

HUD PD&R Regional Reports

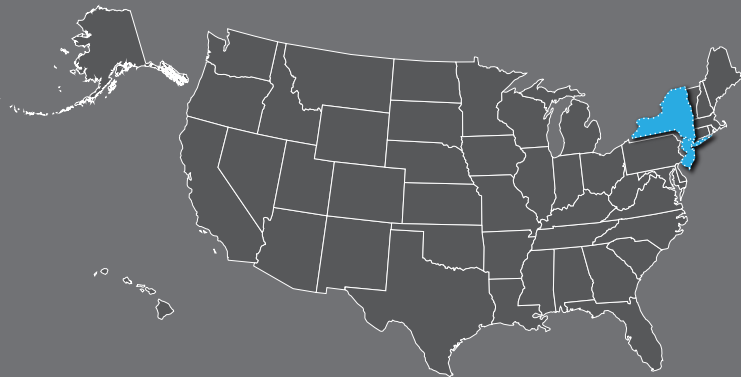
Region 2: New York/New Jersey



Albany, New York

Quick Facts About Region 2

- **Sales market conditions—**
Fourth quarter 2025: mixed (balanced to slightly tight)
Third quarter 2025: mixed (balanced to slightly tight)
Fourth quarter 2024: mixed (balanced to slightly tight)
- **Apartment market conditions—**
Fourth quarter 2025: mixed (soft to tight)
Third quarter 2025: mixed (soft to tight)
Fourth quarter 2024: mixed (slightly soft to tight)



By [Joseph Shinn](#) | 4th Quarter 2025

Overview

Nonfarm payrolls in the New York/New Jersey region increased as of the fourth quarter of 2025, continuing a period of growth that began as of the second quarter of 2021. However, job growth slowed compared with a year ago because of declines in 7 of the 11 nonfarm payroll sectors compared with job losses in 4 sectors a year ago. Sales market conditions ranged from balanced to slightly tight, unchanged from the fourth quarter of 2024. Apartment market conditions ranged from soft to tight, but vacancy rates were up throughout the region. In New York City (NYC)—which includes the Bronx, Brooklyn, Manhattan, Queens, and Staten Island boroughs— apartment market conditions were tight, unchanged from the fourth quarter of 2024; however, the vacancy rate rose during the past year because new apartment completions outpaced absorption.

As of the fourth quarter of 2025—

- Nonfarm payrolls in the region increased by 110,000 jobs, or 0.8 percent, compared with the fourth quarter of 2024. In New York and New Jersey, nonfarm payrolls

continued on page 2



continued from page 1

rose by 90,700 and 19,300 jobs, or 0.9 and 0.4 percent, respectively; nonfarm payrolls in NYC were up by 44,200 jobs, or 0.9 percent.

- Regionwide home construction activity, as measured by the number of single-family homes permitted, decreased 2 percent; a decline in New Jersey more than offset an increase in New York. Multifamily building activity in the region increased 9 percent; multifamily construction

increased 27 percent in New York but declined 18 percent in New Jersey.

- Home construction activity in the New York-Newark-Jersey City metropolitan area decreased by 280 homes, or 9 percent, compared with a 19-percent increase a year ago. Multifamily construction activity in the metropolitan area increased 8 percent; in NYC, the number of multifamily units permitted was up 17 percent.

Economic Conditions

As of the fourth quarter of 2025, nonfarm payrolls in the New York/New Jersey region increased on a year-over-year basis for the 19th consecutive quarter compared with year-over-year declines in each of the previous four quarters. However, job growth slowed during the past year because jobs increased in only 4 of the 11 sectors compared with gains in 7 of the 11 sectors a year ago. As of the fourth quarter of 2025, nonfarm payrolls in the region averaged 14.50 million jobs, representing an increase of 110,000 jobs, or 0.8 percent, from the fourth quarter of 2024, when nonfarm payrolls increased 1.2 percent compared with the same period a year earlier.

As of the fourth quarter of 2025, regionwide job gains were concentrated in the service-providing sectors, which were up by 142,000 jobs, or 1.1 percent, from a year ago. The largest gain was in the education and health services sector, which increased by 150,800 jobs, or 4.7 percent. Approximately 93 percent of the gain in the sector was in the healthcare and

social assistance subsector, which increased by 140,600 jobs, or 5.5 percent. Additional gains were in the professional and business services, the government, and the transportation and utilities sectors, which were up by 14,200, 8,200, and 900 jobs, or 0.7, 0.4, and 0.1 percent, respectively.

Losses in the mining, logging, and construction and the wholesale and retail trade sectors partially offset these gains, declining by 27,900 and 12,400 jobs, or 4.9 and 0.7 percent, respectively. The loss in the mining, logging, and construction sector was entirely due to a job decline in the construction subsector, which decreased by 27,900 jobs, or 5.0 percent. In the wholesale and retail trade sector, declines were in both the retail trade and the wholesale trade subsectors, which were down by 7,400 and 5,000 jobs, or 0.6 and 0.9 percent, respectively. Additional notable declines were in the financial activities and the leisure and hospitality sectors, which decreased by 8,900 and 5,100 jobs, or 0.9 and 0.4 percent,

continued on page 3

As of the fourth quarter of 2025, nonfarm payrolls increased in the New York/New Jersey region, with gains in the service-providing sectors more than offsetting losses in the goods-producing sectors.

	Fourth Quarter		Year-Over-Year Change	
	2024 (Thousands)	2025 (Thousands)	Absolute (Thousands)	Percent
Total Nonfarm Payrolls	14,393.2	14,503.2	110.0	0.8
Goods-Producing Sectors	1,235.6	1,203.6	-32.0	-2.6
Mining, Logging, & Construction	567.0	539.1	-27.9	-4.9
Manufacturing	668.6	664.5	-4.1	-0.6
Service-Providing Sectors	13,157.6	13,299.6	142.0	1.1
Wholesale & Retail Trade	1,813.7	1,801.3	-12.4	-0.7
Transportation & Utilities	614.2	615.1	0.9	0.1
Information	358.4	356.8	-1.6	-0.4
Financial Activities	1,024.9	1,016.0	-8.9	-0.9
Professional & Business Services	2,132.1	2,146.3	14.2	0.7
Education & Health Services	3,194.6	3,345.4	150.8	4.7
Leisure & Hospitality	1,322.3	1,317.2	-5.1	-0.4
Other Services	561.9	557.7	-4.2	-0.7
Government	2,135.5	2,143.7	8.2	0.4

Note: Numbers may not add to totals due to rounding.

Source: U.S. Bureau of Labor Statistics



continued from page 2

respectively. By comparison, as of the fourth quarter of 2024, nonfarm payrolls in those sectors increased by 9,900 and 16,700 jobs, or 1.0 and 1.3 percent, respectively.

As of the fourth quarter of 2025, the unemployment rate in the region averaged 4.6 percent, up from the 4.2-percent rate as of the fourth quarter of 2024. By comparison, the national unemployment rate averaged 4.2 percent, up from 3.9 percent a year ago. The increase in the regionwide unemployment rate during the past year was because of a 1.4-percent increase in the labor force, which outpaced a 1.0-percent rise in resident employment. As of the fourth quarter of 2025, the unemployment rates in New Jersey and New York averaged 4.9 and 4.5 percent, compared with 4.3 and 4.2 percent, respectively, a year ago.

As of the fourth quarter of 2025—

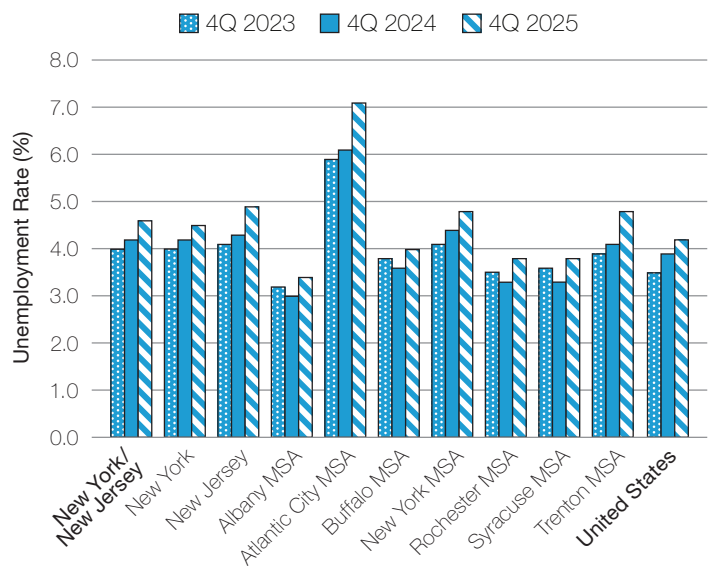
- Nonfarm payrolls in New York increased by 90,700 jobs, or 0.9 percent, compared with the fourth quarter of 2024, when nonfarm payrolls were up 1.4 percent compared with the same period a year earlier. During the past year, the largest gains were in the education and health services and the government sectors, which increased by 121,500 and 10,800 jobs, or 5.1 and 0.7 percent, respectively.
- In NYC, nonfarm payrolls rose by 44,200 jobs, or 0.9 percent, slower than the 2.4-percent increase a year ago. All gains were in the service providing sectors, which increased by 53,900 jobs, or 1.2 percent, and were partially offset by declines in the goods-producing sectors, which were down by 9,700 jobs, or 4.9 percent.
- Nonfarm payrolls rose throughout Upstate New York, led by gains in the Albany and Buffalo metropolitan areas, where nonfarm payrolls increased by 5,400 and 4,400 jobs, or 1.1 and 0.8 percent, respectively. In the Syracuse and Rochester metropolitan areas, nonfarm payrolls were up by 3,100 and 1,800 jobs, or 1.0 and 0.4 percent, respectively.

Sales Market Conditions

Sales market conditions in the New York/New Jersey region ranged from balanced to slightly tight as of the fourth quarter of 2025, unchanged from a year ago. Similar to the rest of the nation, home sales in the region declined from 2022 through 2024, including significant decreases during 2022 and 2023, and sales stayed low during 2025. However, conditions are still slightly tight in most of the region because the number of homes being listed for sale has also stayed low. Since 2023, an average of approximately 22,200 homes a month were listed for sale, which is down 13 percent from the average of 25,550 homes a month during 2022, and is 25-percent lower than the average of 29,800 homes a month listed from 2017 through 2021 (Redfin, a national real estate brokerage).

- In New Jersey, nonfarm payrolls increased by 19,300 jobs, or 0.4 percent, a slowdown from the 0.7-percent rise a year ago. Payrolls in the Newark and Camden metropolitan divisions increased by 7,900 and 6,200 jobs, or 0.7 and 1.1 percent, respectively, from a year ago.
- Nonfarm payrolls in New Jersey increased in 6 of the 11 sectors, led by the education and health services and the professional and business services sectors, which rose by 29,200 and 13,000 jobs, or 3.6 and 1.8 percent, respectively. Partially offsetting these gains were losses in the mining, logging, and construction and the wholesale and retail trade sectors, which declined by 11,200 and 8,400 jobs, or 6.6 and 1.3 percent, respectively.

As of the fourth quarter of 2025, unemployment rates were up throughout the New York/New Jersey region.



4Q = fourth quarter. MSA = metropolitan statistical area. Source: U.S. Bureau of Labor Statistics

In New York, sales market conditions were slightly tight in most areas. New York had 2.6 months of available for-sale housing inventory in December 2025, down slightly from 2.7 months in December 2024, and the home sales price was 0.6 percent above the listing price on average compared with 0.9 percent above the listing price in December 2024 (New York State Association of REALTORS®, Inc.). During 2025, approximately 104,400 existing homes were sold in New York, representing an increase of 900 homes, or 1 percent, from 2024. By comparison, existing home sales declined an average of 12 percent annually from 2022 through 2024. In response to slightly tight sales market conditions, the average price of existing homes in New York increased 4 percent to \$572,600.

continued on page 4



continued from page 3

Home sales increased slightly in both New York and New Jersey, and home sales prices increased at strong paces throughout the region.

	12 Months Ending	Number of Homes Sold				Price		
		2024	2025	Percent Change	Average or Median	2024 (\$)	2025 (\$)	Percent Change
New York (E)*, **	December	103,500	104,400	1	AVG	548,600	572,600	4
New York City (N&E)**	December	39,650	40,500	2	AVG	1,315,100	1,391,200	6
Albany MSA (N&E)**	December	10,600	10,650	<1	AVG	361,900	380,800	5
Buffalo MSA (E)**	December	9,250	9,600	4	AVG	291,800	311,000	7
Rochester MSA (E)**	December	12,250	12,200	-<1	AVG	266,800	294,500	10
New Jersey (E)***	December	55,750	56,400	1	AVG	700,000	751,100	7
Northern New Jersey (E)***	December	20,550	20,250	-1	MED	405,000–755,000	439,500–827,100	NA
Central New Jersey (E)***	December	9,700	9,900	2	MED	485,000–719,000	475,000–722,500	NA
Southern New Jersey (E)***	December	25,500	26,250	3	MED	270,000–730,000	275,000–765,000	NA

AVG = average. E = existing. MED = median. MSA = metropolitan statistical area. NA = not available. N&E = new and existing.

Notes: *Excludes parts of New York City. **Includes single-family homes, townhomes, and condominiums. ***Includes only single-family homes.

Sources: Buffalo Niagara Association of REALTORS®; New Jersey Association of REALTORS®; New York State Association of REALTORS®, Inc.; Redfin, a national real estate brokerage

In Upstate New York, home sales in the Buffalo and Albany metropolitan areas increased by 350 and 50 homes, or 4 and less than 1 percent, to 9,600 and 10,650 homes sold, respectively (Buffalo Niagara Association of REALTORS®; Redfin, a national real estate brokerage). Home sales in the Rochester metropolitan area declined by 50 homes, or less than 1 percent, to 12,200 homes sold (Redfin, a national real estate brokerage). Home prices were up throughout Upstate New York, ranging from a 5-percent increase in the Albany metropolitan area to a 10-percent rise in the Rochester metropolitan area.

Sales market conditions in NYC were balanced, unchanged from a year ago. In December 2025, NYC had 4.8 months of available for-sale housing inventory, down slightly from 5.0 months a year ago (Redfin, a national real estate brokerage). During 2025, 40,500 new and existing homes sold in NYC, representing an increase of 850 homes, or 2 percent, compared with 2024, when sales were also up 2 percent compared with a year earlier. By comparison, home sales declined an average of 17 percent annually during 2022 and 2023. During 2025, the average price of new and existing homes in NYC increased 6 percent to \$1.39 million compared with the average price being relatively unchanged during 2024.

Sales market conditions in New Jersey were slightly tight, unchanged compared with the fourth quarter of 2024. In December 2025, New Jersey had 1.8 months of housing inventory available for sale, down slightly from 2.0 months in December 2024 (New Jersey Association of REALTORS®). During 2025, approximately 56,400 existing homes sold in New Jersey, representing an increase of 650 homes, or 1 percent, from 2024, when home sales were relatively unchanged

compared with 2023. By comparison, home sales declined an average of 21 percent annually during 2022 and 2023. During the past year, home sales increased 3 percent in southern New Jersey and 2 percent in central New Jersey but declined 1 percent in northern New Jersey. During 2025, the average price of an existing home in New Jersey rose 7 percent to \$751,100.

In November 2025, 1.4 percent of home loans in the region were seriously delinquent or had transitioned into real estate owned status, down slightly from 1.5 percent in November 2024 (Cotality). The decrease in the region was in contrast to the nation, where the 1.1-percent rate was unchanged from a year ago. In New York and New Jersey, the rates were 1.7 and 1.1 percent, down from 1.8 and 1.2 percent, respectively, in November 2024.

In response to home sales staying low, homebuilding activity in the region, as measured by the number of single-family homes permitted, declined during the past year. However, construction activity has been elevated during the past 2 years largely due to generally slightly tight sales market conditions throughout most of the region.

As of the fourth quarter of 2025 (preliminary data)—

- Homebuilding activity in the region decreased by 100 homes, or 2 percent, to 6,250 homes compared with the fourth quarter of 2024, when construction activity increased 20 percent compared with the same period a year earlier. Since 2024, fourth quarter homebuilding activity has averaged 6,300 homes a year, which is 18 percent higher than the average of 5,350 homes permitted in corresponding periods from 2020 through 2023.

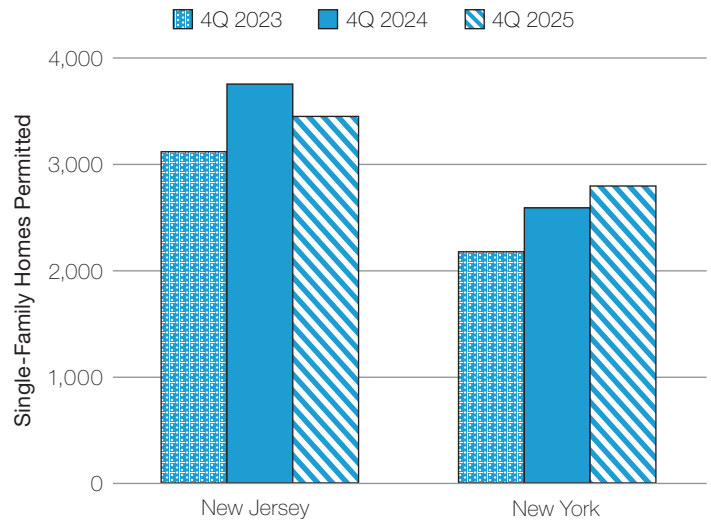
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- In New Jersey, home construction activity declined by 300 homes, or 8 percent, from the fourth quarter of 2024, when homebuilding increased 21 percent from the same period a year earlier. During the past year, homebuilding activity declined in 13 of the 21 counties, led by decreases of 200 and 160 homes, or 26 and 53 percent, in Ocean and Mercer Counties, respectively.
- Single-family home permitting activity in New York increased by 200 homes, or 8 percent, compared with a 19-percent rise a year ago. Single-family home permitting in Upstate New York increased 64, 63, and 24 percent in the Syracuse, Rochester, and Buffalo metropolitan areas, respectively.
- In the New York-Newark-Jersey City metropolitan area, single-family permitting activity decreased by 280 homes, or 9 percent, compared with the fourth quarter of 2024, when homebuilding activity increased 19 percent compared with the same period a year earlier. Within the metropolitan area, the largest declines were in the New York-Jersey City-White Plains and the Lakewood-New Brunswick metropolitan divisions, where single-family home permitting activity decreased by 110 and 80 homes, or 14 and 5 percent, respectively.

As of the fourth quarter of 2025, homebuilding activity declined in the New York/New Jersey region, with a decrease in New Jersey more than offsetting an increase in New York.



4Q = fourth quarter.
 Note: Based on preliminary data.
 Source: U.S. Census Bureau, Building Permits Survey

Apartment Market Conditions

Apartment market conditions in the major metropolitan areas in the New York/New Jersey region ranged from soft to tight as of the fourth quarter of 2025 compared with conditions ranging from slightly soft to tight a year ago. Conditions in the region have generally softened during the past 2 years because of a surge in the number of new apartment units coming on line. During 2024 and 2025, an average of approximately 46,700 new apartment units were completed annually, which was up 19 percent from the average of 39,400 new units completed annually during 2022 and 2023 and was 46 percent higher than the average of 32,000 new units completed annually from 2018 through 2021 (CoStar Group).

Apartment market conditions in New York ranged from slightly soft to tight. Conditions in Upstate New York also ranged from slightly soft to tight, unchanged from the fourth quarter of 2024. Conditions remained balanced in the Rochester and Albany metropolitan areas, unchanged from a year ago, with respective vacancy rates of 5.5 and 4.8 percent, up from 5.0 and 4.6 percent as of the fourth quarter of 2024. In the Buffalo and Syracuse metropolitan areas, conditions were slightly soft with vacancy rates of 6.5 and 6.1 percent, up from 6.2 and 5.8 percent, respectively, a year ago. Average rents were up throughout Upstate New York, ranging from a 2-percent rise

in the Buffalo metropolitan area to a 4-percent increase in the Rochester metropolitan area.

Apartment market conditions in NYC were tight, unchanged from a year ago, but eased slightly during the past year because the 22,950 new apartment units that were completed were 18 percent higher than the 19,450 units that were absorbed. As of the fourth quarter of 2025, the apartment vacancy rate in NYC was 2.7 percent, which was up from the 2.3-percent rate a year ago and was the highest fourth quarter rate since 2021. During the past year, the average rent in NYC increased 2 percent to \$3,760. Conditions on Long Island were balanced, with a vacancy rate of 4.7 percent, up slightly from 4.5 percent as of the fourth quarter of 2024, and the average rent increased 2 percent to \$2,979.

In New Jersey, apartment market conditions ranged from balanced to soft in all areas cited in this report compared with balanced conditions throughout the state a year ago. In northern New Jersey, the apartment market was slightly soft, with a 5.5-percent vacancy rate, up from 5.1 percent as of the fourth quarter of 2024, and the average apartment rent increased 1 percent to \$2,602. Conditions in the Atlantic City metropolitan area were balanced, with a vacancy rate of

continued on page 6



continued from page 5

As of the fourth quarter of 2025, apartment market conditions ranged from soft to tight in the New York/New Jersey region, and vacancy rates were up in all areas.

	Market Condition	Vacancy Rate			Average Monthly Rent		
		4Q 2024 (%)	4Q 2025 (%)	Percentage Point Change	4Q 2024 (\$)	4Q 2025 (\$)	Percent Change
Albany	Balanced	4.6	4.8	0.2	1,609	1,665	3
Atlantic City	Balanced	4.0	4.4	0.4	1,698	1,686	-1
Buffalo	Slightly Soft	6.2	6.5	0.3	1,353	1,381	2
Long Island	Balanced	4.5	4.7	0.2	2,931	2,979	2
New York City	Tight	2.3	2.7	0.4	3,672	3,760	2
Northern New Jersey	Slightly Soft	5.1	5.5	0.4	2,566	2,602	1
Rochester	Balanced	5.0	5.5	0.5	1,484	1,538	4
Syracuse	Slightly Soft	5.8	6.1	0.3	1,357	1,396	3
Trenton	Soft	5.3	10.5	5.2	2,254	2,250	<-1

4Q = fourth quarter.

Note: Data are for market-rate and mixed market-rate (combined market-rate and affordable) general occupancy apartment properties with five or more units, including those that are stabilized and in lease up.

Sources: Market condition—Economic and Market Analysis Division; vacancy rate and average monthly rent—CoStar Group

4.4 percent, up from 4.0 percent a year ago, and the average rent decreased 1 percent to \$1,686. Conditions in the Trenton metropolitan area were soft, with a vacancy rate of 10.5 percent, up significantly from 5.3 percent a year ago. Conditions in the metropolitan area softened during the past year because the 2,075 new market-rate units completed during 2025 were more than two and one-half times the 760 units absorbed. As of the fourth quarter of 2025, the average apartment rent in the Trenton metropolitan area was \$2,250, down less than 1 percent from the fourth quarter of 2024.

Multifamily building activity in the region, as measured by the number of multifamily units permitted, rose during the past year, with an increase in New York more than offsetting a decline in New Jersey.

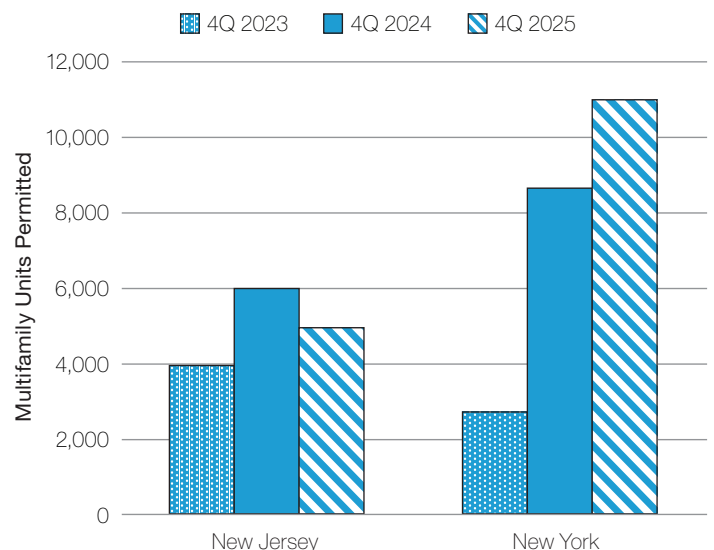
As of the fourth quarter of 2025 (preliminary data)—

- Multifamily building activity in the region increased by 1,300 units, or 9 percent, to approximately 15,950 units, which was the highest fourth quarter level since 2020. By comparison, as of the fourth quarter of 2024, multifamily permitting activity more than doubled from the same period a year earlier.
- In New York, multifamily construction activity increased by 2,350 units, or 27 percent, to 11,000 units compared with the fourth quarter of 2024, when multifamily permitting more than tripled from the fourth quarter of 2023. In Upstate New York, the largest increase in multifamily construction activity was in the Syracuse metropolitan area, where the 1,200 multifamily units permitted during the fourth quarter of 2025 were nearly five times the 250 units permitted a year ago.
- Multifamily building activity in New Jersey decreased by 1,050 units, or 18 percent, to 4,950 units. Because of rising apartment vacancy rates, multifamily construction activity in

the Atlantic City and Trenton metropolitan areas declined by 200 and 45 units, or 74 and 48 percent, respectively.

- In the New York-Newark-Jersey City metropolitan area, multifamily construction activity increased by 880 units, or 8 percent, to 12,550 units compared with permitting activity more than doubling a year ago. In NYC, multifamily permitting increased by 1,125 units, or 17 percent, to 7,600 units, which was the highest fourth quarter level of permitting activity since 2020.

As of the fourth quarter of 2025, multifamily construction activity increased in New York but decreased in New Jersey.



4Q = fourth quarter.

Note: Based on preliminary data.

Source: U.S. Census Bureau, Building Permits Survey



Terminology Definitions and Notes

A. Definitions

Absorption	The net change, positive or negative, in the number of occupied units in a given geographic range.
Apartment Vacancy Rate/Average Monthly Rent	Data are for market-rate and mixed market-rate and affordable general occupancy apartment properties with five or more units, including those that are stabilized and in lease up. A property is stabilized once the occupancy rate has reached 90 percent or at least 18 months have passed since the property was changed from “under construction” to “existing” on the CoStar Group website.
Building Permits	Building permits do not necessarily reflect all residential building activity. Some units are constructed or created without a building permit or are issued a different type of building permit. For example, some units classified as commercial structures are not reflected in the residential building permits. As a result, the analyst, through diligent fieldwork, makes an estimate of this additional construction activity. Some of these estimates are included in the discussions of single-family and multifamily building permits.
Existing Home Sales	Includes regular resales, short sales, and real estate owned sales.
Seriously Delinquent Mortgages	Mortgages 90 or more days delinquent or in foreclosure.

B. Notes on Geography

1.	The metropolitan statistical area and metropolitan division definitions noted in this report are based on the delineations established by the Office of Management and Budget (OMB) in the OMB Bulletin dated July 21, 2023.
2.	Upstate New York refers to the portions of the state excluding the New York-Newark-Jersey City, NY-NJ metropolitan area.
3.	Central New Jersey refers to Hunterdon, Mercer, Middlesex, and Somerset Counties.

C. Additional Notes

1.	BLS data include EMAD estimates for data missing as a result of a lapse in appropriations.
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