

JANUARY 2026

Current Employment Overview



On April 9, 2026, the Texas Workforce Commission released employment statistics for **January 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.

4.9%

JANUARY Regional Unemployment Rate
(not seasonally adjusted)

- Represents 188,905 people looking for a job
- **DOWN** from a peak of 13.5% in April 2020
- **UP** from 4.3% last month
- **UP** from 4.5% last year
- **HIGHER** than the statewide rate of 4.5%
- **HIGHER** than the national rate of 4.7%

Monthly Change – Employers in the Houston region shed 41,000 jobs over the month, which is consistent with January each year.

- The top-3 drivers of over-the-month Job loss this January were:
 - Trade, Transportation, and Utilities: -15,100
 - Government: -10,300
 - Professional and Business Services: -6,100

Year-over-Year Change – Total Nonfarm employment was up 24,300 jobs or 0.7%.

- A year prior, growth stood at 57,000. Workforce Solutions currently forecasts a gain of 40,000 jobs by the end of 2026 subject to evolving developments across the local, state, and national economies.
- Currently, 5 of 11 sectors show over-the-year decline led by Mining and Logging (-4,200), Manufacturing (-2,400), and Financial Activities (-2,000).

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

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

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