



LABOR MARKET UPDATE

Q2 2026

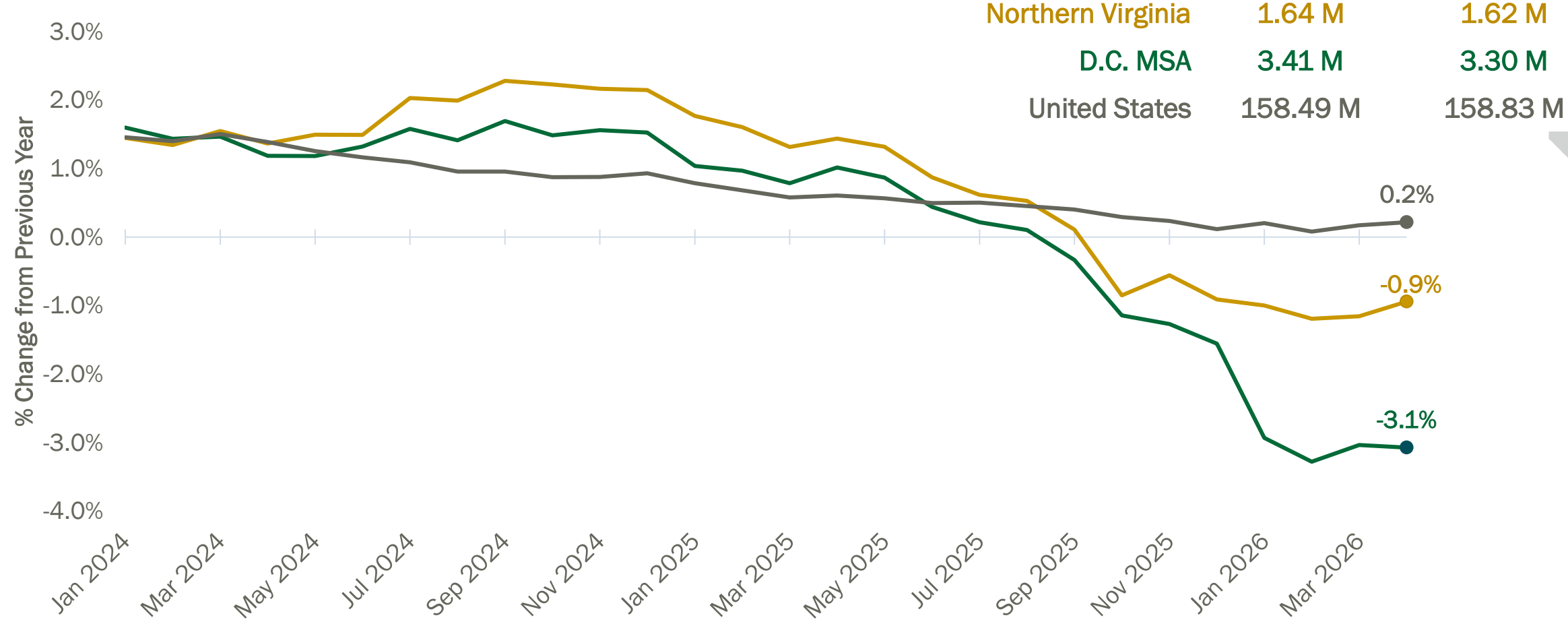
ALEXANDRIA/ARLINGTON

Helen Ding

Research Analyst, Labor Market Intelligence

EMPLOYMENT

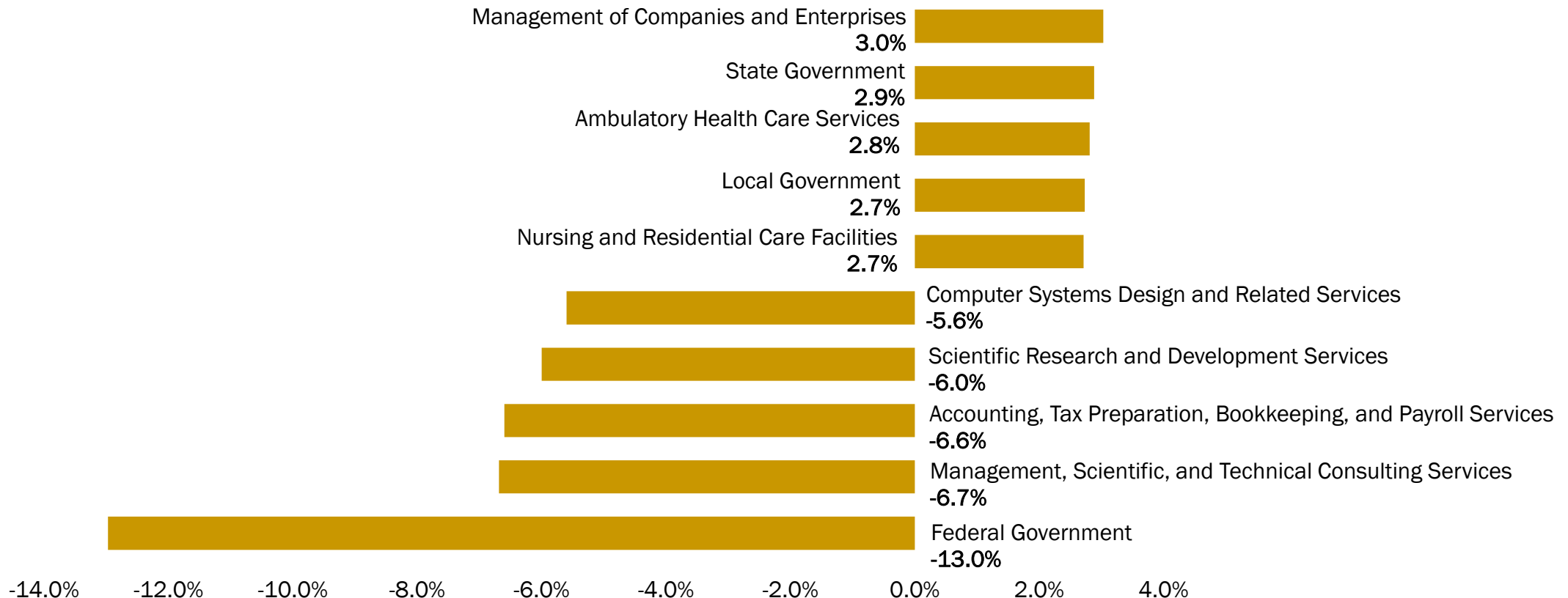
% Change in Total Employment, Year-Over-Year



Source: U.S. BLS, *Current Employment Statistics*, June 8, 2026, <https://www.bls.gov/ces>; *State and Area Employment*, June 8, 2026, <https://www.bls.gov/sae/>.
NOTE: Total nonfarm employment, seasonally adjusted. Northern Virginia data is for the Arlington-Alexandria-Reston, VA-WV Metropolitan Division.

EMPLOYMENT BY INDUSTRY

% Change in Employment, April. 2025 to April. 2026

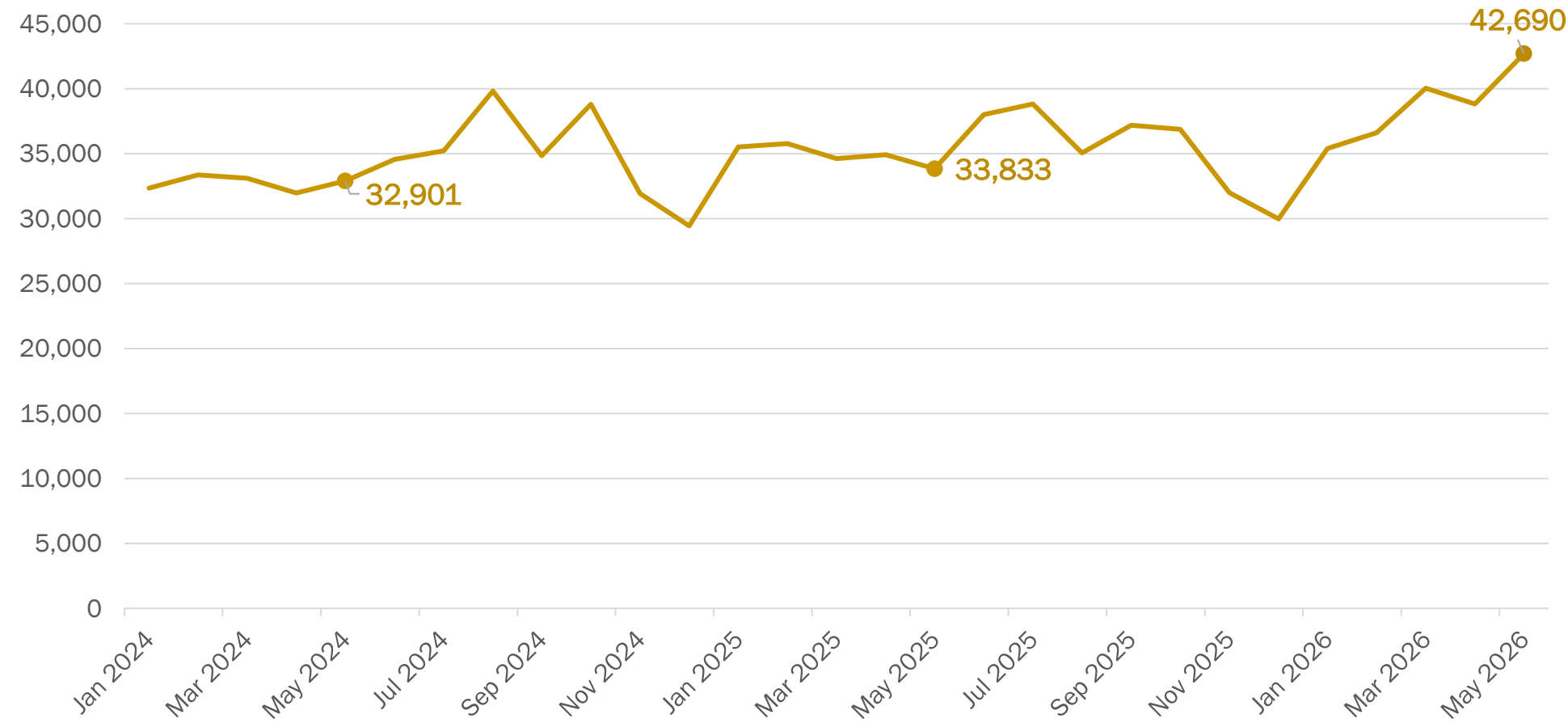


NOTE: Data is not seasonally adjusted. Data only includes industries comprising at least 1% of total nonfarm employment (about 16,000 employed). Data is for the Arlington-Alexandria-Reston, VA-WV Metropolitan Division.

Source: U.S. BLS, *State and Area Employment*, June 8, 2026, <https://www.bls.gov/sae/>.

JOB POSTINGS

Total Postings by Month, NOVA Service Area

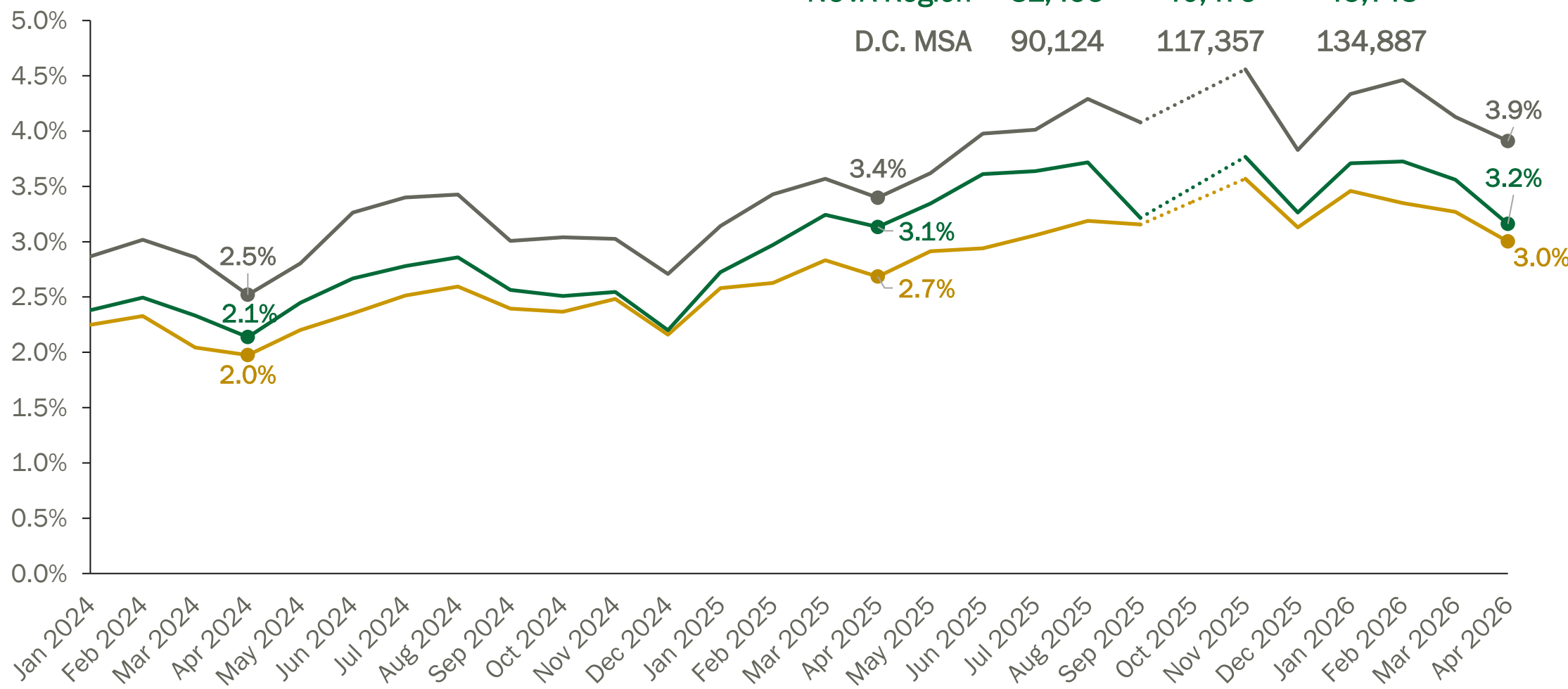


Source: Lightcast Analyst (2026.2 release).

Total Unemployed

UNEMPLOYMENT

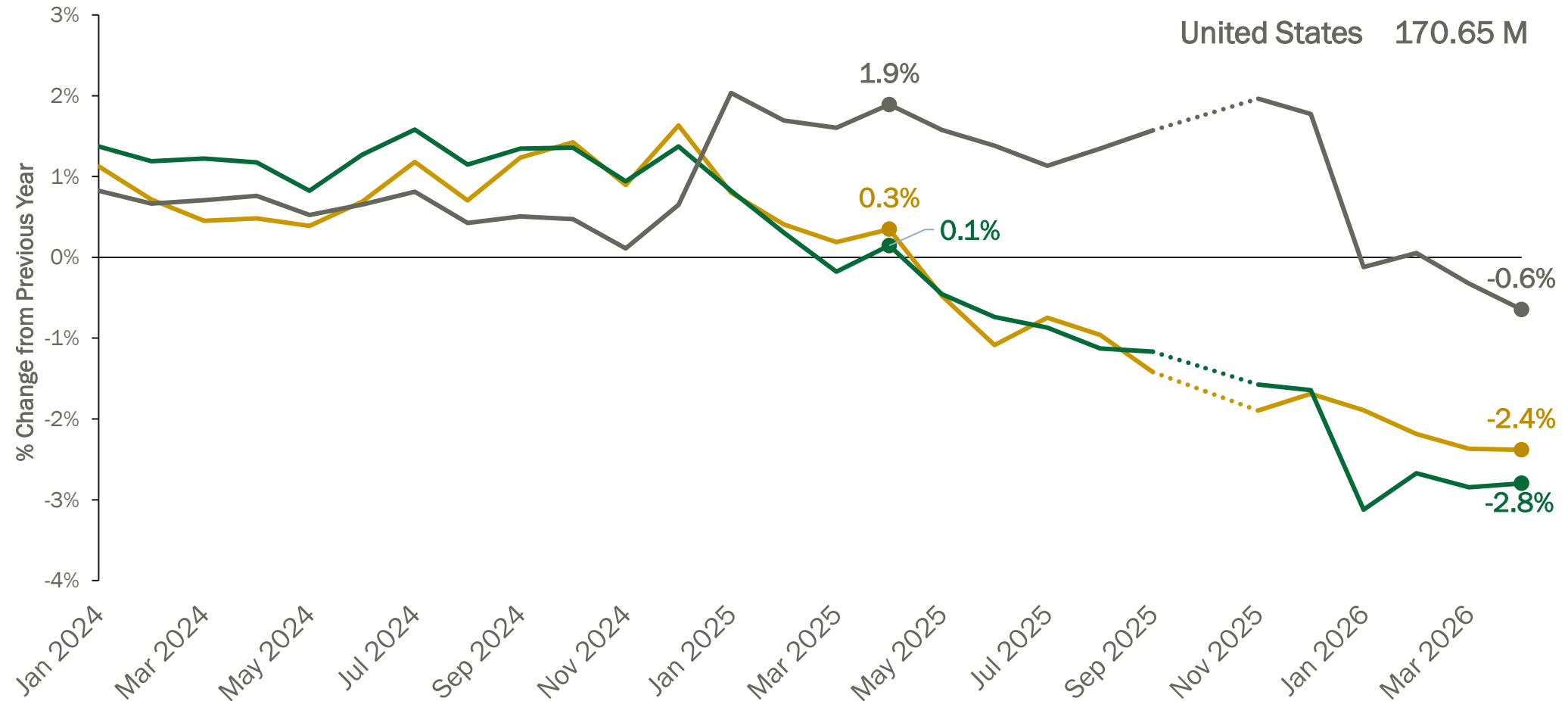
Trend in Unemployment Rates



NOTE: Data is not seasonally adjusted. Data was unavailable in October 2025.
Source: U.S. BLS, Local Area Unemployment Statistics, June 8, 2026, <https://www.bls.gov/lau>.

LABOR FORCE

% Change in Labor Force, Year-Over-Year



Alexandria/Arlington

D.C. MSA

United States

Total Labor Force

Apr.
2025

Apr.
2026

256.3 K

250.2 K

3.55 M

3.45 M

170.65 M

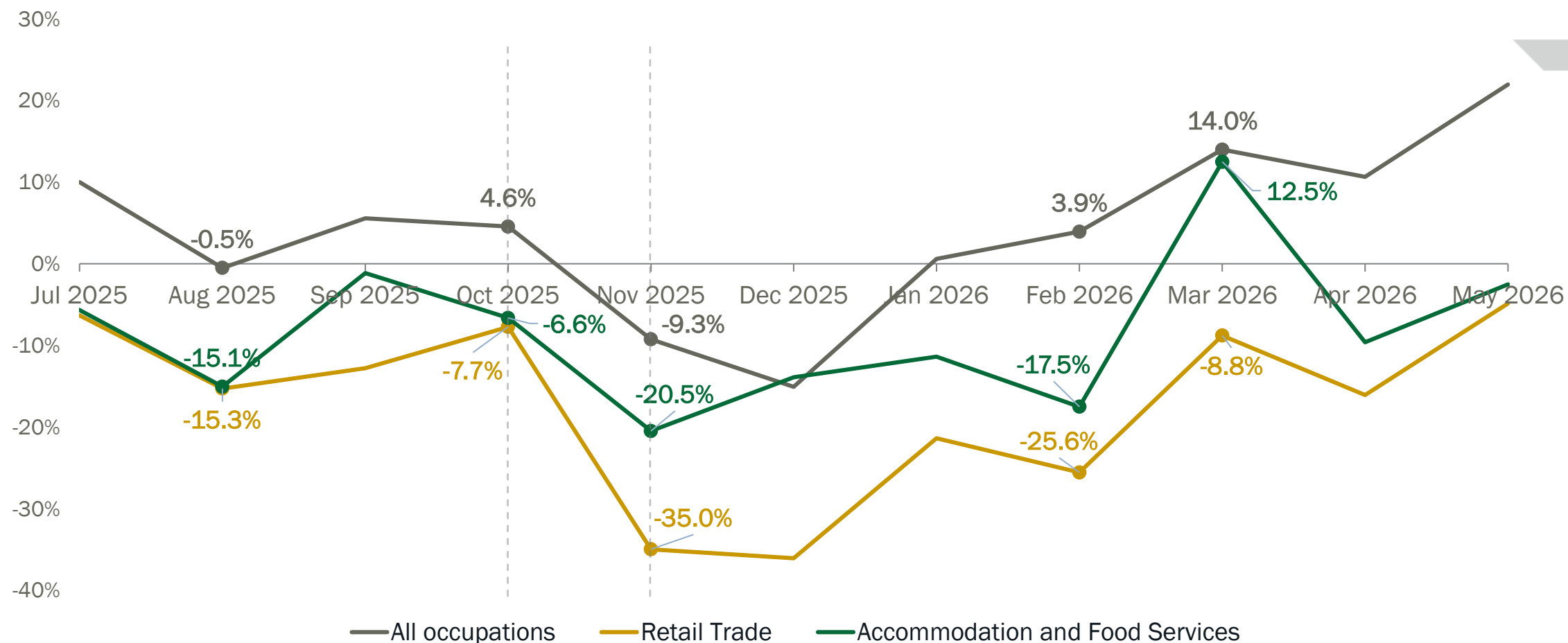
169.55 M

NOTE: Data is not seasonally adjusted. Data was unavailable in October 2025.

Source: U.S. BLS, Local Area Unemployment Statistics, June 8, 2026, <https://www.bls.gov/lau>; Current Population Survey, June 8, 2026.

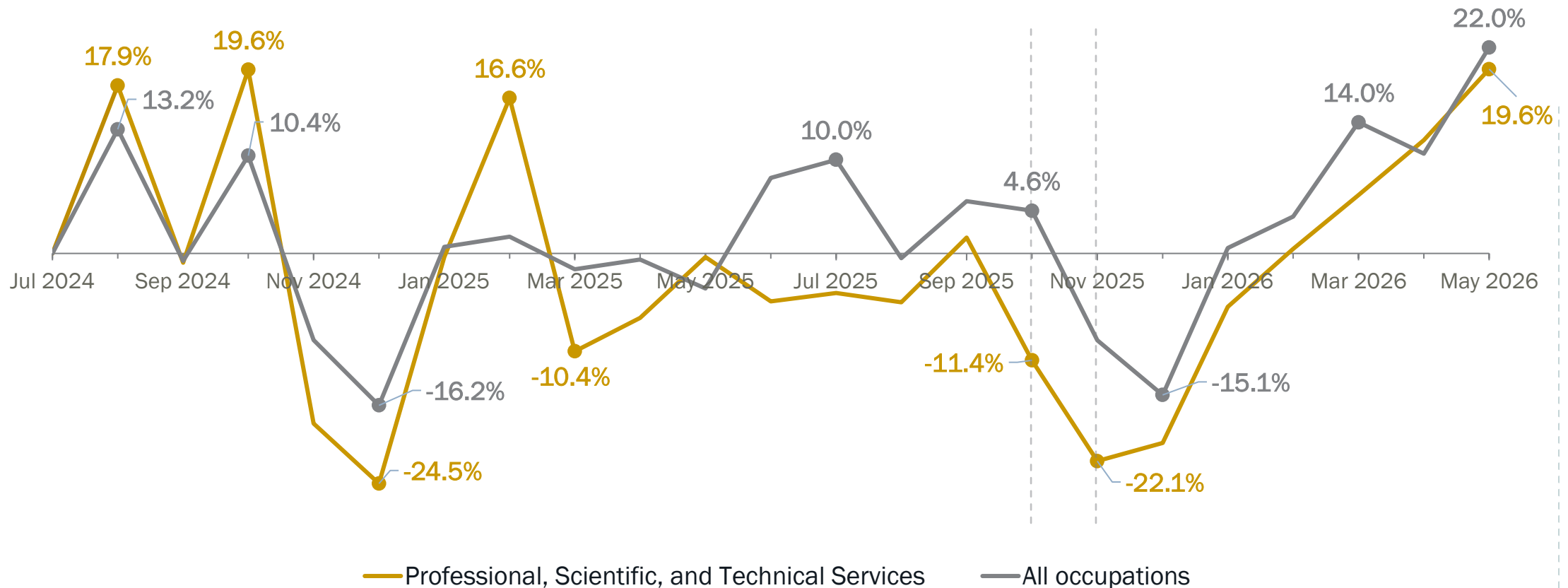
RETAIL AND RESTAURANTS

Job Postings % Change, Compared to July 2024, NOVA Service Area



HIRING CHANGES

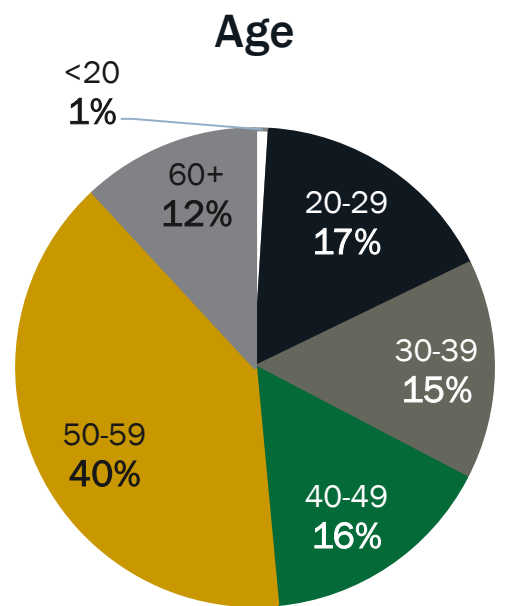
Job Postings % Change, Compared to July 2024, NOVA Service Area



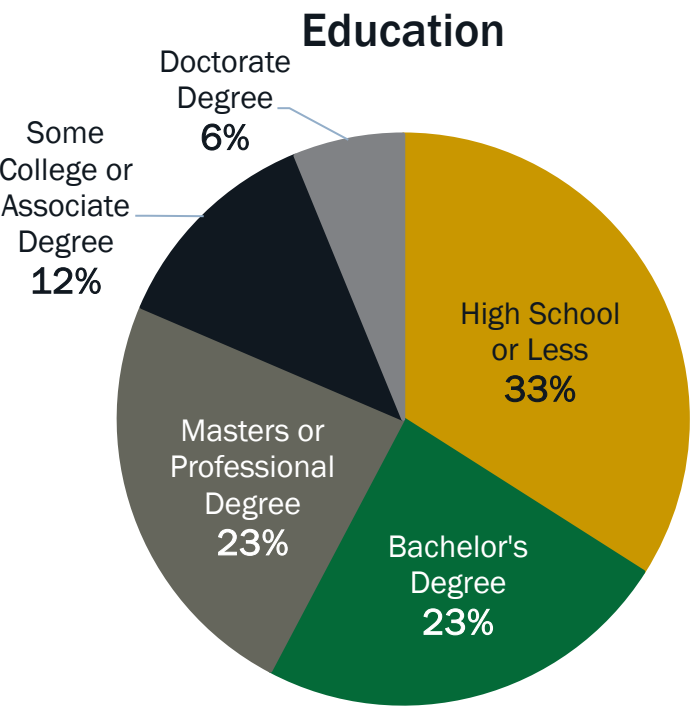
Source: Lightcast Analyst (2026.2 release).

FEDERAL EMPLOYEES

% of Separations, Nationwide, Jan. 2025 – Apr. 2026



Age	Average Length of Service (Years)
<20	0.5
20-29	1.2
30-39	3.5
40-49	10.4
50-59	22.6
60+	14.5



Top 5 Agencies in Separations	Employee Count	% of Total
Department of Health and Human Services	9,935	12%
Department of Interior	8,100	10%
Department of the Army	7,096	9%
Department of Agriculture	6,966	8%
Department of Veterans Affairs	6,947	8%

Top Occupations	Employee Count	% of Total
Miscellaneous Administration and Program	8,796	22%
Management and Program Analysis	5,470	14%
Information Technology Management	3,229	8%
Miscellaneous Clerk and Assistant	2,633	7%
Forestry Technician	2,183	5%
Biological Science Technician	1,650	4%
General Business and Industry	1,608	4%
Human Resources Management	1,598	4%
Contracting	1,559	4%
General Attorney	1,505	4%
General Health Science	1,495	4%
Park Ranger	1,464	4%

Source: [OPM Federal Workforce Data](#) (June 22, 2026).
Note: Only includes Reduction in force, Retirement early out, and Termination



QUESTIONS?

Helen Ding

Research Analyst,
Labor Market Intelligence

hding@nvcc.edu

Contact the NOVA LMI team at:

novalmi@nvcc.edu