



## **2021 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 2021. 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 2021 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.

## 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 2021 calculations of the dwelling unit method for the town of Alton appear below:

Census 2020 Total Units	Permits Issued through Dec. 31, 2020	2021 Estimated Total Units	Percent of Units Occupied	2021 Occupied Units	Population Per Household	2021 Estimated Household Population
4,309	46	4,355	0.57554	2,506	2.38	5,955

2021 Estimated Group Quarters Population	2021 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (1.0069088)	2021 Final Estimated Population
2	5,957	+41	5,998

**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>2021</u>	<u>2021</u>	<u>2021</u>
Alton	5,250	5,894	5,998	2	94.47
Barnstead	4,593	4,915	5,000	0	117.59
Belmont	7,356	7,314	7,421	10	247.53
Center Harbor	1,096	1,040	1,051	0	79.14
Gilford	7,126	7,699	7,799	12	201.37
Gilmanton	3,777	3,945	3,989	0	69.48
Laconia	15,951	16,871	17,090	449	859.66
Meredith	6,241	6,662	6,741	233	168.19
New Hampton	2,165	2,377	2,419	59	65.77
Sanbornton	2,966	3,026	3,063	11	64.62
Tilton	3,567	3,962	3,998	156	359.21
Belknap Co.	60,088	63,705	64,569	932	161.14

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>2021</u>	<u>2021</u>	<u>2021</u>
Albany	735	759	769	0	10.24
Bartlett	2,788	3,200	3,233	0	43.51
Brookfield	712	755	766	0	33.61
Chatham	337	341	345	0	6.08
Conway	10,115	9,822	9,988	167	144.00
Eaton	393	405	417	0	17.16
Effingham	1,465	1,691	1,715	34	44.22
Freedom	1,489	1,689	1,694	13	49.19
Harts Location	41	68	70	0	3.66
Jackson	816	1,028	1,039	0	15.56
Madison	2,502	2,565	2,606	16	67.69
Moultonboro	4,044	4,918	4,983	1	83.52
Ossipee	4,345	4,372	4,472	190	63.54
Sandwich	1,326	1,466	1,494	0	16.45
Tamworth	2,856	2,812	2,844	5	47.80
Tuftonboro	2,387	2,467	2,495	1	61.59
Wakefield	5,078	5,201	5,259	0	133.24
Wolfeboro	6,269	6,416	6,492	182	135.33
Carroll Co. (incorporated areas only)	47,698	49,975	50,681	609	54.44

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>2021</u>	<u>2021</u>	<u>2021</u>
Alstead	1,937	1,864	1,875	6	48.37
Chesterfield	3,604	3,552	3,585	0	78.83
Dublin	1,597	1,532	1,556	66	55.63
Fitzwilliam	2,396	2,351	2,382	0	68.78
Gilsum	813	752	757	0	45.71
Harrisville	961	984	991	0	52.91
Hinsdale	4,046	3,948	3,980	0	195.87
Jaffrey	5,457	5,320	5,395	65	140.82
Keene	23,409	23,047	22,497	1,888	610.67
Marlborough	2,063	2,096	2,110	2	103.38
Marlow	742	749	756	4	29.36
Nelson	729	629	638	0	29.09
Richmond	1,155	1,197	1,219	14	32.48
Rindge	6,014	6,476	6,421	980	173.63
Roxbury	229	220	226	0	18.88
Stoddard	1,232	1,374	1,390	0	27.48
Sullivan	677	658	669	0	36.18
Surry	732	820	828	0	53.49
Swanzy	7,230	7,270	7,359	0	165.19
Troy	2,145	2,130	2,149	0	123.15
Walpole	3,734	3,633	3,673	0	104.26
Westmoreland	1,874	1,706	1,709	110	47.71
Winchester	4,341	4,150	4,191	74	76.74
Cheshire Co.	77,117	76,458	76,356	3,209	108.40

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>2021</u>	<u>2021</u>	<u>2021</u>
Berlin	10,051	9,425	9,601	1,010	156.52
Carroll	763	820	831	8	16.58
Clarksville	265	294	295	0	4.89
Colebrook	2,301	2,084	2,109	7	52.07
Columbia	757	659	666	6	10.95
Dalton	979	933	950	0	34.53
Dummer	304	306	307	0	6.42
Errol	291	298	303	0	5.01
Gorham	2,848	2,698	2,717	0	85.31
Jefferson	1,107	1,043	1,057	0	21.14
Lancaster	3,507	3,218	3,245	87	64.91
Milan	1,337	1,358	1,367	0	21.47
Northumberland	2,288	2,126	2,131	0	59.59
Pittsburg	869	800	811	0	2.88
Randolph	310	328	331	0	7.04
Shelburne	372	353	355	0	7.41
Stark	556	478	484	0	8.23
Stewartstown	1,004	813	798	79	17.26
Stratford	746	662	677	0	8.53
Whitefield	2,306	2,490	2,513	186	73.46
Coos Co. (incorporated areas only)	32,961	31,186	31,548	1,383	17.58

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
	2010	2020	2021	2021	2021
Alexandria	1,613	1,776	1,798	0	41.44
Ashland	2,076	1,938	1,964	0	174.73
Bath	1,077	1,077	1,092	0	28.98
Benton	364	374	358	94	7.38
Bethlehem	2,526	2,484	2,519	25	27.81
Bridgewater	1,083	1,160	1,173	0	54.66
Bristol	3,054	3,244	3,277	17	195.64
Campton	3,333	3,343	3,403	14	65.57
Canaan	3,909	3,794	3,863	126	72.65
Dorchester	355	339	343	0	7.70
Easton	254	292	297	0	9.54
Ellsworth	83	93	96	0	4.48
Enfield	4,582	4,465	4,525	17	112.59
Franconia	1,104	1,083	1,099	59	16.73
Grafton	1,340	1,385	1,414	0	34.06
Groton	593	569	579	0	14.23
Hanover	11,260	11,870	10,293	2,626	210.10
Haverhill	4,697	4,585	4,648	243	91.07
Hebron	602	632	641	10	38.29
Holderness	2,108	2,004	2,029	76	66.59
Landaff	415	446	449	0	15.84
Lebanon	13,151	14,282	15,061	307	375.21
Lincoln	1,662	1,631	1,652	0	12.66
Lisbon	1,595	1,621	1,656	0	63.18
Littleton	5,928	6,005	6,057	36	121.33
Lyman	533	585	592	0	20.83
Lyme	1,716	1,745	1,757	13	32.64
Monroe	788	864	877	0	39.12
Orange	331	277	277	0	12.02
Orford	1,237	1,237	1,251	0	26.98
Piermont	790	769	783	0	20.30
Plymouth	6,990	6,682	6,412	1,731	229.00
Rumney	1,480	1,498	1,515	14	36.32
Sugar Hill	563	647	657	0	38.53
Thornton	2,490	2,708	2,757	0	54.87
Warren	904	825	828	0	17.06
Waterville Valley	247	508	512	0	7.96
Wentworth	911	845	861	0	20.67
Woodstock	1,374	1,434	1,450	0	24.82
Grafton Co. (incorp. areas only)	89,118	91,116	90,815	5,408	53.15

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>2021</u>	<u>2021</u>	<u>2021</u>
Amherst	11,201	11,753	11,940	0	354.41
Antrim	2,637	2,651	2,688	0	76.00
Bedford	21,203	23,322	23,800	638	728.72
Bennington	1,476	1,501	1,520	2	135.96
Brookline	4,991	5,639	5,835	0	294.55
Deering	1,912	1,904	1,924	72	63.60
Francestown	1,562	1,610	1,630	0	55.03
Goffstown	17,651	18,577	18,649	2,104	504.85
Greenfield	1,749	1,716	1,738	114	71.76
Greenville	2,105	1,974	1,988	0	289.80
Hancock	1,654	1,731	1,757	16	58.96
Hillsborough	6,011	5,939	6,001	33	138.85
Hollis	7,684	8,342	8,478	4	268.29
Hudson	24,467	25,394	25,881	120	915.49
Litchfield	8,271	8,478	8,621	0	581.32
Lyndeborough	1,683	1,702	1,723	0	57.59
Manchester	109,565	115,644	115,954	2,418	3,537.34
Mason	1,382	1,448	1,465	0	61.45
Merrimack	25,494	26,632	27,165	204	841.80
Milford	15,115	16,131	16,534	247	655.85
Mont Vernon	2,409	2,584	2,613	0	155.54
Nashua	86,494	91,322	92,043	1,198	3,010.89
New Boston	5,321	6,108	6,218	41	145.65
New Ipswich	5,099	5,204	5,276	2	162.04
Pelham	12,897	14,222	14,421	0	555.72
Peterborough	6,284	6,418	6,508	196	172.76
Sharon	352	359	361	0	23.10
Temple	1,366	1,382	1,399	45	63.16
Weare	8,785	9,092	9,223	0	157.39
Wilton	3,677	3,896	3,933	15	154.78
Windsor	224	262	255	32	31.06

Hillsborough Co.	400,721	422,937	427,541	7,501	492.24
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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>2021</u>	<u>2021</u>	<u>2021</u>
Allenstown	4,322	4,707	4,853	34	239.54
Andover	2,371	2,406	2,424	58	60.46
Boscawen	3,965	3,998	3,986	402	161.84
Bow	7,519	8,229	8,319	0	297.00
Bradford	1,650	1,662	1,696	2	48.35
Canterbury	2,352	2,389	2,426	4	55.51
Chichester	2,523	2,665	2,708	9	128.89
Concord	42,695	43,976	43,899	3,134	691.11
Danbury	1,164	1,250	1,260	0	33.41
Dunbarton	2,758	3,005	3,060	0	99.29
Epsom	4,566	4,834	4,896	88	143.45
Franklin	8,477	8,741	8,810	176	322.12
Henniker	4,836	6,185	4,536	406	103.77
Hill	1,089	1,017	1,028	0	38.78
Hooksett	13,451	14,871	14,537	125	403.58
Hopkinton	5,589	5,914	5,986	0	138.60
Loudon	5,317	5,576	5,675	22	123.29
New London	4,397	4,400	4,389	622	122.98
Newbury	2,072	2,172	2,208	0	99.41
Northfield	4,829	4,872	4,929	77	172.83
Pembroke	7,115	7,207	7,390	0	330.06
Pittsfield	4,106	4,075	4,131	5	174.01
Salisbury	1,382	1,422	1,451	0	36.86
Sutton	1,837	1,978	2,006	0	47.55
Warner	2,833	2,937	2,972	144	54.27
Webster	1,872	1,913	1,951	25	70.31
Wilmot	1,358	1,407	1,423	0	48.48
Merrimack Co.	146,445	153,808	152,949	5,333	164.86

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
	<u>2010</u>	<u>2020</u>	<u>2021</u>	<u>2021</u>	<u>2021</u>
Atkinson	6,751	7,087	7,271	0	650.94
Auburn	4,953	5,946	6,074	3	239.51
Brentwood	4,486	4,490	4,660	332	277.55
Candia	3,909	4,013	4,154	0	137.60
Chester	4,768	5,232	5,305	0	204.51
Danville	4,387	4,408	4,512	4	389.64
Deerfield	4,280	4,855	4,942	34	97.09
Derry	33,109	34,317	34,749	216	986.35
East Kingston	2,357	2,441	2,471	0	250.10
Epping	6,411	7,125	7,282	2	284.01
Exeter	14,306	16,049	16,253	492	827.55
Fremont	4,283	4,739	4,810	45	280.14
Greenland	3,549	4,067	4,120	12	309.31
Hampstead	8,523	8,998	9,118	0	683.00
Hampton	14,976	16,214	16,556	255	1,372.80
Hampton Falls	2,236	2,403	2,429	0	186.99
Kensington	2,124	2,095	2,123	0	177.95
Kingston	6,025	6,202	6,353	57	325.46
Londonderry	24,129	25,826	26,419	94	630.53
New Castle	968	1,000	1,009	0	1,277.22
Newfields	1,680	1,769	1,790	0	252.11
Newington	753	811	819	0	100.49
Newmarket	8,936	9,430	9,496	32	756.65
Newton	4,603	4,820	4,881	0	500.10
North Hampton	4,301	4,538	4,578	5	331.74
Northwood	4,241	4,641	4,698	0	167.31
Nottingham	4,785	5,229	5,331	5	114.47
Plaistow	7,609	7,830	7,914	11	748.72
Portsmouth	21,233	21,956	22,252	463	1,424.58
Raymond	10,138	10,684	10,903	13	379.76
Rye	5,298	5,543	5,590	134	446.84
Salem	28,776	30,089	30,711	271	1,243.36
Sandown	5,986	6,548	6,621	6	476.67
Seabrook	8,693	8,401	8,491	37	959.44
South Hampton	814	894	905	0	114.85
Stratham	7,255	7,669	7,842	0	518.65
Windham	13,592	15,817	16,057	180	603.19
Rockingham Co.	295,223	314,176	319,489	2,703	459.15

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>2021</u>	<u>2021</u>	<u>2021</u>
Barrington	8,576	9,326	9,432	0	203.10
Dover	29,987	32,741	33,277	944	1,248.67
Durham	14,638	15,490	14,306	5,782	641.81
Farmington	6,786	6,722	6,818	37	187.82
Lee	4,330	4,520	4,591	5	232.57
Madbury	1,771	1,918	1,960	43	169.55
Middleton	1,783	1,823	1,857	0	102.82
Milton	4,598	4,482	4,525	47	137.79
New Durham	2,638	2,693	2,749	0	66.77
Rochester	29,752	32,492	32,913	406	737.96
Rollinsford	2,527	2,597	2,636	0	360.11
Somersworth	11,766	11,855	12,008	21	1,235.39
Strafford	3,991	4,230	4,271	8	87.75

Strafford Co.	123,143	130,889	131,343	7,293	359.49
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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>2021</u>	<u>2021</u>	<u>2021</u>
Acworth	891	853	862	0	22.19
Charlestown	5,114	4,806	4,868	25	136.97
Claremont	13,355	12,949	13,031	265	304.25
Cornish	1,640	1,616	1,631	0	38.92
Croydon	764	801	817	0	22.28
Goshen	810	796	802	8	36.03
Grantham	2,985	3,404	3,437	0	126.97
Langdon	688	651	658	0	40.59
Lempster	1,154	1,118	1,143	0	35.46
Newport	6,507	6,299	6,364	143	147.25
Plainfield	2,364	2,459	2,495	152	47.83
Springfield	1,311	1,259	1,283	15	29.49
Sunapee	3,365	3,342	3,378	51	161.09
Unity	1,671	1,518	1,510	150	40.91
Washington	1,123	1,192	1,209	0	26.70

Sullivan Co.	43,742	43,063	43,488	809	81.19
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<b>New Hampshire (incorporated areas only)</b>	<b>1,316,256</b>	<b>1,377,313</b>	<b>1,388,779</b>	<b>35,180</b>	<b>155.48</b>
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Population of unincorporated places not included in above figures.

Total resident population of New Hampshire (including unincorporated areas) is **1,388,992**.

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

Group Quarters population is included in total population.