

**Table 3
Population by Gender and Minority Status for New Hampshire
Metropolitan, Micropolitan, and Labor Market Areas
2015 - 2019 American Community Survey, 5-Year Estimates**

Area	Total Population	Male	Female	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some other race	Two or more races	Hispanic or Latino (any race)
New Hampshire	1,348,124	667,689	680,435	21,546	2,036	36,180	443	7,510	28,281	50,493
Belmont, NH LMA	21,032	9,929	11,103	40	174	274	0	36	233	406
Alton	5,303	2,569	2,734	20	0	30	0	16	17	85
Barnstead	4,680	2,166	2,514	0	132	60	0	0	80	105
Belmont	7,311	3,300	4,011	0	35	145	0	0	82	146
Gilmanston	3,738	1,894	1,844	20	7	39	0	20	54	70
Berlin, NH Micropolitan NECTA	15,861	8,734	7,127	703	42	86	21	97	368	745
Berlin	10,221	5,741	4,480	684	25	53	21	96	235	582
Errol	306	171	135	0	4	0	0	0	0	0
Hadley's Purchase	2,623	1,421	1,202	10	13	28	0	0	118	94
Milan	1,332	710	622	0	0	5	0	0	3	64
Randolph	365	186	179	0	0	0	0	1	0	5
Second College Grant	408	214	194	0	0	0	0	0	2	0
Shelburne	606	291	315	9	0	0	0	0	10	0
Brattleboro, VT-NH LMA, NH Portion	3,911	2,133	1,778	23	0	0	10	13	102	112
Hinsdale	3,911	2,133	1,778	23	0	0	10	13	102	112
Charlestown, NH LMA	12,317	6,186	6,131	78	27	116	0	27	215	140
Acworth	906	487	419	0	0	8	0	6	23	14
Alstead	1,744	819	925	0	0	8	0	17	27	37
Charlestown	5,019	2,515	2,504	0	8	91	0	0	121	69
Langdon	712	342	370	6	0	9	0	4	26	9
Walpole	3,936	2,023	1,913	72	19	0	0	0	18	11
Claremont, NH Micropolitan NECTA	14,590	7,034	7,556	272	0	57	0	11	197	331
Claremont	12,977	6,291	6,686	261	0	57	0	0	183	292
Unity	1,613	743	870	11	0	0	0	11	14	39
Colebrook, NH-VT LMA, NH Portion	5,699	2,900	2,799	18	12	22	7	5	93	46
Atkinson and Gilmanston Academy Grant	0	0	0	0	0	0	0	0	0	0
Cambridge	0	0	0	0	0	0	0	0	0	0
Clarksville	324	176	148	0	0	0	0	0	30	0
Colebrook	1,908	925	983	0	0	0	0	5	26	14
Columbia	633	335	298	0	3	0	0	0	0	6
Crawford's Purchase	0	0	0	0	0	0	0	0	0	0
Dixville	11	9	2	0	0	0	0	0	0	1
Dummer	205	109	96	0	0	0	0	0	1	0
Erving's Location	0	0	0	0	0	0	0	0	0	0
Gorham	8	4	4	0	0	0	0	0	0	0
Millsfield	740	407	333	0	4	0	0	0	17	12
Pittsburg	0	0	0	0	0	0	0	0	0	0
Stark	976	489	487	3	0	0	7	0	14	13
Stratford	0	0	0	0	0	0	0	0	0	0
Thompson and Meserve's Purchase	894	446	448	15	5	22	0	0	5	0
Concord, NH Micropolitan NECTA	86,306	42,767	43,539	1,628	301	2,327	0	434	1,553	2,009
Boscawen	4,004	1,851	2,153	9	4	20	0	16	15	33
Bow	7,862	4,040	3,822	16	18	113	0	43	59	219
Canterbury	2,357	1,157	1,200	31	0	20	0	6	9	131
Chichester	2,662	1,335	1,327	0	5	61	0	0	98	47
Concord	43,244	21,740	21,504	1,500	265	2,030	0	356	987	1,277
Epsom	4,722	2,360	2,362	0	0	35	0	5	142	71
Hopkinton	5,691	2,793	2,898	19	0	0	0	0	114	26
Loudon	5,534	2,394	3,140	0	0	0	0	0	50	0
Pittsfield	4,117	2,133	1,984	0	0	30	0	0	15	109
Salisbury	1,422	731	691	0	0	6	0	0	13	0
Warner	2,910	1,324	1,586	53	9	12	0	8	28	87
Webster	1,781	909	872	0	0	0	0	0	23	9

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Area	Total Population	Male	Female	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some other race	Two or more races	Hispanic or Latino (any race)
Conway, NH-ME LMA, NH Portion	23,727	11,912	11,815	105	3	141	0	5	324	331
Albany	703	351	352	0	3	4	0	2	24	0
Bartlett	2,774	1,397	1,377	4	0	0	0	0	1	18
Bean's Grant	0	0	0	0	0	0	0	0	0	0
Bean's Purchase	0	0	0	0	0	0	0	0	0	0
Chandler's Purchase	0	0	0	0	0	0	0	0	0	0
Chatham	372	193	179	0	0	3	0	0	11	4
Conway	10,127	5,124	5,003	1	0	33	0	0	133	236
Cutt's Grant	0	0	0	0	0	0	0	0	0	0
Dalton	0	0	0	0	0	0	0	0	0	0
Eaton	265	130	135	0	0	3	0	0	0	0
Freedom	1,349	662	687	0	0	5	0	0	12	0
Green's Grant	13	13	0	3	0	0	0	0	0	0
Hale's Location	0	0	0	0	0	0	0	0	0	0
Hart's Location	183	92	91	0	0	6	0	0	0	0
Jackson	42	23	19	0	0	0	0	0	0	0
Livermore	891	365	526	0	0	0	0	3	0	3
Low and Burbank's Grant	0	0	0	0	0	0	0	0	0	0
Madison	0	0	0	0	0	0	0	0	0	0
Martin's Location	2,553	1,242	1,311	58	0	33	0	0	76	22
Pinkham's Grant	0	0	0	0	0	0	0	0	0	0
Sandwich	10	5	5	0	0	0	0	0	5	0
Sargent's Purchase	1,440	698	742	39	0	18	0	0	11	11
Success	11	0	11	0	0	0	0	0	0	0
Tamworth	2,994	1,617	1,377	0	0	36	0	0	51	37
Whitefield	0	0	0	0	0	0	0	0	0	0
Dover-Durham, NH-ME Metropolitan NECTA	129,124	63,204	65,920	1,284	94	4,331	53	391	3,372	3,231
Barrington	9,063	4,525	4,538	0	0	257	0	0	73	80
Dover	31,577	15,011	16,566	406	27	1,289	0	60	945	1,157
Durham	16,481	7,731	8,750	128	0	803	0	52	446	328
Farmington	6,930	3,696	3,234	0	0	67	0	0	128	89
Lee	4,485	2,173	2,312	2	0	435	0	1	115	175
Madbury	1,901	992	909	0	5	74	0	7	33	10
Middleton	1,783	889	894	30	0	6	0	11	38	27
Milton	4,620	2,398	2,222	1	0	12	0	0	84	11
New Durham	2,697	1,319	1,378	0	25	0	0	0	67	13
Rochester	30,955	15,423	15,532	212	18	580	53	104	818	828
Rollinsford	2,567	1,178	1,389	68	0	0	0	0	58	48
Somersworth	11,925	5,864	6,061	386	19	804	0	156	558	292
Strafford	4,140	2,005	2,135	51	0	4	0	0	9	173
Franklin, NH LMA	20,958	10,421	10,537	99	46	274	10	14	325	376
Franklin	8,623	4,053	4,570	12	0	73	0	14	139	224
Hill	920	473	447	0	0	0	0	0	0	14
Northfield	4,881	2,366	2,515	37	43	115	0	0	108	79
Sanbornton	2,983	1,638	1,345	15	0	55	10	0	38	9
Tilton	3,551	1,891	1,660	35	3	31	0	0	40	50
Haverhill, NH LMA	6,946	3,400	3,546	27	21	6	0	3	126	110
Bath	922	505	417	0	4	0	0	0	23	0
Benton	457	232	225	11	0	0	0	0	16	9
Haverhill	4,601	2,134	2,467	16	17	6	0	3	87	101
Monroe	966	529	437	0	0	0	0	0	0	0

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Haverhill-Newburyport-Amesbury, MA-NH NECTA Division, NH Portion	79,828	39,519	40,309	301	36	869	0	223	1,392	1,482
Atkinson	6,952	3,495	3,457	0	0	110	0	48	70	145
Danville	4,515	2,318	2,197	26	0	41	0	0	180	148
East Kingston	2,442	1,231	1,211	0	0	0	0	0	14	46
Fremont	4,677	2,315	2,362	14	0	81	0	19	9	33
Hampstead	8,621	4,141	4,480	51	0	137	0	49	113	233
Hampton	15,467	7,583	7,884	44	27	147	0	20	341	191
Kensington	2,291	1,165	1,126	0	0	22	0	0	67	11
Kingston	6,260	3,315	2,945	0	0	55	0	0	137	19
Newton	4,920	2,553	2,367	0	0	55	0	42	15	117
Plaistow	7,689	3,609	4,080	27	0	54	0	45	162	234
Sandown	6,389	3,128	3,261	28	0	36	0	0	116	174
Seabrook	8,830	4,293	4,537	111	0	111	0	0	152	113
South Hampton	775	373	402	0	9	20	0	0	16	18
Hillsborough, NH LMA	15,535	8,171	7,364	133	13	37	0	13	492	150
Deering	1,917	1,006	911	0	0	6	0	0	82	6
Henniker	4,962	2,590	2,372	92	0	31	0	1	59	101
Hillsborough	5,995	3,226	2,769	36	0	0	0	0	303	0
Stoddard	1,255	612	643	3	13	0	0	7	7	12
Washington	1,199	612	587	0	0	0	0	5	37	31
Windsor	207	125	82	2	0	0	0	0	4	0
Keene, NH Micropolitan NECTA	50,089	24,038	26,051	501	113	839	29	80	1,123	847
Chesterfield	3,585	1,785	1,800	36	0	0	0	0	12	0
Gilsum	798	439	359	6	1	3	0	7	8	43
Harrisville	927	467	460	20	13	6	0	0	16	49
Keene	22,953	10,758	12,195	406	25	567	23	32	615	614
Marlborough	2,397	1,167	1,230	1	31	52	0	7	67	23
Marlow	829	408	421	0	0	7	0	18	9	20
Nelson	613	316	297	0	0	0	0	0	53	67
Richmond	1,121	555	566	0	1	1	0	0	4	1
Roxbury	180	88	92	0	0	0	0	0	0	0
Sullivan	792	396	396	0	0	3	0	0	3	4
Surry	841	402	439	2	6	0	0	0	4	0
Swanzey	7,199	3,584	3,615	6	8	124	0	0	212	0
Troy	2,002	1,003	999	0	14	14	6	10	80	20
Westmoreland	1,612	754	858	0	10	6	0	6	16	6
Winchester	4,240	1,916	2,324	24	4	56	0	0	24	0
Laconia, NH Micropolitan NECTA	23,629	11,730	11,899	224	19	168	0	45	417	409
Gilford	7,153	3,449	3,704	0	8	50	0	0	149	87
Laconia	16,476	8,281	8,195	224	11	118	0	45	268	322
Lawrence-Methuen-Salem, MA-NH NECTA Division, NH Portion	29,234	14,824	14,410	263	14	1,078	0	447	728	2,514
Salem	29,234	14,824	14,410	263	14	1,078	0	447	728	2,514
Lebanon, NH-VT Micropolitan NECTA, NH Portion	47,908	23,828	24,080	857	128	2,598	31	235	981	1,551
Canaan	3,936	2,075	1,861	28	0	15	0	48	150	133
Cornish	1,783	922	861	15	14	8	0	0	25	5
Croydon	863	423	440	10	0	1	0	0	3	2
Dorchester	401	209	192	0	0	4	1	12	5	14
Enfield	4,545	2,189	2,356	3	0	0	16	0	0	0
Grafton	1,362	706	656	0	9	7	4	0	38	13
Grantham	2,945	1,382	1,563	0	24	0	0	0	18	24
Hanover	11,467	5,712	5,755	375	48	1,290	8	53	487	426
Lebanon	13,623	6,734	6,889	297	26	893	0	78	168	712
Lyme	1,852	905	947	16	0	18	0	0	55	121
Orange	264	135	129	0	0	3	2	0	9	0
Orford	1,444	708	736	97	4	262	0	41	4	74
Piermont	868	450	418	0	3	14	0	0	0	14
Plainfield	2,555	1,278	1,277	16	0	83	0	3	19	13

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Littleton, NH-VT LMA, NH Portion	24,444	11,829	12,615	145	166	204	11	26	421	398
Bethlehem	2,569	1,207	1,362	21	5	11	6	0	26	44
Carroll	772	452	320	28	3	0	0	0	7	0
Dix's Grant	906	432	474	17	8	11	0	0	32	51
Easton	288	132	156	0	4	3	0	0	4	3
Franconia	1,075	497	578	0	0	41	0	0	17	43
Jefferson	850	393	457	0	0	14	0	0	6	12
Kilkenny	0	0	0	0	0	0	0	0	0	0
Lancaster	3,275	1,613	1,662	23	0	15	0	16	35	22
Landaff	496	233	263	9	1	4	1	0	0	0
Lisbon	1,752	859	893	0	21	3	0	7	44	27
Littleton	5,915	2,756	3,159	0	75	46	0	0	70	102
Lyman	653	343	310	0	0	9	0	0	9	2
Northumberland	2,322	1,171	1,151	5	19	29	0	0	56	28
Odell	0	0	0	0	0	0	0	0	0	0
Stewartstown	630	349	281	1	0	0	0	0	10	8
Wentworth's Location	681	304	377	0	3	5	4	2	38	33
Woodstock	2,260	1,088	1,172	41	27	13	0	1	67	23
Lowell-Billerica-Chelmsford, MA-NH NECTA Division, NH Portion	13,798	6,811	6,987	126	15	230	0	0	402	382
Pelham	13,798	6,811	6,987	126	15	230	0	0	402	382
Manchester, NH Metropolitan NECTA	205,506	101,853	103,653	7,490	284	7,289	138	1,494	5,227	13,869
Allenstown	4,390	2,249	2,141	36	1	48	0	9	179	23
Auburn	5,446	2,769	2,677	1	0	42	0	0	41	107
Bedford	22,535	11,039	11,496	221	0	890	0	132	575	641
Candia	3,920	2,013	1,907	32	0	135	0	23	136	71
Dunbarton	2,827	1,428	1,399	25	2	28	0	0	24	76
Goffstown	18,061	8,377	9,684	122	89	121	78	99	310	506
Hooksett	14,289	6,893	7,396	222	35	273	0	103	231	404
Manchester	112,109	56,510	55,599	6,799	157	5,667	45	1,033	3,332	11,648
New Boston	5,711	2,819	2,892	0	0	11	0	0	58	60
Pembroke	7,187	3,467	3,720	14	0	20	15	0	194	160
Weare	9,031	4,289	4,742	18	0	54	0	95	147	173
Meredith, NH LMA	13,791	6,805	6,986	87	21	89	12	49	281	197
Center Harbor	1,056	588	468	31	0	0	0	0	0	0
Meredith	6,391	3,160	3,231	15	21	0	0	16	139	133
Moultonborough	4,099	1,991	2,108	1	0	48	12	33	79	53
New Hampton	2,245	1,066	1,179	40	0	41	0	0	63	11
Nashua, NH-MA NECTA Division, NH Portion	282,964	140,485	142,479	5,349	232	11,094	121	3,096	6,149	16,999
Amherst	11,333	5,475	5,858	35	0	204	0	25	234	299
Brookline	5,348	2,601	2,747	54	0	30	0	0	165	111
Chester	5,129	2,559	2,570	19	0	110	0	31	27	119
Derry	33,448	16,655	16,793	265	17	413	0	525	566	1,404
Greenfield	1,906	917	989	1	0	12	0	0	18	16
Greenville	2,061	1,104	957	101	0	0	0	0	38	124
Hollis	7,918	4,209	3,709	60	14	183	0	51	357	164
Hudson	25,356	12,421	12,935	189	0	638	33	213	267	582
Litchfield	8,566	4,607	3,959	0	52	65	0	0	67	54
Londonderry	25,927	12,738	13,189	312	19	448	26	92	364	824
Lyndeborough	1,701	904	797	20	0	0	0	3	1	16
Mason	1,532	757	775	0	0	18	0	5	11	96
Merrimack	25,987	13,148	12,839	271	0	532	51	630	515	949
Milford	15,732	7,435	8,297	263	12	460	0	65	214	444
Mont Vernon	2,576	1,288	1,288	0	4	0	0	0	37	5
Nashua	88,815	43,827	44,988	3,628	114	7,421	11	1,456	2,813	11,250
Temple	1,268	637	631	0	0	2	0	0	39	27
Wilton	3,751	1,966	1,785	0	0	66	0	0	125	37
Windham	14,610	7,237	7,373	131	0	492	0	0	291	478

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New London, NH LMA	16,616	8,149	8,467	73	45	220	0	15	130	143
Andover	2,782	1,493	1,289	0	0	38	0	12	5	14
Bradford	1,587	802	785	2	17	5	0	3	3	8
Danbury	1,129	554	575	14	14	5	0	0	3	7
New London	4,390	1,948	2,442	53	0	83	0	0	26	75
Newbury	2,096	1,056	1,040	0	0	36	0	0	30	14
Springfield	1,084	575	509	0	0	0	0	0	9	0
Sutton	1,905	942	963	4	14	29	0	0	33	18
Wilmot	1,643	779	864	0	0	24	0	0	21	7
Newport, NH LMA	11,448	5,862	5,586	22	98	88	0	8	248	176
Goshen	702	351	351	0	0	0	0	8	29	43
Lempster	923	432	491	0	0	32	0	0	15	0
Newport	6,374	3,287	3,087	15	98	26	0	0	204	128
Sunapee	3,449	1,792	1,657	7	0	30	0	0	0	5
Peterborough, NH LMA	34,928	17,409	17,519	162	22	196	0	137	638	769
Antrim	2,680	1,382	1,298	24	10	0	0	7	38	15
Bennington	1,513	836	677	21	10	3	0	12	29	26
Dublin	1,458	693	765	4	0	6	0	3	20	71
Fitzwilliam	2,312	1,235	1,077	0	2	4	0	0	2	0
Francestown	1,549	787	762	29	0	0	0	0	29	20
Hancock	1,747	818	929	5	0	5	0	9	27	53
Jaffrey	5,283	2,476	2,807	0	0	77	0	76	87	76
New Ipswich	5,320	2,742	2,578	0	0	53	0	0	155	22
Peterborough	6,604	3,128	3,476	0	0	23	0	0	0	244
Rindge	6,054	3,109	2,945	79	0	25	0	30	251	242
Sharon	408	203	205	0	0	0	0	0	0	0
Plymouth, NH LMA	28,788	14,291	14,497	183	41	555	0	45	744	341
Alexandria	2,006	988	1,018	10	16	35	0	3	22	39
Ashland	2,017	922	1,095	18	0	0	0	12	118	15
Bridgewater	1,188	600	588	0	0	0	0	0	19	10
Bristol	3,079	1,564	1,515	3	12	85	0	15	224	29
Campton	3,291	1,633	1,658	4	0	0	0	0	27	17
Ellsworth	74	48	26	0	0	0	0	0	0	0
Groton	464	241	223	0	0	0	0	0	0	0
Hebron	537	279	258	4	0	0	0	5	16	17
Holderness	2,206	1,050	1,156	13	0	52	0	0	22	21
Lincoln	945	475	470	0	0	35	0	0	12	10
Plymouth	6,755	3,277	3,478	113	0	253	0	5	172	48
Rumney	1,510	709	801	1	0	5	0	2	43	10
Sugar Hill	2,504	1,380	1,124	17	0	22	0	0	61	86
Thornton	874	447	427	0	0	0	0	0	4	26
Warren	186	88	98	0	0	0	0	3	0	0
Waterville Valley	26	19	7	0	0	0	0	0	0	0
Wentworth	1,126	571	555	0	13	68	0	0	4	13
Portsmouth, NH-ME Metropolitan NECTA, NH Portion	84,540	41,812	42,728	1,099	15	2,732	0	284	1,487	1,601
Brentwood	4,612	2,425	2,187	42	0	84	0	8	63	44
Epping	6,966	3,522	3,444	22	0	33	0	0	214	118
Exeter	15,077	6,903	8,174	236	0	353	0	54	180	353
Greenland	4,009	1,928	2,081	69	0	180	0	48	82	96
Hampton Falls	2,383	1,287	1,096	7	0	30	0	0	10	10
New Castle	835	379	456	0	0	0	0	0	0	0
Newfields	1,757	811	946	17	0	29	0	9	27	2
Newington	713	371	342	11	0	15	0	0	2	2
Newmarket	9,063	4,657	4,406	85	0	332	0	0	153	71
North Hampton	4,457	2,102	2,355	68	0	136	0	104	94	160
Portsmouth	21,775	10,706	11,069	540	15	1,048	0	61	504	692
Rye	5,466	2,888	2,578	0	0	37	0	0	64	0
Stratham	7,427	3,833	3,594	2	0	455	0	0	94	53

Table 3. Population by Gender and Minority Status, New Hampshire Labor Market Areas

Area	Total Population	Male	Female	Black or African American	American Indian or Alaska Native	Asian	Native Hawaiian or Pacific Islander	Some other race	Two or more races	Hispanic or Latino (any race)
Raymond, NH LMA	24,261	11,656	12,605	131	26	122	0	271	186	499
Deerfield	4,476	2,181	2,295	64	0	18	0	23	26	19
Northwood	4,299	1,971	2,328	51	26	21	0	25	66	165
Nottingham	5,058	2,328	2,730	16	0	53	0	0	16	92
Raymond	10,428	5,176	5,252	0	0	30	0	223	78	223
Wolfeboro, NH LMA	20,346	9,997	10,349	123	28	138	0	6	327	329
Brookfield	803	421	382	0	0	0	0	0	2	32
Effingham	1,630	712	918	0	0	13	0	4	83	24
Ossipee	4,334	2,075	2,259	123	28	0	0	0	197	91
Tuftonboro	2,213	1,059	1,154	0	0	0	0	0	36	112
Wakefield	5,046	2,614	2,432	0	0	0	0	0	0	35
Wolfeboro	6,320	3,116	3,204	0	0	125	0	2	9	35