

# POPULATION

The U.S. Census Bureau conducts the Decennial Census every ten years, providing a detailed count of U.S. residents, along with characteristics of these residents. Although the 2020 Decennial Census was complicated and delayed by the coronavirus pandemic, some preliminary results have been released, with more scheduled to be released throughout 2022.

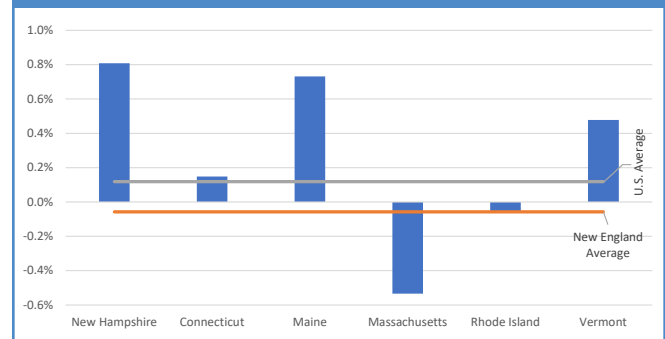
According to the 2020 Census, New Hampshire's population increased to 1,377,529 residents. This was a growth rate of 4.6 percent since the previous decennial census, New Hampshire's lowest rate of growth since 1910 – 1920, when population grew 2.9 percent. New Hampshire was not alone in this trend. U.S. population growth of 7.4 percent was the slowest since 1930 – 1940. Southern and western states experienced the fastest growth between 2010 and 2020, while the New England region experienced below average growth.

New England's population grew 4.6 percent between 2010 and 2020, at the same rate as New Hampshire. New Hampshire had the second fastest population growth among New England states, behind Massachusetts, which experienced 7.4 percent population growth.

The Census Bureau's 2021 population estimate suggested that less densely populated areas in

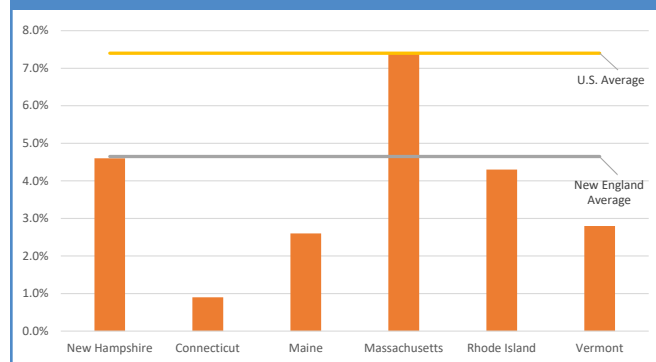
New England, including New Hampshire, saw an influx of new residents in 2020 and 2021. During the pandemic, individuals left more populated areas, attracted by lower risk of pandemic infection, lower real estate prices, and the ability to work remotely. New Hampshire's 2021 population was estimated at 1,388,992 residents, an increase of 11,107 from the previous year.<sup>1</sup> This was the largest one-year increase in New Hampshire's population since 2002. New Hampshire had the fastest growth rate in New England from 2020 to 2021, followed by Maine and Vermont. New England's population decreased by 0.1 percent in 2021, with Massachusetts and Rhode Island experiencing a decline in population.

## 2020-2021 POPULATION GROWTH RATE



Source: U.S. Census Bureau, Population Estimates

## 2010-2020 POPULATION GROWTH RATE



Source: U.S. Census Bureau, Decennial Census

## Population Demographics

The 2020 Census reported that 87.2 percent of New Hampshire residents identified as White, non-Hispanic.<sup>2</sup> This was the fourth-highest percentage in the U.S., behind Maine, Vermont, and West Virginia. The U.S. Census Bureau's methodology for measuring race and ethnicity changed since the 2010 Census, so although New Hampshire's population is becoming more racially and ethnically diverse, it's difficult to quantify how much the race and ethnicity of New Hampshire residents changed since 2010.

<sup>1</sup> Population estimates are based in the population on July 1 of each year. The 2020 population differs slightly from the population reported by the decennial census, which measures population on April 1.

<sup>2</sup> Latino or Hispanic is considered an ethnicity, not a race. Individuals who identify as Hispanic may also identify as one or more races.

New Hampshire residents who identified as Hispanic were the second largest racial or ethnic group, 4.3 percent of the population. Residents who identified as two or more races, non-Hispanic accounted for 4.0 percent of New Hampshire's population, followed by residents who identified as Asian (2.6 percent), and residents who identified as Black (1.5 percent). Residents who identified as American Indian or Alaskan Native, Native Hawaiian or Other Pacific Islander, or Some Other Race accounted for less than one percent of New Hampshire's population.

New Hampshire's population also aged over the last ten years. The Census Bureau's 2020 1-Year American Community Survey estimated the median age in New Hampshire to be 43.3 years, up from 41.1 years during the 2010 Decennial Census.<sup>3</sup> New Hampshire had the second highest median age in the U.S., behind Maine's 45.0 years.

Between 2010 and 2020, the number of residents under 18 declined 10.6 percent, from 287,234 residents to 256,849. The U.S. population under 18 declined from 2010 to 2020 as well, but the decline was much smaller, just 1.4 percent.

The number of New Hampshire residents age 65 and older increased by more than 40 percent, from 178,268 residents in 2010 to 253,864 in 2020. The number of residents between 18 and 64 years of age remained essentially unchanged, although the

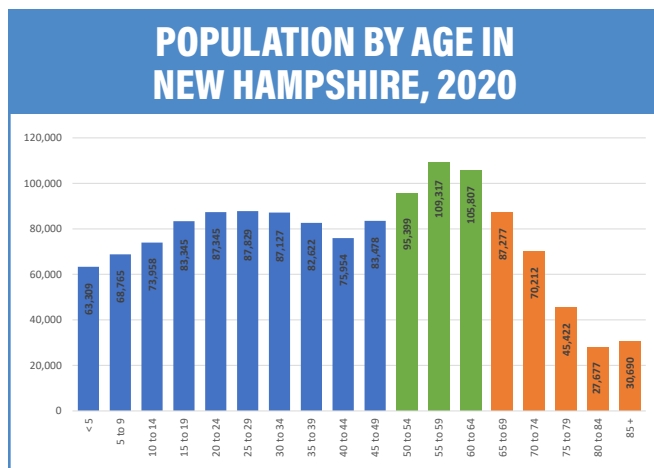
largest cohorts of New Hampshire's population were aged 50 to 54 years, 55 to 59 years, and 60 to 64 years.

Participation in the labor force declines sharply after age 65, so many residents in these cohorts will be leaving the labor force over the next fifteen years. New Hampshire's labor force may decline as these residents retire. A shrinking labor force and growing senior population would have a negative effect on New Hampshire's economy, and put a financial burden on state and local governments, which provide services for the senior population

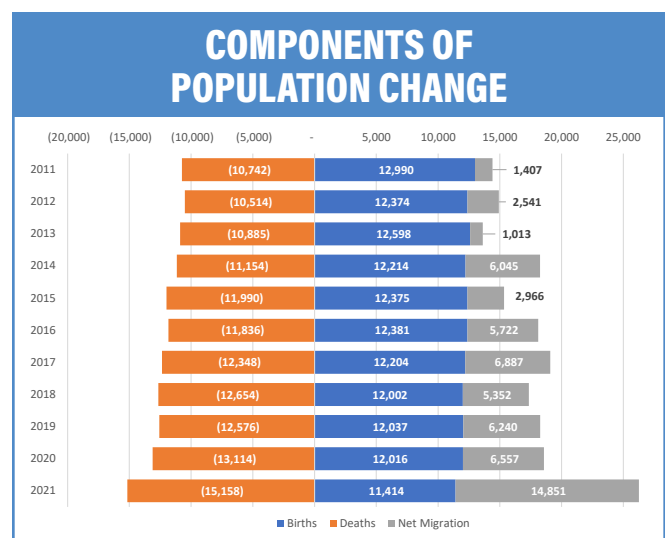
### Factors of Population Change

In recent years, migration has not only added to New Hampshire's population, but has added younger residents, slowing the rise in the median age of New Hampshire's population. The Census Bureau's 5-Year 2015-2019 American Community Survey estimated that median age for workers who had moved into the state during the year prior to the survey was nearly one year younger (27.9) than those who moved out of New Hampshire (28.7).<sup>4</sup>

Although the state experienced more births than deaths over the last decade, births declined and deaths increased throughout the decade. Since 2017, deaths have outnumbered births every year.



Source: U.S. Census Bureau, Population Estimates



Source: U.S. Census Bureau, Population Estimates

3 Median age estimates from the 2020 Decennial Census have not yet been released.

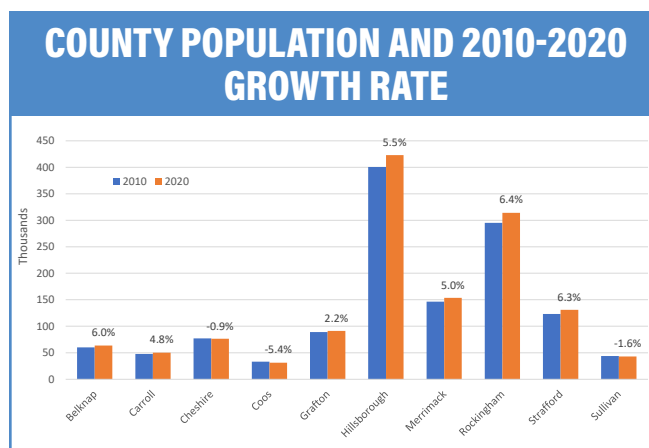
4 Individuals between 18 and 35 are far more likely to move than any other age group, which is why the median age for both in- and out-migrants is much younger than New Hampshire's overall population.

Most population growth since 2010 has been the result of positive net migration.

New Hampshire experienced a surge of in-migration in 2021, leading to its largest population increase in nearly 20 years. Net migration more than doubled over the year, from 6,557 in 2020 to 14,851 in 2021. This is at least partially attributable to individuals leaving more densely populated areas during the pandemic, and may not be a permanent change in migration trends.

### County Population Trends

Population growth varied throughout New Hampshire. Most of New Hampshire’s population is concentrated in the southeastern part of the state; counties in southeastern New Hampshire also experienced above-average growth between 2010 and 2020. Rockingham County experienced the fastest population growth, 6.4 percent, closely followed by Strafford County, with 6.3 percent growth. Hillsborough and Merrimack counties also experienced growth rates above the statewide average.



Source: U.S. Census Bureau, Decennial Census

Less densely populated counties, mostly in New Hampshire’s north and west, experienced lower or negative population growth between 2010 and 2020. While Belknap and Carroll counties experienced population growth above the statewide average, population in Grafton County grew just 2.2 percent, and Cheshire, Coös, and Sullivan counties all experienced population decline.

– Greg David

RESIDENT POPULATION	2016	2017	2018	2019	2020
Population, July 1st	1,343,694	1,350,395	1,355,064	1,360,783	1,366,275
Annual percent change	0.5%	0.5%	0.3%	0.4%	0.4%
United States rank of annual percent change (including District of Columbia)	23	22	23	23	19
Population by Gender					
Population, Males	664,650	667,781	670,773	673,793	678,950
Population, Females	677,657	681,006	682,692	685,918	687,325
Distribution by Age					
Under 5 years	4.8%	4.8%	4.7%	4.7%	4.6%
5 to 17 years	14.8%	14.5%	14.3%	14.1%	13.9%
18 to 24 years	9.6%	9.5%	9.3%	9.1%	8.9%
25 to 44 years	23.5%	23.7%	23.9%	24.2%	24.5%
45 to 64 years	30.4%	30.1%	29.7%	29.2%	28.8%
65 years and over	16.9%	17.5%	18.0%	18.7%	19.3%

<b>RESIDENT POPULATION (continued)...</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>
Median Age					
United States	37.9	38.0	38.2	38.4	38.6
New Hampshire	42.8	42.9	43.0	43.0	43.1
Connecticut	40.9	40.9	41.0	41.1	41.2
Maine	44.6	44.8	44.9	44.9	45.0
Massachusetts	39.4	39.4	39.4	39.5	39.7
Rhode Island	39.9	40.0	40.0	40.1	40.3
Vermont	42.7	42.8	42.9	42.9	43.0

Components of Population Change (annual)					
Natural increase rate (per 1,000 population)	0.4	-0.1	-0.5	-0.4	-0.8
Net migration rate (per 1,000 population)	4.3	5.1	3.9	4.6	4.8

Source: Population Division, U.S. Census Bureau, ELMI Analysis. Last Update 12/17/2021  
Detailed population data from the 2020 Decennial Census have not been released. 2020 population estimates are from the U.S. Census Bureau's Vintage Population Estimates, and from the 2020 American Community Survey 1-Year Experimental Data

<b>VITAL STATISTICS</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>
Marriages	9,319	9,445	9,406	9,033	8,304
Marriage rate (per 1,000 population)	6.9	7.0	6.9	6.6	6.1

Divorces	4,621	4,268	4,231	4,214	3,249
Divorce rate (per 1,000 population)	3.4	3.2	3.1	3.1	2.4

Live births	12,350	12,064	11,977	11,826	11,840
Birth rate (per 1,000 population)	9.2	8.9	8.8	8.7	8.7
Births to teenage mothers (less than 20 years old)	409	370	346	285	281
Percent of total live births	3.3%	3.1%	2.9%	2.4%	2.4%
Non-marital births (percent of live births)	34.5%	33.3%	33.5%	32.6%	33.1%

Resident deaths	12,182	12,480	12,779	12,747	13,689
Crude death rate (per 1,000 population)	9.1	9.2	9.4	9.4	10.0
Infant death rate (per 1,000 live births)	3.6	4.2	3.6	3.2	4.4

Source: Division of New Hampshire Vital Records Administration, ELMI Analysis. Last Update 12/17/2021

Prepared by: New Hampshire Employment Security, Economic and Labor Market Information Bureau

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