

#7 of 12 Alabama metros, #7 of 12 Alabama metros — ALEX Intelligence, 2026

# #7 of 12 Alabama metros

Unemployment trend reveals resilience in Birmingham's labor market

Swipe for insights →

## THE DATA

# 0.6%

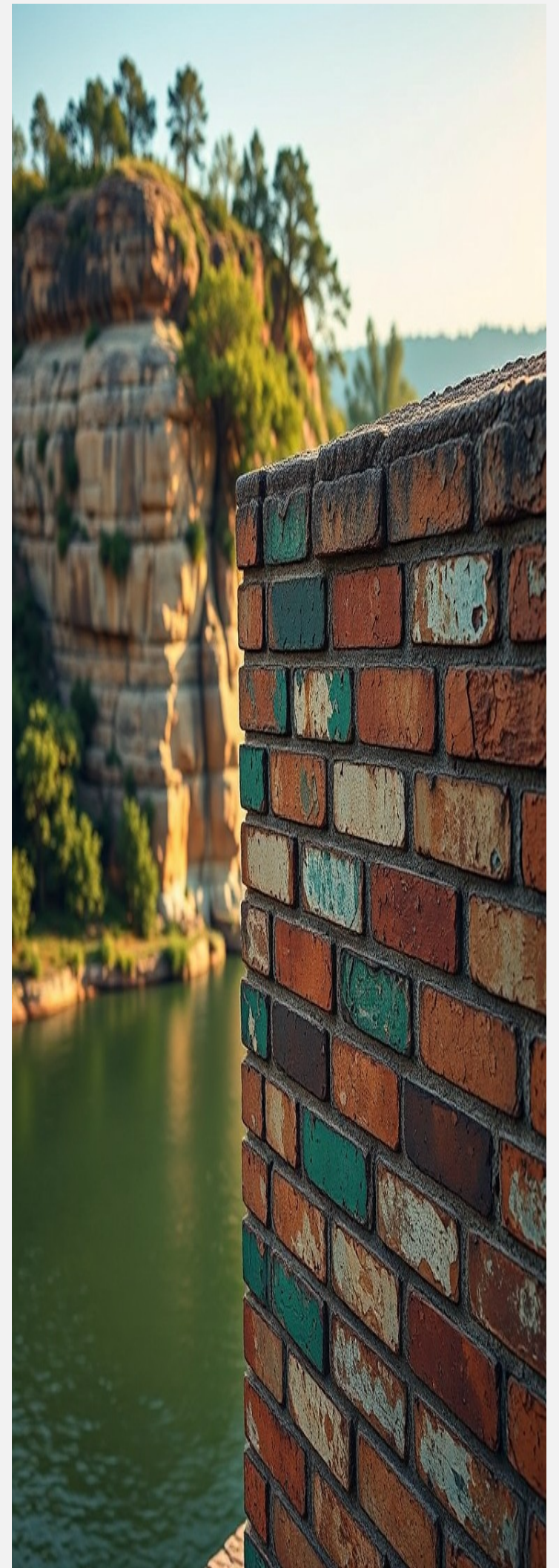
**12-month change in the metropolitan unemployment rate (August 2026)**

Birmingham ranks #7 among 12 Alabama metros in the 12-month change of the metropolitan unemployment rate.

This modest rise signals a labor market that is stabilizing without overheating. While housing sales have softened, employment growth remains steady, suggesting that demand-side pressures are being absorbed by labor market resilience rather than price inflation. The data underscores a decoupling between housing activity and job market momentum in the Birmingham metro.

Source: U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics and Current Employment Statistics, August 2026 (seasonally unadjusted, metropolitan) • ALEX Intelligence computation

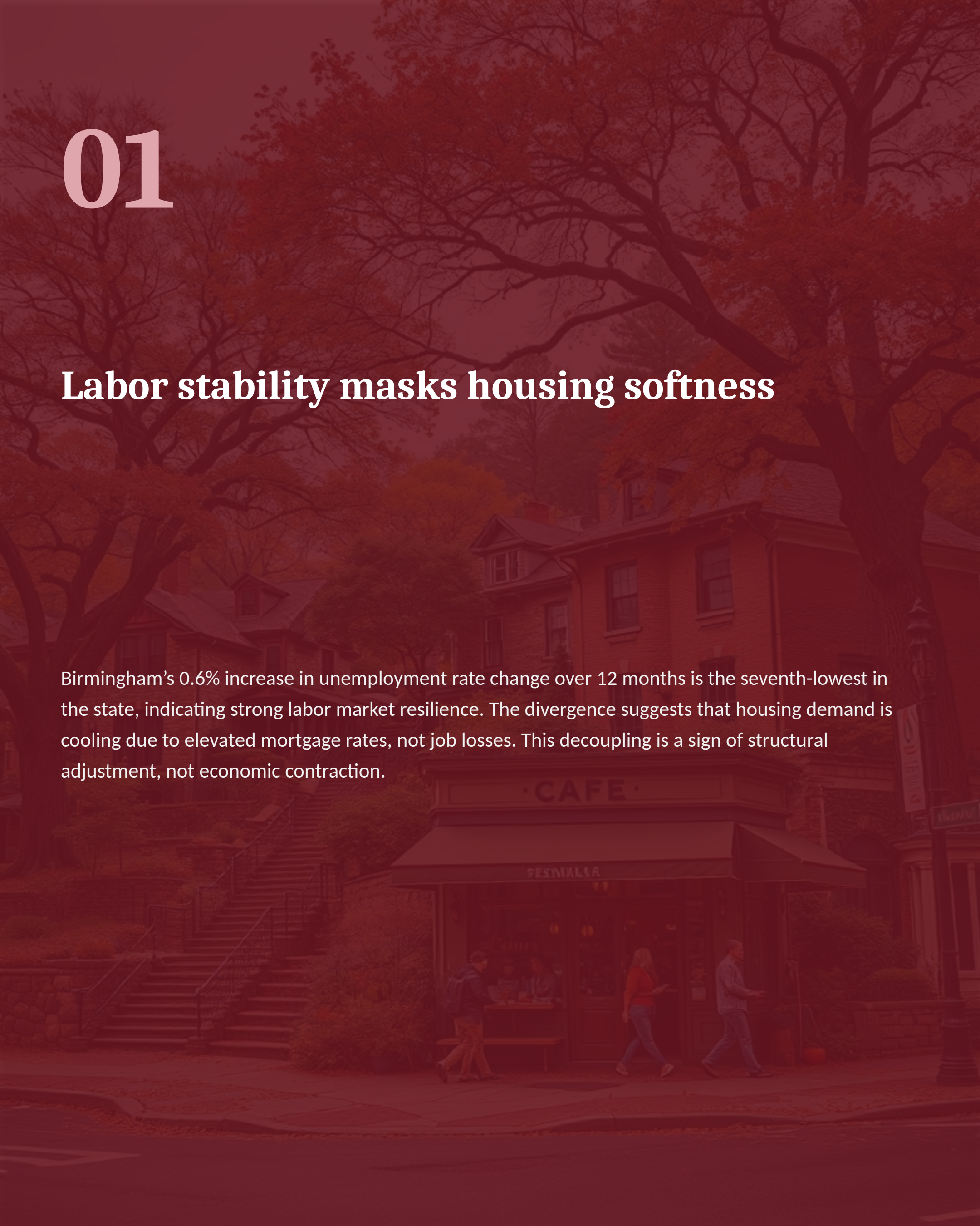
<https://alex-companies.com/data/2026-10-07-birmingham-lab-bls-unemp-rate-chg-12m-msa>



# 01

## Labor stability masks housing softness

Birmingham's 0.6% increase in unemployment rate change over 12 months is the seventh-lowest in the state, indicating strong labor market resilience. The divergence suggests that housing demand is cooling due to elevated mortgage rates, not job losses. This decoupling is a sign of structural adjustment, not economic contraction.





# 02

## Resilience as a strategic advantage

A metro with a stable unemployment trend is better positioned to absorb housing market corrections. In Birmingham, where home values are adjusting, the labor market's steady performance supports household stability. This creates a foundation for long-term real estate recovery, as homeowners are less likely to face distress sales. The city's economic base is proving durable, even as transaction volumes normalize.

Real Estate Strategy & Intelligence Leader. Democratized Blue Ocean Strategist & Operator.

Diane Hart Alexander, MBA, MHA

Chair & CEO, ALEX Companies

Designated Broker, Alexander Tiffany Southwest, LLC dba ALEX.realestate, et.al.

Texas License #574877-B · Broker License #565194-BB

diane@alex.realestate · +1 713.591.9902



ALEX Intelligence  
*deep intelligence*

ALEX Real Estate  
*genius real estate*

ALEX Advisory  
*uncontested strategy*

ALEX Cares  
*purposeful philanthropy*

