



2024 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 2024. 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 2024 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 2024 calculations of the dwelling unit method for the town of Alton appear below:

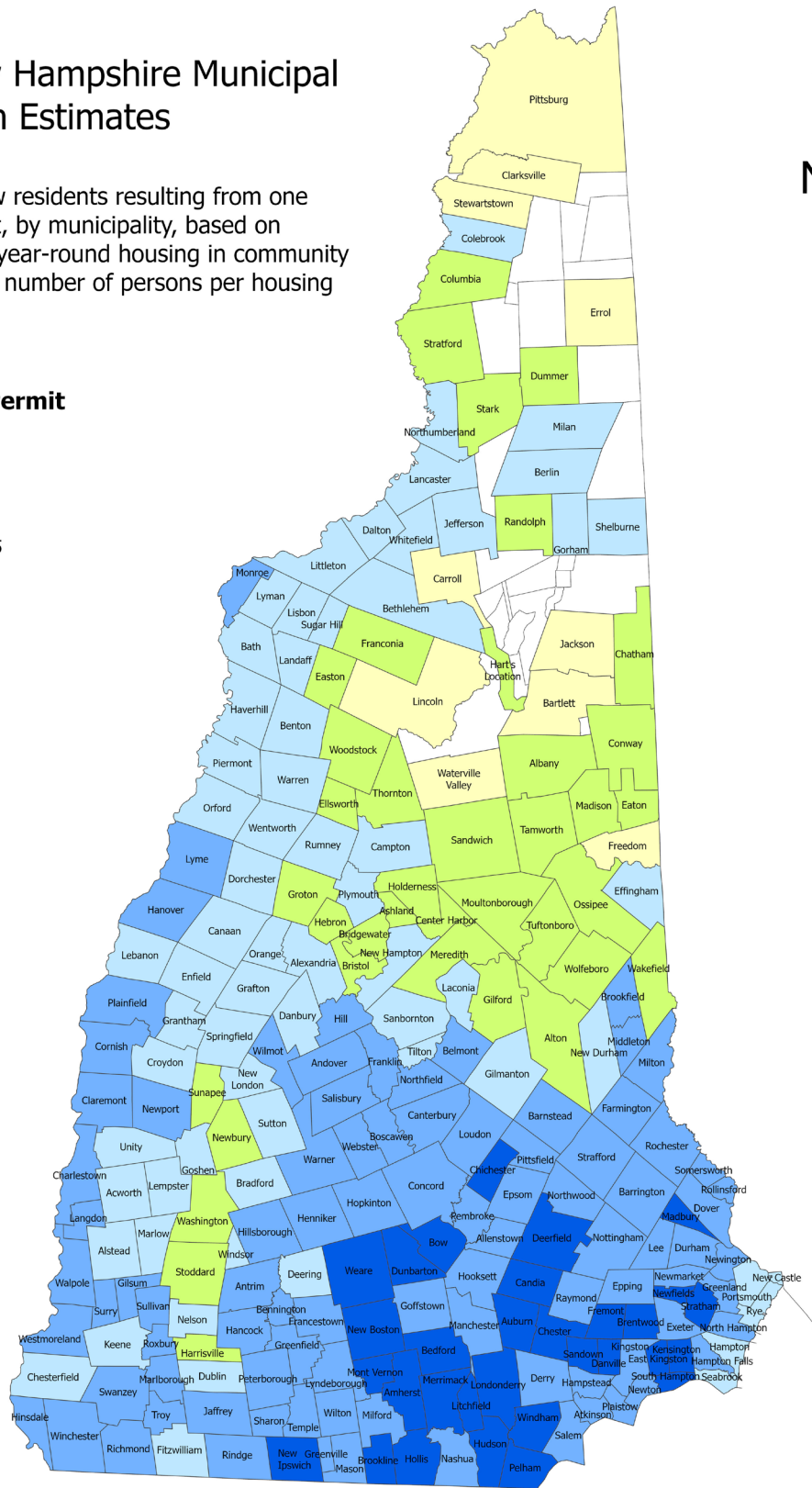
Census 2020 Total Units	Permits Issued through Dec. 31, 2023	2024 Estimated Total Units	Percent of Units Occupied	2024 Occupied Units	Population Per Household	2024 Estimated Household Population
4,309	154	4,463	0.57554	2,569	2.38	6,103

2024 Estimated Group Quarters Population	2024 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (apply town's percentage of raw total population to published Census total population)	2024 Final Estimated Population
2	6,105	-39	6,066

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>2024</u>	<u>2024</u>	<u>2024</u>
Alton	5,250	5,894	6,066	2	94.91
Barnstead	4,593	4,915	4,983	0	116.04
Belmont	7,356	7,314	7,510	1	249.13
Center Harbor	1,096	1,040	1,043	0	78.22
Gilford	7,126	7,699	7,813	12	201.41
Gilmanton	3,777	3,945	4,035	0	70.00
Laconia	15,951	16,871	17,461	466	868.96
Meredith	6,241	6,662	6,826	237	169.30
New Hampton	2,165	2,377	2,454	59	66.67
Sanbornton	2,966	3,026	3,083	11	65.20
Tilton	3,567	3,962	4,034	175	353.48
Belknap Co.	60,088	63,705	65,310	963	162.18

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>2024</u>	<u>2024</u>	<u>2024</u>
Albany	735	759	773	0	10.25
Bartlett	2,788	3,200	3,242	0	43.33
Brookfield	712	755	775	0	33.90
Chatham	337	341	346	0	6.10
Conway	10,115	9,822	10,253	140	147.13
Eaton	393	405	424	0	17.37
Effingham	1,465	1,691	1,750	34	45.02
Freedom	1,489	1,689	1,713	8	49.65
Harts Location	41	68	69	0	3.57
Jackson	816	1,028	1,041	0	15.58
Madison	2,502	2,565	2,669	16	68.97
Moultonboro	4,044	4,918	5,013	1	83.49
Ossipee	4,345	4,372	4,467	177	63.00
Sandwich	1,326	1,466	1,492	0	16.35
Tamworth	2,856	2,812	2,847	9	47.58
Tuftonboro	2,387	2,467	2,558	1	62.97
Wakefield	5,078	5,201	5,328	0	134.79
Wolfeboro	6,269	6,416	6,490	173	134.24
Carroll Co. (incorporated areas only)	47,698	49,975	51,247	559	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>2024</u>	<u>2024</u>	<u>2024</u>
Alstead	1,937	1,864	1,869	6	47.96
Chesterfield	3,604	3,552	3,567	0	78.24
Dublin	1,597	1,532	1,532	33	54.93
Fitzwilliam	2,396	2,351	2,406	0	69.48
Gilsum	813	752	758	0	45.46
Harrisville	961	984	984	0	52.56
Hinsdale	4,046	3,948	3,923	0	189.42
Jaffrey	5,457	5,320	5,404	77	140.70
Keene	23,409	23,047	22,601	2,200	609.96
Marlborough	2,063	2,096	2,100	2	102.88
Marlow	742	749	757	4	29.08
Nelson	729	629	644	0	29.40
Richmond	1,155	1,197	1,227	14	32.68
Rindge	6,014	6,476	6,397	811	172.57
Roxbury	229	220	228	0	19.02
Stoddard	1,232	1,374	1,408	0	27.65
Sullivan	677	658	679	0	36.61
Surry	732	820	829	0	52.84
Swanzy	7,230	7,270	7,523	0	167.41
Troy	2,145	2,130	2,151	0	123.24
Walpole	3,734	3,633	3,649	0	102.29
Westmoreland	1,874	1,706	1,713	109	47.69
Winchester	4,341	4,150	4,198	76	76.36
Cheshire Co.	77,117	76,458	76,547	3,332	108.17

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>2024</u>	<u>2024</u>	<u>2024</u>
Berlin	10,051	9,425	10,081	1,609	164.01
Carroll	763	820	856	8	17.03
Clarksville	265	294	298	0	4.92
Colebrook	2,301	2,084	2,130	7	52.25
Columbia	757	659	676	6	11.04
Dalton	979	933	949	0	34.46
Dummer	304	306	313	0	6.55
Errol	291	298	306	0	5.03
Gorham	2,848	2,698	2,688	0	84.27
Jefferson	1,107	1,043	1,059	0	21.14
Lancaster	3,507	3,218	3,272	89	65.18
Milan	1,337	1,358	1,367	0	21.38
Northumberland	2,288	2,126	2,105	0	57.31
Pittsburg	869	800	829	0	2.94
Randolph	310	328	330	0	7.01
Shelburne	372	353	364	0	7.61
Stark	556	478	492	0	8.31
Stewartstown	1,004	813	812	83	17.45
Stratford	746	662	672	0	8.41
Whitefield	2,306	2,490	2,593	221	75.61
Coos Co. (incorporated areas only)	32,961	31,186	32,191	2,023	25.15

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.

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>2024</u>	<u>2024</u>	<u>2024</u>
Alexandria	1,613	1,776	1,797	0	41.26
Ashland	2,076	1,938	1,982	8	175.12
Bath	1,077	1,077	1,103	0	28.90
Benton	364	374	330	69	6.80
Bethlehem	2,526	2,484	2,559	25	28.15
Bridgewater	1,083	1,160	1,170	0	54.47
Bristol	3,054	3,244	3,264	14	191.15
Campton	3,333	3,343	3,479	14	66.99
Canaan	3,909	3,794	3,914	126	73.42
Dorchester	355	339	347	0	7.77
Easton	254	292	304	0	9.76
Ellsworth	83	93	97	0	4.51
Enfield	4,582	4,465	4,518	17	112.10
Franconia	1,104	1,083	1,148	68	17.47
Grafton	1,340	1,385	1,426	0	34.29
Groton	593	569	598	0	14.68
Hanover	11,260	11,870	12,105	4,495	246.53
Haverhill	4,697	4,585	4,713	240	92.14
Hebron	602	632	651	10	38.59
Holderness	2,108	2,004	2,042	76	66.90
Landaff	415	446	458	0	16.12
Lebanon	13,151	14,282	15,959	298	395.67
Lincoln	1,662	1,631	1,670	0	12.77
Lisbon	1,595	1,621	1,672	0	63.09
Littleton	5,928	6,005	6,099	44	121.90
Lyman	533	585	596	0	20.99
Lyme	1,716	1,745	1,738	13	32.28
Monroe	788	864	878	0	39.16
Orange	331	277	277	0	12.00
Orford	1,237	1,237	1,255	0	27.03
Piermont	790	769	803	0	20.79
Plymouth	6,990	6,682	6,712	2,044	237.82
Rumney	1,480	1,498	1,538	14	36.65
Sugar Hill	563	647	685	0	40.00
Thornton	2,490	2,708	2,906	0	57.81
Warren	904	825	831	0	17.09
Waterville Valley	247	508	522	0	8.11
Wentworth	911	845	870	0	20.79
Woodstock	1,374	1,434	1,436	0	24.56
Grafton Co. (incorp. areas only)	89,118	91,116	94,452	7,575	57.27

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>2024</u>	<u>2024</u>	<u>2024</u>
Amherst	11,201	11,753	11,943	0	351.95
Antrim	2,637	2,651	2,720	0	76.23
Bedford	21,203	23,322	23,769	731	725.64
Bennington	1,476	1,501	1,511	2	133.05
Brookline	4,991	5,639	5,881	0	295.31
Deering	1,912	1,904	1,931	72	63.14
Francestown	1,562	1,610	1,630	0	54.62
Goffstown	17,651	18,577	18,664	2,125	502.49
Greenfield	1,749	1,716	1,704	69	64.35
Greenville	2,105	1,974	1,992	0	289.56
Hancock	1,654	1,731	1,764	16	58.84
Hillsborough	6,011	5,939	5,982	33	136.90
Hollis	7,684	8,342	8,674	4	273.03
Hudson	24,467	25,394	26,015	141	911.71
Litchfield	8,271	8,478	8,577	0	574.82
Lyndeborough	1,683	1,702	1,760	0	58.39
Manchester	109,565	115,644	117,366	3,027	3,551.35
Mason	1,382	1,448	1,473	0	61.45
Merrimack	25,494	26,632	29,291	206	897.83
Milford	15,115	16,131	16,569	247	651.92
Mont Vernon	2,409	2,584	2,657	0	157.91
Nashua	86,494	91,322	93,011	1,501	3,024.43
New Boston	5,321	6,108	6,256	42	145.57
New Ipswich	5,099	5,204	5,405	0	165.10
Pelham	12,897	14,222	14,751	0	561.24
Peterborough	6,284	6,418	6,540	190	172.04
Sharon	352	359	361	0	23.07
Temple	1,366	1,382	1,399	40	62.89
Weare	8,785	9,092	9,199	0	155.77
Wilton	3,677	3,896	3,922	15	153.13
Windsor	224	262	284	61	34.45
Hillsborough Co.	400,721	422,937	433,004	8,522	493.67

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>2024</u>	<u>2024</u>	<u>2024</u>
Allentown	4,322	4,707	4,929	139	240.83
Andover	2,371	2,406	2,429	60	60.44
Boscawen	3,965	3,998	4,106	482	165.13
Bow	7,519	8,229	8,319	0	295.29
Bradford	1,650	1,662	1,699	2	48.23
Canterbury	2,352	2,389	2,443	4	55.58
Chichester	2,523	2,665	2,769	14	130.64
Concord	42,695	43,976	44,201	3,214	691.09
Danbury	1,164	1,250	1,292	0	34.24
Dunbarton	2,758	3,005	3,171	0	102.83
Epsom	4,566	4,834	4,913	100	142.48
Franklin	8,477	8,741	8,743	178	315.96
Henniker	4,836	6,185	4,545	417	103.03
Hill	1,089	1,017	1,039	0	38.96
Hooksett	13,451	14,871	15,137	480	418.21
Hopkinton	5,589	5,914	6,035	0	139.45
Loudon	5,317	5,576	5,693	26	123.71
New London	4,397	4,400	4,360	616	121.76
Newbury	2,072	2,172	2,231	0	99.84
Northfield	4,829	4,872	5,013	76	175.34
Pembroke	7,115	7,207	7,402	0	326.99
Pittsfield	4,106	4,075	4,187	3	173.54
Salisbury	1,382	1,422	1,520	5	38.43
Sutton	1,837	1,978	2,058	0	48.36
Warner	2,833	2,937	2,885	61	52.23
Webster	1,872	1,913	1,956	23	69.20
Wilmot	1,358	1,407	1,453	0	49.40

Merrimack Co.	146,445	153,808	154,526	7,924	167.69
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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>2024</u>	<u>2024</u>	<u>2024</u>
Atkinson	6,751	7,087	7,369	0	659.15
Auburn	4,953	5,946	6,138	3	240.88
Brentwood	4,486	4,490	4,861	356	286.44
Candia	3,909	4,013	4,213	0	138.94
Chester	4,768	5,232	5,360	0	205.87
Danville	4,387	4,408	4,552	4	390.85
Deerfield	4,280	4,855	5,001	31	98.50
Derry	33,109	34,317	34,484	239	973.26
East Kingston	2,357	2,441	2,457	0	247.79
Epping	6,411	7,125	7,936	2	304.32
Exeter	14,306	16,049	16,247	519	822.32
Fremont	4,283	4,739	4,927	53	285.57
Greenland	3,549	4,067	4,134	12	392.25
Hampstead	8,523	8,998	9,165	0	683.63
Hampton	14,976	16,214	16,415	261	1,325.35
Hampton Falls	2,236	2,403	2,417	0	175.70
Kensington	2,124	2,095	2,121	0	177.01
Kingston	6,025	6,202	6,406	91	322.70
Londonderry	24,129	25,826	27,577	100	656.15
New Castle	968	1,000	1,007	0	1,236.56
Newfields	1,680	1,769	1,778	0	250.57
Newington	753	811	826	0	100.30
Newmarket	8,936	9,430	9,558	61	760.59
Newton	4,603	4,820	4,846	0	492.77
North Hampton	4,301	4,538	4,538	5	325.86
Northwood	4,241	4,641	4,717	0	167.68
Nottingham	4,785	5,229	5,449	5	117.11
Plaistow	7,609	7,830	7,895	11	744.21
Portsmouth	21,233	21,956	23,306	490	1,486.56
Raymond	10,138	10,684	10,954	15	380.16
Rye	5,298	5,543	5,573	114	440.83
Salem	28,776	30,089	31,646	298	1,275.66
Sandown	5,986	6,548	6,722	5	480.53
Seabrook	8,693	8,401	8,433	37	936.99
South Hampton	814	894	901	0	113.95
Stratham	7,255	7,669	7,825	0	517.42
Windham	13,592	15,817	16,277	215	609.13
Rockingham Co.	295,223	314,176	324,029	2,927	464.74

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>2024</u>	<u>2024</u>	<u>2024</u>
Barrington	8,576	9,326	9,618	0	205.97
Dover	29,987	32,741	33,784	1,023	1,263.46
Durham	14,638	15,490	15,171	6,777	677.18
Farmington	6,786	6,722	6,816	37	186.67
Lee	4,330	4,520	4,591	0	229.76
Madbury	1,771	1,918	1,961	43	169.80
Middleton	1,783	1,823	1,860	0	102.88
Milton	4,598	4,482	4,538	47	137.26
New Durham	2,638	2,693	2,779	0	67.15
Rochester	29,752	32,492	33,685	376	751.48
Rollinsford	2,527	2,597	2,633	0	360.06
Somersworth	11,766	11,855	12,026	21	1,225.38
Strafford	3,991	4,230	4,304	8	87.88
Strafford Co.	123,143	130,889	133,766	8,332	364.15

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>2024</u>	<u>2024</u>	<u>2024</u>
Acworth	891	853	872	0	22.41
Charlestown	5,114	4,806	4,878	23	136.15
Claremont	13,355	12,949	13,027	268	301.89
Cornish	1,640	1,616	1,623	0	38.67
Croydon	764	801	848	0	23.03
Goshen	810	796	799	8	35.61
Grantham	2,985	3,404	3,432	0	126.21
Langdon	688	651	664	0	40.66
Lempster	1,154	1,118	1,155	0	35.73
Newport	6,507	6,299	6,449	105	148.17
Plainfield	2,364	2,459	2,531	152	48.47
Springfield	1,311	1,259	1,300	15	29.81
Sunapee	3,365	3,342	3,392	55	160.97
Unity	1,671	1,518	1,543	186	41.75
Washington	1,123	1,192	1,231	0	27.05

Sullivan Co.	43,742	43,063	43,742	812	81.33
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New Hampshire (incorporated areas only)	1,316,256	1,377,313	1,408,814	42,969	168.84
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Population of unincorporated places not included in above figures.

Total resident population of New Hampshire (including unincorporated areas) is 1,409,032.

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

Group Quarters population is included in total population.