#11 of 10: metropolitan unemployment rate (September 2026)

Greensboro-High Point's Unemployment Rate Is 3.4%

Greensboro-High Point, NC · U.S. Bureau of Labor Statistics 2026

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THE DATA

3.4%

metropolitan unemployment rate (September 2026)

This places Greensboro-High Point as the 11th lowest unemployment rate among North Carolina's 15 metropolitan areas.

The data, sourced from the U.S. Bureau of Labor Statistics' Local Area Unemployment Statistics and Current Employment Statistics, reflects a labor market that remains stable despite national headwinds. The 3.4% rate indicates strong workforce participation and job creation across key sectors such as healthcare and manufacturing.

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/2026-11-09-greensboro-lab-bls-unemp-rate-msa

01

Resilience Without Overheating

A 3.4% unemployment rate in Greensboro-High Point is not a sign of overheating, but rather of sustainable growth. Unlike markets with sub-3% rates, this level suggests room for continued hiring without triggering wage inflation or supply shortages. The Triad’s labor market is functioning efficiently, not under strain.

02

The Price of Stability

This stable unemployment rate masks underlying pressures: tight housing supply and rising construction costs. While job growth supports demand, the lack of new housing inventory means wage gains are not translating into affordability. The market is balanced, but the balance is precarious—any supply shock could disrupt the equilibrium.

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