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If The Fed Didn't Hike, Why Did Mortgage Rates Hit Long Term Highs?

This week's main event was the scheduled policy announcement from the Fed. As was the case two meetings ago, the Fed opted to hold its policy rate unchanged, but almost every other interest rate in the US moved sharply higher.

This counterintuitive movement is fairly common when it comes to the 8 Fed meetings each year. Rates have fallen on several occasions when the Fed hiked throughout this rate hike cycle. There are several reasons this can happen. Some are complicated, but two of the simplest reasons are all we need this time around.

First off, the Fed only has 8 scheduled opportunities to update rates every year while the bond market has thousands of opportunities every day. Because of that, a Fed rate hike is often just a lagging development that the market has already priced in. The Fed actually tries to avoid surprising the market when it comes to hikes/cuts. Via speeches and press conferences, it effectively preps the market for potential changes.

The market can trade these expectations in a variety of ways. The most direct is via Fed Funds Futures, which give traders a way to bet on the level of the Fed Funds Rate on any given month well into the future. Traders haven't budged in their expectation of this week's meeting resulting in a 5.375% Fed Funds Rate for **months!**

National Average Mortgage Rates



Mortgage News Daily	Rate	Change	Points
30YR Fixed	7.22%	-0.08	0.00
15YR Fixed	6.85%	-0.06	0.00
30YR FHA	6.89%	-0.06	0.00
30YR Jumbo	7.40%	-0.05	0.00
7/6 SOFR	6.73%	+0.02	0.00
30YR VA	6.90%	-0.07	0.00

Rates as of: 11/4

MBS and Treasury

	Price / Yield	Change
MBS UMBS 6.0	100.17	-0.03
10 YR Treasury	4.8880	+0.0026
30 YR Treasury	5.2666	-0.0133

Pricing as of: 11/5 7:10AM EST

Recent Housing Data

		Value	Change
Mortgage Apps	Oct 21	195	+3.39%
Building Permits	Sep	1.4M	+0.43%
Housing Starts	Sep	1.22M	-4.24%
New Home Sales	Sep	676K	-1.17%
Pending Home Sales	Aug	71.2	0%
Existing Home Sales	Oct	3.99M	+0.25%
Builder Confidence	Oct	29	-9.38%

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In other words, when the Fed held rates steady this week, it wasn't a surprise to anyone and the market was already priced for it. We can thus rule out the rate decision as the catalyst for the mortgage rate volatility and look elsewhere. We won't need to look far.

On 4 out of the 8 Fed announcements per year, and at the exact same moment as the Fed Funds Rate decision, the Fed also releases a "summary of economic projections." Among these forecasts is a dot plot showing where each Fed member sees the Fed Funds Rate at the end of the next few years. These so-called "dots" have become a big deal for financial markets despite Fed Chair Powell's requests to avoid reading too much into them.

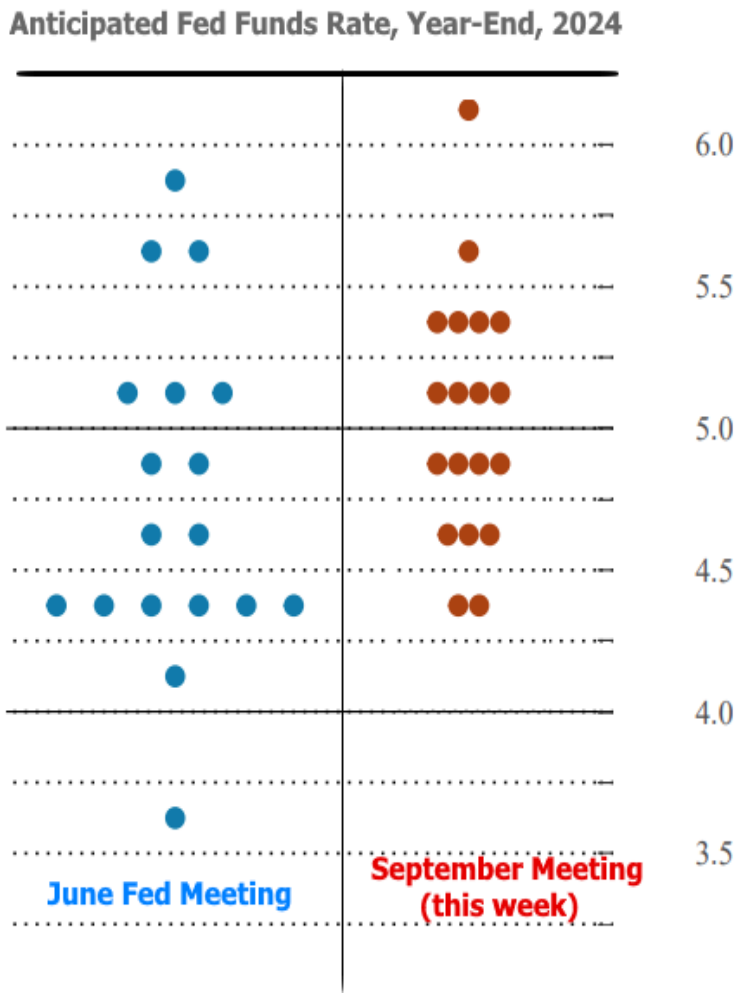
The market doesn't care about the dots due to some amazing track record of accuracy from the Fed. Rather, they simply offer a very detailed update as to how the Fed's decision-making process is evolving when it comes to future rate hikes/cuts. If the average Fed member expected rates to be almost 1% lower by the end of 2024 and now only sees them being 0.25% lower, that would tell the market a lot about the Fed's intention to keep rates higher for longer, all other things being equal.

That is exactly what happened.

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Markets expected the dots to rise, but not by this much. Neither stocks nor bonds (aka rates) were happy about it.



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Traders had already been pricing in a "higher for longer" path for the Fed Funds rate based on recent economic data. In the bigger picture, this week's revelation didn't materially alter the trend in those expectations, but it did give them a noticeable bump. Here's how the market's outlook for the Fed Funds Rate in September 2024 has been evolving.

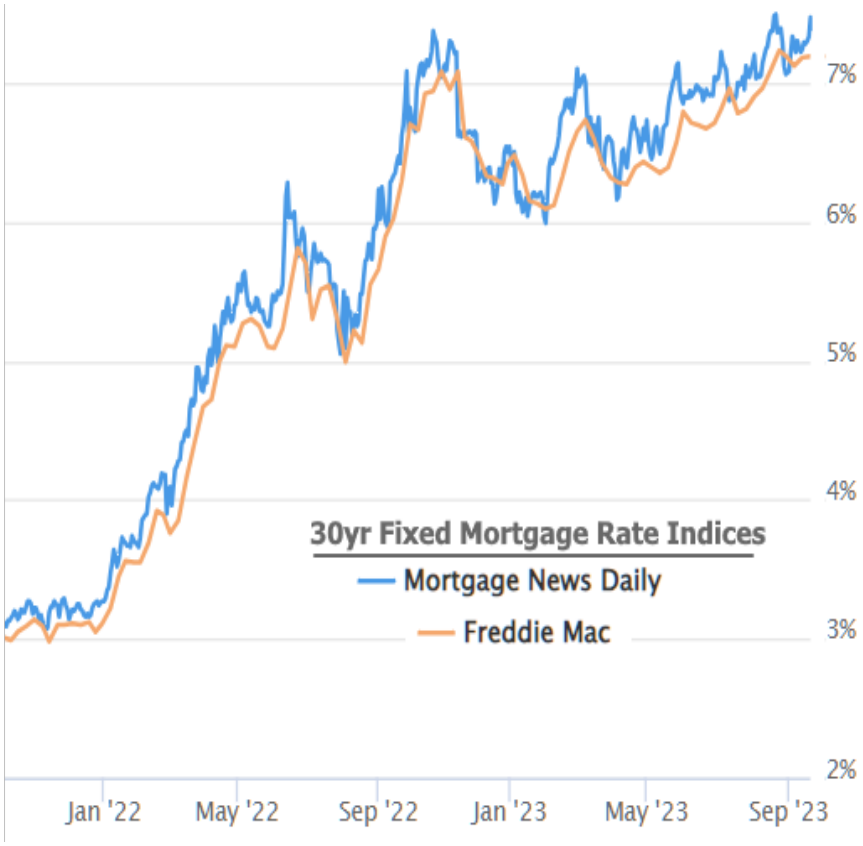


The "bump" just happened to hit when rates were already near long-term highs. The average 30yr fixed rate didn't technically break above the highest level seen last month, but it came within 0.01% based on the more timely data from Mortgage News Daily. We expect Freddie's weekly numbers will challenge multi-decade highs next week.

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Why is all this happening? In a nutshell, the Fed Funds Rate is a blunt instrument tasked with fighting inflation. Inflation has been coming down, but it's still high and a bit of a rebound can't be ruled out due to things like higher fuel prices, auto worker strikes, and an adjustment in the way certain health care costs are calculated. In addition, the Fed is not yet seeing the type of downturn in economic data that would suggest impending disinflation.

That last point is a matter of debate as some critics say the Fed has already done enough and simply needs to give their policy more time to have an impact. The Fed admits that this economic cycle is different than past cycles and that there's no way to know with certainty when it's time for a friendly shift.

Regardless of who's right about the timing of a policy shift and whether enough has already been done, most can agree that it will be economic data that serves as the trigger for a change. Not just any economic data will do. The Fed and the market are both focused on several of the highest impact reports. Most of them will be released on the first week of October. If they take a turn for the worse, rates would likely recover. If they continue to surprise to the upside, so will rates, unfortunately.

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Recent Economic Data

Date	Event	Actual	Forecast	Prior
Monday, Sep 18				
10:00AM	Sep NAHB housing market indx	45	50	50
Tuesday, Sep 19				
8:30AM	Aug Housing starts number mm (ml)	1.283M	1.44M	1.452M
8:30AM	Aug Building permits: number (ml)	1.543M	1.443M	1.443M

Event Importance:

No Stars = Insignificant
☆ Low
★ Moderate
★★ Important
★★ Very Important

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Date	Event	Actual	Forecast	Prior
Wednesday, Sep 20				
7:00AM	Sep/15 MBA Purchase Index	147		143.7
7:00AM	Sep/15 MBA Refi Index	415.4		367
2:00PM	Fed Interest Rate Decision	5.5%	5.5%	5.5%
2:00PM	FOMC Economic Projections			
2:30PM	Powell Press Conference			
Thursday, Sep 21				
8:30AM	Sep/16 Jobless Claims (k)	201K	225K	220K
8:30AM	Sep Philly Fed Business Index	-13.5	-0.7	12
8:30AM	Sep Philly Fed Prices Paid	25.7		20.8
10:00AM	Aug Exist. home sales % chg (%)	-0.7%		-2.2%
10:00AM	Aug Existing home sales (ml)	4.04M	4.1M	4.07M
Friday, Sep 22				
9:45AM	Sep S&P Global Services PMI	50.2	50.6	50.5
9:45AM	Sep S&P Global Manuf. PMI	48.9	48	47.9
Tuesday, Sep 26				
9:00AM	Jul FHFA Home Prices y/y (%)	4.6%		3.1%
9:00AM	Jul Case Shiller Home Prices-20 y/y (%)	0.1%	-0.3%	-1.2%
10:00AM	Aug New Home Sales (ml)	0.675M	0.7M	0.714M
Wednesday, Sep 27				
7:00AM	Sep/22 MBA Refi Index	411.7		415.4
7:00AM	Sep/22 MBA Purchase Index	144.8		147
8:30AM	Aug Durable goods (%)	0.2%	-0.5%	-5.2%
Thursday, Sep 28				
8:30AM	Sep/23 Jobless Claims (k)	204K	215K	201K
8:30AM	Q2 GDP sales Final (%)	2.1%	2.2%	4.2%
Friday, Sep 29				
8:30AM	Aug Core PCE Inflation (y/y) (%)	3.9%	3.9%	4.2%
8:30AM	Aug Core PCE (m/m) (%)	0.1%	0.2%	0.2%
8:30AM	Aug Wholesale inventories mm (%)	-0.1%		-0.2%
9:45AM	Sep Chicago PMI	44.1	47.6	48.7
10:00AM	Sep Consumer Sentiment (ip)	68.1	67.7	69.5

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About Me

I'm the Founder & CEO of World Home Loans, a mission-driven mortgage brokerage built with one purpose: to give consumers, especially Veterans, the respect, speed, and savings they deserve when financing a home.

Over the past 2 years, I've personally closed over 600 VA purchase loans and personally funded more than $375M in the past 12 months. Along the way, I learned that America's Veterans are too often underserved by big-box lenders—facing higher rates, slower closings, and a lack of genuine care. That's why I built World Home Loans.

 Our Mission:
• To serve our Veterans by offering ultra-low mortgage rates and closing costs.
• To empower Veterans with the knowledge and resources needed to make informed home financing decisions.
• To stand against and eliminate the widespread overcharging of Veterans that has persisted in the mortgage industry for decades.

At World Home Loans, we back this mission with execution:
 Faster closings (our average is 18 days)
 Better pricing (consistently beating national averages)
 White-glove experience that earns 5-star reviews at scale
 A platform where top producers can 2–3X their volume through efficiency, brand power, and unmatched VA expertise.

With "Victory on the Home Front" as our rallying cry, World Home Loans is on course to become the dominant VA-focused lender in the country.

 Alongside building WHL, I'm writing my book The Efficient Closer: Building a Mortgage Empire with Precision and Purpose—a playbook for originators who want to scale with speed, systems, and execution.

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