

Table A-2: Population Projections

Updated December 2025

Area	US Census	OPD Population Estimates (September 2022)					
	2020	2025	2030	2035	2040	2045	2050
East Kingston	2,441	2,538	2,623	2,683	2,705	2,704	2,687
Exeter	16,049	16,734	17,330	17,748	17,908	17,895	17,781
Greenland	4,067	4,231	4,374	4,474	4,513	4,510	4,482
Hampton	16,214	16,906	17,508	17,931	18,092	18,079	17,964
Hampton Falls	2,403	2,499	2,582	2,641	2,663	2,661	2,645
Kensington	2,095	2,184	2,262	2,317	2,338	2,336	2,321
New Castle	1,000	1,043	1,080	1,106	1,116	1,115	1,108
Newfields	1,769	1,845	1,910	1,956	1,974	1,972	1,960
Newington	811	846	876	897	905	904	899
Newmarket	9,430	9,833	10,183	10,429	10,522	10,515	10,448
North Hampton	4,538	4,732	4,900	5,019	5,064	5,060	5,028
Portsmouth	21,956	22,893	23,708	24,281	24,499	24,482	24,326
Rye	5,543	5,780	5,985	6,130	6,185	6,181	6,141
Seabrook	8,401	8,753	9,059	9,274	9,356	9,349	9,291
South Hampton	894	932	965	989	998	997	990
Stratham	769	7,990	8,268	8,464	8,539	8,533	8,480
CEDS Eastern Subregion	98,380	109,739	113,613	116,339	117,377	117,293	116,551
Atkinson	7,087	7,389	7,653	7,837	7,908	7,902	7,852
Auburn	5,946	6,190	6,403	6,552	6,609	6,605	6,564
Brentwood	4,490	4,668	4,823	4,932	4,974	4,970	4,941
Candia	4,013	4,184	4,333	444	4,478	4,475	4,446
Chester	5,232	5,442	5,624	5,753	5,802	5,798	5,763
Danville	4,408	4,596	4,760	4,875	4,918	4,915	4,884
Deerfield	4,855	5,056	5,230	5,352	5,399	5,395	5,362
Epping	7,125	7,420	7,676	7,856	7,925	7,919	7,870
Fremont	4,739	4,932	5,100	5,218	5,262	5,259	5,227
Hampstead	8,998	9,382	9,716	9,951	10,040	10,033	9,969
Kingston	6,202	6,467	6,697	6,859	6,920	6,915	6,871
Newton	4,820	5,026	5,205	5,330	5,378	5,374	5,340
Northwood	4,641	4,830	4,994	5,109	5,153	5,150	5,118
Nottingham	5,229	5,439	5,621	5,749	5,798	5,794	5,759
Plaistow	7,830	8,164	8,455	8,659	8,737	8,731	8,675
Raymond	10,684	11,133	11,524	11,799	11,903	11,895	11,820
Sandown	6,548	6,814	7,045	7,208	7,270	7,265	7,221
CEDS Central Subregion	102,847	107,132	110,859	109,483	114,474	114,395	113,682
Derry	34,317	35,876	37,231	38,184	38,546	38,518	38,258
Hudson	25,394	26,471	27,313	27,914	28,232	28,325	28,302
Litchfield	8,478	8,838	9,119	9,319	9,426	9,457	9,449
Londonderry	25,826	26,955	27,937	28,627	28,890	28,869	28,681
Merrimack	26,632	27,726	28,581	29,190	29,514	29,609	29,585
Nashua	91,322	95,161	98,159	100,299	101,435	101,766	101,683
Pelham	14,222	14,790	15,233	15,549	15,717	15,766	15,754
Salem	30,089	31,460	32,653	33,491	33,810	33,785	33,557
Windham	15,817	16,425	16,954	17,326	17,467	17,456	17,354
CEDS Western Subregion	272,097	283,702	293,180	299,899	303,037	303,551	302,623
CEDS Region	473,324	500,573	517,652	525,721	534,888	535,239	532,856
Hillsborough County	422,937	440,881	454,896	464,900	470,211	471,760	471,369
Rockingham County	314,176	327,586	339,248	347,444	350,560	350,316	348,082
New Hampshire	1,377,533	1,430,601	1,473,286	1,501,045	1,511,770	1,509,955	1,501,909

Source: NH Office of Planning and Development.

 For more data visit: [NH ODP](#)