

#10 of 10: 12-month change in the metropolitan unemployment rate (August 2026)

# 12-month change in the metropolitan unemployment rate (August 2026): -0.5%

Based on 12-month unemployment rate change, October 2026

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## THE DATA

# -0.5%

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

Greensboro-High Point posted the weakest improvement among all 15 North Carolina metros.

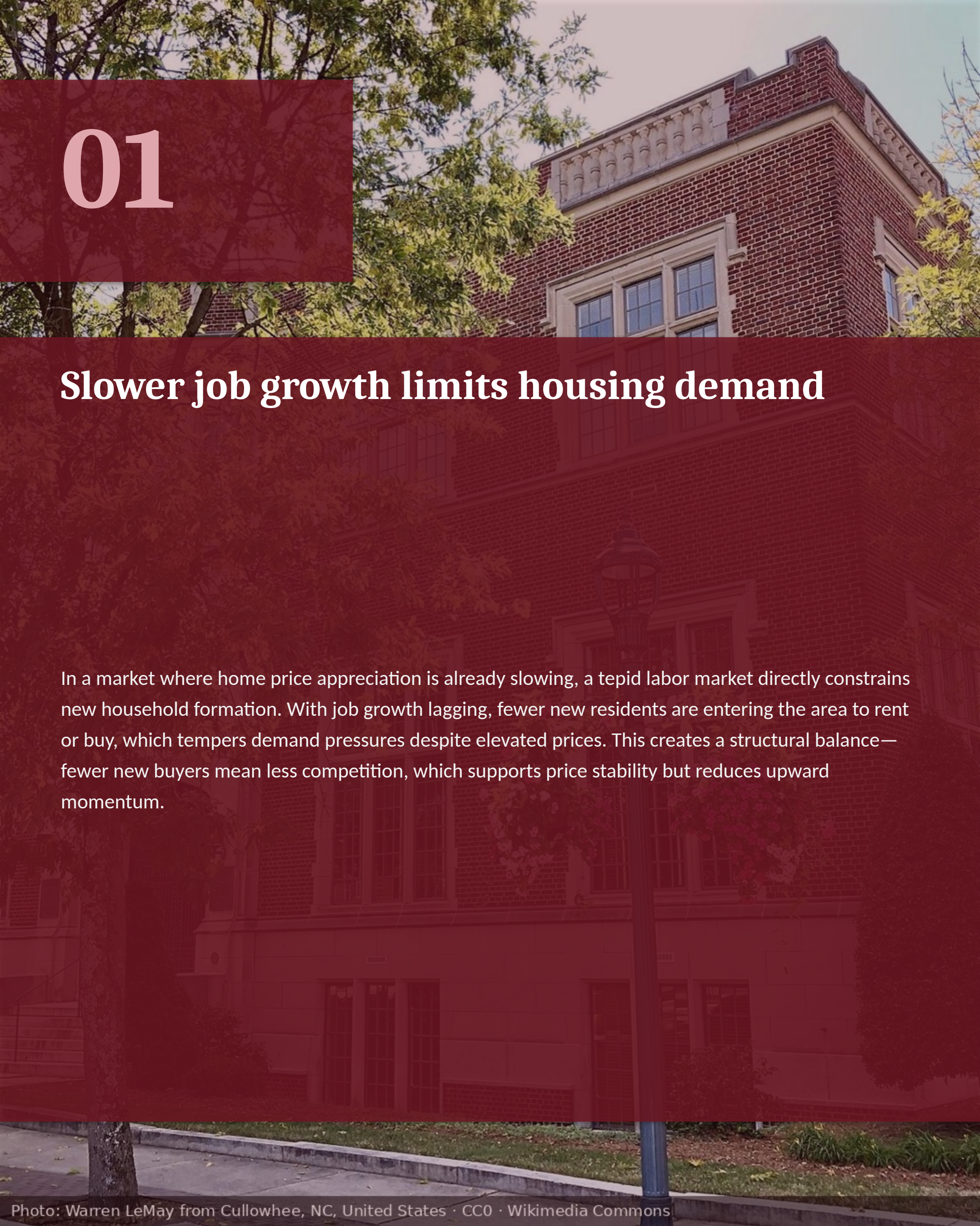
This -0.5% change in the unemployment rate over the past year indicates that job market conditions in the Triad are stabilizing—but at a pace that trails every other major metro in North Carolina. While the state's top performers like Asheville and Rocky Mount saw declines of 1.1% and 0.8%, respectively, Greensboro-High Point's improvement was merely modest, suggesting a lag in labor market recovery.

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/2026-10-28-greensboro-lab-bls-unemp-rate-chg-12m-msa>



Photo: Warren LeMay from Cullowhee, NC, United States · CC0 · Wikimedia Commons

The background of the entire page is a photograph of a multi-story brick building with several windows. Green trees are visible in the foreground and to the right. A semi-transparent red rectangle is positioned in the upper left corner, containing the number '01'.

# 01

## Slower job growth limits housing demand

In a market where home price appreciation is already slowing, a tepid labor market directly constrains new household formation. With job growth lagging, fewer new residents are entering the area to rent or buy, which tempers demand pressures despite elevated prices. This creates a structural balance—fewer new buyers mean less competition, which supports price stability but reduces upward momentum.

# 02

## Equity access may offset job-market weakness

This internal capital flow can sustain demand even when new job creation is lagging, acting as a buffer against broader economic softness.



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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



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