

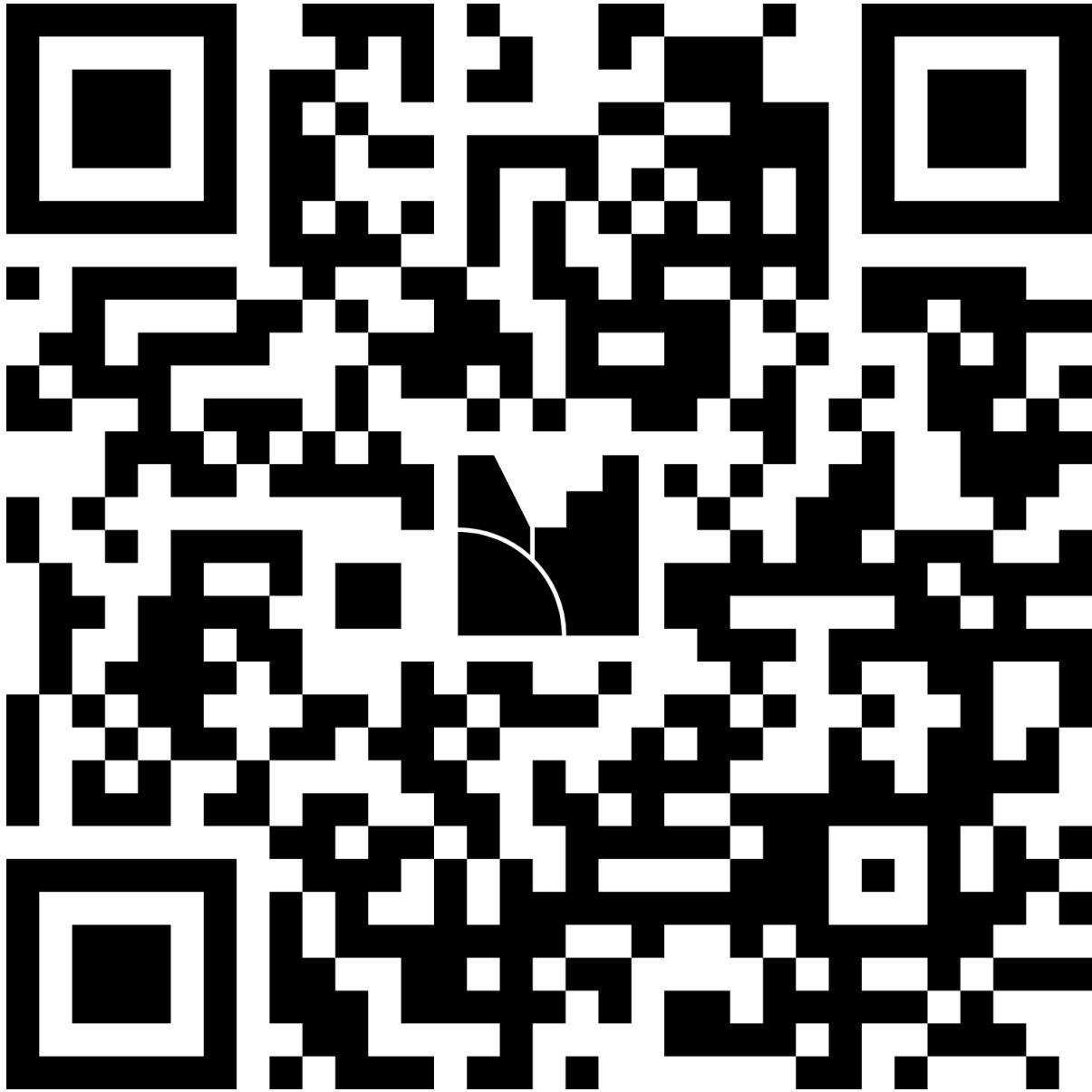


A GROWING POPULATION AND CHANGING DEMOGRAPHICS IN NEW HAMPSHIRE & THE SEACOAST

JESS WILLIAMS, POLICY ANALYST
NEW HAMPSHIRE FISCAL POLICY INSTITUTE

LEADERSHIP SEACOAST

FEBRUARY 18, 2026




WHAT WORDS COME TO MIND WHEN YOU THINK ABOUT NEW HAMPSHIRE'S DEMOGRAPHICS?

Join at menti.com | use code 8825 1521

What words come to mind when you think about New Hampshire's demographics?

rural older
white



menti.com

1 of 1 responded



Menti (PowerPoint Presentati...)

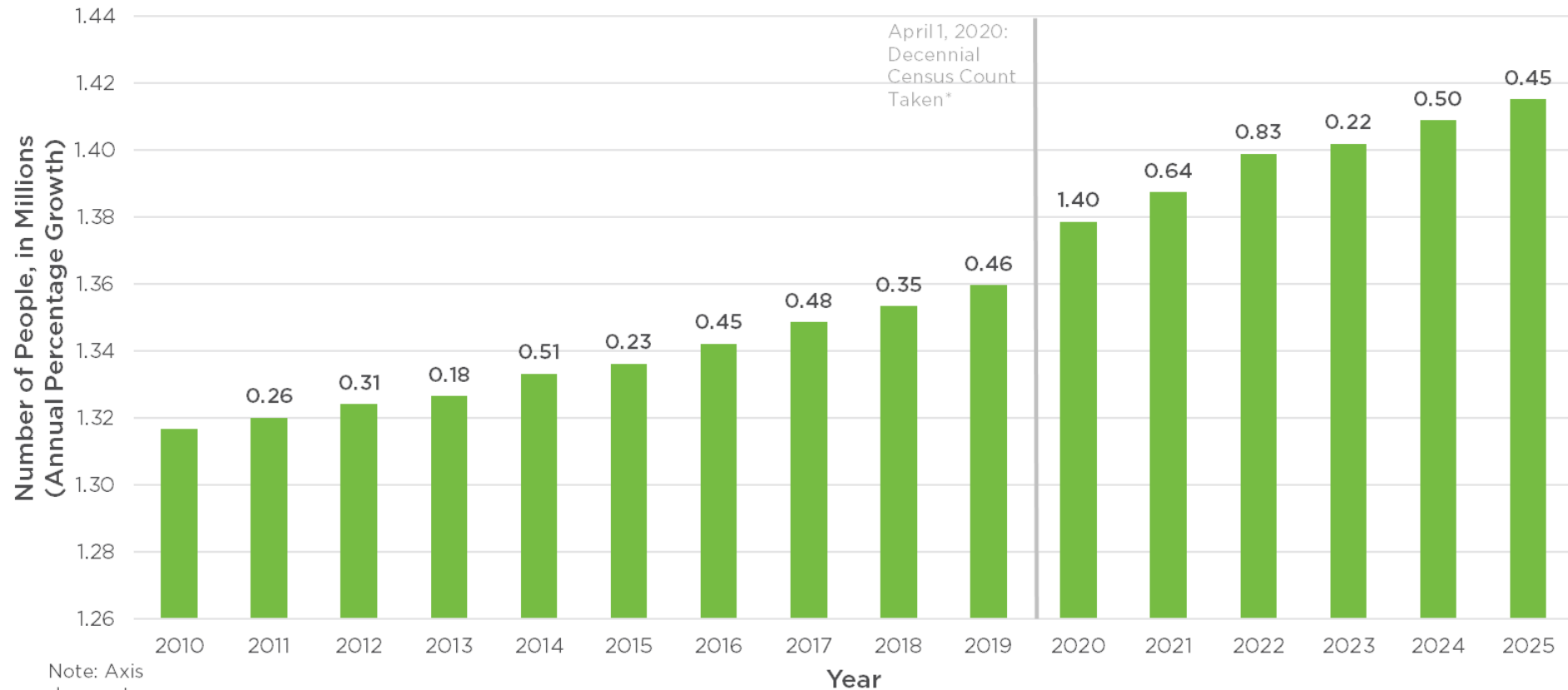
Choose a slide to present

- Word Cloud
- What countries have grown the fastest since 2010?
- What percent of the nation's population is over the age of 65?
- What are the statistics of New Hampshire's demographics?

ABOUT 7.5 PERCENT POPULATION GROWTH OVER PAST FIFTEEN YEARS

NEW HAMPSHIRE POPULATION SIZE FROM 2010 TO 2025

Total Population Count for Each Year, as of July 1



Note: Axis does not start at zero.

*Note: The Decennial Census count taken in 2020 created a new April 1, 2020 population baseline for U.S. Census Bureau annual estimates, which may explain part of the faster population increase between the 2019 and 2020 estimates.

Source: U.S. Census Bureau, Population Estimates Program, July 1, 2010 through July 1, 2025 Estimates

POPULATION GROWTH SLOWING OVER TIME

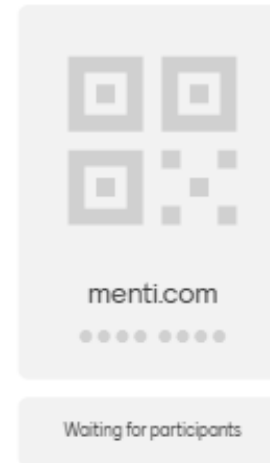
AVERAGE ANNUAL POPULATION CHANGE IN NEW HAMPSHIRE BY DECADE



*Note: Population Estimates Program total population change from April 1, 2020 to July 1, 2025 divided by 5.25 years.
Source: U.S. Census Bureau, Decennial Counts and Population Estimates Program (2020-2025)

WHICH COUNTIES HAVE GROWN THE FASTEST SINCE 2010?

Which counties have grown the fastest since 2010?



Menti

Leadership Seacoast 2...

Choose a slide to present

- Word Cloud
- What counties have grown the fastest since 2010?
- What percent of the districts could look over the age of 60?
- What are the implications of having a mayor who is not a member of the legislature?

FASTEST GROWTH IN CARROLL COUNTY; COOS ONLY COUNTY TO LOSE POPULATION

COUNTY POPULATION ESTIMATES AND CUMULATIVE POPULATION CHANGE

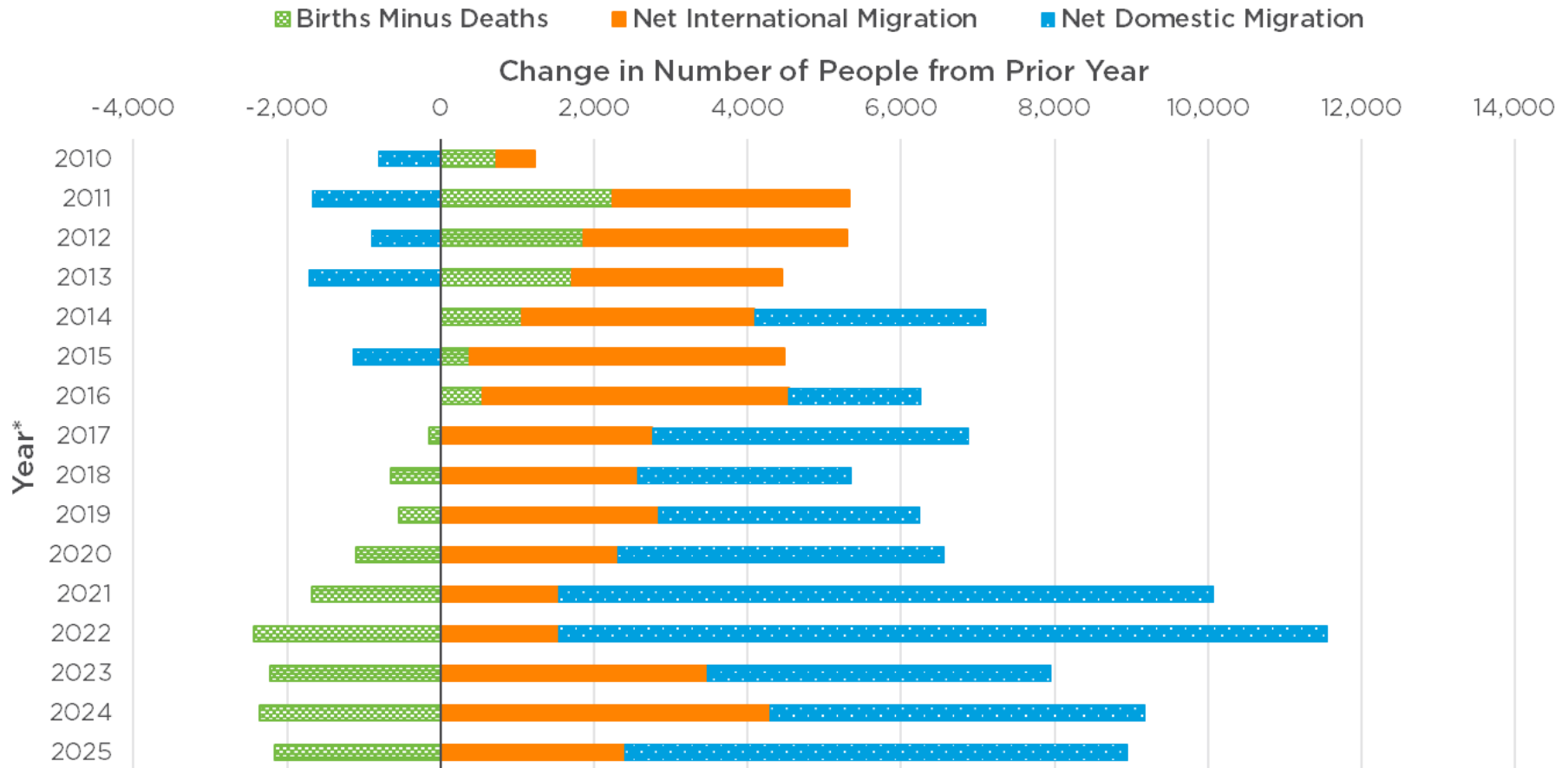
From July 1, 2010 to July 1, 2024

County	Population Size in July 2024	Cumulative Population Change from July 2010
Belknap	65,257	5,156 (8.6%)
Carroll	52,580	4,754 (9.9%)
Cheshire	78,078	1,020 (1.3%)
Coos	31,094	-1,876 (-5.7%)
Grafton	93,045	3,915 (4.4%)
Hillsborough	430,462	29,407 (7.3%)
Merrimack	157,869	11,481 (7.8%)
Rockingham	322,433	27,144 (9.2%)
Strafford	134,202	11,002 (8.9%)
Sullivan	44,012	267 (0.6%)
Statewide	1,409,032	92,270 (7.0%)

Source: U.S. Census Bureau, Population Estimates Program, 2010-2019 and 2020-2024 Estimates

IN-MIGRATION HAS CONTRIBUTED TO ALL POPULATION GROWTH SINCE 2017

NEW HAMPSHIRE POPULATION CHANGES BY BIRTHS, DEATHS, AND MIGRATION TO AND FROM OTHER STATES AND COUNTRIES



Notes: *Year refers to the period lasting twelve months and ending on July 1 of the calendar year identified. Based on vintage 2020 estimates and vintage 2025 estimates, subject to future updates.

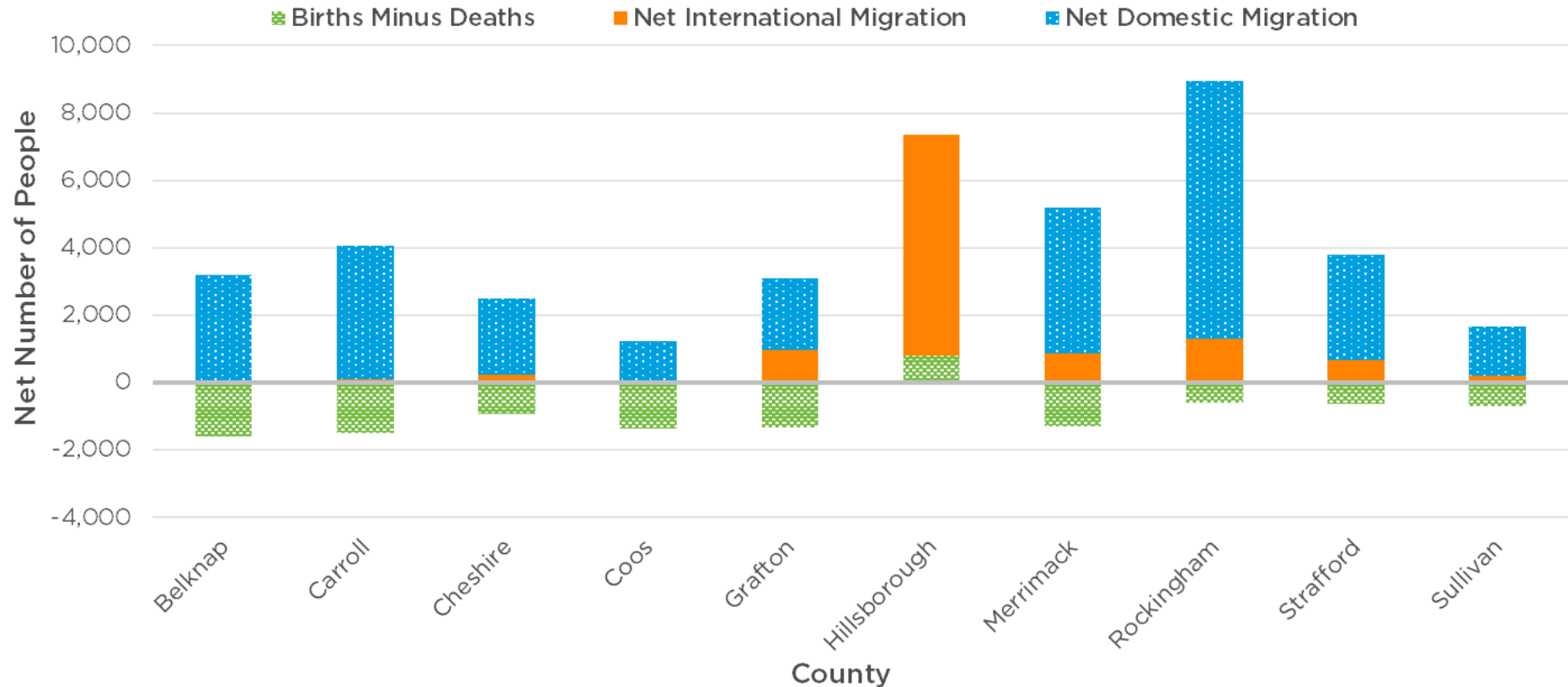
Source: U.S. Census Bureau, Population Estimates Program, Vintage 2020 and 2025 Tables

DOMESTIC AND INTERNATIONAL MIGRATION DRIVING GROWTH

IN-

NEW HAMPSHIRE POPULATION CHANGE BY COUNTY

*Births Minus Deaths, International, and Domestic Net-Migration,
from April 1, 2020 to July 1, 2024*

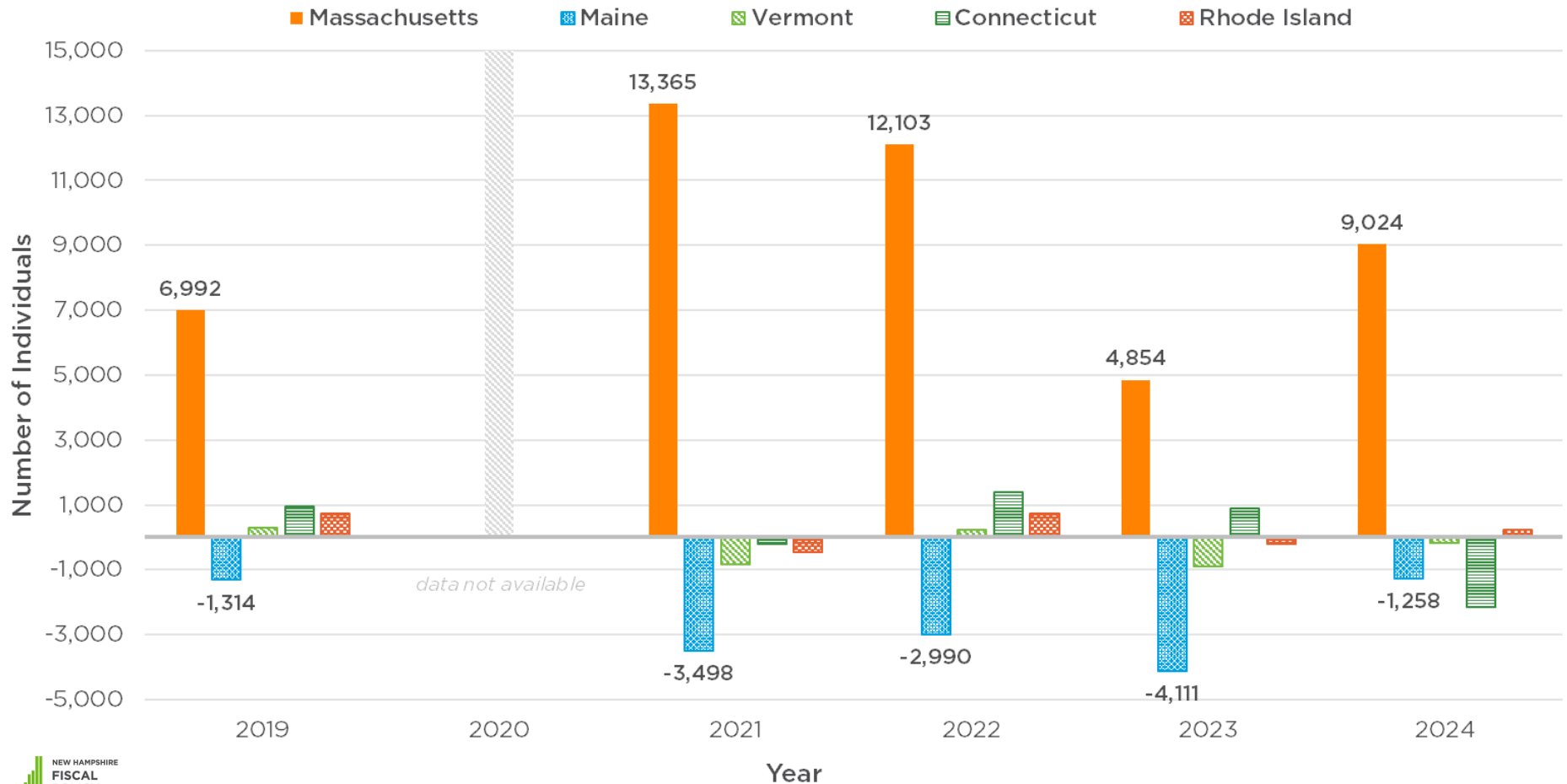


Source: U.S. Census Bureau, Population Estimates Program, 2020-2024 Estimates

MIGRATION TO AND FROM OTHER NEW ENGLAND STATES

NEW HAMPSHIRE NET MIGRATION FROM OTHER NEW ENGLAND STATES

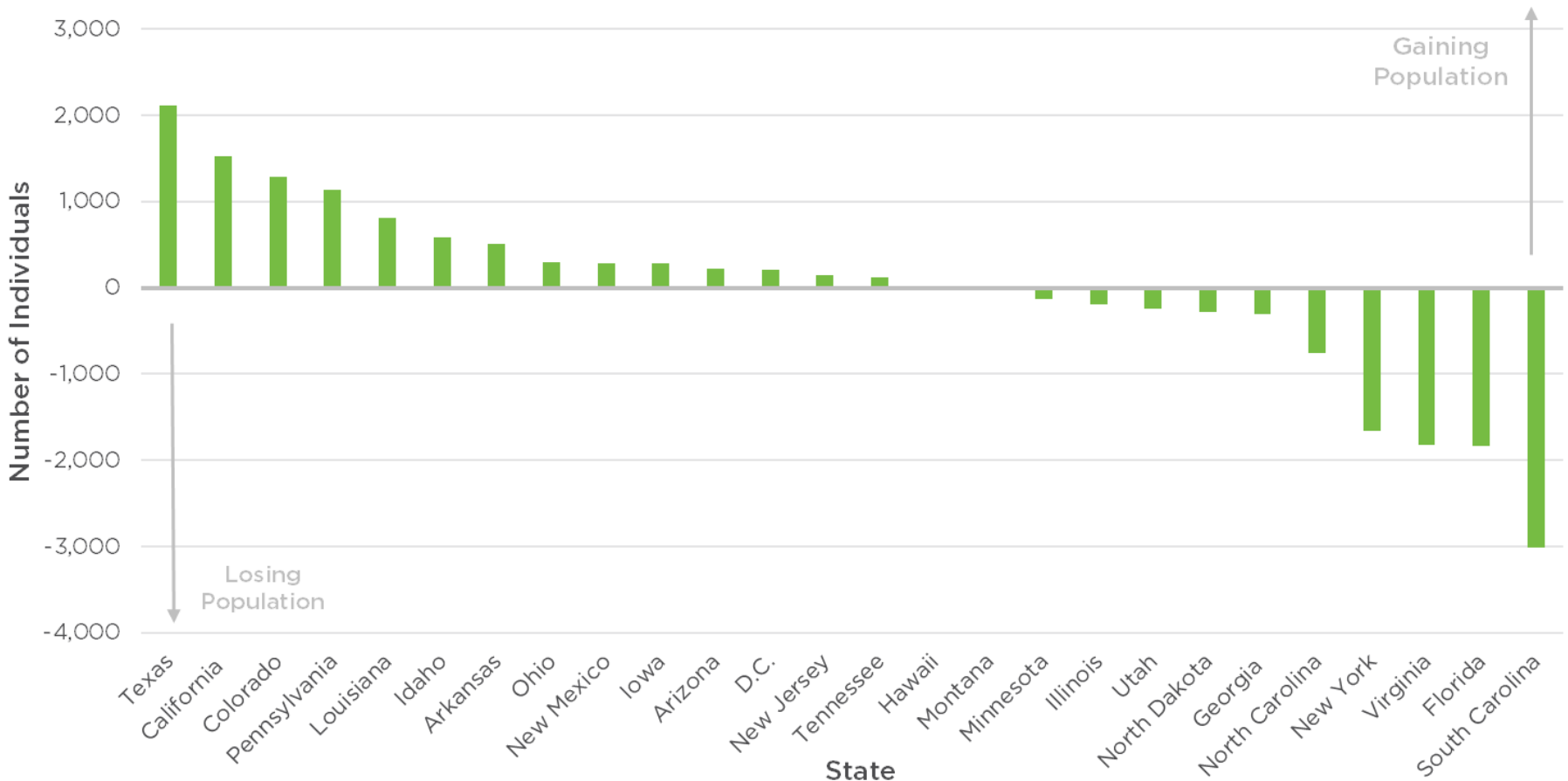
Estimates of Annual Net Migration, from 2019 to 2024



MIGRATION TO AND FROM NEW HAMPSHIRE BEYOND NEW ENGLAND STATES

NEW HAMPSHIRE NET MIGRATION FROM OTHER STATES

Estimates of Net Migration in 2023 and 2024 Combined, Excluding New England States



Note: Not all states included due to data limitations.

Source: U.S. Census Bureau, American Community Survey, 2023 and 2024 1-year Estimates

WHAT PERCENT OF THE STATE'S POPULATION IS OVER THE AGE OF 65?

What percent of the state's population is over the age of 65?



Menti

Leadership Seacoast 2...

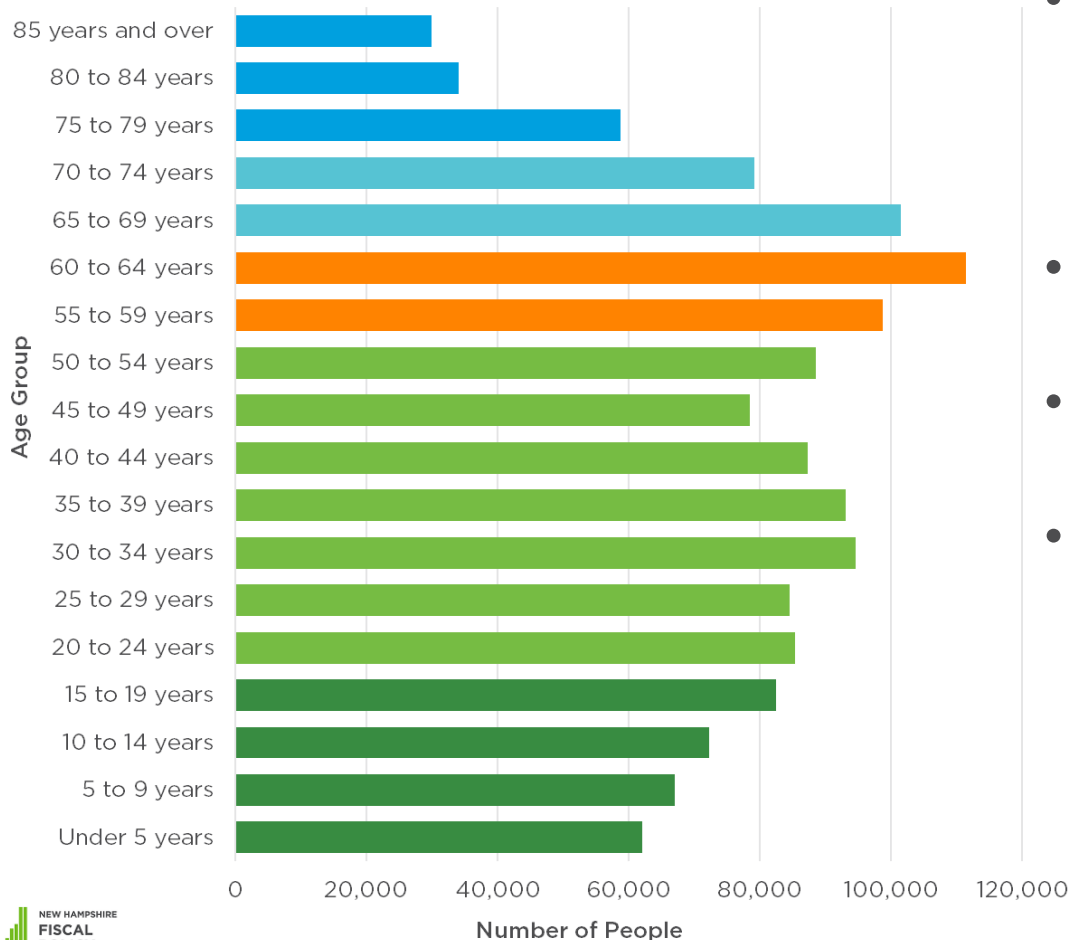
Choose a slide to present

- Word Cloud
- What countries have grown the fastest since 2010?
- What percent of the states in all states over the age of 65?
- What are the implications of having a large share of the population?

MANY GRANITE STATERS APPROACHING RETIREMENT AGE

NEW HAMPSHIRE POPULATION BY AGE GROUP

Number of People by Age Group as of July 1, 2024



- Median age of 43.6 years, tied with Vermont and behind only Maine
- 21.5 percent age 65 or older
- 14.9 percent age 55-64
- Since 2021, the number of older adults (65+) has been larger than the number of children (under 18) in New Hampshire

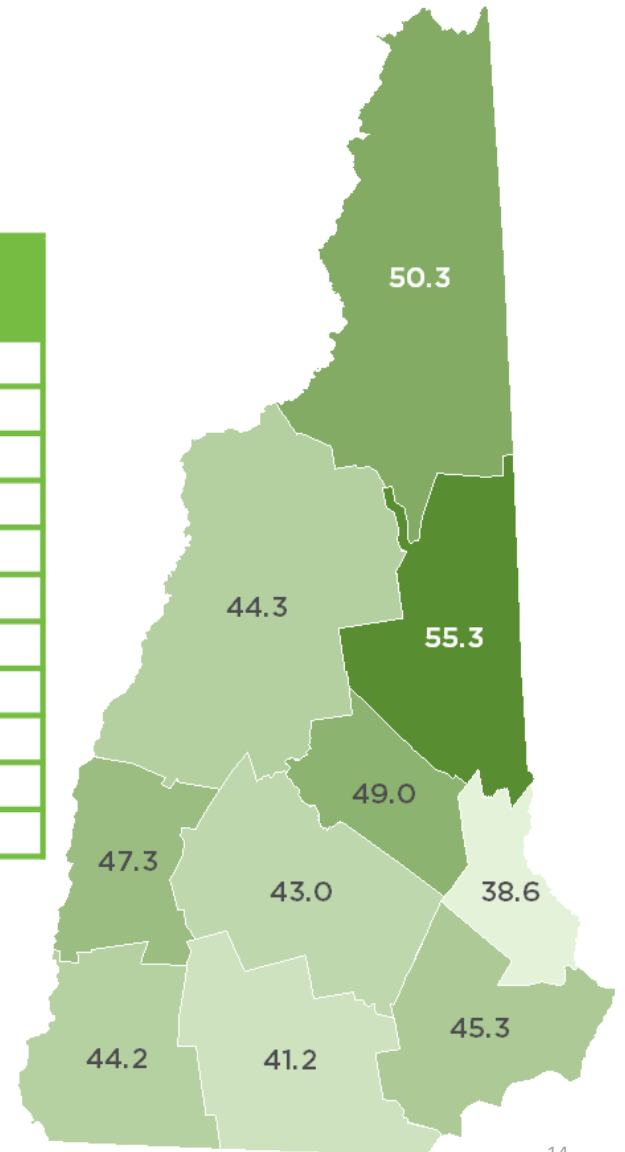
Source: U.S. Census Bureau, Population Estimates Program, July 1, 2024 Estimates

HIGHER MEDIAN AGES IN NORTHEASTERN RURAL COUNTIES

MEDIAN AGE BY NEW HAMPSHIRE COUNTY

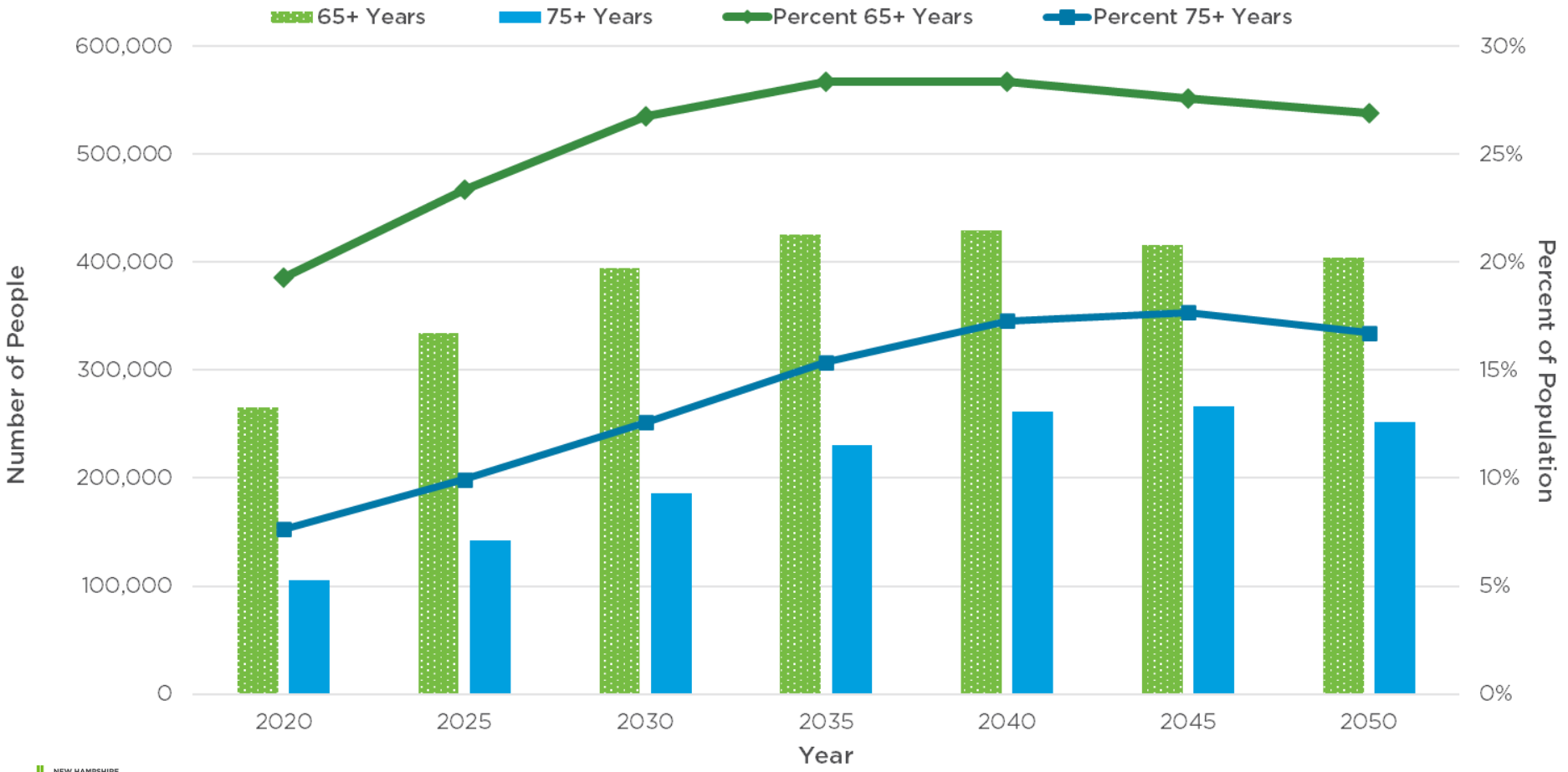
County	2010 Median Age	2024 Median Age	Change in Median Age	Percent Change
Belknap	44.8	49.0	4.2	9.4%
Carroll	48.4	55.3	6.9	14.3%
Cheshire	40.8	44.2	3.4	8.3%
Coos	46.5	50.3	3.8	8.2%
Grafton	41.3	44.3	3.0	7.3%
Hillsborough	39.4	41.2	1.8	4.6%
Merrimack	41.5	43.0	1.5	3.6%
Rockingham	42.3	45.3	3.0	7.1%
Strafford	36.9	38.6	1.7	4.6%
Sullivan	44.0	47.3	3.3	7.5%
Statewide	41.2	43.6	2.4	5.8%

Source: U.S. Census Bureau, Population Estimates Program



OLDER ADULT POPULATION PROJECTED TO INCREASE OVER NEXT DECADE

NEW HAMPSHIRE POPULATION PROJECTIONS BY AGE

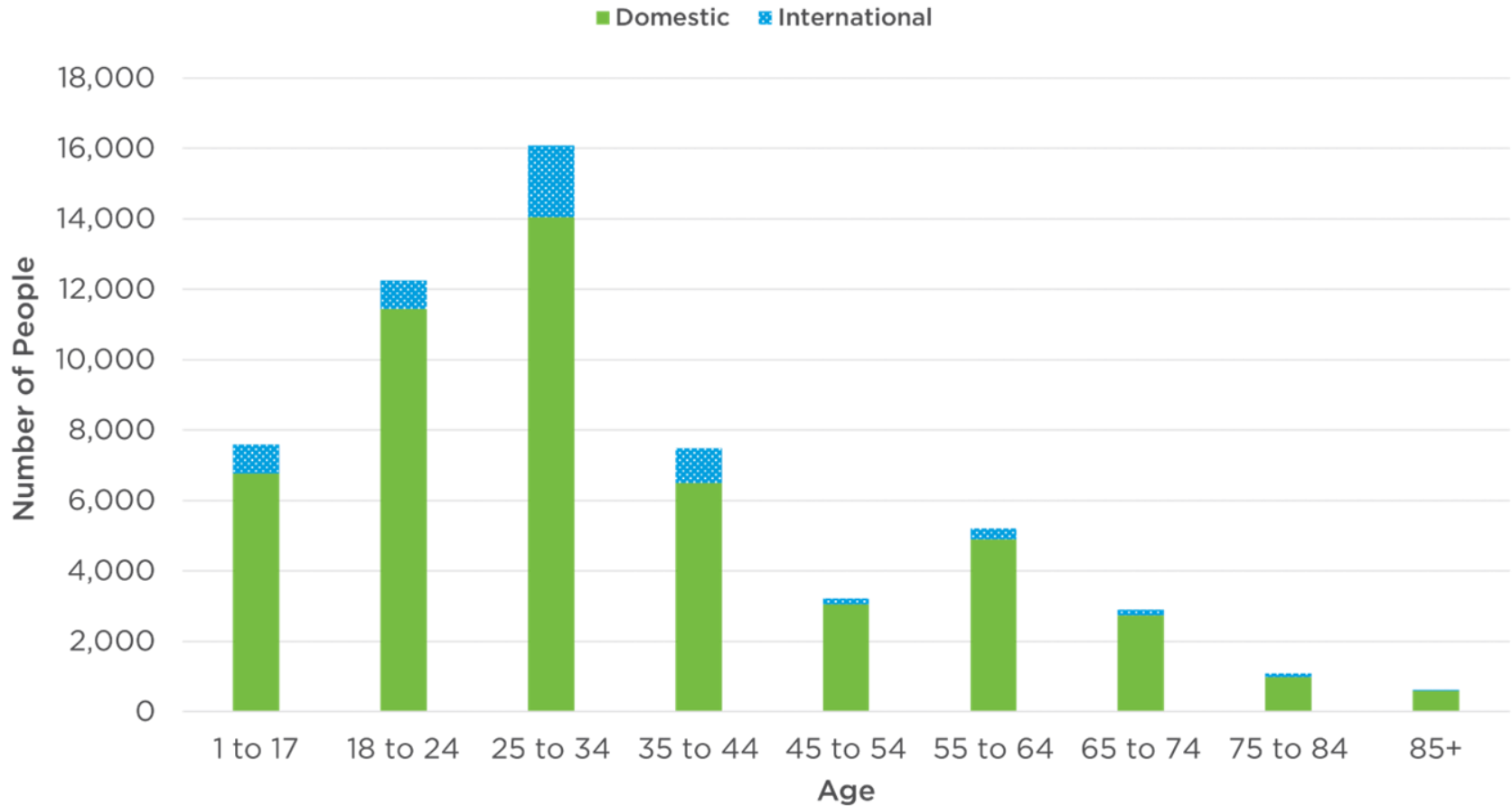


Source: New Hampshire Department of Business and Economic Affairs, State, County, and Municipal Population Projections: 2020-2050, September 2022

YOUNG PEOPLE ARE SUPPORTING NEW HAMPSHIRE'S POPULATION GROWTH

NEW HAMPSHIRE IN-MIGRATION BY AGE

*Estimates of Domestic and International Migration by Age Group, from 2019 to 2023**



*Note: Those migrating from Puerto Rico and U.S. territories are included in domestic in-migration.
Source: U.S. Census Bureau, American Community Survey, 2019-2023 5-year Estimates

DIVERSITY WITHIN NEW HAMPSHIRE'S POPULATION

NEW HAMPSHIRE POPULATION BY RACE AND ETHNICITY

From July 1, 2010 to July 1, 2024

Racial or Ethnic Group	Number of People in July 2024	Percentage of 2024 Population	Percentage Growth Since 2020
Black or African American	24,037	1.71%	15.38%
Asian	44,644	3.17%	8.17%
American Indian or Alaska Native	3,037	0.22%	4.47%
Native Hawaiian or Pacific Islander	436	0.03%	9.27%
Hispanic or Latino*	70,912	5.03%	18.25%
White	1,241,723	88.13%	0.84%
Two or More Races	24,243	1.72%	10.08%
Total	1,409,032	100.00%	2.20%

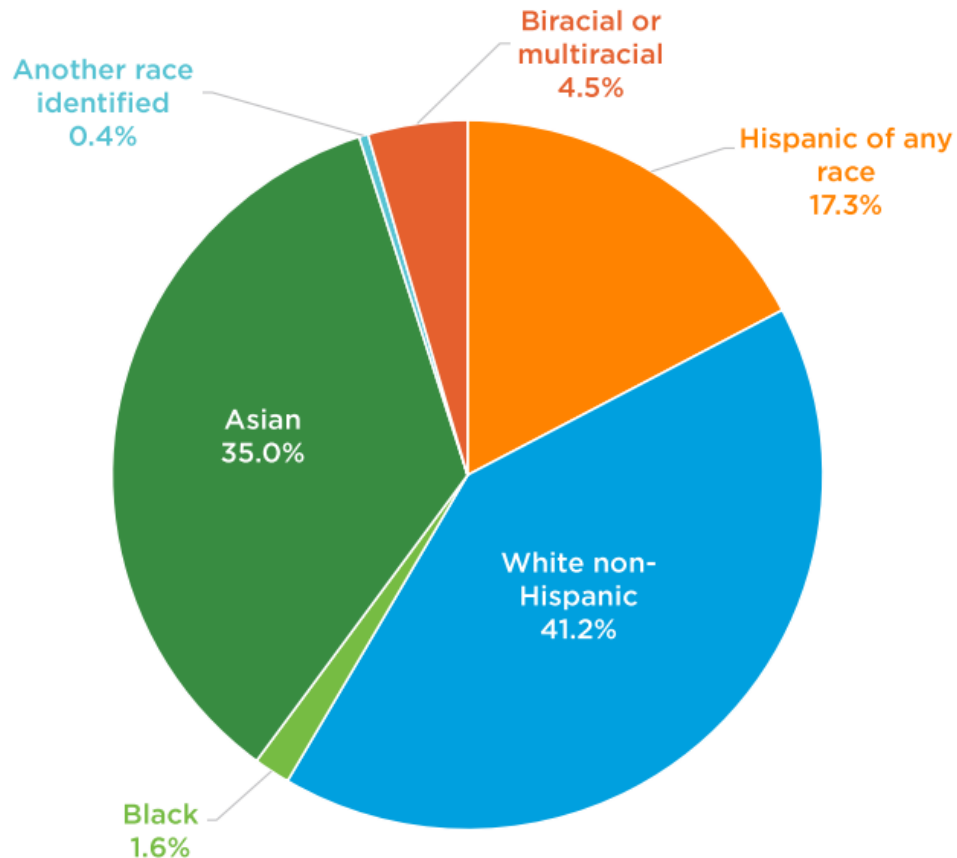
*Note: The U.S. Census Bureau counts "Hispanic or Latino" as an ethnicity, separate from race. This table shows anyone who identifies as Hispanic or Latino, regardless of race, as such and does not also count those individuals in a race category.

Source: U.S. Census Bureau, Population Estimates Program, 2020-2024 Estimates

RACE AND ETHNICITY OF INTERNATIONAL MIGRANTS

NEW HAMPSHIRE INTERNATIONAL MIGRATION

Estimates of International Migration by Racial and Ethnic Group, from 2018 to 2022*



Most common origin countries for international migrants during the 2019-2023 period:

- India
- Dominican Republic
- Eastern Europe, including Ukraine
- Caribbean
- Turkey
- United Kingdom
- Honduras

*Note: International migration excludes Puerto Rico and other U.S. territories.
Source: U.S. Census Bureau, American Community Survey, 2018-2022 5-year Estimates

WHAT ARE THE IMPLICATIONS OF HAVING A LARGER, OLDER, AND MORE DIVERSE POPULATION?

What are the implications of having a larger, older, and more diverse population?



Menti

Leadership Seacoast 2...

Choose a slide to present

- Word Cloud
- What countries have passed the highest GDP?
- What percent of the population is at risk over the age of 65?
- What are the implications of having a larger, older, and more diverse population?

WHAT BARRIERS DOES NEW HAMPSHIRE FACE WHEN TRYING TO ATTRACT PEOPLE TO COME HERE TO LIVE AND WORK?

What barriers does New Hampshire face when trying to attract people to come here to live and work?



A screenshot of the Mentimeter poll interface. It shows the poll title "Leadership Seacoast 2...", a "Choose a slide to present" section with four options: "Word Cloud", "What counties have growth a factor since 2010?", "What percent of the states is at least over the age of 65?", and "Where do most of you work or do you have a job?". The "Word Cloud" slide is currently selected.

JANUARY 2026 STATEWIDE MEDIAN PRICE FOR A SINGLE-FAMILY HOUSE: \$540,000

NEW HAMPSHIRE MEDIAN SINGLE FAMILY HOUSE SALE PRICES

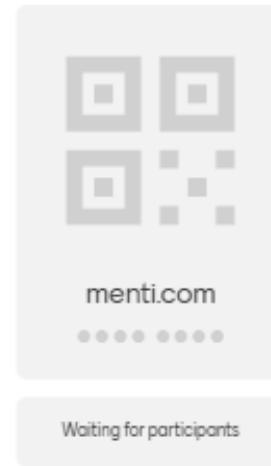
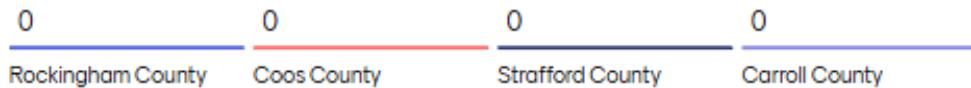


Note: Axis does not start at \$0.

Source: New Hampshire Association of Realtors, Monthly Indicators

WHICH COUNTY HAS SEEN THE FASTEST INCREASE IN MEDIAN HOUSE SALE PRICES SINCE 2019?

Which county has seen the fastest increase in median house sale prices since 2019?



Mentimeter

Leadership Seacoast 2...

Choose a slide to present

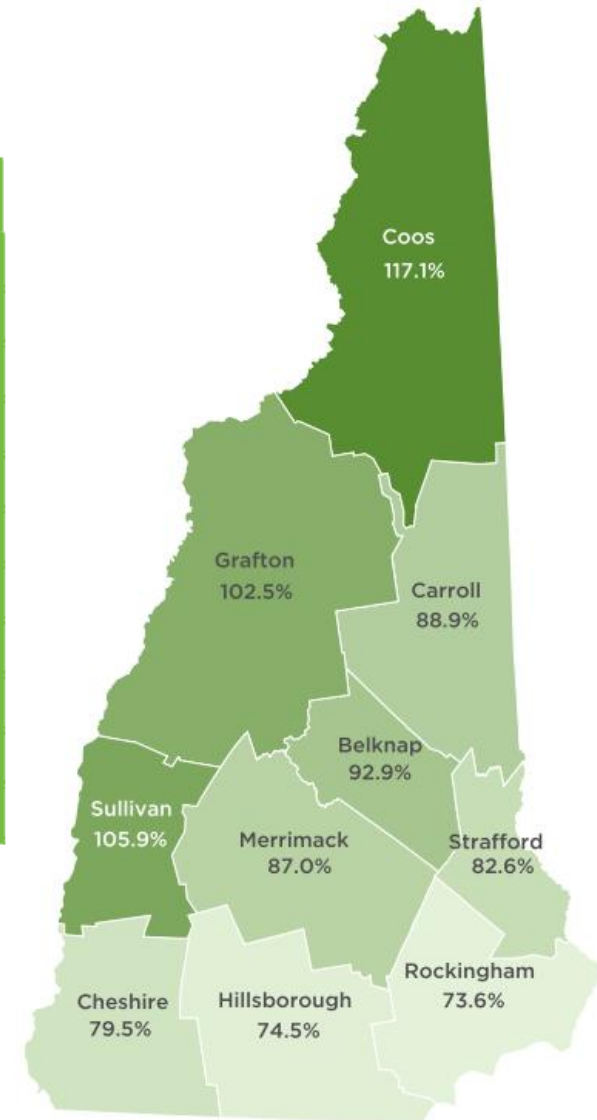
- Word Cloud
- What counties have grown the fastest since 2019?
- What percent of the population is over the age of 65?
- What are the priorities of your area of local government?

PERCENT CHANGE IN MEDIAN SINGLE-FAMILY HOME PRICE

CHANGE IN MEDIAN SINGLE FAMILY HOUSE SALE PRICE

County	Price in 2019	Price in 2025	Percent Change
Belknap	\$269,000	\$519,000	92.9%
Carroll	\$265,000	\$500,500	88.9%
Cheshire	\$220,000	\$395,000	79.5%
Coos	\$116,100	\$252,000	117.1%
Grafton	\$227,125	\$460,000	102.5%
Hillsborough	\$318,000	\$555,000	74.5%
Merrimack	\$270,000	\$505,000	87.0%
Rockingham	\$386,000	\$670,000	73.6%
Strafford	\$282,000	\$515,000	82.6%
Sullivan	\$187,000	\$385,000	105.9%
Statewide	\$300,000	\$535,000	78.3%

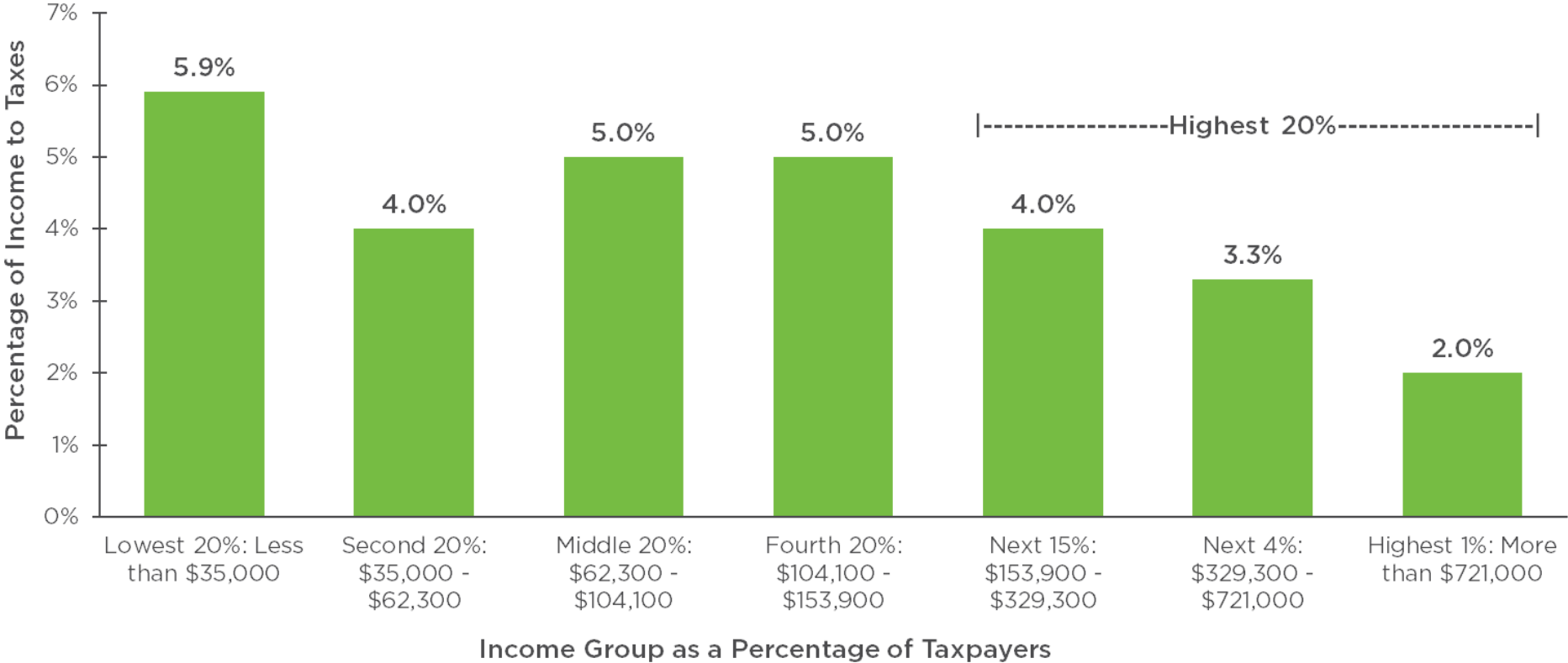
Source: New Hampshire Association of Realtors



TAX BURDENS LARGER FOR GRANITE STATERS WITH LOW INCOMES

NEW HAMPSHIRE STATE AND LOCAL PROPERTY TAXES AS A SHARE OF FAMILY INCOME

Effective Tax Rate as a Share of Income by Income Group, 2024 Tax Laws Based on 2023 Income Levels*



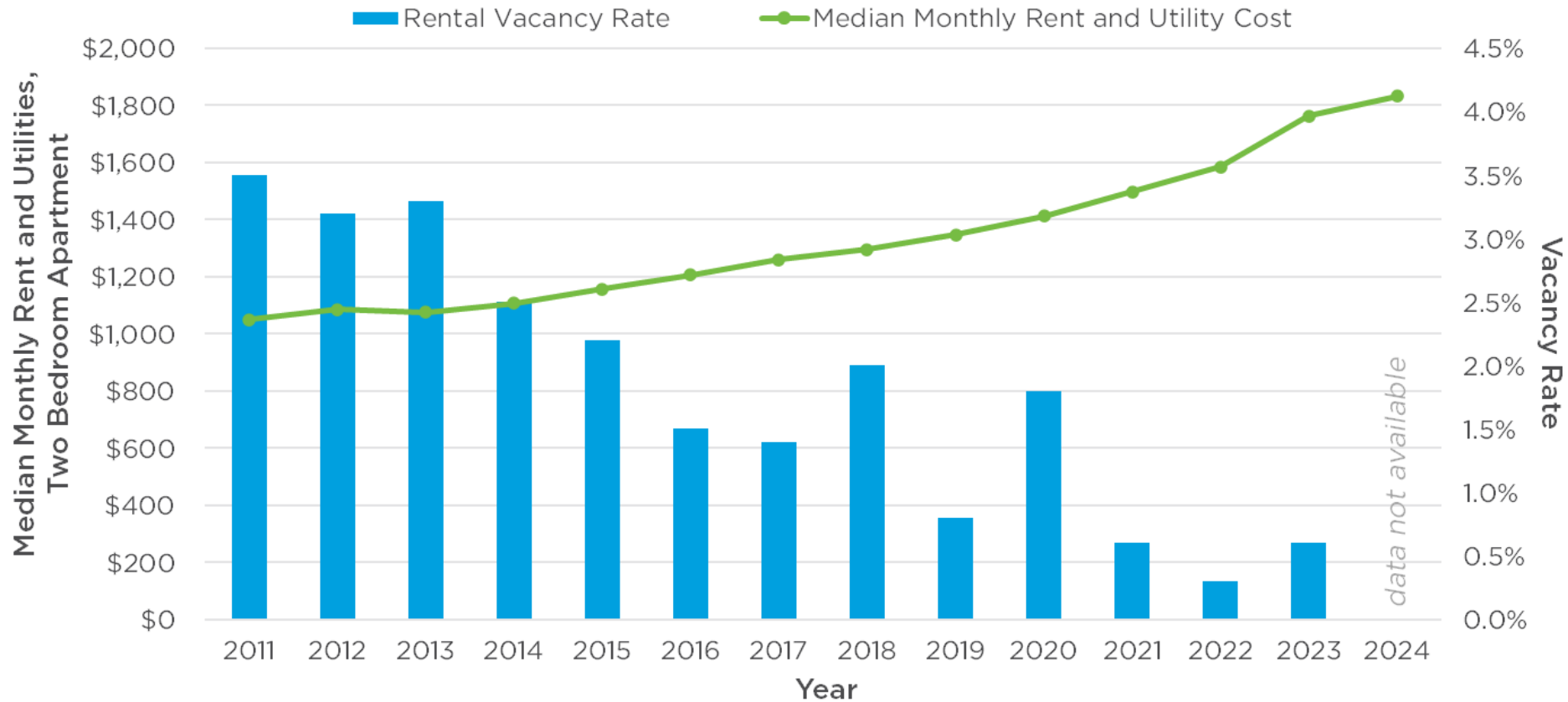
*Note: Does not include taxpayers who are age 65 and older or tax units with negative incomes. Dependent filers are included with claiming filer.

Source: Institute on Taxation and Economic Policy, Who Pays? Seventh Edition, January 2024

2024 STATEWIDE MEDIAN PRICE FOR A TWO-BEDROOM UNIT: \$1,833

MEDIAN MONTHLY RENTAL COSTS AND VACANCY RATES

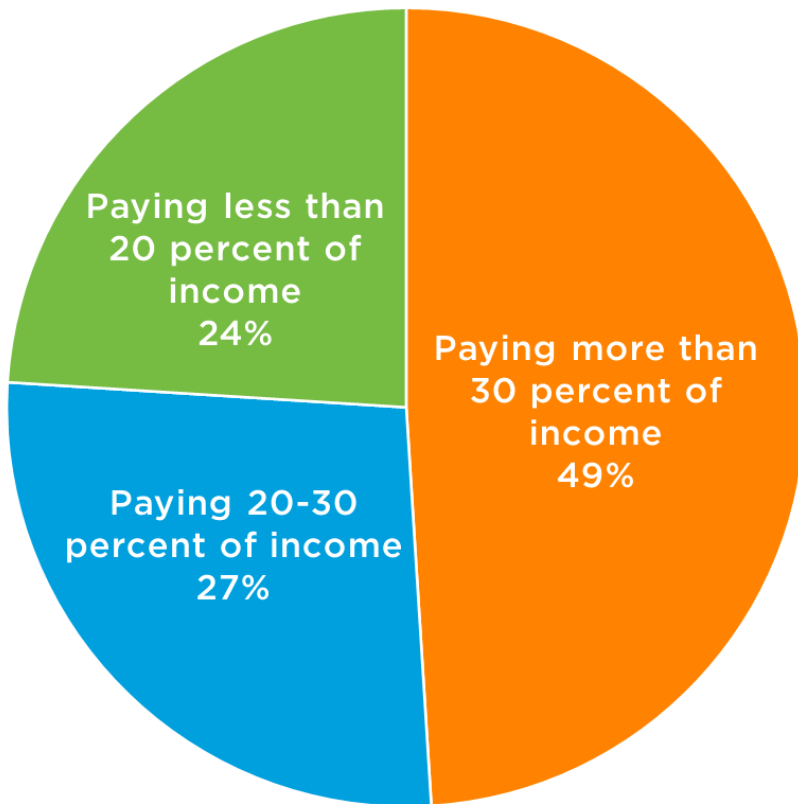
New Hampshire Statewide Data, Two Bedroom Apartments



Source: New Hampshire Housing Finance Authority, Rental Cost Survey Report

NEARLY HALF OF GRANITE STATE RENTERS ARE HOUSING COST BURDENED

RENT AS A PERCENTAGE OF HOUSEHOLD INCOME IN NEW HAMPSHIRE



- 28% of homeowners with a mortgage were housing cost burdened in 2024, compared to 20% without a mortgage
- 76% of renters with low incomes earning less than \$35,000 per year were housing cost burdened during the 2020-2024 period

Note: Estimates For All New Hampshire Renter Households, Gross Rent Including Utilities
Source: U.S. Census Bureau, American Community Survey, 2024 One-Year Estimates

COSTS OF LIVING CONTINUE TO RISE FOR GRANITE STATERS

COSTS OF BASIC LIVING EXPENSES FOR A FAMILY OF FOUR IN NEW HAMPSHIRE

Basic Living Costs in 2005, 2015, and 2024 Adjusted to 2024 Dollars Using the Northeast Consumer Price Index for All Urban Consumers

Income & Living Expenses	2005	2015	2024
Median Household Income	\$88,749	\$90,434	\$99,782
Mortgage Payment for a New Median-Priced Home	\$36,285	\$22,987	\$47,249
Child Care for Two Children Under 5	\$24,960	\$27,357	\$29,082
Food	\$11,581	\$12,259	\$11,877
Expenditures for Health Care	\$6,451	\$9,547	\$10,850
Gas	\$4,477	\$2,842	\$2,630
Remaining Funds for Other Expenses	\$4,994	\$15,443	-\$1,906

Note: Table depicts several major household expenses, but is not intended to be a comprehensive budget. For data sources, methodology and supporting research, see NHFPI's October 2025 Report, Affordability Eroded: Changes to the Cost of Living in New Hampshire.

COSTS OF LIVING VARY THROUGHOUT THE SEACOAST

COSTS OF BASIC LIVING EXPENSES FOR A FAMILY OF FOUR IN NEW HAMPSHIRE

Category	Rockingham	Strafford
Median Household Income	\$120,836	\$81,028
Mortgage Payment for a New Median-Priced Home	\$58,116	\$44,874
Child Care for Two Children Under Five	\$29,082	\$29,082
Food	\$11,877	\$11,877
Expenditures for Health Care	\$10,850	\$10,850
Gas	\$2,630	\$2,630
Sum of Key Expenses	\$112,555	\$99,313
Remaining Funds for Other Expenses	\$8,281	-\$18,285

Note: Table depicts several major household expenses, but is not intended to be a comprehensive budget. For data sources, methodology, and supporting research, see NHFPI's October 2025 Report, *Affordability Eroded: Changes to the Cost of Living in New Hampshire*

KEY TAKEAWAYS

- New Hampshire's population has been growing, but growth has been slower compared to previous decades
- The state's counties have grown at varying rates over the past fifteen years
- In-migration, particularly from other New England states, has helped grow the population
- More than one in five Granite Staters are over the age of 65, with this number projected to increase over the next decade
- Young people are moving to the state, but challenges with affordability, particularly housing costs, can hinder population growth

ADDITIONAL RESOURCES

- Issue Brief: New Hampshire's Growing Population and Changing Demographics Before and Since the COVID-19 Pandemic – August 16, 2024 <https://nhfpi.org/resource/new-hampshires-growing-population-and-changing-demographics-before-and-since-the-covid-19-pandemic/>
- Blog: Housing Prices Level Off in Much of New Hampshire, While Surge Continues in Grafton, Belknap, Carroll, and Cheshire Counties – August 18, 2025
<https://nhfpi.org/blog/housing-prices-level-off-in-much-of-new-hampshire-while-surge-continues-in-grafton-belknap-carroll-and-cheshire-counties/>
- Report: Affordability Eroded: Changes to the Cost of Living in New Hampshire – October 20, 2025
<https://nhfpi.org/resource/affordability-eroded-changes-to-the-cost-of-living-in-new-hampshire/>
- Resource Pages: Economy, Education
<https://nhfpi.org/topic/economy/>
<https://nhfpi.org/topic/education/>



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ADDRESS: 100 North Main Street, Suite 400, Concord, NH 03301

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