



2023 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 2023. 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 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.

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 2023 calculations of the dwelling unit method for the town of Alton appear below:

Census 2020 Total Units	Permits Issued through Dec. 31, 2022	2023 Estimated Total Units	Percent of Units Occupied	2023 Occupied Units	Population Per Household	2023 Estimated Household Population
4,309	114	4,423	0.57554	2,546	2.38	6,048

2023 Estimated Group Quarters Population	2023 Raw Estimated Population (Household + Group Quarters)	State Total Adjustment (0.9970248)	2023 Final Estimated Population
2	6,050	-16	6,032

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>2023</u>	<u>2023</u>	<u>2023</u>
Alton	5,250	5,894	6,032	2	95.01
Barnstead	4,593	4,915	4,976	0	117.02
Belmont	7,356	7,314	7,495	11	250.01
Center Harbor	1,096	1,040	1,046	0	78.79
Gilford	7,126	7,699	7,782	12	200.92
Gilmanton	3,777	3,945	4,036	0	70.30
Laconia	15,951	16,871	17,293	475	869.85
Meredith	6,241	6,662	6,797	229	169.58
New Hampton	2,165	2,377	2,443	59	66.42
Sanbornton	2,966	3,026	3,076	10	64.90
Tilton	3,567	3,962	4,045	180	363.43
Belknap Co.	60,088	63,705	65,021	978	162.27

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>2023</u>	<u>2023</u>	<u>2023</u>
Albany	735	759	771	0	10.27
Bartlett	2,788	3,200	3,237	0	43.55
Brookfield	712	755	769	0	33.76
Chatham	337	341	346	0	6.10
Conway	10,115	9,822	10,199	160	147.05
Eaton	393	405	420	0	17.27
Effingham	1,465	1,691	1,730	34	44.62
Freedom	1,489	1,689	1,714	12	49.78
Harts Location	41	68	68	0	3.55
Jackson	816	1,028	1,039	0	15.56
Madison	2,502	2,565	2,651	16	68.85
Moultonboro	4,044	4,918	5,001	1	83.82
Ossipee	4,345	4,372	4,488	197	63.77
Sandwich	1,326	1,466	1,489	0	16.40
Tamworth	2,856	2,812	2,842	10	47.77
Tuftonboro	2,387	2,467	2,543	1	62.78
Wakefield	5,078	5,201	5,315	0	134.65
Wolfeboro	6,269	6,416	6,462	168	134.70
Carroll Co. (incorporated areas only)	47,698	49,975	51,083	599	54.87

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>2023</u>	<u>2023</u>	<u>2023</u>
Alstead	1,937	1,864	1,868	6	48.20
Chesterfield	3,604	3,552	3,581	0	78.74
Dublin	1,597	1,532	1,528	33	54.61
Fitzwilliam	2,396	2,351	2,393	0	69.10
Gilsum	813	752	754	0	45.53
Harrisville	961	984	985	0	52.61
Hinsdale	4,046	3,948	3,923	0	193.08
Jaffrey	5,457	5,320	5,383	61	140.52
Keene	23,409	23,047	22,562	2,108	612.44
Marlborough	2,063	2,096	2,100	2	102.91
Marlow	742	749	752	4	29.21
Nelson	729	629	640	0	29.18
Richmond	1,155	1,197	1,233	14	32.87
Rindge	6,014	6,476	6,433	857	173.96
Roxbury	229	220	228	0	19.07
Stoddard	1,232	1,374	1,401	0	27.70
Sullivan	677	658	681	0	36.84
Surry	732	820	825	0	53.28
Swanzy	7,230	7,270	7,518	0	168.76
Troy	2,145	2,130	2,156	0	123.58
Walpole	3,734	3,633	3,643	0	103.41
Westmoreland	1,874	1,706	1,703	103	47.55
Winchester	4,341	4,150	4,196	76	76.83
			76,490		
Cheshire Co.	77,117	76,458	76,490	3,264	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>2023</u>	<u>2023</u>	<u>2023</u>
Berlin	10,051	9,425	9,389	886	153.06
Carroll	763	820	843	8	16.82
Clarksville	265	294	296	0	4.91
Colebrook	2,301	2,084	2,119	7	52.32
Columbia	757	659	668	6	10.99
Dalton	979	933	949	0	34.50
Dummer	304	306	312	0	6.53
Errol	291	298	305	0	5.04
Gorham	2,848	2,698	2,697	0	84.68
Jefferson	1,107	1,043	1,066	0	21.32
Lancaster	3,507	3,218	3,282	94	65.65
Milan	1,337	1,358	1,370	0	21.51
Northumberland	2,288	2,126	2,114	0	59.12
Pittsburg	869	800	820	0	2.91
Randolph	310	328	328	0	6.97
Shelburne	372	353	362	0	7.55
Stark	556	478	486	0	8.28
Stewartstown	1,004	813	804	79	17.38
Stratford	746	662	668	0	8.42
Whitefield	2,306	2,490	2,596	227	75.88
Coos Co. (incorporated areas only)	32,961	31,186	31,474	1,307	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
	<u>2010</u>	<u>2020</u>	<u>2023</u>	<u>2023</u>	<u>2023</u>
Alexandria	1,613	1,776	1,799	0	41.46
Ashland	2,076	1,938	1,973	4	175.58
Bath	1,077	1,077	1,101	0	29.21
Benton	364	374	334	72	6.88
Bethlehem	2,526	2,484	2,537	25	28.01
Bridgewater	1,083	1,160	1,171	0	54.58
Bristol	3,054	3,244	3,269	17	195.17
Campton	3,333	3,343	3,454	14	66.56
Canaan	3,909	3,794	3,896	126	73.28
Dorchester	355	339	344	0	7.74
Easton	254	292	301	0	9.66
Ellsworth	83	93	96	0	4.47
Enfield	4,582	4,465	4,506	17	112.11
Franconia	1,104	1,083	1,141	69	17.37
Grafton	1,340	1,385	1,421	0	34.22
Groton	593	569	589	0	14.46
Hanover	11,260	11,870	11,631	4,012	237.42
Haverhill	4,697	4,585	4,643	213	90.97
Hebron	602	632	650	10	38.81
Holderness	2,108	2,004	2,039	76	66.90
Landaff	415	446	454	0	16.02
Lebanon	13,151	14,282	15,552	301	387.44
Lincoln	1,662	1,631	1,666	0	12.77
Lisbon	1,595	1,621	1,662	0	63.40
Littleton	5,928	6,005	6,088	37	121.95
Lyman	533	585	598	0	21.04
Lyme	1,716	1,745	1,742	13	32.36
Monroe	788	864	877	0	39.11
Orange	331	277	276	0	11.99
Orford	1,237	1,237	1,250	0	26.97
Piermont	790	769	790	0	20.49
Plymouth	6,990	6,682	6,603	1,962	235.84
Rumney	1,480	1,498	1,534	14	36.77
Sugar Hill	563	647	680	0	39.91
Thornton	2,490	2,708	2,864	0	57.00
Warren	904	825	829	0	17.08
Waterville Valley	247	508	519	0	8.07
Wentworth	911	845	863	0	20.71
Woodstock	1,374	1,434	1,438	0	24.61

Grafton Co. (incorp. areas only)	89,118	91,116	93,182	6,982	54.54
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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>2023</u>	<u>2023</u>	<u>2023</u>
Amherst	11,201	11,753	11,957	0	354.93
Antrim	2,637	2,651	2,708	0	76.56
Bedford	21,203	23,322	23,784	734	728.22
Bennington	1,476	1,501	1,514	2	135.39
Brookline	4,991	5,639	5,883	0	296.98
Deering	1,912	1,904	1,926	67	63.68
Francestown	1,562	1,610	1,629	0	55.00
Goffstown	17,651	18,577	18,645	2,077	504.73
Greenfield	1,749	1,716	1,696	68	70.01
Greenville	2,105	1,974	1,996	0	290.99
Hancock	1,654	1,731	1,766	16	59.26
Hillsborough	6,011	5,939	5,975	32	138.24
Hollis	7,684	8,342	8,670	4	274.36
Hudson	24,467	25,394	25,965	139	918.46
Litchfield	8,271	8,478	8,566	0	577.62
Lyndeborough	1,683	1,702	1,754	0	58.64
Manchester	109,565	115,644	116,403	3,157	3,551.05
Mason	1,382	1,448	1,463	0	61.39
Merrimack	25,494	26,632	28,971	218	897.77
Milford	15,115	16,131	16,576	247	657.53
Mont Vernon	2,409	2,584	2,661	0	158.40
Nashua	86,494	91,322	92,454	1,427	3,024.34
New Boston	5,321	6,108	6,241	42	146.20
New Ipswich	5,099	5,204	5,357	0	164.54
Pelham	12,897	14,222	14,569	0	561.42
Peterborough	6,284	6,418	6,493	158	172.37
Sharon	352	359	362	0	23.19
Temple	1,366	1,382	1,390	40	62.76
Weare	8,785	9,092	9,200	0	157.00
Wilton	3,677	3,896	3,921	15	154.29
Windsor	224	262	275	53	33.51

Hillsborough Co.	400,721	422,937	430,773	8,496	495.96
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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>2023</u>	<u>2023</u>	<u>2023</u>
Allenstown	4,322	4,707	4,841	34	238.93
Andover	2,371	2,406	2,426	61	60.51
Boscawen	3,965	3,998	4,034	419	163.77
Bow	7,519	8,229	8,317	0	296.92
Bradford	1,650	1,662	1,699	2	48.44
Canterbury	2,352	2,389	2,440	4	55.83
Chichester	2,523	2,665	2,730	9	129.93
Concord	42,695	43,976	44,102	3,254	694.30
Danbury	1,164	1,250	1,277	0	33.86
Dunbarton	2,758	3,005	3,108	0	100.86
Epsom	4,566	4,834	4,897	99	143.49
Franklin	8,477	8,741	8,734	161	319.35
Henniker	4,836	6,185	4,585	464	104.89
Hill	1,089	1,017	1,034	0	39.02
Hooksett	13,451	14,871	15,143	511	420.40
Hopkinton	5,589	5,914	6,005	0	139.04
Loudon	5,317	5,576	5,686	22	123.53
New London	4,397	4,400	4,396	649	197.94
Newbury	2,072	2,172	2,221	0	62.24
Northfield	4,829	4,872	4,977	75	174.51
Pembroke	7,115	7,207	7,379	0	329.55
Pittsfield	4,106	4,075	4,161	0	175.29
Salisbury	1,382	1,422	1,502	0	38.15
Sutton	1,837	1,978	2,033	0	48.19
Warner	2,833	2,937	2,965	137	54.14
Webster	1,872	1,913	1,956	25	70.48
Wilmot	1,358	1,407	1,451	0	49.44

Merrimack Co.	146,445	153,808	154,099	5,926	166.10
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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	2023	2023	2023
Atkinson	6,751	7,087	7,384	0	655.95
Auburn	4,953	5,946	6,114	3	241.10
Brentwood	4,486	4,490	4,799	353	285.84
Candia	3,909	4,013	4,194	0	138.94
Chester	4,768	5,232	5,352	0	206.33
Danville	4,387	4,408	4,532	4	391.34
Deerfield	4,280	4,855	4,966	36	97.55
Derry	33,109	34,317	34,528	230	980.08
East Kingston	2,357	2,441	2,462	0	249.22
Epping	6,411	7,125	7,678	2	299.44
Exeter	14,306	16,049	16,243	506	827.05
Fremont	4,283	4,739	4,896	51	285.13
Greenland	3,549	4,067	4,124	12	309.60
Hampstead	8,523	8,998	9,164	0	686.42
Hampton	14,976	16,214	16,460	262	1,267.13
Hampton Falls	2,236	2,403	2,418	0	200.50
Kensington	2,124	2,095	2,115	0	177.27
Kingston	6,025	6,202	6,381	71	326.90
Londonderry	24,129	25,826	27,534	105	657.13
New Castle	968	1,000	1,003	0	1,269.34
Newfields	1,680	1,769	1,775	0	250.03
Newington	753	811	825	0	101.19
Newmarket	8,936	9,430	9,534	56	759.67
Newton	4,603	4,820	4,858	0	497.73
North Hampton	4,301	4,538	4,545	5	329.33
Northwood	4,241	4,641	4,698	0	167.29
Nottingham	4,785	5,229	5,372	5	115.35
Plaistow	7,609	7,830	7,878	11	745.31
Portsmouth	21,233	21,956	22,918	480	1,467.22
Raymond	10,138	10,684	10,946	13	381.26
Rye	5,298	5,543	5,544	99	443.13
Salem	28,776	30,089	31,695	301	1,283.18
Sandown	5,986	6,548	6,702	7	482.48
Seabrook	8,693	8,401	8,433	37	952.87
South Hampton	814	894	899	0	114.12
Stratham	7,255	7,669	7,834	0	518.13
Windham	13,592	15,817	16,186	228	608.03

Rockingham Co.	295,223	314,176	322,987	2,877	464.18
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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>2023</u>	<u>2023</u>	<u>2023</u>
Barrington	8,576	9,326	9,568	0	206.04
Dover	29,987	32,741	33,360	958	1,251.78
Durham	14,638	15,490	15,069	6,641	676.05
Farmington	6,786	6,722	6,841	37	188.46
Lee	4,330	4,520	4,592	0	232.60
Madbury	1,771	1,918	1,963	44	169.81
Middleton	1,783	1,823	1,855	0	102.74
Milton	4,598	4,482	4,539	47	138.22
New Durham	2,638	2,693	2,782	0	67.57
Rochester	29,752	32,492	33,555	406	752.35
Rollinsford	2,527	2,597	2,635	0	359.98
Somersworth	11,766	11,855	12,026	21	1,237.29
Strafford	3,991	4,230	4,289	8	88.12
Strafford Co.	123,143	130,889	133,075	8,162	364.23

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>2023</u>	<u>2023</u>	<u>2023</u>
Acworth	891	853	867	0	22.32
Charlestown	5,114	4,806	4,891	28	137.61
Claremont	13,355	12,949	13,067	262	305.08
Cornish	1,640	1,616	1,628	0	38.85
Croydon	764	801	837	0	22.81
Goshen	810	796	802	8	36.02
Grantham	2,985	3,404	3,428	0	126.64
Langdon	688	651	662	0	40.82
Lempster	1,154	1,118	1,144	0	35.48
Newport	6,507	6,299	6,353	107	146.98
Plainfield	2,364	2,459	2,516	152	48.24
Springfield	1,311	1,259	1,295	15	29.77
Sunapee	3,365	3,342	3,380	56	161.16
Unity	1,671	1,518	1,549	188	41.96
Washington	1,123	1,192	1,229	0	27.15

Sullivan Co.	43,742	43,063	43,646	816	81.49
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New Hampshire (incorporated areas only)	1,316,256	1,377,313	1,401,828	39,407	156.94
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Population of unincorporated places not included in above figures.

Total resident population of New Hampshire (including unincorporated areas) is 1,402,054.

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

Group Quarters population is included in total population.