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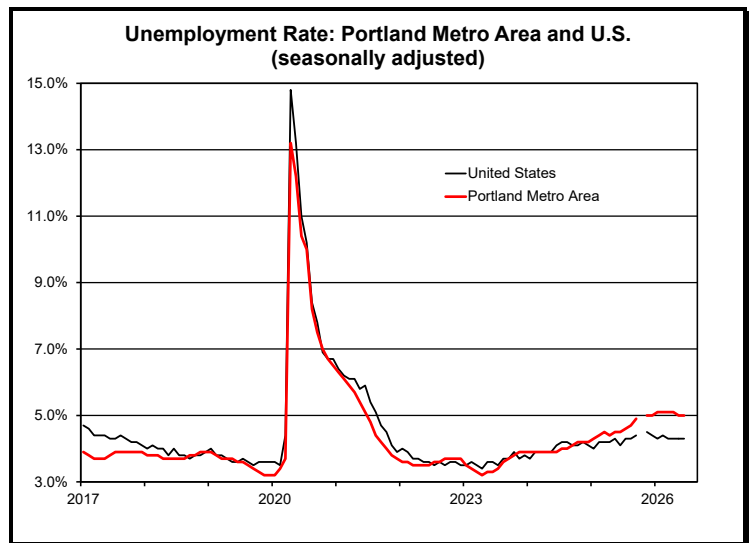
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Employment and Unemployment in the Portland Metropolitan Area The Unemployment Rate Holds Steady in May 2026

The Portland metropolitan area's unemployment rate was 5.0% in May, unchanged from April. Approximately 64,600 area residents were unemployed; 1,000 more than a year ago. Oregon's unemployment rate was 5.2% and national rate was 4.3% in May.

The metro area's nonfarm employment declined by 1,800 jobs (seasonally adjusted). The construction sector was largely responsible for May's losses. It shed 500 jobs when an increase of between 500 and 1,000 jobs is the norm for this time of year.

Over the past 12 months employment in the metro area has declined by 27,400 jobs, or -2.2% (not seasonally adjusted). Most major industries have lost jobs, led by professional and business services (-8,100 jobs; -4.2%). Employment in this large and diverse sector peaked in mid-2023 and has been declining relatively steadily since.



Manufacturing lost the second-largest number of jobs over the year; 7,000 or -6.0%. Most published components are in the red, led by computer and electronic products manufacturing (which includes semiconductors). It's cut one-in-ten jobs over the past year (-3,500), and nearly one-in-four since its most recent employment peak in late 2022.

Private education and health care is the only sector – public and private – adding jobs over the year (+3,900; +1.9%). This has been the case for all of 2026.

Next Press Release

The Oregon Employment Department will release the Portland metropolitan area's unemployment rate and employment survey data for June on Tuesday, July 21.

The Oregon Employment Department and the U.S. Bureau of Labor Statistics (BLS) work cooperatively to develop and publish monthly payroll employment and labor force data for Oregon's metropolitan areas and counties. The estimates of monthly job gains and losses are based on a survey of businesses. The estimates of unemployment are based on a survey of households and other sources.

The Oregon Employment Department payroll employment estimates are revised quarterly using information from unemployment insurance tax records. All department publications use data from this *official Oregon series* unless noted.

The department also makes the BLS-produced nonfarm payroll employment series for metropolitan areas available. These are revised annually by BLS.

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The pdf version of the news release, including tables and graphs, can be found at www.qualityinfo.org/press-release/. To obtain the data in other formats such as in Excel, visit QualityInfo.org, select Tools, and choose LAUS or CES from the dropdown menu. To request the press release as a Word document, contact the person shown at the top of this press release.

To file an Unemployment Insurance claim, visit our online claims system or call our contact centers, where Employment Department staff are ready to help by phone, at 1-877-FILE-4-UI (1-877-345-3484). For help finding jobs and training resources, go to: www.WorkSourceOregon.org.

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Portland-Vancouver-Hillsboro, OR-WA MSA Current Labor Force and Industry Employment

	--Change From--				
	May 2026	April 2026	May 2025	April 2026	May 2025
Labor Force Status					
Civilian labor force	1,367,425	1,363,573	1,381,076	3,852	-13,651
Unemployed	64,592	64,938	63,570	-346	1,022
Unemployment rate	4.7%	4.8%	4.6%	-0.1	0.1
<i>Unemployment rate (seasonally adjusted)</i>	5.0%	5.0%	4.8%	0.0	0.2
Employed	1,302,833	1,298,635	1,317,506	4,198	-14,673
Nonfarm Payroll Employment					
Total nonfarm employment	1,218,000	1,215,000	1,245,400	3,000	-27,400
<i>Total nonfarm employment (seasonally adjusted)</i>	1,217,300	1,219,100	1,239,700	-1,800	-22,400
Total private	1,056,100	1,053,400	1,081,800	2,700	-25,700
Mining, logging, and construction	75,700	76,100	79,700	-400	-4,000
Mining and logging	1,000	900	1,100	100	-100
Construction	74,700	75,200	78,600	-500	-3,900
Construction of buildings	20,000	20,000	20,600	0	-600
Residential building construction	12,700	12,700	12,900	0	-200
Nonresidential building construction	7,300	7,300	7,700	0	-400
Heavy and civil engineering construction	7,100	7,000	7,200	100	-100
Specialty trade contractors	47,600	48,200	50,800	-600	-3,200
Manufacturing	110,000	110,100	117,000	-100	-7,000
Durable goods	81,900	81,900	86,600	0	-4,700
Primary metal manufacturing	4,500	4,500	4,400	0	100
Fabricated metal product manufacturing	11,500	11,500	11,800	0	-300
Machinery manufacturing	8,900	8,900	9,200	0	-300
Computer and electronic product manufacturing	32,000	32,100	35,500	-100	-3,500
Semiconductor and electronic component mfg.	26,700	26,800	30,100	-100	-3,400
Electronic instrument manufacturing	3,900	3,800	4,000	100	-100
Transportation equipment manufacturing	6,800	6,800	6,800	0	0
Nondurable goods	28,100	28,200	30,400	-100	-2,300
Food manufacturing	13,100	13,100	13,700	0	-600
Trade, transportation, and utilities	213,400	213,600	218,000	-200	-4,600
Wholesale trade	54,500	54,600	55,800	-100	-1,300
Retail trade	109,900	109,800	111,700	100	-1,800
General merchandise retailers	22,100	22,100	22,000	0	100
Transportation, warehousing, and utilities	49,000	49,200	50,500	-200	-1,500
Utilities	2,800	2,800	2,800	0	0
Transportation and warehousing	46,200	46,400	47,700	-200	-1,500
Truck transportation	9,900	9,900	10,500	0	-600
Couriers and messengers	12,200	12,200	11,500	0	700
Warehousing and storage	9,200	9,200	8,900	0	300
Information	23,400	23,600	25,500	-200	-2,100
Software publishers	9,600	9,700	10,300	-100	-700
Financial activities	70,400	69,300	71,900	1,100	-1,500
Finance and insurance	39,200	38,800	40,100	400	-900
Credit intermediation and related activities	14,000	13,700	14,100	300	-100
Insurance carriers and related activities	18,200	18,000	18,900	200	-700
Real estate and rental and leasing	31,200	30,500	31,800	700	-600

	May 2026	April 2026	May 2025	--Change From--	
				April 2026	May 2025
Nonfarm Payroll Employment (continued)					
Financial activities	70,400	69,300	71,900	1,100	-1,500
Finance and insurance	39,200	38,800	40,100	400	-900
Credit intermediation and related activities	14,000	13,700	14,100	300	-100
Insurance carriers and related activities	18,200	18,000	18,900	200	-700
Real estate and rental and leasing	31,200	30,500	31,800	700	-600
Professional and business services	185,300	185,200	193,400	100	-8,100
Professional and technical services	82,100	82,200	85,300	-100	-3,200
Architectural and engineering services	15,400	15,400	15,900	0	-500
Computer systems design and related services	14,500	14,700	15,200	-200	-700
Management of companies and enterprises	38,000	37,900	39,500	100	-1,500
Administrative and waste services	65,200	65,100	68,600	100	-3,400
Employment services	24,100	23,800	25,700	300	-1,600
Private education and health services	214,200	215,000	210,300	-800	3,900
Private educational services	28,100	29,100	28,000	-1,000	100
Health care and social assistance	186,100	185,900	182,300	200	3,800
Ambulatory health care services	64,600	64,800	64,200	-200	400
Hospitals	34,500	34,400	34,200	100	300
Nursing and residential care facilities	35,100	35,100	34,100	0	1,000
Social assistance	51,900	51,600	49,800	300	2,100
Leisure and hospitality	120,100	117,400	121,900	2,700	-1,800
Arts, entertainment, and recreation	19,600	18,900	19,400	700	200
Accommodation and food services	100,500	98,500	102,500	2,000	-2,000
Accommodation	10,200	10,000	10,100	200	100
Food services and drinking places	90,300	88,500	92,400	1,800	-2,100
Restaurants and other eating places	80,200	78,600	80,900	1,600	-700
Other services	43,600	43,100	44,100	500	-500
Government	161,900	161,600	163,600	300	-1,700
Federal government	17,500	17,500	18,700	0	-1,200
State government	14,300	14,300	14,400	0	-100
State education	1,800	1,800	2,000	0	-200
Local government	130,100	129,800	130,500	300	-400
Local education	67,400	67,200	68,700	200	-1,300

The most recent month is preliminary, the prior month is revised. Prepared in cooperation with the U.S. Department of Labor, Bureau of Labor Statistics.

Civilian labor force includes employed and unemployed individuals 16 years and older by place of residence.

Employed includes payroll employment, self-employed, unpaid family workers, domestics, agriculture, and labor disputants.

Unemployment rate is calculated by dividing unemployed by civilian labor force.

Nonfarm Payroll Employment: Official Oregon Series. Data are by place of work and cover full- and part-time employees who worked or received pay for the pay period that includes the 12th of the month. The data exclude the self-employed, volunteers, unpaid family workers, and domestics.

The Portland-Vancouver-Hillsboro metropolitan area includes Clackamas, Columbia, Multnomah, Washington, and Yamhill counties in Oregon, and Clark and Skamania counties in Washington State.