



News Release

Connect with DOL at <https://blog.dol.gov>



TRANSMISSION OF MATERIALS IN THIS RELEASE IS EMBARGOED UNTIL
8:30 A.M. (Eastern) Thursday, April 3, 2025

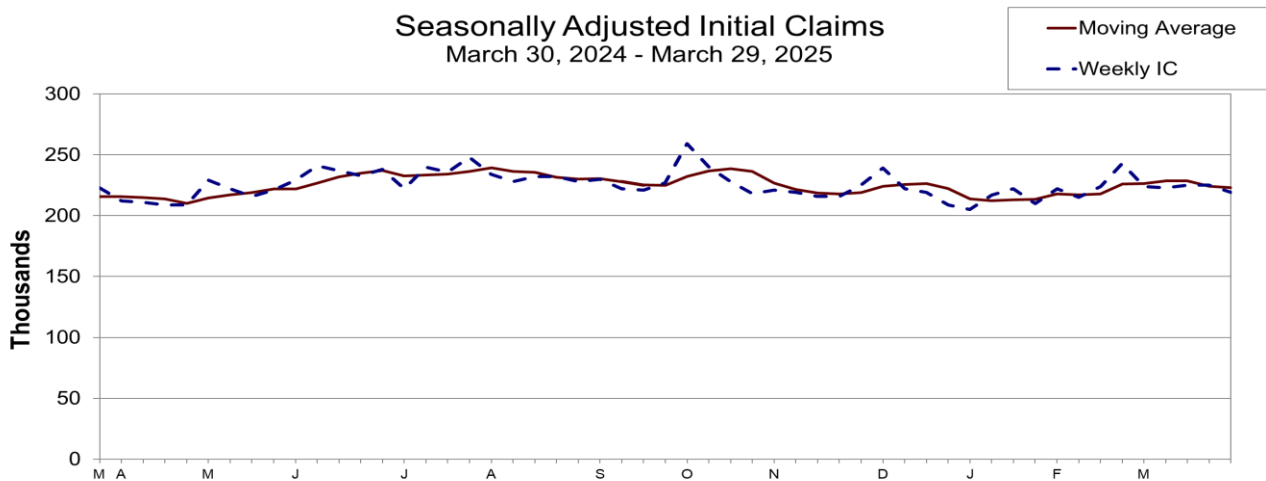
UNEMPLOYMENT INSURANCE WEEKLY CLAIMS

SEASONALLY ADJUSTED DATA

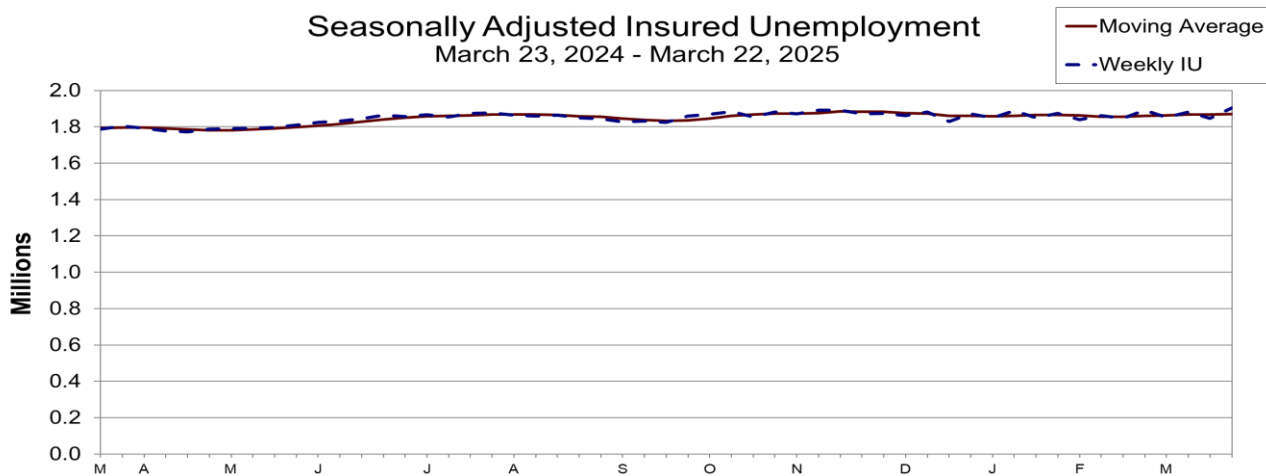
In the week ending March 29, the advance figure for seasonally adjusted **initial claims** was 219,000, a decrease of 6,000 from the previous week's revised level. The previous week's level was revised up by 1,000 from 224,000 to 225,000. The 4-week moving average was 223,000, a decrease of 1,250 from the previous week's revised average. The previous week's average was revised up by 250 from 224,000 to 224,250.

The advance seasonally adjusted **insured unemployment rate** was 1.3 percent for the week ending March 22, an increase of 0.1 percentage point from the previous week's unrevised rate. The advance number for seasonally adjusted **insured unemployment** during the week ending March 22 was 1,903,000, an increase of 56,000 from the previous week's revised level. This is the highest level for insured unemployment since November 13, 2021 when it was 1,970,000. The previous week's level was revised down by 9,000 from 1,856,000 to 1,847,000. The 4-week moving average was 1,870,500, an increase of 2,750 from the previous week's revised average. The previous week's average was revised down by 2,250 from 1,870,000 to 1,867,750.

Seasonally Adjusted Initial Claims
March 30, 2024 - March 29, 2025



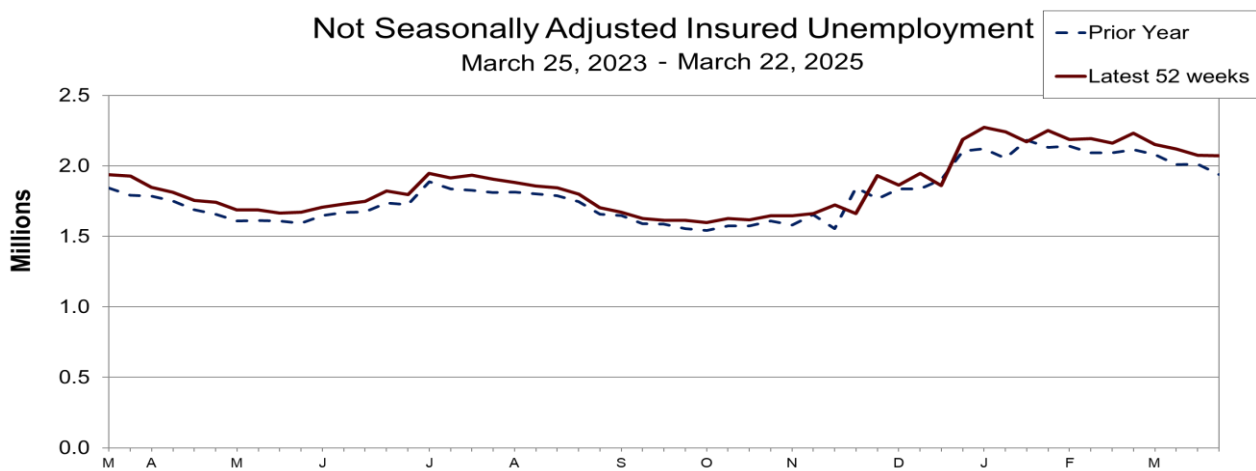
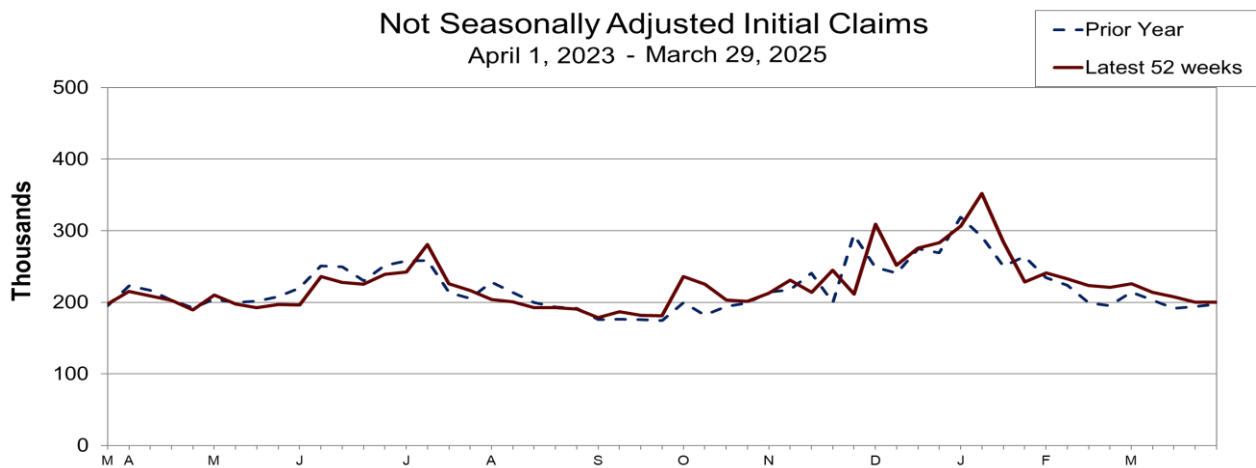
Seasonally Adjusted Insured Unemployment
March 23, 2024 - March 22, 2025



UNADJUSTED DATA

The advance number of actual initial claims under state programs, unadjusted, totaled 200,057 in the week ending March 29, an increase of 157 (or 0.1 percent) from the previous week. The seasonal factors had expected an increase of 5,403 (or 2.7 percent) from the previous week. There were 197,349 initial claims in the comparable week in 2024.

The advance unadjusted insured unemployment rate was 1.4 percent during the week ending March 22, unchanged from the prior week. The advance unadjusted level of insured unemployment in state programs totaled 2,070,038, a decrease of 4,057 (or -0.2 percent) from the preceding week. The seasonal factors had expected a decrease of 64,642 (or -3.1 percent) from the previous week. A year earlier the rate was 1.3 percent and the volume was 1,937,982.



The total number of continued weeks claimed for benefits in all programs for the week ending March 15 was 2,105,550, a decrease of 46,582 from the previous week. There were 2,038,127 weekly claims filed for benefits in all programs in the comparable week in 2024.

No state was triggered "on" the Extended Benefits program during the week ending March 15.

Initial claims for UI benefits filed by former Federal civilian employees totaled 564 in the week ending March 22, a decrease of 257 from the prior week. There were 387 initial claims filed by newly discharged veterans, an increase of 4 from the preceding week.

There were 8,245 continued weeks claimed filed by former Federal civilian employees the week ending March 15, a decrease of 890 from the previous week. Newly discharged veterans claiming benefits totaled 4,476, a decrease of 98 from the prior week.

The highest insured unemployment rates in the week ending March 15 were in Rhode Island (2.8), New Jersey (2.7), California (2.4), Minnesota (2.4), Massachusetts (2.3), Washington (2.3), Illinois (2.2), District of Columbia (2.0), Montana (1.9), and New York (1.9).

The largest increases in initial claims for the week ending March 22 were in Kentucky (+915), Oregon (+577), New York (+544), Tennessee (+429), and Missouri (+392), while the largest decreases were in Michigan (-4,040), California (-1,826), Texas (-1,774), Mississippi (-1,764), and Pennsylvania (-565).

UNEMPLOYMENT INSURANCE DATA FOR REGULAR STATE PROGRAMS

WEEK ENDING	March 29	March 22	Change	March 15	Prior Year¹
Initial Claims (SA)	219,000	225,000	-6,000	225,000	223,000
Initial Claims (NSA)	200,057	199,900	+157	207,398	197,349
4-Wk Moving Average (SA)	223,000	224,250	-1,250	228,750	215,750

WEEK ENDING	March 22	March 15	Change	March 8	Prior Year¹
Insured Unemployment (SA)	1,903,000	1,847,000	+56,000	1,881,000	1,788,000
Insured Unemployment (NSA)	2,070,038	2,074,095	-4,057	2,118,174	1,937,982
4-Wk Moving Average (SA)	1,870,500	1,867,750	+2,750	1,867,750	1,793,750
Insured Unemployment Rate (SA) ²	1.3%	1.2%	+0.1	1.2%	1.2%
Insured Unemployment Rate (NSA) ²	1.4%	1.4%	0.0	1.4%	1.3%

INITIAL CLAIMS FILED IN FEDERAL PROGRAMS (UNADJUSTED)

WEEK ENDING	March 22	March 15	Change	Prior Year¹
Federal Employees (UCFE)	564	821	-257	371
Newly Discharged Veterans (UCX)	387	383	+4	368

CONTINUED WEEKS CLAIMED FILED FOR UI BENEFITS IN ALL PROGRAMS (UNADJUSTED)

WEEK ENDING	March 15	March 8	Change	Prior Year¹
Regular State	2,067,491	2,111,440	-43,949	2,007,578
Federal Employees	8,245	9,135	-890	5,891
Newly Discharged Veterans	4,476	4,574	-98	4,439
Extended Benefits ³	64	60	+4	353
State Additional Benefits ⁴	3,000	3,066	-66	2,715
STC / Workshare ⁵	22,274	23,857	-1,583	17,151
TOTAL	2,105,550	2,152,132	-46,582	2,038,127

FOOTNOTES

SA - Seasonally Adjusted Data, NSA - Not Seasonally Adjusted Data Continued weeks claimed represent all weeks of benefits claimed during the week being reported, and do not represent weeks claimed by unique individuals.

1. Prior year is comparable to most recent data.
2. Most recent week used covered employment of 152,086,893 as denominator.
3. Information on the EB program can be found here: [EB Program information](#)
4. Some states maintain additional benefit programs for those claimants who exhaust regular benefits, and when applicable, extended benefits. Information on states that participate, and the extent of benefits paid, can be found starting on page 4-5 of this link: [Extensions and Special Programs PDF](#)
5. Information on STC/Worksharing can be found starting on page 4-11 of the following link: [Extensions and Special Programs PDF](#)

Advance State Claims - Not Seasonally Adjusted

STATE	Initial Claims Filed During Week Ended March 29			Insured Unemployment For Week Ended March 22		
	Advance	Prior Wk	Change	Advance	Prior Wk	Change
Alabama	1,591	1,751	-160	7,752	8,626	-874
Alaska	537	549	-12	4,863	5,149	-286
Arizona	3,198	3,777	-579	22,723	23,586	-863
Arkansas	1,458	1,162	296	6,546	6,946	-400
California	41,573	40,891	682	436,489	422,728	13,761
Colorado	2,598	2,772	-174	32,673	32,421	252
Connecticut	2,325	2,729	-404	30,251	30,660	-409
Delaware	224	196	28	5,763	5,412	351
District of Columbia	874	1,087	-213	11,558	11,113	445
Florida	5,402	5,614	-212	28,852	32,000	-3,148
Georgia	4,250	4,285	-35	28,932	28,853	79
Hawaii	1,062	984	78	5,584	5,280	304
Idaho	988	1,319	-331	8,466	9,428	-962
Illinois	10,275	8,954	1,321	123,350	127,849	-4,499
Indiana	2,517	2,550	-33	24,259	25,133	-874
Iowa	3,133	2,112	1,021	17,434	18,895	-1,461
Kansas	1,215	1,147	68	10,616	11,411	-795
Kentucky	5,261	2,448	2,813	12,253	11,926	327
Louisiana	1,353	1,502	-149	9,705	10,991	-1,286
Maine	620	648	-28	9,449	8,861	588
Maryland	2,074	2,552	-478	25,454	25,807	-353
Massachusetts	4,210	4,879	-669	81,128	84,127	-2,999
Michigan	4,981	5,338	-357	72,722	76,365	-3,643
Minnesota	3,673	3,770	-97	70,065	67,833	2,232
Mississippi	796	904	-108	5,732	6,916	-1,184
Missouri	2,768	3,222	-454	19,159	19,620	-461
Montana	482	540	-58	8,948	9,419	-471
Nebraska	549	831	-282	6,082	6,865	-783
Nevada	2,249	2,412	-163	24,158	25,360	-1,202
New Hampshire	300	449	-149	3,855	4,107	-252
New Jersey	7,730	8,264	-534	111,898	114,644	-2,746
New Mexico	827	867	-40	10,965	10,934	31
New York	15,236	14,978	258	177,018	178,163	-1,145
North Carolina	3,096	3,419	-323	24,349	25,789	-1,440
North Dakota	272	287	-15	5,595	5,377	218
Ohio	6,093	5,729	364	59,555	62,107	-2,552
Oklahoma	1,155	1,351	-196	10,063	9,989	74
Oregon	5,389	4,839	550	36,295	33,817	2,478
Pennsylvania	9,389	9,338	51	99,603	105,612	-6,009
Puerto Rico	1,040	1,012	28	13,466	12,914	552
Rhode Island	708	913	-205	13,043	13,279	-236
South Carolina	1,688	1,886	-198	13,582	14,101	-519
South Dakota	148	175	-27	2,699	2,915	-216
Tennessee	2,806	3,035	-229	15,930	15,762	168
Texas	16,670	17,469	-799	157,154	146,243	10,911
Utah	1,251	1,349	-98	13,864	14,294	-430
Vermont	308	294	14	3,706	3,610	96
Virgin Islands	16	22	-6	232	248	-16
Virginia	2,534	2,683	-149	18,946	18,013	933
Washington	5,518	5,661	-143	84,810	80,259	4,551
West Virginia	604	653	-49	8,154	7,909	245
Wisconsin	4,739	3,966	773	31,441	31,887	-446
Wyoming	304	336	-32	2,849	2,542	307
US Total	200,057	199,900	157	2,070,038	2,074,095	-4,057

Note: Advance claims are not directly comparable to claims reported in prior weeks. Advance claims are reported by the state liable for paying the unemployment compensation, whereas previous weeks reported claims reflect claimants by state of residence. In addition, claims reported as "workshare equivalent" in the previous week are added to the advance claims as a proxy for the current week's "workshare equivalent" activity.

Seasonally Adjusted US Weekly UI Claims (in thousands)

Week Ending	Initial Claims	Change from		Insured Unemployment	Change from		IUR
		Prior Week	4-Week Average		Prior Week	4-Week Average	
March 23, 2024	214	1	213.00	1,788	-14	1,793.75	1.2
March 30, 2024	223	9	215.75	1,804	16	1,796.00	1.2
April 6, 2024	212	-11	215.50	1,793	-11	1,796.75	1.2
April 13, 2024	211	-1	215.00	1,776	-17	1,790.25	1.2
April 20, 2024	209	-2	213.75	1,771	-5	1,786.00	1.2
April 27, 2024	209	0	210.25	1,786	15	1,781.50	1.2
May 4, 2024	229	20	214.50	1,790	4	1,780.75	1.2
May 11, 2024	222	-7	217.25	1,793	3	1,785.00	1.2
May 18, 2024	216	-6	219.00	1,798	5	1,791.75	1.2
May 25, 2024	221	5	222.00	1,810	12	1,797.75	1.2
June 1, 2024	229	8	222.00	1,825	15	1,806.50	1.2
June 8, 2024	241	12	226.75	1,832	7	1,816.25	1.2
June 15, 2024	237	-4	232.00	1,844	12	1,827.75	1.2
June 22, 2024	233	-4	235.00	1,864	20	1,841.25	1.2
June 29, 2024	238	5	237.25	1,856	-8	1,849.00	1.2
July 6, 2024	222	-16	232.50	1,866	10	1,857.50	1.2
July 13, 2024	240	18	233.25	1,853	-13	1,859.75	1.2
July 20, 2024	236	-4	234.00	1,874	21	1,862.25	1.2
July 27, 2024	248	12	236.50	1,876	2	1,867.25	1.2
August 3, 2024	234	-14	239.50	1,863	-13	1,866.50	1.2
August 10, 2024	228	-6	236.50	1,859	-4	1,868.00	1.2
August 17, 2024	232	4	235.50	1,864	5	1,865.50	1.2
August 24, 2024	232	0	231.50	1,849	-15	1,858.75	1.2
August 31, 2024	228	-4	230.00	1,845	-4	1,854.25	1.2
September 7, 2024	230	2	230.50	1,827	-18	1,846.25	1.2
September 14, 2024	222	-8	228.00	1,831	4	1,838.00	1.2
September 21, 2024	221	-1	225.25	1,825	-6	1,832.00	1.2
September 28, 2024	227	6	225.00	1,858	33	1,835.25	1.2
October 5, 2024	259	32	232.25	1,869	11	1,845.75	1.2
October 12, 2024	240	-19	236.75	1,884	15	1,859.00	1.2
October 19, 2024	228	-12	238.50	1,855	-29	1,866.50	1.2
October 26, 2024	218	-10	236.25	1,880	25	1,872.00	1.2
November 2, 2024	221	3	226.75	1,872	-8	1,872.75	1.2
November 9, 2024	219	-2	221.50	1,892	20	1,874.75	1.2
November 16, 2024	216	-3	218.50	1,892	0	1,884.00	1.2
November 23, 2024	216	0	218.00	1,871	-21	1,881.75	1.2
November 30, 2024	225	9	219.00	1,873	2	1,882.00	1.2
December 7, 2024	239	14	224.00	1,862	-11	1,874.50	1.2
December 14, 2024	222	-17	225.50	1,882	20	1,872.00	1.2
December 21, 2024	219	-3	226.25	1,828	-54	1,861.25	1.2
December 28, 2024	209	-10	222.25	1,871	43	1,860.75	1.2
January 4, 2025	205	-4	213.75	1,850	-21	1,857.75	1.2
January 11, 2025	217	12	212.50	1,888	38	1,859.25	1.2
January 18, 2025	222	5	213.25	1,849	-39	1,864.50	1.2
January 25, 2025	210	-12	213.50	1,874	25	1,865.25	1.2
February 1, 2025	222	12	217.75	1,839	-35	1,862.50	1.2
February 8, 2025	215	-7	217.25	1,861	22	1,855.75	1.2
February 15, 2025	224	9	217.75	1,847	-14	1,855.25	1.2
February 22, 2025	243	19	226.00	1,892	45	1,859.75	1.2
March 1, 2025	224	-19	226.50	1,851	-41	1,862.75	1.2
March 8, 2025	223	-1	228.50	1,881	30	1,867.75	1.2
March 15, 2025	225	2	228.75	1,847	-34	1,867.75	1.2
March 22, 2025	225	0	224.25	1,903	56	1,870.50	1.3
March 29, 2025	219	-6	223.00				

STATE NAME	INITIAL CLAIMS FILED DURING WEEK ENDED MARCH 22					INSURED UNEMPLOYMENT FOR WEEK ENDED MARCH 15						
	STATE	CHANGE FROM		UCFE ¹	UCX ¹	STATE	(%) ²	CHANGE FROM		UCFE ¹	UCX ¹	TOTAL INSURED UNEMPLOYMENT
		LAST WEEK	YEAR AGO					LAST WEEK	YEAR AGO			
Alabama	1,751	-57	-212	3	4	8,626	0.4	-49	-79	25	21	8,672
Alaska	549	-77	-127	1	0	5,149	1.7	-4	-414	74	4	5,227
Arizona	3,777	40	416	6	7	23,586	0.7	1,683	1,495	108	38	23,732
Arkansas	1,162	-26	-394	2	0	6,946	0.5	-505	-2,066	25	10	6,981
California	40,891	-1,826	1	97	77	422,728	2.4	1,018	-22,375	1,403	1,163	425,294
Colorado	2,772	-113	194	4	7	32,421	1.1	-807	3,887	229	193	32,843
Connecticut	2,729	-197	263	2	2	30,660	1.8	-865	714	45	29	30,734
Delaware	196	-25	32	4	2	5,412	1.2	-218	8	7	7	5,426
District of Columbia	1,087	-120	589	48	0	11,113	2.0	-34	5,219	794	4	11,911
Florida	5,614	-70	360	15	22	32,000	0.3	-348	-3,286	97	69	32,166
Georgia	4,285	-73	-162	52	18	28,853	0.6	-359	-1,007	217	70	29,140
Hawaii	984	92	-10	0	5	5,280	0.9	-25	-968	47	58	5,385
Idaho	1,319	169	34	7	0	9,428	1.1	-912	439	108	10	9,546
Illinois	8,954	306	686	8	6	127,849	2.2	-5,909	6,336	324	108	128,281
Indiana	2,550	184	-587	12	2	25,133	0.8	-1,473	1,271	32	17	25,182
Iowa	2,112	381	585	1	1	18,895	1.2	-2,979	3,275	11	10	18,916
Kansas	1,147	-20	212	2	2	11,411	0.8	-298	6,386	27	5	11,443
Kentucky	2,448	915	1,194	1	0	11,926	0.6	-925	2,284	27	55	12,008
Louisiana	1,502	-22	-10	4	1	10,991	0.6	-100	-65	29	9	11,029
Maine	648	71	13	1	0	8,861	1.4	-176	807	23	12	8,896
Maryland	2,552	-110	298	45	9	25,807	1.0	-354	1,917	247	83	26,137
Massachusetts	4,879	25	175	15	13	84,127	2.3	-1,321	2,806	134	66	84,327
Michigan	5,338	-4,040	-312	7	7	76,365	1.8	-2,516	10,258	152	40	76,557
Minnesota	3,770	-337	311	7	5	67,833	2.4	-1,450	3,122	117	62	68,012
Mississippi	904	-1,764	11	0	2	6,916	0.6	487	738	49	11	6,976
Missouri	3,222	392	-2,229	1	0	19,620	0.7	-1,355	680	53	26	19,699
Montana	540	-3	35	6	0	9,419	1.9	-950	809	288	9	9,716
Nebraska	831	-173	234	3	1	6,865	0.7	-451	844	14	3	6,882
Nevada	2,412	-149	8	3	2	25,360	1.7	-528	15	112	55	25,527
New Hampshire	449	35	21	2	0	4,107	0.6	-92	266	10	1	4,118
New Jersey	8,264	72	-123	14	21	114,644	2.7	-1,555	-50	241	227	115,112
New Mexico	867	-131	145	1	3	10,934	1.3	61	676	144	21	11,099
New York	14,978	544	1,051	16	14	178,163	1.9	-1,766	-2,023	297	157	178,617
North Carolina	3,419	24	347	2	2	25,789	0.5	-418	5,738	69	87	25,945
North Dakota	287	23	49	0	1	5,377	1.3	-379	654	11	3	5,391
Ohio	5,729	261	686	10	3	62,107	1.1	-2,344	11,442	111	78	62,296
Oklahoma	1,351	21	-43	5	5	9,989	0.6	59	745	37	35	10,061
Oregon	4,839	577	534	7	2	33,817	1.7	195	6,439	427	40	34,284
Pennsylvania	9,338	-565	-160	17	6	105,612	1.8	-6,031	-1,430	311	120	106,043
Puerto Rico	1,012	13	162	1	5	12,914	1.4	-2,553	-1,303	125	27	13,066
Rhode Island	913	20	143	3	2	13,279	2.8	-462	1,367	27	17	13,323
South Carolina	1,886	0	95	3	4	14,101	0.6	-283	837	40	34	14,175
South Dakota	175	-9	40	2	0	2,915	0.7	-57	595	29	1	2,945
Tennessee	3,035	429	293	2	6	15,762	0.5	-593	-2,099	63	33	15,858
Texas	17,469	-1,774	425	51	77	146,243	1.1	-1,281	-3,533	524	827	147,594
Utah	1,349	-135	83	7	1	14,294	0.9	-605	799	169	15	14,478
Vermont	294	-103	14	0	0	3,610	1.2	-190	520	1	0	3,611
Virgin Islands	22	-2	-14	1	0	248	0.7	-6	-2	2	0	250
Virginia	2,683	-458	585	36	11	18,013	0.5	-336	2,516	148	67	18,228
Washington	5,661	378	561	12	26	80,259	2.3	-1,197	17,290	502	401	81,162
West Virginia	653	-12	-80	0	2	7,909	1.2	-723	-867	42	16	7,967
Wisconsin	3,966	-92	-463	2	1	31,887	1.1	-1,617	-363	61	20	31,968
Wyoming	336	13	18	13	0	2,542	0.9	-183	218	36	2	2,580
Totals	199,900	-7,498	5,977	564	387	2,074,095	1.4	-44,079	61,482	8,245	4,476	2,086,816

Figures appearing in columns showing over-the-week changes reflect all revisions in data for prior week submitted by state agencies.

1. The Unemployment Compensation program for Federal Employees (UCFE) and the Unemployment Compensation for Ex-servicemembers (UCX) exclude claims filed jointly under other programs to avoid duplication.
2. Rate is not seasonally adjusted. The source of U.S. total covered employment is BLS.

UNADJUSTED INITIAL CLAIMS FOR WEEK ENDED MARCH 22, 2025

STATES WITH AN INCREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
None		

STATES WITH A DECREASE OF MORE THAN 1,000

State	Change	State Supplied Comment
MI	-4,040	Fewer layoffs in management of companies and enterprises industry.
CA	-1,826	No comment.
TX	-1,774	No comment.
MS	-1,764	Fewer layoffs in agriculture, forestry, fishing and hunting and in educational services industries.

TECHNICAL NOTES

This news release presents the weekly unemployment insurance (UI) claims reported by each state's unemployment insurance program offices. These claims may be used for monitoring workload volume, assessing state program operations and for assessing labor market conditions. States initially report claims directly taken by the state liable for the benefit payments, regardless of where the claimant who filed the claim resided. These are the basis for the advance initial claims and continued claims reported each week. These data come from ETA 538, Advance Weekly Initial and Continued Claims Report. The following week initial claims and continued claims are revised based on a second reporting by states that reflect the claimants by state of residence. These data come from the ETA 539, Weekly Claims and Extended Benefits Trigger Data Report.

A. Initial Claims

An initial claim is a claim filed by an unemployed individual after a separation from an employer. The claimant requests a determination of basic eligibility for the UI program. When an initial claim is filed with a state, certain programmatic activities take place and these result in activity counts including the count of initial claims. The count of U.S. initial claims for unemployment insurance is a leading economic indicator because it is an indication of emerging labor market conditions in the country. However, these are weekly administrative data which are difficult to seasonally adjust, making the series subject to some volatility.

B. Continued Weeks Claimed

A person who has already filed an initial claim and who has experienced a week of unemployment then files a continued claim to claim benefits for that week of unemployment. On a weekly basis, continued claims are also referred to as insured unemployment, as continued claims reflect a good approximation of the current number of insured unemployed workers filing for UI benefits. The count of U.S. continued weeks claimed is also a good indicator of labor market conditions. While continued claims are not a leading indicator (they roughly coincide with economic cycles at their peaks and lag at cycle troughs), they provide confirming evidence of the direction of the U.S. economy.

C. Seasonal Adjustments and Annual Revisions

Over the course of a year, the weekly changes in the levels of initial claims and continued claims undergo regularly occurring fluctuations. These fluctuations may result from seasonal changes in weather, major holidays, the opening and closing of schools, or other similar events. Because these seasonal events follow a more or less regular pattern each year, their influence on the level of a series can be tempered by adjusting for regular seasonal variation. These adjustments make trend and cycle developments easier to spot. At the beginning of each calendar year, the Bureau of Labor Statistics provides the Employment and Training Administration (ETA) with a set of seasonal factors to apply to the unadjusted data during that year. Concurrent with the implementation and release of the new seasonal factors, ETA incorporates revisions to the UI claims historical series caused by updates to the unadjusted data. For further questions on the seasonal adjustment methodology, please see the [official release page for the UI claims seasonal adjustment factors](#) or contact BLS directly through the [Local Area Unemployment Statistics web contact form](#).

[Weekly Claims Archives](#)
[Weekly Claims Data](#)

U.S. Department of Labor news materials are accessible at <http://www.dol.gov>. The Department's [Reasonable Accommodation Resource Center](#) converts Departmental information and documents into alternative formats, which include Braille and large print. For alternative format requests, please contact the Department at (202) 693-7828 (voice) or (800) 877-8339 (federal relay).

U.S. Department of Labor
Employment and Training Administration
Washington, D.C. 20210
Release Number: USDL 25-454-NAT

Program Contacts:
Lawrence Essien: (202) 693-3087
Media Contact: (202) 693-4676