

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

**Labor Market Information Update  
for March 2026**

**Prepared: May 2026**



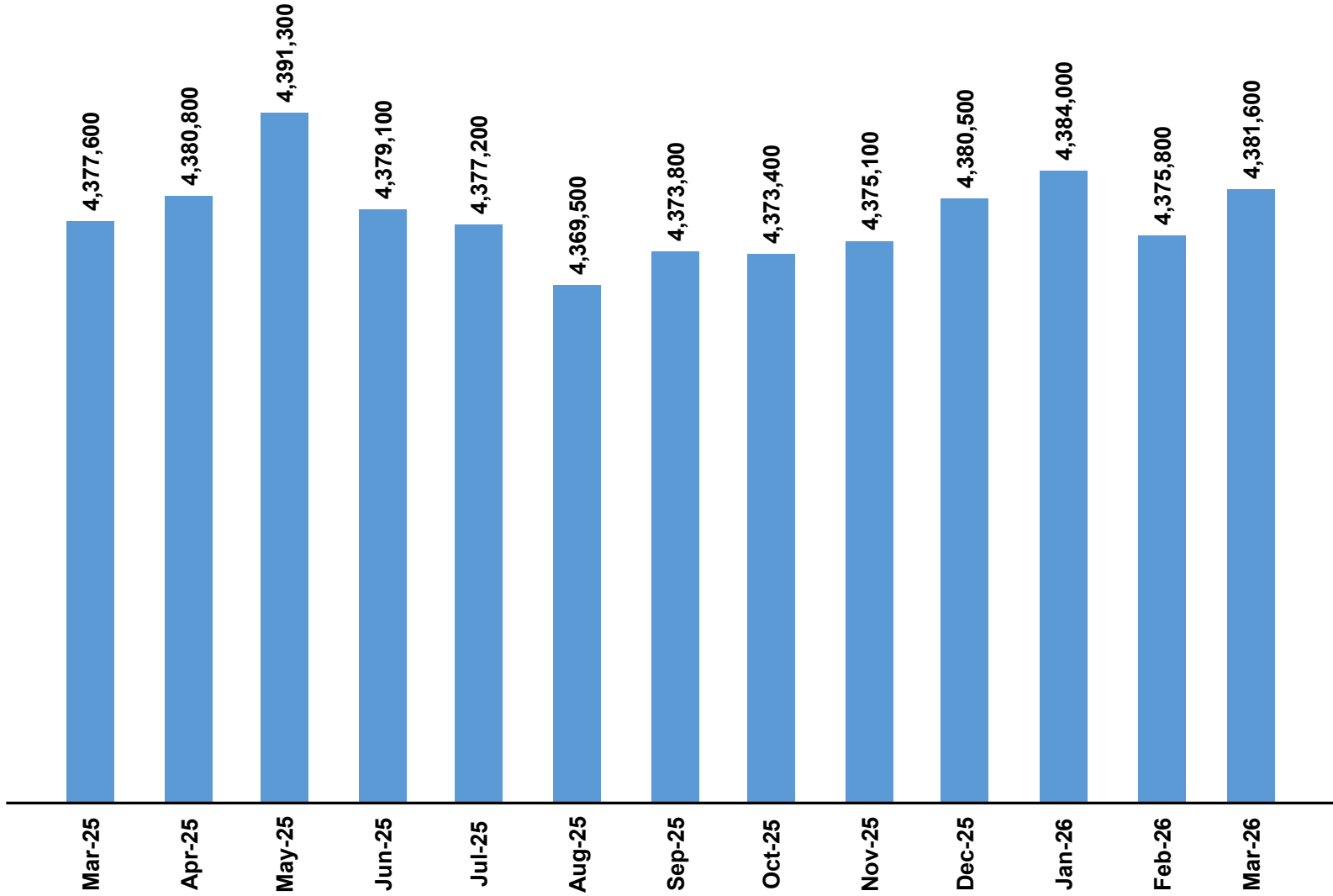
STATE OF NEW JERSEY

DEPARTMENT OF LABOR AND WORKFORCE DEVELOPMENT



Office of  
Research and  
Information

# Monthly Total Nonfarm Employment

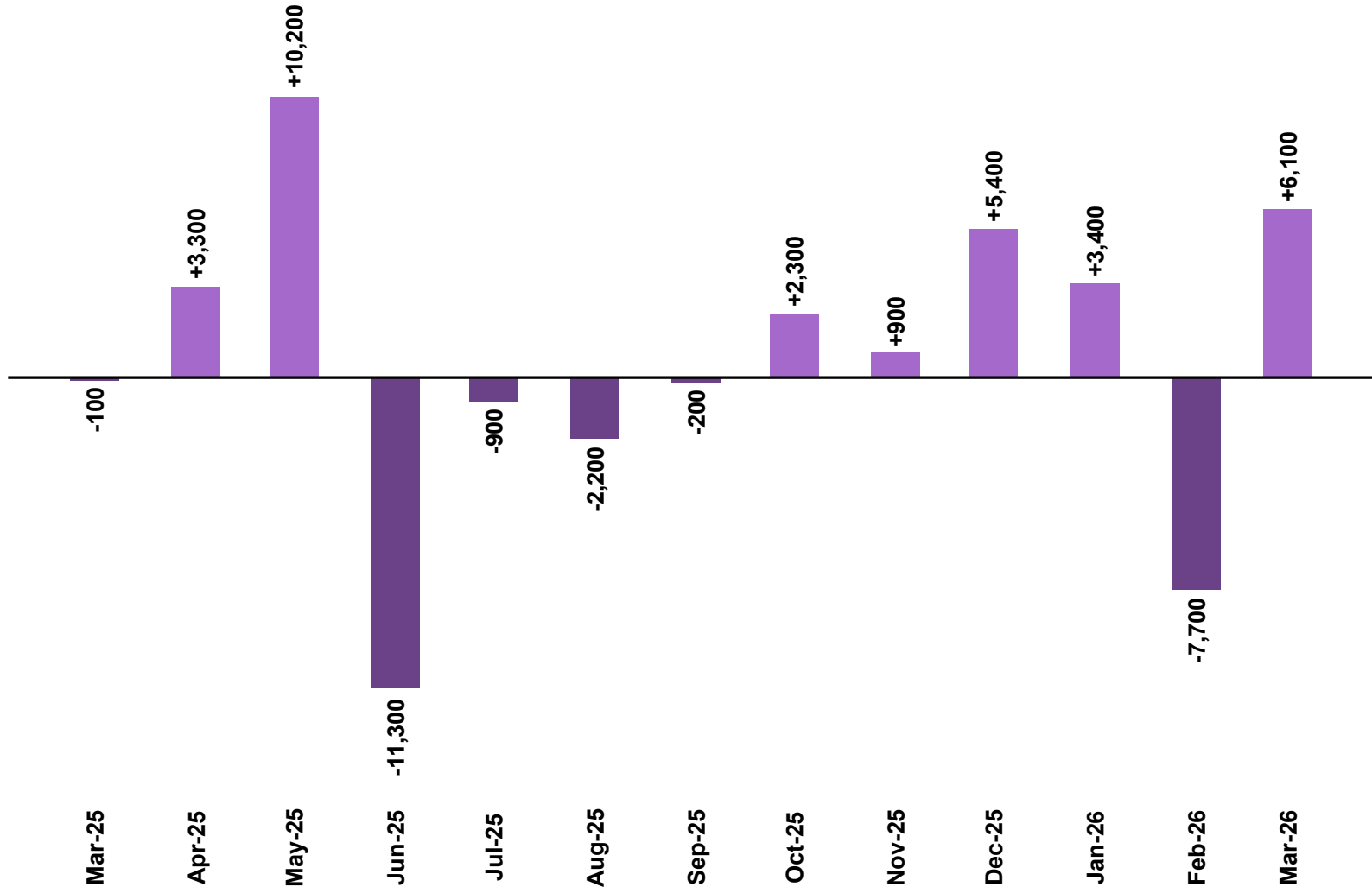


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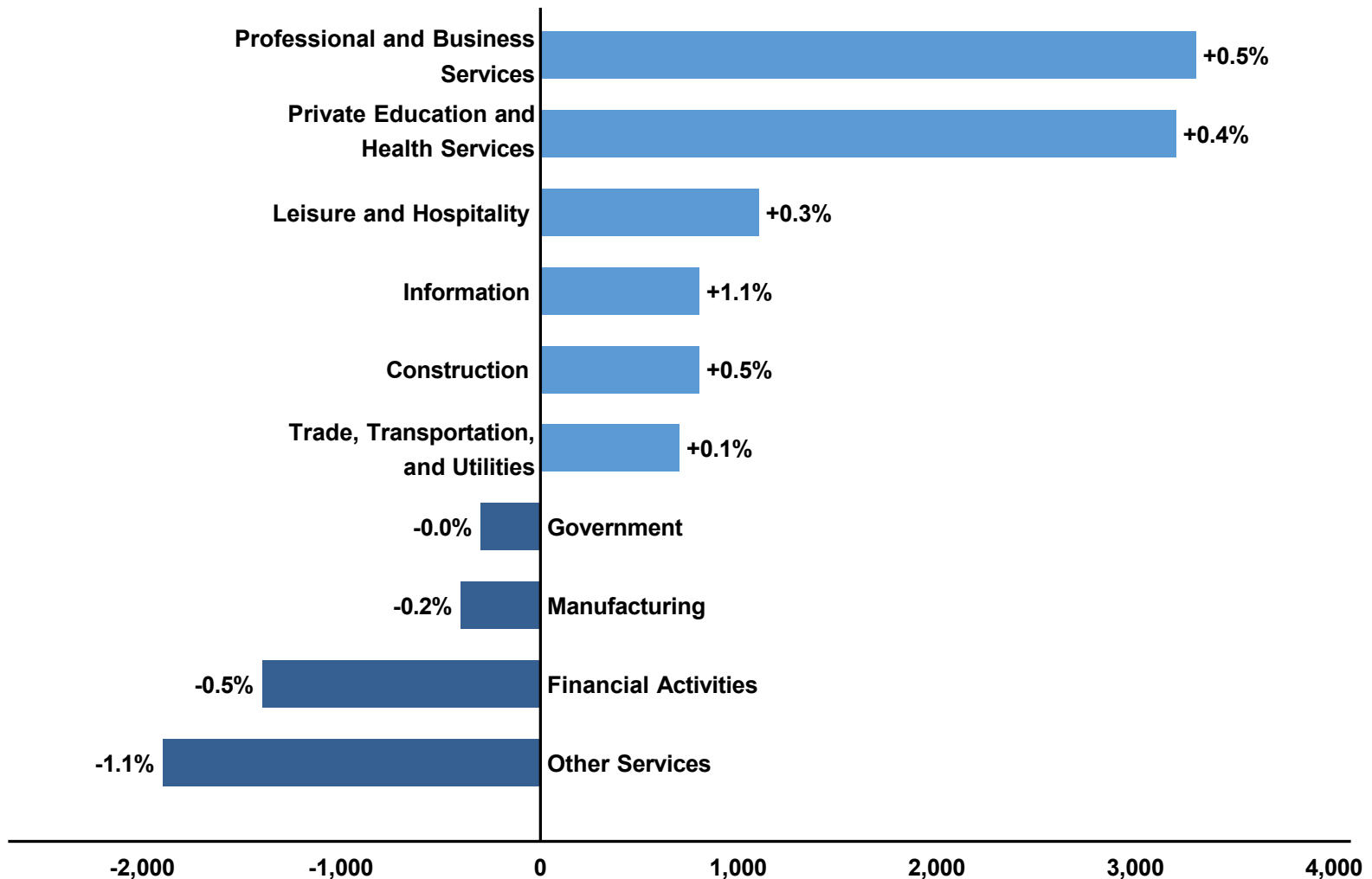
# Monthly Private Sector Employment Change

Average monthly gain of 800 over the past twelve months.



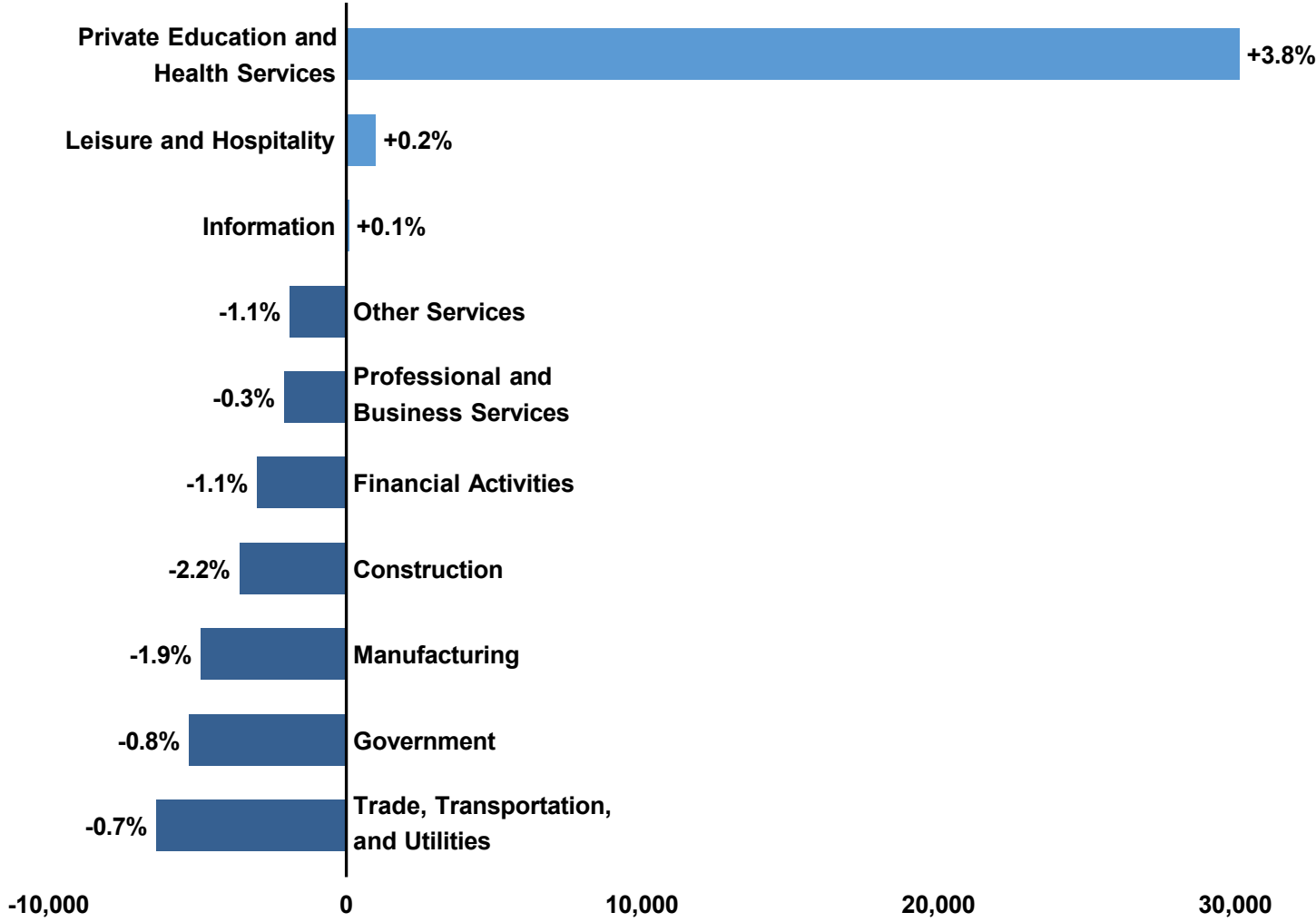
# Month-Over-Month Employment Change: Feb 2026 - Mar 2026

Total Nonfarm Change: +5,800 (+0.1%)



# Year-Over-Year Employment Change: Mar 2025 - Mar 2026

Total Nonfarm Change: +4,000 (+0.1%)

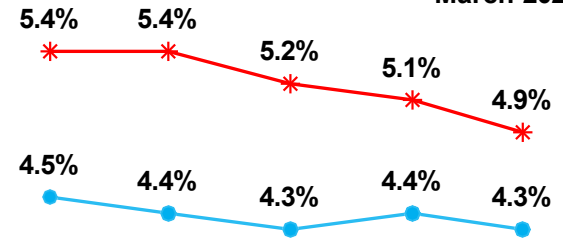
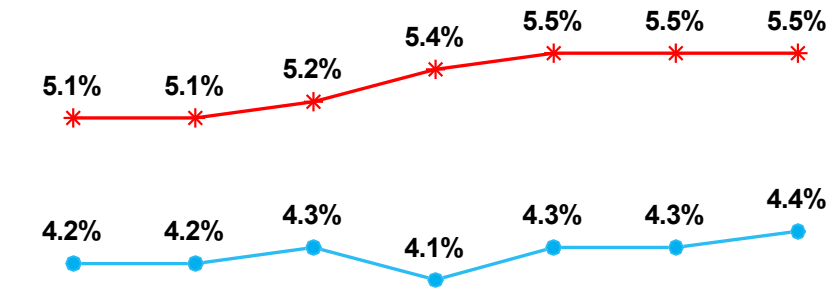


# Unemployment Rates

● United States \* New Jersey

New Jersey  
March 2025

New Jersey  
March 2026



↑  
United States  
March 2025

↑  
United States  
March 2026

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

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



# 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.

Mar-25

Apr-25

May-25

Jun-25

Jul-25

Aug-25

Sep-25

Oct-25

Nov-25

Dec-25

Jan-26

Feb-26

Mar-26

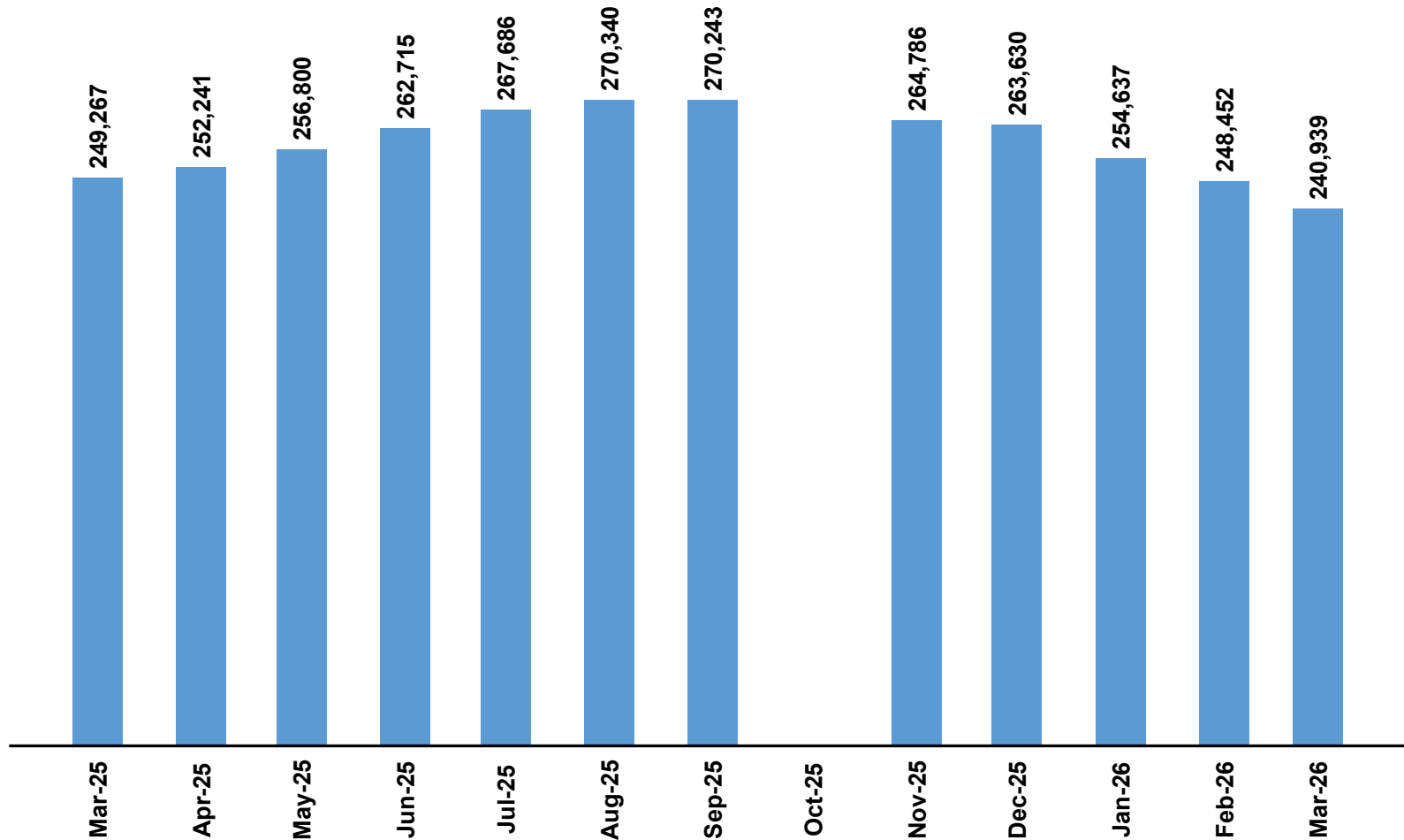


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# New Jersey Unemployed Residents

Year-Over-Year: -8,328

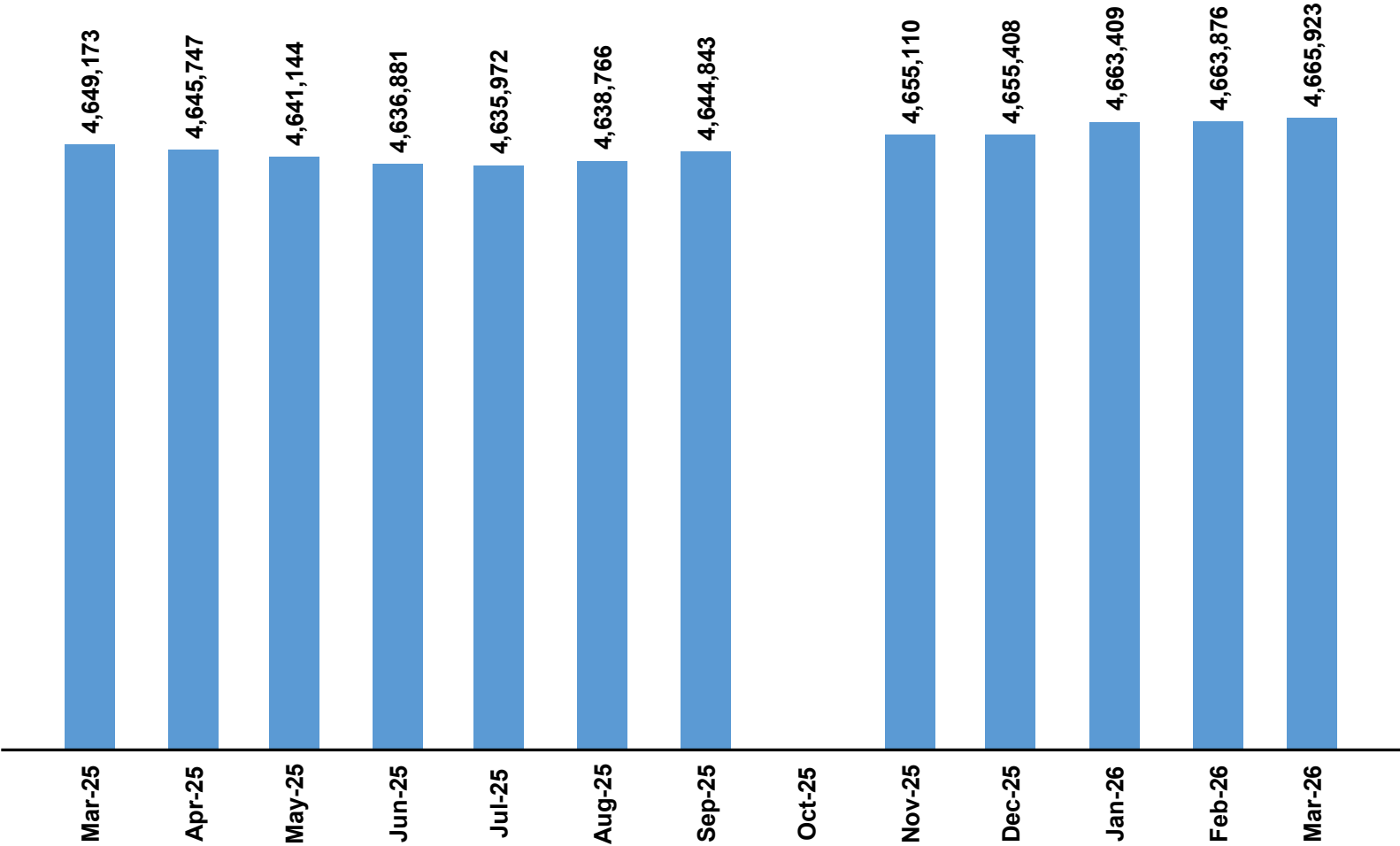


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# New Jersey Employed Residents

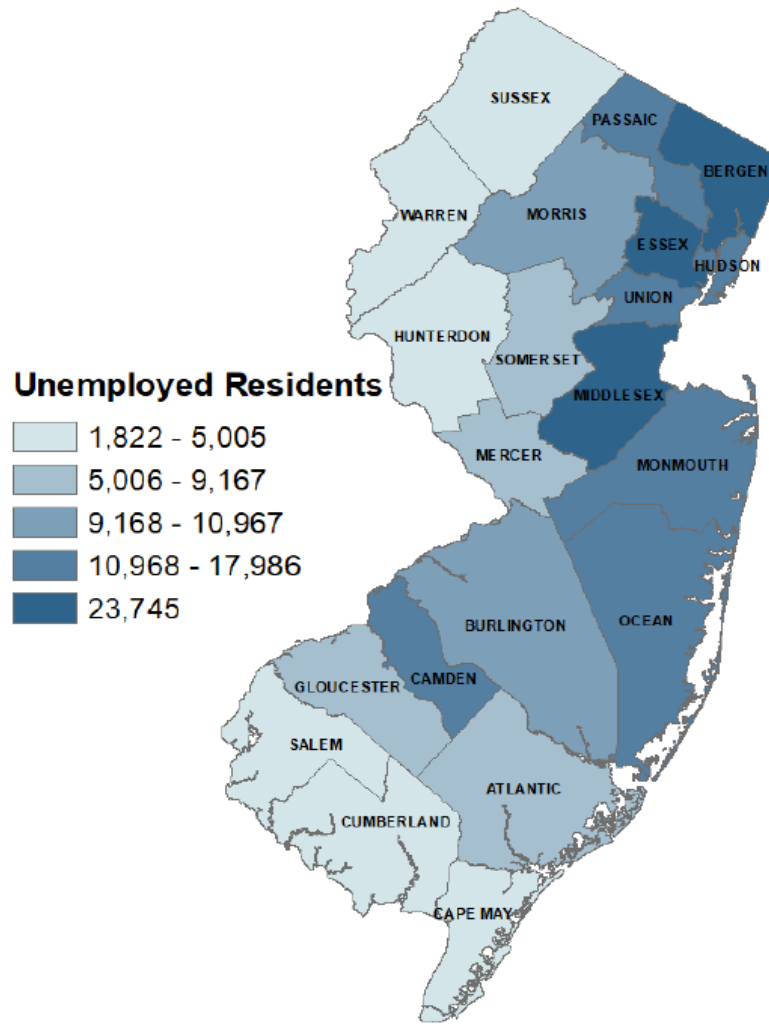
Year-Over-Year: +16,750



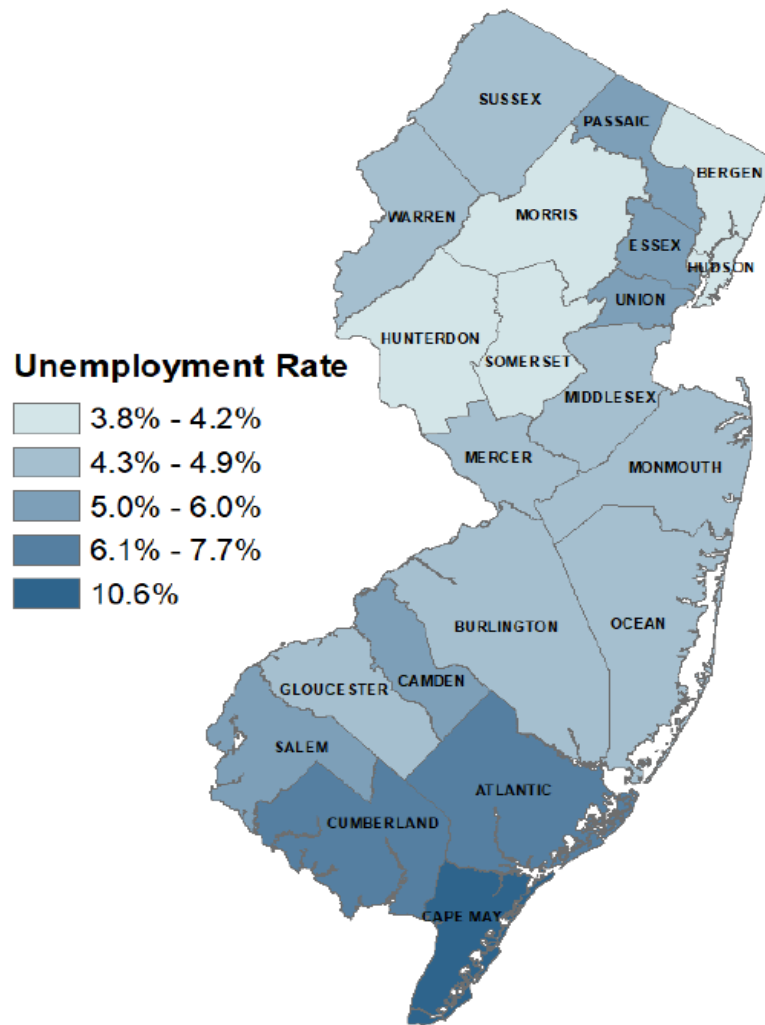
No household survey was conducted for October 2025 due to the federal lapse in appropriations.



# Unemployed Residents March 2026 (Preliminary, Not Seasonally Adjusted)



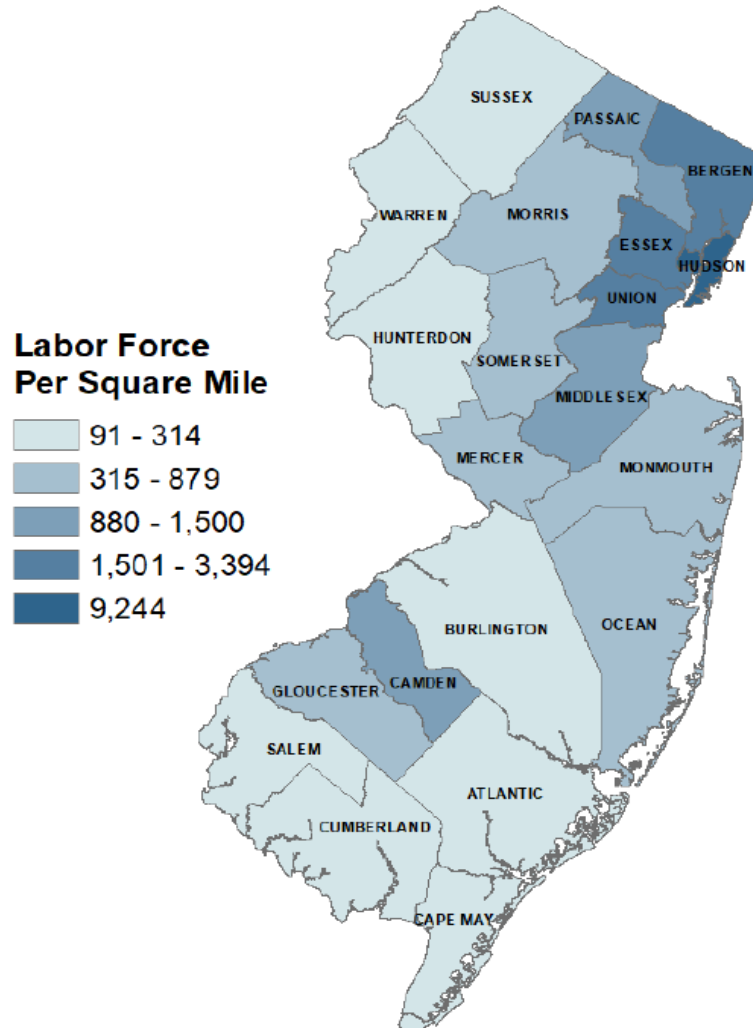
# Unemployment Rate March 2026 *(Preliminary, Not Seasonally Adjusted)*



# Labor Force Per Square Mile

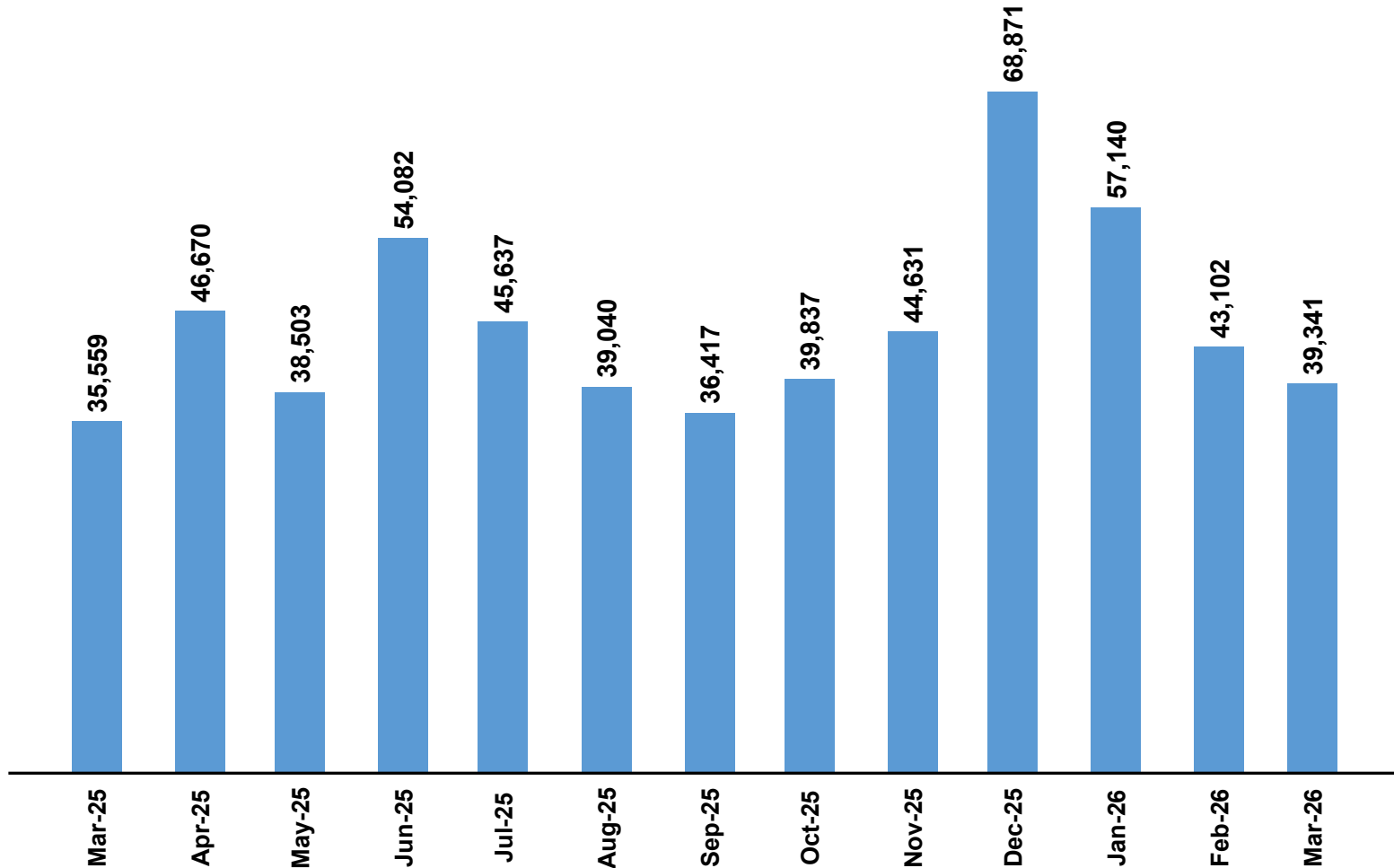
## March 2026

*(Preliminary, Not Seasonally Adjusted)*



# Monthly Initial Unemployment Claims

Year-Over-Year: +3,782



# **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.....	4,705	78,340
31-1120	Home Health and Personal Care Aides.....	2,953	89,210
41-2031	Retail Salespersons.....	2,738	104,660
15-1252	Software Developers.....	2,624	54,920
53-3032	Heavy and Tractor-Trailer Truck Drivers.....	2,418	49,730
41-1011	First-Line Supervisors of Retail Sales Workers.....	1,968	27,720
11-9111	Medical and Health Services Managers.....	1,365	16,490
43-4051	Customer Service Representatives.....	1,343	62,490
41-4012	Sales Representatives, Wholesale and Manufacturing.....	1,299	35,440
11-1021	General and Operations Managers.....	1,197	63,940

\*ONET-6



# Real Time Jobs in Demand

## Top 10 Locations

### Cities with the Most Job Postings

City	# of Job Postings 2026
Jersey City.....	4,749
Newark.....	3,922
Bogota.....	3,616
Trenton.....	3,242
Princeton.....	2,005
Morristown.....	1,688
Hoboken.....	1,675
Edison.....	1,450
New Brunswick.....	1,419
Camden.....	1,270



# ***Real Time Jobs in Demand***

## ***Top 10 Industries***

<b>Industry</b>	<b># of Job Postings 2026</b>
Health Care and Social Assistance.....	15,970
Administrative and Support and Waste Management .....	14,657
Professional, Scientific and Technical Services.....	10,128
Retail Trade.....	9,262
Manufacturing.....	6,714
Finance and Insurance.....	4,279
Accommodation and Food Services.....	4,227
Educational Services.....	3,601
Wholesale Trade.....	3,012
Transportation and Warehousing.....	2,159



# 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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