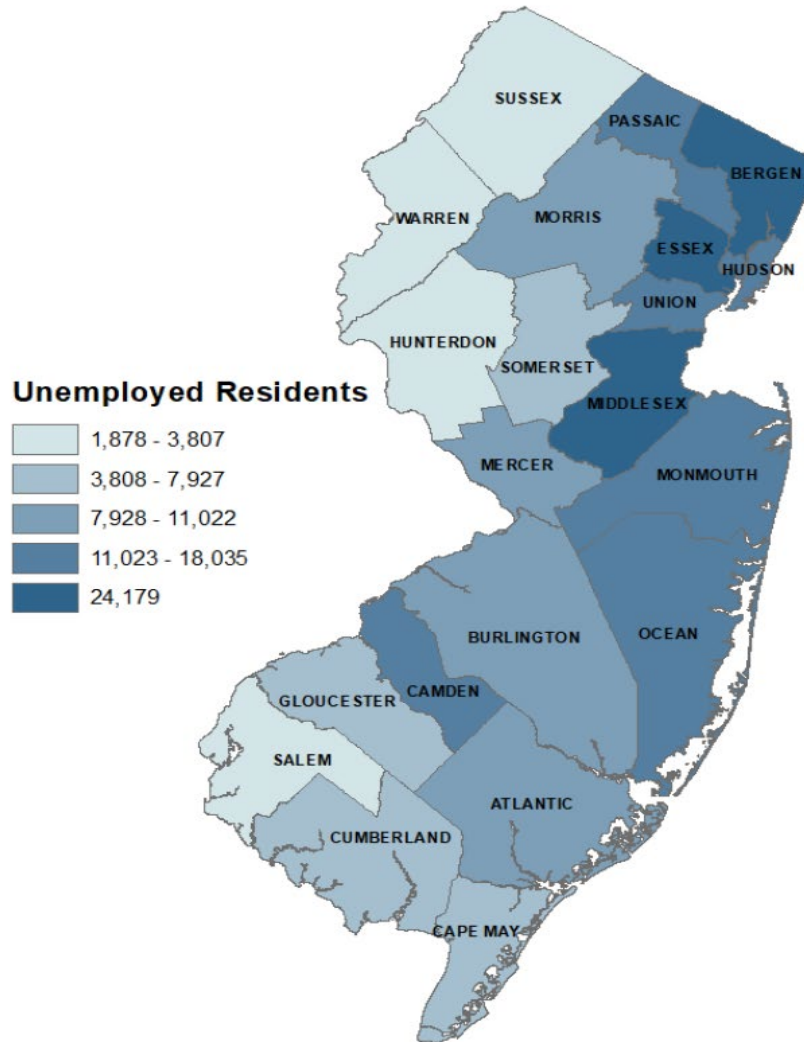


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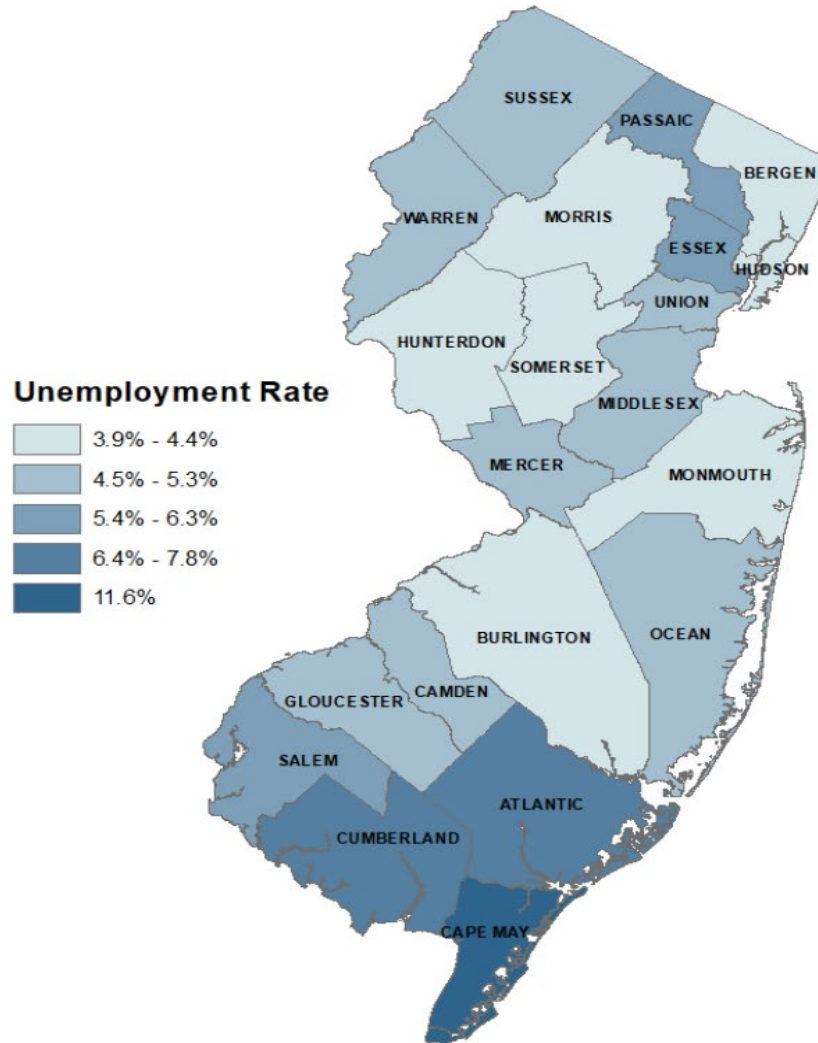
Unemployed Residents January 2026

(Preliminary, Not Seasonally Adjusted)

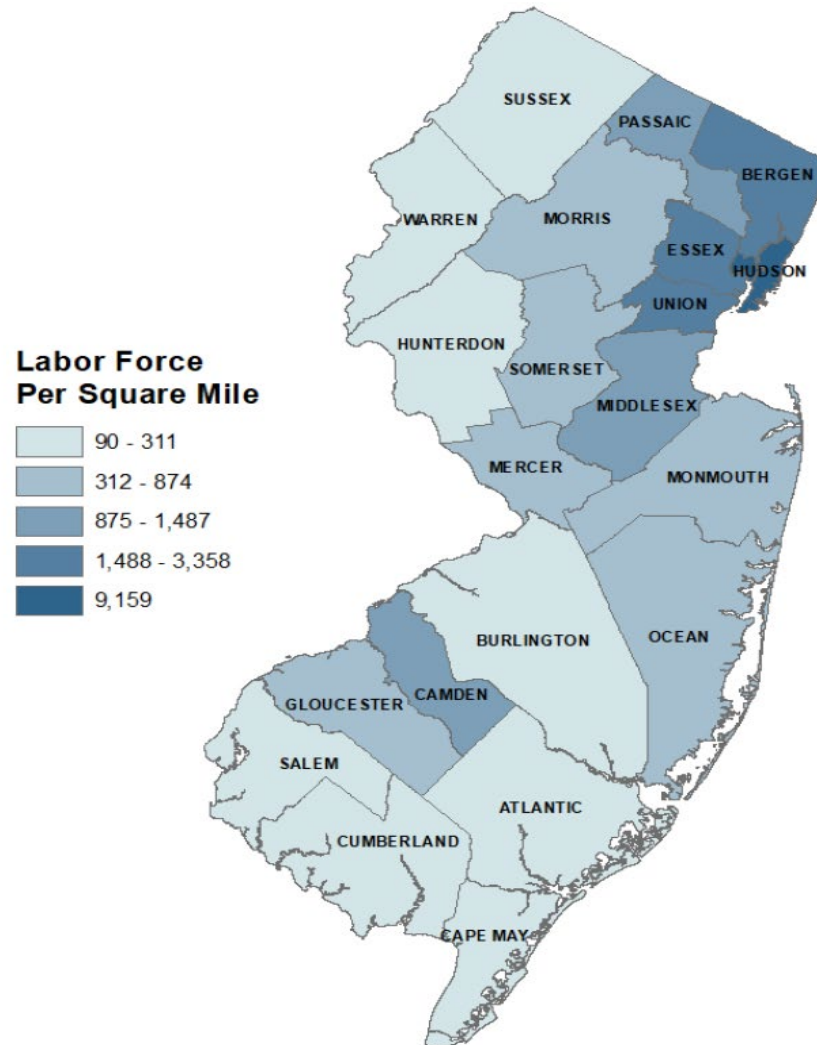


Unemployment Rate January 2026

(Preliminary, Not Seasonally Adjusted)

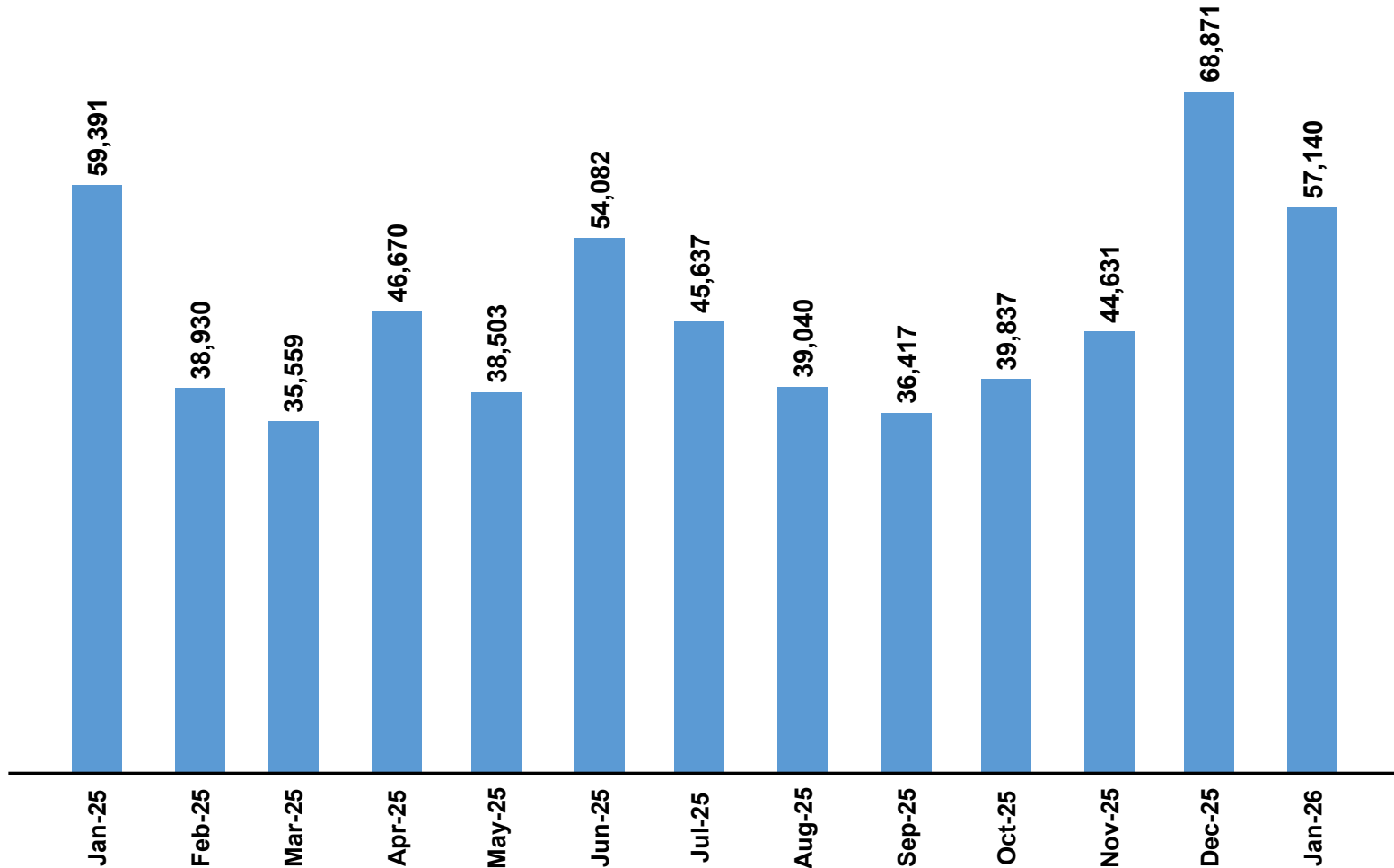


Labor Force Per Square Mile January 2026 (Preliminary, Not Seasonally Adjusted)



Monthly Initial Unemployment Claims

Year-Over-Year: -2,251



Real Time Jobs in Demand

Top 10 Occupational Listings

Occupation Demand and Employment

SOC CODE*	OCCUPATION TITLE	# of Job Postings	# Employed 2024
		2026	(BLS/OES)
29-1141	Registered Nurses.....	5,408	78,340
31-1120	Home Health and Personal Care Aides.....	3,343	89,210
41-2031	Retail Salespersons.....	2,461	104,660
15-1252	Software Developers.....	1,854	54,920
41-1011	First-Line Supervisors of Retail Sales Workers.....	1,778	27,720
53-3032	Heavy and Tractor-Trailer Truck Drivers.....	1,442	49,730
43-4051	Customer Service Representatives.....	1,262	62,490
41-4012	Sales Representatives, Wholesale and Manufacturing.....	1,134	35,440
11-9111	Medical and Health Services Managers.....	1,058	16,490
41-4012	Sales Representatives, Wholesale and Manufacturing.....	912	35,440

*ONET-6



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Real Time Jobs in Demand

Top 10 Locations

Cities with the Most Job Postings

City	# of Job Postings 2026
Jersey City.....	3,919
Newark.....	3,741
Trenton.....	3,152
Bogota.....	3,057
Princeton.....	1,721
New Brunswick.....	1,574
Morristown.....	1,570
Edison.....	1,391
Paramus.....	1,189
Camden.....	1,164



Real Time Jobs in Demand

Top 10 Industries

Industry	# of Job Postings 2026
Health Care and Social Assistance.....	15,139
Administrative and Support and Waste Management	12,381
Retail Trade.....	9,731
Professional, Scientific and Technical Services.....	7,974
Manufacturing.....	5,334
Finance and Insurance.....	4,635
Educational Services.....	4,088
Accommodation and Food Services.....	2,937
Wholesale Trade.....	2,500
Transportation and Warehousing.....	1,753



NJ Department of Labor & Workforce Development Offers Empowering Labor Market Information

- Population and Demographic Trends
 - [Census Data](#)
 - [Population and Household Estimates](#)
- Economic Data
 - [Labor Force Estimates](#)
 - [Unemployment Rates](#)
 - [Employment Data](#)
 - [Industry and Occupational Employment Projections](#)
 - [Population and Labor Force Projections](#)
 - [Occupational Wage Rates](#)
 - [Building Permits](#)



NJLWD Resources

Labor Market Information

<https://www.nj.gov/labor/labormarketinformation/>



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