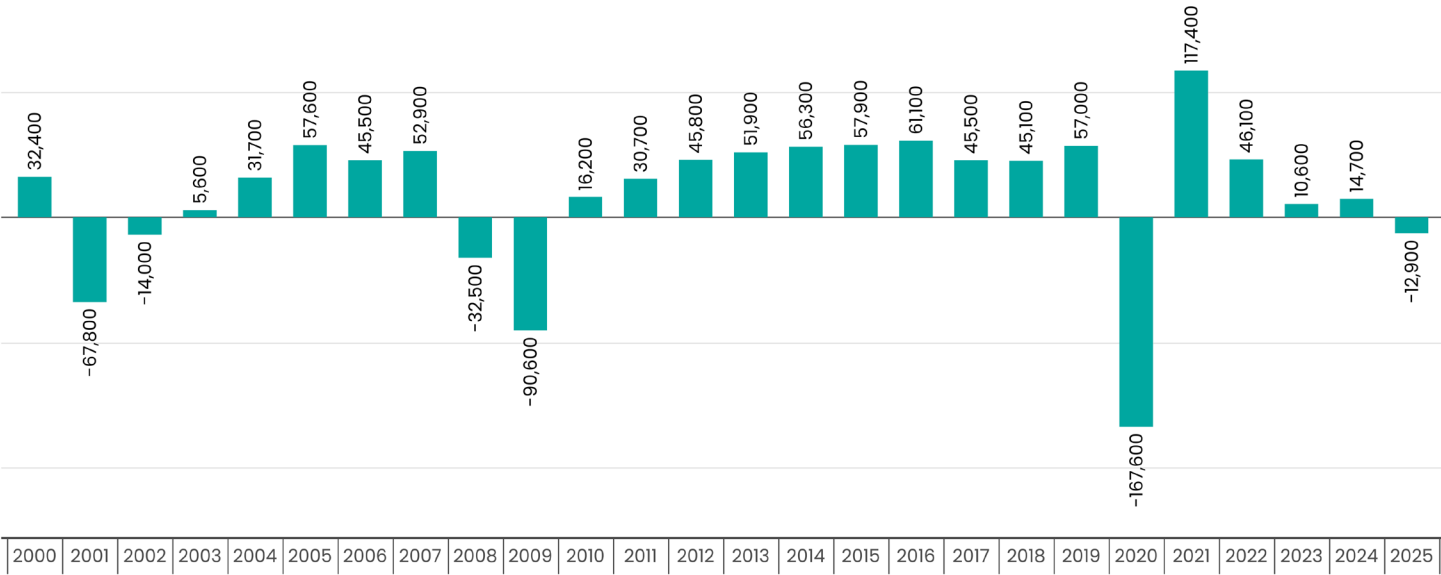




Economic Update: Puget Sound Region Loses 12,900 jobs in 2025

Job Change: Year Over Year



Source: Washington State Employment Security Department

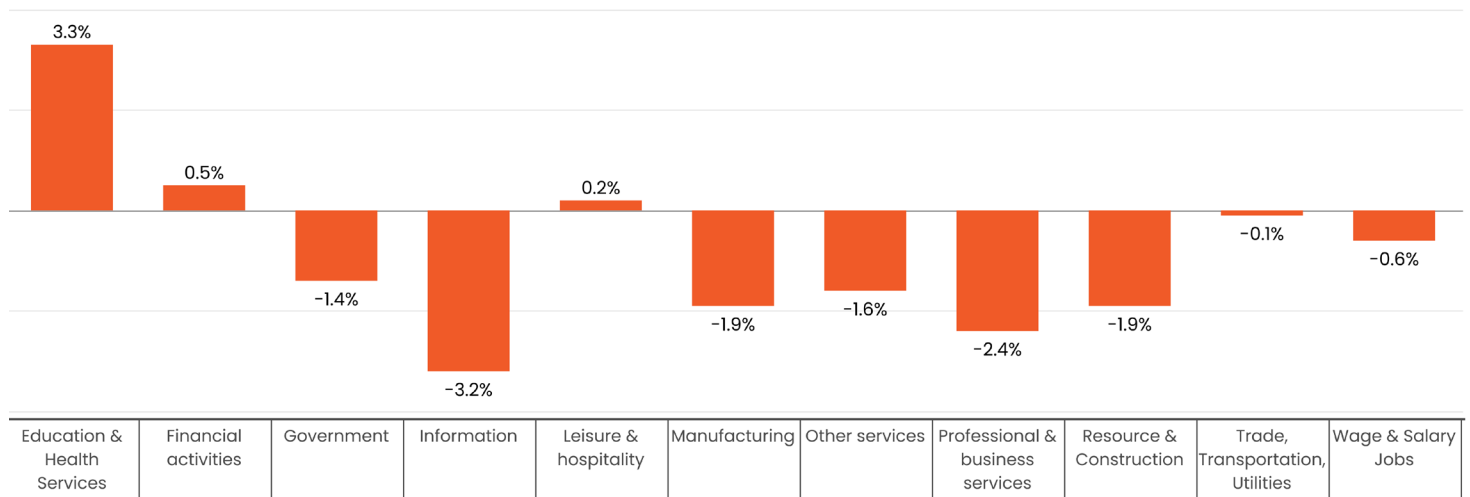
Jobs data reported for King, Pierce, Snohomish and Kitsap counties

In 2025, the central Puget Sound region lost 12,900 jobs. If you exclude the anomaly of the COVID-19 pandemic, this is the first time the region has experienced an annual decrease of jobs since 2009, during the depths of the Great Recession.

The loss of 12,900 jobs in 2025 comes on the heels of slowing regional job growth in 2023 (10,600 jobs added) and 2024 (14,700 jobs added).

Historically, jobs in the Puget Sound region have grown by between 30,000-40,000 jobs per year. Employment growth during the Amazon boom was significantly higher, peaking at 61,100 jobs added in 2016.

% Change in jobs by Sector, 2025/24



Source: Washington State Employment Securities Department

The sectors hit hardest by losses are construction and service industry jobs, which includes tech. Job growth continued in the health care sector. Monthly job data disaggregated by individual industry is not available.

Regional Economic Strategy

PSRC is working with partners to craft a new Regional Economic Strategy that will align regional efforts to boost economic growth. Regional leaders are exploring strategies to support job growth as part of the plan. The plan will be adopted in December 2026 and focus on expanding economic opportunity, business climate, global competition and quality of life.

About PSRC

Puget Sound Regional Council (PSRC)—the Metropolitan Planning Organization for the greater Seattle area—coordinates strategic decisions among local governments to shape the region's future. Representing nearly 100 members, including four counties (King, Pierce, Snohomish and Kitsap), cities and towns, ports, Tribal governments and state and local transportation agencies, PSRC plays a central role in guiding regional transportation, economic development and growth.

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