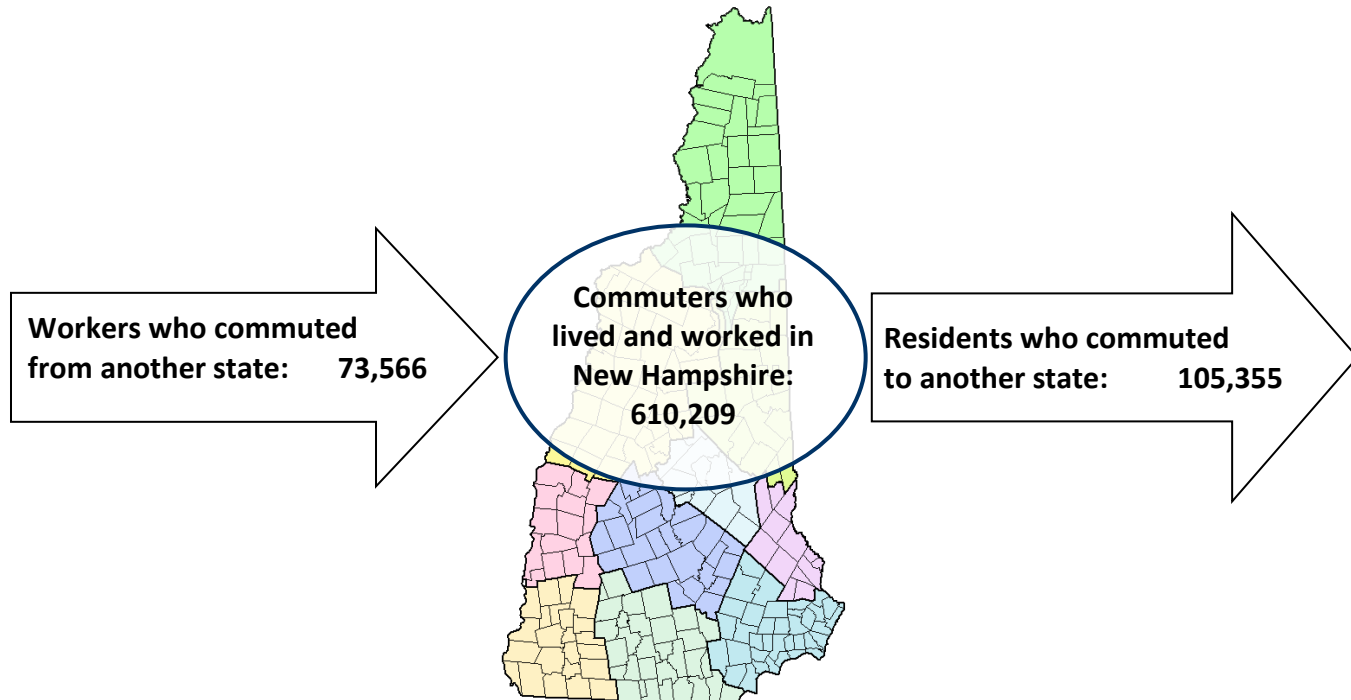


New Hampshire Commuting Patterns



Working in New Hampshire

- An average of 683,775 workers commuted to a job in New Hampshire.
- About nine out of ten people (89.2 percent) who worked in New Hampshire were also residents. Another 10.8 percent of workers commuted in from another state.
- Nearly all (95.1 percent) of New Hampshire workers who lived in another state commuted in from one of the three bordering states, Maine, Massachusetts and Vermont.
- Among those who commuted from another state, 23.5 percent were from Maine, 52.9 percent were from Massachusetts, and 18.7 percent were from Vermont.

Residents of New Hampshire

- An average of 715,564 New Hampshire residents commuted to work.
- Of the New Hampshire residents who commuted to work, 85.3 percent traveled to jobs in the state, and 14.7 percent commuted to jobs out of state.

- Nearly all (94.9 percent) New Hampshire residents who commuted out of state traveled to work in one of the three bordering states.
- Among those New Hampshire residents who were interstate commuters, 78.6 percent traveled to Massachusetts, 8.5 percent traveled to work in Vermont, and 7.8 percent traveled to work in Maine.
- Less than 300 residents reported working in a country other than the United States.

New Hampshire Commuters

- An average of 610,209 New Hampshire residents of age 16 and over worked in the state.
- About two-thirds of New Hampshire residents worked in three counties: 31.0 percent worked in Hillsborough County, 22.8 percent worked in Rockingham County, and 12.9 percent worked in Merrimack County.

Where New Hampshire Workers Live

Total commuters traveling to work in New Hampshire	683,775
Commuters who worked and lived in New Hampshire	610,209
New Hampshire workers commuting from residences outside the state:	73,566
From other States:	
Connecticut	652
Maine	17,316
Massachusetts	38,897
New York	594
Rhode Island	230
Vermont	13,737
Other US states	2,140

Where New Hampshire Residents Work

New Hampshire residents commuting to work	715,564
Residents commuting to work in New Hampshire	610,209
Residents commuting to work out of New Hampshire:	105,355
To other States:	
Connecticut	471
Maine	8,216
Massachusetts	82,855
New York	1,131
Rhode Island	439
Vermont	8,961
Other US States	3,014
To other countries/at sea	268

Workers Commuting Into New Hampshire and Residents Commuting Out of New Hampshire

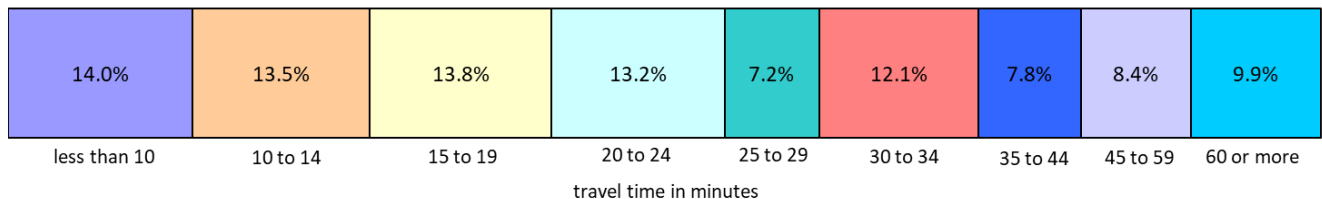
1990 and 2000 Decennial Census, and the 2006-2010 and 2016-2020 5-Year American Community Survey

	Workers Commuting In From:				Residents Commuting Out To:			
	Total	Maine	Massachusetts	Vermont	Total	Maine	Massachusetts	Vermont
1990	43,845	28.3%	43.2%	24.3%	94,515	8.6%	78.7%	7.9%
2000	54,094	27.5%	43.5%	24.5%	100,108	5.5%	81.4%	8.2%
2010	65,486	26.7%	45.7%	22.5%	106,338	7.5%	78.6%	8.5%
2020	73,566	23.5%	52.9%	18.7%	105,355	7.8%	78.6%	8.5%

Travel Time to Work

Mean Travel Time to Work: 27.4 minutes

Workers 16 years and older who did not work at home



About the American Community Survey

The American Community Survey (ACS) is an ongoing survey conducted by the US Census Bureau, designed to provide more current data than available through a decennial Census. Commuting data were compiled from ACS survey responses gathered over a five-year period, from 2016 to 2020. Respondents were asked if they worked, where they worked, and how long it usually took for them to go from home to work, among other questions.

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