

Table 3
Population by Gender and Minority Status for New Hampshire Metropolitan, Micropolitan, and Labor Market Areas
 2018-2022 American Community Survey 5-Year Estimates

Area	Total Population	Male	Female	Black or African American	American Indian and Alaska Native	Asian	Native Hawaiian and Other Pacific Islander	Some Other Race	Two or More Races	Hispanic or Latino (any race)
New Hampshire	1,379,610	689,725	689,885	20,920	2,070	36,352	348	15,009	63,317	58,654
Belmont NH LMA	22,162	10,670	11,492	171	131	123	12	35	525	509
Alton	5,903	2,894	3,009	26	0	12	12	1	176	89
Barnstead	4,941	2,234	2,707	0	131	26	0	34	129	83
Belmont	7,358	3,463	3,895	111	0	80	0	0	194	243
Gilmanton	3,960	2,079	1,881	34	0	5	0	0	26	94
Berlin NH Micropolitan NECTA	15,217	8,502	6,715	615	1	113	1	15	321	466
Berlin	9,485	5,621	3,864	612	0	44	0	9	183	421
Dummer	301	162	139	0	1	0	0	1	1	1
Gorham	2,703	1,318	1,385	1	0	66	0	0	98	22
Milan	1,308	682	626	0	0	0	1	0	18	15
Randolph	362	188	174	0	0	2	0	3	6	6
Shelburne	550	308	242	0	0	0	0	0	11	0
Stark	508	223	285	2	0	1	0	2	4	1
Brattleboro VT-NH LMA, NH Portion	3,965	2,090	1,875	0	0	0	7	26	105	26
Hinsdale	3,965	2,090	1,875	0	0	0	7	26	105	26
Charlestown NH LMA	11,749	5,786	5,963	103	1	111	0	190	347	272
Acworth	927	439	488	0	0	5	0	3	56	3
Alstead	1,599	770	829	0	1	19	0	15	41	33
Charlestown	4,855	2,402	2,453	0	0	87	0	2	140	41
Langdon	717	376	341	5	0	0	0	0	20	2
Walpole	3,651	1,799	1,852	98	0	0	0	170	90	193
Claremont NH Micropolitan NECTA	14,536	7,275	7,261	286	0	124	0	0	687	292
Claremont	13,018	6,565	6,453	265	0	123	0	0	662	211
Unity	1,518	710	808	21	0	1	0	0	25	81
Colebrook NH-VT LMA, NH Portion	5,021	2,618	2,403	16	19	2	0	4	76	55
Atkinson and Gilmanton Academy Grant	0	0	0	0	0	0	0	0	0	0
Cambridge	22	10	12	0	0	0	0	0	0	0
Clarksville	322	192	130	0	0	0	0	0	2	0
Colebrook	1,799	953	846	1	0	1	0	3	28	8
Columbia	692	398	294	3	0	0	0	1	16	8
Dixs Grant	0	0	0	0	0	0	0	0	0	0
Dixville	13	6	7	0	0	1	0	0	0	0
Errol	310	166	144	0	0	0	0	0	0	0
Erving's Location	0	0	0	0	0	0	0	0	0	0
Millsfield	4	2	2	0	0	0	0	0	0	0
Pittsburg	701	371	330	0	1	0	0	0	15	3
Second College Grant	0	0	0	0	0	0	0	0	0	0
Stewartstown	1,145	511	634	12	18	0	0	0	15	36
Success	0	0	0	0	0	0	0	0	0	0
Wentworth Location	13	9	4	0	0	0	0	0	0	0
Concord NH Micropolitan NECTA	88,389	44,472	43,917	1,587	260	2,103	26	522	3,059	2,327
Boscawen	3,992	1,971	2,021	13	5	7	0	0	83	31
Bow	8,235	4,045	4,190	0	0	111	0	37	247	171
Canterbury	2,316	1,133	1,183	11	1	11	0	0	179	241
Chichester	2,691	1,404	1,287	5	2	58	0	0	103	41
Concord	44,049	22,879	21,170	1,501	246	1,781	0	476	1,722	1,597
Epsom	4,846	2,283	2,563	0	0	60	0	9	116	56
Hopkinton	5,925	2,777	3,148	21	0	0	0	0	208	47
Loudon	5,608	2,762	2,846	0	0	24	0	0	141	0
Pittsfield	4,093	1,906	2,187	9	0	0	20	0	30	0
Salisbury	1,594	884	710	0	6	0	0	0	47	2
Warner	2,920	1,367	1,553	27	0	34	0	0	138	102
Webster	2,120	1,061	1,059	0	0	17	6	0	45	39

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Conway NH-ME LMA, NH Portion	24,777	12,582	12,195	77	83	242	0	25	600	323
Albany	708	304	404	0	0	5	0	25	52	51
Bartlett	3,207	1,736	1,471	3	0	3	0	0	33	4
Beans Grant	0	0	0	0	0	0	0	0	0	0
Beans Purchase	0	0	0	0	0	0	0	0	0	0
Chandlers Purchase	0	0	0	0	0	0	0	0	0	0
Chatham	423	222	201	0	0	6	0	0	29	6
Conway	9,981	5,142	4,839	5	79	157	0	0	188	136
Crawfords Purchase	0	0	0	0	0	0	0	0	0	0
Cutts Grant	0	0	0	0	0	0	0	0	0	0
Eaton	355	179	176	0	0	0	0	0	4	5
Freedom	1,336	629	707	0	0	6	0	0	8	0
Greens Grant	24	17	7	0	0	7	0	0	4	4
Hadleys Purchase	0	0	0	0	0	0	0	0	0	0
Hale's location	196	111	85	0	0	10	0	0	5	0
Hart's Location	53	41	12	0	0	0	0	0	0	0
Jackson	1,149	494	655	27	0	0	0	0	0	0
Livermore	0	0	0	0	0	0	0	0	0	0
Low and Burbanks Grant	0	0	0	0	0	0	0	0	0	0
Madison	2,609	1,248	1,361	1	0	5	0	0	57	23
Martins Location	0	0	0	0	0	0	0	0	0	0
Pinkhams Grant	8	0	8	0	0	0	0	0	0	0
Sandwich	1,838	1,007	831	0	4	12	0	0	24	5
Sargents Purchase	46	46	0	0	0	0	0	0	0	0
Tamworth	2,844	1,406	1,438	41	0	31	0	0	196	89
Thompson and Meserves Purchase	0	0	0	0	0	0	0	0	0	0
Dover-Durham NH-ME Metropolitan NECTA	130,965	64,834	66,131	1,445	64	3,908	98	1,078	6,785	3,790
Barrington	9,339	4,764	4,575	220	15	0	0	29	803	284
Dover	32,849	16,316	16,533	433	0	1,302	0	392	1,454	1,367
Durham	15,073	7,271	7,802	80	5	605	0	58	974	486
Farmington	6,762	3,113	3,649	114	0	194	0	128	145	62
Lee	4,547	2,212	2,335	2	0	405	0	0	501	231
Madbury	2,213	1,027	1,186	9	0	96	0	11	185	25
Middleton	1,537	817	720	25	5	17	0	28	85	35
Milton	4,509	2,364	2,145	0	0	48	0	8	93	33
New Durham	2,711	1,380	1,331	0	27	5	0	0	97	14
Rochester	32,573	16,451	16,122	239	6	484	98	175	1,403	636
Rollinsford	2,597	1,018	1,579	49	0	0	0	44	122	26
Somersworth	11,994	6,089	5,905	241	6	534	0	205	765	553
Strafford	4,261	2,012	2,249	33	0	218	0	0	158	38
Franklin NH LMA	21,494	10,390	11,104	169	72	155	0	65	739	179
Franklin	8,746	3,864	4,882	69	0	91	0	65	383	48
Hill	839	486	353	0	1	0	0	0	24	10
Northfield	4,892	2,344	2,548	32	71	31	0	0	129	85
Sanbornton	3,047	1,637	1,410	42	0	29	0	0	87	13
Tilton	3,970	2,059	1,911	26	0	4	0	0	116	23
Haverhill-Newburyport-Amesbury MA-NH NE	66,771	33,266	33,505	396	7	513	0	697	2,830	1,429
Atkinson	7,154	3,749	3,405	0	0	102	0	85	179	160
Danville	4,465	2,119	2,346	0	0	70	0	0	120	61
East Kingston	2,209	1,107	1,102	0	0	0	0	0	57	28
Fremont	4,738	2,350	2,388	0	0	43	0	18	151	66
Hampstead	9,018	4,260	4,758	30	0	106	0	8	467	67
Hampton Falls	2,375	1,275	1,100	5	6	34	0	7	117	48
Kensington	1,979	919	1,060	0	0	81	0	0	59	12
Kingston	6,226	3,385	2,841	1	0	18	0	0	257	67
Newton	4,808	2,394	2,414	44	0	0	0	144	186	0
Plaistow	7,843	3,754	4,089	60	0	35	0	359	602	563
Sandown	6,536	3,086	3,450	39	0	0	0	76	148	148
Seabrook	8,443	4,322	4,121	213	0	2	0	0	470	177
South Hampton	977	546	431	4	1	22	0	0	17	32
Haverhill NH LMA	6,940	3,412	3,528	42	41	43	0	4	262	106
Bath	1,077	567	510	0	2	0	0	0	48	1
Benton	392	198	194	5	0	0	0	2	12	6
Haverhill	4,615	2,151	2,464	37	39	43	0	2	198	99
Monroe	856	496	360	0	0	0	0	0	4	0
Hillsborough NH LMA	16,277	8,675	7,602	92	10	37	0	175	614	599
Deering	1,792	970	822	17	0	13	0	0	57	18
Henniker	6,094	3,259	2,835	35	0	18	0	21	160	301
Hillsborough	5,960	3,247	2,713	30	0	0	0	148	332	262
Stoddard	1,205	592	613	0	6	6	0	0	32	4
Washington	1,042	500	542	0	4	0	0	5	25	5
Windsor	184	107	77	10	0	0	0	1	8	9

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Keene NH Micropolitan NECTA	50,383	24,613	25,770	284	93	313	7	230	1,851	931
Chesterfield	3,577	2,000	1,577	9	0	79	0	0	62	0
Gilsum	871	452	419	0	5	0	0	10	1	65
Harrisville	977	461	516	17	9	12	0	0	27	23
Keene	22,907	11,235	11,672	240	22	148	7	131	1,079	524
Marlborough	2,253	1,005	1,248	0	10	1	0	0	62	1
Marlow	803	364	439	0	0	0	0	9	11	3
Nelson	550	252	298	0	0	0	0	2	34	10
Richmond	1,107	598	509	0	0	7	0	7	40	38
Roxbury	295	135	160	0	0	0	0	0	0	0
Sullivan	681	342	339	0	0	26	0	13	22	13
Surry	950	388	562	0	5	0	0	0	32	5
Swanzey	7,306	3,563	3,743	15	0	20	0	40	294	209
Troy	1,889	950	939	0	4	0	0	8	35	20
Westmoreland	2,042	890	1,152	0	6	5	0	10	36	0
Winchester	4,175	1,978	2,197	3	32	15	0	0	116	20
Laconia NH Micropolitan NECTA	24,623	12,146	12,477	198	13	515	0	452	628	647
Gilford	7,725	3,749	3,976	0	0	328	0	19	315	164
Laconia	16,898	8,397	8,501	198	13	187	0	433	313	483
Lawrence-Methuen-Salem MA-NH NECTA Div	30,350	15,434	14,916	378	99	1,187	0	741	1,333	2,791
Salem	30,350	15,434	14,916	378	99	1,187	0	741	1,333	2,791
Lebanon NH-VT Micropolitan NECTA, NH Port	48,446	23,766	24,680	728	122	2,389	55	539	2,313	1,213
Canaan	3,796	1,840	1,956	73	0	59	0	22	182	16
Cornish	1,914	947	967	0	0	24	0	114	65	22
Croydon	796	426	370	10	0	0	6	0	20	0
Dorchester	445	225	220	0	0	2	3	58	7	0
Enfield	4,489	2,321	2,168	48	16	0	18	0	20	7
Grafton	1,200	651	549	0	3	5	10	1	76	21
Grantham	3,394	1,458	1,936	0	0	0	0	0	0	24
Hanover	11,205	5,550	5,655	412	39	1,144	18	168	1,043	522
Lebanon	14,515	6,992	7,523	111	35	1,042	0	168	670	500
Lyme	1,684	836	848	7	1	35	0	0	61	42
Orange	368	199	169	0	28	2	0	0	13	0
Orford	1,313	702	611	55	0	0	0	6	15	42
Piermont	849	439	410	5	0	16	0	2	1	6
Plainfield	2,478	1,180	1,298	7	0	60	0	0	140	11
Littleton NH-VT LMA, NH Portion	24,285	11,730	12,555	34	28	114	6	134	626	414
Bethlehem	2,512	1,100	1,412	21	6	17	0	0	7	36
Carroll	795	381	414	1	1	0	0	0	9	1
Dalton	995	412	583	0	0	2	0	0	5	2
Easton	360	215	145	0	2	2	0	4	5	5
Franconia	1,074	530	544	4	0	2	0	12	20	27
Jefferson	985	468	517	0	0	0	0	1	17	2
Kilkenny	0	0	0	0	0	0	0	0	0	0
Lancaster	3,223	1,600	1,623	1	0	15	0	5	57	28
Landaff	411	211	200	6	0	0	1	0	5	0
Lisbon	1,637	822	815	0	3	0	0	3	54	43
Littleton	6,021	2,864	3,157	0	12	43	0	80	309	219
Lyman	523	286	237	0	0	6	0	0	25	4
Northumberland	1,758	825	933	0	4	13	0	0	67	1
Odell	0	0	0	0	0	0	0	0	0	0
Stratford	874	534	340	1	0	0	0	6	9	4
Sugar Hill	633	247	386	0	0	6	5	6	19	16
Whitefield	2,484	1,235	1,249	0	0	8	0	17	18	26
Lowell-Billerica-Chelmsford MA-NH NECTA D	14,221	6,942	7,279	189	8	238	0	237	487	599
Pelham	14,221	6,942	7,279	189	8	238	0	237	487	599
Manchester NH Metropolitan NECTA	211,807	105,112	106,695	7,306	395	8,154	59	4,089	14,002	16,593
Allenstown	4,697	2,445	2,252	279	5	83	0	0	399	182
Auburn	5,949	3,492	2,457	58	0	0	0	0	340	280
Bedford	23,385	11,097	12,288	155	0	1,498	0	205	1,390	820
Candia	4,046	2,128	1,918	45	0	0	0	0	79	27
Dunbarton	3,000	1,506	1,494	10	0	20	0	0	47	58
Goffstown	18,499	8,613	9,886	44	97	167	0	84	885	231
Hooksett	14,699	7,109	7,590	272	62	465	0	145	565	381
Manchester	115,037	57,472	57,565	6,415	231	5,885	54	3,582	9,843	14,187
New Boston	6,088	2,965	3,123	0	0	0	0	73	90	42
Pembroke	7,299	3,831	3,468	28	0	21	5	0	196	204
Weare	9,108	4,454	4,654	0	0	15	0	0	168	181
Meredith NH LMA	15,062	7,708	7,354	41	22	112	0	101	222	177
Center Harbor	820	408	412	0	0	0	0	0	19	9
Meredith	6,688	3,393	3,295	28	22	111	0	20	124	64
Moultonborough	4,950	2,562	2,388	2	0	1	0	81	37	91
New Hampton	2,604	1,345	1,259	11	0	0	0	0	42	13

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Nashua NH-MA NECTA Division, NH Portion	290,276	147,025	143,251	4,670	270	11,569	23	4,142	16,146	19,132
Amherst	11,766	5,698	6,068	0	0	178	6	40	336	405
Brookline	5,659	2,811	2,848	40	0	34	0	43	133	58
Chester	5,237	2,711	2,526	9	1	58	0	18	26	108
Derry	34,300	16,532	17,768	312	27	592	0	642	1,124	1,915
Greenfield	1,784	872	912	13	0	2	0	8	83	12
Greenville	2,225	1,189	1,036	175	0	11	0	83	53	207
Hollis	8,429	4,174	4,255	303	20	124	0	11	640	195
Hudson	25,385	13,141	12,244	438	0	846	0	102	712	632
Litchfield	8,484	4,250	4,234	0	24	25	0	17	239	76
Londonderry	25,986	13,183	12,803	250	0	310	15	32	938	990
Lyndeborough	1,622	904	718	0	0	0	0	0	177	27
Mason	1,464	798	666	0	7	5	0	4	88	115
Merrimack	27,187	13,860	13,327	337	0	1,238	2	431	885	1,323
Milford	16,151	8,093	8,058	32	7	246	0	151	1,325	505
Mont Vernon	2,602	1,369	1,233	14	3	0	0	2	95	47
Nashua	90,943	46,635	44,308	2,645	180	6,946	0	2,256	8,153	11,948
Temple	1,372	665	707	1	1	0	0	0	53	22
Wilton	3,916	1,924	1,992	0	0	58	0	44	210	108
Windham	15,764	8,216	7,548	101	0	896	0	258	876	439
New London NH LMA	16,202	7,970	8,232	139	8	154	0	46	501	206
Andover	2,151	1,048	1,103	66	0	7	0	11	6	20
Bradford	1,565	835	730	2	0	0	0	5	20	5
Danbury	1,491	747	744	8	5	5	0	0	35	22
New London	4,389	1,947	2,442	43	0	18	0	0	218	94
Newbury	1,911	981	930	20	0	27	0	0	28	20
Springfield	939	563	376	0	0	0	0	0	6	0
Sutton	2,254	1,141	1,113	0	3	48	0	30	156	32
Wilmot	1,502	708	794	0	0	49	0	0	32	13
Newport NH LMA	11,758	6,279	5,479	18	86	27	0	31	251	410
Goshen	1,077	457	620	0	4	0	0	0	24	40
Lempster	957	455	502	0	0	0	0	0	15	4
Newport	6,347	3,380	2,967	18	82	0	0	31	120	286
Sunapee	3,377	1,987	1,390	0	0	27	0	0	92	80
Peterborough NH LMA	35,277	17,932	17,345	189	28	353	2	285	1,688	1,004
Antrim	2,658	1,397	1,261	10	0	0	0	52	50	58
Bennington	1,498	834	664	0	15	3	0	26	87	47
Dublin	1,711	800	911	7	2	25	0	3	61	22
Fitzwilliam	2,287	1,203	1,084	0	0	13	0	3	64	39
Francestown	1,461	710	751	6	0	3	2	1	35	20
Hancock	1,757	893	864	25	11	3	0	5	61	80
Jaffrey	5,363	2,738	2,625	61	0	53	0	16	262	47
New Ipswich	5,244	2,679	2,565	0	0	138	0	0	369	109
Peterborough	6,424	3,289	3,135	13	0	31	0	110	65	214
Rindge	6,446	3,165	3,281	67	0	83	0	69	632	367
Sharon	428	224	204	0	0	1	0	0	2	1
Plymouth NH LMA	30,861	15,662	15,199	273	23	658	0	159	1,284	773
Alexandria	1,911	1,007	904	0	0	9	0	0	17	12
Ashland	2,239	1,116	1,123	11	0	30	0	8	318	37
Bridgewater	1,109	569	540	0	0	17	0	6	12	30
Bristol	3,255	1,634	1,621	6	7	118	0	24	195	56
Campton	3,366	1,519	1,847	1	0	0	0	0	7	7
Ellsworth	40	21	19	0	0	0	0	0	0	0
Groton	466	251	215	0	0	1	0	0	27	6
Hebron	855	403	452	0	0	1	0	8	9	42
Holderness	2,114	894	1,220	0	0	32	0	12	99	85
Lincoln	1,474	829	645	19	0	213	0	0	18	0
Plymouth	6,599	3,590	3,009	211	0	114	0	32	365	202
Rumney	1,292	606	686	8	8	34	0	21	65	79
Thornton	2,715	1,503	1,212	10	7	17	0	0	9	26
Warren	844	387	457	0	0	0	0	35	28	44
Waterville Valley	248	114	134	0	0	6	0	9	3	3
Wentworth	1,083	622	461	7	0	17	0	4	21	33
Woodstock	1,251	597	654	0	1	49	0	0	91	111
Portsmouth NH-ME Metropolitan NECTA, NH	101,252	49,992	51,260	815	14	2,670	52	821	3,330	2,139
Brentwood	4,538	2,420	2,118	19	0	40	0	24	151	62
Epping	7,180	3,855	3,325	27	0	41	0	77	234	169
Exeter	16,004	7,152	8,852	187	0	740	0	86	647	469
Greenland	4,052	2,098	1,954	127	0	136	0	44	104	65
Hampton	16,294	8,009	8,285	27	0	143	43	23	343	246
New Castle	904	486	418	0	0	4	0	0	20	0
Newfields	1,985	1,129	856	3	0	15	0	0	93	28
Newington	964	544	420	0	4	13	1	52	21	4
Newmarket	9,400	4,921	4,479	90	0	130	0	63	363	149
North Hampton	4,526	2,221	2,305	4	0	236	0	48	139	216
Portsmouth	22,138	10,744	11,394	331	10	939	8	404	906	541
Rye	5,552	2,802	2,750	0	0	0	0	0	78	55
Stratham	7,715	3,611	4,104	0	0	233	0	0	231	135

Table 3
Population by Gender and Minority Status for New Hampshire Metropolitan, Micropolitan, and Labor Market Areas
2018-2022 American Community Survey 5-Year Estimates

Raymond NH LMA	25,514	12,268	13,246	450	7	240	0	154	1,151	815
Deerfield	4,856	2,300	2,556	28	0	30	0	59	137	110
Northwood	4,632	2,196	2,436	87	7	33	0	41	156	244
Nottingham	5,253	2,582	2,671	22	0	74	0	0	415	108
Raymond	10,773	5,190	5,583	313	0	103	0	54	443	353
Wolfeboro NH LMA	21,030	10,574	10,456	209	165	185	0	12	554	437
Brookfield	536	275	261	2	0	0	0	1	6	11
Effingham	1,794	786	1,008	4	0	16	0	5	139	64
Ossipee	4,443	2,467	1,976	203	0	144	0	0	90	5
Tuftonboro	2,507	1,268	1,239	0	0	0	0	5	55	14
Wakefield	5,266	2,800	2,466	0	77	9	0	1	72	101
Wolfeboro	6,484	2,978	3,506	0	88	16	0	0	192	242