

# New Hampshire County Population

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

Source: Population Division, U.S. Census Bureau

Updated: November 2022

\* Natural Change = Births - Deaths

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

| New Hampshire               |           |
|-----------------------------|-----------|
| July 1, 2021 population     | 1,388,992 |
| April 1, 2020 population    | 1,377,529 |
| Population Change           | 11,463    |
| Percent Change              | 0.8%      |
| Natural Change*             | -4,490    |
| Net Migration**             | 15,977    |
| Net Domestic Migration      | 14,675    |
| Net International Migration | 1,302     |

| Coös County                 |        |
|-----------------------------|--------|
| July 1, 2021 population     | 31,289 |
| April 1, 2020 population    | 31,268 |
| Population Change           | 21     |
| Percent Change              | 0.1%   |
| Natural Change*             | -351   |
| Net Migration**             | 378    |
| Net Domestic Migration      | 370    |
| Net International Migration | 8      |

| Grafton County              |        |
|-----------------------------|--------|
| July 1, 2021 population     | 92,201 |
| April 1, 2020 population    | 91,118 |
| Population Change           | 1,083  |
| Percent Change              | 1.2%   |
| Natural Change*             | -431   |
| Net Migration**             | 1,527  |
| Net Domestic Migration      | 1,395  |
| Net International Migration | 132    |

| Carroll County              |        |
|-----------------------------|--------|
| July 1, 2021 population     | 51,500 |
| April 1, 2020 population    | 50,107 |
| Population Change           | 1,393  |
| Percent Change              | 2.8%   |
| Natural Change*             | -468   |
| Net Migration**             | 1,896  |
| Net Domestic Migration      | 1,894  |
| Net International Migration | 2      |

| Belknap County              |        |
|-----------------------------|--------|
| July 1, 2021 population     | 64,460 |
| April 1, 2020 population    | 63,705 |
| Population Change           | 755    |
| Percent Change              | 1.2%   |
| Natural Change*             | -569   |
| Net Migration**             | 1,340  |
| Net Domestic Migration      | 1,321  |
| Net International Migration | 19     |

| Sullivan County             |        |
|-----------------------------|--------|
| July 1, 2021 population     | 43,533 |
| April 1, 2020 population    | 43,063 |
| Population Change           | 470    |
| Percent Change              | 1.1%   |
| Natural Change*             | -220   |
| Net Migration**             | 698    |
| Net Domestic Migration      | 693    |
| Net International Migration | 5      |

| Merrimack County            |         |
|-----------------------------|---------|
| July 1, 2021 population     | 155,238 |
| April 1, 2020 population    | 153,808 |
| Population Change           | 1,430   |
| Percent Change              | 0.9%    |
| Natural Change*             | -610    |
| Net Migration**             | 2,045   |
| Net Domestic Migration      | 1,880   |
| Net International Migration | 165     |

| Strafford County            |         |
|-----------------------------|---------|
| July 1, 2021 population     | 132,416 |
| April 1, 2020 population    | 130,889 |
| Population Change           | 1,527   |
| Percent Change              | 1.2%    |
| Natural Change*             | -238    |
| Net Migration**             | 1,760   |
| Net Domestic Migration      | 1,611   |
| Net International Migration | 149     |

| Cheshire County             |        |
|-----------------------------|--------|
| July 1, 2021 population     | 77,329 |
| April 1, 2020 population    | 76,458 |
| Population Change           | 871    |
| Percent Change              | 1.1%   |
| Natural Change*             | -335   |
| Net Migration**             | 1,221  |
| Net Domestic Migration      | 1,206  |
| Net International Migration | 15     |

| Hillsborough County         |         |
|-----------------------------|---------|
| July 1, 2021 population     | 424,079 |
| April 1, 2020 population    | 422,937 |
| Population Change           | 1,142   |
| Percent Change              | 0.3%    |
| Natural Change*             | -436    |
| Net Migration**             | 1,500   |
| Net Domestic Migration      | 787     |
| Net International Migration | 713     |

| Rockingham County           |         |
|-----------------------------|---------|
| July 1, 2021 population     | 316,947 |
| April 1, 2020 population    | 314,176 |
| Population Change           | 2,771   |
| Percent Change              | 0.9%    |
| Natural Change*             | -832    |
| Net Migration**             | 3,612   |
| Net Domestic Migration      | 3,518   |
| Net International Migration | 94      |