



2018 POPULATION ESTIMATES OF NEW HAMPSHIRE CITIES AND TOWNS

Prepared by the New Hampshire Office of Strategic Initiatives

Date of Publication: August 2019

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 2018. 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 2018 group quarters population that is part of the total estimated population.

Anyone wishing further information regarding these estimates should contact:

Office of Strategic Initiatives
107 Pleasant St.
Concord, New Hampshire 03301
Telephone (603) 271-2155

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 2018 calculations of the dwelling unit method for the town of Alton appear below:

Census 2010 Total Units	Permits Issued through 2017	2018 Estimated Total Units	Percent of Units Occupied	2018 Occupied Units	Population Per Household	2018 Estimated Household Population
4,281	109	4,390	0.50105	2,200	2.45	5,389

2018 Estimated Group Quarters Population	2018 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (0.9912827)	2018 Final Estimated Population
0	5,389	-47	5,342

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>2018</u>	<u>2018</u>	<u>2018</u>
Alton	4,502	5,250	5,342	0	83.58
Barnstead	3,886	4,593	4,733	0	110.21
Belmont	6,716	7,356	7,365	2	244.31
Center Harbor	996	1,096	1,096	14	82.21
Gilford	6,803	7,126	7,259	0	187.13
Gilmanton	3,060	3,777	3,799	0	65.91
Laconia	16,411	15,951	16,732	559	832.66
Meredith	5,943	6,241	6,435	200	159.60
New Hampton	1,950	2,165	2,305	56	62.61
Sanbornton	2,581	2,966	3,006	16	63.57
Tilton	3,477	3,567	3,679	226	322.36
Belknap Co.	56,325	60,088	61,751	1,073	153.34

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>2018</u>	<u>2018</u>	<u>2018</u>
Albany	654	735	746	0	9.89
Bartlett	2,705	2,788	2,837	0	37.92
Brookfield	604	712	725	0	31.72
Chatham	260	337	346	0	6.10
Conway	8,604	10,115	10,210	158	146.52
Eaton	375	393	415	0	17.01
Effingham	1,273	1,465	1,494	0	38.43
Freedom	1,303	1,489	1,587	8	46.01
Harts Location	37	41	44	0	2.29
Jackson	835	816	845	0	12.65
Madison	1,984	2,502	2,638	4	68.17
Moultonboro	4,484	4,044	4,117	0	68.57
Ossipee	4,211	4,345	4,464	168	62.96
Sandwich	1,286	1,326	1,354	0	14.84
Tamworth	2,510	2,856	2,918	11	48.77
Tuftonboro	2,148	2,387	2,424	3	59.67
Wakefield	4,252	5,078	5,141	8	130.06
Wolfeboro	6,083	6,269	6,306	61	130.44
Carroll Co. (incorporated areas only)	43,608	47,698	48,611	421	52.13

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>2018</u>	<u>2018</u>	<u>2018</u>
Alstead	1,944	1,937	1,969	0	50.52
Chesterfield	3,542	3,604	3,699	0	81.14
Dublin	1,476	1,597	1,585	64	56.82
Fitzwilliam	2,141	2,396	2,420	0	69.90
Gilsum	777	813	829	8	49.73
Harrisville	1,075	961	964	0	51.51
Hinsdale	4,082	4,046	4,066	0	196.31
Jaffrey	5,476	5,457	5,437	54	141.56
Keene	22,563	23,409	23,397	2,373	631.44
Marlborough	2,009	2,063	2,151	2	105.40
Marlow	747	742	748	0	28.74
Nelson	634	729	736	0	33.60
Richmond	1,077	1,155	1,174	1	31.27
Rindge	5,451	6,014	6,234	1,204	168.17
Roxbury	237	229	227	0	18.97
Stoddard	928	1,232	1,276	0	25.06
Sullivan	746	677	697	0	37.59
Surry	673	732	754	0	48.05
Swanzy	6,800	7,230	7,403	13	164.73
Troy	1,962	2,145	2,143	0	122.76
Walpole	3,594	3,734	3,875	0	108.61
Westmoreland	1,747	1,874	1,750	142	48.72
Winchester	4,144	4,341	4,354	56	79.20
Cheshire Co.	73,825	77,117	77,888	3,917	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>2018</u>	<u>2018</u>	<u>2018</u>
Berlin	10,331	10,051	10,460	1,900	170.18
Carroll	663	763	811	73	16.13
Clarksville	294	265	276	0	4.57
Colebrook	2,321	2,301	2,317	3	56.84
Columbia	750	757	766	10	12.51
Dalton	927	979	998	0	36.24
Dummer	309	304	304	0	6.35
Errol	298	291	295	2	4.85
Gorham	2,895	2,848	2,821	0	88.44
Jefferson	1,006	1,107	1,125	0	22.46
Lancaster	3,280	3,507	3,548	206	70.67
Milan	1,331	1,337	1,348	0	21.09
Northumberland	2,438	2,288	2,258	3	61.48
Pittsburg	867	869	888	0	3.15
Randolph	339	310	309	0	6.57
Shelburne	379	372	375	0	7.83
Stark	516	556	574	0	9.69
Stewartstown	1,012	1,004	1,024	127	22.01
Stratford	942	746	766	0	9.58
Whitefield	2,038	2,306	2,391	62	69.72
Coos Co. (incorporated areas only)	32,936	32,961	33,654	2,386	27.13

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>2018</u>	<u>2018</u>	<u>2018</u>
Alexandria	1,329	1,613	1,651	0	37.92
Ashland	1,955	2,076	2,098	0	185.35
Bath	893	1,077	1,111	0	29.12
Benton	314	364	376	114	7.75
Bethlehem	2,199	2,526	2,581	34	28.40
Bridgewater	974	1,083	1,103	0	51.36
Bristol	3,033	3,054	3,140	47	183.88
Campton	2,719	3,333	3,412	3	65.69
Canaan	3,319	3,909	3,977	59	74.61
Dorchester	353	355	364	0	8.16
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	64	17.22
Grafton	1,138	1,340	1,373	0	33.00
Groton	456	593	607	0	14.91
Hanover	10,850	11,260	11,541	4,201	235.04
Haverhill	4,416	4,697	4,712	232	92.11
Hebron	459	602	630	12	37.37
Holderness	1,930	2,108	2,136	72	69.96
Landaff	378	415	424	0	14.93
Lebanon	12,568	13,151	13,829	44	342.86
Lincoln	1,271	1,662	1,750	0	13.38
Lisbon	1,587	1,595	1,690	0	63.77
Littleton	5,845	5,928	5,943	15	118.78
Lyman	487	533	550	0	19.37
Lyme	1,679	1,716	1,733	11	32.19
Monroe	759	788	811	0	36.15
Orange	299	331	336	0	14.55
Orford	1,091	1,237	1,251	0	26.94
Piermont	709	790	790	0	20.45
Plymouth	5,892	6,990	6,868	2,070	243.34
Rumney	1,480	1,480	1,500	15	35.74
Sugar Hill	563	563	584	0	34.11
Thornton	1,843	2,490	2,584	0	51.40
Warren	873	904	935	0	19.24
Waterville Valley	257	247	248	0	3.85
Wentworth	798	911	923	0	22.06
Woodstock	1,139	1,374	1,385	0	23.68

Grafton Co. (incorp. areas only)	81,740	89,118	91,150	6,998	55.27
----------------------------------	--------	--------	--------	-------	-------

Hillsborough 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>2018</u>	<u>2018</u>	<u>2018</u>
Amherst	10,769	11,201	11,545	0	340.21
Antrim	2,449	2,637	2,645	22	74.14
Bedford	18,274	21,203	23,050	557	703.70
Bennington	1,401	1,476	1,490	3	131.23
Brookline	4,181	4,991	5,355	0	268.89
Deering	1,875	1,912	1,936	91	63.31
Francestown	1,480	1,562	1,585	0	53.10
Goffstown	16,929	17,651	17,941	2,092	483.02
Greenfield	1,657	1,749	1,781	133	67.24
Greenville	2,224	2,105	2,089	0	303.73
Hancock	1,739	1,654	1,665	19	55.54
Hillsborough	4,928	6,011	6,005	6	137.42
Hollis	7,015	7,684	7,901	3	248.69
Hudson	22,928	24,467	25,458	232	892.21
Litchfield	7,360	8,271	8,636	0	578.74
Lyndeborough	1,585	1,683	1,726	0	57.24
Manchester	107,006	109,565	110,865	2,205	3,354.65
Mason	1,147	1,382	1,421	0	59.27
Merrimack	25,119	25,494	25,747	107	789.20
Milford	13,535	15,115	15,864	210	624.18
Mont Vernon	2,034	2,409	2,545	2	151.23
Nashua	86,605	86,494	88,706	1,054	2,884.45
New Boston	4,138	5,321	5,789	40	134.70
New Ipswich	4,289	5,099	5,291	6	161.61
Pelham	10,914	12,897	13,824	0	525.98
Peterborough	5,883	6,284	6,707	372	176.42
Sharon	360	352	355	0	22.67
Temple	1,297	1,366	1,404	87	63.10
Weare	7,776	8,785	8,929	0	151.20
Wilton	3,743	3,677	3,725	13	145.46
Windsor	201	224	218	0	26.43

Hillsborough Co.	380,841	400,721	412,198	7,254	469.95
------------------	---------	---------	---------	-------	--------

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
	<u>2000</u>	<u>2010</u>	<u>2018</u>	<u>2018</u>	<u>2018</u>
Allenstown	4,843	4,322	4,367	23	213.38
Andover	2,109	2,371	2,383	178	59.30
Boscawen	3,672	3,965	4,056	514	163.13
Bow	7,138	7,519	7,890	0	280.07
Bradford	1,454	1,650	1,685	6	47.82
Canterbury	1,979	2,352	2,396	19	54.52
Chichester	2,236	2,523	2,614	15	123.33
Concord	40,687	42,695	43,079	2,766	673.54
Danbury	1,071	1,164	1,200	0	31.79
Dunbarton	2,226	2,758	2,892	0	93.79
Epsom	4,021	4,566	4,788	83	138.87
Franklin	8,405	8,477	8,748	241	316.15
Henniker	4,433	4,836	4,970	628	112.67
Hill	992	1,089	1,104	0	41.40
Hooksett	11,721	13,451	14,668	1,071	405.26
Hopkinton	5,399	5,589	5,689	0	131.45
Loudon	4,481	5,317	5,668	4	123.17
New London	4,116	4,397	4,212	711	117.62
Newbury	1,702	2,072	2,179	0	97.49
Northfield	4,548	4,829	4,879	47	170.64
Pembroke	6,897	7,115	7,118	53	314.46
Pittsfield	3,931	4,106	4,098	53	169.86
Salisbury	1,137	1,382	1,425	0	36.02
Sutton	1,544	1,837	1,879	0	44.16
Warner	2,760	2,833	2,907	135	52.63
Webster	1,579	1,872	1,903	28	67.33
Wilmot	1,144	1,358	1,384	0	47.07

Merrimack Co.	136,225	146,445	150,181	6,575	160.87
---------------	---------	---------	---------	-------	--------

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
	<u>2000</u>	<u>2010</u>	<u>2018</u>	<u>2018</u>	<u>2018</u>
Atkinson	6,178	6,751	6,979	0	624.30
Auburn	4,682	4,953	5,607	2	220.04
Brentwood	3,197	4,486	4,531	275	267.00
Candia	3,911	3,909	3,956	0	130.45
Chester	3,792	4,768	5,263	0	202.16
Danville	4,023	4,387	4,519	7	388.01
Deerfield	3,678	4,280	4,624	4	91.07
Derry	34,021	33,109	33,308	195	940.08
East Kingston	1,784	2,357	2,425	0	244.61
Epping	5,476	6,411	7,025	2	269.38
Exeter	14,058	14,306	15,365	350	777.68
Fremont	3,510	4,283	4,746	41	275.05
Greenland	3,208	3,549	4,140	25	392.78
Hampstead	8,297	8,523	8,745	0	652.29
Hampton	14,937	14,976	15,236	588	1,230.19
Hampton Falls	1,880	2,236	2,312	0	168.05
Kensington	1,893	2,124	2,131	0	177.87
Kingston	5,862	6,025	6,244	0	314.55
Londonderry	23,236	24,129	26,022	0	619.16
New Castle	1,010	968	969	0	1,189.93
Newfields	1,551	1,680	1,721	0	242.58
Newington	775	753	799	14	96.96
Newmarket	8,027	8,936	9,455	26	752.43
Newton	4,289	4,603	4,980	0	506.36
North Hampton	4,259	4,301	4,579	4	328.78
Northwood	3,640	4,241	4,283	0	152.26
Nottingham	3,701	4,785	5,099	8	109.60
Plaistow	7,747	7,609	7,756	5	731.09
Portsmouth	20,784	21,233	22,166	434	1,413.83
Raymond	9,674	10,138	10,406	21	361.16
Rye	5,182	5,298	5,494	151	434.58
Salem	28,112	28,776	29,565	59	1,191.79
Sandown	5,143	5,986	6,449	9	461.04
Seabrook	7,934	8,693	8,909	8	989.93
South Hampton	844	814	826	1	104.41
Stratham	6,355	7,255	7,492	0	495.37
Windham	10,709	13,592	14,707	63	550.37
Rockingham Co.	277,359	295,223	308,833	2,292	442.95

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>2018</u>	<u>2018</u>	<u>2018</u>
Barrington	7,475	8,576	9,060	16	194.01
Dover	26,884	29,987	31,326	908	1,171.54
Durham	12,664	14,638	15,946	7,417	711.78
Farmington	5,774	6,786	6,902	16	189.03
Lee	4,145	4,330	4,421	12	221.25
Madbury	1,509	1,771	1,826	0	158.13
Middleton	1,440	1,783	1,807	0	99.97
Milton	3,910	4,598	4,620	1	139.74
New Durham	2,220	2,638	2,636	0	63.69
Rochester	28,461	29,752	30,809	298	687.32
Rollinsford	2,648	2,527	2,579	0	352.68
Somersworth	11,477	11,766	11,848	12	1,207.27
Strafford	3,626	3,991	4,142	6	84.58
Strafford Co.	112,233	123,143	127,922	8,686	348.25

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>2018</u>	<u>2018</u>	<u>2018</u>
Acworth	836	891	902	0	23.17
Charlestown	4,749	5,114	5,175	95	144.45
Claremont	13,151	13,355	13,293	233	308.07
Cornish	1,661	1,640	1,660	0	39.56
Croydon	661	764	775	0	21.06
Goshen	741	810	823	9	36.67
Grantham	2,167	2,985	3,046	0	112.02
Langdon	586	688	700	0	42.90
Lempster	971	1,154	1,176	0	36.38
Newport	6,269	6,507	6,492	126	149.16
Plainfield	2,241	2,364	2,440	46	46.73
Springfield	945	1,311	1,349	0	30.93
Sunapee	3,055	3,365	3,493	63	165.79
Unity	1,530	1,671	1,612	204	43.61
Washington	895	1,123	1,141	0	25.08

Sullivan Co.	40,458	43,742	44,077	776	81.95
--------------	--------	--------	--------	-----	-------

New Hampshire (incorporated areas only)	1,235,550	1,316,256	1,356,265	40,378	162.51
--	------------------	------------------	------------------	---------------	---------------

Population of unincorporated places not included in above figures.

Total estimated population of New Hampshire (including unincorporated areas) is **1,356,458**.

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

Group Quarters population is included in total population.