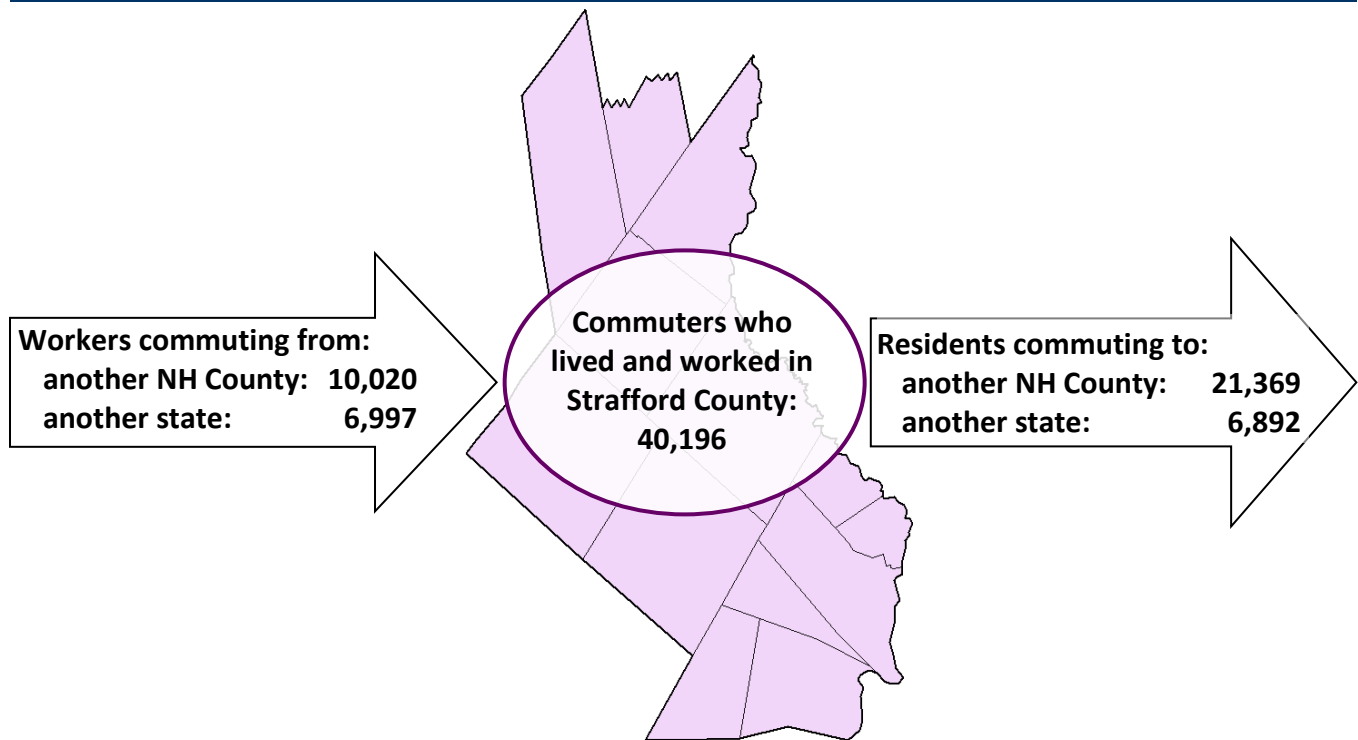


# Strafford County Commuting Patterns



## Working in Strafford County

- An average of 57,213 commuters of age 16 and over traveled to work in Strafford County.
- Among all workers who traveled to a job in Strafford County, 70.3 percent (40,196) also lived in the county, while 17.5 percent (10,020) lived in another New Hampshire county, and 12.2 percent (6,997) lived out of state.
- Three-fourths of those workers who commuted into Strafford County from another New Hampshire county lived in either Rockingham County (61.7 percent) or Carroll County (12.3 percent).
- Of the 6,997 workers who commuted into Strafford County from out of state, 84.5 percent lived in Maine.

## Residents of Strafford County

- An average of 68,457 Strafford County residents of age 16 and over commuted to work.
- Among Strafford County's working residents, 58.7 percent (40,196) commuted to a job in Strafford County, 31.2 percent (21,369) commuted to another New Hampshire county, and 10.1 percent (6,892) commuted out of state.
- Among Strafford County residents who traveled to another New Hampshire county for work, 83.1 percent commuted to Rockingham County, 5.9 percent commuted to Merrimack County, and 5.7 percent commuted to Hillsborough County.
- Of the 6,892 Strafford County residents who traveled out of state for work, 55.7 percent commuted to Maine and 34.5 percent commuted to Massachusetts.

## Where Strafford County Workers Live

Total commuters traveling to work in Strafford County	57,213
Commuters who work and live in Strafford County	40,196
Strafford County workers commuting from residences outside the county:	17,017
Other New Hampshire counties	
Belknap County	990
Carroll County	1,233
Cheshire County	9
Coös County	13
Grafton County	119
Hillsborough County	844
Merrimack County	666
Rockingham County	6,146
Sullivan County	0
Other states	
Connecticut	20
Maine	5,911
Massachusetts	795
New York	5
Rhode Island	7
Vermont	19
Other US states	240

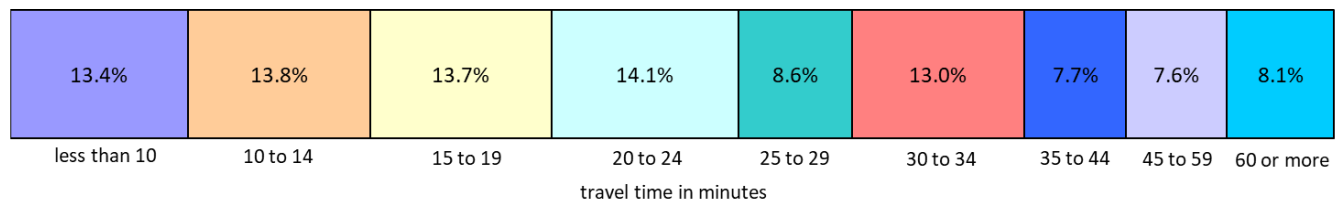
## Where Strafford County Residents Work

Strafford County residents commuting to work	68,457
Residents commuting to work in Strafford County	40,196
Residents commuting to work out of Strafford County:	28,261
To other New Hampshire Counties:	
Belknap County	419
Carroll County	645
Cheshire County	67
Coös County	0
Grafton County	1
Hillsborough County	1,218
Merrimack County	1,251
Rockingham County	17,768
Sullivan County	0
To other States:	
Connecticut	37
Maine	3,838
Massachusetts	2,379
New York	187
Rhode Island	28
Vermont	12
Other US States	353
To other countries/at sea	58

## Travel Time to Work

Mean Travel Time to Work: 26.1 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.

**Prepared by:** Economic and Labor Market Information Bureau, New Hampshire Employment Security  
Concord, New Hampshire 03301 • [elmi@nhes.nh.gov](mailto:elmi@nhes.nh.gov)