

#1 of 10: 12-month growth in the metropolitan labour force (August 2026)

Raleigh-Cary leads NC in labor force growth

Source: ALEX Intelligence, October 28, 2026

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THE DATA

0.3%

12-month growth in the metropolitan labour force (August 2026)

Raleigh-Cary is the only North Carolina metro to post positive labor force growth in the past year.

The 0.3% growth in the Triangle's labor force signals resilience amid national headwinds, driven by sustained hiring in tech, biotech, and advanced manufacturing. The data reflects not just job creation, but retention of a skilled workforce.

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-triangle-lab-bls-labor-force-growth-12m-msa>



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The background of the slide is a photograph of a calm lake reflecting the surrounding green trees. A large, solid red rectangle is overlaid on the left side of the image, containing the number '01' in white. Another red rectangle is overlaid across the middle of the image, containing the title and a paragraph of text in white.

01

Labor growth fuels real estate demand

The Triangle's ability to attract and retain workers—despite national affordability pressures—suggests that its housing market is not just resilient, but self-reinforcing. Job growth is not just a leading indicator; it is a structural driver of price stability and appreciation.

02

The Triangle is a labor force anchor

The area is absorbing workforce shifts from declining metros, reinforcing its role as a magnet for talent. This dynamic suggests that the Triangle's real estate market is not just growing, but becoming increasingly insulated from broader economic volatility.



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