

New Hampshire Local Area Unemployment Statistics
Not Seasonally Adjusted Estimates by Location of Residence

	January 2024	December 2023*	January 2023*
New Hampshire			
Labor Force	764,330	758,540	758,650
Employment	744,550	738,750	739,840
Unemployment	19,780	19,790	18,810
Rate	2.6%	2.6%	2.5%
Belknap County			
Labor Force	30,440	30,260	30,430
Employment	29,690	29,510	29,440
Unemployment	750	750	990
Rate	2.5%	2.5%	3.2%
Carroll County			
Labor Force	22,550	22,510	22,710
Employment	21,930	21,870	21,970
Unemployment	620	640	740
Rate	2.7%	2.8%	3.3%
Cheshire County			
Labor Force	39,070	38,390	39,260
Employment	38,030	37,390	37,980
Unemployment	1,040	1,000	1,280
Rate	2.7%	2.6%	3.3%
Coos County			
Labor Force	14,360	14,060	14,380
Employment	13,910	13,610	13,820
Unemployment	450	450	560
Rate	3.1%	3.2%	3.9%
Grafton County			
Labor Force	48,780	47,940	48,960
Employment	47,770	46,930	47,630
Unemployment	1,010	1,010	1,330
Rate	2.1%	2.1%	2.7%
Hillsborough County			
Labor Force	242,310	240,850	246,820
Employment	235,610	234,480	239,080
Unemployment	6,700	6,370	7,740
Rate	2.8%	2.6%	3.1%
Merrimack County			
Labor Force	83,020	82,500	83,250
Employment	81,210	80,710	81,030
Unemployment	1,810	1,790	2,220
Rate	2.2%	2.2%	2.7%
Rockingham County			
Labor Force	188,850	186,900	191,260
Employment	183,660	181,950	185,100
Unemployment	5,190	4,950	6,160
Rate	2.7%	2.6%	3.2%

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	January 2024	December 2023*	January 2023*
Strafford County			
Labor Force	72,120	73,530	74,280
Employment	70,390	71,920	72,230
Unemployment	1,730	1,610	2,050
Rate	2.4%	2.2%	2.8%
Sullivan County			
Labor Force	22,830	22,700	22,840
Employment	22,350	22,200	22,220
Unemployment	480	500	620
Rate	2.1%	2.2%	2.7%
Belmont NH LMA			
Labor Force	10,730	10,670	10,880
Employment	10,470	10,410	10,520
Unemployment	260	260	360
Rate	2.5%	2.5%	3.3%
Berlin NH MicroNECTA			
Labor Force	6,160	5,990	6,160
Employment	5,950	5,790	5,900
Unemployment	210	200	260
Rate	3.4%	3.4%	4.3%
Charlestown NH LMA			
Labor Force	6,930	6,960	6,970
Employment	6,770	6,810	6,760
Unemployment	160	150	210
Rate	2.3%	2.2%	3.0%
Claremont, NH Micropolitan NECTA			
Labor Force	7,270	7,230	7,220
Employment	7,110	7,060	7,020
Unemployment	160	170	200
Rate	2.2%	2.3%	2.8%
Colebrook NH-VT LMA, NH Portion			
Labor Force	2,420	2,400	2,410
Employment	2,330	2,310	2,300
Unemployment	90	90	110
Rate	3.6%	3.8%	4.6%
Colebrook NH-VT LMA (NH & VT)			
Labor Force	3,000	2,970	2,950
Employment	2,890	2,860	2,820
Unemployment	110	110	130
Rate	3.7%	3.7%	4.5%
Concord NH MicroNECTA			
Labor Force	47,280	47,010	47,110
Employment	46,270	45,990	45,870
Unemployment	1,010	1,020	1,240
Rate	2.1%	2.2%	2.6%

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Conway NH-ME LMA, NH Portion			
Labor Force	11,770	11,620	11,940
Employment	11,480	11,310	11,590
Unemployment	290	310	350
Rate	2.5%	2.7%	2.9%
Conway NH-ME LMA (NH & ME)			
Labor Force	15,410	15,280	15,570
Employment	15,010	14,850	15,120
Unemployment	400	430	450
Rate	2.6%	2.8%	2.9%
Dover-Durham NH-ME MetroNECTA, NH Portion			
Labor Force	72,120	73,530	74,280
Employment	70,390	71,920	72,230
Unemployment	1,730	1,610	2,050
Rate	2.4%	2.2%	2.8%
Dover-Durham NH-ME MetroNECTA (NH & ME)			
Labor Force	83,550	85,240	85,690
Employment	81,440	83,310	83,360
Unemployment	2,110	1,930	2,330
Rate	2.5%	2.3%	2.7%
Expanded Claremont, NH estimating area (previously known as the Claremont-Newport NH LMA)			
Labor Force	13,650	13,560	13,570
Employment	13,350	13,260	13,190
Unemployment	300	300	380
Rate	2.2%	2.2%	2.8%
Franklin NH LMA			
Labor Force	10,630	10,390	10,540
Employment	10,370	10,130	10,200
Unemployment	260	260	340
Rate	2.4%	2.5%	3.2%
Haverhill NH LMA			
Labor Force	3,340	3,340	3,270
Employment	3,240	3,260	3,150
Unemployment	100	80	120
Rate	3.1%	2.5%	3.6%
Hillsborough NH LMA			
Labor Force	8,410	8,340	8,440
Employment	8,230	8,170	8,190
Unemployment	180	170	250
Rate	2.1%	2.1%	3.0%
Hinsdale Town, NH Portion, Brattleboro VT-NH LMA			
Labor Force	2,000	1,950	2,030
Employment	1,930	1,890	1,950
Unemployment	70	60	80
Rate	3.5%	2.9%	3.8%

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	January 2024	December 2023*	January 2023*
Keene NH MicroNECTA			
Labor Force	24,720	24,310	24,970
Employment	24,090	23,690	24,180
Unemployment	630	620	790
Rate	2.5%	2.5%	3.1%
Laconia NH MicroNECTA			
Labor Force	11,420	11,240	11,310
Employment	11,130	10,940	10,930
Unemployment	290	300	380
Rate	2.6%	2.7%	3.3%
Lebanon NH-VT MicroNECTA, NH Portion			
Labor Force	24,840	24,500	25,170
Employment	24,370	24,000	24,520
Unemployment	470	500	650
Rate	1.9%	2.0%	2.6%
Lebanon NH-VT MicroNECTA (NH & VT)			
Labor Force	45,230	44,930	44,990
Employment	44,340	44,090	43,920
Unemployment	890	840	1,070
Rate	2.0%	1.9%	2.4%
Littleton NH-VT LMA, NH Portion			
Labor Force	13,190	12,940	13,270
Employment	12,890	12,630	12,880
Unemployment	300	310	390
Rate	2.3%	2.4%	2.9%
Littleton NH-VT LMA (NH & VT)			
Labor Force	14,060	13,800	14,080
Employment	13,720	13,460	13,650
Unemployment	340	340	430
Rate	2.4%	2.4%	3.0%
Manchester NH MetroNECTA			
Labor Force	121,990	122,070	123,880
Employment	118,960	119,110	120,330
Unemployment	3,030	2,960	3,550
Rate	2.5%	2.4%	2.9%
Meredith NH LMA			
Labor Force	6,850	7,080	6,840
Employment	6,680	6,910	6,630
Unemployment	170	170	210
Rate	2.5%	2.3%	3.0%
Nashua NH-MA NECTA Division, NH Portion			
Labor Force	167,990	166,240	172,210
Employment	163,180	161,710	166,610
Unemployment	4,810	4,530	5,600
Rate	2.9%	2.7%	3.3%

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	January 2024	December 2023*	January 2023*
Nashua NH-MA NECTA Division (NH & MA)			
Labor Force	177,000	175,060	181,220
Employment	171,930	170,290	175,330
Unemployment	5,070	4,770	5,890
Rate	2.9%	2.7%	3.2%
New London NH LMA			
Labor Force	8,500	8,440	8,700
Employment	8,320	8,250	8,470
Unemployment	180	190	230
Rate	2.2%	2.2%	2.6%
Newport, NH LMA			
Labor Force	6,380	6,340	6,340
Employment	6,250	6,200	6,170
Unemployment	130	140	170
Rate	2.1%	2.1%	2.7%
Pelham Town, NH Portion, Lowell-Billerica-Chelmsford MA-NH NECTA Division			
Labor Force	8,290	8,350	8,450
Employment	7,960	8,070	8,090
Unemployment	330	280	360
Rate	4.0%	3.3%	4.2%
Peterborough NH LMA			
Labor Force	19,660	19,140	19,370
Employment	19,120	18,630	18,750
Unemployment	540	510	620
Rate	2.7%	2.7%	3.2%
Plymouth NH LMA			
Labor Force	17,580	17,150	17,480
Employment	17,210	16,790	17,020
Unemployment	370	360	460
Rate	2.1%	2.1%	2.6%
Portsmouth NH-ME MetroNECTA, NH Portion			
Labor Force	60,930	59,600	60,850
Employment	59,490	58,200	59,180
Unemployment	1,440	1,400	1,670
Rate	2.4%	2.3%	2.7%
Portsmouth NH-ME MetroNECTA (NH & ME)			
Labor Force	78,580	77,020	77,980
Employment	76,630	75,140	75,930
Unemployment	1,950	1,880	2,050
Rate	2.5%	2.4%	2.6%
Raymond NH LMA			
Labor Force	15,300	15,080	15,340
Employment	14,920	14,720	14,880
Unemployment	380	360	460
Rate	2.5%	2.4%	3.0%

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Salem Town, NH Portion, Lawrence-Methuen-Salem MA-NH NECTA Division			
Labor Force	18,940	19,000	19,360
Employment	18,340	18,400	18,620
Unemployment	600	600	740
Rate	3.2%	3.1%	3.8%
Seabrook-Hampstead Area, NH Portion, Haverhill-Newburyport-Amesbury MA-NH NECTA Division			
Labor Force	40,010	40,040	40,690
Employment	38,690	38,830	39,160
Unemployment	1,320	1,210	1,530
Rate	3.3%	3.0%	3.8%
Wolfeboro NH LMA			
Labor Force	8,710	8,750	8,720
Employment	8,440	8,480	8,390
Unemployment	270	270	330
Rate	3.1%	3.1%	3.7%
Amherst Town			
Labor Force	6,340	6,300	6,490
Employment	6,190	6,140	6,320
Unemployment	150	160	170
Rate	2.3%	2.5%	2.6%
Atkinson Town			
Labor Force	4,100	4,110	4,170
Employment	3,960	3,980	4,010
Unemployment	140	130	160
Rate	3.3%	3.2%	3.7%
Barrington Town			
Labor Force	5,250	5,340	5,400
Employment	5,120	5,230	5,250
Unemployment	130	110	150
Rate	2.5%	2.1%	2.7%
Bedford Town			
Labor Force	12,320	12,370	12,540
Employment	12,080	12,100	12,220
Unemployment	240	270	320
Rate	2.0%	2.2%	2.5%
Belmont Town			
Labor Force	3,460	3,430	3,510
Employment	3,360	3,340	3,380
Unemployment	100	90	130
Rate	2.9%	2.7%	3.6%
Berlin City			
Labor Force	3,670	3,560	3,670
Employment	3,540	3,440	3,510
Unemployment	130	120	160
Rate	3.5%	3.4%	4.4%

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	January 2024	December 2023*	January 2023*
Bow Town			
Labor Force	4,490	4,460	4,460
Employment	4,390	4,360	4,350
Unemployment	100	100	110
Rate	2.1%	2.3%	2.5%
Charlestown Town			
Labor Force	2,770	2,780	2,780
Employment	2,700	2,720	2,700
Unemployment	70	60	80
Rate	2.4%	2.1%	3.0%
Claremont City			
Labor Force	6,400	6,360	6,360
Employment	6,250	6,210	6,180
Unemployment	150	150	180
Rate	2.3%	2.4%	2.8%
Colebrook Town			
Labor Force	1,100	1,080	1,090
Employment	1,060	1,040	1,040
Unemployment	40	40	50
Rate	3.4%	3.3%	4.8%
Concord City			
Labor Force	22,620	22,480	22,540
Employment	22,110	21,980	21,920
Unemployment	510	500	620
Rate	2.3%	2.2%	2.7%
Conway Town			
Labor Force	5,140	5,080	5,210
Employment	5,020	4,940	5,060
Unemployment	120	140	150
Rate	2.2%	2.7%	2.8%
Derry Town			
Labor Force	20,270	20,070	20,830
Employment	19,670	19,490	20,080
Unemployment	600	580	750
Rate	3.0%	2.9%	3.6%
Dover City			
Labor Force	18,300	18,690	18,840
Employment	17,880	18,270	18,350
Unemployment	420	420	490
Rate	2.3%	2.3%	2.6%
Durham Town			
Labor Force	8,750	8,910	9,050
Employment	8,570	8,750	8,790
Unemployment	180	160	260
Rate	2.1%	1.8%	2.9%

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	January 2024	December 2023*	January 2023*
Epping Town			
Labor Force	4,370	4,240	4,340
Employment	4,230	4,130	4,210
Unemployment	140	110	130
Rate	3.2%	2.7%	3.1%
Exeter Town			
Labor Force	8,910	8,710	8,910
Employment	8,710	8,520	8,660
Unemployment	200	190	250
Rate	2.2%	2.2%	2.8%
Farmington Town			
Labor Force	3,550	3,620	3,660
Employment	3,450	3,520	3,540
Unemployment	100	100	120
Rate	2.9%	2.6%	3.2%
Franklin City			
Labor Force	4,040	3,950	4,000
Employment	3,930	3,840	3,870
Unemployment	110	110	130
Rate	2.6%	2.7%	3.3%
Gilford Town			
Labor Force	3,650	3,590	3,620
Employment	3,560	3,500	3,500
Unemployment	90	90	120
Rate	2.5%	2.5%	3.2%
Goffstown Town			
Labor Force	10,700	10,720	10,890
Employment	10,470	10,490	10,590
Unemployment	230	230	300
Rate	2.1%	2.1%	2.8%
Hampstead Town			
Labor Force	5,050	5,070	5,150
Employment	4,900	4,920	4,960
Unemployment	150	150	190
Rate	3.0%	2.9%	3.6%
Hampton Town			
Labor Force	9,490	9,270	9,450
Employment	9,200	9,000	9,150
Unemployment	290	270	300
Rate	3.0%	2.9%	3.2%
Hanover Town			
Labor Force	4,870	4,790	4,950
Employment	4,760	4,680	4,790
Unemployment	110	110	160
Rate	2.2%	2.2%	3.2%

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Haverhill Town			
Labor Force	2,280	2,290	2,220
Employment	2,210	2,230	2,150
Unemployment	70	60	70
Rate	3.2%	2.6%	3.3%
Hillsborough Town			
Labor Force	2,990	2,970	3,010
Employment	2,920	2,900	2,910
Unemployment	70	70	100
Rate	2.3%	2.4%	3.2%
Hollis Town			
Labor Force	4,360	4,320	4,470
Employment	4,240	4,200	4,330
Unemployment	120	120	140
Rate	2.8%	2.7%	3.2%
Hooksett Town			
Labor Force	9,290	9,280	9,410
Employment	9,080	9,090	9,180
Unemployment	210	190	230
Rate	2.3%	2.1%	2.4%
Hudson Town			
Labor Force	15,110	14,940	15,510
Employment	14,670	14,540	14,980
Unemployment	440	400	530
Rate	2.9%	2.7%	3.4%
Keene City			
Labor Force	10,850	10,680	10,980
Employment	10,580	10,410	10,630
Unemployment	270	270	350
Rate	2.4%	2.5%	3.2%
Kingston Town			
Labor Force	3,770	3,770	3,840
Employment	3,660	3,670	3,700
Unemployment	110	100	140
Rate	2.8%	2.7%	3.7%
Laconia City			
Labor Force	7,770	7,650	7,690
Employment	7,570	7,440	7,430
Unemployment	200	210	260
Rate	2.6%	2.8%	3.4%
Lebanon City			
Labor Force	7,570	7,460	7,650
Employment	7,430	7,310	7,470
Unemployment	140	150	180
Rate	1.8%	2.0%	2.3%

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	January 2024	December 2023*	January 2023*
Litchfield Town			
Labor Force	4,800	4,740	4,940
Employment	4,670	4,630	4,770
Unemployment	130	110	170
Rate	2.8%	2.3%	3.4%
Littleton Town			
Labor Force	3,260	3,200	3,280
Employment	3,190	3,130	3,190
Unemployment	70	70	90
Rate	2.1%	2.3%	2.6%
Londonderry Town			
Labor Force	16,100	15,930	16,510
Employment	15,680	15,540	16,010
Unemployment	420	390	500
Rate	2.6%	2.4%	3.0%
Manchester City			
Labor Force	64,970	64,990	65,920
Employment	63,110	63,200	63,840
Unemployment	1,860	1,790	2,080
Rate	2.9%	2.7%	3.1%
Meredith Town			
Labor Force	2,920	3,010	2,920
Employment	2,850	2,940	2,820
Unemployment	70	70	100
Rate	2.5%	2.5%	3.3%
Merrimack Town			
Labor Force	17,080	16,920	17,520
Employment	16,670	16,520	17,020
Unemployment	410	400	500
Rate	2.4%	2.3%	2.8%
Milford Town			
Labor Force	9,800	9,690	10,070
Employment	9,580	9,490	9,780
Unemployment	220	200	290
Rate	2.2%	2.1%	2.9%
Nashua City			
Labor Force	50,790	50,280	51,990
Employment	49,130	48,690	50,170
Unemployment	1,660	1,590	1,820
Rate	3.3%	3.2%	3.5%
New London Town			
Labor Force	1,760	1,740	1,800
Employment	1,710	1,690	1,740
Unemployment	50	50	60
Rate	2.6%	2.6%	3.2%

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Newmarket Town			
Labor Force	5,910	5,780	5,910
Employment	5,790	5,660	5,760
Unemployment	120	120	150
Rate	2.0%	2.0%	2.6%
Newport Town			
Labor Force	3,580	3,560	3,560
Employment	3,510	3,490	3,470
Unemployment	70	70	90
Rate	2.0%	1.9%	2.6%
Pelham Town			
Labor Force	8,290	8,350	8,450
Employment	7,960	8,070	8,090
Unemployment	330	280	360
Rate	4.0%	3.3%	4.2%
Pembroke Town			
Labor Force	4,470	4,470	4,540
Employment	4,370	4,380	4,420
Unemployment	100	90	120
Rate	2.2%	2.0%	2.6%
Peterborough Town			
Labor Force	3,930	3,830	3,890
Employment	3,850	3,750	3,780
Unemployment	80	80	110
Rate	2.1%	2.2%	2.8%
Plaistow Town			
Labor Force	4,250	4,240	4,300
Employment	4,070	4,080	4,120
Unemployment	180	160	180
Rate	4.2%	3.8%	4.2%
Plymouth Town			
Labor Force	3,690	3,590	3,680
Employment	3,610	3,520	3,570
Unemployment	80	70	110
Rate	2.2%	1.9%	3.0%
Portsmouth City			
Labor Force	14,040	13,760	14,000
Employment	13,740	13,450	13,670
Unemployment	300	310	330
Rate	2.1%	2.3%	2.4%
Raymond Town			
Labor Force	6,430	6,340	6,440
Employment	6,240	6,160	6,220
Unemployment	190	180	220
Rate	3.0%	2.8%	3.4%

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Rochester City			
Labor Force	17,400	17,720	17,900
Employment	16,960	17,330	17,400
Unemployment	440	390	500
Rate	2.5%	2.2%	2.8%
Salem Town			
Labor Force	18,940	19,000	19,360
Employment	18,340	18,400	18,620
Unemployment	600	600	740
Rate	3.2%	3.1%	3.8%
Sandown Town			
Labor Force	4,270	4,280	4,320
Employment	4,150	4,170	4,200
Unemployment	120	110	120
Rate	2.9%	2.6%	2.8%
Seabrook Town			
Labor Force	5,060	5,060	5,170
Employment	4,860	4,870	4,920
Unemployment	200	190	250
Rate	4.0%	3.8%	4.9%
Somersworth City			
Labor Force	6,680	6,820	6,880
Employment	6,530	6,670	6,700
Unemployment	150	150	180
Rate	2.3%	2.2%	2.7%
Stratham Town			
Labor Force	4,690	4,590	4,680
Employment	4,590	4,490	4,570
Unemployment	100	100	110
Rate	2.0%	2.1%	2.3%
Swanzey Town			
Labor Force	3,820	3,760	3,860
Employment	3,740	3,670	3,750
Unemployment	80	90	110
Rate	2.2%	2.3%	2.8%
Weare Town			
Labor Force	5,980	5,990	6,080
Employment	5,880	5,880	5,940
Unemployment	100	110	140
Rate	1.7%	1.8%	2.2%
Windham Town			
Labor Force	8,110	8,040	8,320
Employment	7,890	7,820	8,050
Unemployment	220	220	270
Rate	2.7%	2.7%	3.2%

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Wolfeboro Town			
Labor Force	2,740	2,750	2,720
Employment	2,660	2,670	2,640
Unemployment	80	80	80
Rate	3.1%	2.9%	3.1%

US and New England States Unemployment Rates			
	January 2024	December 2023	January 2023
UNITED STATES	4.1%	3.5%	3.9%
New England	TBD	3.3%	3.7%
Connecticut	TBD	4.0%	4.0%
Maine	TBD	3.5%	3.0%
Massachusetts	TBD	3.2%	4.1%
New Hampshire	2.6%	2.6%	2.5%
Rhode Island	TBD	3.5%	3.5%
Vermont	TBD	2.2%	2.5%

* Note: The annual benchmarking procedure for 2023 counties, labor market areas, cities and towns has not yet been completed. The 2023 estimates for these sub-state areas represent the most recent available data and will be updated in the near future.

Prepared by:
Economic and Labor Market Information Bureau
New Hampshire Employment Security
(603) 228-4124