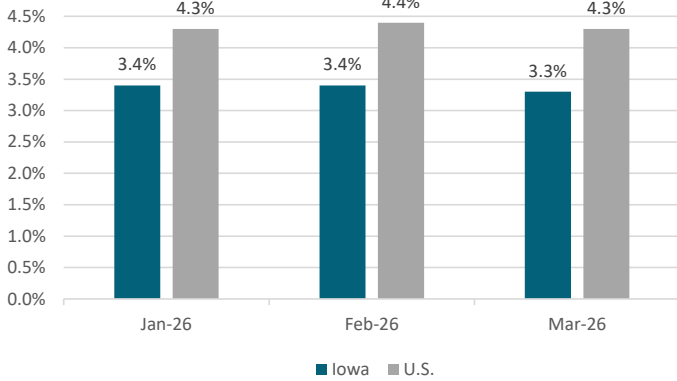
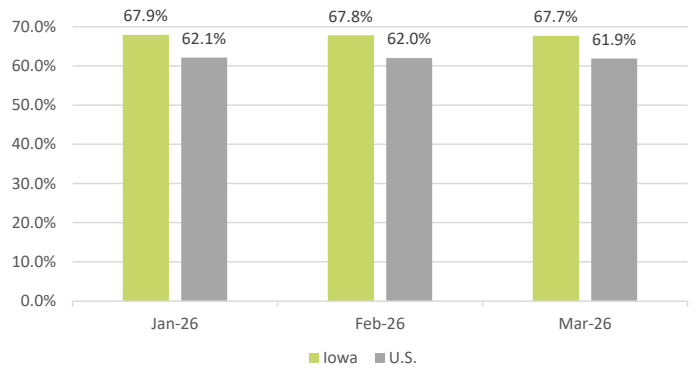


## Labor Force & Unemployment

Iowa and U.S. Unemployment Rates (2026)



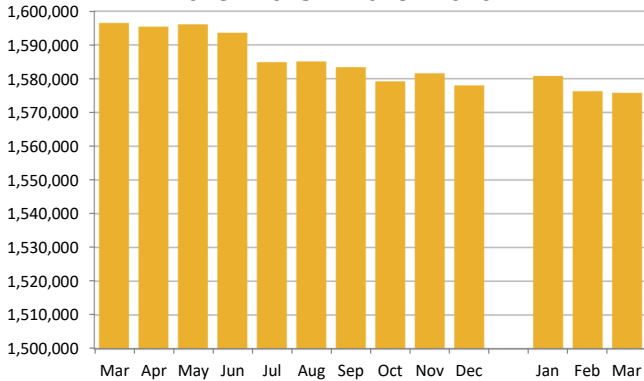
Iowa and U.S. Labor Force Participation Rates



- Iowa's unemployment rate decreased to 3.3 percent in March. The state's jobless rate was 3.6 percent one year ago.
- The U.S. unemployment rate fell to 4.3 percent in March.
- The state's total employment level decreased to 1,680,700 in March from 1,682,900 in February.
- Iowa's labor force participation rate decreased slightly to 67.7 percent in March.
- 20 to 34 year olds saw the largest drop in labor force numbers.

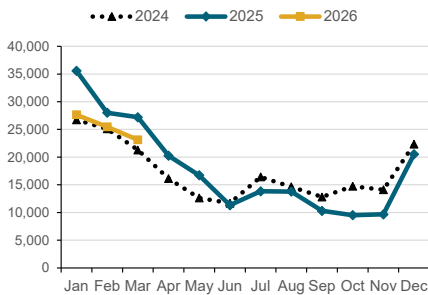
## Nonfarm Employment

Total Nonfarm Employment  
March 2025—March 2026



- Total nonfarm employment increased slightly in March (-500). This is the third loss in the last four months.
- Health care and social assistance gained 1,100 jobs since February. Services for the elder and disabilities fueled most of the gain.
- Retail trade added 400 jobs. Many of the gains were related to automotive and parts dealers.
- Administrative support and waste management lost 1,000 jobs since February. These layoffs were heaviest in landscaping and janitorial services.
- Finance and insurance lost 500 jobs in March. Insurance carriers, agents, and related activities fueled the loss.
- Over the past twelve months, Iowa establishments have lost 20,700 jobs. Manufacturing has shed the most jobs (-3,800), while health care and social assistance has added the most (+4,300).
- The U.S. gained 178,000 jobs in March following a loss of 133,000 jobs in February.

## Unemployment Insurance (UI) Recipients\*



\*Recipients represents the number of persons receiving at least one regular UI benefit payment during the month.

- The number of persons who received at least one UI benefit payment fell by 2,348 from 25,477 in February 2026 to 23,129 in March 2026. The March 2026 figure was 4,080 lower than the March 2025 count of 27,209.
- Construction accounted for the highest number of UI benefit recipients in March 2026, followed by manufacturing and administrative and waste services.
- The counts of UI benefit recipients were lower than 2025 for each of the first three months of 2026, but they were slightly higher than 2024.

### Upcoming Monthly News Release Schedule

Reference Month	Statewide News Release	Local Area News Release
March	May 6, 2026	May 6, 2026
April	May 21, 2026	May 27, 2026
May	June 18, 2026	June 23, 2026

## Labor Market Information Division

IowaLMI.gov

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Ryan Murphy, LMI Director

Source: Labor Market Information (LMI) Division, Iowa Workforce Development—Bureau of Labor Statistics (BLS) unless noted. (Reference: March 2026)