

MAY 2026

Current Employment Overview



On June 19th, 2026, the Texas Workforce Commission released employment statistics for **May 2026**. Our detailed regional report for researchers and analysts is at <https://www.wrksolutions.com/regional-economic-data/houston-area-employment-situation>. Below are highlights.

4.6%

MAY Regional Unemployment Rate
(not seasonally adjusted)

- Represents 178,949 people looking for a job
- **DOWN** from a peak of 13.5% in April 2020
- **UP** from 4.3% last month
- **UP** from 4.2% last year
- **HIGHER** than the statewide rate of 4.3%
- **HIGHER** than the national rate of 4.1%

Monthly Change – Employers in the Houston region added 16,800 jobs over the month, which is moderately above the long-term average of May each year.

- The top-3 drivers of over-the-month Job gain this May were:
 - Leisure and Hospitality: +5,400
 - Construction: +4,000
 - Other Services: +1,900

Year-over-Year Change – Total Nonfarm employment was up 21,300 jobs or 0.6%.

- A year prior, growth stood at 44,200. Workforce Solutions currently forecasts a gain of 29,900 jobs by the end of 2026 subject to evolving developments across the local, state, and national economies.
- Currently, 7 of 11 sectors show over-the-year growth led by Construction (+12,100), Professional and Business Services (+7,000), and Private Education and Health Services (+6,500).

If you have any questions, please contact Mohammad Ahmadizadeh: Mohammad.Ahmadizadeh@wrksolutions.net or Parker Harvey: parker.harvey@wrksolutions.net. The Texas Workforce Commission will release June 2026 employment figures on July 17, 2026.

Additional labor market data is available at <https://www.wrksolutions.com/regional-economic-data>

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