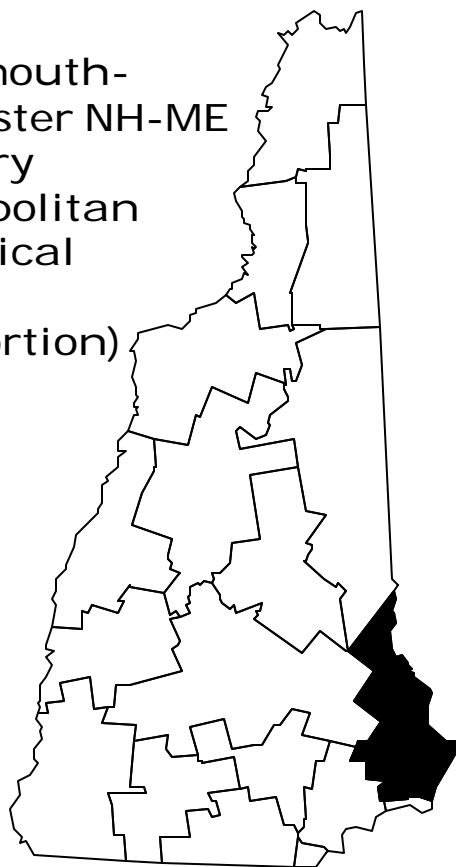


18.0  
 Portsmouth-  
 Rochester NH-ME  
 Primary  
 Metropolitan  
 Statistical  
 Area  
 (NH Portion)



The 1990 version of the Portsmouth-Rochester NH-ME Primary Metropolitan Statistical Area is only slightly changed from the Portsmouth-Dover-Rochester NH PMSA that preceded it. The New Hampshire portion is still combined with Maine towns, five instead of eight, to form the total PMSA. This report will focus on commuting in and out from the New Hampshire portion only. Table 18.1 lists the New Hampshire group and summarizes the commute data for those four cities and twenty-two towns listed. Primary interconnecting routes servicing the PMSA are Interstate 95, the

Spaulding Turnpike (toll), Routes US1, US4, and NH101. Other routes connect points east and west of the seacoast area such as NH16, NH125, and NH155. The three largest communities in the PMSA are the cities of Portsmouth, Dover, and Rochester, with estimated residents working amounts at 14,210, 13,755, and 12,843, respectively. The estimated residents working total for the PMSA amounted to 97,160. The total workforce, residents and nonresidents, numbered 95,841, showing a net out-commute for the area. The number of residents of PMSA towns who stayed and worked in their respective communities totaled 30,411. More than twice that number, 66,749, crossed city/town and state borders to commute to work. Nonresidents commuting into PMSA cities/towns from any source, numbered 65,430.

Commuting-out Tables 18.2 and 18.3 are extensive tables because there are twenty-six communities that make up the PMSA. Dover, Rochester, and Portsmouth generated the largest commuting-out numbers, with city/towns like Hampton, Somersworth, Exeter, and Newmarket supervening behind. The numbers ranged from Dover the leader, with 8,791 commuting out, to Newmarket with 3,479 out-commuters. In looking at the lists (see Table 18.2) to see where they commuted to, Portsmouth was the leader, heading up ten of the twenty-six lists. Dover led on six lists, while Rochester led on only two. Hampton was a popular destination, leading four lists. The top three individual city/town commuting-out totals were only separated by a difference of 43. Rochester sent 1,986 workers to Dover, Dover provided 1,958 commuters following the

Spaulding Turnpike to Portsmouth, and Portsmouth dispatched 1,943 workers to Newington. Maine and Massachusetts vied for the out-of-state destination of choice for Portsmouth-Rochester PMSA commuters, with Maine emerging with the largest number (6,509), and in particular, Kittery ME. Kittery, the location of the Portsmouth Navy Yard, led seventeen of the twenty-six out-of-state lists. Boston was the leading destination for Massachusetts bound commuters, leading five of the lists.

To no surprise, Portsmouth (15,243), Dover (9,661), and Rochester (5,453) had the largest number of nonresidents commuting-in. See Table 18.3 for the commute-in rates and lists. Other cities/towns providing more modest commute-in numbers were 896 Rochester workers commuting into Somersworth, 803 Dover residents traveling along Route 108 or NH155 to Durham, and 604 Farmington commuters crossing into Rochester. Most towns in the Portsmouth-Rochester PMSA had nonresident commute-in rates of 50 percent or more. Newington, of course (see Trivial Commute), had the largest rate at 95.8%. Out-of-state nonresidents from bordering Maine and Massachusetts crossed New Hampshire lines into the PMSA in large numbers with Maine (10,026) being the leading provider. The Berwicks in Maine; Berwick, South Berwick, and North Berwick showed up on the individual commute-in lists most often. Haverhill MA also provided a modest number of commuters, particularly to Hampton and Exeter.

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.1  
Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Resident City/Town	RESIDENTS						Total Working In Town  (Residents & Nonresidents)	NONRESIDENTS	
	Population 1990 Census	Estimated Residents Working	Commuting to Another Town to		Working In Town			Number of Workers	Percent of Total Working in Town
			Number of Workers	Percent	Number of Workers	Percent			
Barrington	6,164	3,321	2,982	89.8%	339	10.2%	788	449	57.0%
Brentwood	2,590	1,170	929	79.4%	241	20.6%	934	693	74.2%
Dover	25,042	13,755	8,791	63.9%	4,964	36.1%	14,625	9,661	66.1%
Durham	11,818	5,157	2,753	53.4%	2,404	46.6%	6,228	3,824	61.4%
East Kingston	1,352	678	583	86.0%	95	14.0%	181	86	47.5%
Epping	5,162	2,610	2,087	80.0%	523	20.0%	1,096	573	52.3%
Exeter	12,481	6,480	4,385	67.7%	2,095	32.3%	6,202	4,107	66.2%
Farmington	5,739	2,710	1,917	70.7%	793	29.3%	1,988	1,195	60.1%
Greenland	2,768	1,617	1,294	80.0%	323	20.0%	1,959	1,636	83.5%
Hampton Falls	1,503	758	614	81.0%	144	19.0%	669	525	78.5%
Hampton	12,278	6,559	4,975	75.8%	1,584	24.2%	4,860	3,276	67.4%
Kensington	1,631	833	700	84.0%	133	16.0%	294	161	54.8%
Lee	3,729	1,983	1,720	86.7%	263	13.3%	1,160	897	77.3%
Madbury	1,404	713	640	89.8%	73	10.2%	152	79	52.0%
Milton	3,691	1,809	1,510	83.5%	299	16.5%	485	186	38.4%
New Castle	840	416	253	60.8%	163	39.2%	805	642	79.8%
Newfields	888	443	349	78.8%	94	21.2%	924	830	89.8%
Newington	990	618	354	57.3%	264	42.7%	6,273	6,009	95.8%

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.1 (continued)  
 Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Resident City/Town	RESIDENTS						Total Working In Town (Residents & Nonresidents)	NONRESIDENTS	
	Population 1990 Census	Estimated Residents Working	Commuting to		Working In Town			Number of Workers	Percent of Total Working in
			Number of Workers	Percent	Number of Workers	Percent			
Newmarket	7,157	3,978	3,479	87.5%	499	12.5%	1,173	674	57.5%
North Hampton	3,637	2,043	1,565	76.6%	478	23.4%	1,632	1,154	70.7%
Portsmouth	25,925	14,210	7,005	49.3%	7,205	50.7%	22,448	15,243	67.9%
Rochester	26,630	12,843	8,029	62.5%	4,814	37.5%	10,267	5,453	53.1%
Rollinsford	2,645	1,404	1,163	82.8%	241	17.2%	1,419	1,178	83.0%
Rye	4,612	2,517	1,994	79.2%	523	20.8%	1,852	1,329	71.8%
Somersworth	11,249	5,905	4,424	74.9%	1,481	25.1%	5,373	3,892	72.4%
Stratham	4,955	2,630	2,254	85.7%	376	14.3%	2,054	1,678	81.7%

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.2  
 Commuting Out - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Barrington		Brentwood		Dover		Durham		East Kingston	
Estimated Residents Working:	3,321		1,170		13,755		5,157		678	
Commuting to Another Town:	2,982		929		8,791		2,753		583	
Commuting Rate:	89.8%		79.4%		63.9%		53.4%		86.0%	
To Locations Within NH:	Dover	584	Exeter	200	Portsmouth	1,958	Dover	500	Exeter	74
	Portsmouth	327	Portsmouth	70	Newington	856	Newington	378	Portsmouth	40
	Rochester	310	Plaistow	53	Durham	803	Portsmouth	293	Seabrook	32
	Durham	207	Stratham	46	Somersworth	660	Greenland	178	Plaistow	25
	Somersworth	178	Seabrook	39	Rochester	527	Lee	169	Dover	16
	Lee	122	Hampton	27	Rollinsford	200	Rochester	142	Kingston	16
	Exeter	108	Epping	24	Exeter	186	Nashua	66	Hampton	14
	Rollinsford	97	Kingston	24	Lee	158	Manchester	59	Hampstead	13
Out Of State:	Maine	207	Maine	13	Maine	1,362	Maine	58	Maine	9
	Massachusetts	90	Massachusetts	230	Massachusetts	426	Massachusetts	223	Massachusetts	207
	Vermont	0	Vermont	0	Vermont	0	Vermont	0	Vermont	0
	Other	20	Other	8	Other	172	Other	65	Other	5
Out Of State Locations:	Kittery,ME	152	Haverhill,MA	31	Kittery,ME	931	Kittery,ME	31	N.Andover,MA	31
	Biddeford,ME	20	Boston,MA	29	Boston,MA	120	Boston,MA	26	Newburyport,MA	24
	Berwick,ME	18	N.Andover,MA	29	York,ME	97	Waltham,MA	21	Amesbury,MA	23
	Boston,MA	15	Andover,MA	15	Berwick,ME	74	Bedford,MA	15	Haverhill,MA	11

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.2 (continued)  
 Commuting Out - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Epping		Exeter		Farmington		Greenland		Hampton Falls	
Estimated Residents Working:	2,610		6,480		2,710		1,617		758	
Commuting to Another Town:	2,087		4,385		1,917		1,294		614	
Commuting Rate:	80.0%		67.7%		70.7%		80.0%		81.0%	
To Locations Within NH:	Exeter	229	Portsmouth	604	Rochester	604	Portsmouth	448	Hampton	98
	Raymond	98	Hampton	364	Dover	366	Rye	84	Seabrook	70
	Portsmouth	94	Stratham	273	Somersworth	106	Exeter	80	Portsmouth	62
	Hampton	88	Seabrook	222	Newington	75	Newington	78	Exeter	46
	Brentwood	85	Dover	147	Rollinsford	69	Hampton	66	No.Hampton	25
	Manchester	84	Manchester	134	Durham	54	Dover	39	Rye	12
	Newfields	71	Brentwood	104	Portsmouth	52	Somersworth	33	Salem	12
	Seabrook	65	Rochester	103	Stratford	34	No.Hampton	29	Stratham	12
Out Of State:	Maine	53	Maine	147	Maine	222	Maine	124	Maine	9
	Massachusetts	450	Massachusetts	1,110	Massachusetts	42	Massachusetts	147	Massachusetts	167
	Vermont	0	Vermont	0	Vermont	0	Vermont	0	Vermont	0
	Other	26	Other	52	Other	31	Other	12	Other	7
Out Of State Locations:	N.Andover,MA	50	Boston,MA	161	Kittery,ME	156	Kittery,ME	107	Amesbury,MA	23
	Boston,MA	48	Amesbury,MA	154	Boston,MA	20	Boston,MA	30	Boston,MA	23
	Amesbury,MA	41	Haverhill,MA	99	York,ME	16	Newburyport,MA	21	Newburyport,MA	18
	Kittery,ME	38	Newburyport,MA	98	S.Portland,ME	13	Lawrence,MA	14	Salem,MA	11

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.2 (continued)  
 Commuting Out - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Hampton		Kensington		Lee		Madbury		Milton	
Estimated Residents Working:	6,559		833		1,983		713		1,809	
Commuting to Another Town:	4,975		700		1,720		640		1,510	
Commuting Rate:	75.8%		84.0%		86.7%		89.8%		83.5%	
To Locations Within NH:	Portsmouth	994	Exeter	115	Durham	374	Dover	135	Rochester	476
	Seabrook	424	Portsmouth	54	Portsmouth	188	Durham	117	Dover	222
	Exeter	259	Seabrook	35	Dover	172	Portsmouth	91	Somersworth	142
	No.Hampton	247	Hampton	33	Exeter	127	Rochester	30	Farmington	108
	Newington	148	Stratham	31	Newmarket	56	Newington	24	Portsmouth	90
	Manchester	126	E.Kingston	19	Manchester	42	Lee	17	Newington	24
	Rye	113	Brentwood	13	Seabrook	40	Somersworth	16	Strafford	22
	Hampton Falls	111	Hampton Falls	13	Farmington	36	Concord	15	No.Hampton	19
Out Of State:	Maine	225	Maine	30	Maine	116	Maine	27	Maine	148
	Massachusetts	1,654	Massachusetts	221	Massachusetts	152	Massachusetts	9	Massachusetts	70
	Vermont	8	Vermont	2	Vermont	0	Vermont	0	Vermont	0
	Other	78	Other	11	Other	20	Other	8	Other	28
Out Of State Locations:	Boston,MA	230	Boston,MA	33	Kittery,ME	79	Kittery,ME	21	Kittery,ME	71
	Haverhill,MA	219	Newburyport,MA	29	Boston,MA	22	Boston,MA	6	Marlboro,MA	19
	Newburyport,MA	150	Amesbury,MA	28	Haverhill,MA	18			Sanford,ME	16
	Kittery,ME	115	Kittery,ME	19	Eliot,ME	15			Berwick,ME	15

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.2 (continued)  
 Commuting Out - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	New Castle		Newfields		Newington		Newmarket		North Hampton	
Estimated Residents Working:	416		443		618		3,978		2,043	
Commuting to Another Town:	253		349		354		3,479		1,565	
Commuting Rate:	60.8%		78.8%		57.3%		87.5%		76.6%	
To Locations Within NH:	Portsmouth	135	Exeter	80	Portsmouth	180	Portsmouth	471	Portsmouth	399
	No.Hampton	12	Portsmouth	33	Dover	34	Exeter	346	Hampton	295
	Seabrook	11	Hampton	31	Greenland	17	Durham	244	Exeter	122
			Stratham	28	Durham	12	Dover	228	Rye	88
			Dover	25			Stratham	200	Greenland	41
			Durham	10			Newfields	130	Seabrook	31
			Rye	10			Hampton	126	Stratham	30
			Seabrook	10			Newington	123	Hampton Falls	28
Out Of State:	Maine	24	Maine	18	Maine	32	Maine	153	Maine	67
	Massachusetts	12	Massachusetts	61	Massachusetts	29	Massachusetts	428	Massachusetts	289
	Vermont	0	Vermont	0	Vermont	0	Vermont	14	Vermont	0
	Other	10	Other	0	Other	5	Other	72	Other	43
Out Of State Locations:	Kittery,ME	17	Kittery,ME	18	Kittery,ME	20	Kittery,ME	117	Boston,MA	49
	BoothbayHbr,ME	5	Boston,MA	8	Quincy,MA	7	Newburyport,MA	62	Kittery,ME	48
			Newburyport,MA	8	Cambridge,MA	6	Boston,MA	42	Newburyport,MA	42
			Beverly,MA	6	So.Berwick,ME	5	Danvers,MA	42	Haverhill,MA	25

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.2 (continued)  
 Commuting Out - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Portsmouth		Rochester		Rollinsford		Rye		Somersworth	
Estimated Residents Working:	14,210		12,843		1,404		2,517		5,905	
Commuting to Another Town:	7,005		8,029		1,163		1,994		4,424	
Commuting Rate:	49.3%		62.5%		82.8%		79.2%		74.9%	
To Locations Within NH:	Newington	1,943	Dover	1,986	Dover	348	Portsmouth	908	Dover	1,423
	Dover	440	Portsmouth	1,045	Somersworth	143	Dover	97	Portsmouth	610
	Hampton	280	Somersworth	896	Portsmouth	140	Exeter	88	Rochester	351
	Greenland	263	Farmington	325	Newington	75	Hampton	66	Newington	246
	Rye	256	Durham	272	Rochester	42	No.Hampton	55	Rollinsford	182
	Durham	211	Newington	263	Durham	28	Greenland	52	Durham	158
	Seabrook	171	Rollinsford	210	No.Hampton	15	Newington	49	Hampton	74
	Exeter	159	Barrington	129	Exeter	14	Seabrook	46	Farmington	66
Out Of State:	Maine	1,149	Maine	1,143	Maine	208	Maine	140	Maine	742
	Massachusetts	797	Massachusetts	277	Massachusetts	26	Massachusetts	184	Massachusetts	134
	Vermont	11	Vermont	8	Vermont	0	Vermont	0	Vermont	6
	Other	248	Other	55	Other	8	Other	69	Other	16
Out Of State Locations:	Kittery,ME	826	Kittery,ME	561	Kittery,ME	99	Kittery,ME	94	Kittery,ME	459
	Boston,MA	133	Berwick,ME	143	So.Berwick,ME	31	Boston,MA	47	Berwick,ME	106
	York,MA	101	No.Berwick,ME	131	Berwick,ME	30	No.Berwick,ME	18	York,ME	40
	Newburyport,MA	90	Sanford,ME	68	No.Berwick,ME	21	York,ME	18	So.Berwick,ME	39



New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.2 (continued)

Commuting Out - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Stratham			
Estimated Residents Working:	2,630			
Commuting to Another Town:	2,254			
Commuting Rate:	85.7%			
To Locations Within NH:	Portsmouth 451 Exeter 302 Hampton 114 Seabrook 90 Newington 74 Rye 55 Newfields 46 Dover 42			
Out Of State:	Maine 83 Massachusetts 542 Vermont 0 Other 47			
Out Of State Locations:	Boston,MA 88 Newburyport,MA 79 Kittery,ME 68 Andover,MA 62			

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.3  
 Commuting In - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Barrington		Brentwood		Dover		Durham		East Kingston	
Estimated Residents Working:	788		934		14,625		6,228		181	
Commuting to Another Town:	449		693		9,661		3,824		86	
Commuting Rate:	57.0%		74.2%		66.1%		61.4%		47.5%	
To Locations Within NH:	Rochester	129	Exeter	104	Rochester	1,986	Dover	803	Kensington	19
	Dover	67	Epping	85	Somersworth	1,423	Lee	374	Barrington	13
	Northwood	28	Raymond	79	Barrington	584	Rochester	272	Exeter	10
	Lee	25	Fremont	67	Portsmouth	440	Newmarket	244		
	Epping	19	Newmarket	48	Exeter	366	Portsmouth	211		
	Alton	18	Lee	34	Rollinsford	348	Barrington	207		
	Strafford	18	Nottingham	30	Newmarket	228	Somersworth	158		
	Madbury	16	Portsmouth	29	Milton	222	Madbury	117		
Out Of State:	Maine	52	Maine	0	Maine	1,667	Maine	318	Maine	0
	Massachusetts	0	Massachusetts	11	Massachusetts	130	Massachusetts	137	Massachusetts	0
	Vermont	0	Vermont	0	Vermont	14	Vermont	0	Vermont	0
	Other	0	Other	0	Other	55	Other	22	Other	0
Out Of State Locations:	Berwick,ME	26	Amesbury,MA	6	Berwick,ME	423	Kittery,ME	66		
	Lebanon,ME	15	Haverhill,MA	5	So.Berwick,ME	308	So.Berwick,ME	44		
	Eliot,ME	7			Lebanon,ME	213	York,ME	41		
					No.Berwick,ME	155	Berwick,ME	38		

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.3 (continued)  
 Commuting In - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Epping		Exeter		Farmington		Greenland		Hampton Falls	
Estimated Residents Working:	1,096		6,202		1,988		1,959		669	
Commuting to Another Town:	573		4,107		1,195		1,636		525	
Commuting Rate:	52.3%		66.2%		60.1%		83.5%		78.5%	
To Locations Within NH:	Raymond	69	Newmarket	346	Rochester	325	Portsmouth	263	Hampton	111
	Nottingham	46	Stratham	302	Milton	108	Durham	178	Portsmouth	71
	Newmarket	45	Hampton	259	New Durham	91	Dover	130	Exeter	54
	Exeter	41	Epping	229	Middleton	90	Rochester	118	No. Hampton	28
	Dover	34	Brentwood	200	Somersworth	66	Newmarket	117	Dover	25
	Manchester	29	Dover	186	Alton	58	Rye	52	Newton	15
	Brentwood	24	Raymond	174	Dover	51	No. Hampton	41	Kensington	13
	Kingston	22	Portsmouth	159	Wakefield	39	Barrington	34	Stratham	12
Out Of State:	Maine	18	Maine	217	Maine	133	Maine	249	Maine	24
	Massachusetts	33	Massachusetts	224	Massachusetts	6	Massachusetts	30	Massachusetts	111
	Vermont	7	Vermont	0	Vermont	0	Vermont	0	Vermont	0
	Other	0	Other	36	Other	0	Other	13	Other	0
Out Of State Locations:	Haverhill, MA	19	York, ME	59	Lebanon, ME	40	Kittery, ME	99	Newburyport, MA	31
	Sanford, ME	8	Haverhill, MA	59	Berwick, ME	30	Berwick, ME	37	Lawrence, MA	29
	Merrimac, MA	8	Kittery, ME	53	Sanford, ME	20	Lebanon, ME	19	Windham, ME	22
	Eliot, ME	6	Newburyp't, MA	50	Waterboro, ME	13	No. Berwick, ME	15	Boston, MA	21



## New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.3 (continued)  
Commuting In - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	New Castle		Newfields		Newington		Newmarket		North Hampton	
Estimated Residents Working:	805		924		6,273		1,173		1,632	
Commuting to Another Town:	642		830		6,009		674		1,154	
Commuting Rate:	79.8%		89.8%		95.8%		57.5%		70.7%	
To Locations Within NH:	Exeter	81	Newmarket	130	Portsmouth	1,943	Dover	99	Hampton	247
	Portsmouth	78	Rochester	76	Dover	856	Exeter	71	Portsmouth	141
	Dover	38	Epping	71	Durham	378	Lee	56	Exeter	78
	Stratham	36	Exeter	68	Rochester	263	Portsmouth	35	Dover	68
	Epping	31	Dover	65	Somerworth	246	Somerworth	33	Seabrook	57
	Newmarket	31	Raymond	64	Hampton	148	Hampton	32	Rye	55
	Kingston	24	Stratham	46	Newmarket	123	Rye	30	Newmarket	54
	Hampton	23	Lee	36	Barrington	87	Durham	28	Stratham	33
Out Of State:	Maine	88	Maine	26	Maine	846	Maine	74	Maine	98
	Massachusetts	51	Massachusetts	22	Massachusetts	115	Massachusetts	35	Massachusetts	31
	Vermont	0	Vermont	0	Vermont	0	Vermont	2	Vermont	0
	Other	18	Other	0	Other	31	Other	4	Other	0
Out Of State Locations:	Berwick,ME	35	No.Berwick,ME	14	So.Berwick,ME	150	Kittery,ME	25	Kittery,ME	45
	Kennebunk, ME	18	Amesbury,MA	13	Kittery,ME	149	Revere,MA	25	Eliot,ME	13
	Sandford,ME	15	Haverhill,MA	9	Berwick,ME	101	York,ME	12	York,ME	12
	Peabody,MA	14	So.Berwick,ME	7	York,ME	91	Lynnfield,MA	10	Wells,ME	10

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.3 (continued)  
 Commuting In - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Portsmouth		Rochester		Rollinsford		Rye		Somersworth	
Estimated Residents Working:	22,448		10,267		1,419		1,852		5,373	
Commuting to Another Town:	15,243		5,453		1,178		1,329		3,892	
Commuting Rate:	67.9%		53.1%		83.0%		71.8%		72.4%	
To Locations Within NH:	Dover	1,958	Farmington	604	Rochester	210	Portsmouth	256	Rochester	896
	Rochester	1,045	Dover	527	Dover	200	Hampton	113	Dover	660
	Hampton	994	Milton	476	Somersworth	182	No.Hampton	88	Barrington	178
	Rye	908	Somersworth	351	Barrington	97	Greenland	84	Rollinsford	143
	Somersworth	610	Barrington	310	Farmington	69	Rochester	79	Milton	142
	Exeter	604	Strafford	222	Portsmouth	29	Stratham	55	Portsmouth	116
	Newmarket	471	Wakefield	197	Wakefield	21	Exeter	43	Farmington	106
	Stratham	451	New Durham	163	Milton	17	Epping	40	Durham	59
Out Of State:	Maine	3,447	Maine	995	Maine	241	Maine	180	Maine	992
	Massachusetts	532	Massachusetts	95	Massachusetts	6	Massachusetts	42	Massachusetts	63
	Vermont	2	Vermont	12	Vermont	0	Vermont	6	Vermont	0
	Other	135	Other	15	Other	0	Other	22	Other	12
Out Of State Locations:	Kittery,ME	811	Lebanon,ME	381	So.Berwick,ME	59	Kittery,ME	91	Berwick,ME	348
	York,ME	729	Berwick,ME	171	Kittery,ME	34	Eliot,ME	42	So.Berwick,ME	147
	Eliot,ME	621	Sanford,ME	130	Berwick,ME	29	Berwick,ME	16	Lebanon,ME	146
	So.Berwick,ME	449	So.Berwick,ME	51	Lebanon,ME	22	Auburn,ME	14	Sanford,ME	98

New Hampshire Commuting Patterns - 1990 U.S. Census

Table 18.3 (continued)  
 Commuting In - Portsmouth/Rochester NH-ME (NH Portion) PMSA - 1990 Census

Towns:	Stratham			
Estimated Residents Working:	2,054			
Commuting to Another Town:	1,678			
Commuting Rate:	81.7%			
To Locations Within NH:	Exeter 273			
	Newmarket 200			
	Portsmouth 102			
	Dover 88			
	Rochester 71			
	Epping 51			
	Hampton 51			
	Durham 47			
Out Of State:	Maine 103			
	Massachusetts 52			
	Vermont 0			
	Other 0			
Out Of State Locations:	Kittery,ME 45			
	Kennebunk,ME 16			
	So.Berwick,ME 13			
	Eliot,ME 12			