

BROOKINGS

DMV Monitor – key findings for the region

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Metropolitan Washington Council of Governments | February 11, 2026

DRAFT – FIGURES ARE PRE-PUBLICATION AND SUBJECT TO REVISION

In January 2025, the White House began making dramatic cuts to federal jobs and spending, which have been codified by law

- **352,285** federal workers departed
- **13,000+** federal contracts terminated
- **15,000+** federal grants canceled
- Office leases ended



119th CONGRESS
1st Session

H.R. 4

The Rescissions Act of 2025

*A White House **Budget Rescissions** request to **cancel \$9.4 billion** in vital program funding already approved by Congress.*

Those actions had a disproportionate impact on the greater Washington region, a major economic and global center



- **6.3 million** people
- **19** counties / **4** states
- **6th** largest metro economy
- **47%** of VA state GDP
- **40%** of MD state GDP
- **52.6%** college grads
- **24%** foreign-born, **60%** non-white
- **4** of the top 20 counties on the Black Progress Index
- **~430K** federal workers

Why the DMV Monitor?

- To inform
- To come together
- To act

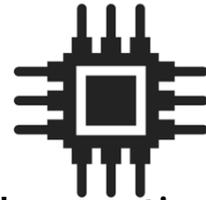
The **DMV Monitor** examines the impact of federal downsizing on the regional economy and its jurisdictions



Economy



Labor market



Innovation



Real estate



Municipal health



Social services/
HH wellbeing

Select data sources

- BLS
- Lightcast
- WARN tracker
- Crunchbase
- CoStar
- Realtor.com
- Federal Reserve Bank

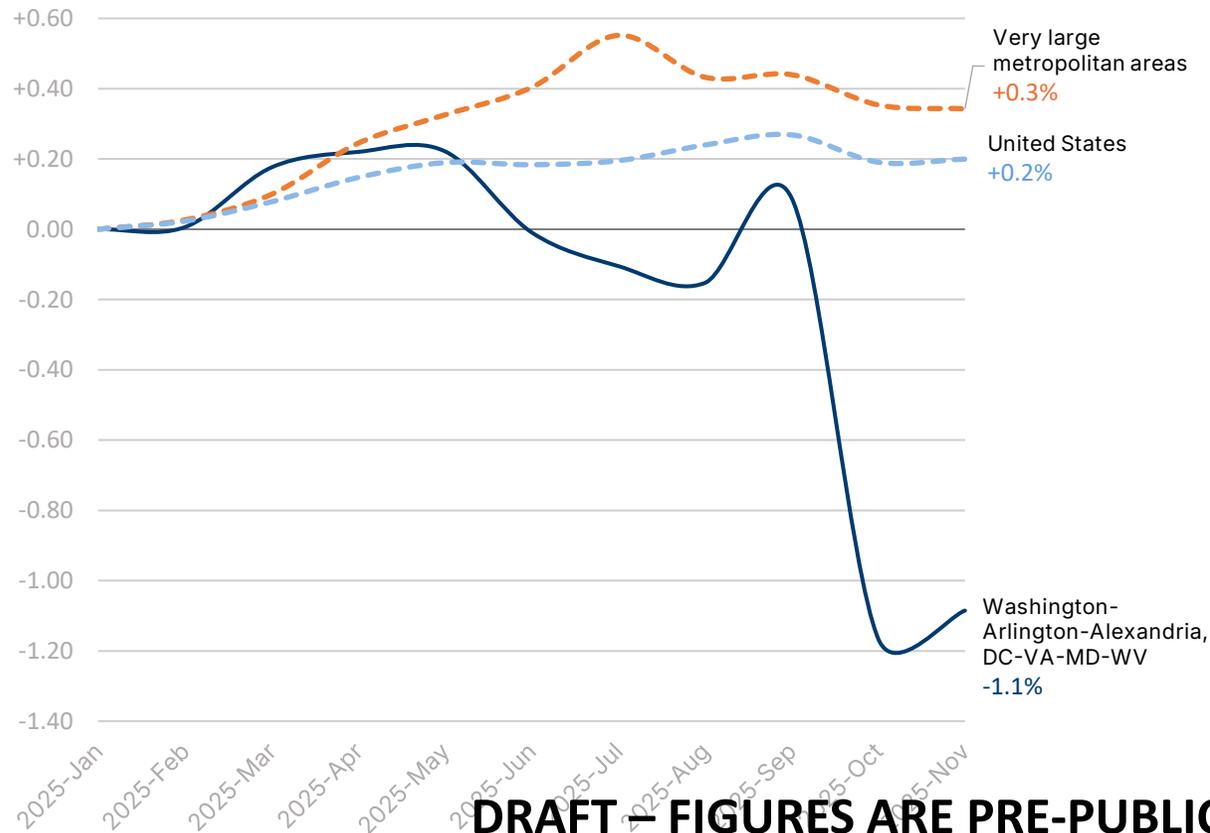
The DMV Monitor: Findings

The greater Washington region economy took a **dramatic downturn** in 2025, as compared to the nation and other large metro areas

The DMV region has started shedding jobs, driven by federal loss

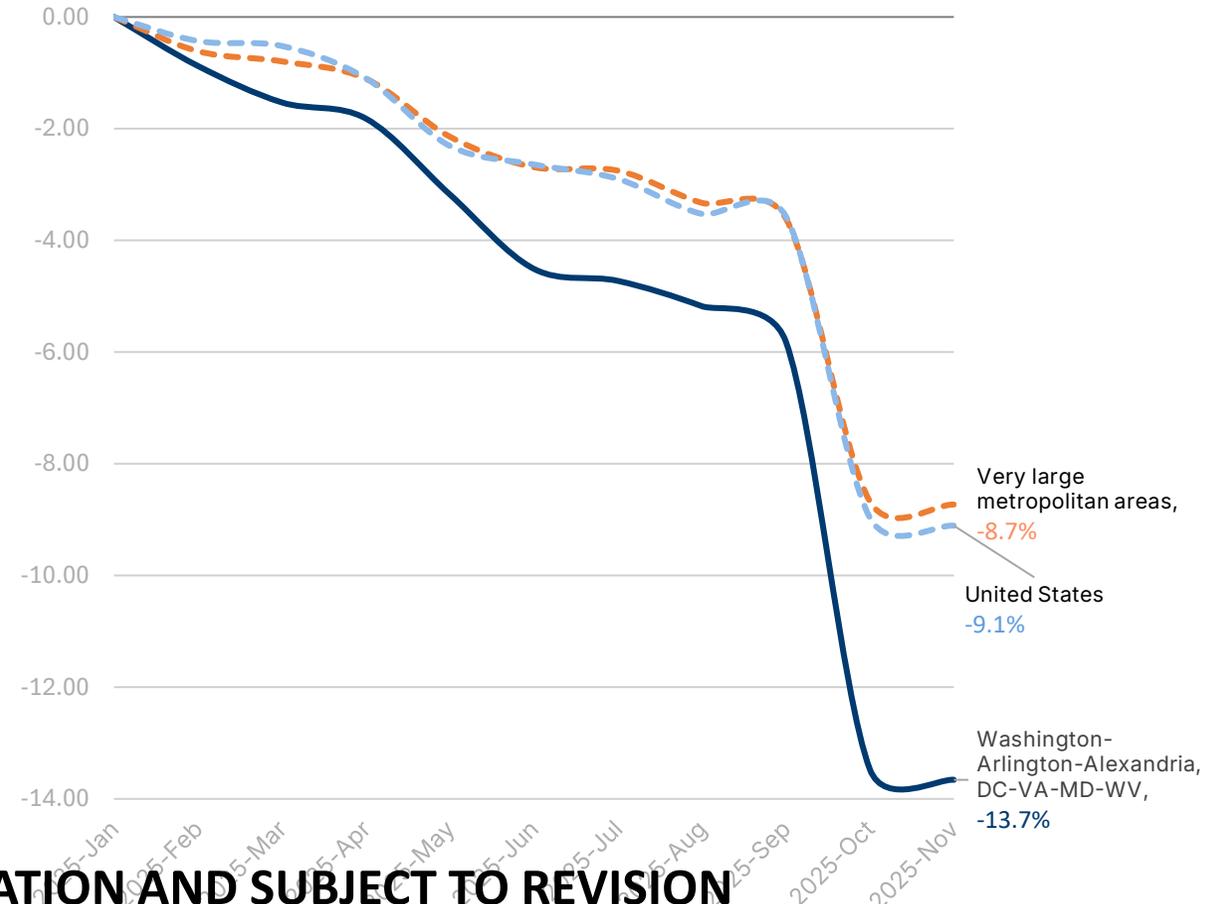
Total employment

Change from January 2025



Federal employment

Change from January 2025

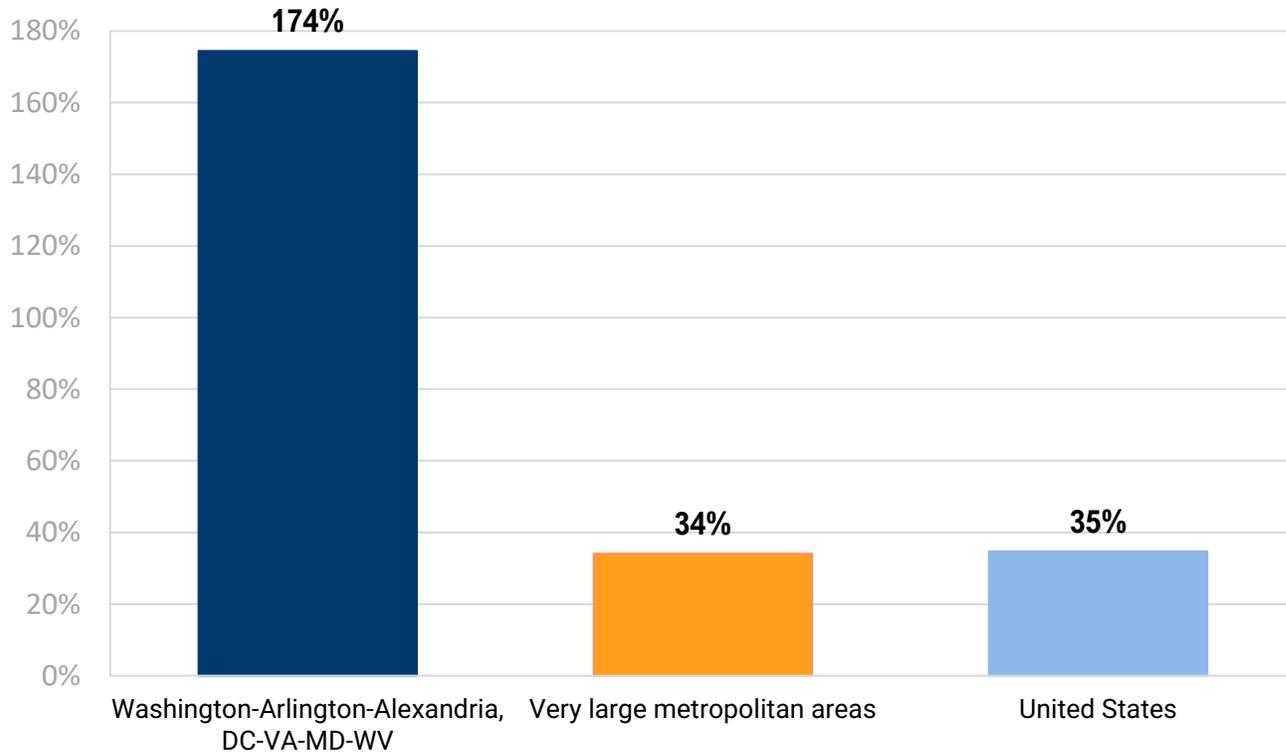


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Other federal cuts spurred mass layoffs in the rest of the economy, contributing to a reversal of private sector job growth

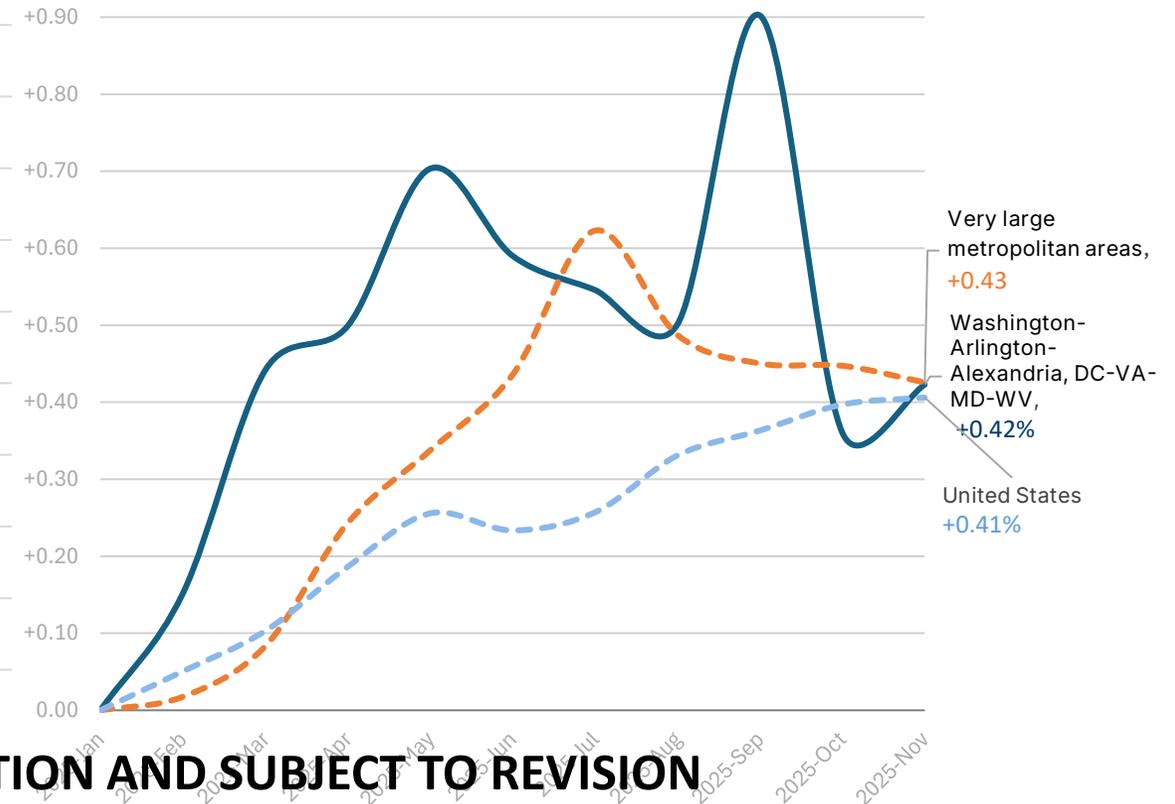
Mass layoff notifications

Percent change, November 2024 to November 2025



Private employment

Change from January 2025

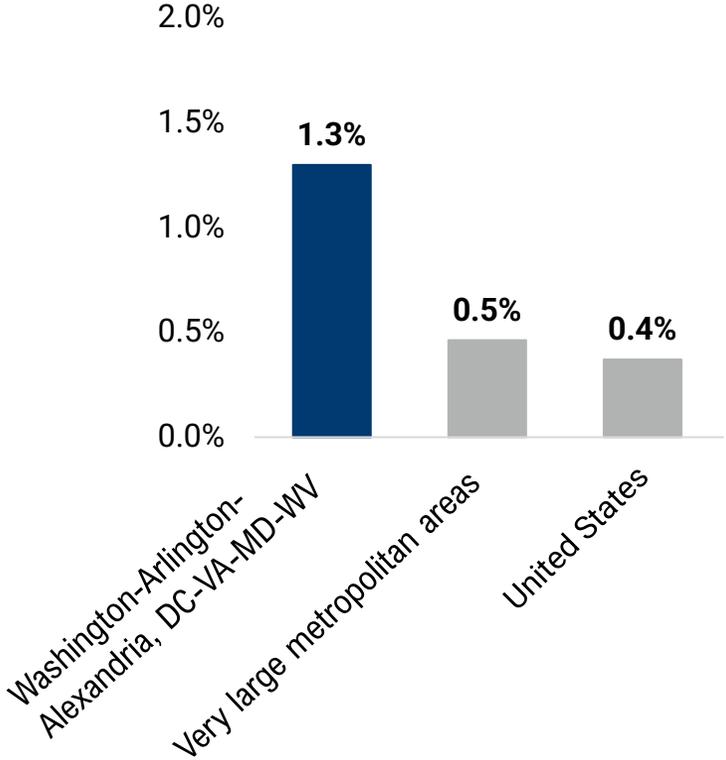


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As a result, unemployment has surged

Unemployment rate

Rolling 3-month average, percentage point change November 2024 to November 2025

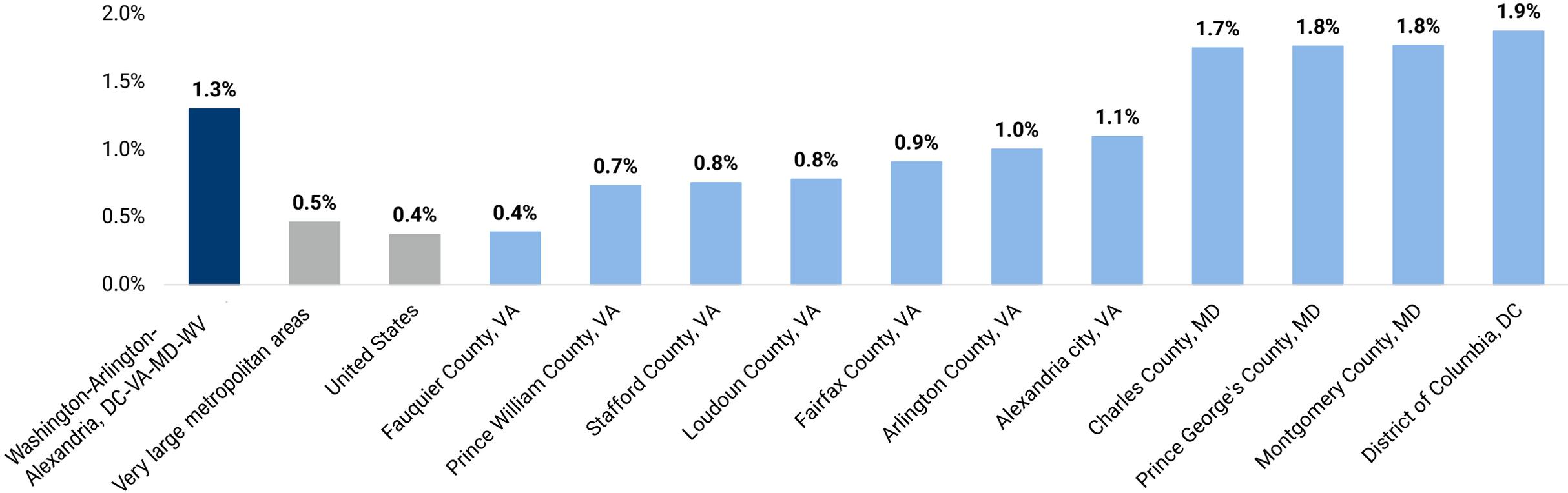


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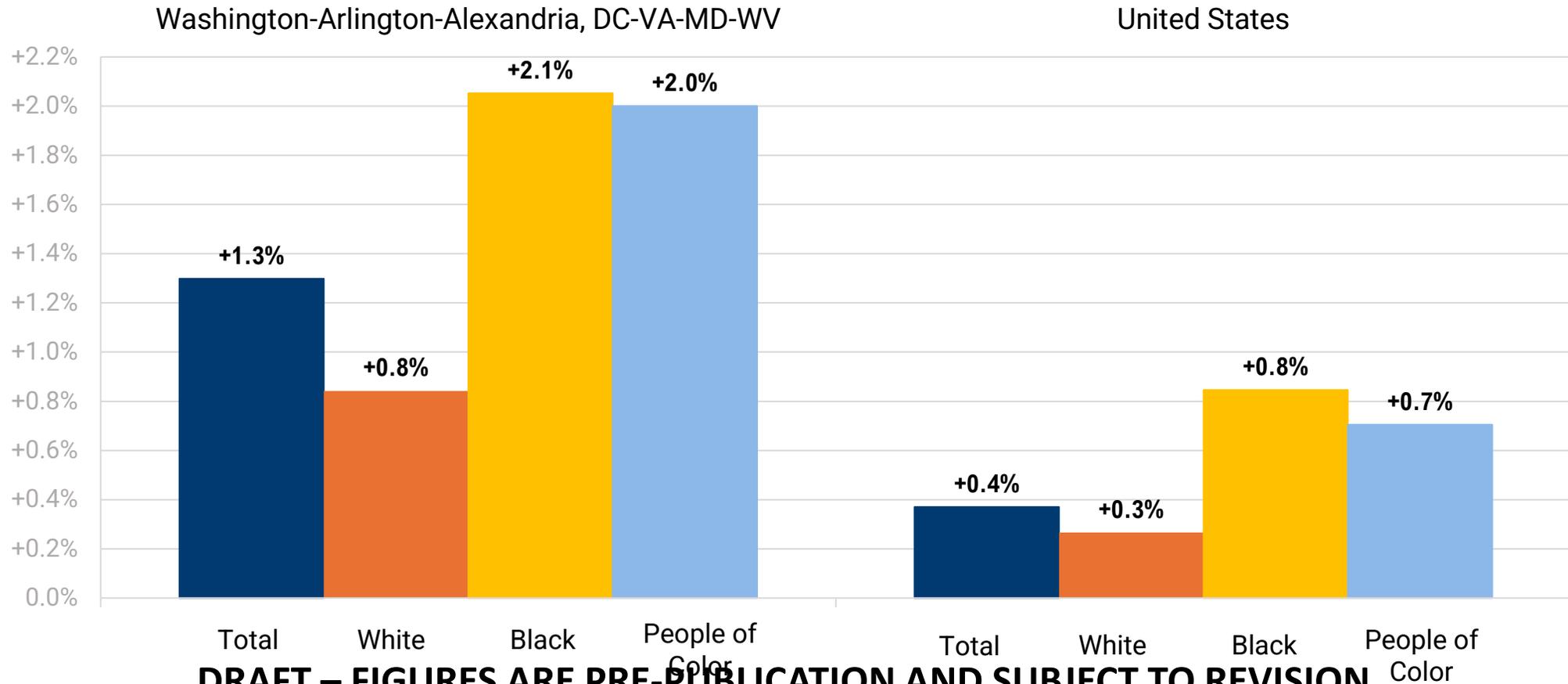


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Cumulative job losses hit Black workers hardest

Change in unemployment by race

Rolling 3-month average (seasonally adjusted), percentage point change November 2024 to November 2025



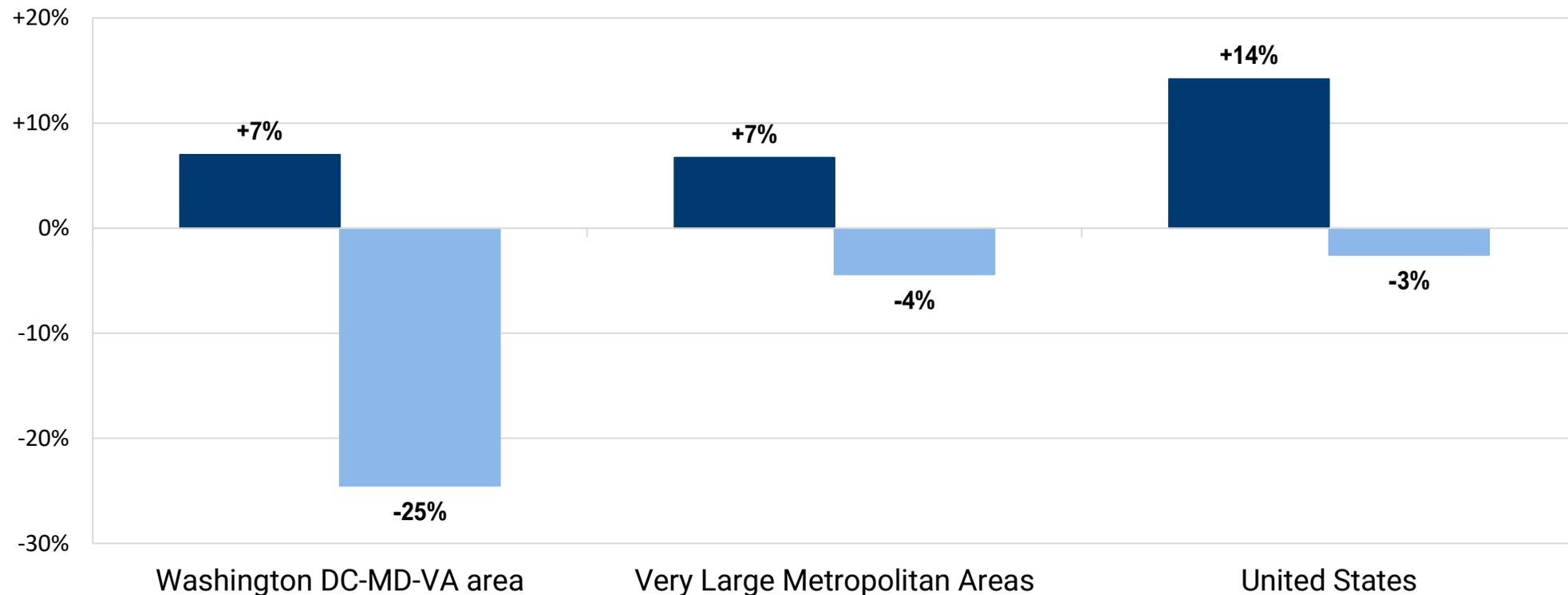
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The overall uncertainty has contributed to a more cautious hiring environment in the DMV region, as compared to the nation

Percent change in unique job postings

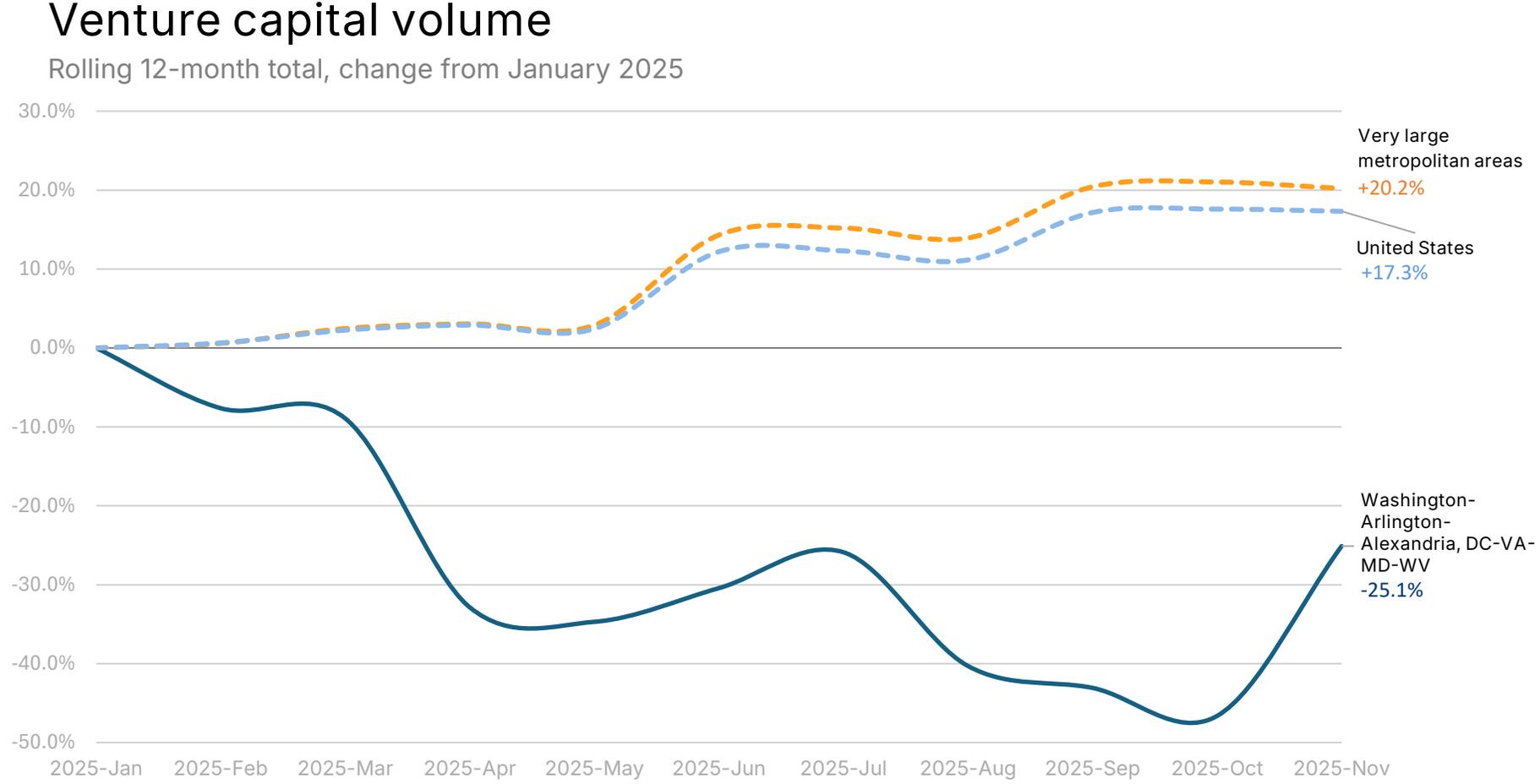
Rolling 3-month average, November 2024 to November 2025

■ Full time, noninternship ■ Internships



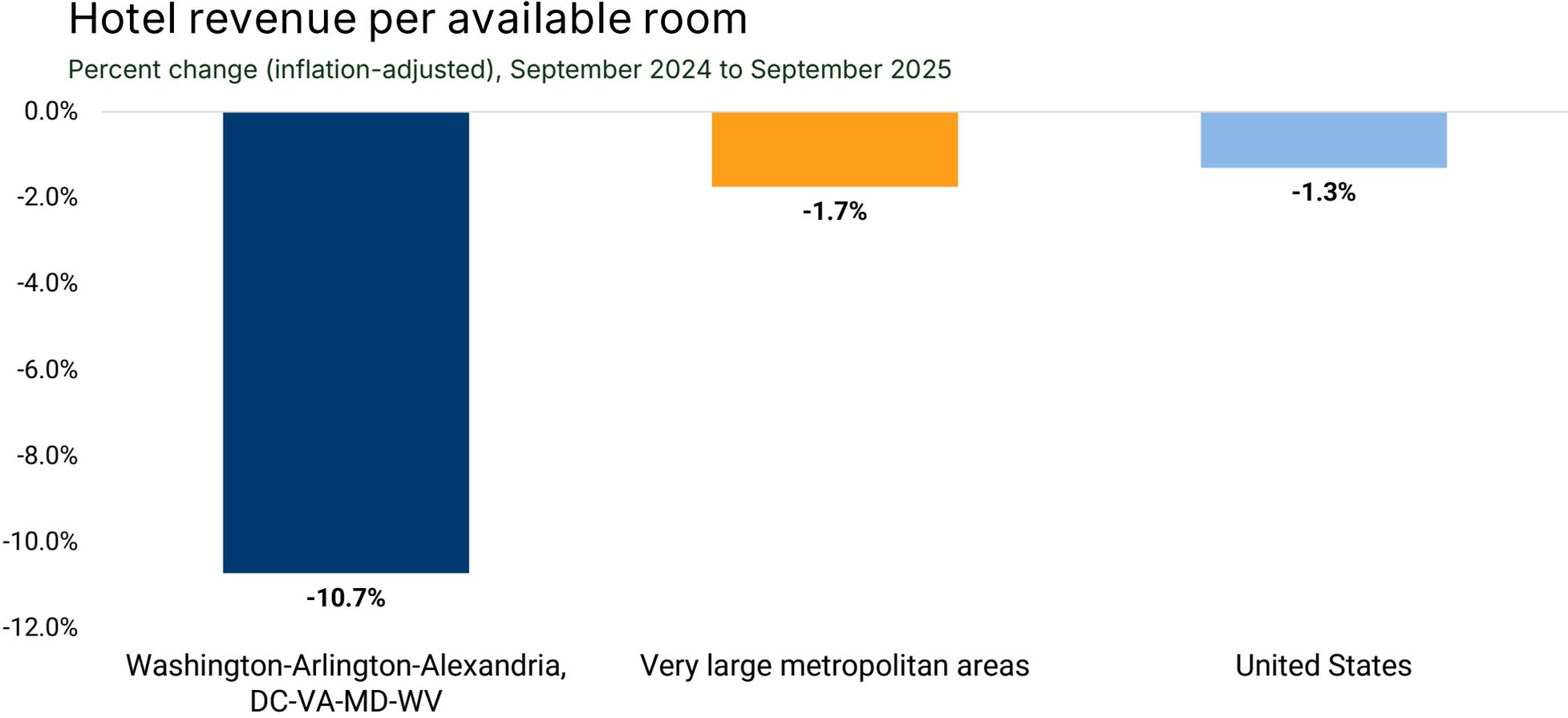
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That caution has spread to the innovation economy, with venture capital spending down after a boom in 2024



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The visitor economy has also taken a disproportionate hit, as hotel revenues decline faster in the DMV region than nationally

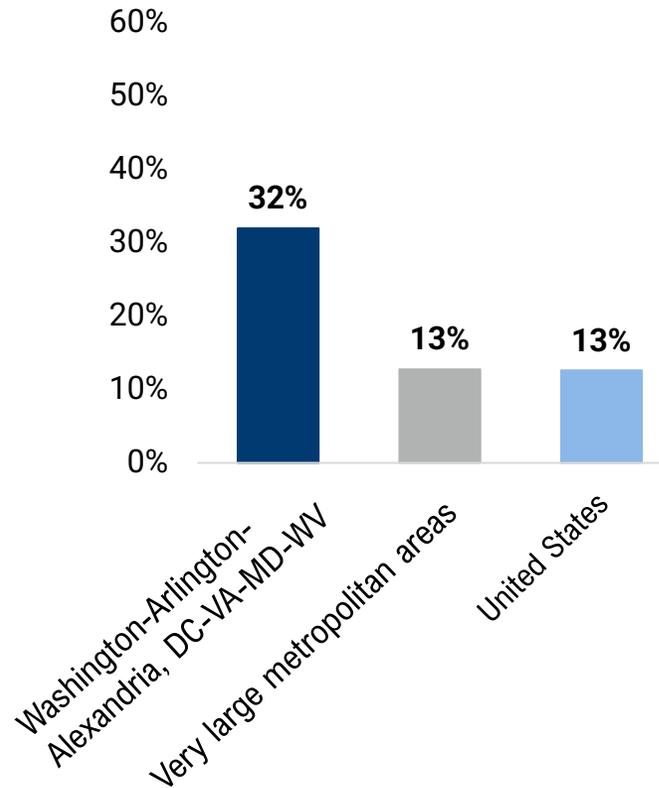


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Are workers leaving? Homes for sale in the DMV have climbed to the highest level since COVID, even as interest rates remain unchanged

Active residential for-sale listings

Percent change, November 2024 to November 2025

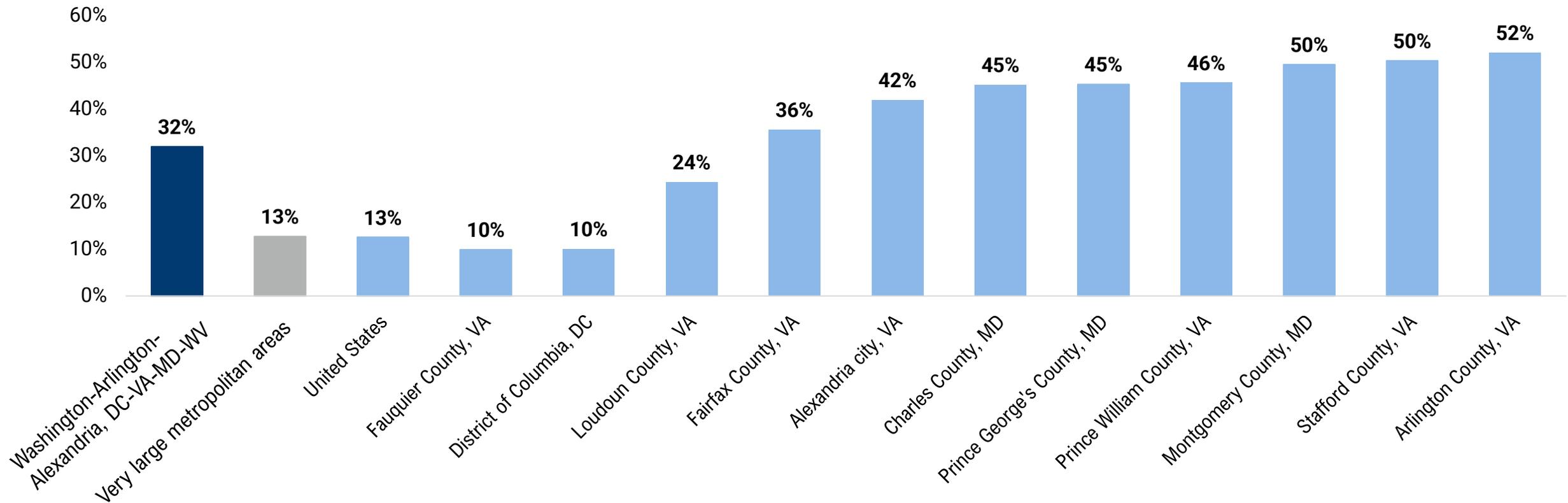


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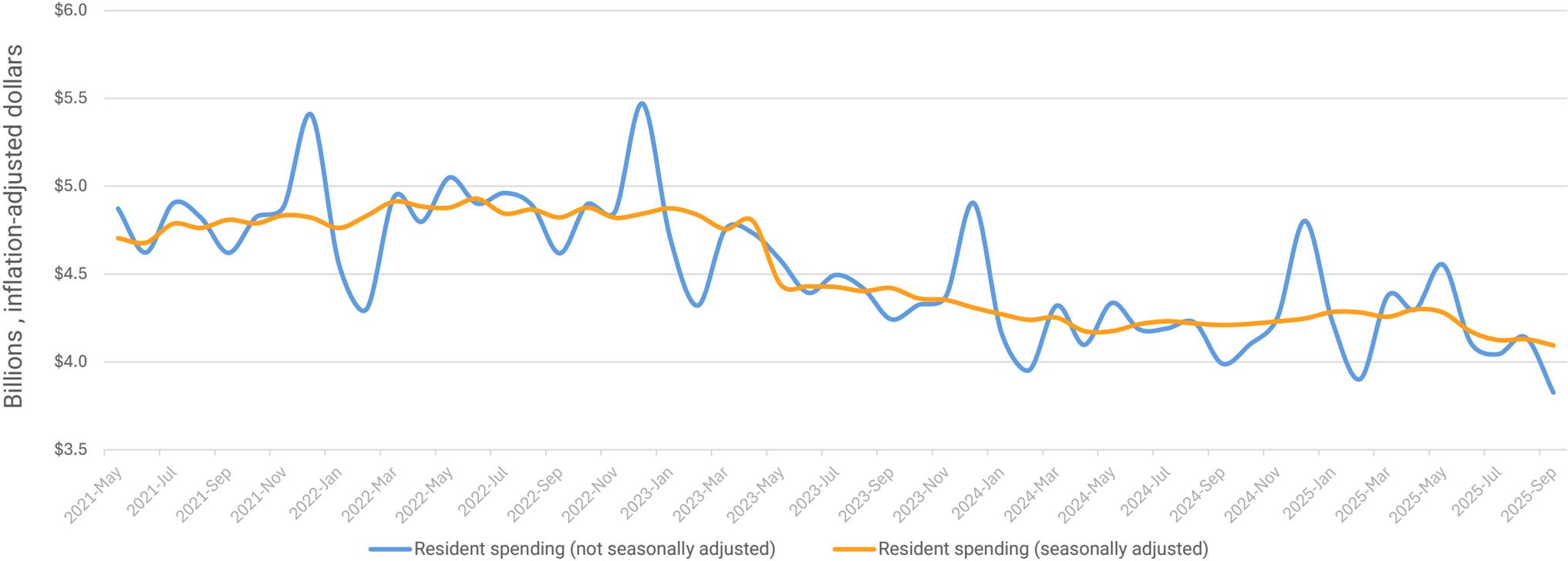


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Another warning sign: resident spending is down at local businesses

Medium-term trend in DMV resident spending at local businesses

Inflation-adjusted dollars



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Regional Insights

Talent Capital.AI

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DMV Monitor

Tracking the impacts of federal spending and staffing cuts on the Washington region

The screenshot shows the Talent Capital.AI website. On the left is a dark vertical sidebar with the 'Talent Capital' logo. The main content area is white and features a navigation bar at the top with a hamburger menu icon and an 'Explore Resources' button. The central headline reads 'START YOUR NEXT CHAPTER' in large, bold, black letters. Below this, a paragraph describes Talent Capital as a regional initiative housed by the Metropolitan Washington Council of Governments, backed by employers, government, and nonprofits, which connects users with opportunities. At the bottom, there is a section for 'Celeste', a personalized AI Career Agent, with a small circular icon and a text box stating: 'I am Celeste, your personalized AI Career Agent. I can help you find your next job, training, or career event across the Capital Region — in seconds.' On the right side of the page, there is a colorful graphic of three stylized human profiles in shades of pink, orange, and yellow. A 'Start Now' button is located in the top right corner, and a chat icon is in the bottom right corner.

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<https://www.brookings.edu/dmv-monitor/>

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