Are Jobs Really Leaving New Jersey? September 30th, 2026

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Division of Demographic & Economic Research

Office of Research and Information

New Jersey Department of Labor & Workforce Development

September 30th, 2026

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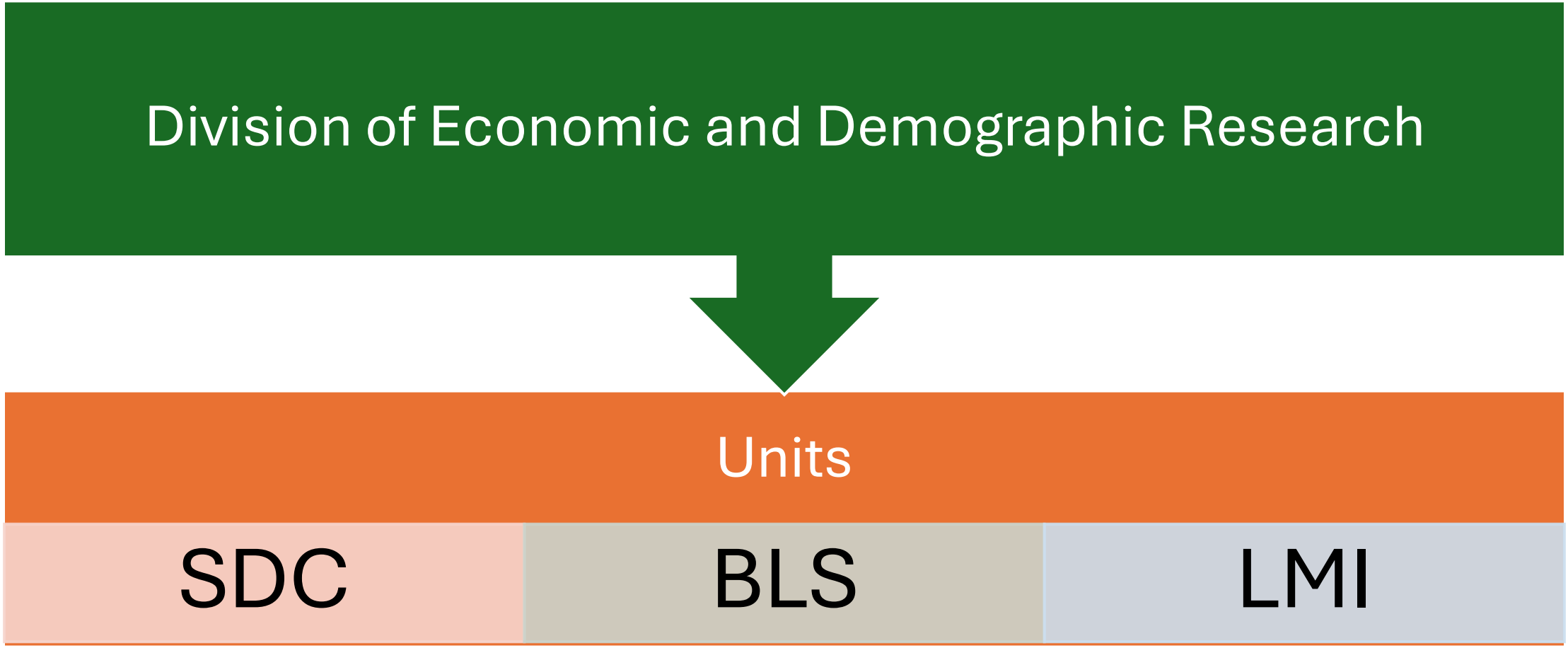
NJDOL Office of Research and Information

Division of Economic & Demographic Research

- Collects and analyzes data on employers, employees, and population demographics

“Barista of Data”

- Customizes data to fit specific project needs

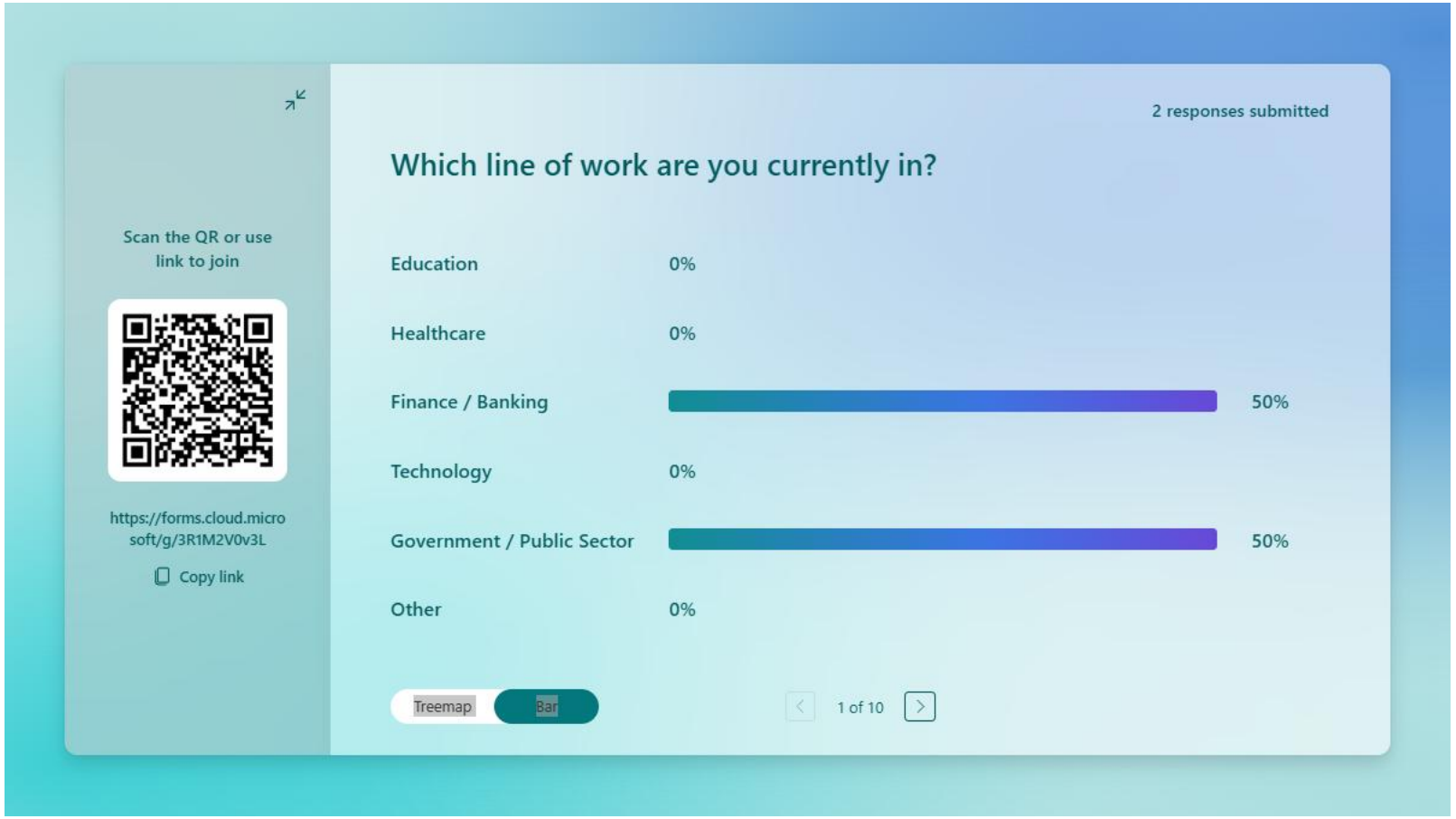

Division of Economic and Demographic Research
Units
SDC
BLS
LMI

Big Shutout to the Team

- Len, Will, Elijah and Nick
- Gul Noor and Alex

Survey

Link: https://forms.cloud.microsoft/g/3R1M2V0v3L

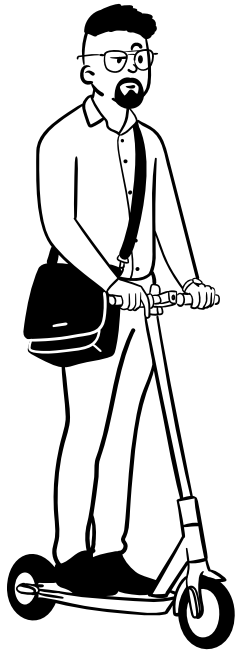

Scan the QR or use link to join
https://forms.cloud.microsoft/g/3R1M2V0v3L
Copy link
2 responses submitted
Which line of work are you currently in?
Education 0%
Healthcare 0%
Finance / Banking 50%
Technology 0%
Government / Public Sector 50%
Other 0%
Treemap
Bar
1 of 10

Longitudinal Employer-Household Dynamics Program

- Job-to-Job (J2J) Flow:
  - Insights into the geographic and sectoral patterns of job movement.
  - J2J Explorer: https://j2jexplorer.ces.census.gov/

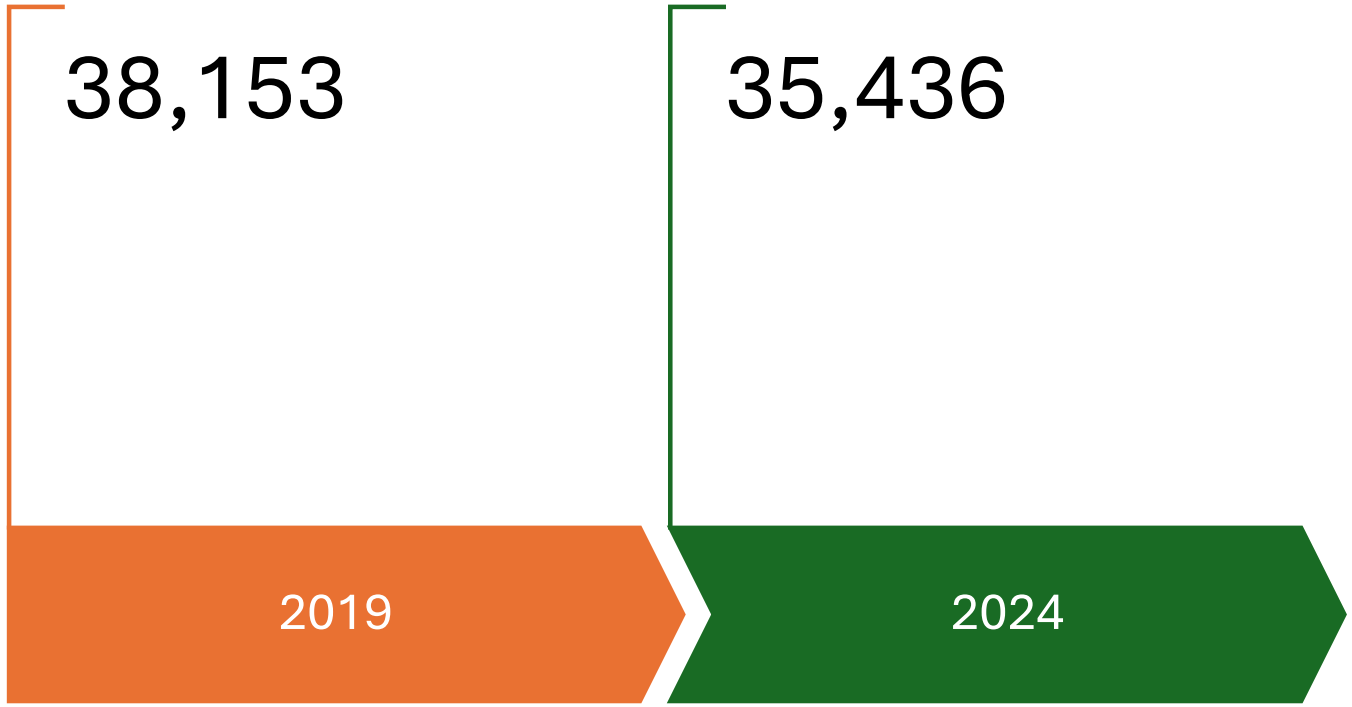
Longitudinal Employer-Household Dynamics Program

- Job to Job (J2J) Continued
  - Flows of jobs across industries and labor markets
    - Origin and destination
    - Age
    - Education
    - Race
    - Ethnicity
    - Firm Size
    - NAICS



Job Outflow from New Jersey

J2J Outflow From NJ



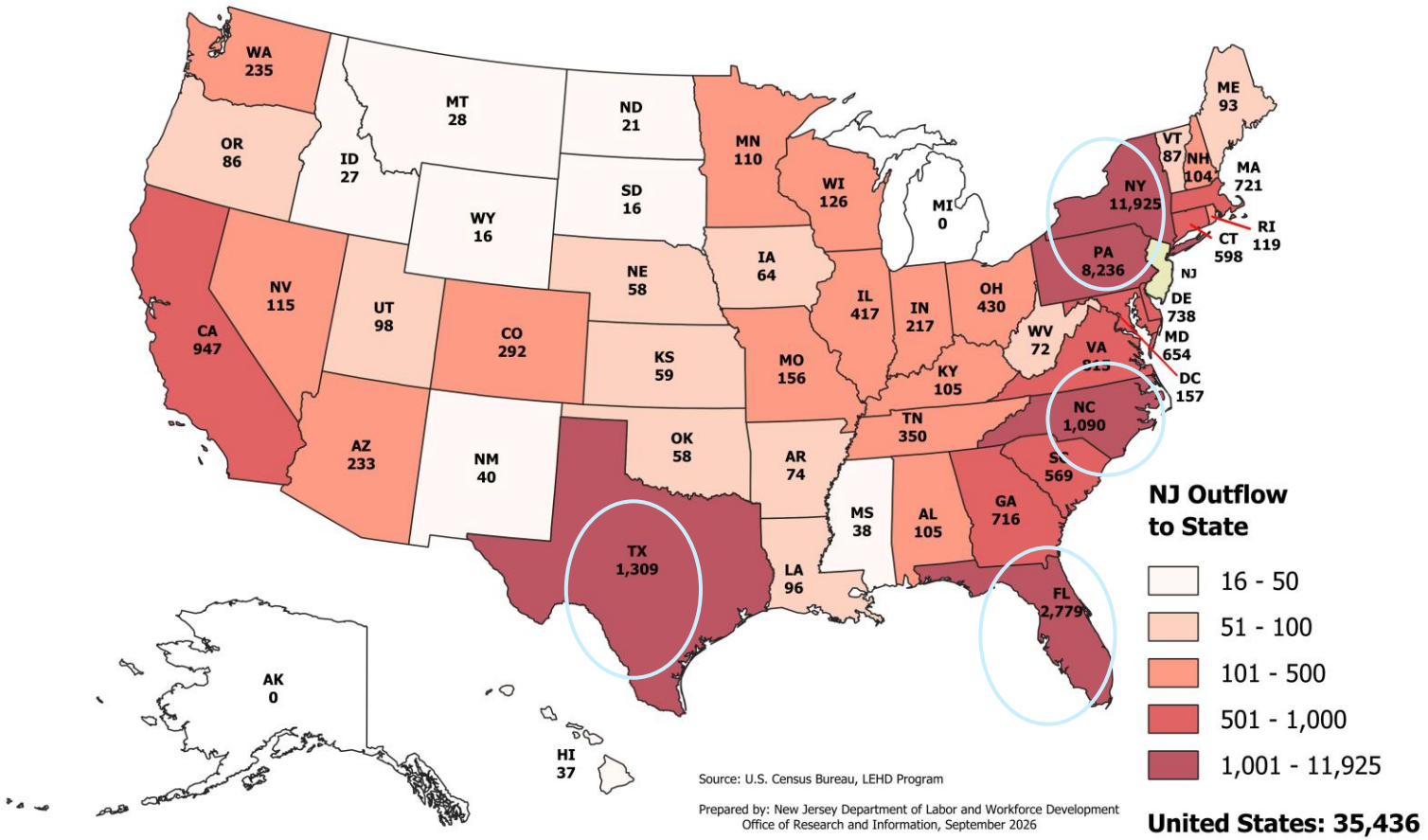
Top 5 States

Outflow from New Jersey, 2019 and 2024

State	2019	State	2024
New York	13,395	**New York**	11,925
Pennsylvania	8,976	**Pennsylvania**	8,236
Florida	2,899	**Florida**	2,779
California	1,318	**Texas**	1,309
Texas	1,161	**North Carolina**	1,090
Total	**27,749**	**Total**	**27,363**

Source: J2J Explorer

Job-to-Job Outflows From New Jersey by Destination State, 2024



Source: U.S. Census Bureau, LEHD Program

Prepared by: New Jersey Department of Labor and Workforce Development
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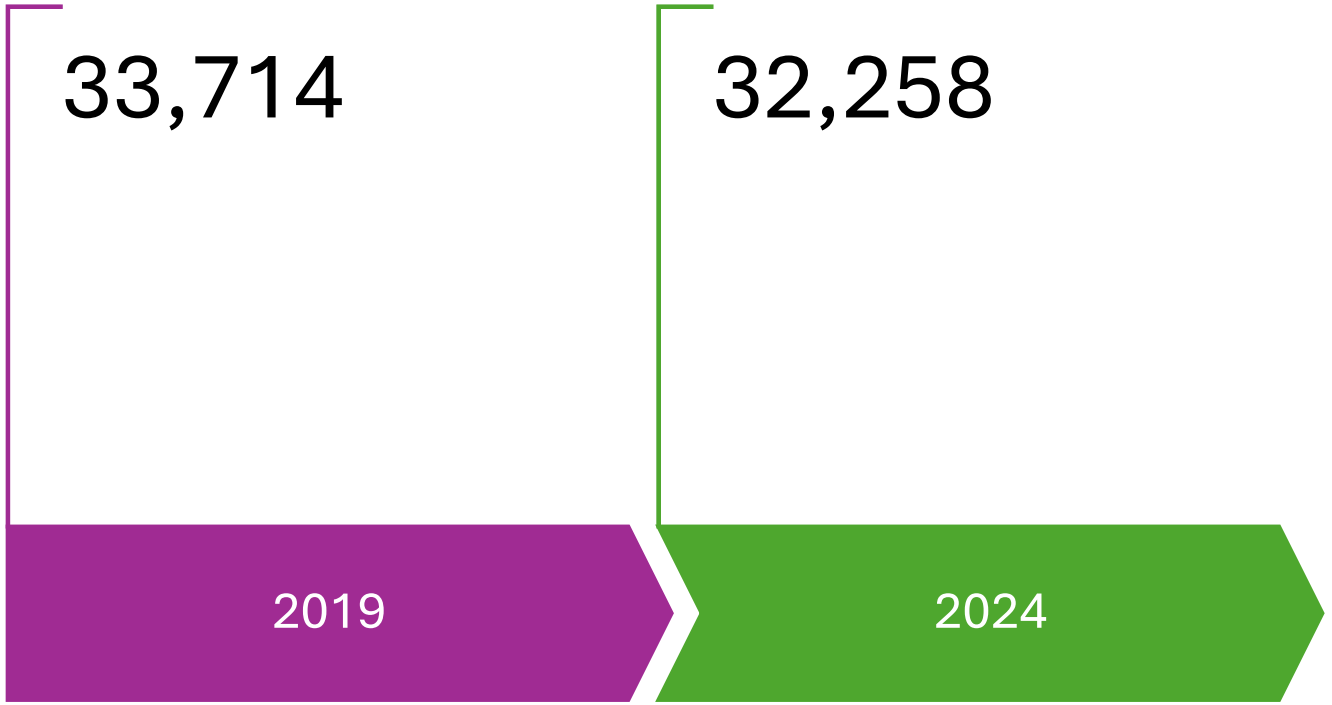
Job Inflow to New Jersey

J2J Inflow Into NJ



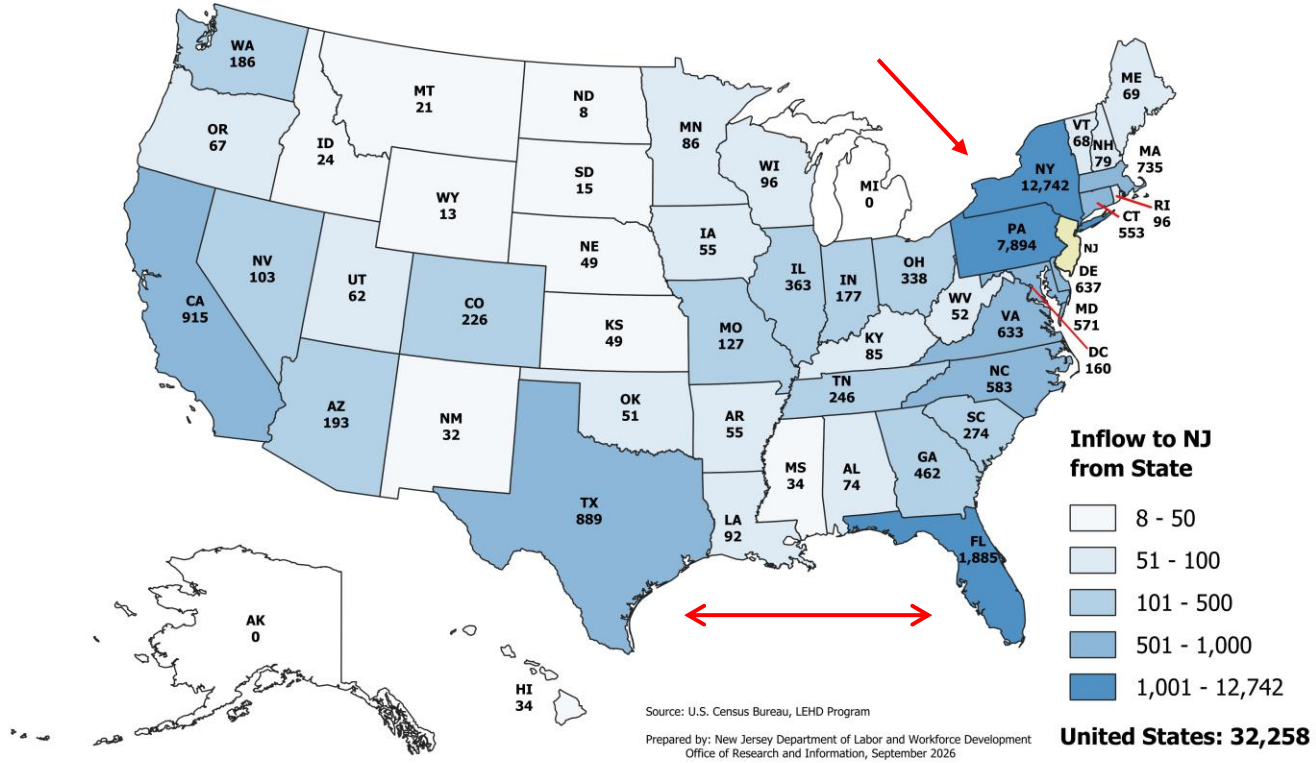
Top 5 States

Inflow Into New Jersey, 2019 and 2024

State	2019		State	2024
New York	13,507		New York	12,742
Pennsylvania	8,514		Pennsylvania	7,894
Florida	1,951		Florida	1,885
California	923		California	915
Delaware	800		Texas	889
Total	**25,695**		**Total**	**24,325**

Source: J2J Explorer

Job-to-Job Inflows to New Jersey by Origin State, 2024



Source: U.S. Census Bureau, LEHD Program

Prepared by: New Jersey Department of Labor and Workforce Development
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Net in 2019

2019 (out) = 38,153 jobs moved out of NJ

2019 (in) = 33,714 jobs moved into NJ

Net = -4,439

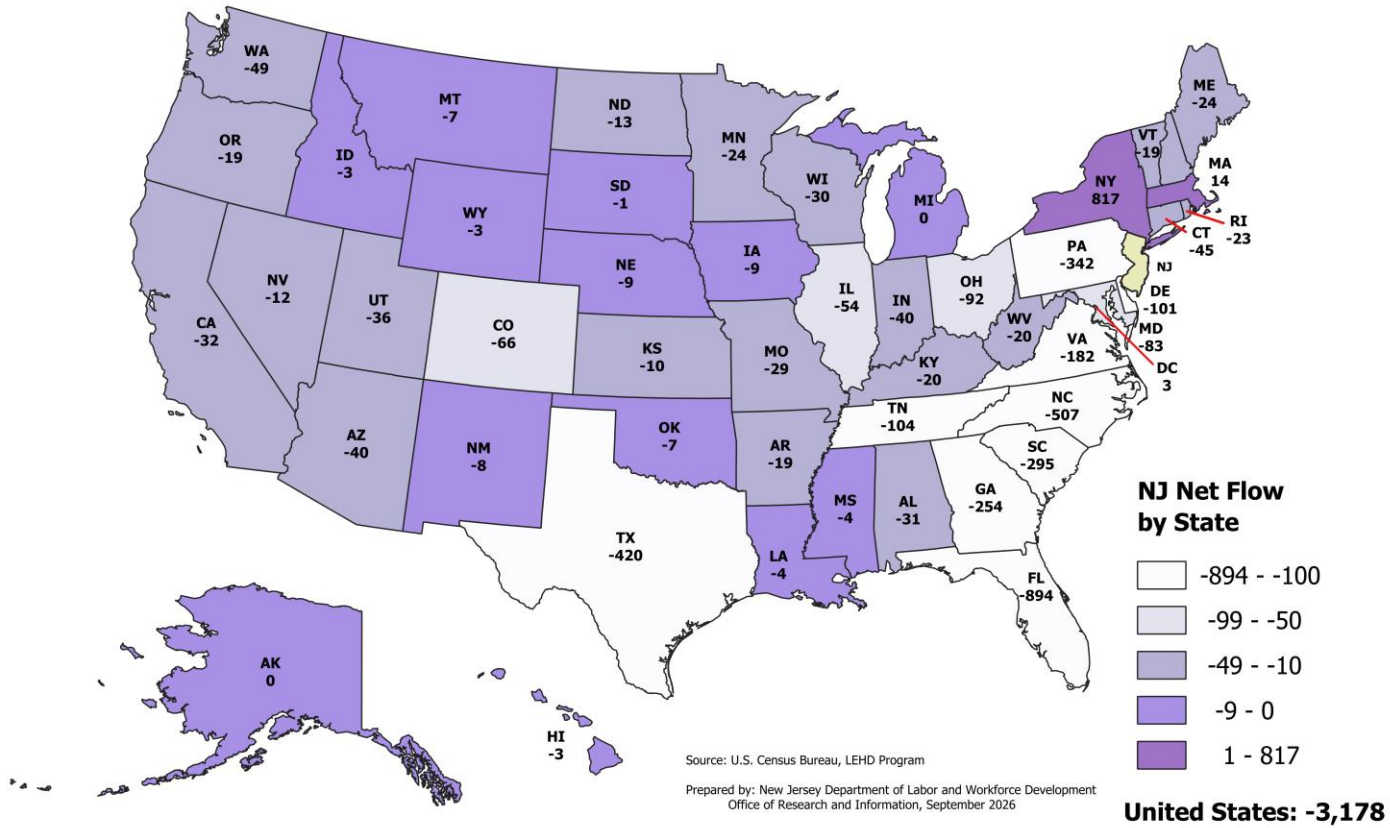
Net in 2024

2024 (out) = 35,436 jobs moved out of NJ

2024 (in) = 32,258 jobs moved into NJ

Net = -3,178

Net Worker Flow to New Jersey by State, 2024



Key Takeaways

Key Takeaways (Continued): New Jersey's Job Loss Is Minimal

- Total establishment employment: ≈4.4 million
  - The decrease of -3,178 jobs represents 0.07% of total employment.
- Private establishment employment: ≈3.8 million
  - The decrease of 3,178 jobs represents 0.09% of private employment.

Key Takeaways (Continued)

- **Job exchange remains consistent:**
  - New York, Pennsylvania, and Florida are the top states both sending and receiving jobs.

2026 NJDOL PUBLICATIONS

- New Jersey's Manufacturing Sector (Spring 2026)
- Labor Market Spotlight - Honoring Nursing in New Jersey (Issue No. 35, Volume 4: September 2026)
- Labor Market Spotlight - Summer Spotlight on the Jersey Shore, (Issue No. 33, Volume 4: May 2026)
- Real-Time Insights: Analysis of Job Posting Data in New Jersey for Q2 2026
- County Brief: Labor Market Facts

Join Our List!

- Link: nj.gov/labor/subscribetoori

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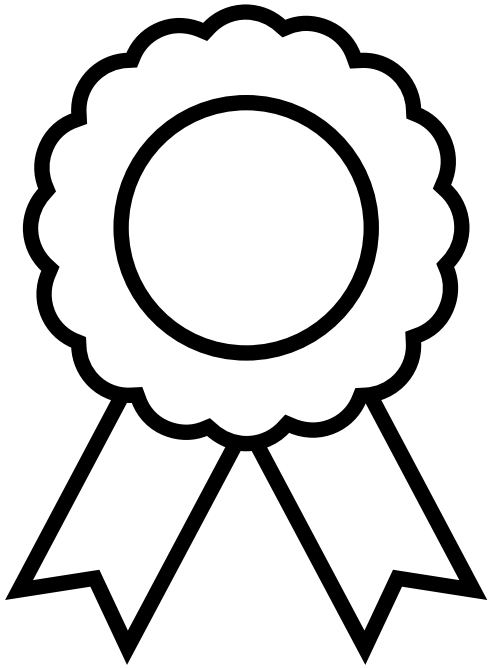
2026 Report Overview

This report was prepared by the Office of Research and Information, Division of Economic & Demographic Research. This division collects and disseminates vital data on employers, employees, and population demographics.