



# AFFORDING HOUSEHOLD EXPENSES IN THE GRANITE STATE

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# UNDERSTANDING HOUSEHOLD FINANCIAL VULNERABILITY IN NEW HAMPSHIRE

## Household Income, Poverty in the U.S. and New Hampshire

- National data offer insights into recent trends
- State-level data provide greater local, regional understanding of income, poverty, housing challenges, and health coverage in New Hampshire

## Household Savings and Financial Vulnerability

- Pre-pandemic data specific to New Hampshire
- Reported difficulty affording usual household expenses
- National data providing hints in trends in savings and assets

## Living Costs in New Hampshire and Regionally

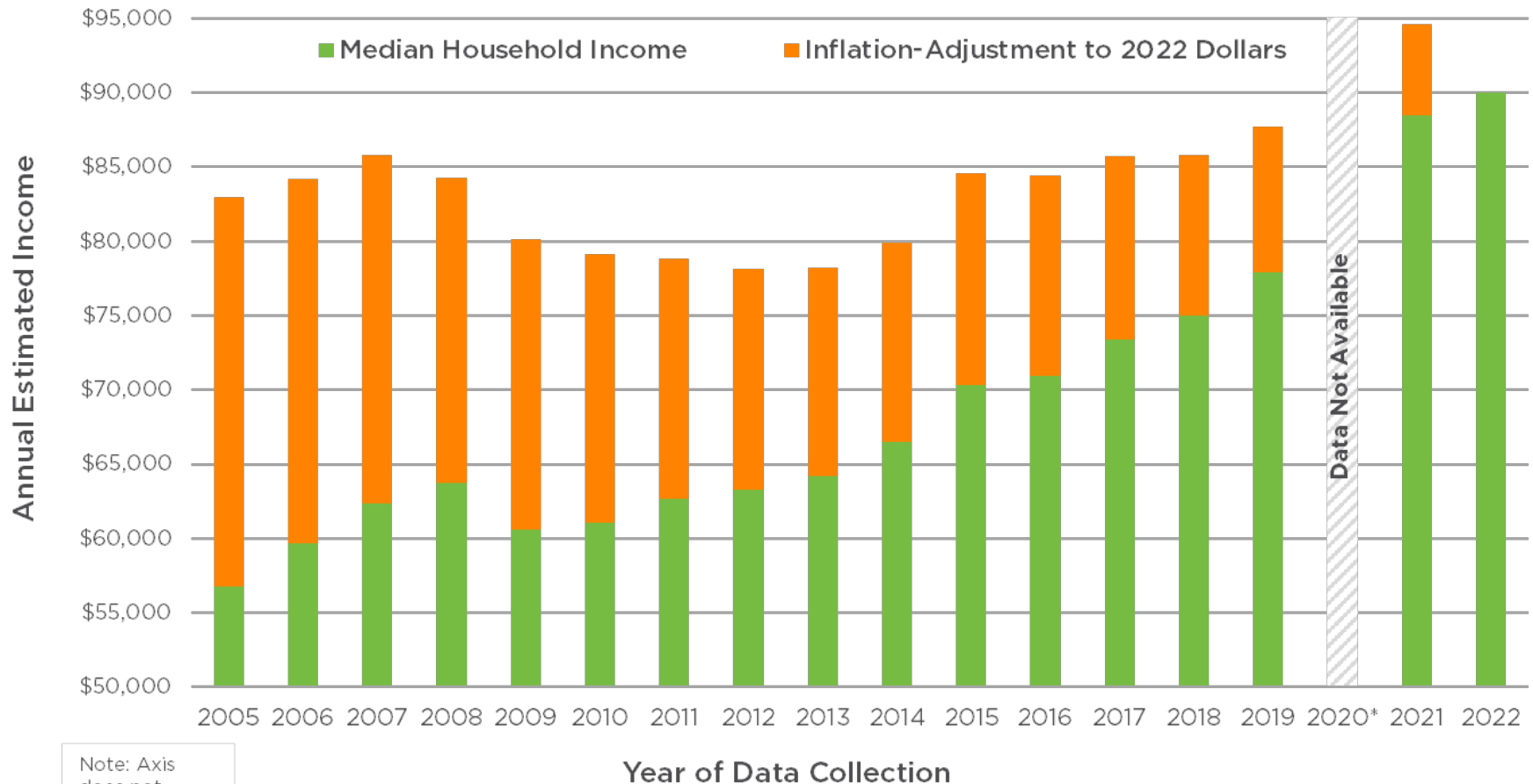
- Incomes vary substantially by household composition
- Pre-pandemic cost data specific to New Hampshire
- Housing, child care prices key drivers for living costs

## Key Takeaways and Policy Considerations

# HOUSEHOLD INCOME AND POVERTY IN THE UNITED STATES AND NEW HAMPSHIRE

# MEDIAN INCOME GROWTH DID NOT EXCEED INFLATION FACED BY CONSUMERS IN 2022

## MEDIAN HOUSEHOLD INCOME IN NEW HAMPSHIRE



Note: Axis does not begin at zero.

\*Note: These data were not available for 2020 due to disruptions associated with the pandemic.  
Sources: U.S. Census Bureau, American Community Survey One-Year Estimates;  
U.S. Bureau of Labor Statistics, Consumer Price Index-Urban, Northeast

# MEDIAN HOUSEHOLD INCOME HIGH IN MASSACHUSETTS, NH HIGHER THAN U.S.

ESTIMATED MEDIAN HOUSEHOLD INCOME BY GEOGRAPHY  
*2022 Data*

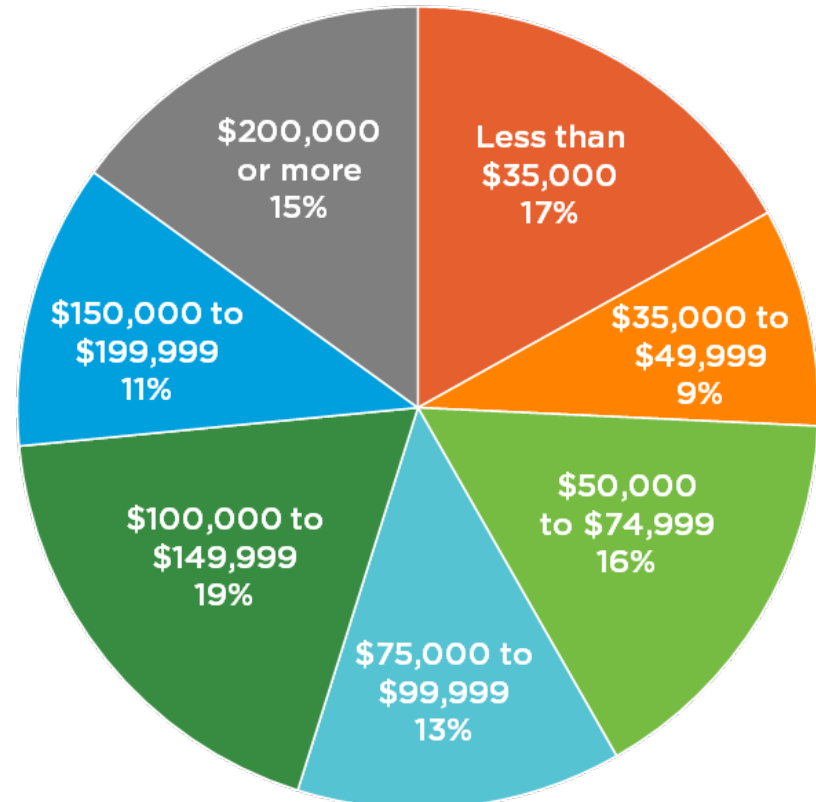


# SIGNIFICANT NUMBER OF HOUSEHOLDS WITH LOW INCOMES ABOVE POVERTY

- About 1 in 4 New Hampshire households had incomes below \$50,000 in 2022 data
- Poverty thresholds based on food costs as percentage of historical family budgets, adjusted for inflation, vary by household size and composition
- Thresholds for 2022 are \$15,225 annually for a single person under 65 years old, \$23,556 for a family of three with one child

## NEW HAMPSHIRE HOUSEHOLDS BY INCOME GROUP, 2022

Source: U.S. Census Bureau, American Community Survey, 2022 One-Year Data

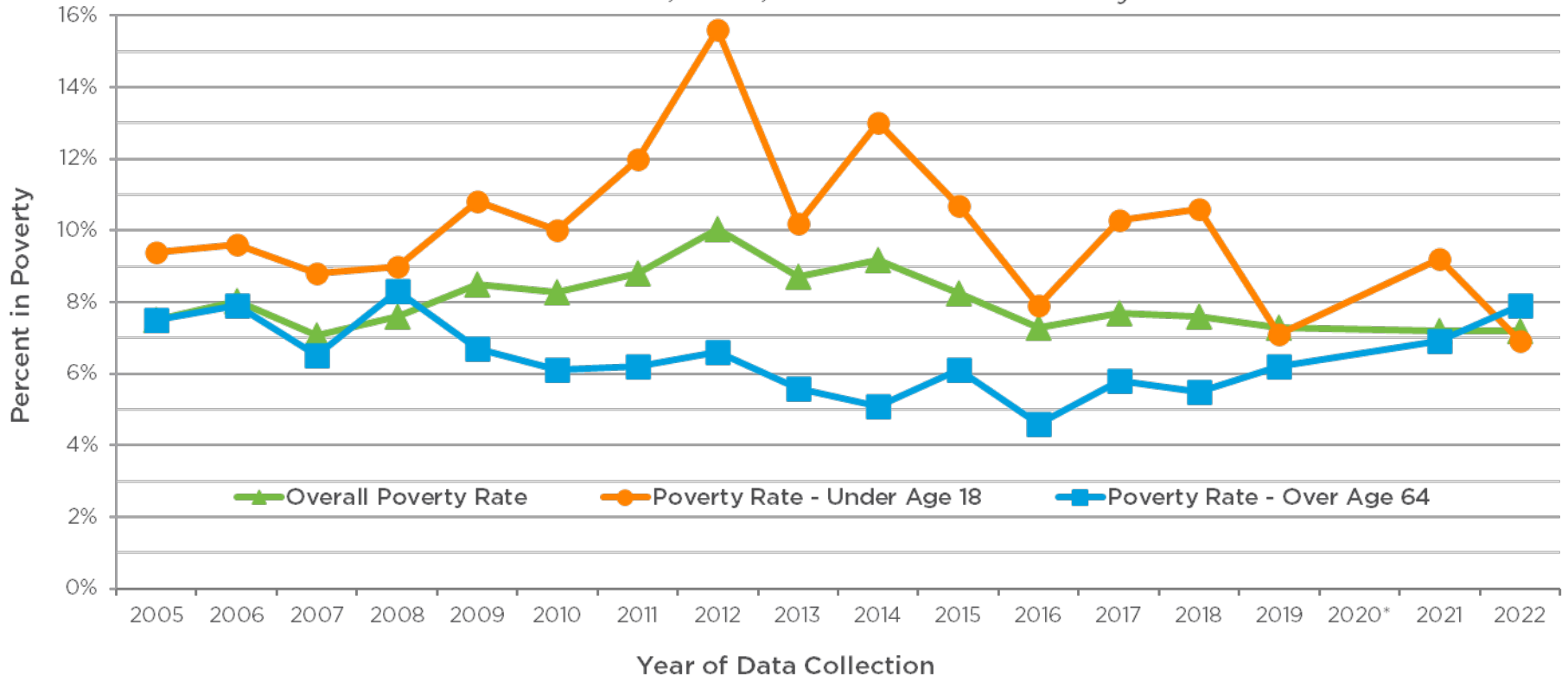


For more information, see NHFPI's June 20, 2022 presentation *Financial Vulnerability in New Hampshire* and February 3, 2022 blog *Poverty in New Hampshire Was Higher Than Other States When Adjusted for Regional Housing and Other Costs*.

# ABOUT 98,000 (7.2%) OF GRANITE STATERS, INCLUDING 17,000 CHILDREN, IN POVERTY

## NEW HAMPSHIRE POVERTY RATES OVER TIME

*Estimates for Overall, Child, and Older Adult Poverty Rates*



\*Note: These data were not available for 2020 due to disruptions associated with the pandemic.

The poverty rate is measured as a percentage of the population for whom poverty status could be determined.

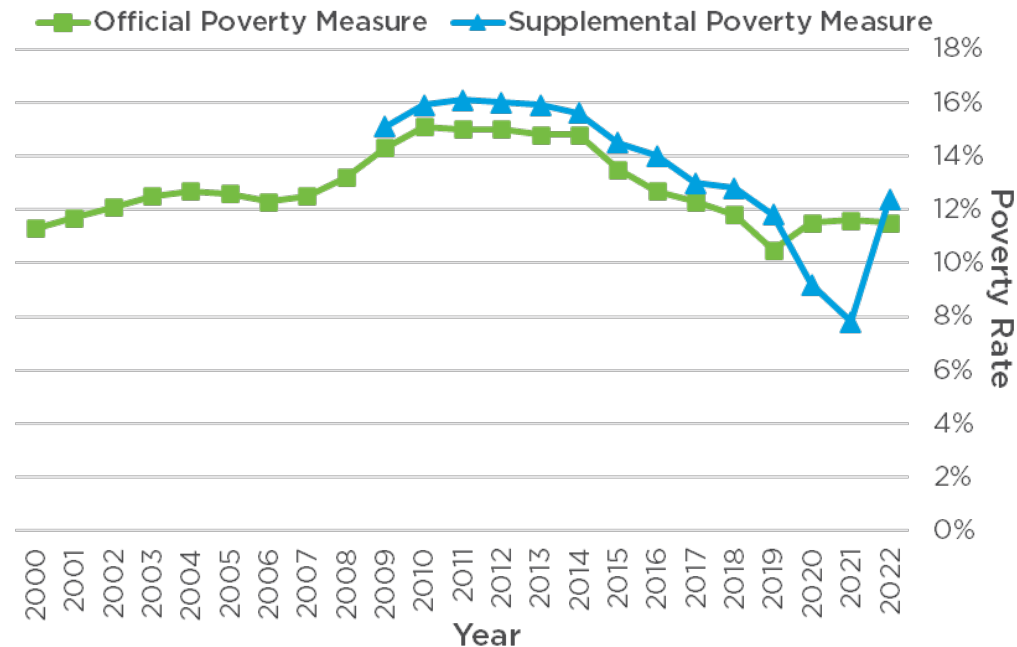
Source: U.S. Census Bureau, American Community Survey, One-Year Data

# TWO DIFFERENT MEASURES OF POVERTY YIELD DIFFERENT RESULTS

- Official Poverty Measure (OPM) based on minimum food diet cost multiplied by three, Supplemental Poverty Measure (SPM) based on recent expenditure data
- OPM is gross pre-tax income, SPM includes taxes and tax credits, work and medical expenses, noncash benefits, child support paid, regional housing costs
- OPM estimates back to 1959, SPM only to 2009

For more details, see NHFPI's Feb. 3, 2022 blog *Poverty in New Hampshire Was Higher Than Other States When Adjusted for Regional Housing and Other Costs* and U.S. Census Bureau's *Poverty in the United States: 2022*.

## U.S. POVERTY RATES BY THE OFFICIAL POVERTY MEASURE AND THE SUPPLEMENTAL POVERTY MEASURE



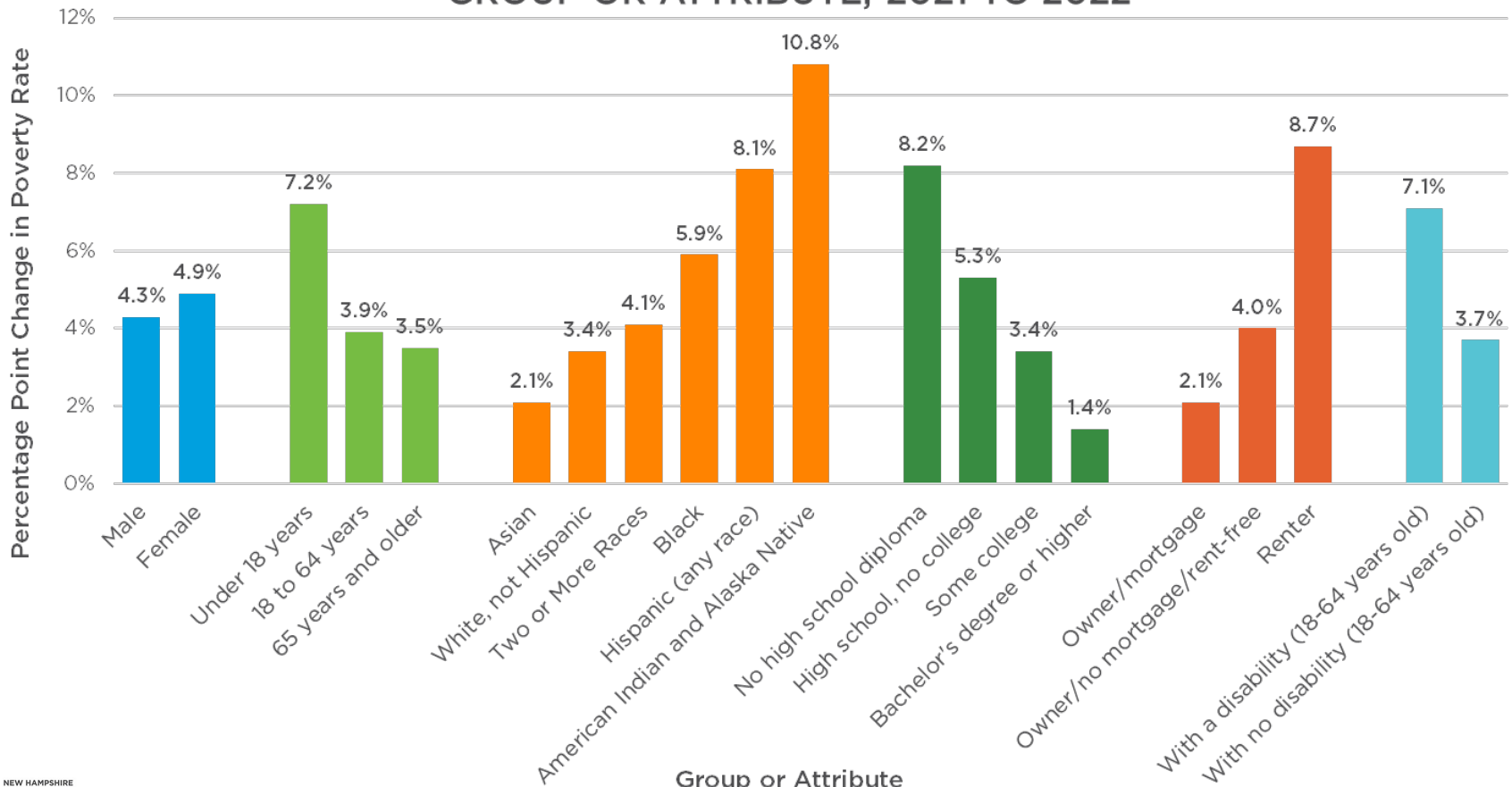
Note: Where methodological revisions were introduced in data collection yielding multiple estimates for a single year, this graph uses the estimates with newly-revised survey language or estimates that are most comparable to future years.

Source: U.S. Census Bureau, *Poverty in the United States: 2022*, Tables A-3 and B-2, September 2023



# SPM POVERTY ROSE FOR CHILDREN, LESS EDUCATED, RENTERS, NATIVE AMERICANS

CHANGE IN U.S. SUPPLEMENTAL POVERTY MEASURE RATES BY GROUP OR ATTRIBUTE, 2021 TO 2022

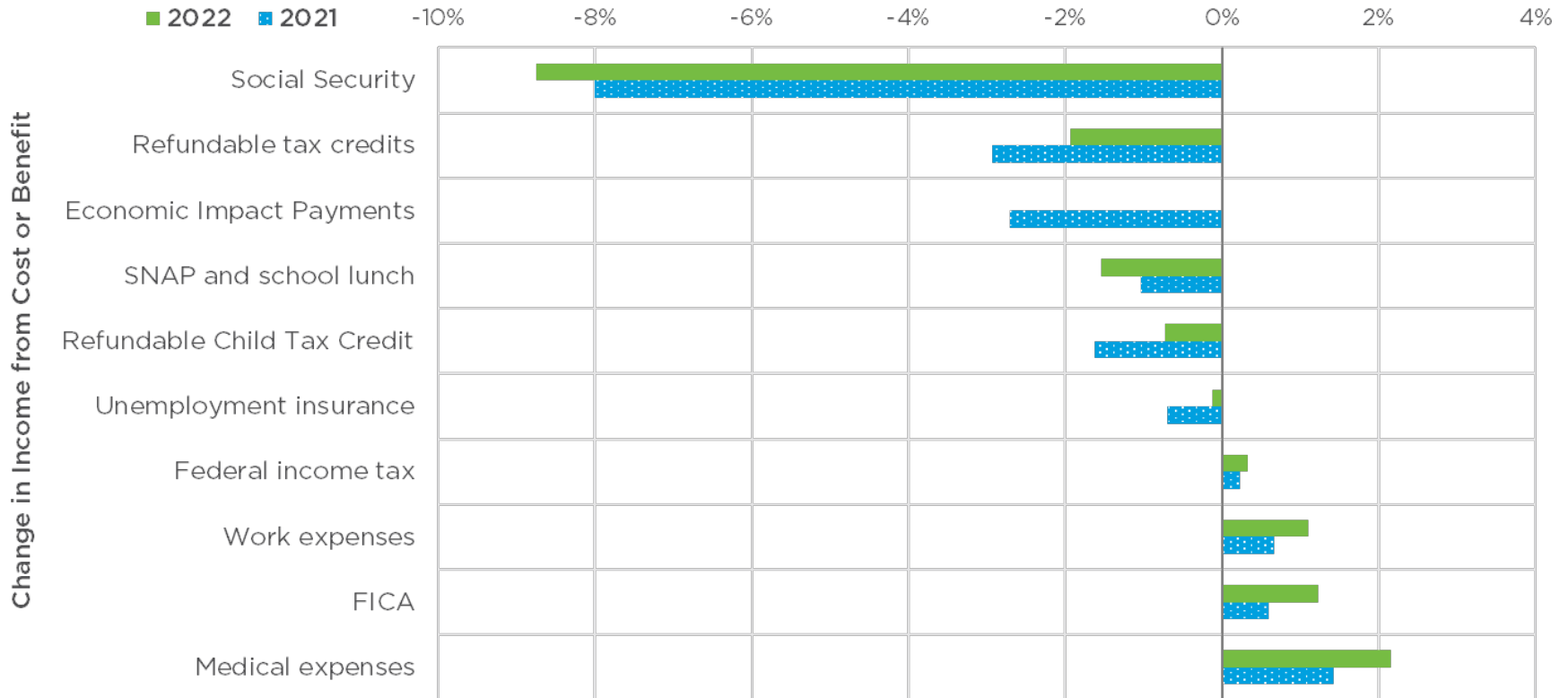


Source: U.S. Census Bureau, Poverty in the United States: 2022, Table B-3, September 2023

# POVERTY SUBSTANTIALLY REDUCED IN 2021 BY TAX CREDITS, “STIMULUS CHECKS”

## EFFECTS OF SELECTED KEY ELEMENTS ON U.S. SUPPLEMENTAL POVERTY MEASURE RATES

Percentage Change in Poverty Rate Due to Specific Cost or Benefit

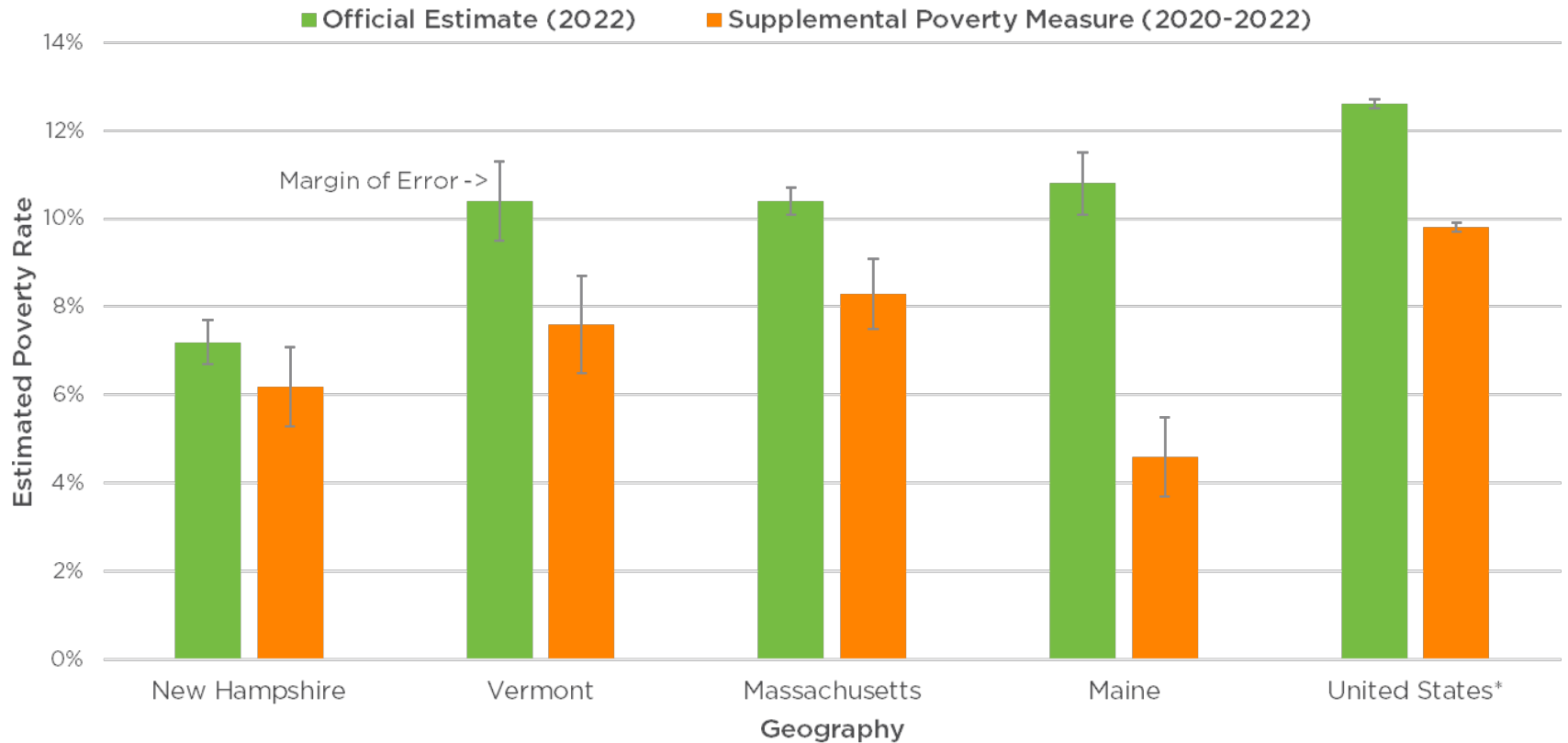


Notes: Includes program impacts (such as Social Security and unemployment insurance) included in both the Official Poverty Measure and the Supplemental Poverty Measure. SNAP = Supplemental Nutrition Assistance Program. FICA = Federal Insurance Contributions Act.

Source: U.S. Census Bureau, Poverty in the United States: 2022, Table B-7, September 2023

# OPM RATE LOWEST IN NEW HAMPSHIRE, SPM IN MAINE LOWER THAN GRANITE STATE

## OFFICIAL AND SUPPLEMENTAL POVERTY MEASURES BY GEOGRAPHY



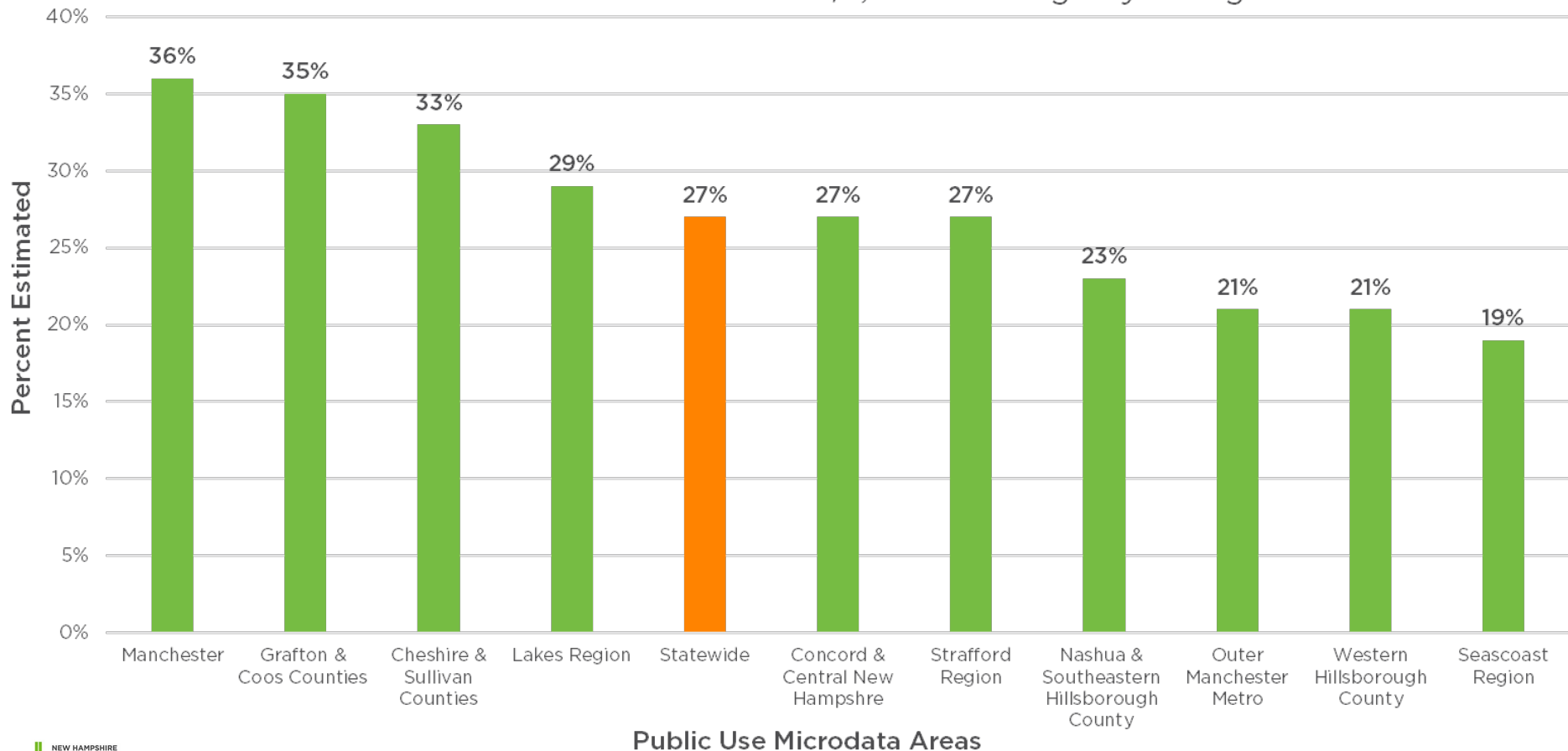
\*Notes: For the U.S. 2022 estimate, American Community Survey data are used to be directly comparable with State data. Margin of error bars represent 90 percent confidence intervals. Supplemental Poverty Measure data are from the Current Population Survey; 2022 Official Estimates are from the American Community Survey. Sources: U.S. Census Bureau, American Community Survey One-Year Estimates; U.S. Census Bureau, Poverty in the United States: 2022, Table B-5, September 2023

# HOUSEHOLD SAVINGS AND FINANCIAL VULNERABILITY

# MORE THAN 1 IN 4 GRANITE STATERS DID NOT HAVE AT LEAST \$2,000 IN SAVINGS

## NEW HAMPSHIRE HOUSEHOLDS WITHOUT AT LEAST \$2,000 IN SAVINGS

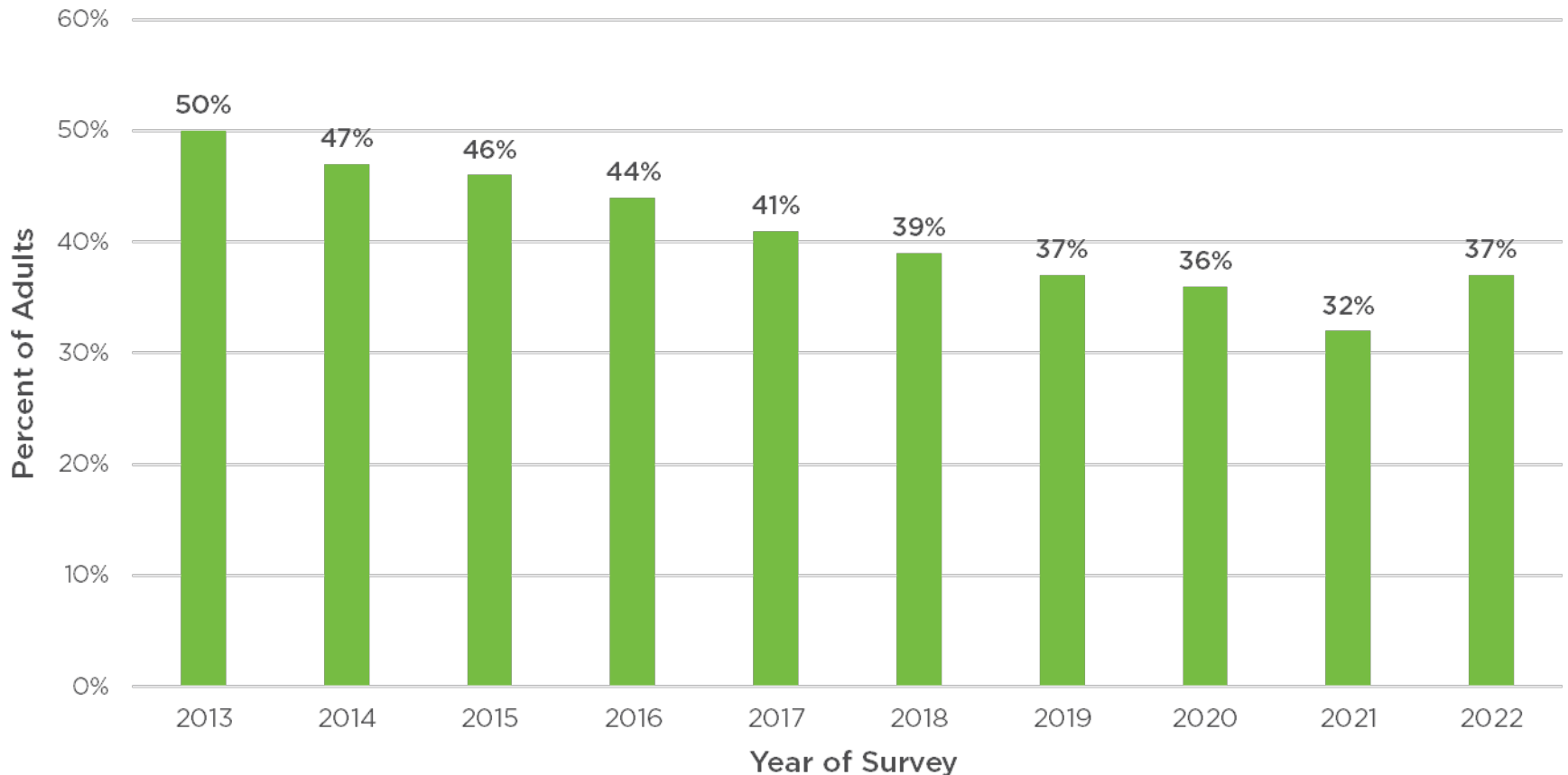
*Estimated Percent of Households in New Hampshire Regions with at least 100,000 Residents that Do Not Have at Least \$2,000 in Emergency Savings in 2019*



Source: Urban Institute, Financial Health and Wealth Dashboard, October 2022

# A LARGER PERCENTAGE OF U.S. ADULTS COULD NOT AFFORD AN UNEXPECTED EXPENSE IN 2022

PERCENTAGE OF U.S. ADULTS WHO WOULD NOT PAY FOR AN UNEXPECTED \$400 EXPENSE WITH CASH OR AN EQUIVALENT\*

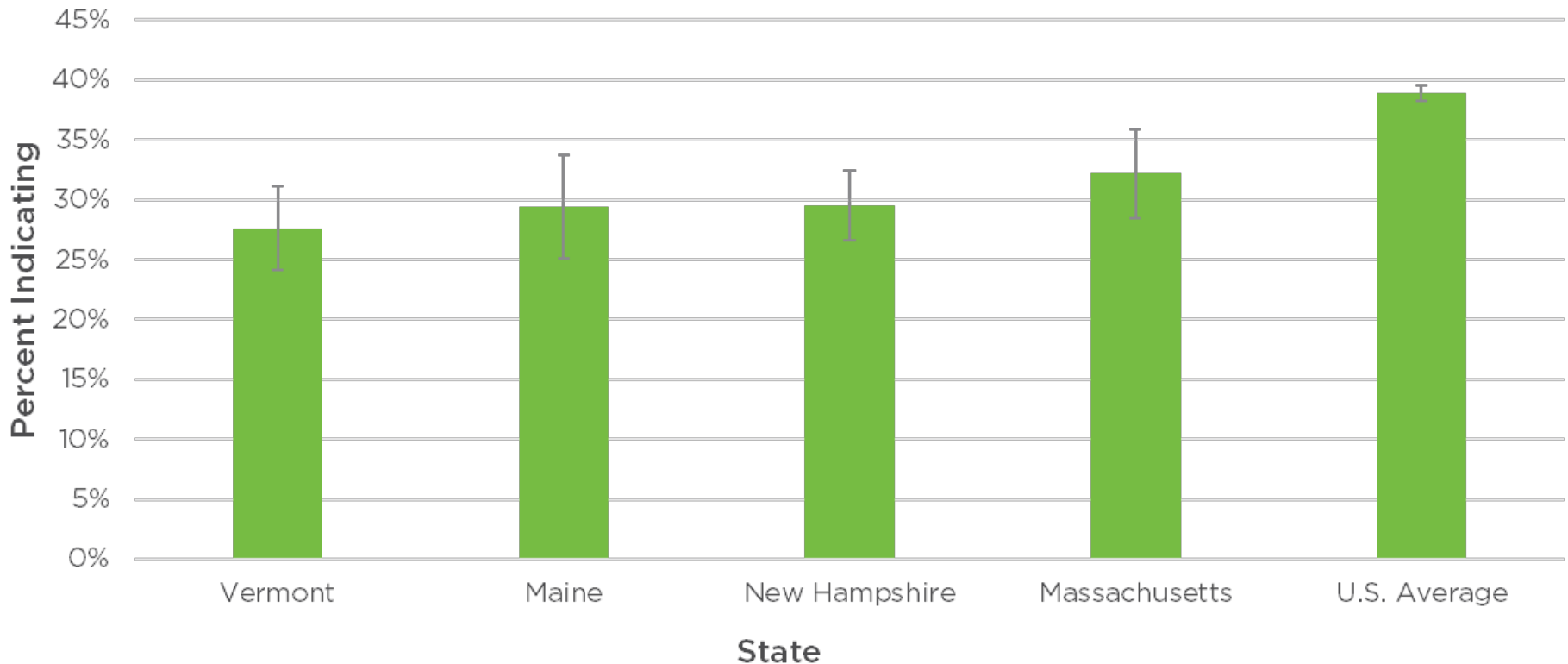


\*Includes savings and credit cards to be paid off at next statement.

Source: Board of Governors of the Federal Reserve System, Economic Well-Being of U.S. Households in 2022, May 2023.

# ABOUT 1 IN 3 NEW ENGLAND ADULTS REPORT DIFFICULTY AFFORDING USUAL EXPENSES

PERCENTAGE OF ADULTS LIVING IN HOUSEHOLDS WHERE IT HAS BEEN SOMEWHAT OR VERY DIFFICULT TO PAY FOR USUAL HOUSEHOLD EXPENSES IN THE PAST SEVEN DAYS



Note: Margin of error bars represent 90 percent confidence intervals

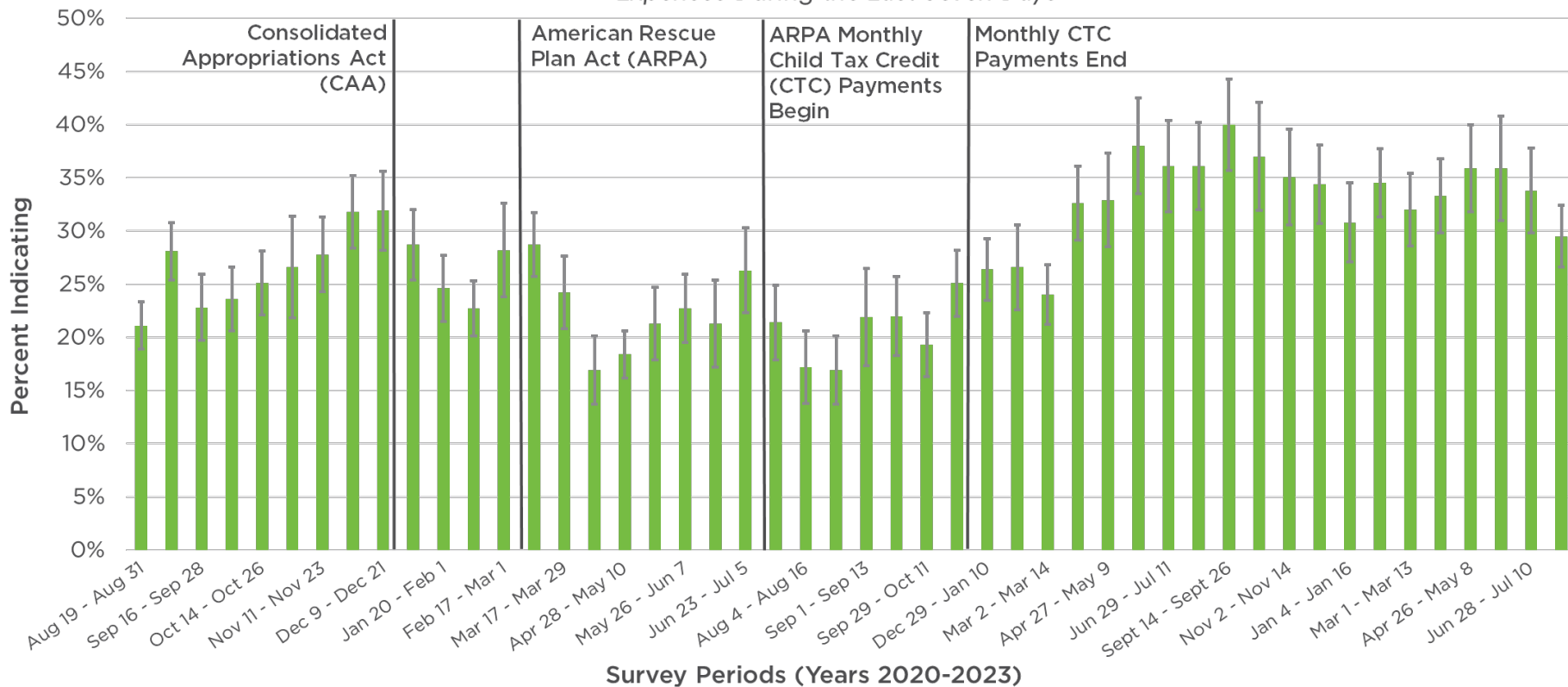
Source: U.S. Census Bureau Household Pulse Survey

July 26 - August 7, 2023

# DIRECT PANDEMIC ASSISTANCE EASED DIFFICULTY AFFORDING USUAL EXPENSES

## NEW HAMPSHIRE ADULTS REPORTING DIFFICULTY WITH USUAL EXPENSES

Percentage Living in Households Where it Has Been Somewhat or Very Difficult to Pay for Usual Household Expenses During the Last Seven Days



Survey Periods (Years 2020-2023)

Note: Margin of error bars represent 90 percent confidence intervals

Note: Federal Aid Packages - Consolidated Appropriations Act (CAA; 12/27/20), American Resue Plan Act (ARPA; 3/11/21)

Source: U.S. Census Bureau, 2020-2023



# LIVING COSTS IN NEW HAMPSHIRE AND REGIONALLY

# SINGLE-PARENT HOUSEHOLDS, ESPECIALLY FEMALE-LED, HAVE MUCH LOWER INCOMES

## MEDIAN INCOMES BY HOUSEHOLD COMPOSITION

*U.S. Census Bureau, Income in the Past 12 Months,  
2017-2021 American Community Survey Five-Year Estimates*

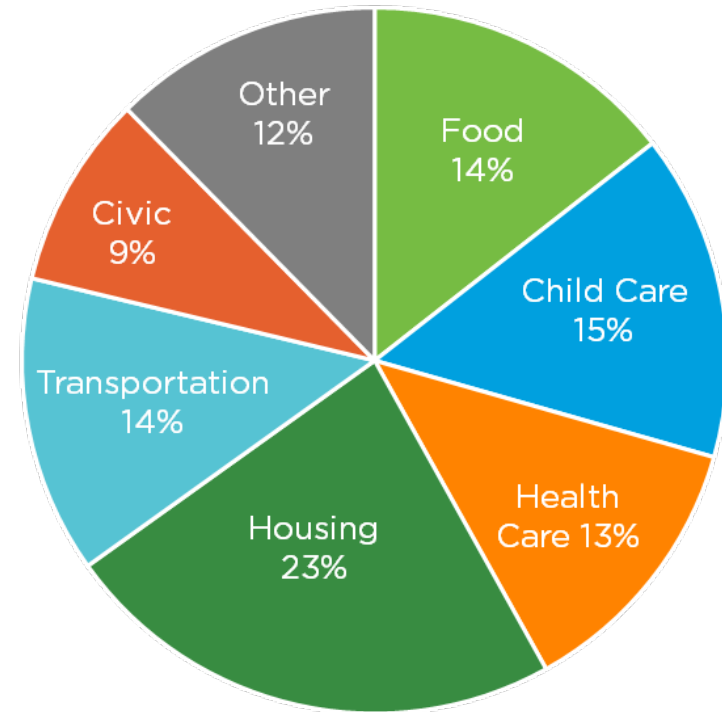
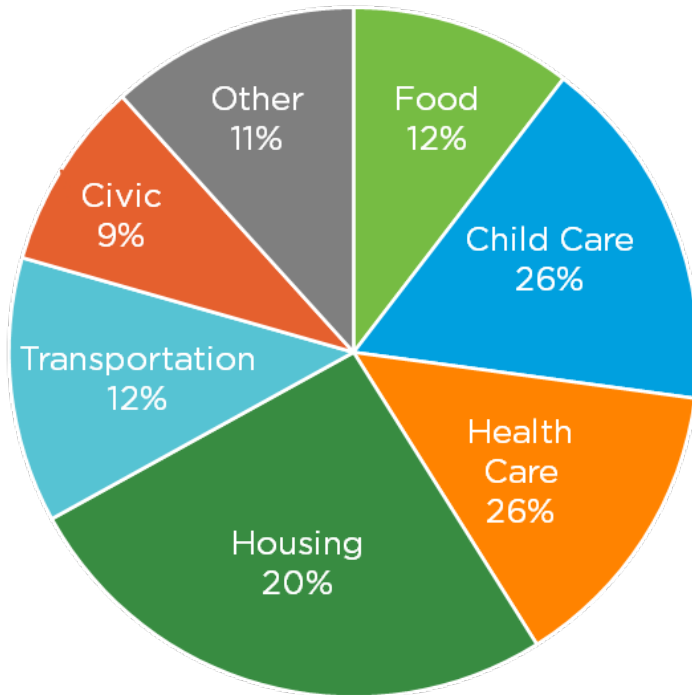
Type of Household	Estimated Median Income
Households	\$83,000
Families with Children	\$108,000
Married-Couple Families with Children	\$133,000
Female Householder with Children	\$40,000
Male Householder with Children	\$62,000

Source: U.S. Census Bureau, American Community Survey, Table S1903, 2017-2021 Data

# CHILD CARE AND HOUSING ARE LARGEST EXPENSES GRANITE STATE FAMILIES FACE

NEW HAMPSHIRE COST OF LIVING  
ONE PARENT AND ONE CHILD  
\$64,610 ANNUALLY

NEW HAMPSHIRE COST OF LIVING  
TWO PARENTS AND ONE CHILD  
\$72,126 ANNUALLY



Notes: “Civic” refers to civic engagement and encompasses “...regionally-adjusted cost of education, reading, entertainment, fees, admissions, pets, toys, hobbies, playground equipment, and other items necessary to participating and engaging in civic activities”; “Other” refers to “clothing, personal care products, and housekeeping supplies”

Source: Massachusetts Institute of Technology Living Wage Calculator

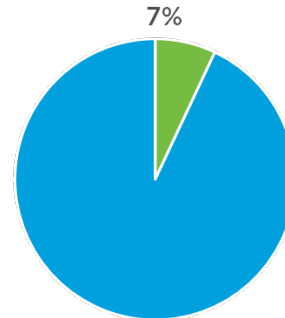
# CHILD CARE CONSIDERED UNAFFORDABLE FOR MOST NEW HAMPSHIRE FAMILIES

Average Annual Price for Center-Based Care in 2021

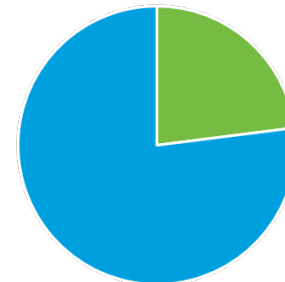
- Infant: \$14,245
- Toddler: \$13,151
- Infant and a 4-year-old combined: \$25,732

## PERCENTAGE OF NEW HAMPSHIRE MEDIAN HOUSEHOLD WITH CHILDREN INCOMES NEEDED FOR INFANT CENTER-BASED CARE

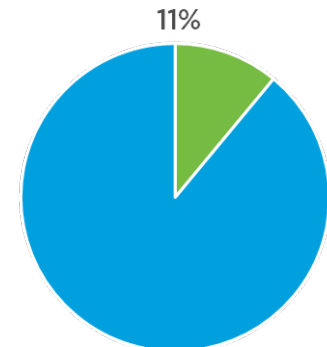
"AFFORDABLE" CHILD CARE AS DEFINED BY FEDERAL GOVERNMENT



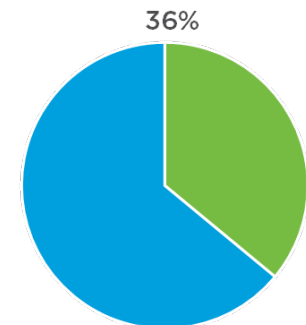
MALE HOUSEHOLDER



MARRIED-COUPLE FAMILY



FEMALE HOUSEHOLDER



Sources: Child Care Aware 2021 New Hampshire Price Fact Sheet; U.S. Census Bureau 2021, Median Income in the Past 12 Months, American Community Survey 5-year Estimates; U.S. Department of the Treasury: The Economics of Child Care Supply in the United States, September 2021

# NH CHILD CARE PRICES ALSO ABOVE MAINE AND VERMONT, BELOW MASSACHUSETTS

## 2022 AVERAGE CHILD CARE TUITION RATES

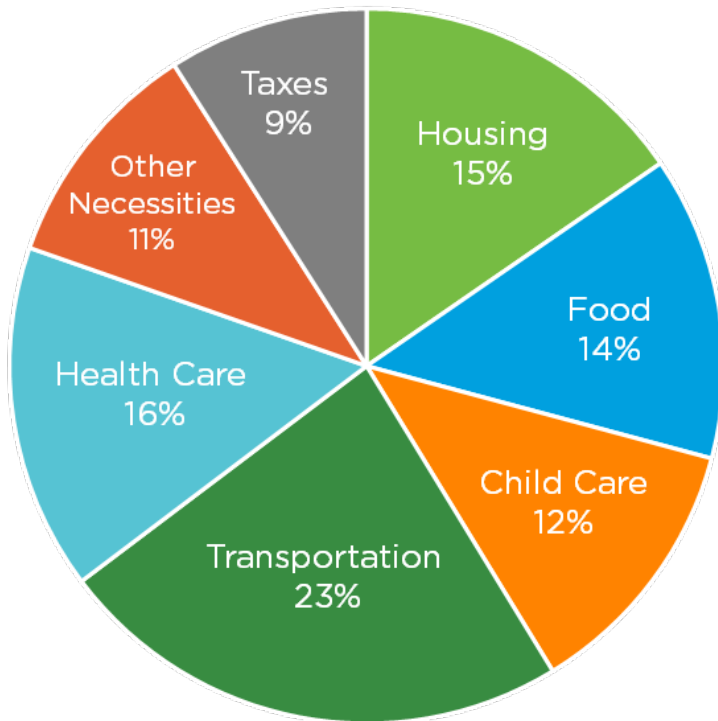
*Average Child Care Prices in New Hampshire and Neighboring States for Center-Based Care*

State	Infant	Toddler
Maine	\$11,960	\$11,284
Vermont	\$15,080	\$14,560
New Hampshire	\$15,340	\$14,235
Massachusetts	\$24,472	\$21,724

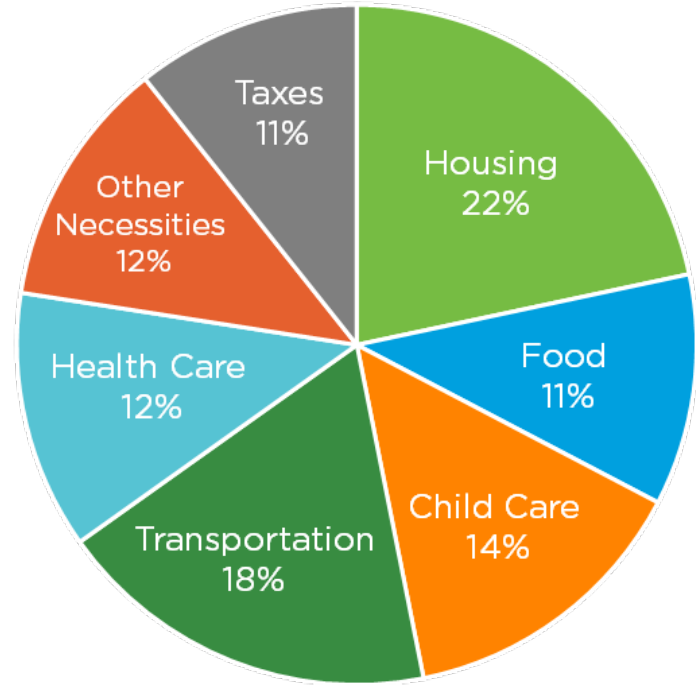
Source: Child Care Aware State Price Fact Sheets

# SEPARATE COST ESTIMATES HIGHER FOR TRANSPORTATION, KEY RURAL CHALLENGE

COOS COUNTY COST OF LIVING  
TWO PARENTS AND ONE CHILD  
\$61,722 ANNUALLY



ROCKINGHAM COUNTY COST OF LIVING  
TWO PARENTS AND ONE CHILD  
\$77,605 ANNUALLY

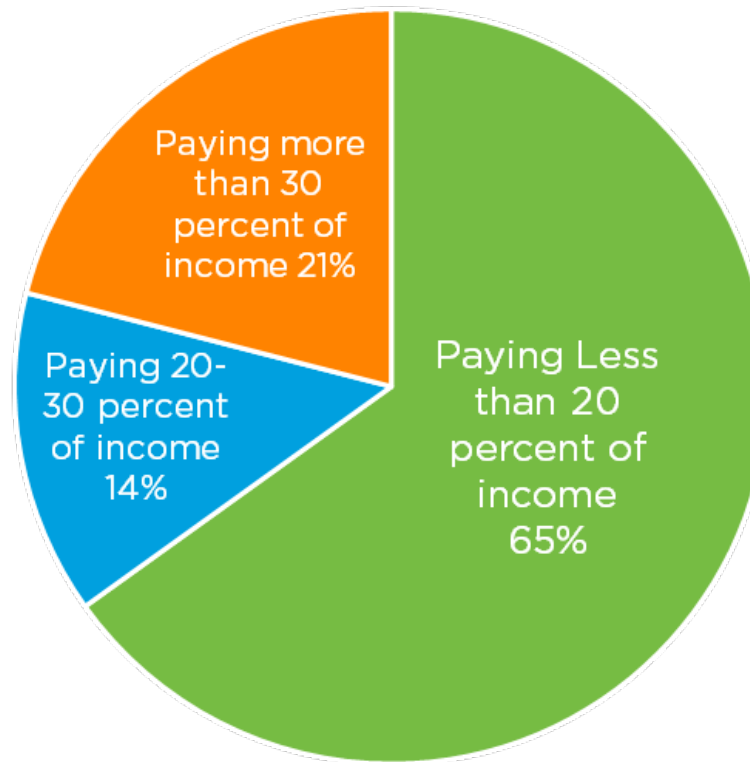


Notes: "Other Necessities" include clothing, personal care, household supplies (furnishings, cleaning supplies, phone service, etc.), reading materials and school supplies.

Source: Economic Policy Institute Family Budget Calculator, updated March 2022

# HOUSING COSTS RELATIVELY AFFORDABLE FOR MAJORITY OF HOMEOWNERS

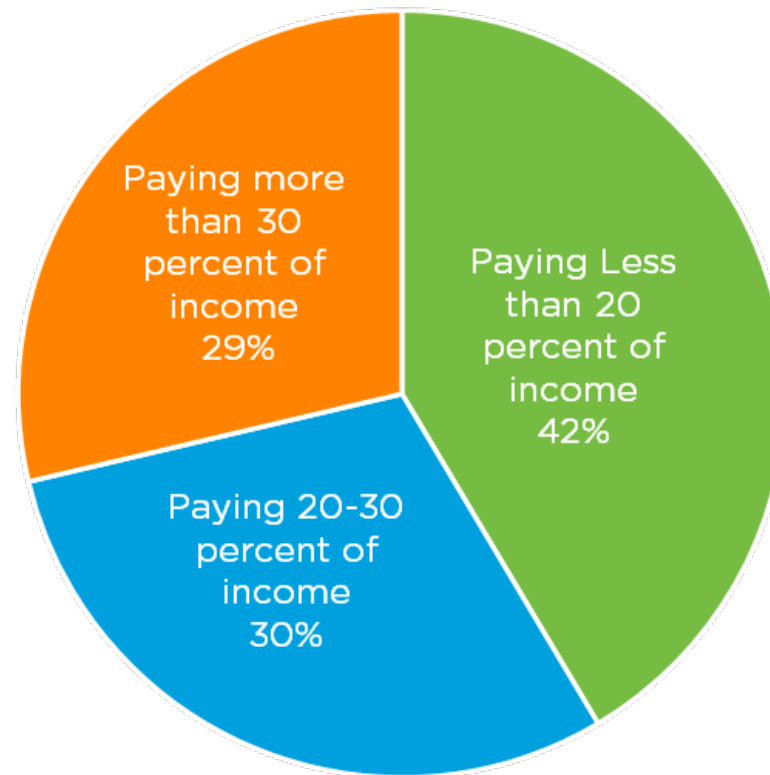
## HOUSING COST WITHOUT MORTGAGE



Source: U.S. Census Bureau, American Community Survey, 2022 One-Year Estimates

# MOST HOUSEHOLDS WITH MORTGAGES PAY LESS THAN 30% OF INCOME TO HOUSING

## HOUSING COST WITH MORTGAGE

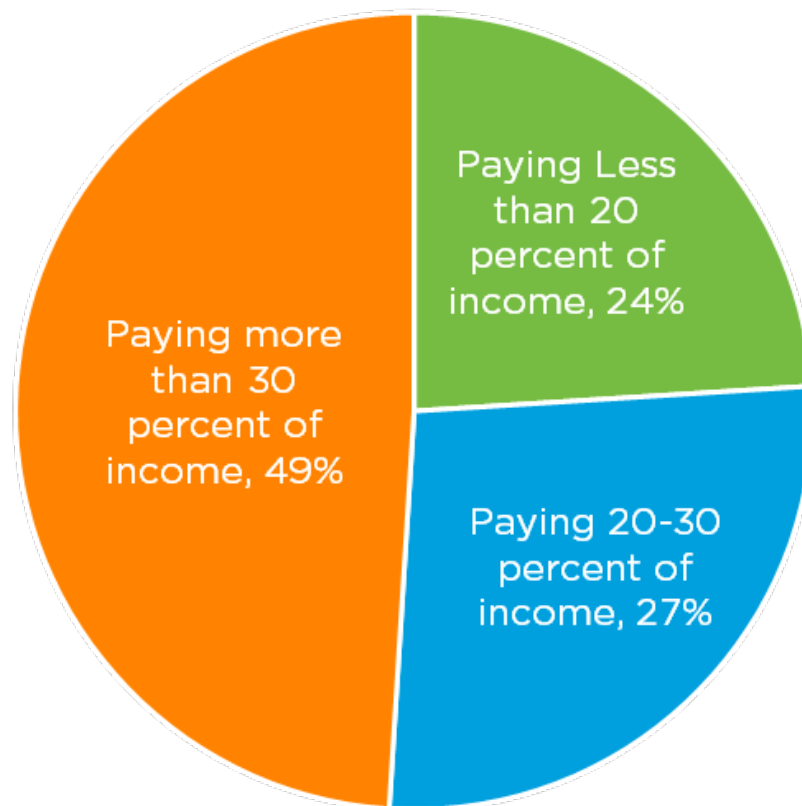


Source: U.S. Census Bureau, American Community Survey, 2022 One-Year Estimates



# ABOUT HALF OF NEW HAMPSHIRE RENTERS ARE COST-BURDENED BY HOUSING

## HOUSING COST FOR RENTERS

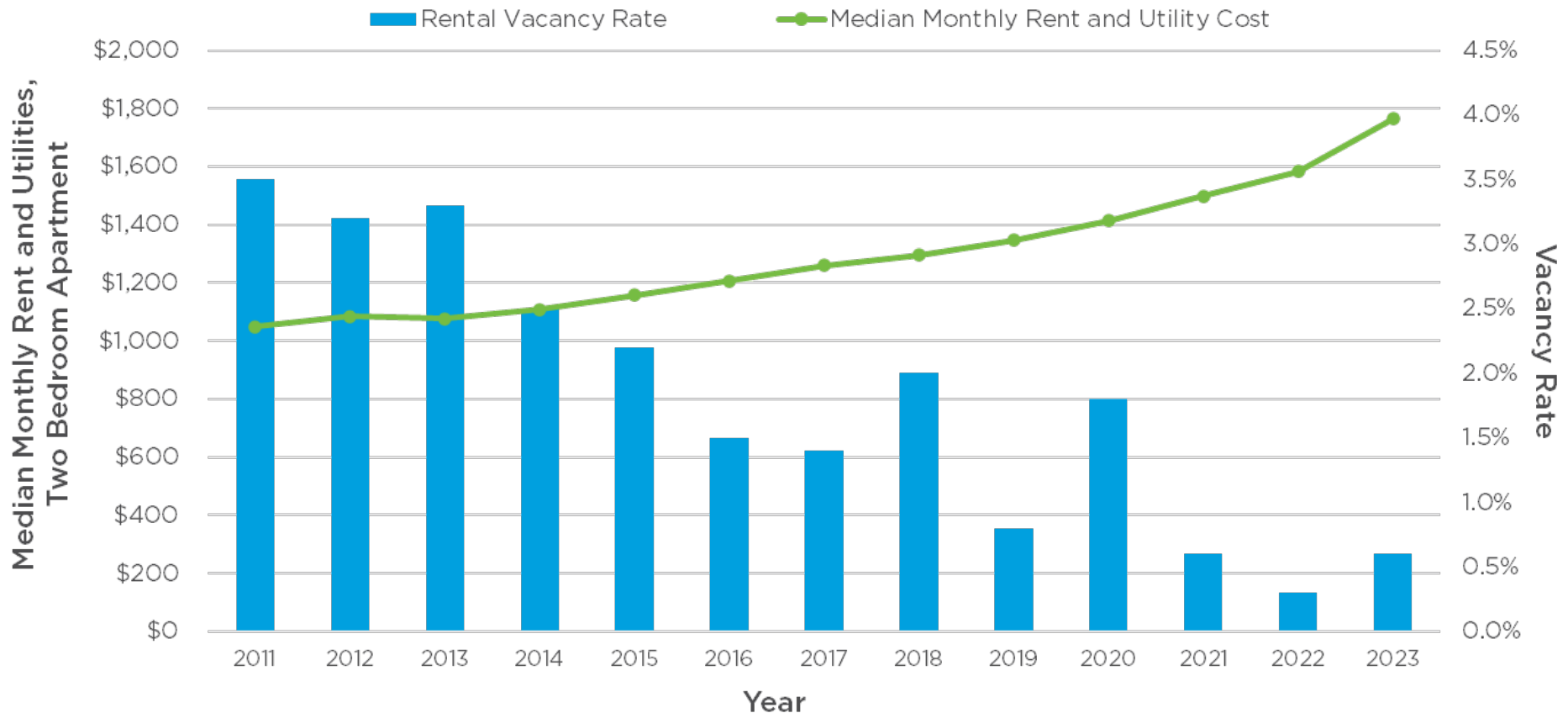


Source: U.S. Census Bureau, American Community Survey, 2022 One-Year Estimates

# HIGH RENTAL PRICES RESULT FROM LIMITED RENTAL UNIT SUPPLY AND ENERGY COSTS

## MEDIAN MONTHLY RENTAL COSTS AND VACANCY RATES

*New Hampshire Statewide Data, Two Bedroom Apartments*

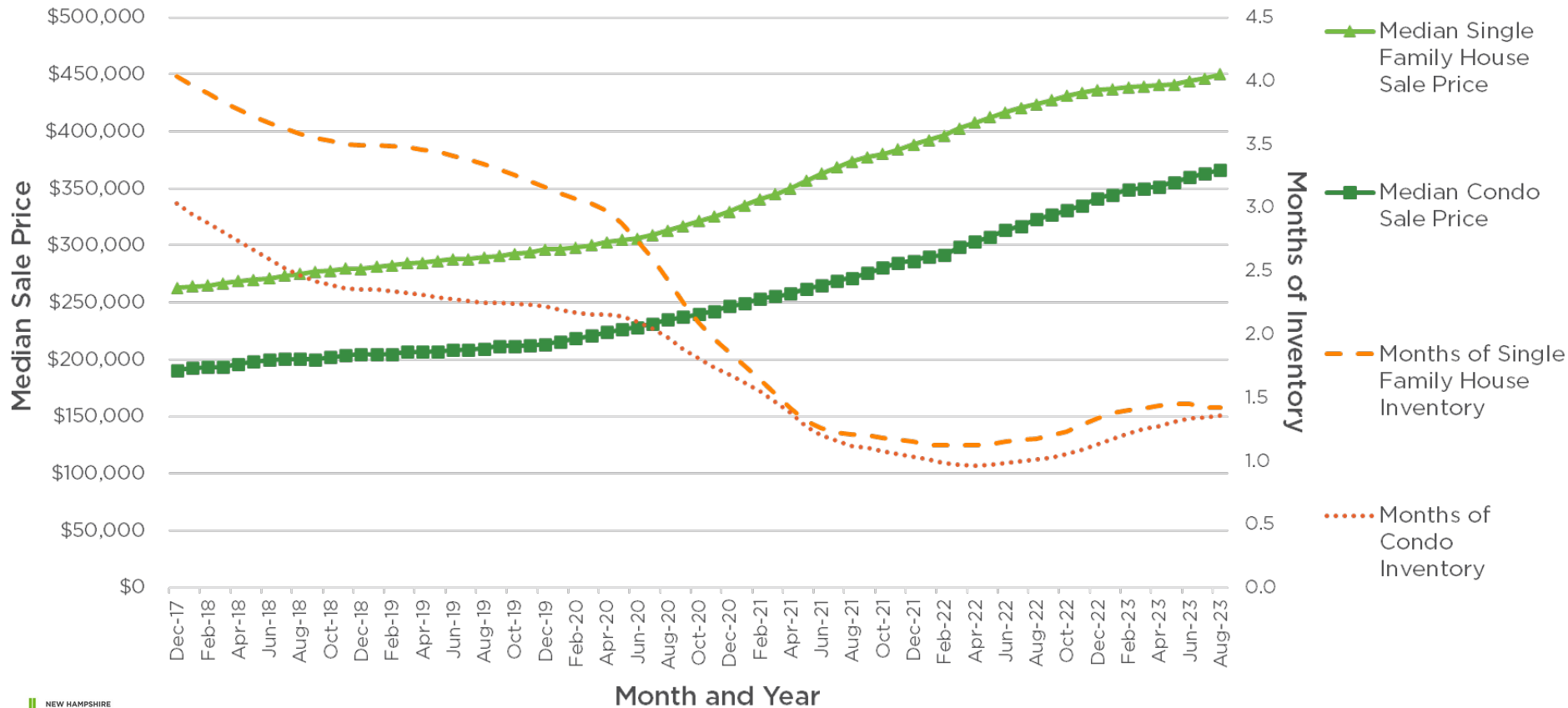


Source: New Hampshire Housing Finance Authority

# LIMITED HOUSING SUPPLY DRIVES RECORD-BREAKING HOME AND CONDO PRICES

## NEW HAMPSHIRE HOUSE AND CONDO PRICES AND SUPPLY

Single Family Home and Condo Median Sale Prices and Months of Inventory, Twelve Month Rolling Averages



Source: New Hampshire Association of Realtors, September 2023

# NH HOUSE PRICES ABOVE MAINE AND VERMONT, BELOW MASSACHUSETTS

## JULY 2023 MEDIAN HOUSE SALE PRICES

*Median Sales Price of Single Families Houses  
in New Hampshire and Neighboring States*

State	Median Sale Price
Maine	\$380,000
Vermont	\$404,500
New Hampshire	\$480,000
Massachusetts	\$640,000

Sources: Maine, Vermont, New Hampshire, & Massachusetts Associations of Realtors

# KEY TAKEAWAYS AND POLICY CONSIDERATIONS

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- Expiration of temporary pandemic-related aid and tax credits contributed to an increase in hardship in 2022
- About one in three Granite State adults typically report paying for usual expenses is very or somewhat difficult
- Housing and child care prices are key costs for families, significant portions of household income
- Pandemic-era supports and assistance had impacts, provide lessons for efforts to reduce poverty
- Aid covering regular expenses provides temporary relief
- Long-term structural supply challenges with housing, limited child care workforce due to both funding and demographics as well as other factors

# ADDITIONAL RESOURCES

- Blog: Affording Household Expenses Remains Challenging of Many Granite Staters – July 21, 2023:  
<https://nhfpi.org/blog/affording-household-expenses-remains-challenging-for-many-granite-staters/>
- Blog: Housing Shortage Continues to Increase Costs for Granite Staters – August 10, 2023:  
<https://nhfpi.org/blog/housing-shortage-continues-to-increase-costs-for-granite-staters/>
- Issue Brief: Granite State Workers and Employers Face Rising Costs and Significant Economic Constraints – August 31, 2023:  
<https://nhfpi.org/resource/granite-state-workers-and-employers-face-rising-costs-and-significant-economic-constraints/>
- Resource Pages: Income & Poverty, Economy  
<https://nhfpi.org/topic/income-poverty/>  
<https://nhfpi.org/topic/economy/>



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