Overall, 106,338 New Hampshire residents commute out of state for work, accounting for 15.7 percent of the state’s working residents. The majority of these commuters (78.6 percent) work in Massachusetts. Smaller shares of these commuters travel to Vermont (8.5 percent) and to Maine (7.5 percent).

Reversing the commuting direction, 65,486 of New Hampshire’s workers commute in from another state. Of these in-commuters, less than half come from Massachusetts (45.7 percent). Another 26.7 percent come from Maine and 22.5 percent commute into New Hampshire from Vermont.

When comparing the in-flow and out-flow of commuters between New Hampshire and its three neighboring states, different commuter flows emerge. More residents leave New Hampshire for work in Massachusetts than there are Massachusetts residents commuting into New Hampshire for work. But between New Hampshire and Maine, as well as between New Hampshire and Vermont, there is a net in-flow of commuters. More residents from Maine and Vermont commute into New Hampshire for work than there are New Hampshire residents commuting to either of these states.

**About the Data**

*Commuting patterns or Journey to work* is a compilation of data from the U.S. Census Bureau describing the flow of workers traveling from home to work. Until the latest Decennial Census, commuting pattern data were compiled from the long-form questionnaire, which was last used for the 2000 Census. The American Community Survey (ACS) has replaced the Census long-form questionnaire and is now the source for data on journey to work and commuting flows. Commuting pattern data presented in this article are based on the ACS 2006-2010 5-year estimate.
two states. All together, however, there are still more New Hampshire residents commuting out of the state for work than there are out-of-state workers traveling to New Hampshire for work. In total, 15.7 percent of employed New Hampshire residents leave the state for work, whereas 10.3 percent of the persons working in New Hampshire jobs live out-of-state.

The following graphics illustrate commuter flows for New Hampshire counties. Visualization of commuting flows can help political stakeholders, city and regional planners, and economic developers achieve a better understanding of the geographic dynamic of the workforce. As stated by the U.S. Census Bureau, “Workplace information is crucial for understanding the degree of interconnectedness among our nation’s communities.”

### Belknap County
- A third of employed Belknap residents commute out of the county for work, and half of those residents who work commute to Merrimack County.
- This county has a low share of commuters coming from out-of-state. Belknap is one of two New Hampshire counties that does not share a border with another state.

<table>
<thead>
<tr>
<th></th>
<th>To Another NH County</th>
<th>To Out of State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belknap*</td>
<td>19,899</td>
<td>904</td>
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</tbody>
</table>

### Carroll County
- Slightly more people who work commute into Carroll County from out-of-state than from another county in New Hampshire. Carroll County borders Maine, and just under half of those workers commuting into Carroll County live in Maine.
- Boundaries between Carroll County and the three neighboring counties, Belknap, Grafton and Coös, have significant geographic features that limit commuting (i.e., Lake Winnipesaukee and the White Mountains).

<table>
<thead>
<tr>
<th></th>
<th>To Another NH County</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Carroll*</td>
<td>17,571</td>
<td>1,402</td>
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</table>

### Cheshire County
- Less than a quarter of employed Cheshire County residents commute out of the county for work.
- More people who work commute both into and out of Cheshire County to another state than commute into and out of Cheshire County from one of the other New Hampshire counties. Cheshire County borders both Vermont and Massachusetts.

<table>
<thead>
<tr>
<th></th>
<th>To Another NH County</th>
<th>To Out of State</th>
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</thead>
<tbody>
<tr>
<td>Cheshire*</td>
<td>30,143</td>
<td>5,961</td>
</tr>
</tbody>
</table>

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* The number inside each map is a count of the area’s residents who also work in the area.
Coös County

- More than 80 percent of working residents stayed within the county boundaries.
- Nearly the same number of people who work commute into Coös County from the bordering states of Maine and Vermont as from another county in New Hampshire.

Grafton County

- This county is one of the two New Hampshire counties with more people commuting into the county for work than leaving the county for work. (Merrimack County is the other). For every one person leaving the county for work, two workers commute into Grafton County.
- Over half of those commuting into Grafton County to work reside in Vermont.

Hillsborough County

- Hillsborough County has the largest number of working residents commuting to work within their county of residence.
- About a third of working residents commute out of the county. More residents commute to Massachusetts than commute to other New Hampshire counties.
- On the other hand, more working persons commute into the county from another New Hampshire county than from out-of-state.
- Hillsborough County has a net gain of workers from each of the nine New Hampshire counties – more people commute in from each county than commute out to each county.
Merrimack County

- A third of employed Merrimack County residents commute out of the county for work. About 1,000 more persons commute into the county than leave the county for work.
- This county has the second lowest share of commuters coming from out-of-state for work. Merrimack is one of two New Hampshire counties without an interstate border.
- Workers who commute into Merrimack County from another New Hampshire county come from Belknap, Hillsborough or Rockingham counties.

Rockingham County

- Close to half of residents commute out of the county for work. Among all ten counties, Rockingham County has the largest share of working residents commuting out of the county. It is also the county with the largest number of working commuters, both out of the county as well as out-of-state.
- More than 40 percent of workers commuting into Rockingham County come from elsewhere in New Hampshire or out-of-state. This represents the highest share, as well as the largest number, of in-commuters among New Hampshire’s ten counties.
- Rockingham County borders both Maine and Massachusetts. The high shares of commuter in- and out-flow suggest a strong regional integration for Rockingham County with its bordering communities.

Strafford County

- For every person commuting into the county for work, there are close to two persons leaving the county.
- About 60 percent of Strafford County residents commute to Rockingham County for work.
- More Maine residents commute into Strafford County for work than Strafford County residents commute out to Maine for work.

Sullivan County

- Three times as many employed residents leave the county for work than there are persons commuting into the county for work. Nearly half of the residents leaving the county for work commute to Grafton County.
- Over a third of workers commuting into Sullivan County come from Vermont, while about half come from the three bordering New Hampshire counties – Grafton, Merrimack and Cheshire.