Census 2010: Mapping New Hampshire

An overview of recent changes in the state’s population patterns

May 2011
A search for patterns

New figures released in May 2011 by the U.S. Census Bureau add context to our understanding of the demographic forces shaping New Hampshire.

The following maps, prepared by Center staff, illustrate a handful of those data points to get a better grasp of how New Hampshire is changing. The illustrations are intended to provoke ideas, raise questions and inspire further conversations about the policy challenges and opportunities facing the state in the coming years.

First, an animated snapshot of how we’ve aged over the past century....
New Hampshire began the 20th Century with the majority of its population under the age of 30 and relatively few aged 60 and older. Watch how that shifts through the decades. Look out especially for the bump that arrives in the 1950 Census – the Baby Boom Generation – and see how they dominate the subsequent decades. (When you’ve watched the entire cycle, through 2010, press the down arrow key to continue the presentation.)
Here’s a basic overview of New Hampshire’s population according to the Census data from 2010. Not many surprises here.

The most densely populated areas are in the state’s southern areas, particularly Rockingham, Hillsborough and Merrimack counties.

The highest population centers are in and around Manchester and Nashua, with pockets of density scattered in the cities.

The North Country remains sparsely populated.

Total state population increased 6.5 percent since 2000, with 1.3 million people now calling New Hampshire home. But let’s look at how that population has shifted over the past decade.....
• This map details where the growth and loss in population, town by town, occurred since 2000.
• Some obvious points: the biggest increases came in Hillsborough and Rockingham counties. We can also see the influence that Interstate 93 has on population growth over the past decade.
• Other pockets of large increase: the Conway and Plymouth regions, the Lakes Region and the Upper Valley. We’ll return to those later.
• And while nearly every region saw some increase in population, the declines were focused largely on the North Country.
• But while the overall state population increased, the number of school-aged children fell: a loss of more than 22,000 students, or a 7 percent decline since 2000.

• As this map shows, that drop was spread across the state, with a few towns gaining in school-age population.

• But flip back to the previous map. You’ll see that many of the areas that had the biggest gains in total population saw a decline in their school-aged numbers: portions Hillsborough County and the Rochester area, for instance. How might that trend shape discussions about education spending, both at the state and local level?

• More broadly, policymakers will have to consider what steps to take to build the education system in a state where the student population is declining.
A map illustrating where the growth in housing units occurred over the past decade underscores several trends in New Hampshire’s growth.

First, the importance of major transportation lines, such as I-93, in shaping population patterns. How will that influence future discussions about investments in the infrastructure?

And while nearly every community saw a growth in housing over the decade, several other pockets are obvious: the Lakes Region and the White Mountains, particularly the Conway area. These is likely due to a growth in seasonal homes, but how might that trend shape discussions about property values and the ability of the state’s amenities (its mountains and lakes) to attract newcomers?
• The state’s Hispanic population increased nearly 80 percent since 2000, though in relatively small numbers overall: from 20,500 to 36,700 over the past decade.

• Nearly every community in the state saw an increase in the Hispanic population, with the biggest increases concentrated in cities and the towns along the southern stretch of I-93.

• One point to consider: Nationwide, Census numbers indicate that Hispanics made up more than half of all population growth nationwide since 2000. New Hampshire has typically been a state that relied on in-migration to grow, but how will that change if future growth nationally is driven largely by a population that has not traditionally been drawn to the state?
One of the big political debates that will follow from the new Census data is the redrawing of the state’s legislative districts. We don’t know where or how those new borders will be drawn. But we offer the following two maps, which can be a start to that conversation.

The map at right shows the boundaries of the current House districts. The colors indicate whether those districts will likely have to be increased or decreased in size. The lighter colors indicate districts that have too small a population for their current level of representation in Concord, while the two darker colors indicate those districts where the population is now higher than their current representation.

Source: US Census Bureau
This map shows the same information for the New Hampshire State Senate. When lawmakers redraw these lines in the coming months, they'll likely have to increase the size of any district in light brown or tan (where the population now falls below the level required for a Senate district) and decrease the size of districts in dark brown and red (where population increases have been highest.)

Note that District 13, centering on Nashua, saw the highest population decline of any district.
The most recent Census numbers help paint a more detailed portrait of New Hampshire’s demographic patterns. In this map, the darker the shade of the community, the older the median age of its residents. (The statewide median age was 41.1 years in 2010, up from 37.1 in 2000.)

We see here that New Hampshire can essentially be divided into two regions when it comes to age: an older northern half, and a younger southern half.

But even in the “younger” half, there is a further subdivision, with the eastern region -- between Interstate 93 and the Seacoast -- significantly younger than the western portion.

How might those divisions shape future policy discussions related to health care, education and public spending?

(White areas of the map are unincorporated areas for which the Census Bureau did not release information.)
• This map plots the oldest segment of the population – those aged 85 and older – town by town. (Statewide, 1.9 percent of New Hampshire’s population was 85 or older in 2010.)

• The darker communities, those with a higher share of elderly residents, will face additional challenges in caring for that population. And as New Hampshire ages faster than the nation as a whole, these communities will pave the way for the kinds of changes likely facing the rest of the state in coming years.

• An older population requires a different mix of social, health care, housing, transportation and other services. How can New Hampshire best prepare for those needs?
• Here we see the number of seasonal homes in each community. The figures underscore the extent to which certain areas, mainly the Lakes Region and the lower White Mountains, rely on tourism and outdoor recreation for their economic vitality. In some of those communities, seasonal homes represent more than half of all housing units. (Statewide, roughly 10 percent of all residences were seasonal homes in 2010.)

• How might this distribution shape discussions about tax policy, environmental protection, and economic development?

• How are debates about local governance different in communities with a large share of part-time residents?
Regional population patterns are important, too

Hillsborough and Rockingham counties have seen the sharpest population growth, while only Coos County has seen a decline.
New Hampshire continues to grow, but at a slower rate than in the recent past. Our population increased 6.5 percent over the past decade, compared to an 11.4 percent increase between 1990 and 2000.

The state also grew slightly more racially diverse over that period.

The aging of the population over the past two decades is also evident – from a median age of 33 in 1990 to 41 in 2010. And the population aged 35 to 64 years increased by 10 percent over the past two decades, while the portion aged 20 to 34 years fell by 8.5 percent.

However, both of those trends slowed in the past decade relative to the decade before that one.

<table>
<thead>
<tr>
<th></th>
<th>1990</th>
<th>2000</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population</td>
<td>1,109,252</td>
<td>1,235,786</td>
<td>1,316,470</td>
</tr>
<tr>
<td>Demographics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>49.0%</td>
<td>49.2%</td>
<td>49.3%</td>
</tr>
<tr>
<td>Female</td>
<td>51.0%</td>
<td>50.8%</td>
<td>50.7%</td>
</tr>
<tr>
<td>Median age</td>
<td>32.8</td>
<td>37.1</td>
<td>41.1</td>
</tr>
<tr>
<td>Under 5 years</td>
<td>7.6%</td>
<td>6.1%</td>
<td>5.3%</td>
</tr>
<tr>
<td>5 to 19 years</td>
<td>20.6%</td>
<td>21.7%</td>
<td>19.4%</td>
</tr>
<tr>
<td>20 to 34 years</td>
<td>25.9%</td>
<td>18.6%</td>
<td>17.4%</td>
</tr>
<tr>
<td>35 to 64 years</td>
<td>34.5%</td>
<td>41.7%</td>
<td>44.3%</td>
</tr>
<tr>
<td>65 years and older</td>
<td>11.3%</td>
<td>12.0%</td>
<td>13.5%</td>
</tr>
<tr>
<td>White</td>
<td>98.0%</td>
<td>96.0%</td>
<td>93.9%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>0.6%</td>
<td>0.7%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Am. Indian or Alaska Native</td>
<td>0.2%</td>
<td>0.2%</td>
<td>0.2%</td>
</tr>
<tr>
<td>Asian or Pac. Islander</td>
<td>0.8%</td>
<td>1.3%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Other race</td>
<td>0.3%</td>
<td>0.6%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Hispanic or Latino (of any race)</td>
<td>1.0%</td>
<td>1.7%</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

Source: U.S. Census Bureau
Want to find out more?

• For more information on New Hampshire demographics, as well as many other public policy issues, visit the Center’s website at nhpolicy.org.

• For more U.S. Census data, go to census.gov.

• Check out the Center at facebook.com/nhpolicy and twitter.com/nhpublicpolicy.