Population Groups by Race and Ethnicity in New Hampshire

Source: U.S. Census Bureau estimates for July 1, 2019; numbers rounded to the nearest thousand

 Adults
8.7 percent of the adult population identifies as something other than non-Hispanic white

- Non-Hispanic White: 1,002,300
- Hispanic White: 30,300
- Black or African American: 16,800
- Asian: 31,500
- Other Races or Two or More Races: 17,400
- Total Adult Population: 1,098,300

 Children
15.5 percent of the population under age 18 identifies as something other than non-Hispanic white

- Non-Hispanic White: 218,100
- Hispanic White: 13,600
- Black or African American: 6,500
- Asian: 8,900
- Other Races or Two or More Races: 11,100
- Total Child Population: 258,200

Notes: The U.S. Census Bureau categorizes Black or African American, Asian, and Two or More Races to include individuals identifying as Hispanic or Latino. Hispanic or Latino ethnicity is categorized independently of race.
Fewer Children, More Older Adults
Source: U.S. Census Bureau, 2019; numbers rounded to the nearest thousand

New Hampshire’s population under age 65 declined by about 33,000 people from 2010 to 2019, while the population aged 65 and older grew by 74,000.

Between 2000 and 2010, New Hampshire’s population under age 65 increased by about 50,000 people, while the population aged 65 and older grew by 30,000.

Child Population on the Decline
Source: U.S. Census Bureau, 2019; numbers rounded to the nearest thousand

Number of children under age 18 declined by about 30,000 between 2010 and 2019.

Number of children under age 18 declined by about 22,000 between 2000 and 2010.

Population Growth by Ethnicity
Source: U.S. Census Bureau, Population Division Estimates for April 1 of 2010 to July 1 of 2019; numbers rounded to the nearest thousand

From 2010 to 2019, the population of New Hampshire grew by about 43,000 people.

Over 90 percent of this population growth was driven by individuals identifying as a race or ethnicity other than white and non-Hispanic.

Population Projections
Source: New Hampshire Office of Energy and Planning 2016 projections

APPROXIMATELY ONE THIRD OF GRANITE STATERS WILL BE AGE 60 OR OLDER IN 2030

ABOUT 106,000 MORE GRANITE STATERS WILL BE OVER AGE 65 IN 2030 THAN WERE PROJECTED TO BE IN 2020, A 40 PERCENT INCREASE

THE NUMBER OF CHILDREN AGED 0-9 WAS PROJECTED TO REMAIN AT ABOUT 140,000 THROUGH 2040 AND DECLINE AS A PERCENTAGE OF THE OVERALL POPULATION

-3% THE SHARE OF THE POPULATION AGED 24 AND YOUNGER, ESTIMATED TO BE 30 PERCENT IN 2015, WAS PROJECTED TO FALL TO 27 PERCENT BY 2030