

New Hampshire ECONOMIC CONDITIONS

February 2020

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Interstate Commuting

Most people living in the U.S. both live and work in the same state. Job opportunities are sufficient to make the costs of travelling to another state for work larger than any benefits. Workers commuting to another state are more common where a metropolitan area is located close to or overlaps state borders. In the Northeast and mid-Atlantic regions, however, states with smaller land area and multiple dense metropolitan areas provide many opportunities for employment in another state within a reasonable commuting distance.

In 2017, 636,746 New Hampshire residents commuted to work for their primary job,¹ with 123,513 of those resident jobholders leaving the state. Another 82,152 workers commuted into New Hampshire from some other state. This represents a net loss of 41,361 workers for the state. Overall, more than 205,600 commuters travel across the state line, affecting traffic, road and bridge quality, and road maintenance costs.

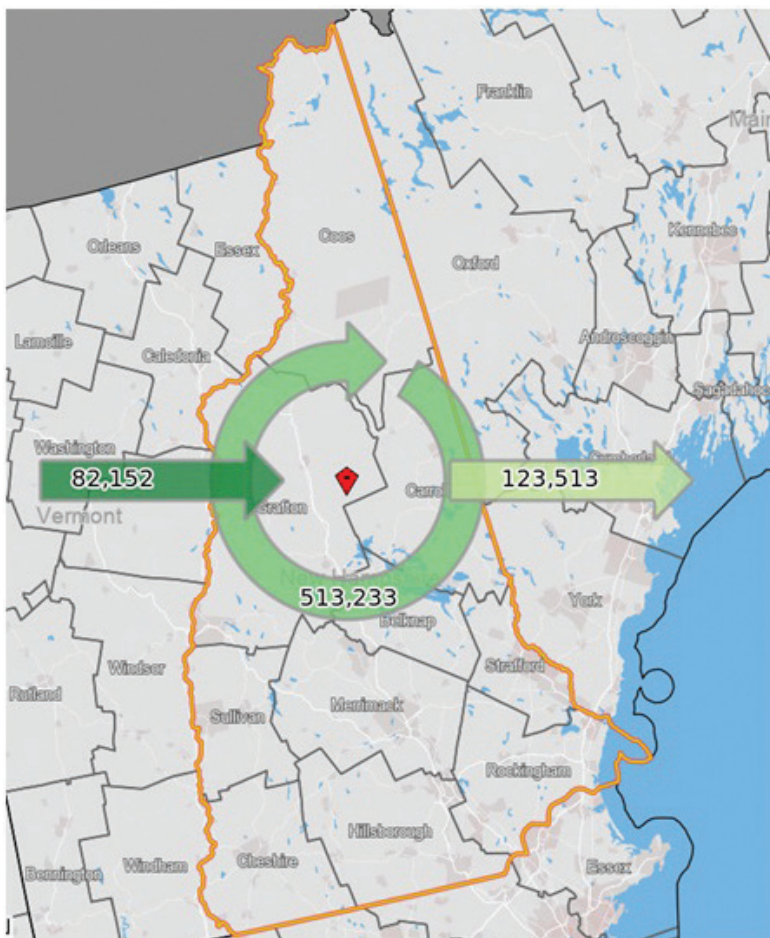
The number of workers commuting into and out of New Hampshire has been

growing slowly over time. From 2011² to 2017, the number of New Hampshire residents commuting out-of-state to their primary job increased by 9.9 percent; the number of workers commuting into New Hampshire for their primary job increased by 10.3 percent.

New Hampshire has one of the highest rates of interstate commuting among the 50 states and the District of Columbia. In 2017, 19.4 percent of New Hampshire residents commuting to a primary job traveled out-of-state, and 13.8 percent of those working in New Hampshire resided out-of-state. The state ranked third in percentage of workers commuting out-of-state, following the District of Columbia (35.0 percent) and Rhode Island (20.1 percent). New Hampshire ranked fourth in percentage of workers commuting in from another state, after the District of Columbia (67.6 percent), Delaware (20.3 percent), and Rhode Island (14.6 percent).

In numbers of workers, New York and New Jersey by far have the most commuters crossing state lines. Over 662,000 New Jersey residents leave the state for work, while over 707,000 workers commute into New York from other states.

New Hampshire Commuter In-Flow and Out-Flow, 2017



Source: OnTheMap, U.S. Census Bureau, Center for Economic Studies. <https://onthemap.ces.census.gov/>

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¹ OnTheMap defines "primary job" as the highest paying job for an individual worker for the year. The count of primary jobs is the same as the count of workers. Job counts include workers in state and local government; federal government workers are excluded.

² Massachusetts interstate commuting data were not available in the OnTheMap application until 2011.

The U.S. Census Bureau's OnTheMap application provides data on commuting for all 50 states plus the District of Columbia. Data include workers age 14 and older; federal workers and those working from home are excluded.

Interstate Commutes, 2017 Primary Jobs, Workers age 14+	Living in a state, working in a different state (out-commute)			Working in a state, living in a different state (in-commute)		
	Total	Percent	US Rank	Total	Percent	US Rank
Alabama	112,982	6.2%	19	71,308	4.0%	35
Alaska (2016)	2,466	0.9%	50	18,366	6.2%	23
Arizona	67,338	2.6%	44	38,812	1.5%	48
Arkansas	58,571	5.3%	25	68,951	6.1%	24
California	134,127	0.9%	49	144,214	1.0%	51
Colorado	39,783	1.7%	46	37,900	1.6%	47
Connecticut	150,408	9.7%	10	122,559	8.1%	16
Delaware	72,634	18.5%	4	81,812	20.3%	2
District of Columbia	90,911	35.0%	1	351,850	67.6%	1
Florida	92,670	1.2%	48	91,203	1.2%	50
Georgia	153,656	3.9%	35	155,255	3.9%	37
Hawaii	3,135	0.6%	51	11,964	2.4%	45
Idaho	52,976	7.9%	15	35,435	5.5%	29
Illinois	274,449	5.1%	26	255,548	4.7%	31
Indiana	207,410	7.2%	18	165,266	5.9%	26
Iowa	83,663	5.9%	20	100,819	7.0%	19
Kansas	118,973	9.7%	11	145,452	11.6%	8
Kentucky	147,241	8.4%	13	158,217	9.0%	11
Louisiana	55,460	3.2%	41	76,787	4.4%	34
Maine	31,607	5.6%	21	15,485	2.8%	43
Maryland	419,341	17.1%	5	273,370	11.8%	7
Massachusetts	169,935	5.5%	22	258,679	8.1%	17
Michigan	124,593	3.1%	42	65,676	1.6%	46
Minnesota	82,890	3.2%	40	99,901	3.8%	38
Mississippi	115,308	10.6%	8	70,159	6.8%	22
Missouri	194,102	7.7%	16	227,844	8.9%	13
Montana	12,331	3.0%	43	12,366	3.0%	42
Nebraska	32,738	3.8%	39	63,873	7.2%	18
Nevada	45,964	3.9%	36	55,276	4.6%	32
New Hampshire	123,513	19.4%	3	82,152	13.8%	4
New Jersey	662,655	16.9%	6	369,480	10.2%	9
New Mexico	41,227	5.5%	24	38,034	5.1%	30
New York	353,066	4.4%	30	704,047	8.3%	15
North Carolina	152,611	3.8%	37	176,159	4.4%	33
North Dakota	14,971	4.4%	32	49,061	13.1%	6
Ohio	196,324	4.0%	34	198,674	4.0%	36
Oklahoma	62,046	4.2%	33	48,049	3.3%	40
Oregon	63,213	3.8%	38	118,785	6.9%	21
Pennsylvania	393,203	7.3%	17	310,494	5.8%	27
Rhode Island	91,974	20.1%	2	62,600	14.6%	3
South Carolina	155,446	8.0%	14	106,773	5.7%	28
South Dakota (2016)	16,947	4.6%	29	22,907	6.1%	25
Tennessee	132,873	4.9%	28	190,474	6.9%	20
Texas	155,334	1.4%	47	164,617	1.5%	49
Utah	24,636	1.9%	45	32,412	2.5%	44
Vermont	28,130	10.3%	9	27,657	10.1%	10
Virginia	303,345	8.9%	12	294,406	8.6%	14
Washington	131,436	4.4%	31	91,793	3.1%	41
West Virginia	110,846	16.8%	7	82,839	13.1%	5
Wisconsin	145,897	5.5%	23	94,100	3.6%	39
Wyoming	11,819	5.1%	27	21,803	9.0%	12

Where do New Hampshire Residents Commute

Likely no one will be surprised that among New Hampshire residents commuting out-of-state, the largest share work in Massachusetts. In 2017, 86.2 percent of New Hampshire residents stayed in New Hampshire for work, 15.3 percent commuted to Massachusetts, 1.3 percent commuted to Maine, and 1.7 percent commuted to Vermont. Just 1.0 percent commuted to some other location.

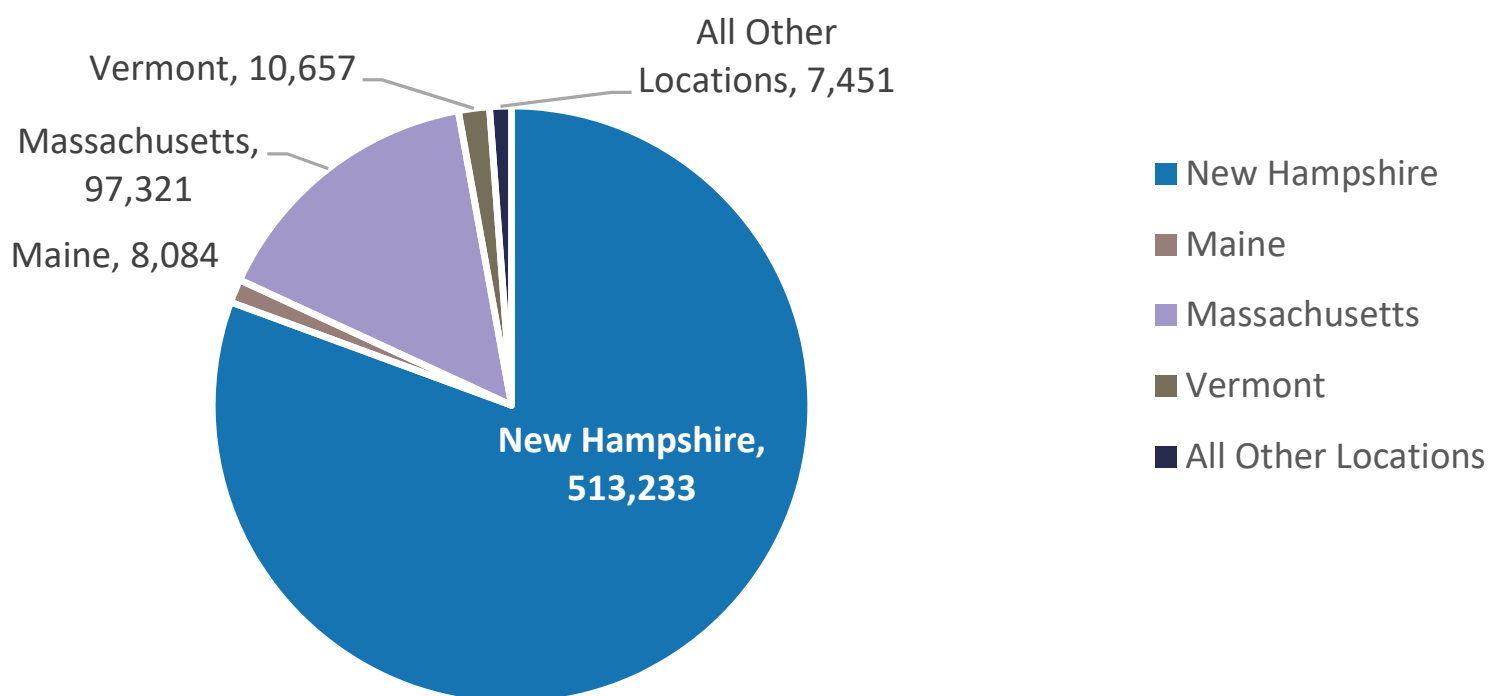
The largest share of New Hampshire residents commuting to Massachusetts, 12.2 percent, were employed in Boston. Among New Hampshire residents commuting to Massachusetts, just over a third were employed in cities and towns that are part of the four joint Massachusetts-New Hampshire New England City and Town Area (NECTA) Divisions. These NECTA divisions are part of the larger Boston-Cambridge-Newton MA-NH metropolitan NECTA

statistical area.³ Statistical areas are defined regions in which residents commonly both live and work, and in New England, cities and towns are the building blocks for these areas.

Among New Hampshire residents commuting to Vermont, over half commuted to cities and towns that are part of joint Vermont-New Hampshire labor market areas. Brattleboro was the place of work for 20.6 percent of New Hampshire residents commuting into Vermont.

Similarly, of New Hampshire residents commuting to Maine, one-third commuted to cities and towns that are part of joint New Hampshire-Maine labor market areas. Kittery, York, and Portland were the top work destinations for New Hampshire workers commuting to Maine.

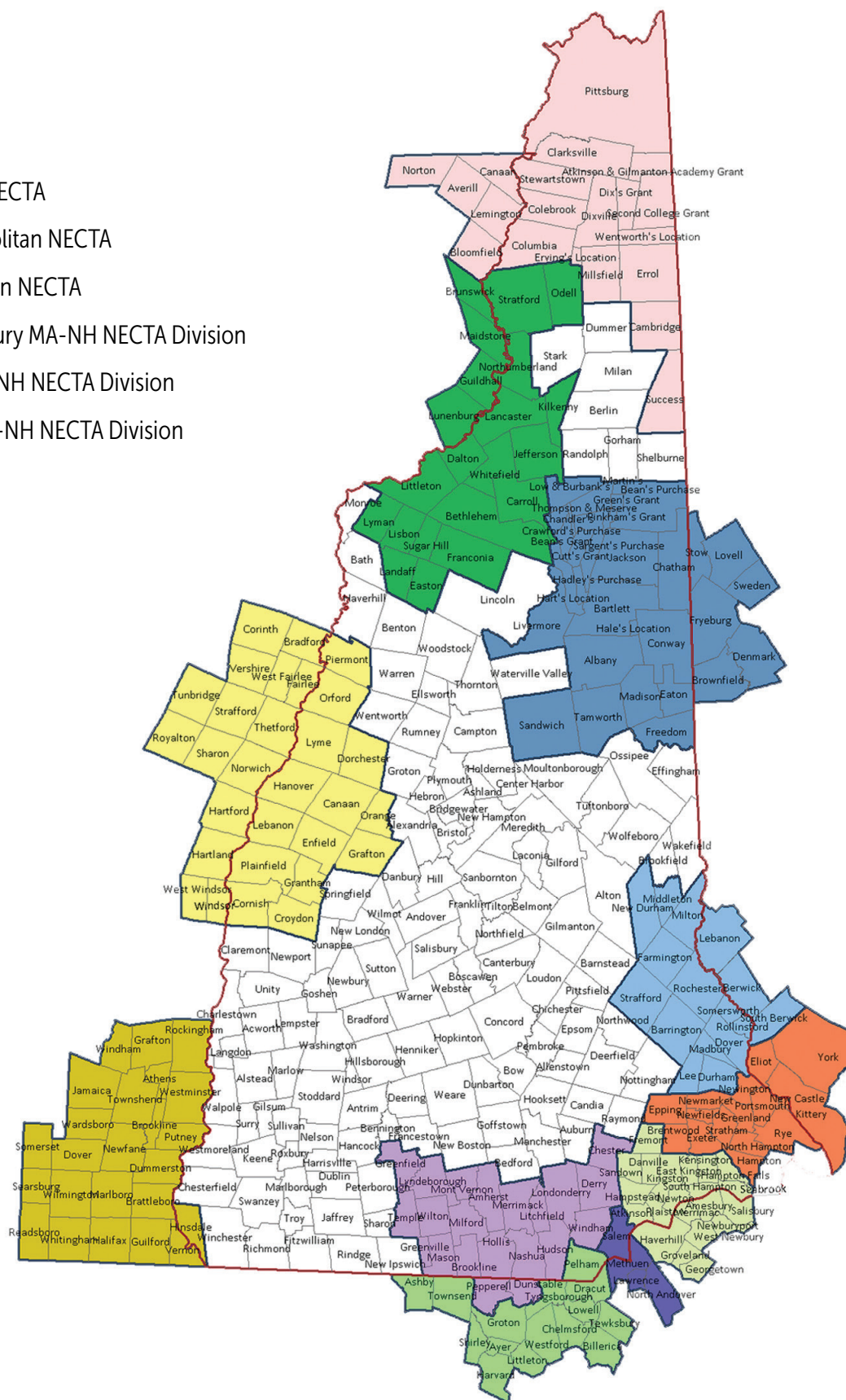
States Where NH Residents are Employed, 2017



³ For more information on New Hampshire statistical areas, see <https://www.nhes.nh.gov/elmi/tools/geo-areas.htm>

New Hampshire Cross-State Labor Market Areas, and Metropolitan Areas and Divisions

- Colebrook NH-VT LMA
- Littleton NH-VT LMA
- Conway NH-ME LMA
- Lebanon NH-VT Micropolitan NECTA
- Dover-Durham NH-ME Metropolitan NECTA
- Portsmouth NH-ME Metropolitan NECTA
- Haverhill-Newburyport-Amesbury MA-NH NECTA Division
- Lawrence-Methuen-Salem MA-NH NECTA Division
- Lowell-Billerica-Chelmsford MA-NH NECTA Division
- Nashua NH-MA NECTA Division
- Brattleboro VT-NH LMA



Where do New Hampshire Workers Reside

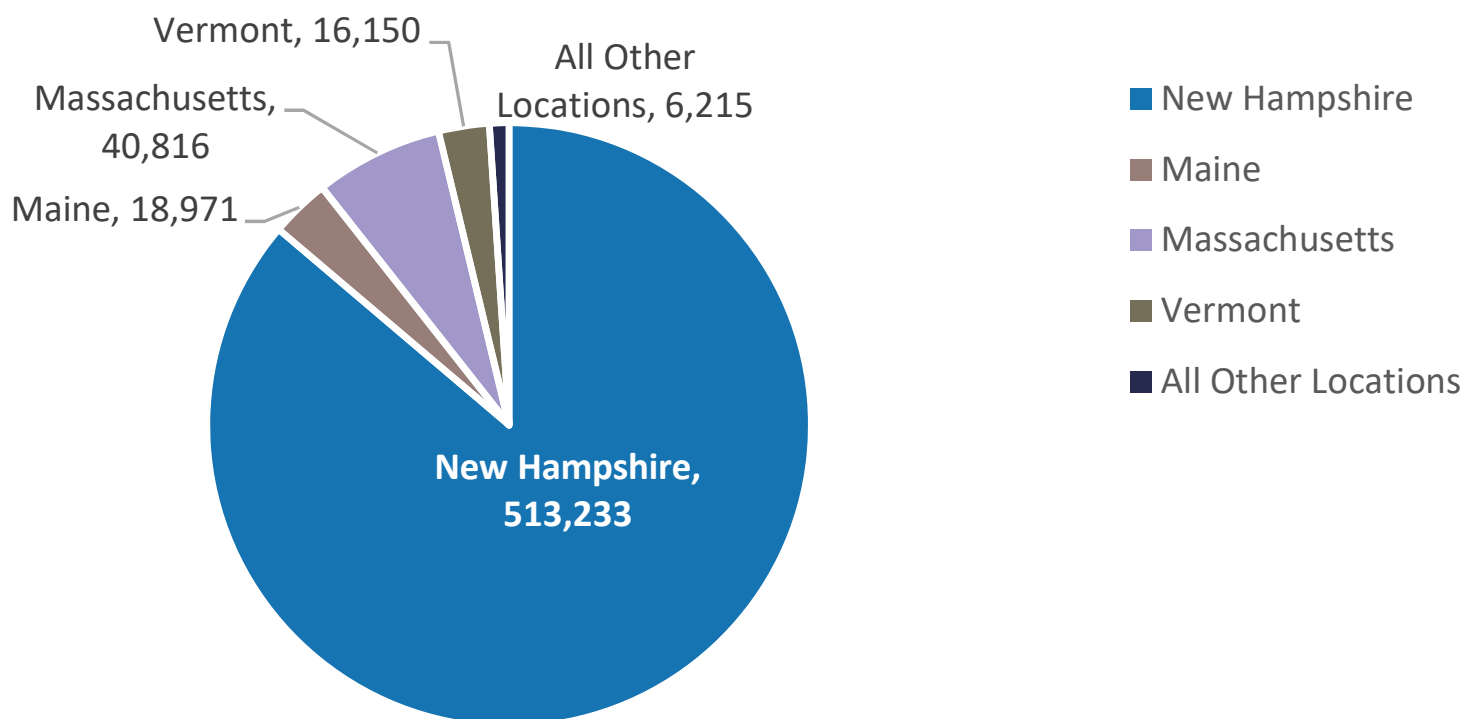
While 123,513 New Hampshire residents commuted to another state for work, 82,152 workers who live in another state commuted into New Hampshire for work. Among all New Hampshire workers, 6.9 percent were Massachusetts residents, while 3.2 percent were Maine residents and 2.7 percent were Vermont residents. Fewer workers commute into New Hampshire than leave New Hampshire for work, meaning New Hampshire is a net exporter of workers. However, residents of cities and towns near the New Hampshire border are a source of labor for New Hampshire business establishments.

Geographic proximity clearly influences commuting to another state. Over half of the workers that commuted into New Hampshire from Massachusetts were residents of communities located within one of the four joint Massachusetts-New Hampshire NECTA Divisions. About a quarter of these workers were residents of the cities of Haverhill, Lowell, or Lawrence, or the town of Methuen, all of which are on or close to the New Hampshire border.

Just over 86 percent of Vermont residents who commuted to New Hampshire lived in the five Vermont counties lining the western bank of the Connecticut River. Workers living in cities and towns that are part of the joint New Hampshire-Vermont labor market areas, including the Lebanon NH-VT Micropolitan NECTA, represent over half of Vermont workers commuting to New Hampshire. Hartford was home for the largest share of Vermont workers commuting into New Hampshire.

As seen in Vermont, among Maine residents who commuted to New Hampshire, 80 percent lived in York or Oxford counties, the two counties that border New Hampshire. Most of these workers lived in York County towns, situated in the southern point of the state, including Kittery, Berwick, York, South Berwick, Sanford, Lebanon, and Eliot. All of those towns, with the exception of Sanford, are part of joint New Hampshire-Maine labor market areas.

States Where NH Workers Reside, 2017



Why Commute Out-of-State?

Wages are frequently cited as the most common reason workers travel out-of-state for their primary job. Among the 123,513 workers who commuted out of the state, 82,929 workers, 67.1 percent, were in the \$3,333 or higher monthly earnings category. Of the 82,152 workers who commuted into New Hampshire from another state, 40,852 workers, 49.7 percent, were in the \$3,333 or higher monthly earnings category.

Among the 513,233 primary jobholders who both live and work in New Hampshire, 256,841 workers, 50.0 percent, were in the \$3,333 or higher monthly earnings category. There were 161,921 workers, 31.6 percent, in the \$1,250 to \$3,333 monthly earnings category and 94,471 workers, 18.4 percent, in the less than \$1,250 monthly earnings category.

- Katrina J. Evans, Assistant Director
Economic and Labor Market Information Bureau

Living in New Hampshire but Employed Outside		Living and Employed in New Hampshire		Employed in New Hampshire but Living Outside	
Total	123,513	Total	513,233	Total	82,152
Monthly Earnings		Monthly Earnings		Monthly Earnings	
over \$3,333	82,929	over \$3,333	256,841	over \$3,333	40,852
\$1,250 to \$3,333	25,471	\$1,250 to \$3,333	161,921	\$1,250 to \$3,333	24,796
less than \$1,250	15,113	less than \$1,250	94,471	less than \$1,250	16,504