Birmingham, AL — #4 of 10: metropolitan unemployment rate (September 2026)

metropolitan unemployment rate (September 2026): 3.5%

Based on September 2026 BLS data

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THE DATA

3.5%

metropolitan unemployment rate (September 2026)

Birmingham’s unemployment rate is among the lowest in the state.

At 3.5%, Birmingham’s metropolitan unemployment rate places it fourth among Alabama’s 12 metros. This reflects strong labor market resilience despite national headwinds. The city continues to attract workers in healthcare, education, and logistics—sectors that are expanding even as mortgage rates remain elevated.



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Source: U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics and Current Employment Statistics, September 2026 (seasonally unadjusted, metropolitan) · ALEX Intelligence computation
https://alex-companies.com/data/2026-11-08-birmingham-lab-bls-unemp-rate-msa

01

Low unemployment fuels demand

A 3.5% unemployment rate signals that Birmingham’s labor market is tight, meaning most workers are employed and actively contributing to local economic activity. This tight labor market supports sustained demand for housing, even as home prices decline slightly year-over-year. Employed residents are more likely to finance home purchases, which stabilizes the market despite affordability challenges.

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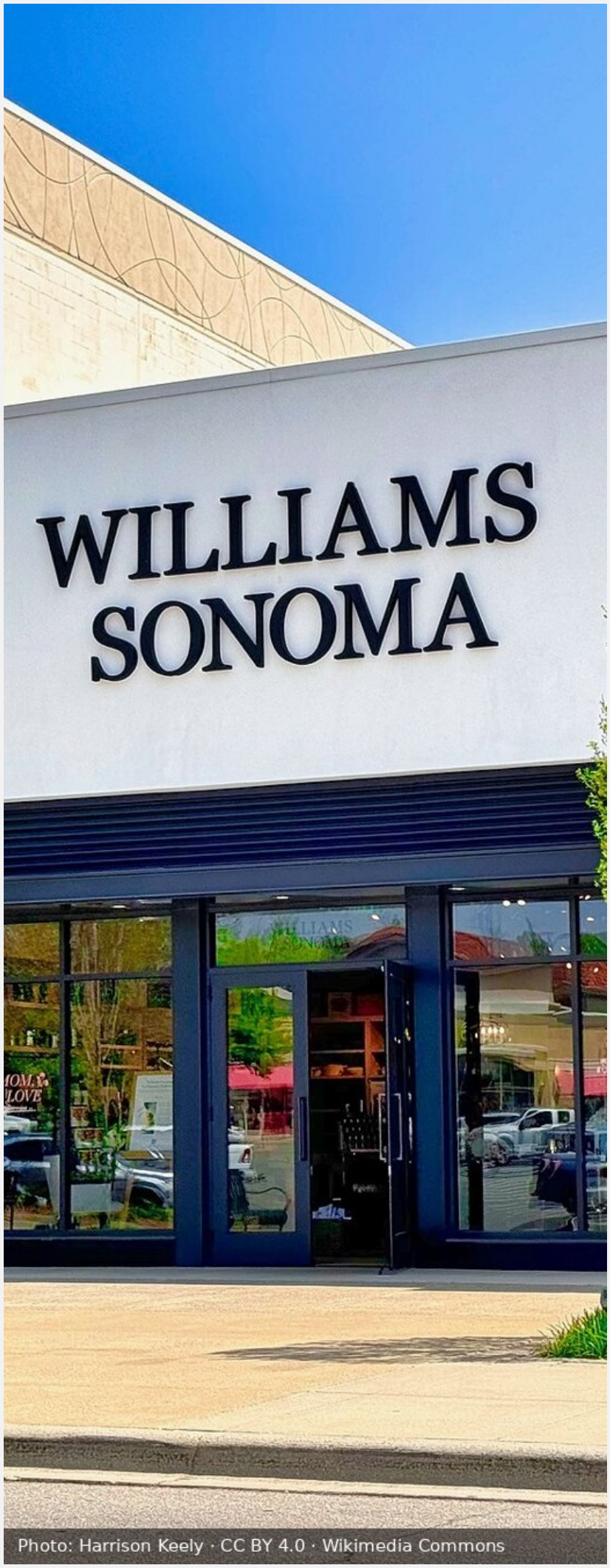


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02

Labor strength vs. price pressure

This divergence suggests that price moderation is not driven by weak demand, but by external factors such as mortgage rates and inventory dynamics. The market is cooling in price, not in demand—indicating a shift toward sustainability, not stagnation.

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