



New Hampshire Department of
**BUSINESS AND
ECONOMIC AFFAIRS**



2022 POPULATION ESTIMATES OF NEW HAMPSHIRE CITIES AND TOWNS

Prepared by the New Hampshire Office of Planning and Development

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The Office of Planning and Development (OPD) 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, OPD 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 OPD. Also, some communities have established population figures based on their own enumeration (census) efforts. These local efforts can render highly accurate results. OPD however uses a uniform estimating system that is applied equally to all 234 communities. It is likely that if OPD 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 2010 and 2020 censuses, and OPD's estimate for 2022. The population figures in this table 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 2022 group quarters population that is part of the total estimated population.

Anyone wishing further information regarding these estimates should contact the Office of Planning and Development at the address given below or at (603) 271-1773.

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OPD 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 2020 US Census serves as a benchmark; changes in the number of dwellings are used to update the 2020 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 2020 decennial census.

The dwelling unit calculations estimate household population. Group quarters population (persons living in residence halls, prisons, etc.) is estimated using the 2020 census and updated using an annual OPD survey of establishments known to have group quarters population.

The individual municipal estimates are proportionately adjusted to equal an existing estimated state total that has been prepared by the Census Bureau’s Population Estimates Program, using the state as a single statistical entity. In turn, this state total results from an adjustment to conform to a national total.

As an example, the 2022 calculations of the dwelling unit method for the town of Alton appear below:

Census 2020 Total Units	Permits Issued through Dec. 31, 2021	2022 Estimated Total Units	Percent of Units Occupied	2022 Occupied Units	Population Per Household	2022 Estimated Household Population
4,309	84	4,393	0.57554	2,528	2.38	6,007

2022 Estimated Group Quarters Population	2021 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (1.0008321)	2022 Final Estimated Population
2	6,009	+5	6,014

Belknap County:

Municipality	Total Population U.S. Census		Total Population OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Alton	5,250	5,894	6,014	2	94.72
Barnstead	4,593	4,915	4,976	0	117.03
Belmont	7,356	7,314	7,436	10	248.03
Center Harbor	1,096	1,040	1,049	0	78.99
Gilford	7,126	7,699	7,798	12	201.34
Gilmanton	3,777	3,945	4,002	0	69.71
Laconia	15,951	16,871	17,103	435	860.31
Meredith	6,241	6,662	6,725	199	167.79
New Hampton	2,165	2,377	2,436	59	66.23
Sanbornton	2,966	3,026	3,063	11	64.62
Tilton	3,567	3,962	4,016	175	360.83
Belknap Co.	60,088	63,705	64,618	903	161.27

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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Albany	735	759	770	0	10.25
Bartlett	2,788	3,200	3,234	0	43.52
Brookfield	712	755	774	0	33.96
Chatham	337	341	344	0	6.07
Conway	10,115	9,822	10,050	166	144.90
Eaton	393	405	417	0	17.16
Effingham	1,465	1,691	1,722	34	44.40
Freedom	1,489	1,689	1,690	12	49.07
Harts Location	41	68	68	0	3.56
Jackson	816	1,028	1,043	0	15.62
Madison	2,502	2,565	2,630	16	68.31
Moultonboro	4,044	4,918	4,988	1	83.61
Ossipee	4,345	4,372	4,494	185	63.85
Sandwich	1,326	1,466	1,489	0	16.40
Tamworth	2,856	2,812	2,848	8	47.87
Tuftonboro	2,387	2,467	2,508	1	61.91
Wakefield	5,078	5,201	5,288	0	133.98
Wolfeboro	6,269	6,416	6,459	173	134.65
Carroll Co. (incorporated areas only)	47,698	49,975	50,816	596	54.75

Population of unincorporated places not included in above figures.

Water 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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Alstead	1,937	1,864	1,868	6	48.19
Chesterfield	3,604	3,552	3,589	0	78.91
Dublin	1,597	1,532	1,528	33	54.63
Fitzwilliam	2,396	2,351	2,389	0	68.99
Gilsum	813	752	753	0	45.47
Harrisville	961	984	989	0	52.80
Hinsdale	4,046	3,948	3,949	0	194.34
Jaffrey	5,457	5,320	5,396	65	140.85
Keene	23,409	23,047	22,535	2,038	611.70
Marlborough	2,063	2,096	2,106	2	103.18
Marlow	742	749	753	4	29.24
Nelson	729	629	634	0	28.91
Richmond	1,155	1,197	1,224	14	32.61
Rindge	6,014	6,476	6,428	951	173.82
Roxbury	229	220	227	0	18.96
Stoddard	1,232	1,374	1,392	0	27.52
Sullivan	677	658	671	0	36.29
Surry	732	820	826	0	53.36
Swanzy	7,230	7,270	7,331	0	164.56
Troy	2,145	2,130	2,148	0	123.09
Walpole	3,734	3,633	3,659	0	103.86
Westmoreland	1,874	1,706	1,702	102	47.52
Winchester	4,341	4,150	4,195	76	76.82
Cheshire Co.	77,117	76,458	76,292	3,291	108.31

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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Berlin	10,051	9,425	9,577	1,044	156.13
Carroll	763	820	839	8	16.74
Clarksville	265	294	297	0	4.92
Colebrook	2,301	2,084	2,107	7	52.02
Columbia	757	659	664	6	10.92
Dalton	979	933	946	0	34.39
Dummer	304	306	307	0	6.42
Errol	291	298	307	0	5.07
Gorham	2,848	2,698	2,699	0	84.74
Jefferson	1,107	1,043	1,057	0	21.14
Lancaster	3,507	3,218	3,262	99	65.25
Milan	1,337	1,358	1,363	0	21.40
Northumberland	2,288	2,126	2,120	0	59.28
Pittsburg	869	800	812	0	2.89
Randolph	310	328	329	0	6.99
Shelburne	372	353	362	0	7.55
Stark	556	478	487	0	8.28
Stewartstown	1,004	813	794	71	17.17
Stratford	746	662	670	0	8.45
Whitefield	2,306	2,490	2,551	222	74.57
Coos Co. (incorporated areas only)	32,961	31,186	31,550	1,457	17.62

Population of unincorporated places not included in above figures.
 Water 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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Alexandria	1,613	1,776	1,791	0	41.28
Ashland	2,076	1,938	1,961	3	174.47
Bath	1,077	1,077	1,095	0	29.06
Benton	364	374	332	69	6.84
Bethlehem	2,526	2,484	2,531	25	27.94
Bridgewater	1,083	1,160	1,171	0	54.57
Bristol	3,054	3,244	3,269	16	195.16
Campton	3,333	3,343	3,424	14	65.97
Canaan	3,909	3,794	3,880	126	72.97
Dorchester	355	339	343	0	7.70
Easton	254	292	299	0	9.60
Ellsworth	83	93	95	0	4.44
Enfield	4,582	4,465	4,505	17	112.09
Franconia	1,104	1,083	1,128	70	17.17
Grafton	1,340	1,385	1,421	0	34.22
Groton	593	569	585	0	14.38
Hanover	11,260	11,870	11,895	4,266	242.80
Haverhill	4,697	4,585	4,636	220	90.83
Hebron	602	632	644	10	38.47
Holderness	2,108	2,004	2,030	76	66.62
Landaff	415	446	450	0	15.88
Lebanon	13,151	14,282	15,108	306	376.38
Lincoln	1,662	1,631	1,657	0	12.70
Lisbon	1,595	1,621	1,654	0	63.11
Littleton	5,928	6,005	6,063	40	121.45
Lyman	533	585	590	0	20.76
Lyme	1,716	1,745	1,742	13	32.36
Monroe	788	864	876	0	39.07
Orange	331	277	275	0	11.94
Orford	1,237	1,237	1,249	0	26.94
Piermont	790	769	787	0	20.40
Plymouth	6,990	6,682	6,616	1,977	236.29
Rumney	1,480	1,498	1,530	14	36.68
Sugar Hill	563	647	664	0	38.94
Thornton	2,490	2,708	2,797	0	55.66
Warren	904	825	827	0	17.04
Waterville Valley	247	508	517	0	8.04
Wentworth	911	845	859	0	20.62
Woodstock	1,374	1,434	1,444	0	24.71

Grafton Co. (incorp. areas only)	89,118	91,116	92,740	7,262	54.28
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Population of unincorporated places not included in above figures.
 Water area not included in persons per sq. mi calculations.
 Group Quarters population is included in total population.

Hillsborough County:

Municipality	Total Population U.S. Census		Total Population OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Amherst	11,201	11,753	11,919	0	353.78
Antrim	2,637	2,651	2,695	0	76.19
Bedford	21,203	23,322	23,824	749	729.45
Bennington	1,476	1,501	1,515	2	135.51
Brookline	4,991	5,639	5,851	0	295.36
Deering	1,912	1,904	1,924	73	63.60
Francestown	1,562	1,610	1,627	0	54.93
Goffstown	17,651	18,577	18,656	2,116	505.04
Greenfield	1,749	1,716	1,705	82	70.40
Greenville	2,105	1,974	2,002	0	291.84
Hancock	1,654	1,731	1,761	16	59.09
Hillsborough	6,011	5,939	5,960	30	137.90
Hollis	7,684	8,342	8,624	4	272.91
Hudson	24,467	25,394	25,910	132	916.52
Litchfield	8,271	8,478	8,585	0	578.89
Lyndeborough	1,683	1,702	1,752	0	58.56
Manchester	109,565	115,644	116,161	3,046	3,543.65
Mason	1,382	1,448	1,459	0	61.20
Merrimack	25,494	26,632	28,565	212	885.19
Milford	15,115	16,131	16,590	246	658.07
Mont Vernon	2,409	2,584	2,631	0	156.61
Nashua	86,494	91,322	92,515	1,365	3,026.33
New Boston	5,321	6,108	6,223	42	145.77
New Ipswich	5,099	5,204	5,303	-19	162.87
Pelham	12,897	14,222	14,484	0	558.15
Peterborough	6,284	6,418	6,519	190	173.06
Sharon	352	359	364	0	23.29
Temple	1,366	1,382	1,382	34	62.39
Weare	8,785	9,092	9,185	0	156.74
Wilton	3,677	3,896	3,933	15	154.78
Windsor	224	262	271	50	33.01

Hillsborough Co.	400,721	422,937	429,895	8,385	494.95
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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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Allenstown	4,322	4,707	4,850	34	239.39
Andover	2,371	2,406	2,423	61	60.44
Boscawen	3,965	3,998	3,942	354	160.05
Bow	7,519	8,229	8,327	0	297.29
Bradford	1,650	1,662	1,695	2	48.32
Canterbury	2,352	2,389	2,431	4	55.63
Chichester	2,523	2,665	2,727	9	129.80
Concord	42,695	43,976	44,111	3,327	694.44
Danbury	1,164	1,250	1,271	0	33.70
Dunbarton	2,758	3,005	3,068	0	99.55
Epsom	4,566	4,834	4,885	92	143.13
Franklin	8,477	8,741	8,744	150	319.71
Henniker	4,836	6,185	4,544	432	103.96
Hill	1,089	1,017	1,028	0	38.78
Hooksett	13,451	14,871	15,084	554	418.77
Hopkinton	5,589	5,914	5,992	0	138.74
Loudon	5,317	5,576	5,688	22	123.57
New London	4,397	4,400	4,424	667	199.19
Newbury	2,072	2,172	2,220	0	62.20
Northfield	4,829	4,872	4,941	77	173.25
Pembroke	7,115	7,207	7,358	0	328.63
Pittsfield	4,106	4,075	4,148	5	174.73
Salisbury	1,382	1,422	1,470	0	37.35
Sutton	1,837	1,978	2,019	0	47.85
Warner	2,833	2,937	2,975	144	54.33
Webster	1,872	1,913	1,955	26	70.45
Wilmot	1,358	1,407	1,427	0	48.62

Merrimack Co.	146,445	153,808	153,747	5,960	165.72
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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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	2010	2020	2022	2022	2022
Atkinson	6,751	7,087	7,327	0	655.95
Auburn	4,953	5,946	6,085	3	239.94
Brentwood	4,486	4,490	4,662	315	277.67
Candia	3,909	4,013	4,200	0	139.12
Chester	4,768	5,232	5,339	0	205.82
Danville	4,387	4,408	4,495	4	388.17
Deerfield	4,280	4,855	4,955	34	97.35
Derry	33,109	34,317	34,627	219	982.88
East Kingston	2,357	2,441	2,469	0	249.90
Epping	6,411	7,125	7,511	2	292.94
Exeter	14,306	16,049	16,263	516	828.05
Fremont	4,283	4,739	4,850	54	282.47
Greenland	3,549	4,067	4,127	12	309.83
Hampstead	8,523	8,998	9,117	-37	682.92
Hampton	14,976	16,214	16,482	254	1,268.82
Hampton Falls	2,236	2,403	2,420	0	200.66
Kensington	2,124	2,095	2,120	0	177.70
Kingston	6,025	6,202	6,377	74	326.69
Londonderry	24,129	25,826	26,793	101	639.45
New Castle	968	1,000	1,009	0	1,277.22
Newfields	1,680	1,769	1,776	0	250.14
Newington	753	811	823	0	100.98
Newmarket	8,936	9,430	9,459	47	753.71
Newton	4,603	4,820	4,857	0	497.64
North Hampton	4,301	4,538	4,558	5	330.29
Northwood	4,241	4,641	4,684	0	166.81
Nottingham	4,785	5,229	5,371	5	115.33
Plaistow	7,609	7,830	7,888	11	746.26
Portsmouth	21,233	21,956	22,175	429	1,419.65
Raymond	10,138	10,684	10,940	13	381.05
Rye	5,298	5,543	5,626	155	449.72
Salem	28,776	30,089	30,705	299	1,243.12
Sandown	5,986	6,548	6,644	8	478.33
Seabrook	8,693	8,401	8,448	37	954.58
South Hampton	814	894	897	0	113.83
Stratham	7,255	7,669	7,836	0	518.25
Windham	13,592	15,817	16,138	231	606.24

Rockingham Co.	295,223	314,176	320,053	2,791	459.97
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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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Barrington	8,576	9,326	9,474	1	204.01
Dover	29,987	32,741	33,234	919	1,247.05
Durham	14,638	15,490	14,695	6,241	659.26
Farmington	6,786	6,722	6,839	38	188.40
Lee	4,330	4,520	4,567	0	231.36
Madbury	1,771	1,918	1,964	43	169.90
Middleton	1,783	1,823	1,856	0	102.77
Milton	4,598	4,482	4,536	47	138.12
New Durham	2,638	2,693	2,770	0	67.28
Rochester	29,752	32,492	33,018	373	740.31
Rollinsford	2,527	2,597	2,638	0	360.38
Somersworth	11,766	11,855	12,037	21	1,238.37
Strafford	3,991	4,230	4,280	8	87.94
Strafford Co.	123,143	130,889	131,908	7,691	361.04

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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2022</u>	<u>2022</u>	<u>2022</u>
Acworth	891	853	859	0	22.12
Charlestown	5,114	4,806	4,849	25	136.44
Claremont	13,355	12,949	12,953	261	302.43
Cornish	1,640	1,616	1,628	0	38.85
Croydon	764	801	824	0	22.47
Goshen	810	796	799	8	35.89
Grantham	2,985	3,404	3,428	0	126.63
Langdon	688	651	658	0	40.59
Lempster	1,154	1,118	1,145	0	35.53
Newport	6,507	6,299	6,319	106	146.21
Plainfield	2,364	2,459	2,510	152	48.12
Springfield	1,311	1,259	1,285	15	29.54
Sunapee	3,365	3,342	3,382	58	161.28
Unity	1,671	1,518	1,532	173	41.51
Washington	1,123	1,192	1,217	0	26.88

Sullivan Co.	43,742	43,063	43,388	798	81.01
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New Hampshire (incorporated areas only)	1,316,256	1,377,313	1,395,007	39,134	156.20
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Population of unincorporated places not included in above figures.

Total resident population of New Hampshire (including unincorporated areas) is **1,395,231**.

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

Group Quarters population is included in total population.