



2019 POPULATION ESTIMATES OF NEW HAMPSHIRE CITIES AND TOWNS

Prepared by the New Hampshire Office of Strategic Initiatives

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The Office of Strategic Initiatives (OSI) is required by law (RSA 78-A:25) to estimate the population of the state's municipalities on an annual basis. The law stipulates that the estimates be certified to the State Treasurer by August 19th and that they reflect population levels of the preceding year. Further, the law requires that the definition of resident be the same as that of the US Decennial Census.

The accompanying figures are estimates and are so labeled. Users of these figures should be aware that many of the data used to calculate the estimates were collected by local governmental units for purposes other than accounting for population change. The methods which convert these data into estimated population, such as building permits, have been developed to reflect true population insofar as possible. Data used to calculate estimates in past years are subject to change. For this and other reasons, OSI strongly recommends that these estimates not be compared on a year-to-year basis.

Some communities may have estimating procedures that are different from those used by OSI. Also, some communities have established population figures based on their own enumeration (census) efforts. These local efforts can render highly accurate results. OSI however uses a uniform estimating system that is applied equally to all 234 communities. It is likely that if OSI staff were to estimate any one municipality on an individual basis, the resulting estimate would be different from the one contained herein.

The accompanying table shows the total population of New Hampshire's municipalities from the 2000 and 2010 censuses, and OSI's estimate for 2019. These figures are composed of the household population and of persons living in group quarters. Group quarters populations consist of persons living in college residence halls, some types of nursing homes, prisons, etc. Many municipalities have no group quarters populations. For the convenience of data users, the table shows the 2019 group quarters population that is part of the total estimated population.

Anyone wishing further information regarding these estimates should contact:

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OSI ESTIMATE METHODOLOGY

For Estimating Total Population

The official estimates of population are based on a dwelling unit method. The method attempts to translate permits issued for new dwellings into estimated population.

The 2010 US Census serves as a benchmark; changes in the number of dwellings are used to update the dwelling unit counts by the US Census. Two rates are used to convert the estimated number of dwellings into estimated population. These rates are population per household and occupancy rates. The rates are taken from the 2010 decennial census.

The dwelling unit calculations estimate household population. Group quarters population (persons living in residence halls, prisons, etc.) is estimated using the 2010 census and updated using an annual OSI survey of establishments known to have group quarters population.

The individual municipal estimates are proportionately controlled to an existing estimated state total. This state total is prepared with the state as a single statistical entity. In turn, this state total results from an adjustment to conform to a national total. The state total is prepared by the Census Bureau's Federal-State Cooperative Program for Population Estimates (FSCPE).

As an example, the 2019 calculations of the dwelling unit method for the town of Alton appear below:

Census 2010 Total Units	Permits Issued through 2018	2019 Estimated Total Units	Percent of Units Occupied	2019 Occupied Units	Population Per Household	2019 Estimated Household Population
4,281	141	4,422	0.50105	2,216	2.45	5,428

2019 Estimated Group Quarters Population	2019 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (0.9876566)	2019 Final Estimated Population
0	5,428	-67	5,361

Belknap County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Alton	4,502	5,250	5,361	0	83.88
Barnstead	3,886	4,593	4,740	0	110.38
Belmont	6,716	7,356	7,353	2	243.91
Center Harbor	996	1,096	1,091	14	81.83
Gilford	6,803	7,126	7,255	0	187.02
Gilmanton	3,060	3,777	3,809	0	66.08
Laconia	16,411	15,951	16,709	560	831.51
Meredith	5,943	6,241	6,420	181	159.23
New Hampton	1,950	2,165	2,298	56	62.42
Sanbornton	2,581	2,966	3,005	15	63.55
Tilton	3,477	3,567	3,673	211	321.83
Belknap Co.	56,325	60,088	61,714	1,039	153.25

Water area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Carroll County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Albany	654	735	753	0	9.99
Bartlett	2,705	2,788	2,837	0	37.92
Brookfield	604	712	735	0	32.16
Chatham	260	337	344	0	6.06
Conway	8,604	10,115	10,215	163	146.59
Eaton	375	393	418	0	17.13
Effingham	1,273	1,465	1,498	0	38.54
Freedom	1,303	1,489	1,596	8	46.27
Harts Location	37	41	46	0	2.39
Jackson	835	816	849	0	12.71
Madison	1,984	2,502	2,648	4	68.43
Moultonboro	4,484	4,044	4,129	0	68.77
Ossipee	4,211	4,345	4,436	144	62.57
Sandwich	1,286	1,326	1,357	0	14.87
Tamworth	2,510	2,856	2,918	8	48.77
Tuftonboro	2,148	2,387	2,423	0	59.65
Wakefield	4,252	5,078	5,141	0	130.06
Wolfeboro	6,083	6,269	6,312	59	130.56
Carroll Co. (incorporated areas only)	43,608	47,698	48,655	386	52.18

Population of unincorporated places not included in above figures.

Water area and unincorporated area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Cheshire County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Alstead	1,944	1,937	1,961	0	50.32
Chesterfield	3,542	3,604	3,705	0	81.27
Dublin	1,476	1,597	1,593	72	57.11
Fitzwilliam	2,141	2,396	2,418	0	69.84
Gilsum	777	813	826	8	49.55
Harrisville	1,075	961	965	0	51.57
Hinsdale	4,082	4,046	4,058	0	195.93
Jaffrey	5,476	5,457	5,424	51	141.23
Keene	22,563	23,409	23,429	2,236	632.30
Marlborough	2,009	2,063	2,143	2	105.00
Marlow	747	742	748	0	28.74
Nelson	634	729	737	0	33.65
Richmond	1,077	1,155	1,179	1	31.40
Rindge	5,451	6,014	6,244	1,188	168.44
Roxbury	237	229	224	0	18.72
Stoddard	928	1,232	1,277	0	25.08
Sullivan	746	677	699	0	37.69
Surry	673	732	760	0	48.44
Swanzy	6,800	7,230	7,398	0	164.62
Troy	1,962	2,145	2,140	0	122.59
Walpole	3,594	3,734	3,863	0	108.27
Westmoreland	1,747	1,874	1,748	145	48.67
Winchester	4,144	4,341	4,349	58	79.11
Cheshire Co.	73,825	77,117	77,888	3,761	110.06

Water area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Coos County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Berlin	10,331	10,051	10,167	1,638	165.41
Carroll	663	763	818	73	16.27
Clarksville	294	265	278	0	4.60
Colebrook	2,321	2,301	2,323	3	56.99
Columbia	750	757	779	10	12.72
Dalton	927	979	1,001	0	36.35
Dummer	309	304	304	0	6.35
Errol	298	291	296	2	4.87
Gorham	2,895	2,848	2,819	0	88.38
Jefferson	1,006	1,107	1,134	0	22.64
Lancaster	3,280	3,507	3,542	206	70.55
Milan	1,331	1,337	1,345	0	21.04
Northumberland	2,438	2,288	2,251	3	61.29
Pittsburg	867	869	888	0	3.15
Randolph	339	310	308	0	6.55
Shelburne	379	372	379	0	7.92
Stark	516	556	573	0	9.68
Stewartstown	1,012	1,004	1,040	139	22.36
Stratford	942	746	768	0	9.61
Whitefield	2,038	2,306	2,379	50	69.37
Coos Co. (incorporated areas only)	32,936	32,961	33,392	2,124	26.92

Population of unincorporated places not included in above figures.

Water area and unincorporated area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Grafton County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Alexandria	1,329	1,613	1,651	0	37.92
Ashland	1,955	2,076	2,099	0	185.43
Bath	893	1,077	1,114	0	29.19
Benton	314	364	377	115	7.77
Bethlehem	2,199	2,526	2,591	34	28.51
Bridgewater	974	1,083	1,106	0	51.50
Bristol	3,033	3,054	3,124	49	182.95
Campton	2,719	3,333	3,405	3	65.56
Canaan	3,319	3,909	3,987	59	74.79
Dorchester	353	355	362	0	8.12
Easton	256	254	272	0	8.74
Ellsworth	87	83	86	0	4.01
Enfield	4,618	4,582	4,714	5	116.98
Franconia	924	1,104	1,132	65	17.22
Grafton	1,138	1,340	1,371	0	32.95
Groton	456	593	610	0	14.98
Hanover	10,850	11,260	11,502	4,197	234.25
Haverhill	4,416	4,697	4,663	201	91.15
Hebron	459	602	628	12	37.25
Holderness	1,930	2,108	2,131	72	69.80
Landaff	378	415	424	0	14.93
Lebanon	12,568	13,151	14,079	39	349.06
Lincoln	1,271	1,662	1,748	0	13.37
Lisbon	1,587	1,595	1,688	0	63.70
Littleton	5,845	5,928	5,939	16	118.70
Lyman	487	533	548	0	19.30
Lyme	1,679	1,716	1,729	11	32.11
Monroe	759	788	813	0	36.24
Orange	299	331	337	0	14.60
Orford	1,091	1,237	1,258	0	27.09
Piermont	709	790	790	0	20.45
Plymouth	5,892	6,990	6,911	2,066	244.87
Rumney	1,480	1,480	1,498	15	35.69
Sugar Hill	563	563	583	0	34.06
Thornton	1,843	2,490	2,611	0	51.93
Warren	873	904	930	0	19.13
Waterville Valley	257	247	248	0	3.85
Wentworth	798	911	925	0	22.11
Woodstock	1,139	1,374	1,380	0	23.59
Grafton Co. (incorp. areas only)	81,740	89,118	91,364	6,959	55.40

Hillsborough County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	2000	2010	2019	2019	2019
Amherst	10,769	11,201	11,599	0	341.80
Antrim	2,449	2,637	2,646	22	74.17
Bedford	18,274	21,203	23,011	567	702.51
Bennington	1,401	1,476	1,489	3	131.14
Brookline	4,181	4,991	5,387	0	270.50
Deering	1,875	1,912	1,939	89	63.41
Francestown	1,480	1,562	1,585	0	53.10
Goffstown	16,929	17,651	17,938	2,145	482.94
Greenfield	1,657	1,749	1,777	129	67.09
Greenville	2,224	2,105	2,079	0	302.27
Hancock	1,739	1,654	1,665	19	55.54
Hillsborough	4,928	6,011	5,992	4	137.12
Hollis	7,015	7,684	7,962	3	250.61
Hudson	22,928	24,467	25,514	204	894.17
Litchfield	7,360	8,271	8,634	0	578.61
Lyndeborough	1,585	1,683	1,727	0	57.28
Manchester	107,006	109,565	110,712	2,253	3,350.02
Mason	1,147	1,382	1,428	0	59.56
Merrimack	25,119	25,494	26,237	105	804.22
Milford	13,535	15,115	16,003	232	629.65
Mont Vernon	2,034	2,409	2,601	2	154.56
Nashua	86,605	86,494	88,872	1,071	2,889.85
New Boston	4,138	5,321	5,857	41	136.28
New Ipswich	4,289	5,099	5,328	8	162.74
Pelham	10,914	12,897	14,032	0	533.89
Peterborough	5,883	6,284	6,716	382	176.66
Sharon	360	352	360	0	22.99
Temple	1,297	1,366	1,404	92	63.10
Weare	7,776	8,785	8,951	0	151.57
Wilton	3,743	3,677	3,746	13	146.28
Windsor	201	224	222	0	26.92
Hillsborough Co.	380,841	400,721	413,413	7,384	471.33

Water area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Merrimack County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	2000	2010	2019	2019	2019
Allenstown	4,843	4,322	4,368	23	213.43
Andover	2,109	2,371	2,372	174	59.02
Boscawen	3,672	3,965	4,049	520	162.85
Bow	7,138	7,519	7,903	0	280.53
Bradford	1,454	1,650	1,690	12	47.97
Canterbury	1,979	2,352	2,404	22	54.71
Chichester	2,236	2,523	2,630	15	124.09
Concord	40,687	42,695	42,982	2,735	672.02
Danbury	1,071	1,164	1,199	0	31.76
Dunbarton	2,226	2,758	2,909	0	94.34
Epsom	4,021	4,566	4,787	93	138.84
Franklin	8,405	8,477	8,714	242	314.92
Henniker	4,433	4,836	4,922	579	111.58
Hill	992	1,089	1,102	0	41.32
Hooksett	11,721	13,451	14,650	996	404.76
Hopkinton	5,399	5,589	5,712	0	131.98
Loudon	4,481	5,317	5,684	4	123.51
New London	4,116	4,397	4,117	624	184.20
Newbury	1,702	2,072	2,193	0	61.24
Northfield	4,548	4,829	4,884	47	170.81
Pembroke	6,897	7,115	7,093	53	313.35
Pittsfield	3,931	4,106	4,096	53	169.78
Salisbury	1,137	1,382	1,424	0	36.00
Sutton	1,544	1,837	1,881	0	44.20
Warner	2,760	2,833	2,915	147	52.77
Webster	1,579	1,872	1,902	27	67.29
Wilmot	1,144	1,358	1,383	0	47.03
Merrimack Co.	136,225	146,445	149,965	6,366	160.64

Water area not included in persons per sq. mi calculations.
 Group Quarters population is included in total population.

Rockingham County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	2000	2010	2019	2019	2019
Atkinson	6,178	6,751	7,115	0	636.46
Auburn	4,682	4,953	5,653	2	221.85
Brentwood	3,197	4,486	4,610	319	271.66
Candia	3,911	3,909	3,967	0	130.81
Chester	3,792	4,768	5,298	0	203.50
Danville	4,023	4,387	4,553	7	390.93
Deerfield	3,678	4,280	4,659	6	91.76
Derry	34,021	33,109	33,249	211	938.41
East Kingston	1,784	2,357	2,424	0	244.51
Epping	5,476	6,411	7,031	2	269.61
Exeter	14,058	14,306	15,382	357	778.54
Fremont	3,510	4,283	4,765	57	276.15
Greenland	3,208	3,549	4,146	25	393.35
Hampstead	8,297	8,523	8,741	0	651.99
Hampton	14,937	14,976	15,207	605	1,227.85
Hampton Falls	1,880	2,236	2,428	0	176.49
Kensington	1,893	2,124	2,146	0	179.12
Kingston	5,862	6,025	6,240	0	314.35
Londonderry	23,236	24,129	26,266	0	624.97
New Castle	1,010	968	968	0	1,188.70
Newfields	1,551	1,680	1,723	0	242.87
Newington	775	753	800	14	97.09
Newmarket	8,027	8,936	9,460	21	752.82
Newton	4,289	4,603	4,967	0	505.04
North Hampton	4,259	4,301	4,582	4	328.99
Northwood	3,640	4,241	4,300	0	152.87
Nottingham	3,701	4,785	5,144	8	110.56
Plaistow	7,747	7,609	7,749	5	730.43
Portsmouth	20,784	21,233	22,206	407	1,416.38
Raymond	9,674	10,138	10,489	21	364.04
Rye	5,182	5,298	5,479	151	433.39
Salem	28,112	28,776	29,957	97	1,207.59
Sandown	5,143	5,986	6,473	7	462.76
Seabrook	7,934	8,693	8,904	8	989.38
South Hampton	844	814	826	1	104.41
Stratham	6,355	7,255	7,559	0	499.80
Windham	10,709	13,592	14,792	24	553.55
Rockingham Co.	277,359	295,223	310,258	2,359	444.99

Water area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Strafford County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Barrington	7,475	8,576	9,123	16	195.36
Dover	26,884	29,987	31,795	905	1,189.08
Durham	12,664	14,638	16,085	7,230	717.98
Farmington	5,774	6,786	6,883	16	188.51
Lee	4,145	4,330	4,483	8	224.35
Madbury	1,509	1,771	1,846	0	159.87
Middleton	1,440	1,783	1,812	0	100.25
Milton	3,910	4,598	4,617	1	139.65
New Durham	2,220	2,638	2,641	0	63.81
Rochester	28,461	29,752	30,992	287	691.40
Rollinsford	2,648	2,527	2,579	0	352.68
Somersworth	11,477	11,766	11,844	12	1,206.86
Strafford	3,626	3,991	4,179	6	85.33
Strafford Co.	112,233	123,143	128,879	8,481	350.85

Water area not included in persons per sq. mi calculations.

Group Quarters population is included in total population.

Sullivan County:

Municipality	Total Population U.S. Census		Total Population OSI Estimate	Group Quarters Population	Persons per Square Mile
	<u>2000</u>	<u>2010</u>	<u>2019</u>	<u>2019</u>	<u>2019</u>
Acworth	836	891	907	0	23.30
Charlestown	4,749	5,114	5,154	94	143.87
Claremont	13,151	13,355	13,246	230	306.98
Cornish	1,661	1,640	1,654	0	39.42
Croydon	661	764	778	0	21.14
Goshen	741	810	822	11	36.62
Grantham	2,167	2,985	3,044	0	111.95
Langdon	586	688	697	0	42.71
Lempster	971	1,154	1,184	0	36.63
Newport	6,269	6,507	6,480	125	148.89
Plainfield	2,241	2,364	2,443	46	46.79
Springfield	945	1,311	1,344	0	30.81
Sunapee	3,055	3,365	3,489	65	165.60
Unity	1,530	1,671	1,605	197	43.42
Washington	895	1,123	1,143	0	25.12

Sullivan Co.	40,458	43,742	43,990	768	81.79
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New Hampshire (incorporated areas only)	1,235,550	1,316,256	1,359,518	39,627	162.90
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Population of unincorporated places not included in above figures.

Total estimated population of New Hampshire (including unincorporated areas) is **1,359,711**.

Water area and unincorporated area not included in persons per sq. mi. calculations.

Group Quarters population is included in total population.