

Table A-1: Population History and Estimates

Updated December 2025

Area	U.S. Census Population Counts						OPD Annual Population Estimates				1-year change	
	1970	1980	1990	2000	2010	2020	2021	2022	2023	2024	2023-2024	% change
East Kingston	838	1,135	1,352	1,784	2,357	2,441	2,471	2,469	2,462	2,457	-5	-0.2%
Exeter	8,892	11,024	12,481	14,058	14,306	16,049	16,253	16,263	16,243	16,247	4	0.0%
Greenland	1,784	2,129	2,768	3,208	3,549	4,067	4,120	4,127	4,124	4,134	10	0.2%
Hampton	8,011	10,493	12,278	14,937	14,976	16,214	16,556	16,482	16,460	16,415	-45	-0.3%
Hampton Falls	1,254	1,372	1,503	1,880	2,236	2,403	2,429	2,420	2,418	2,417	-1	0.0%
Kensington	1,044	1,322	1,631	1,893	2,124	2,095	2,123	2,120	2,115	2,121	6	0.3%
New Castle	975	936	840	1,010	968	1,000	1,009	1,009	1,003	1,007	4	0.4%
Newfields	843	817	888	1,551	1,680	1,769	1,790	1,776	1,775	1,778	3	0.2%
Newington	798	716	990	775	753	811	819	823	825	826	1	0.1%
Newmarket	3,361	4,290	7,157	8,027	8,936	9,430	9,496	9,459	9,534	9,558	24	0.3%
North Hampton	3,259	3,425	3,637	4,259	4,301	4,538	4,578	4,558	4,545	4,538	-7	-0.2%
Portsmouth	25,717	26,254	25,925	20,784	21,233	21,956	22,252	22,175	22,918	23,306	388	1.7%
Rye	4,083	4,508	4,612	5,182	5,298	5,543	5,590	5,626	5,544	5,573	29	0.5%
Seabrook	3,053	5,917	6,503	7,934	8,693	8,401	8,491	8,448	8,433	8,433	0	0.0%
South Hampton	558	660	740	844	814	894	905	897	899	901	2	0.2%
Stratham	1,512	2,507	4,955	6,355	7,255	7,669	7,842	7,836	7,834	7,825	-9	-0.1%
Eastern Subregion	65,982	77,505	88,260	94,481	99,479	105,280	106,724	106,488	107,132	107,536	404	0.4%
Atkinson	2,291	4,397	5,188	6,178	6,751	7,087	7,271	7,327	7,384	7,369	-15	-0.2%
Auburn	2,035	2,883	4,085	4,682	4,953	5,946	6,074	6,085	6,114	6,138	24	0.4%
Brentwood	1,468	2,004	2,590	3,197	4,486	4,490	4,660	4,662	4,799	4,861	62	1.3%
Candia	1,997	2,989	3,557	3,911	3,909	4,013	4,154	4,200	4,194	4,213	19	0.5%
Chester	1,382	2,006	2,691	3,792	4,768	5,232	5,305	5,339	5,352	5,360	8	0.1%
Danville	924	1,318	2,534	4,023	4,387	4,408	4,512	4,495	4,532	4,552	20	0.4%
Deerfield	1,178	1,979	3,124	3,678	4,280	4,855	4,942	4,955	4,966	5,001	35	0.7%
Epping	2,356	3,460	5,162	5,476	6,411	7,125	7,282	7,511	7,678	7,936	258	3.4%
Fremont	993	1,333	2,576	3,510	4,283	4,739	4,810	4,850	4,896	4,927	31	0.6%
Hampstead	2,401	3,785	6,732	8,297	8,523	8,998	9,118	9,117	9,164	9,165	1	0.0%
Kingston	2,882	4,111	5,591	5,862	6,025	6,202	6,353	6,377	6,381	6,406	25	0.4%
Newton	1,920	3,068	3,473	4,289	4,603	4,820	4,881	4,857	4,858	4,846	-12	-0.2%
Northwood	1,525	2,175	3,124	3,640	4,241	4,641	4,698	4,684	4,698	4,717	19	0.4%
Nottingham	952	1,952	2,939	3,701	4,785	5,229	5,331	5,371	5,372	5,449	77	1.4%
Plaistow	4,712	5,609	7,316	7,747	7,609	7,830	7,914	7,888	7,878	7,895	17	0.2%
Raymond	3,003	5,453	8,713	9,674	10,138	10,684	10,903	10,940	10,946	10,954	8	0.1%
Sandown	741	2,057	4,060	5,143	5,986	6,548	6,621	6,644	6,702	6,722	20	0.3%
Central Subregion	32,760	50,579	73,455	86,800	96,138	102,847	104,829	105,302	105,914	106,511	597	0.6%
Derry	11,712	18,875	29,603	34,021	33,109	34,317	34,749	34,627	34,528	34,484	-44	-0.1%
Hudson	10,638	14,022	19,530	22,928	24,467	25,394	25,881	25,910	25,965	26,015	50	0.2%
Litchfield	1,420	4,150	5,516	7,360	8,271	8,478	8,621	8,585	8,566	8,577	11	0.1%
Londonderry	5,346	13,598	19,781	23,236	24,129	25,826	26,419	26,793	27,534	27,577	43	0.2%
Merrimack	8,595	15,406	22,156	25,119	25,494	26,632	27,165	28,565	28,971	29,291	320	1.1%
Nashua	55,820	67,865	79,662	86,605	86,494	91,322	92,043	92,515	92,454	93,011	557	0.6%
Pelham	5,408	8,090	9,408	10,914	12,897	14,222	14,421	14,484	14,569	14,751	182	1.2%
Salem	20,142	24,124	25,746	28,112	28,776	30,089	30,711	30,705	31,695	31,646	-49	-0.2%
Windham	3,008	5,664	9,000	10,709	13,592	15,817	16,057	16,138	16,186	16,277	91	0.6%
Western Subregion	122,089	171,794	220,402	249,004	257,229	272,097	276,067	278,322	280,468	281,629	1,161	0.4%
CEDS Region	220,831	299,878	382,117	430,285	452,846	480,224	487,620	490,112	493,514	495,676	2,162	0.4%
Hillsborough County	223,941	276,608	336,073	380,841	400,721	422,937	427,541	429,895	430,773	433,004	2,231	0.5%
Rockingham County	138,950	190,345	245,845	277,359	295,223	314,176	319,489	320,053	322,987	324,029	1,042	0.3%
New Hampshire	737,681	920,475	1,109,252	1,235,550	1,316,470	1,377,529	1,388,992	1,395,007	1,401,828	1,408,814	6,986	0.5%

Sources: U.S. Census and NH Office of Planning & Development