

Labour Market Information News

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Labour Force Survey -- Nova Scotia Highlights

Employment in Nova Scotia rose by 4,600 jobs in July 2026. The unemployment rate fell by 0.3 percentage points to 6.2%. This issue of the *Labour Market Information News* monitors the key labour market indicators in July 2026. The Labour Force Survey references the week of July 12 to 18, 2026, and compares it to the week of June 14 to 20, 2026.

Snapshot of Nova Scotia's Labour Market in July 2026¹ Compared to June 2026

Labour Force
573,600

+3,000

Employment
537,900

+4,600

Full Time
443,100
Part Time
94,700

+700

+3,800

Unemployment Rate
6.2%

-0.3 pp

Employment Rate
58.1%

+0.4 pp

- The labour force expanded by 0.5% to 573,600 (+3,000) in July 2026. The labour participation rate rose 0.3 percentage points to 62.0%.
- Nova Scotia's seasonally adjusted employment level rose by 0.9% in July (+4,600 jobs) with gains in full-time (+700 jobs, +0.2%) and part-time employment (+3,800 jobs, +4.2%). (Individuals switching between full-time and part-time status are also included in these statistics.)
- Nova Scotia's unemployment rate dropped to 6.2% in July, as the 0.9% employment expansion outpaced the 0.5% labour force expansion. For context, the province's unemployment rate has averaged 10.0% since 1976.
- The employment rate (number of employed as a proportion of the population aged fifteen and over) rose 0.4 percentage points to 58.1% in July.

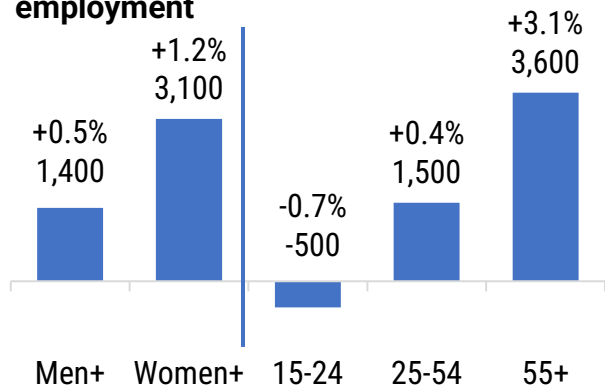
¹ Source: Statistics Canada, [Table 14-10-0287-01](#), Adjusted for Seasonality, Both Sexes, Ages 15+.

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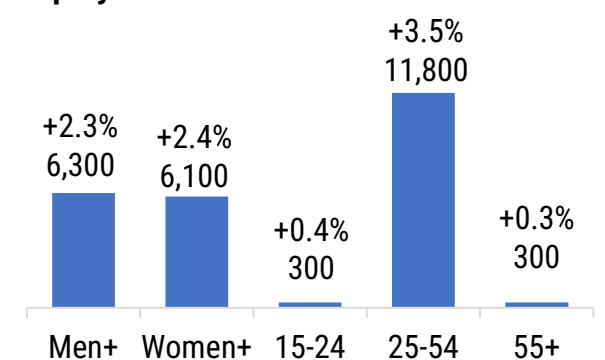
Labour Market Trends by Population Groups

Month-over-month change in employment



- In July 2026, employment increased for both men and women, with gains of 1,400 jobs (+0.5%) and 3,100 jobs (+1.2%), respectively. Among men, employment growth consisted of 1,300 full-time jobs and no change in part-time jobs. For women, there were employment gains in part-time work (+3,700 jobs), partially offset by a loss of 600 full-time jobs.
- Older workers (55 years and over) and core-aged workers (25 to 54 years) experienced employment growth in July 2026, gaining 3,600 jobs (+3.1%) and 1,500 jobs (+0.4%), respectively. In comparison, youth (15 to 24 years) lost 500 jobs (-0.7%).
- Compared with July 2025, employment expanded for both men (+2.3%) and women (+2.4%). Men's gains were mostly driven by part-time work (+3,500 jobs), alongside a more modest gain in full-time employment (+2,700 jobs). Women's employment growth was led by part-time employment (+4,300 jobs), followed by full-time employment (+1,800).
- Over the past 12 months, employment rose among all age-groups, led by ore-age workers aged 25-54 (+11,800 jobs, +3.5%). Youth and older workers gained 300 jobs each (+0.4% and +0.3%, respectively.)

Year-over-year change in employment



In July 2026, the unemployment rate declined for young men by 0.6 points, while the rate for young women rose by 3.1 points. Among those aged 25+, the unemployment rate declined for both men and women.

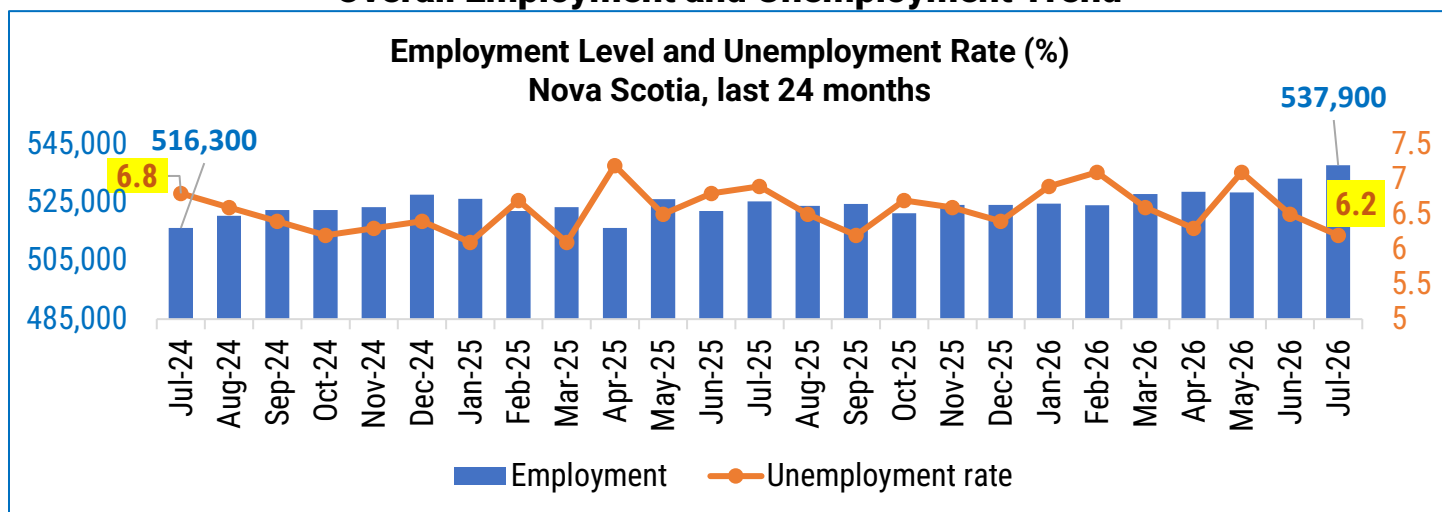
Nova Scotia Monthly Unemployment Rates, by Sex and Age

Unemployment Rate (%)	Jul-25	Jun-26	Jul-26	Month/month change	Year/year change
Age 15-24	13.9	10.5	11.8	1.3 pp	-2.1 pp
Men+	15.9	11.4	10.8	-0.6 pp	-5.1 pp
Women+	11.7	9.6	12.7	3.1 pp	1.0 pp
Age 25 and over	5.8	5.9	5.4	-0.5 pp	-0.4 pp
Men+	7.0	6.1	5.5	-0.6 pp	-1.5 pp
Women+	4.4	5.7	5.2	-0.5 pp	0.8 pp

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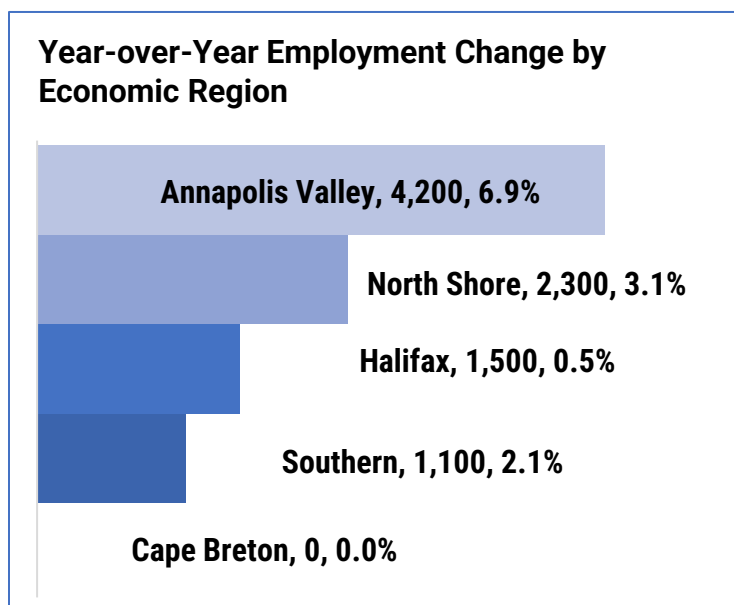
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Overall Employment and Unemployment Trend



- Employment levels remained elevated in the past twelve months, averaging 0.7% higher than the previous 12-month period.
- Over the past year, the average unemployment rate was 6.6%, 0.1 percentage points higher than the previous 12-month period.

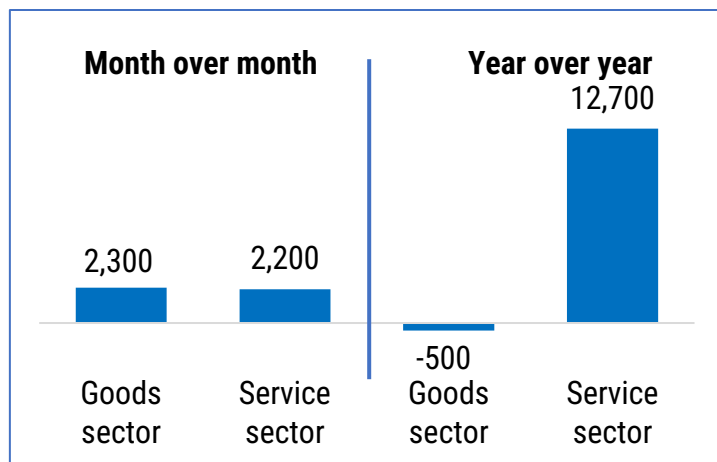
Employment Trend by Economic Region²



- In July 2026 (three-month average from May 2026 to July 2026), compared to June 2026 (April 2026 to June 2026), Cape Breton (+3.3%), Annapolis Valley (+2.9%), North Shore (+2.7%), and Halifax (+0.3%) experienced job gains. Southern (-1.7%) experienced job losses.
- Compared with July 2025, all regions experienced job gains except Cape Breton, which experienced virtually no change.

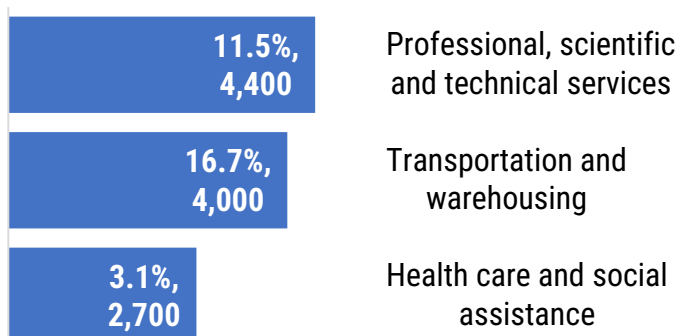
² ***Note:** The regional statistics is a 3-month moving average and is seasonally unadjusted. Therefore, it is not comparable to the statistics used in the rest of the report and may show a delay in data demonstrating sudden impacts to labour.

Employment Trend by Industry



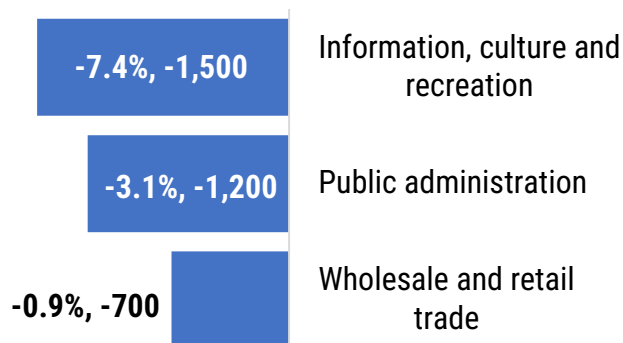
- Employment in the goods-producing sector rose month-over-month (+2.4%) and fell year-over-year (-0.5%), while employment in the services-producing sector rose both month-over-month (+0.5%) and year-over-year (+3.0%).
- In the last month, the top expanding industry was “information, culture and recreation” (+1,500 jobs, +8.7%). The top contracting industry was “professional, scientific and technical services” (-1,800 jobs, -4.0%).

Top Three Industries with Year-over-Year Employment Gains



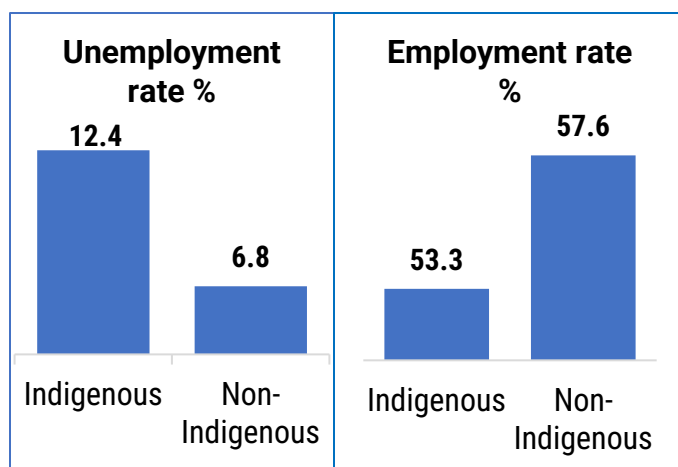
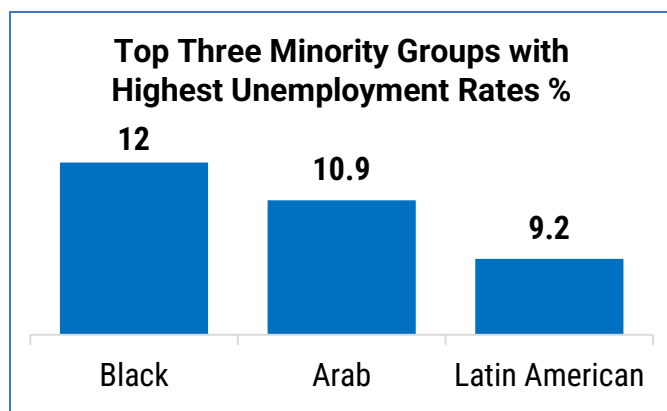
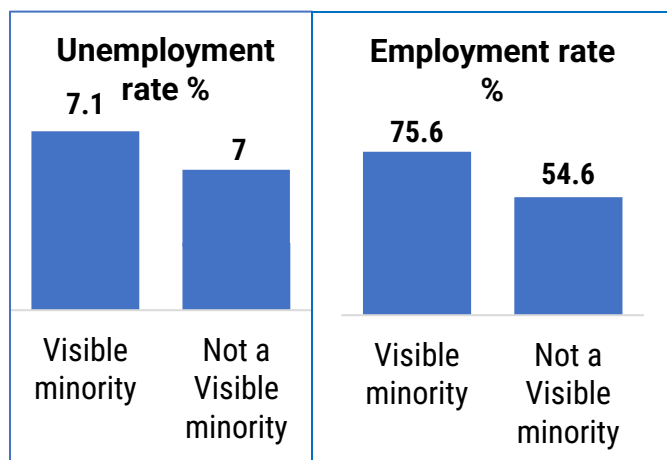
- Compared to twelve months ago (July 2025), employment gains were largest in “professional, scientific and technical services” (+4,400 jobs, +11.5%). This was followed by “transportation and warehousing” (+4,000 jobs, +16.7%) & “health care and social assistance” (+2,700 jobs, +3.1%).

Top Three Industries with Year-over-Year Employment Loss



- Employment declines compared to twelve months ago were largest in “information, culture and recreation” (-1,500 jobs, -7.4%), “public administration” (-1,200 jobs, -3.1%), and “wholesale and retail trade” (-700 jobs, -0.9%).

Labour Market Outcomes of Diversity Groups in Atlantic Canada³



- The employment rate (number of employed for and non-visible minorities) for visible minorities was higher than that of non-visible minorities (75.6% vs 54.6%) on average in the last three months ending in July 2026. This can mostly be attributed to the higher labour participation of visible minorities.
- Compared to June 2026 (3-month average from April 2026 to June 2026), the employment rate of visible minorities rose by 0.3 percentage points, while that of non-visible minorities rose by 0.7 percentage points in Atlantic Canada.
- There are large gaps among different visible minority groups. Among the groups with available data⁴, Black, Arab, and Latin American people face the highest unemployment rates (12.0%, 10.9%, & 9.2%, respectively), while 2.8% of Southeast Asians in the labour force were unemployed in the last three months.
- Over the three months ending in July 2026, Indigenous people in Atlantic Canada had a higher unemployment rate than the non-Indigenous population (12.4% versus 6.8%) and a lower employment rate (53.3% versus 57.6%). Compared with the three-month period ending in June 2026, the Indigenous employment rate increased by 0.4 percentage points.
- It is worth noting that aggregate data masks the fact that visible minorities and indigenous people face additional labour market barriers.

³ Source: Statistics Canada, Table: [14-10-0373-01](#); [14-10-0401-01](#), three-month moving average, unadjusted for seasonality.

⁴ Data not available for West Asian, Korean, and Japanese minority groups.

The next Labour Force Survey will be released on **September 4, 2026**, covering the August 2026 labour market.

Labour Force Survey Glossary

Employment: Employed persons are those who, during the reference week, did any work for pay or profit or had a job and were absent from work.

Employment rate (employment/population ratio): Number of employed persons expressed as a percentage of the population 15 years of age and over. The employment rate for a particular group (for example, one defined by age, sex, marital status, or province) is the number employed in that group expressed as a percentage of the population for that group.

Labour force: Civilian non-institutional population 15 years of age and over who, during the survey reference week, were employed or unemployed. Prior to 1966, persons aged fourteen and over were covered by the survey.

Participation rate: Total labour force expressed as a percentage of the population aged 15 years and over. The participation rate for a particular group (for example, women aged 25 years and over) is the labour force of that group expressed as a percentage of the population for that group.

Unemployment: Unemployed persons are those who, during reference week, were without work, were available for work and were either on temporary layoff, had looked for work in the past four weeks or had a job to start within the next four weeks.

Unemployment rate: Number of unemployed persons expressed as a percentage of the labour force. The unemployment rate for a particular group (for example, one defined by age, sex, or marital status) is the number of unemployed persons in that group expressed as a percentage of the labour force for that same group.

Source: Statistics Canada Labour Force Survey Guide