



2025 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 is subject to change from year to year. 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 2025. The population figures in this table are composed of persons living in households 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 2025 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 translates 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 as a baseline 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 2025 calculations of the dwelling unit method for the town of Barnstead appear below:

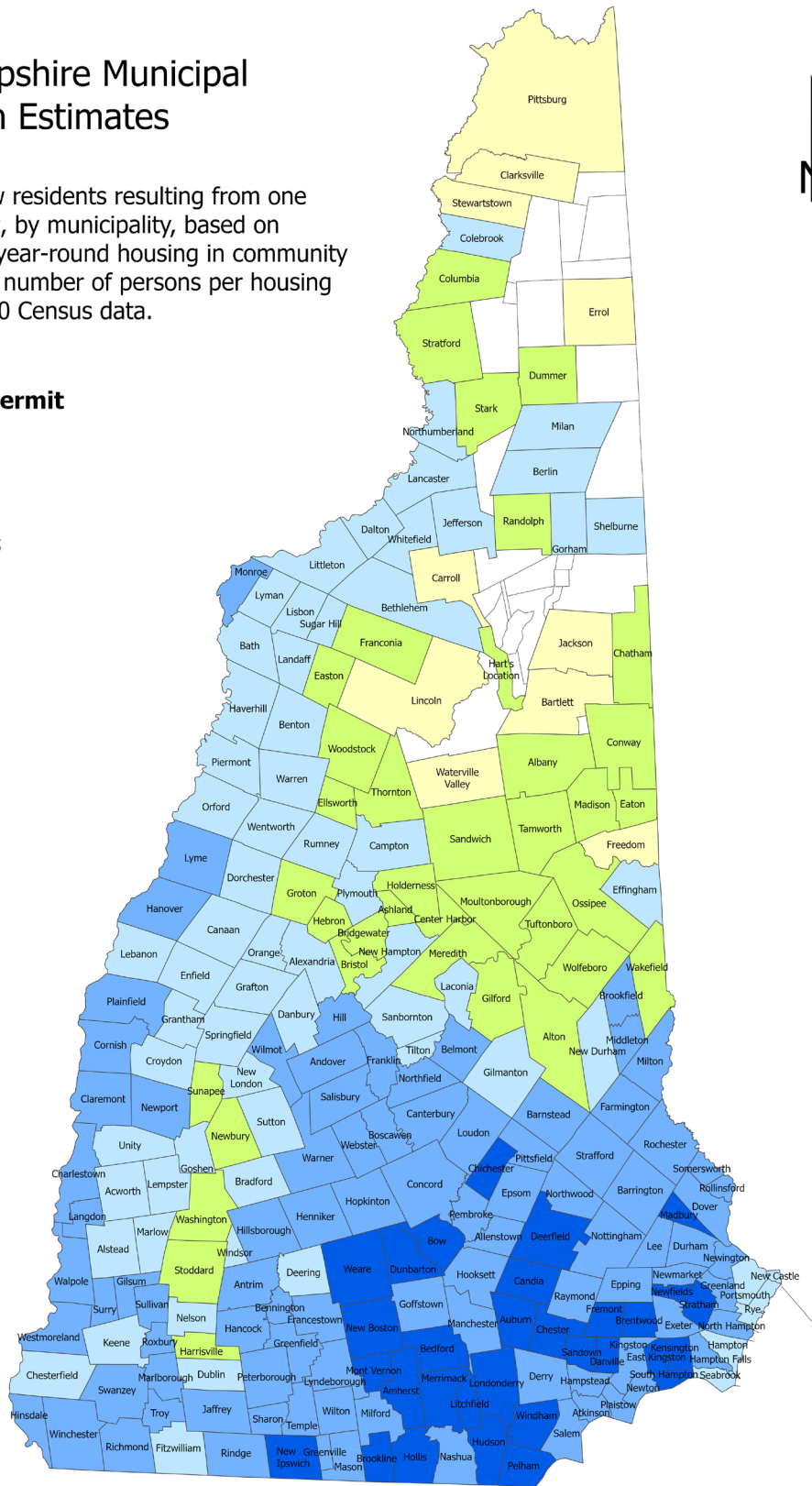
Census 2020 Total Units	Permits Issued through Dec. 31, 2024	2024 Estimated Total Units	Percent of Units Occupied	2025 Occupied Units	Population Per Household	2025 Estimated Household Population
2,416	54	2,470	0.79594	1,966	2.556	5,025

2025 Estimated Group Quarters Population	2025 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (apply town's percentage of raw total population to published Census total population)	2025 Final Estimated Population
0	5,025	-56	4,969

The map on the following page shows the number of new residents that result from issuing a building permit for a single residence, in each municipality, following the above method.

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People per Permit



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>2025</u>	<u>2025</u>	<u>2025</u>
Alton	5,250	5,894	6,079	2	95.74
Barnstead	4,593	4,915	4,969	0	116.86
Belmont	7,356	7,314	7,544	1	251.60
Center Harbor	1,096	1,040	1,046	0	78.77
Gilford	7,126	7,699	7,773	12	200.70
Gilmanton	3,777	3,945	4,036	0	70.30
Laconia	15,951	16,871	17,461	450	878.52
Meredith	6,241	6,662	6,851	251	170.93
New Hampton	2,165	2,377	2,466	59	67.04
Sanbornton	2,966	3,026	3,080	10	64.97
Tilton	3,567	3,962	4,039	197	362.84
Belknap Co.	60,088	63,705	65,344	982	163.08

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>2025</u>	<u>2025</u>	<u>2025</u>
Albany	735	759	776	0	10.33
Bartlett	2,788	3,200	3,246	0	43.68
Brookfield	712	755	775	0	34.02
Chatham	337	341	347	0	6.12
Conway	10,115	9,822	10,244	101	147.69
Eaton	393	405	425	0	17.48
Effingham	1,465	1,691	1,760	34	45.39
Freedom	1,489	1,689	1,711	7	49.68
Harts Location	41	68	68	0	3.58
Jackson	816	1,028	1,049	0	15.71
Madison	2,502	2,565	2,664	16	69.19
Moultonboro	4,044	4,918	5,011	1	83.99
Ossipee	4,345	4,372	4,492	196	63.83
Sandwich	1,326	1,466	1,493	0	16.44
Tamworth	2,856	2,812	2,849	9	47.89
Tuftonboro	2,387	2,467	2,580	1	63.67
Wakefield	5,078	5,201	5,326	0	134.93
Wolfeboro	6,269	6,416	6,516	201	135.85
Carroll Co. (incorporated areas only)	47,698	49,975	51,176	566	54.96

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>2025</u>	<u>2025</u>	<u>2025</u>
Alstead	1,937	1,864	1,877	6	48.44
Chesterfield	3,604	3,552	3,576	0	78.62
Dublin	1,597	1,532	1,548	33	55.34
Fitzwilliam	2,396	2,351	2,413	0	69.67
Gilsum	813	752	763	0	46.05
Harrisville	961	984	979	0	52.26
Hinsdale	4,046	3,948	3,917	0	192.75
Jaffrey	5,457	5,320	5,412	81	141.28
Keene	23,409	23,047	22,569	2,247	612.70
Marlborough	2,063	2,096	2,092	2	102.48
Marlow	742	749	759	4	29.46
Nelson	729	629	643	0	29.30
Richmond	1,155	1,197	1,214	14	32.35
Rindge	6,014	6,476	6,330	749	171.14
Roxbury	229	220	229	0	19.10
Stoddard	1,232	1,374	1,423	0	28.13
Sullivan	677	658	676	0	36.54
Surry	732	820	830	0	53.60
Swanzy	7,230	7,270	7,491	0	168.18
Troy	2,145	2,130	2,160	0	123.74
Walpole	3,734	3,633	3,638	0	103.27
Westmoreland	1,874	1,706	1,717	115	47.95
Winchester	4,341	4,150	4,186	62	76.67
Cheshire Co.	77,117	76,458	76,441	3,313	108.52

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>2025</u>	<u>2025</u>	<u>2025</u>
Berlin	10,051	9,425	9,959	1,581	162.36
Carroll	763	820	859	8	17.14
Clarksville	265	294	297	0	4.92
Colebrook	2,301	2,084	2,133	7	52.67
Columbia	757	659	679	6	11.17
Dalton	979	933	951	0	34.56
Dummer	304	306	313	0	6.56
Errol	291	298	306	0	5.05
Gorham	2,848	2,698	2,670	0	83.84
Jefferson	1,107	1,043	1,067	0	21.35
Lancaster	3,507	3,218	3,292	93	65.85
Milan	1,337	1,358	1,371	0	21.53
Northumberland	2,288	2,126	2,097	0	58.64
Pittsburg	869	800	832	0	2.96
Randolph	310	328	328	0	6.97
Shelburne	372	353	366	0	7.63
Stark	556	478	489	0	8.32
Stewartstown	1,004	813	816	89	17.65
Stratford	746	662	674	0	8.50
Whitefield	2,306	2,490	2,589	215	75.67
Coos Co. (incorporated areas only)	32,961	31,186	32,088	1,999	25.98

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>2025</u>	<u>2025</u>	<u>2025</u>
Alexandria	1,613	1,776	1,801	0	41.51
Ashland	2,076	1,938	1,984	8	176.53
Bath	1,077	1,077	1,103	0	29.28
Benton	364	374	326	65	6.72
Bethlehem	2,526	2,484	2,578	25	28.45
Bridgewater	1,083	1,160	1,171	0	54.58
Bristol	3,054	3,244	3,257	14	194.51
Campton	3,333	3,343	3,491	14	67.27
Canaan	3,909	3,794	4,000	126	75.24
Dorchester	355	339	350	0	7.85
Easton	254	292	303	0	9.72
Ellsworth	83	93	96	0	4.49
Enfield	4,582	4,465	4,512	17	112.26
Franconia	1,104	1,083	1,151	61	17.52
Grafton	1,340	1,385	1,428	0	34.40
Groton	593	569	599	0	14.72
Hanover	11,260	11,870	12,000	4,360	244.98
Haverhill	4,697	4,585	4,778	273	93.62
Hebron	602	632	653	10	38.99
Holderness	2,108	2,004	2,037	76	66.85
Landaff	415	446	458	0	16.14
Lebanon	13,151	14,282	16,296	293	406.02
Lincoln	1,662	1,631	1,680	0	12.88
Lisbon	1,595	1,621	1,668	0	63.64
Littleton	5,928	6,005	6,085	33	121.89
Lyman	533	585	596	0	20.98
Lyme	1,716	1,745	1,734	13	32.22
Monroe	788	864	876	0	39.08
Orange	331	277	277	0	12.04
Orford	1,237	1,237	1,255	0	27.06
Piermont	790	769	804	0	20.84
Plymouth	6,990	6,682	6,622	1,934	236.49
Rumney	1,480	1,498	1,537	14	36.85
Sugar Hill	563	647	692	0	40.56
Thornton	2,490	2,708	2,944	0	58.59
Warren	904	825	833	0	17.16
Waterville Valley	247	508	521	0	8.10
Wentworth	911	845	866	0	20.78
Woodstock	1,374	1,434	1,446	0	24.75
Grafton Co. (incorp. areas only)	89,118	91,116	94,809	7,336	57.64

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>2025</u>	<u>2025</u>	<u>2025</u>
Amherst	11,201	11,753	11,959	0	354.93
Antrim	2,637	2,651	2,738	0	77.41
Bedford	21,203	23,322	23,943	754	733.03
Bennington	1,476	1,501	1,506	2	134.68
Brookline	4,991	5,639	6,183	0	312.10
Deering	1,912	1,904	1,922	73	63.55
Francestown	1,562	1,610	1,633	0	55.13
Goffstown	17,651	18,577	18,739	2,239	507.34
Greenfield	1,749	1,716	1,725	78	71.23
Greenville	2,105	1,974	1,993	0	290.60
Hancock	1,654	1,731	1,764	16	59.18
Hillsborough	6,011	5,939	5,992	34	138.64
Hollis	7,684	8,342	8,679	4	274.66
Hudson	24,467	25,394	26,042	136	921.25
Litchfield	8,271	8,478	8,909	0	600.88
Lyndeborough	1,683	1,702	1,757	0	58.72
Manchester	109,565	115,644	117,556	2,992	3,586.59
Mason	1,382	1,448	1,478	0	62.01
Merrimack	25,494	26,632	29,325	201	908.80
Milford	15,115	16,131	16,524	245	655.46
Mont Vernon	2,409	2,584	2,655	0	158.06
Nashua	86,494	91,322	92,892	1,470	3,038.41
New Boston	5,321	6,108	6,268	39	146.82
New Ipswich	5,099	5,204	5,385	0	165.38
Pelham	12,897	14,222	14,814	0	570.80
Peterborough	6,284	6,418	6,702	198	177.92
Sharon	352	359	362	0	23.15
Temple	1,366	1,382	1,395	38	62.99
Weare	8,785	9,092	9,190	0	156.82
Wilton	3,677	3,896	3,928	14	154.55
Windsor	224	262	282	56	34.32
Hillsborough Co.	400,721	422,937	434,239	8,589	499.95

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 OPD Estimate	Group Quarters Population	Persons per Square Mile
	<u>2010</u>	<u>2020</u>	<u>2025</u>	<u>2025</u>	<u>2025</u>
Allenstown	4,322	4,707	4,947	165	240.83
Andover	2,371	2,406	2,427	57	60.44
Boscawen	3,965	3,998	4,199	515	165.13
Bow	7,519	8,229	8,317	0	295.29
Bradford	1,650	1,662	1,698	2	48.23
Canterbury	2,352	2,389	2,451	4	55.58
Chichester	2,523	2,665	2,763	11	130.64
Concord	42,695	43,976	44,517	3,379	691.09
Danbury	1,164	1,250	1,301	0	34.24
Dunbarton	2,758	3,005	3,215	0	102.83
Epsom	4,566	4,834	4,994	101	142.48
Franklin	8,477	8,741	8,710	183	315.96
Henniker	4,836	6,185	4,667	540	103.03
Hill	1,089	1,017	1,040	0	38.96
Hooksett	13,451	14,871	15,094	436	418.21
Hopkinton	5,589	5,914	6,013	0	139.45
Loudon	5,317	5,576	5,713	26	123.71
New London	4,397	4,400	4,422	691	121.76
Newbury	2,072	2,172	2,236	0	99.84
Northfield	4,829	4,872	5,047	79	175.34
Pembroke	7,115	7,207	7,574	0	326.99
Pittsfield	4,106	4,075	4,202	0	173.54
Salisbury	1,382	1,422	1,531	5	38.43
Sutton	1,837	1,978	2,060	0	48.36
Warner	2,833	2,937	2,889	65	52.23
Webster	1,872	1,913	1,953	25	69.20
Wilmot	1,358	1,407	1,452	0	49.40

Merrimack Co.	146,445	153,808	155,429	6,284	167.53
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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
	<u>2010</u>	<u>2020</u>	<u>2025</u>	<u>2025</u>	<u>2025</u>
Atkinson	6,751	7,087	7,420	0	659.15
Auburn	4,953	5,946	6,210	3	240.88
Brentwood	4,486	4,490	4,897	349	286.44
Candia	3,909	4,013	4,216	0	138.94
Chester	4,768	5,232	5,387	0	205.87
Danville	4,387	4,408	4,548	4	390.85
Deerfield	4,280	4,855	4,999	30	98.50
Derry	33,109	34,317	34,691	238	973.26
East Kingston	2,357	2,441	2,450	0	247.79
Epping	6,411	7,125	8,111	2	304.32
Exeter	14,306	16,049	16,178	501	822.32
Fremont	4,283	4,739	4,958	58	285.57
Greenland	3,549	4,067	4,166	12	392.25
Hampstead	8,523	8,998	9,144	0	683.63
Hampton	14,976	16,214	16,351	249	1,325.35
Hampton Falls	2,236	2,403	2,411	0	175.70
Kensington	2,124	2,095	2,118	0	177.01
Kingston	6,025	6,202	6,387	86	322.70
Londonderry	24,129	25,826	28,437	128	656.15
New Castle	968	1,000	993	0	1,236.56
Newfields	1,680	1,769	1,775	0	250.57
Newington	753	811	838	0	100.30
Newmarket	8,936	9,430	9,663	56	760.59
Newton	4,603	4,820	4,830	0	492.77
North Hampton	4,301	4,538	4,525	5	325.86
Northwood	4,241	4,641	4,757	0	167.68
Nottingham	4,785	5,229	5,442	5	117.11
Plaistow	7,609	7,830	7,923	11	744.21
Portsmouth	21,233	21,956	23,536	525	1,486.56
Raymond	10,138	10,684	10,996	14	380.16
Rye	5,298	5,543	5,633	159	440.83
Salem	28,776	30,089	31,588	299	1,275.66
Sandown	5,986	6,548	6,757	7	480.53
Seabrook	8,693	8,401	8,418	37	936.99
South Hampton	814	894	902	0	113.95
Stratham	7,255	7,669	7,806	0	517.42
Windham	13,592	15,817	16,383	244	609.13
Rockingham Co.	295,223	314,176	325,843	3,022	468.28

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>2025</u>	<u>2025</u>	<u>2025</u>
Barrington	8,576	9,326	9,700	0	205.97
Dover	29,987	32,741	34,846	1,210	1,263.46
Durham	14,638	15,490	15,264	6,925	677.18
Farmington	6,786	6,722	6,807	36	186.67
Lee	4,330	4,520	4,584	0	229.76
Madbury	1,771	1,918	1,955	44	169.80
Middleton	1,783	1,823	1,874	0	102.88
Milton	4,598	4,482	4,545	47	137.26
New Durham	2,638	2,693	2,795	0	67.15
Rochester	29,752	32,492	34,124	398	751.48
Rollinsford	2,527	2,597	2,636	0	360.06
Somersworth	11,766	11,855	12,320	21	1,225.38
Strafford	3,991	4,230	4,331	8	87.88
Strafford Co.	123,143	130,889	135,781	8,689	371.64

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>2025</u>	<u>2025</u>	<u>2025</u>
Acworth	891	853	876	0	22.57
Charlestown	5,114	4,806	4,869	23	136.99
Claremont	13,355	12,949	13,010	259	303.79
Cornish	1,640	1,616	1,621	0	38.68
Croydon	764	801	867	0	23.65
Goshen	810	796	797	8	35.80
Grantham	2,985	3,404	3,432	0	126.78
Langdon	688	651	667	0	41.13
Lempster	1,154	1,118	1,158	0	35.92
Newport	6,507	6,299	6,528	162	151.05
Plainfield	2,364	2,459	2,537	152	48.63
Springfield	1,311	1,259	1,303	15	29.96
Sunapee	3,365	3,342	3,370	55	160.72
Unity	1,671	1,518	1,547	184	41.92
Washington	1,123	1,192	1,239	0	27.35
Sullivan Co.	43,742	43,063	43,822	858	81.82

	<u>2010</u>	<u>2020</u>	<u>2025</u>	<u>2025</u>	<u>2025</u>
New Hampshire (incorporated areas only)	1,316,256	1,377,313	1,415,125	41,642	171.35

Population of unincorporated places not included in above figures.

Total resident population of New Hampshire (including unincorporated areas) is 1,415,342.

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

Group Quarters population is included in total population.