United States Congress
Joint Economic Committee
Est. 1946 Republicans
Representative David Schweikert, *Chairman*

New Hampshire

Employment Update

September 2026 | Released October 20, 2026

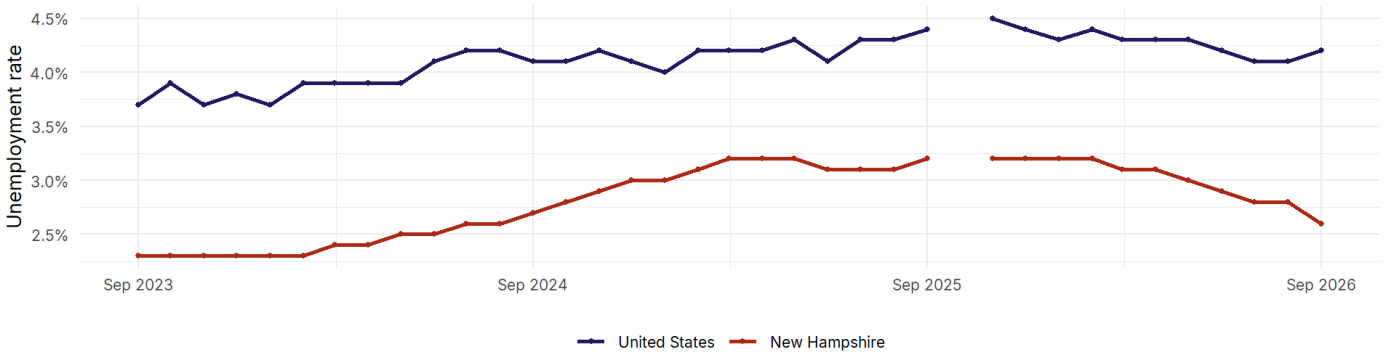
United States Employment Snapshot

- In September, among the 50 states and the District of Columbia **unemployment fell in 18, rose in 9, and remained unchanged in 24.**
- The highest unemployment rate was 5.6 percent in **District of Columbia**, and the lowest was 2 percent in **South Dakota**. Nationally, the unemployment rate rose by 0.1 percentage point to 4.2 percent.
- In September, **payroll jobs rose in 24 states and fell in 25.** The largest payroll job percent increase was 0.5 percent in **South Carolina**. The largest payroll job percent decline was 0.4 percent in **Missouri and Wisconsin**.

New Hampshire Employment Snapshot

- In September, **New Hampshire lost 100 net payroll jobs** and the **unemployment rate fell by 0.2 percentage point to 2.6 percent**. In the prior month, New Hampshire lost 1,600 net payroll jobs.
- Over the past 12 months, **New Hampshire added 2,400 net payroll jobs** and the **unemployment rate fell by 0.6 percentage points from 3.2 percent**.
- Nationally, nonfarm payrolls **rose by 29,000 in September, or 0 percent.** New Hampshire **is tied for 29th** in the nation for percentage gain in nonfarm payroll employment over the past 12 months.
- In September, **New Hampshire's private sector lost 500 net private payroll jobs**, and over the past 12 months it added 1,700 private payroll jobs. In the prior month, New Hampshire lost 1,700 net private payroll jobs.
- In September, employment in New Hampshire **rose by 740**, and over the past 12 months it rose by 2,243.
- **New Hampshire's labor force participation rate remained steady at 64.8 percent** in September and **ranks 13th** in the nation. In the past 12 months, the labor force participation rate has fallen by 0.5 percentage points.

Unemployment Rate in New Hampshire
September 2023 to September 2026



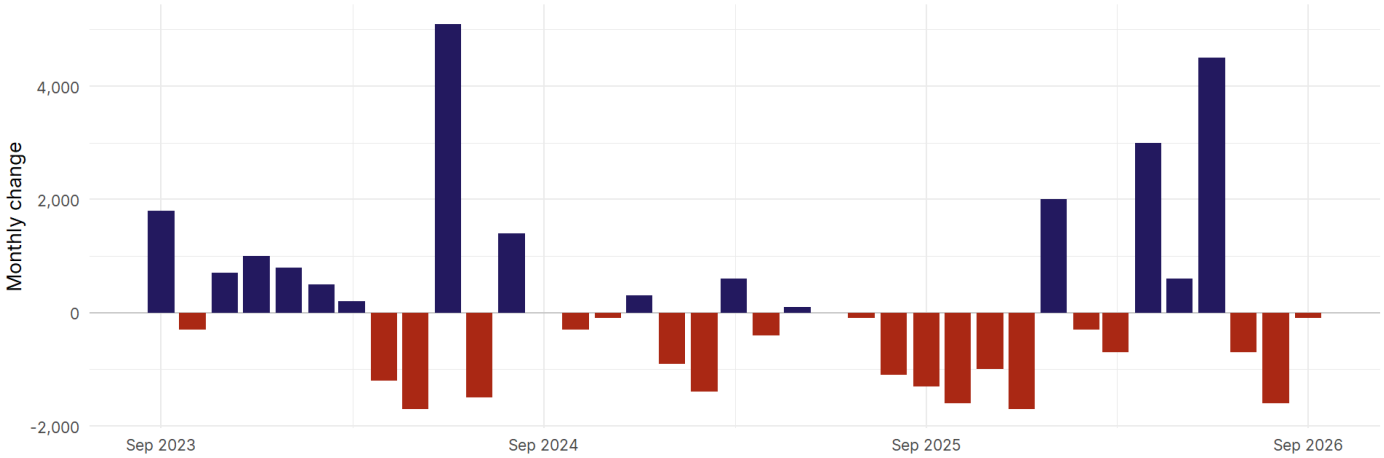
Source: Bureau of Labor Statistics, data is seasonally adjusted

New Hampshire

Payroll employment

Change in Nonfarm Payrolls in New Hampshire

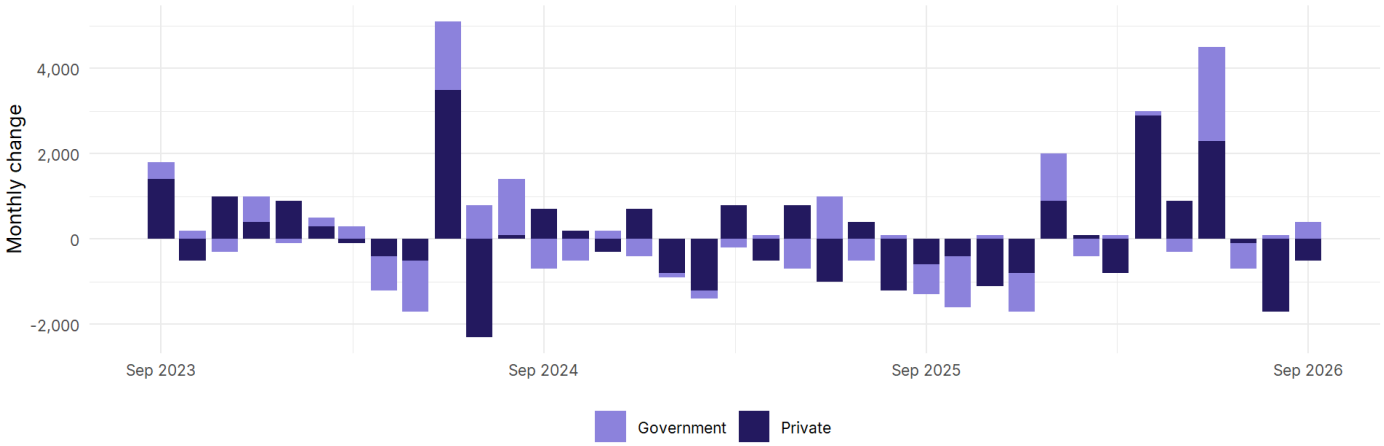
September 2023 to September 2026



Source: Bureau of Labor Statistics, data is seasonally adjusted

Change in Nonfarm Payrolls by Sector in New Hampshire

September 2023 to September 2026

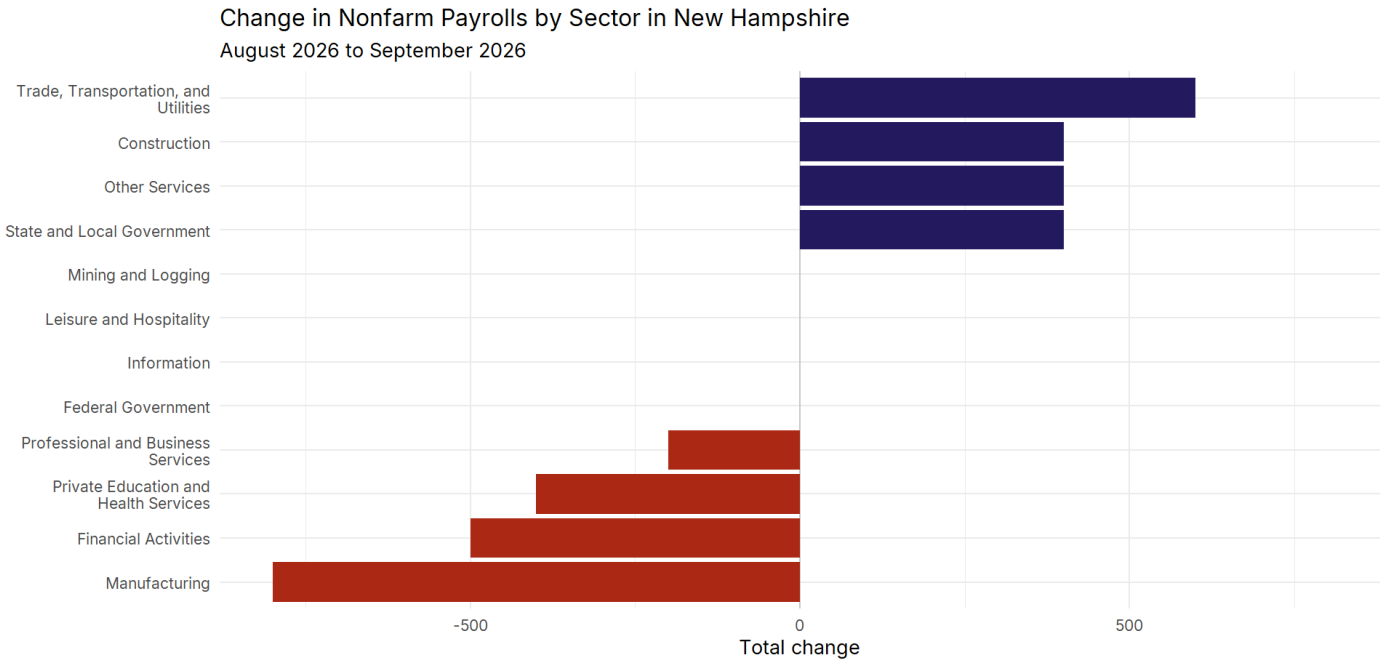


Source: Bureau of Labor Statistics, data is seasonally adjusted

- **New Hampshire lost 100 net payroll jobs, or 0 percent,** on a seasonally adjusted basis during September. In the prior month, New Hampshire lost 1,600 jobs. New Hampshire nonfarm payroll employment has increased in **4 of the past 12 months.**
- Nationally, nonfarm payrolls **rose by 29,000 in September, or 0 percent.** New Hampshire is tied for 29th in the nation for percentage gain in nonfarm payroll employment over the past 12 months.
- **New Hampshire lost 500 private sector jobs, or -0.1 percent,** on a seasonally adjusted basis during September. In the prior month, New Hampshire lost 1,700 jobs. New Hampshire private sector payroll employment has increased in **5 of the past 12 months.**
- Nationally, private sector payroll jobs **rose by 46,000 jobs in September, or 0 percent.** New Hampshire is tied for 34th in the nation for percentage gain in private sector payroll employment over the past 12 months.

From August 2026 to September 2026:

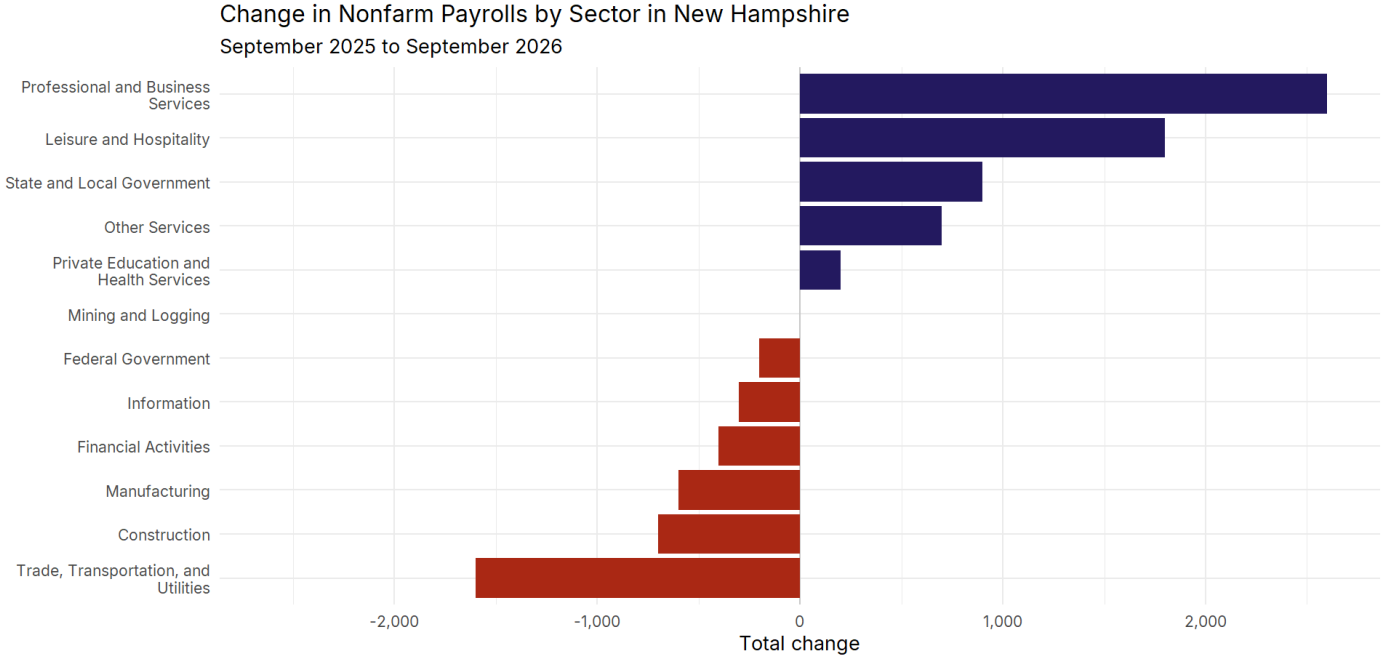
- The best performing sectors were **Trade, Transportation, and Utilities** (+600) and **Construction** (+400).
- The worst performing sectors were **Manufacturing** (-800) and **Financial Activities** (-500).



Source: Bureau of Labor Statistics, data is seasonally adjusted

From September 2025 to September 2026:

- The best performing sectors were **Professional and Business Services** (+2,600) and **Leisure and Hospitality** (+1,800).
- The worst performing sectors were **Trade, Transportation, and Utilities** (-1,600) and **Construction** (-700).



Source: Bureau of Labor Statistics, data is seasonally adjusted

New Hampshire

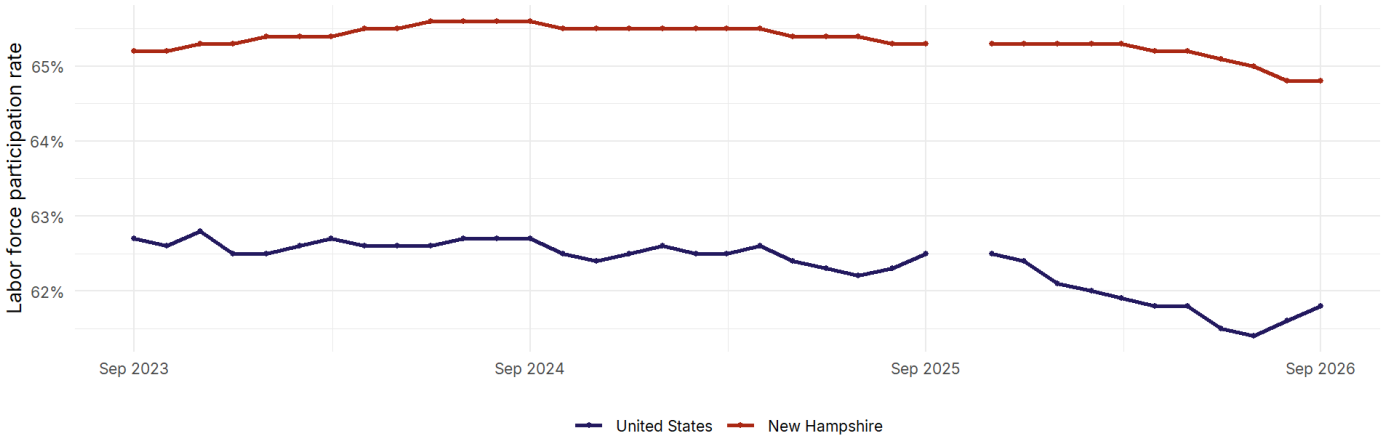
Labor force

The labor force participation rate is the percentage of the civilian noninstitutionalized population age 16 and older who are employed or actively looking for work.

- The labor force participation rate in **New Hampshire remained unchanged at 64.8 percent in September**.
- **New Hampshire ranks 13th** in the nation.
- The 10-year high for the labor force participation rate in New Hampshire was **69 percent** occurring in September 2019, and the 10-year low was **64.8 percent** occurring in August 2026.
- The national labor force participation rate **rose by 0.2 percentage points to 61.8 percent** in September.

Labor Force Participation Rate in New Hampshire

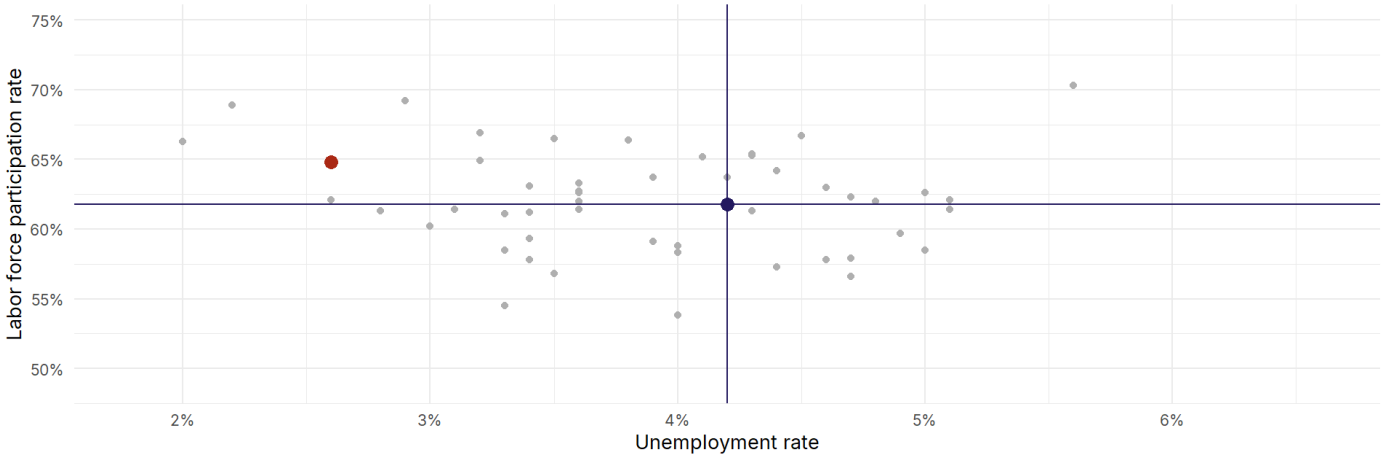
September 2023 to September 2026



Source: Bureau of Labor Statistics, data is seasonally adjusted

Unemployment and Labor Force Participation Rates by State

September 2026



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