

New Hampshire Population Projections: 2020 - 2050 by State, County, Region, and Municipality

September 2022

Table 1: Summary of Projected Total Population for New Hampshire and Counties

| State/County | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|----------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| New Hampshire | 1,377,533 | 1,430,601 | 1,473,286 | 1,501,045 | 1,511,770 | 1,509,955 | 1,501,909 |
| Belknap | 63,705 | 66,371 | 68,635 | 69,872 | 70,366 | 70,338 | 70,103 |
| Carroll | 50,111 | 52,293 | 54,023 | 54,939 | 54,935 | 54,273 | 53,293 |
| Cheshire | 76,458 | 77,722 | 78,340 | 78,080 | 77,007 | 75,452 | 73,805 |
| Coos | 31,268 | 31,274 | 31,047 | 30,490 | 29,608 | 28,533 | 27,428 |
| Grafton | 91,118 | 94,984 | 98,030 | 99,463 | 99,711 | 98,998 | 97,777 |
| Hillsborough | 422,937 | 440,881 | 454,896 | 464,900 | 470,211 | 471,760 | 471,369 |
| Merrimack | 153,808 | 159,385 | 164,072 | 167,214 | 168,609 | 168,770 | 168,475 |
| Rockingham | 314,176 | 327,586 | 339,248 | 347,444 | 350,560 | 350,316 | 348,083 |
| Strafford | 130,889 | 136,162 | 140,565 | 144,214 | 146,813 | 148,384 | 149,435 |
| Sullivan | 43,063 | 43,943 | 44,429 | 44,429 | 43,950 | 43,131 | 42,141 |

Table 2: Population Projections by Regional Planning Commission (RPC)

| New Hampshire RPCs | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|--|-------------|---------|---------|---------|---------|---------|---------|
| Central New Hampshire Regional Planning Commission | 120,515 | 124,920 | 128,598 | 131,074 | 132,189 | 132,335 | 132,112 |
| Lakes Region Planning Commission | 125,258 | 130,448 | 134,739 | 137,093 | 137,797 | 137,310 | 136,302 |
| Nashua Regional Planning Commission | 217,543 | 226,575 | 233,630 | 238,666 | 241,339 | 242,119 | 241,922 |
| North Country Council | 83,107 | 85,340 | 86,866 | 87,171 | 86,379 | 84,799 | 82,887 |
| Rockingham Planning Commission | 198,870 | 207,357 | 214,738 | 219,925 | 221,897 | 221,743 | 220,329 |
| Southern New Hampshire Planning Commission | 285,230 | 297,529 | 307,538 | 314,622 | 317,976 | 318,575 | 317,693 |
| Southwest Region Planning Commission | 100,307 | 102,551 | 103,931 | 104,209 | 103,415 | 101,931 | 100,248 |
| Strafford Regional Planning Commission | 156,145 | 162,479 | 167,784 | 172,031 | 174,816 | 176,294 | 177,095 |
| Upper Valley Lake Sunapee Regional Planning Commission | 90,554 | 93,408 | 95,467 | 96,258 | 95,967 | 94,854 | 93,326 |

Table 3: Belknap County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Belknap County | 63,705 | 66,371 | 68,635 | 69,872 | 70,366 | 70,338 | 70,103 |
| Alton town | 5,894 | 6,141 | 6,350 | 6,465 | 6,510 | 6,508 | 6,486 |
| Barnstead town | 4,915 | 5,121 | 5,295 | 5,391 | 5,429 | 5,427 | 5,409 |
| Belmont town | 7,314 | 7,620 | 7,880 | 8,022 | 8,079 | 8,076 | 8,049 |
| Center Harbor town | 1,040 | 1,084 | 1,120 | 1,141 | 1,149 | 1,148 | 1,144 |
| Gilford town | 7,699 | 8,021 | 8,295 | 8,444 | 8,504 | 8,501 | 8,472 |
| Gilmanton town | 3,945 | 4,110 | 4,250 | 4,327 | 4,357 | 4,356 | 4,341 |
| Laconia city | 16,871 | 17,577 | 18,177 | 18,504 | 18,635 | 18,628 | 18,565 |
| Meredith town | 6,662 | 6,941 | 7,178 | 7,307 | 7,359 | 7,356 | 7,331 |
| New Hampton town | 2,377 | 2,476 | 2,561 | 2,607 | 2,626 | 2,624 | 2,616 |
| Sanbornton town | 3,026 | 3,153 | 3,260 | 3,319 | 3,342 | 3,341 | 3,330 |
| Tilton town | 3,962 | 4,128 | 4,269 | 4,346 | 4,376 | 4,375 | 4,360 |

Table 4: Carroll County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Carroll County | 50,107 | 52,293 | 54,023 | 54,939 | 54,935 | 54,273 | 53,293 |
| Albany town | 759 | 792 | 818 | 832 | 832 | 822 | 807 |
| Bartlett town | 3,200 | 3,340 | 3,450 | 3,509 | 3,508 | 3,466 | 3,403 |
| Brookfield town | 755 | 788 | 814 | 828 | 828 | 818 | 803 |
| Chatham town | 341 | 356 | 368 | 374 | 374 | 369 | 363 |
| Conway town | 9,822 | 10,256 | 10,595 | 10,775 | 10,774 | 10,644 | 10,452 |
| Eaton town | 405 | 423 | 437 | 444 | 444 | 439 | 431 |
| Effingham town | 1,691 | 1,765 | 1,823 | 1,854 | 1,854 | 1,832 | 1,799 |
| Freedom town | 1,689 | 1,763 | 1,821 | 1,852 | 1,852 | 1,829 | 1,796 |
| Hale's Location | 132 | 138 | 142 | 145 | 145 | 143 | 140 |
| Hart's Location town | 68 | 71 | 73 | 75 | 75 | 74 | 72 |
| Jackson town | 1,028 | 1,073 | 1,108 | 1,127 | 1,127 | 1,113 | 1,093 |
| Madison town | 2,565 | 2,677 | 2,765 | 2,812 | 2,812 | 2,778 | 2,728 |
| Moultonborough town | 4,918 | 5,133 | 5,302 | 5,392 | 5,392 | 5,327 | 5,231 |
| Ossipee town | 4,372 | 4,563 | 4,714 | 4,794 | 4,793 | 4,735 | 4,650 |
| Sandwich town | 1,466 | 1,530 | 1,581 | 1,607 | 1,607 | 1,588 | 1,559 |
| Tamworth town | 2,812 | 2,935 | 3,032 | 3,083 | 3,083 | 3,046 | 2,991 |
| Tuftonboro town | 2,467 | 2,575 | 2,660 | 2,705 | 2,705 | 2,672 | 2,624 |
| Wakefield town | 5,201 | 5,428 | 5,607 | 5,703 | 5,702 | 5,633 | 5,532 |
| Wolfeboro town | 6,416 | 6,696 | 6,917 | 7,035 | 7,034 | 6,949 | 6,824 |

Table 5: Cheshire County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Cheshire County | 76,458 | 77,722 | 78,340 | 78,080 | 77,007 | 75,452 | 73,805 |
| Alstead town | 1,864 | 1,892 | 1,905 | 1,899 | 1,876 | 1,842 | 1,806 |
| Chesterfield town | 3,552 | 3,609 | 3,638 | 3,626 | 3,577 | 3,506 | 3,431 |
| Dublin town | 1,532 | 1,557 | 1,570 | 1,565 | 1,543 | 1,512 | 1,479 |
| Fitzwilliam town | 2,351 | 2,390 | 2,409 | 2,401 | 2,368 | 2,320 | 2,269 |
| Gilsum town | 752 | 764 | 771 | 768 | 757 | 742 | 726 |
| Harrisville town | 984 | 999 | 1,006 | 1,003 | 991 | 972 | 953 |
| Hinsdale town | 3,948 | 4,009 | 4,039 | 4,026 | 3,974 | 3,900 | 3,820 |
| Jaffrey town | 5,320 | 5,404 | 5,444 | 5,427 | 5,356 | 5,254 | 5,145 |
| Keene city | 23,047 | 23,424 | 23,608 | 23,530 | 23,211 | 22,747 | 22,257 |
| Marlborough town | 2,096 | 2,131 | 2,148 | 2,140 | 2,111 | 2,068 | 2,023 |
| Marlow town | 749 | 761 | 767 | 765 | 754 | 739 | 723 |
| Nelson town | 629 | 639 | 644 | 642 | 634 | 621 | 607 |
| Richmond town | 1,197 | 1,217 | 1,226 | 1,222 | 1,206 | 1,181 | 1,155 |
| Rindge town | 6,476 | 6,589 | 6,645 | 6,621 | 6,525 | 6,386 | 6,238 |
| Roxbury town | 220 | 224 | 225 | 225 | 222 | 217 | 212 |
| Stoddard town | 1,374 | 1,397 | 1,408 | 1,403 | 1,384 | 1,356 | 1,326 |
| Sullivan town | 658 | 668 | 672 | 670 | 662 | 650 | 638 |
| Surry town | 820 | 834 | 840 | 837 | 826 | 809 | 792 |
| Swansey town | 7,270 | 7,409 | 7,477 | 7,449 | 7,330 | 7,159 | 6,978 |
| Troy town | 2,130 | 2,165 | 2,182 | 2,175 | 2,145 | 2,102 | 2,056 |
| Walpole town | 3,633 | 3,692 | 3,721 | 3,708 | 3,659 | 3,586 | 3,510 |
| Westmoreland town | 1,706 | 1,732 | 1,745 | 1,740 | 1,717 | 1,685 | 1,651 |
| Winchester town | 4,150 | 4,217 | 4,249 | 4,236 | 4,179 | 4,097 | 4,010 |

Table 6: Coos County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|--------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Coos County | 31,268 | 31,274 | 31,047 | 30,490 | 29,608 | 28,533 | 27,428 |
| Atkinson and Gilmanton Academy grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Beans grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Beans purchase | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Berlin city | 9,425 | 9,427 | 9,358 | 9,190 | 8,925 | 8,601 | 8,268 |
| Cambridge township | 16 | 16 | 16 | 16 | 15 | 15 | 14 |
| Carroll town | 820 | 820 | 814 | 800 | 776 | 748 | 719 |
| Chandlers purchase | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Clarksville town | 294 | 294 | 292 | 287 | 278 | 268 | 258 |
| Colebrook town | 2,084 | 2,084 | 2,069 | 2,032 | 1,973 | 1,902 | 1,828 |
| Columbia town | 659 | 659 | 654 | 643 | 624 | 601 | 578 |
| Crawfords purchase | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cutts grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|---------------------------------|----------------|-------|-------|-------|-------|-------|-------|
| Dalton town | 933 | 933 | 926 | 910 | 883 | 851 | 818 |
| Dixs grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dixville township | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Dummer town | 306 | 306 | 304 | 298 | 290 | 279 | 268 |
| Errol town | 298 | 298 | 296 | 291 | 282 | 272 | 261 |
| Erving's location | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Gorham town | 2,698 | 2,699 | 2,679 | 2,631 | 2,555 | 2,462 | 2,367 |
| Greens grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hadley's purchase | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Jefferson town | 1,043 | 1,043 | 1,036 | 1,017 | 988 | 952 | 915 |
| Kilkenny township | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lancaster town | 3,218 | 3,219 | 3,195 | 3,138 | 3,047 | 2,937 | 2,823 |
| Low and Burbanks grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Martins location | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Milan town | 1,358 | 1,358 | 1,348 | 1,324 | 1,286 | 1,239 | 1,191 |
| Millsfield township | 25 | 25 | 25 | 24 | 24 | 23 | 22 |
| Northumberland town | 2,126 | 2,126 | 2,111 | 2,073 | 2,013 | 1,940 | 1,865 |
| Odell township | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Pinkham's grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pittsburg town | 800 | 800 | 794 | 780 | 758 | 730 | 702 |
| Randolph town | 328 | 328 | 326 | 320 | 311 | 299 | 288 |
| Sargent's purchase | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Second College grant | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Shelburne town | 353 | 353 | 351 | 344 | 334 | 322 | 310 |
| Stark town | 478 | 478 | 475 | 466 | 453 | 436 | 419 |
| Stewartstown town | 813 | 813 | 807 | 793 | 770 | 742 | 713 |
| Stratford town | 662 | 662 | 657 | 646 | 627 | 604 | 581 |
| Success township | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Thompson and Meserve's purchase | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Wentworth location | 28 | 28 | 28 | 27 | 27 | 26 | 25 |
| Whitefield town | 2,490 | 2,490 | 2,472 | 2,428 | 2,358 | 2,272 | 2,184 |

Table 7: Grafton County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|---------------------------|----------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Grafton County | 91,118 | 94,984 | 98,030 | 99,463 | 99,711 | 98,998 | 97,777 |
| Alexandria town | 1,776 | 1,851 | 1,911 | 1,939 | 1,943 | 1,930 | 1,906 |
| Ashland town | 1,938 | 2,020 | 2,085 | 2,115 | 2,121 | 2,106 | 2,080 |
| Bath town | 1,077 | 1,123 | 1,159 | 1,176 | 1,179 | 1,170 | 1,156 |
| Benton town | 374 | 390 | 402 | 408 | 409 | 406 | 401 |
| Bethlehem town | 2,484 | 2,589 | 2,672 | 2,711 | 2,718 | 2,699 | 2,666 |
| Bridgewater town | 1,160 | 1,209 | 1,248 | 1,266 | 1,269 | 1,260 | 1,245 |
| Bristol town | 3,244 | 3,382 | 3,490 | 3,541 | 3,550 | 3,525 | 3,481 |
| Campton town | 3,343 | 3,485 | 3,597 | 3,649 | 3,658 | 3,632 | 3,587 |
| Canaan town | 3,794 | 3,955 | 4,082 | 4,141 | 4,152 | 4,122 | 4,071 |
| Dorchester town | 339 | 353 | 365 | 370 | 371 | 368 | 364 |
| Easton town | 292 | 304 | 314 | 319 | 320 | 317 | 313 |
| Ellsworth town | 93 | 97 | 100 | 102 | 102 | 101 | 100 |
| Enfield town | 4,465 | 4,654 | 4,804 | 4,874 | 4,886 | 4,851 | 4,791 |
| Franconia town | 1,083 | 1,129 | 1,165 | 1,182 | 1,185 | 1,177 | 1,162 |
| Grafton town | 1,385 | 1,444 | 1,490 | 1,512 | 1,516 | 1,505 | 1,486 |
| Groton town | 569 | 593 | 612 | 621 | 623 | 618 | 611 |
| Hanover town | 11,870 | 12,374 | 12,770 | 12,957 | 12,989 | 12,897 | 12,737 |
| Haverhill town | 4,585 | 4,780 | 4,933 | 5,005 | 5,017 | 4,982 | 4,920 |
| Hebron town | 632 | 659 | 680 | 690 | 692 | 687 | 678 |
| Holderness town | 2,004 | 2,089 | 2,156 | 2,188 | 2,193 | 2,177 | 2,150 |
| Landaff town | 446 | 465 | 480 | 487 | 488 | 485 | 479 |
| Lebanon city | 14,282 | 14,888 | 15,365 | 15,590 | 15,629 | 15,517 | 15,326 |
| Lincoln town | 1,631 | 1,700 | 1,755 | 1,780 | 1,785 | 1,772 | 1,750 |
| Lisbon town | 1,621 | 1,690 | 1,744 | 1,769 | 1,774 | 1,761 | 1,739 |
| Littleton town | 6,005 | 6,260 | 6,461 | 6,555 | 6,571 | 6,524 | 6,444 |
| Livermore town | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Lyman town | 585 | 610 | 629 | 639 | 640 | 636 | 628 |
| Lyme town | 1,745 | 1,819 | 1,877 | 1,905 | 1,910 | 1,896 | 1,873 |
| Monroe town | 864 | 901 | 930 | 943 | 945 | 939 | 927 |
| Orange town | 277 | 289 | 298 | 302 | 303 | 301 | 297 |
| Orford town | 1,237 | 1,289 | 1,331 | 1,350 | 1,354 | 1,344 | 1,327 |
| Piermont town | 769 | 802 | 827 | 839 | 842 | 836 | 825 |
| Plymouth town | 6,682 | 6,966 | 7,189 | 7,294 | 7,312 | 7,260 | 7,170 |
| Rumney town | 1,498 | 1,562 | 1,612 | 1,635 | 1,639 | 1,628 | 1,607 |
| Sugar Hill town | 647 | 674 | 696 | 706 | 708 | 703 | 694 |
| Thornton town | 2,708 | 2,823 | 2,913 | 2,956 | 2,963 | 2,942 | 2,906 |
| Warren town | 825 | 860 | 888 | 901 | 903 | 896 | 885 |
| Waterville Valley town | 508 | 530 | 547 | 555 | 556 | 552 | 545 |
| Wentworth town | 845 | 881 | 909 | 922 | 925 | 918 | 907 |
| Woodstock town | 1,434 | 1,495 | 1,543 | 1,565 | 1,569 | 1,558 | 1,539 |

Table 8: Hillsborough County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|----------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Hillsborough County | 422,937 | 440,881 | 454,896 | 464,900 | 470,211 | 471,760 | 471,369 |
| Amherst town | 11,753 | 12,243 | 12,625 | 12,898 | 13,043 | 13,085 | 13,075 |
| Antrim town | 2,651 | 2,763 | 2,851 | 2,914 | 2,947 | 2,957 | 2,955 |
| Bedford town | 23,322 | 24,347 | 25,152 | 25,726 | 26,031 | 26,120 | 26,097 |
| Bennington town | 1,501 | 1,565 | 1,614 | 1,650 | 1,669 | 1,674 | 1,673 |
| Brookline town | 5,639 | 5,851 | 6,017 | 6,136 | 6,198 | 6,217 | 6,212 |
| Deering town | 1,904 | 1,985 | 2,048 | 2,093 | 2,117 | 2,124 | 2,122 |
| Francestown town | 1,610 | 1,678 | 1,732 | 1,770 | 1,790 | 1,796 | 1,794 |
| Goffstown town | 18,577 | 19,406 | 20,055 | 20,519 | 20,764 | 20,836 | 20,818 |
| Greenfield town | 1,716 | 1,789 | 1,846 | 1,886 | 1,908 | 1,914 | 1,913 |
| Greenville town | 1,974 | 2,040 | 2,091 | 2,128 | 2,147 | 2,153 | 2,152 |
| Hancock town | 1,731 | 1,795 | 1,846 | 1,882 | 1,901 | 1,906 | 1,905 |
| Hillsborough town | 5,939 | 6,186 | 6,373 | 6,507 | 6,579 | 6,599 | 6,594 |
| Hollis town | 8,342 | 8,678 | 8,940 | 9,128 | 9,227 | 9,256 | 9,249 |
| Hudson town | 25,394 | 26,471 | 27,313 | 27,914 | 28,232 | 28,325 | 28,302 |
| Litchfield town | 8,478 | 8,838 | 9,119 | 9,319 | 9,426 | 9,457 | 9,449 |
| Lyndeborough town | 1,702 | 1,774 | 1,831 | 1,871 | 1,892 | 1,898 | 1,897 |
| Manchester city | 115,644 | 120,730 | 124,702 | 127,538 | 129,043 | 129,482 | 129,371 |
| Mason town | 1,448 | 1,509 | 1,557 | 1,592 | 1,610 | 1,615 | 1,614 |
| Merrimack town | 26,632 | 27,726 | 28,581 | 29,190 | 29,514 | 29,609 | 29,585 |
| Milford town | 16,131 | 16,780 | 17,286 | 17,648 | 17,840 | 17,895 | 17,881 |
| Mont Vernon town | 2,584 | 2,694 | 2,779 | 2,840 | 2,873 | 2,882 | 2,880 |
| Nashua city | 91,322 | 95,161 | 98,159 | 100,299 | 101,435 | 101,766 | 101,683 |
| New Boston town | 6,108 | 6,349 | 6,538 | 6,672 | 6,743 | 6,764 | 6,759 |
| New Ipswich town | 5,204 | 5,434 | 5,613 | 5,741 | 5,809 | 5,829 | 5,824 |
| Pelham town | 14,222 | 14,790 | 15,233 | 15,549 | 15,717 | 15,766 | 15,754 |
| Peterborough town | 6,418 | 6,690 | 6,903 | 7,055 | 7,135 | 7,159 | 7,153 |
| Sharon town | 359 | 374 | 386 | 395 | 399 | 400 | 400 |
| Temple town | 1,382 | 1,441 | 1,486 | 1,519 | 1,536 | 1,542 | 1,540 |
| Weare town | 9,092 | 9,460 | 9,747 | 9,952 | 10,061 | 10,093 | 10,085 |
| Wilton town | 3,896 | 4,061 | 4,190 | 4,283 | 4,331 | 4,346 | 4,342 |
| Windsor town | 262 | 273 | 282 | 288 | 291 | 292 | 292 |

Table 9: Merrimack County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|-------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Merrimack County | 153,808 | 159,385 | 164,072 | 167,214 | 168,609 | 168,770 | 168,475 |
| Allenstown town | 4,707 | 4,883 | 5,031 | 5,131 | 5,175 | 5,180 | 5,171 |
| Andover town | 2,406 | 2,493 | 2,567 | 2,616 | 2,638 | 2,640 | 2,635 |
| Boscawen town | 3,998 | 4,143 | 4,265 | 4,346 | 4,383 | 4,387 | 4,379 |
| Bow town | 8,229 | 8,530 | 8,783 | 8,953 | 9,028 | 9,037 | 9,021 |
| Bradford town | 1,662 | 1,722 | 1,773 | 1,807 | 1,822 | 1,824 | 1,820 |
| Canterbury town | 2,389 | 2,473 | 2,543 | 2,591 | 2,611 | 2,614 | 2,609 |
| Chichester town | 2,665 | 2,759 | 2,838 | 2,891 | 2,914 | 2,917 | 2,912 |
| Concord city | 43,976 | 45,611 | 46,986 | 47,907 | 48,316 | 48,363 | 48,277 |
| Danbury town | 1,250 | 1,293 | 1,328 | 1,352 | 1,363 | 1,364 | 1,362 |
| Dunbarton town | 3,005 | 3,108 | 3,195 | 3,254 | 3,279 | 3,282 | 3,277 |
| Epsom town | 4,834 | 5,006 | 5,151 | 5,249 | 5,292 | 5,297 | 5,288 |
| Franklin city | 8,741 | 9,055 | 9,319 | 9,496 | 9,575 | 9,584 | 9,567 |
| Henniker town | 6,185 | 6,393 | 6,567 | 6,684 | 6,736 | 6,742 | 6,731 |
| Hill town | 1,017 | 1,054 | 1,085 | 1,106 | 1,115 | 1,116 | 1,114 |
| Hooksett town | 14,871 | 15,430 | 15,899 | 16,214 | 16,354 | 16,370 | 16,340 |
| Hopkinton town | 5,914 | 6,128 | 6,309 | 6,429 | 6,483 | 6,489 | 6,478 |
| Loudon town | 5,576 | 5,767 | 5,928 | 6,035 | 6,083 | 6,088 | 6,078 |
| Newbury town | 2,172 | 2,253 | 2,321 | 2,367 | 2,387 | 2,389 | 2,385 |
| New London town | 4,400 | 4,554 | 4,683 | 4,770 | 4,809 | 4,813 | 4,805 |
| Northfield town | 4,872 | 5,049 | 5,197 | 5,297 | 5,341 | 5,346 | 5,337 |
| Pembroke town | 7,207 | 7,463 | 7,678 | 7,822 | 7,886 | 7,893 | 7,880 |
| Pittsfield town | 4,075 | 4,220 | 4,342 | 4,423 | 4,460 | 4,464 | 4,456 |
| Salisbury town | 1,422 | 1,472 | 1,515 | 1,543 | 1,556 | 1,557 | 1,555 |
| Sutton town | 1,978 | 2,047 | 2,105 | 2,144 | 2,161 | 2,163 | 2,159 |
| Warner town | 2,937 | 3,043 | 3,133 | 3,193 | 3,220 | 3,223 | 3,217 |
| Webster town | 1,913 | 1,980 | 2,036 | 2,073 | 2,090 | 2,092 | 2,088 |
| Wilmot town | 1,407 | 1,455 | 1,496 | 1,523 | 1,535 | 1,536 | 1,534 |

Table 10: Rockingham County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|--------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Rockingham County | 314,176 | 327,586 | 339,248 | 347,444 | 350,560 | 350,316 | 348,082 |
| Atkinson town | 7,087 | 7,389 | 7,653 | 7,837 | 7,908 | 7,902 | 7,852 |
| Auburn town | 5,946 | 6,190 | 6,403 | 6,552 | 6,609 | 6,605 | 6,564 |
| Brentwood town | 4,490 | 4,668 | 4,823 | 4,932 | 4,974 | 4,970 | 4,941 |
| Candia town | 4,013 | 4,184 | 4,333 | 4,438 | 4,478 | 4,475 | 4,446 |
| Chester town | 5,232 | 5,442 | 5,624 | 5,753 | 5,802 | 5,798 | 5,763 |
| Danville town | 4,408 | 4,596 | 4,760 | 4,875 | 4,918 | 4,915 | 4,884 |
| Deerfield town | 4,855 | 5,056 | 5,230 | 5,352 | 5,399 | 5,395 | 5,362 |
| Derry town | 34,317 | 35,876 | 37,231 | 38,184 | 38,546 | 38,518 | 38,258 |
| East Kingston town | 2,441 | 2,538 | 2,623 | 2,683 | 2,705 | 2,704 | 2,687 |
| Epping town | 7,125 | 7,420 | 7,676 | 7,856 | 7,925 | 7,919 | 7,870 |
| Exeter town | 16,049 | 16,734 | 17,330 | 17,748 | 17,908 | 17,895 | 17,781 |
| Fremont town | 4,739 | 4,932 | 5,100 | 5,218 | 5,262 | 5,259 | 5,227 |
| Greenland town | 4,067 | 4,231 | 4,374 | 4,474 | 4,513 | 4,510 | 4,482 |
| Hampstead town | 8,998 | 9,382 | 9,716 | 9,951 | 10,040 | 10,033 | 9,969 |
| Hampton town | 16,214 | 16,906 | 17,508 | 17,931 | 18,092 | 18,079 | 17,964 |
| Hampton Falls town | 2,403 | 2,499 | 2,582 | 2,641 | 2,663 | 2,661 | 2,645 |
| Kensington town | 2,095 | 2,184 | 2,262 | 2,317 | 2,338 | 2,336 | 2,321 |
| Kingston town | 6,202 | 6,467 | 6,697 | 6,859 | 6,920 | 6,915 | 6,871 |
| Londonderry town | 25,826 | 26,955 | 27,937 | 28,627 | 28,890 | 28,869 | 28,681 |
| New Castle town | 1,000 | 1,043 | 1,080 | 1,106 | 1,116 | 1,115 | 1,108 |
| Newfields town | 1,769 | 1,845 | 1,910 | 1,956 | 1,974 | 1,972 | 1,960 |
| Newington town | 811 | 846 | 876 | 897 | 905 | 904 | 899 |
| Newmarket town | 9,430 | 9,833 | 10,183 | 10,429 | 10,522 | 10,515 | 10,448 |
| Newton town | 4,820 | 5,026 | 5,205 | 5,330 | 5,378 | 5,374 | 5,340 |
| North Hampton town | 4,538 | 4,732 | 4,900 | 5,019 | 5,064 | 5,060 | 5,028 |
| Northwood town | 4,641 | 4,830 | 4,994 | 5,109 | 5,153 | 5,150 | 5,118 |
| Nottingham town | 5,229 | 5,439 | 5,621 | 5,749 | 5,798 | 5,794 | 5,759 |
| Plaistow town | 7,830 | 8,164 | 8,455 | 8,659 | 8,737 | 8,731 | 8,675 |
| Portsmouth city | 21,956 | 22,893 | 23,708 | 24,281 | 24,499 | 24,482 | 24,326 |
| Raymond town | 10,684 | 11,133 | 11,524 | 11,799 | 11,903 | 11,895 | 11,820 |
| Rye town | 5,543 | 5,780 | 5,985 | 6,130 | 6,185 | 6,181 | 6,141 |
| Salem town | 30,089 | 31,460 | 32,653 | 33,491 | 33,810 | 33,785 | 33,557 |
| Sandown town | 6,548 | 6,814 | 7,045 | 7,208 | 7,270 | 7,265 | 7,221 |
| Seabrook town | 8,401 | 8,753 | 9,059 | 9,274 | 9,356 | 9,349 | 9,291 |
| South Hampton town | 894 | 932 | 965 | 989 | 998 | 997 | 990 |
| Stratham town | 7,669 | 7,990 | 8,268 | 8,464 | 8,539 | 8,533 | 8,480 |
| Windham town | 15,817 | 16,425 | 16,954 | 17,326 | 17,467 | 17,456 | 17,354 |

Table 11: Strafford County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|-------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Strafford County | 130,889 | 136,162 | 140,565 | 144,214 | 146,813 | 148,384 | 149,435 |
| Barrington town | 9,326 | 9,702 | 10,015 | 10,275 | 10,461 | 10,573 | 10,647 |
| Dover city | 32,741 | 34,076 | 35,190 | 36,114 | 36,772 | 37,170 | 37,436 |
| Durham town | 15,490 | 16,114 | 16,635 | 17,067 | 17,375 | 17,560 | 17,685 |
| Farmington town | 6,722 | 6,988 | 7,209 | 7,393 | 7,524 | 7,603 | 7,656 |
| Lee town | 4,520 | 4,697 | 4,844 | 4,967 | 5,054 | 5,107 | 5,142 |
| Madbury town | 1,918 | 1,995 | 2,060 | 2,113 | 2,151 | 2,174 | 2,190 |
| Middleton town | 1,823 | 1,891 | 1,948 | 1,995 | 2,029 | 2,049 | 2,063 |
| Milton town | 4,482 | 4,657 | 4,804 | 4,925 | 5,011 | 5,064 | 5,099 |
| New Durham town | 2,693 | 2,796 | 2,882 | 2,954 | 3,005 | 3,035 | 3,056 |
| Rochester city | 32,492 | 33,801 | 34,894 | 35,800 | 36,445 | 36,835 | 37,096 |
| Rollinsford town | 2,597 | 2,696 | 2,779 | 2,848 | 2,897 | 2,927 | 2,946 |
| Somersworth city | 11,855 | 12,348 | 12,760 | 13,102 | 13,345 | 13,492 | 13,590 |
| Strafford town | 4,230 | 4,400 | 4,543 | 4,661 | 4,745 | 4,795 | 4,829 |

Table 12: Sullivan County Population Projections by Municipality

| | 2020 Census | 2025 | 2030 | 2035 | 2040 | 2045 | 2050 |
|------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Sullivan County | 43,063 | 43,943 | 44,429 | 44,429 | 43,950 | 43,131 | 42,141 |
| Acworth town | 853 | 870 | 880 | 880 | 871 | 854 | 835 |
| Charlestown town | 4,806 | 4,904 | 4,958 | 4,958 | 4,905 | 4,814 | 4,703 |
| Claremont city | 12,949 | 13,214 | 13,360 | 13,360 | 13,216 | 12,969 | 12,672 |
| Cornish town | 1,616 | 1,649 | 1,667 | 1,667 | 1,649 | 1,619 | 1,581 |
| Croydon town | 801 | 817 | 826 | 826 | 817 | 802 | 784 |
| Goshen town | 796 | 812 | 821 | 821 | 812 | 797 | 779 |
| Grantham town | 3,404 | 3,474 | 3,512 | 3,512 | 3,474 | 3,409 | 3,331 |
| Langdon town | 651 | 664 | 672 | 672 | 664 | 652 | 637 |
| Lempster town | 1,118 | 1,141 | 1,153 | 1,153 | 1,141 | 1,120 | 1,094 |
| Newport town | 6,299 | 6,428 | 6,499 | 6,499 | 6,429 | 6,309 | 6,164 |
| Plainfield town | 2,459 | 2,509 | 2,537 | 2,537 | 2,510 | 2,463 | 2,406 |
| Springfield town | 1,259 | 1,285 | 1,299 | 1,299 | 1,285 | 1,261 | 1,232 |
| Sunapee town | 3,342 | 3,410 | 3,448 | 3,448 | 3,411 | 3,347 | 3,270 |
| Unity town | 1,518 | 1,549 | 1,566 | 1,566 | 1,549 | 1,520 | 1,485 |
| Washington town | 1,192 | 1,216 | 1,230 | 1,230 | 1,217 | 1,194 | 1,166 |