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

12-month growth in the metropolitan labour force (September 2026): 0.3%

Source: ALEX Intelligence · Published November 24, 2026

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THE DATA

0.3%

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

DFW ranks #8 among 24 Texas metros with over 100,000 residents.

This modest growth rate reflects a mature market where labor force expansion is decelerating, despite continued economic activity. The data signals that DFW is no longer experiencing the hyper-growth phase of earlier years, and its labor market is now stabilizing after years of rapid in-migration and job creation. This shift is not a sign of weakness, but of market maturity.



Photo: David Wilson · CC BY 2.0 · Wikimedia Commons

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/2026-11-24-dfw-msa-lab-bls-labor-force-growth-12m-msa



01

Maturity over momentum

DFW’s #8 rank in labor force growth underscores a transition from explosive expansion to sustainable scaling. The region is no longer the fastest-growing metro in Texas, but it remains a dominant economic engine. This shift suggests that future growth will be driven less by population influx and more by productivity, innovation, and workforce retention. The real estate market must adapt: demand will increasingly reflect quality of life, not just volume of new residents.

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02

The hidden edge of stability

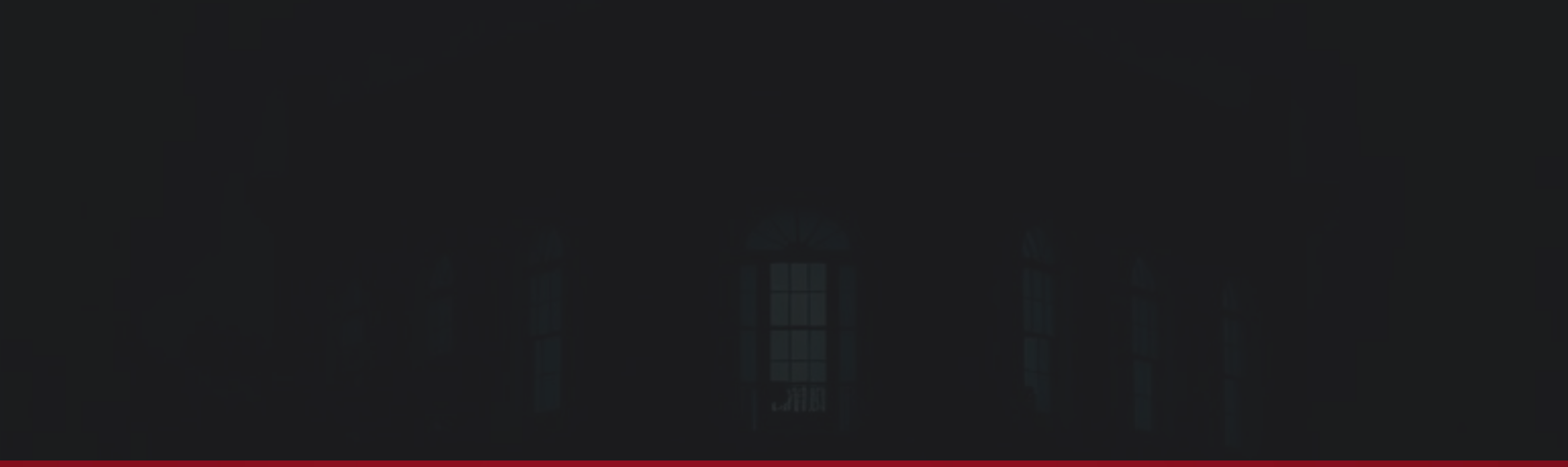
While Midland leads in growth, its economy remains highly sensitive to oil and gas volatility. DFW's moderate growth rate, though lower than Midland's, reflects a more balanced and diversified labor market. This stability is a strategic advantage for long-term real estate investment, especially in office, industrial, and multifamily sectors where tenant retention and operational resilience matter more than rapid expansion. The region's strength lies not in speed, but in sustainability.

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