

# Iowa Labor Force Update - March 2026

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## Summary

Iowa lost 500 nonfarm jobs in February, with government employment falling by 200 and private-sector employment declining by 300. The BLS also revised February 2026 nonfarm employment downward by 100 jobs. Taken together, Iowa's cumulative job growth so far in 2026 marks the weakest March print of the post-pandemic period. Over the past year, Iowa has shed 20,700 jobs (-1.3%), ranking 46th nationally in job growth rate—well below the national average of +0.2%. Despite weak nominal growth, Iowa now has the 9th-lowest unemployment rate in the nation at 3.3% and the 3rd-highest labor force participation rate at 67.7%.

## Key Findings

- **Iowa's job growth rate ranks poorly over the last year.** Iowa's -1.3% nonfarm growth rate ranks 46th among all states over the last 12 months. The national average was 0.2%.
- **Job growth was weak in March.** Iowa lost 500 total nonfarm jobs, led by professional & business services, financial activities, and manufacturing.
- Iowa has lost 2,200 jobs in the first three months of 2026, marking the weakest first quarter performance of the post-pandemic period.
- **Only 3 of Iowa's 11 job sectors grew over the last year.** Education & health services, mining & logging, and construction grew, while all other sectors saw declines.

## Sector Leaderboard

Sector	1M Change	12M Change	12M Rate (IA/ US)
Education and health services	+1,000	+2,700	+1.1%/ +2.4%
Trade, transportation, and utilities	+200	-8,800	-2.8%/ -0.5%
Other services	+200	-800	-1.4%/ +0.6%
Construction	+100	+1,200	+1.4%/ +0.7%
Information	+0	-700	-3.9%/ -2.7%
Leisure & Hospitality	+0	-4,900	-3.4%/ +1.0%
Mining and logging	-100	+100	+4.5%/ -2.7%
Government	-200	-1,800	-0.7%/ -1.0%
Manufacturing	-300	-3,800	-1.7%/ -0.6%
Financial activities	-600	-1,800	-1.7%/ -0.7%
Professional and business services	-800	-2,100	-1.5%/ -0.2%
<b>Total private</b>	<b>-300</b>	<b>-18,900</b>	<b>-1.4%/ +0.4%</b>
<b>Total nonfarm</b>	<b>-500</b>	<b>-20,700</b>	<b>-1.3%/ +0.2%</b>

## Job Growth Rate Rank

**46th**

over the last 12 months

## LFPR

**67.7%** (-0.1 pp)

#3

12M change: -0.1 pp

## Unemployment Rate

**3.3%** (-0.1 pp)

#9

12M change: -0.3 pp

## Private vs. Public Jobs

**-300 / -200**

12M change: -18.9k / -1.8k

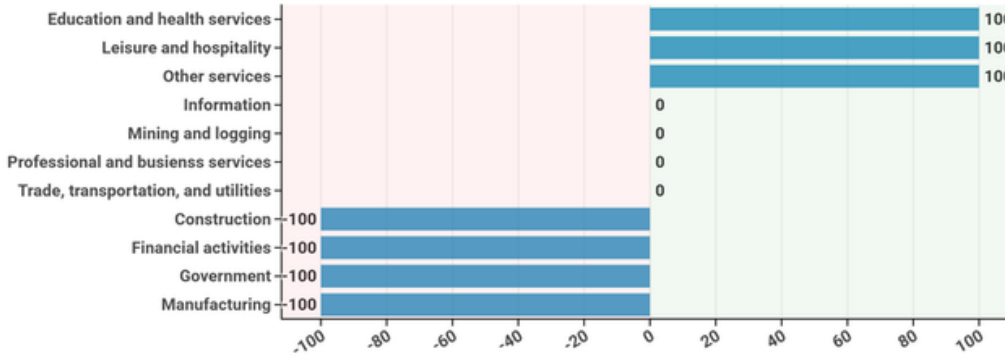
## Total Nonfarm Jobs

**1,575.8k** (-500)

12M change: -20.7k

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## Sector Employment Revisions - February 2026

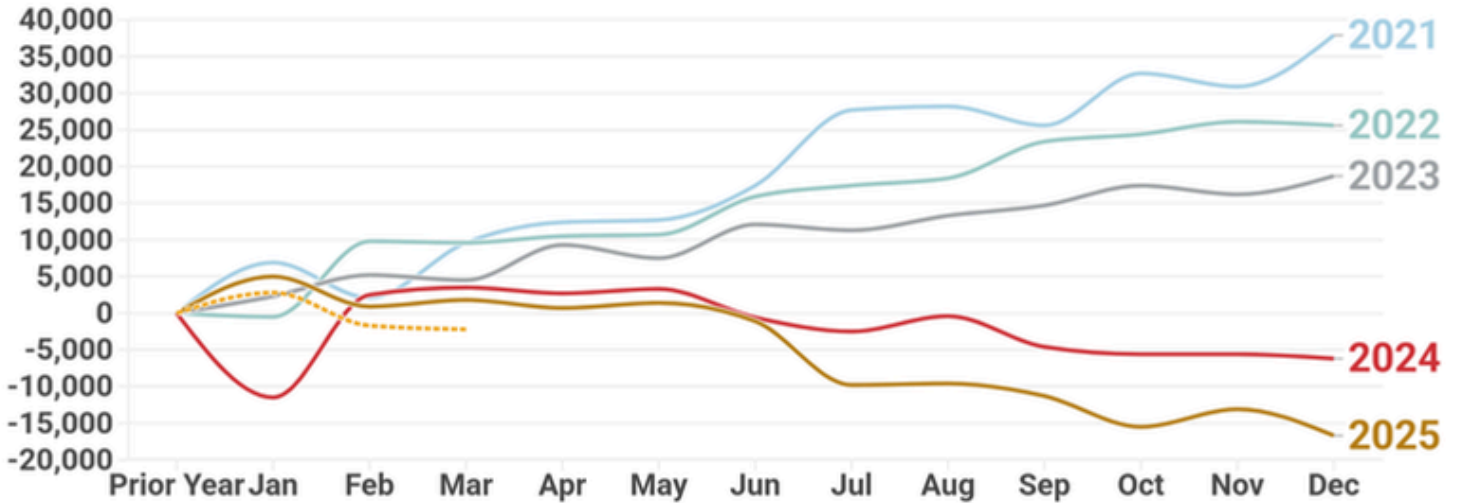


**Iowa Nonfarm Revisions**  
**-100** (-0.01%)  
 for February 2026

**U.S. Nonfarm Revisions**  
**-7,200** (-0.01%)  
 for February 2026

## Cumulative Jobs Added by Year - Iowa

From December 2025 to March 2026, employment has fallen by 2,200 jobs, versus a gain of 1,800 this time last year.



Note: The dotted yellow line indicates 2026 YTD.

### Private Employment Wages & Hours - Iowa

Not-seasonally adjusted earnings and hours measures for the private payroll side of the labor market.

**Average hourly earnings** **\$30.75** (-\$0.14)  
 12M change: +\$0.05

**Average weekly earnings** **\$1,048** (-\$7.86)  
 12M change: +\$4.78

**Average weekly hours** **34.1** (-0.1)  
 12M change: +0.1

### Demand / Turnover (December 2025)

Labor demand and turnover measures.

**Openings**

**65k** (+0)  
 12M average: 70.5k

**Hires**

**53k** (+7k)  
 12M average: 53.8k

**Total Separations**

**64k** (+11k)  
 12M average: 54.8k

**Unemp. Per Opening**

**0.9** (-0.1)  
 12M change: +0.1

## Definitions and methodology notes

Definitions of the report's labor-market terms

### Payroll employment terms

BLS CES

#### Total nonfarm jobs

Employment reported by the Current Employment Statistics program for workers on non-farm payrolls. It reflects payroll jobs, not unique people, so a person with more than one job can be counted more than once.

#### Private jobs

The private-sector portion of nonfarm payroll employment. It excludes government payroll employment.

#### Government jobs

The government portion of nonfarm payroll employment, including federal, state, and local government payrolls.

#### Average hourly earnings

Gross payrolls divided by total hours worked during the pay period that includes the 12th of the month. This is an earnings measure, not a posted wage-rate measure.

#### Average weekly hours

Average paid hours during the pay period that includes the 12th of the month. Paid time can include holidays, sick leave, and other paid leave.

#### Average weekly earnings

A weekly earnings measure derived from average hourly earnings and average weekly hours.

### Labor force terms

BLS CPS/LAUS

#### Labor force

All people age 16 and older who are classified as either employed or unemployed. In plain terms, it is the number of people working or actively looking for work.

#### Employed

People are classified as employed if, during the reference week, they did any paid work, worked in their own business or farm, worked at least 15 unpaid hours in a family business, or were temporarily absent from a job.

#### Unemployed

People are classified as unemployed if they were not employed, were available for work, and had actively looked for work in the last 4 weeks, or were on temporary layoff.

#### Labor force participation rate

The labor force as a percentage of the civilian noninstitutional population.

#### Unemployment rate

The number of unemployed people as a percentage of the labor force.

### Labor demand and turnover terms

BLS JOLTS

#### Job openings

Open positions employers are actively recruiting to fill.

#### Hires

All additions to payroll during the month, whether they are new hires, recalls, or other additions.

#### Quits

Voluntary separations initiated by employees, except retirements and transfers to other locations.

#### Layoffs and discharges

Involuntary separations initiated by the employer, including layoffs with no intent to rehire, discharges, and certain terminations of temporary or seasonal workers.

#### Total separations

The sum of quits, layoffs and discharges, and other separations.

### Report notes

#### Seasonally adjusted

A BLS statistical adjustment that removes recurring seasonal influences so underlying month-to-month changes are isolated.

#### 1-month change

Report convention: current month minus prior month.

#### 12-month change

Report convention: current month minus the same month one year earlier.