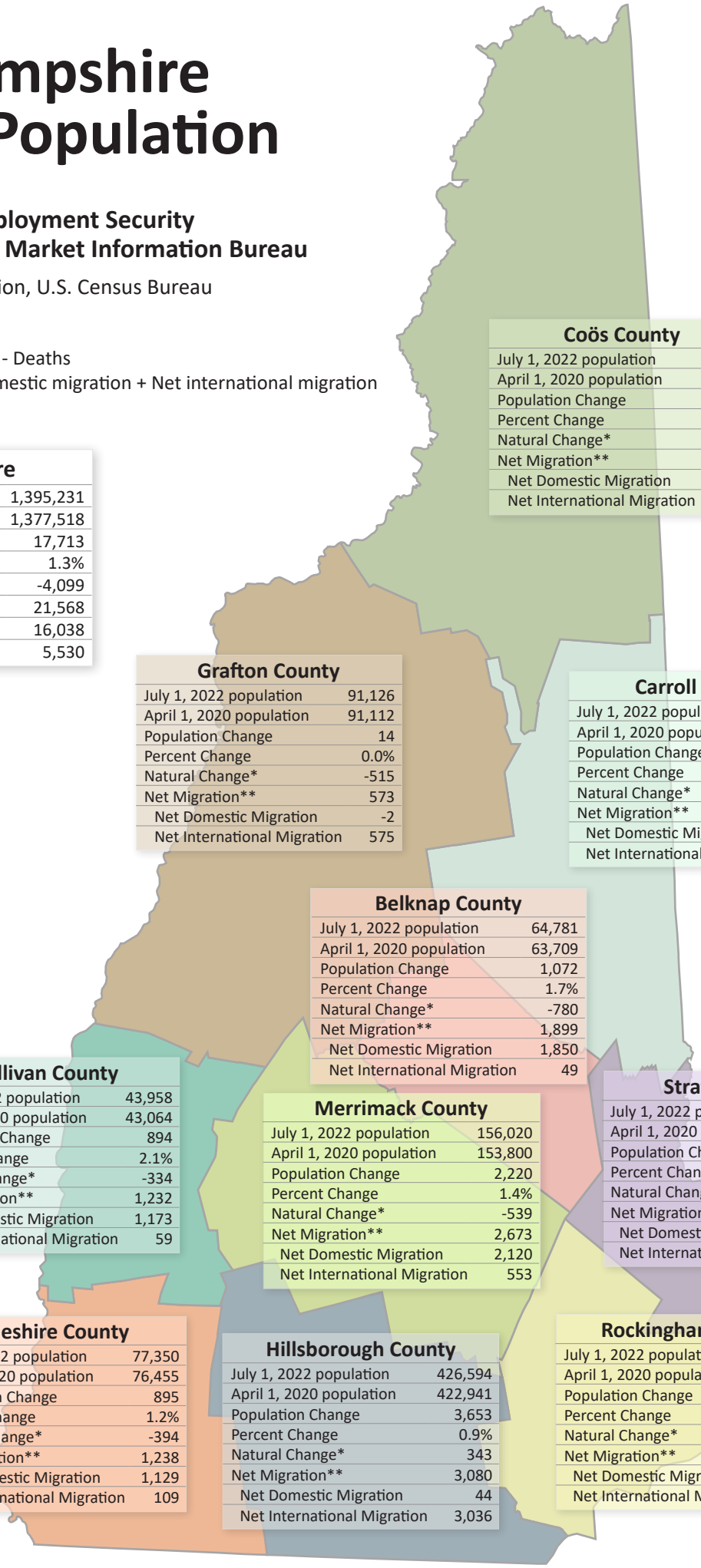
New Hampshire County Population

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

Source: Population Division, U.S. Census Bureau

Updated: December 2023

* Natural Change = Births - Deaths
** Net Migration = Net domestic migration + Net international migration



New Hampshire

July 1, 2022 population	1,395,231
April 1, 2020 population	1,377,518
Population Change	17,713
Percent Change	1.3%
Natural Change*	-4,099
Net Migration**	21,568
Net Domestic Migration	16,038
Net International Migration	5,530

Coös County

July 1, 2022 population	31,504
April 1, 2020 population	31,262
Population Change	242
Percent Change	0.8%
Natural Change*	-626
Net Migration**	865
Net Domestic Migration	845
Net International Migration	20

Grafton County

July 1, 2022 population	91,126
April 1, 2020 population	91,112
Population Change	14
Percent Change	0.0%
Natural Change*	-515
Net Migration**	573
Net Domestic Migration	-2
Net International Migration	575

Carroll County

July 1, 2022 population	52,199
April 1, 2020 population	50,098
Population Change	2,101
Percent Change	4.2%
Natural Change*	-644
Net Migration**	2,830
Net Domestic Migration	2,785
Net International Migration	45

Belknap County

July 1, 2022 population	64,781
April 1, 2020 population	63,709
Population Change	1,072
Percent Change	1.7%
Natural Change*	-780
Net Migration**	1,899
Net Domestic Migration	1,850
Net International Migration	49

Sullivan County

July 1, 2022 population	43,958
April 1, 2020 population	43,064
Population Change	894
Percent Change	2.1%
Natural Change*	-334
Net Migration**	1,232
Net Domestic Migration	1,173
Net International Migration	59

Merrimack County

July 1, 2022 population	156,020
April 1, 2020 population	153,800
Population Change	2,220
Percent Change	1.4%
Natural Change*	-539
Net Migration**	2,673
Net Domestic Migration	2,120
Net International Migration	553

Strafford County

July 1, 2022 population	132,275
April 1, 2020 population	130,895
Population Change	1,380
Percent Change	1.1%
Natural Change*	-195
Net Migration**	1,482
Net Domestic Migration	1,040
Net International Migration	442

Cheshire County

July 1, 2022 population	77,350
April 1, 2020 population	76,455
Population Change	895
Percent Change	1.2%
Natural Change*	-394
Net Migration**	1,238
Net Domestic Migration	1,129
Net International Migration	109

Hillsborough County

July 1, 2022 population	426,594
April 1, 2020 population	422,941
Population Change	3,653
Percent Change	0.9%
Natural Change*	343
Net Migration**	3,080
Net Domestic Migration	44
Net International Migration	3,036

Rockingham County

July 1, 2022 population	319,424
April 1, 2020 population	314,182
Population Change	5,242
Percent Change	1.7%
Natural Change*	-415
Net Migration**	5,696
Net Domestic Migration	5,054
Net International Migration	642