

## Talking Points

In the latest *Take Five* released Friday, January 30, 2026, Senior Business Economist Kathleen Navin discusses...

The January 28, 2026, Federal Open Market Committee (FOMC) Policy Statement:

- Labor Market and Inflation
  - The unemployment rate has shown some signs of stabilization.
  - Inflation remains somewhat elevated.
- The Federal Funds Target Range
  - The FOMC decided to maintain the target range for the federal funds rate at 3 ½ to 3 ¾ percent.
- Monetary Policy
  - The FOMC will continue to monitor the implications of incoming information for the economic outlook and would be prepared to adjust the stance of monetary policy as appropriate if risks emerge that could impede the attainment of the Committee's goals.
  - The FOMC's assessments will take into account a wide range of information, including readings on labor market conditions, inflation pressures and inflation expectations, and financial and international developments.

*Views expressed in a Take Five videos are the views of the presenter and do not represent the official opinions of the Federal Reserve Bank of St. Louis or the Board of Governors of the Federal Reserve System.*

## Resources

- [FOMC Statement](#)
- [FOMC Press Conference](#)
- [Implementation Note](#)
- [Statement on Longer-run Goals and Monetary Policy](#)