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

New Hampshire

Employment Update

September 2026 | Released October 20, 2026

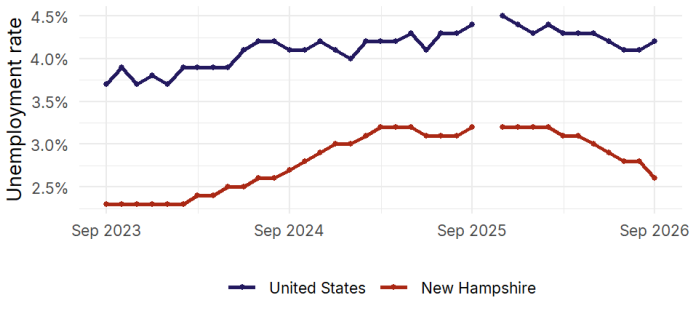
United States Employment Snapshot

- 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

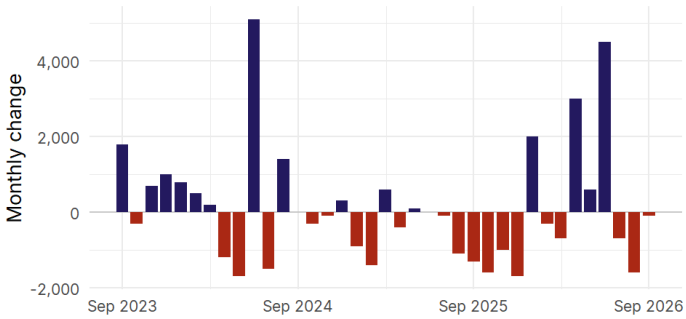
- In September, **New Hampshire lost 100 net payroll jobs** and the **unemployment rate fell by 0.2 percentage point to 2.6 percent**. In the prior month, New Hampshire lost 1,600 net payroll jobs.
- Over the past 12 months, **New Hampshire added 2,400 net payroll jobs** and the **unemployment rate fell 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

Change in Nonfarm Payrolls in New Hampshire
September 2023 to September 2026



Source: Bureau of Labor Statistics, data is seasonally adjusted

Read the full release (https://www.jec.senate.gov/public/index.cfm/republicans/nh/)