

New Hampshire County Population

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

Source: Population Division, U.S. Census Bureau

Updated: September 2024

* Natural Change = Births - Deaths

** Net Migration = Net domestic migration + Net international migration

New Hampshire	
July 1, 2023 population	1,402,054
April 1, 2020 population	1,377,524
Population Change	24,530
Percent Change	1.8%
Natural Change*	-6,603
Net Migration**	30,472
Net Domestic Migration	24,149
Net International Migration	6,323

Coös County	
July 1, 2023 population	31,372
April 1, 2020 population	31,260
Population Change	112
Percent Change	0.4%
Natural Change*	-1,053
Net Migration**	1,153
Net Domestic Migration	1,116
Net International Migration	37

Grafton County	
July 1, 2023 population	93,146
April 1, 2020 population	91,122
Population Change	2,024
Percent Change	2.2%
Natural Change*	-883
Net Migration**	2,734
Net Domestic Migration	2,150
Net International Migration	584

Carroll County	
July 1, 2023 population	52,448
April 1, 2020 population	50,105
Population Change	2,343
Percent Change	4.7%
Natural Change*	-1,033
Net Migration**	3,464
Net Domestic Migration	3,396
Net International Migration	68

Belknap County	
July 1, 2023 population	65,027
April 1, 2020 population	63,707
Population Change	1,320
Percent Change	2.1%
Natural Change*	-1,191
Net Migration**	2,556
Net Domestic Migration	2,546
Net International Migration	10

Sullivan County	
July 1, 2023 population	43,969
April 1, 2020 population	43,058
Population Change	911
Percent Change	2.1%
Natural Change*	-552
Net Migration**	1,463
Net Domestic Migration	1,364
Net International Migration	99

Merrimack County	
July 1, 2023 population	157,103
April 1, 2020 population	153,805
Population Change	3,298
Percent Change	2.1%
Natural Change*	-848
Net Migration**	3,995
Net Domestic Migration	3,483
Net International Migration	512

Strafford County	
July 1, 2023 population	133,243
April 1, 2020 population	130,895
Population Change	2,348
Percent Change	1.8%
Natural Change*	-433
Net Migration**	2,643
Net Domestic Migration	2,243
Net International Migration	400

Cheshire County	
July 1, 2023 population	77,703
April 1, 2020 population	76,454
Population Change	1,249
Percent Change	1.6%
Natural Change*	-641
Net Migration**	1,828
Net Domestic Migration	1,703
Net International Migration	125

Hillsborough County	
July 1, 2023 population	427,354
April 1, 2020 population	422,938
Population Change	4,416
Percent Change	1.0%
Natural Change*	493
Net Migration**	3,618
Net Domestic Migration	-89
Net International Migration	3,707

Rockingham County	
July 1, 2023 population	320,689
April 1, 2020 population	314,180
Population Change	6,509
Percent Change	2.1%
Natural Change*	-462
Net Migration**	7,018
Net Domestic Migration	6,237
Net International Migration	781