

New Hampshire

By the Numbers

A demographic and economic profile from the American Community Survey (5-year estimates)

1,387,834
TOTAL POPULATION

10
COUNTIES



A profile follows for each of New Hampshire's 10 counties, ordered alphabetically, after the countywide population ranking.

Counties by Population

All 10 New Hampshire counties, ordered from most to least populous

COUNTY	POPULATION	COUNTY	POPULATION	COUNTY	POPULATION
Hillsborough	424,732	Grafton	91,759	Sullivan	43,529
Rockingham	317,163	Cheshire	76,945	Coos	31,386
Merrimack	155,018	Belknap	64,300		
Strafford	131,743	Carroll	51,259		

Sources and notes. All figures are American Community Survey 5-year estimates (2019–2023 tables B01003, B19013, and B03002), retrieved via the Census Bureau API. Boundaries are Census cartographic files. Estimates carry margins of error, not shown. Report generated July 16, 2026.

Belknap County

64,300

TOTAL POPULATION

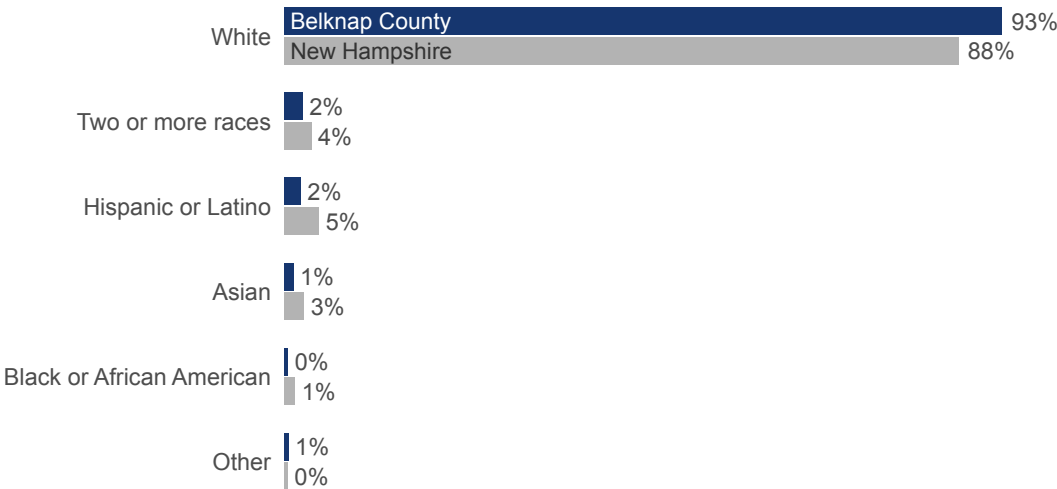
\$87,983

MEDIAN HOUSEHOLD INCOME



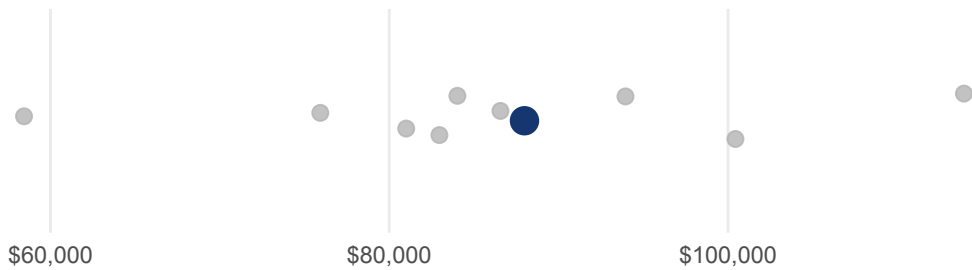
Population by Race/Ethnicity

Share of total population in **Belknap County** and **New Hampshire** as a whole



Median Household Income

Belknap County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



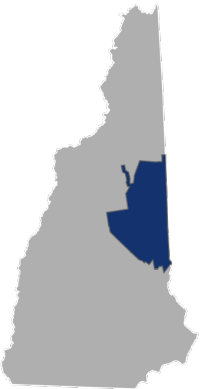
Carroll County

51,259

TOTAL POPULATION

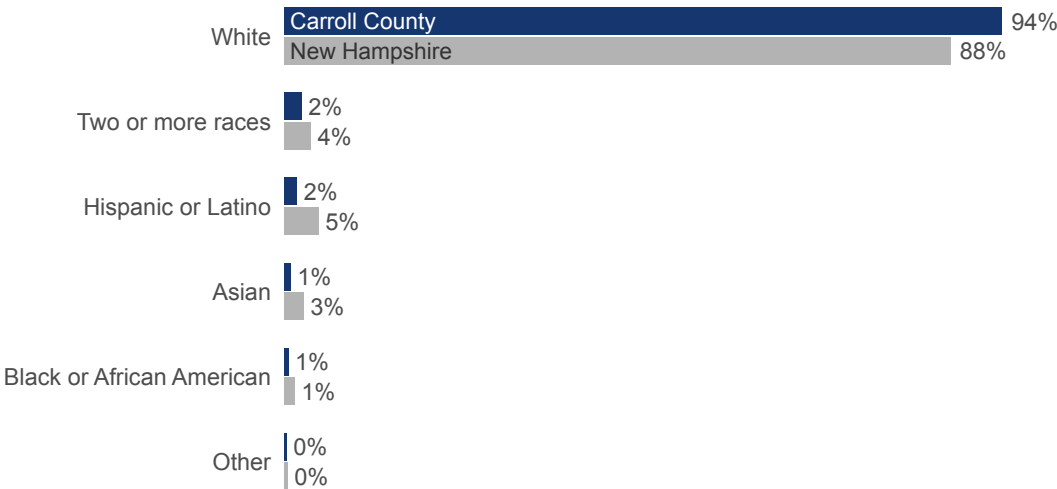
\$82,961

MEDIAN HOUSEHOLD INCOME



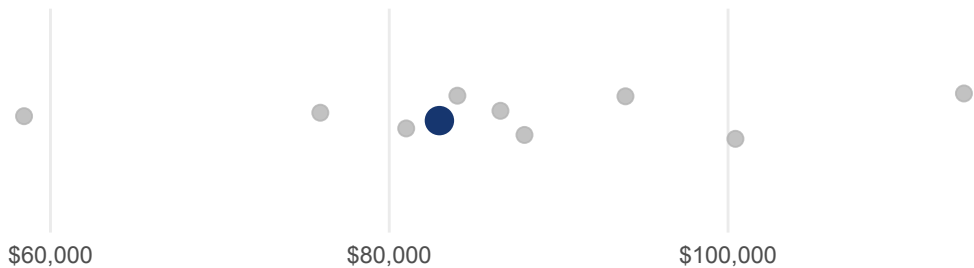
Population by Race/Ethnicity

Share of total population in **Carroll County** and **New Hampshire** as a whole



Median Household Income

Carroll County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



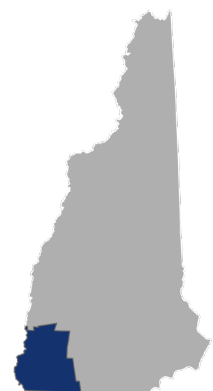
Cheshire County

76,945

TOTAL POPULATION

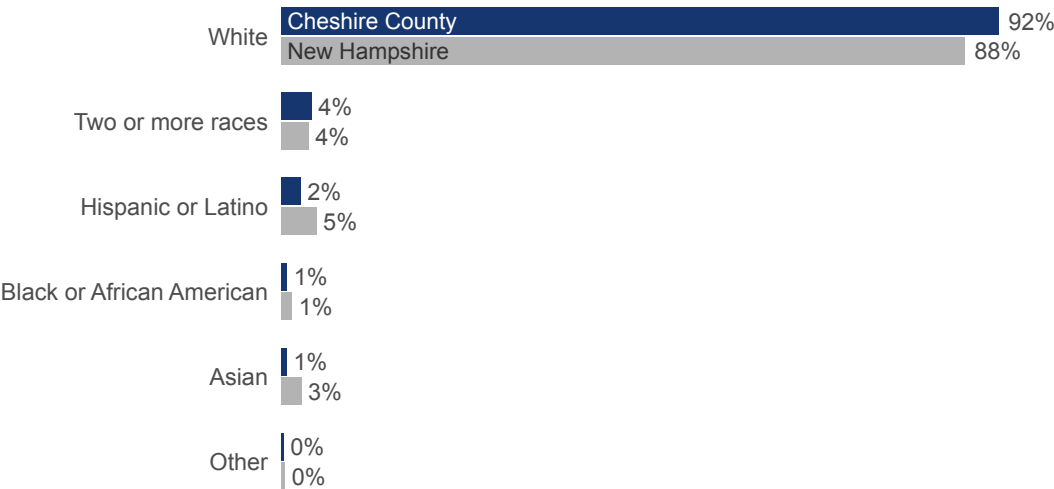
\$81,001

MEDIAN HOUSEHOLD INCOME



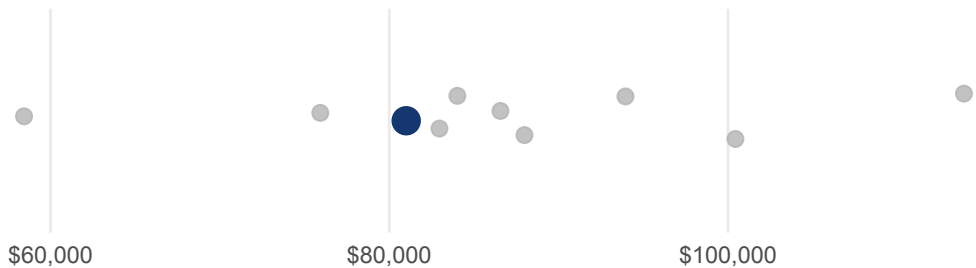
Population by Race/Ethnicity

Share of total population in **Cheshire County** and **New Hampshire** as a whole



Median Household Income

Cheshire County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



Coos County

31,386

TOTAL POPULATION

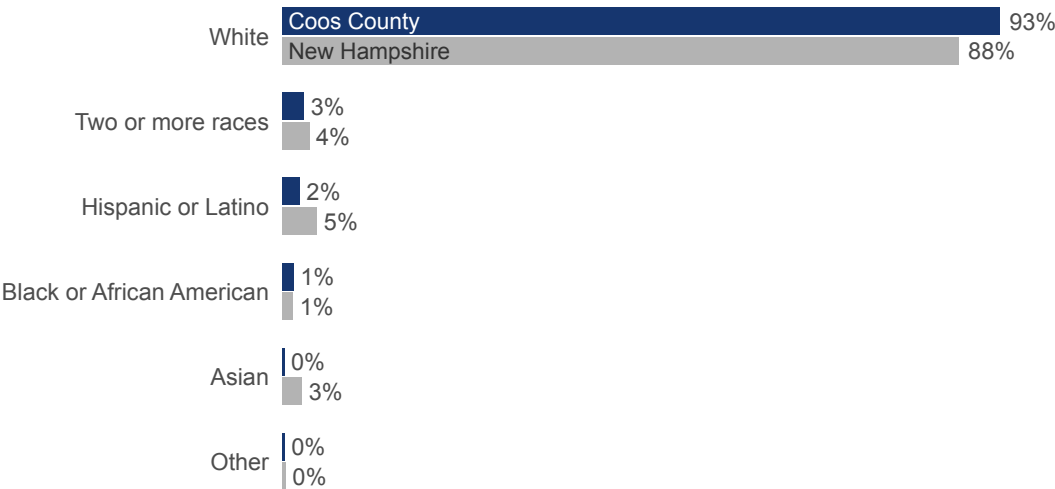
\$58,439

MEDIAN HOUSEHOLD INCOME



Population by Race/Ethnicity

Share of total population in **Coos County** and **New Hampshire** as a whole



Median Household Income

Coos County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



Grafton County

91,759

TOTAL POPULATION

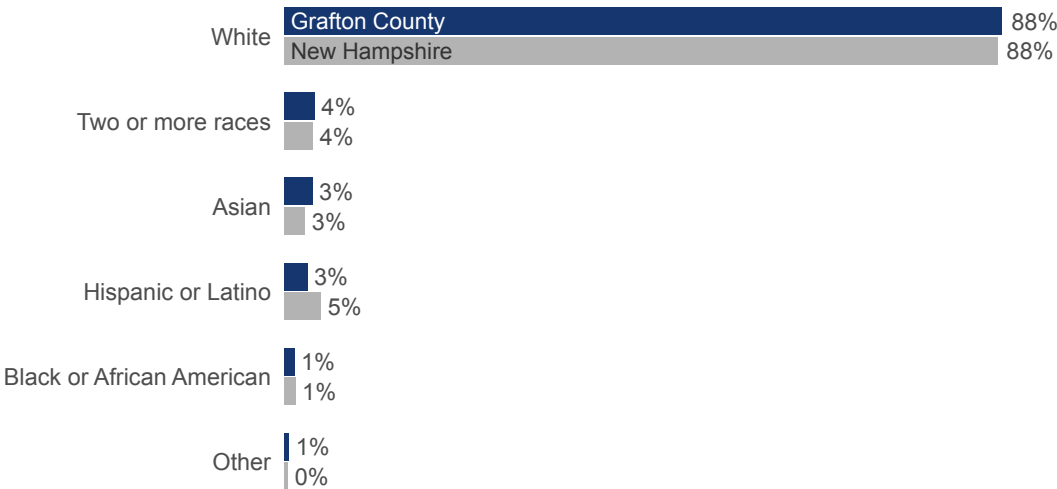
\$84,021

MEDIAN HOUSEHOLD INCOME



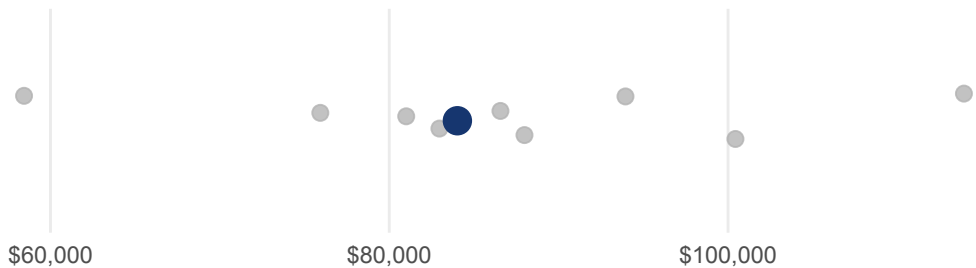
Population by Race/Ethnicity

Share of total population in **Grafton County** and **New Hampshire** as a whole



Median Household Income

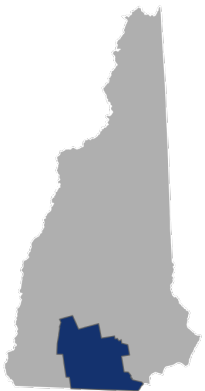
Grafton County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



Hillsborough County

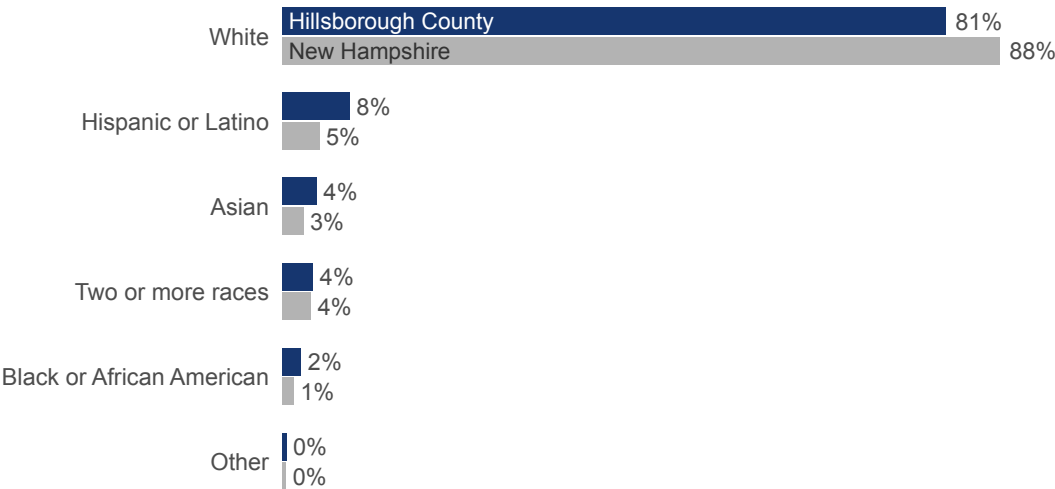
424,732
TOTAL POPULATION

\$100,436
MEDIAN HOUSEHOLD INCOME



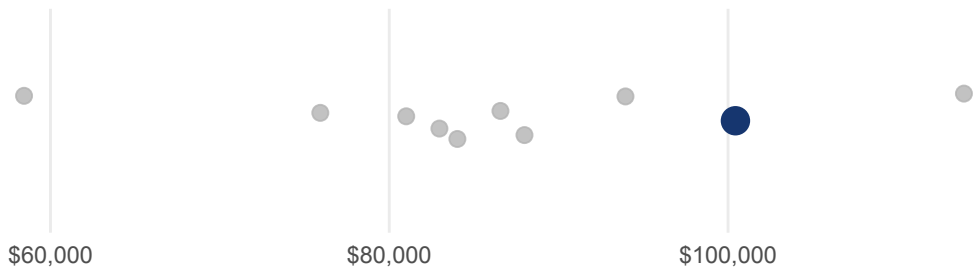
Population by Race/Ethnicity

Share of total population in **Hillsborough County** and **New Hampshire** as a whole



Median Household Income

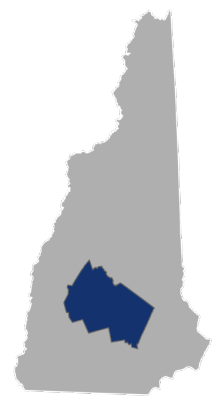
Hillsborough County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



Merrimack County

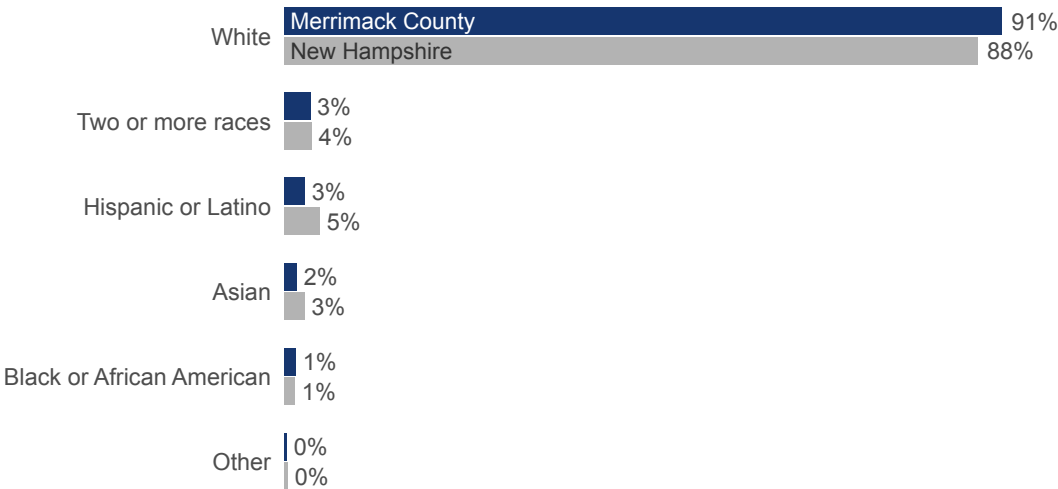
155,018
TOTAL POPULATION

\$93,944
MEDIAN HOUSEHOLD INCOME



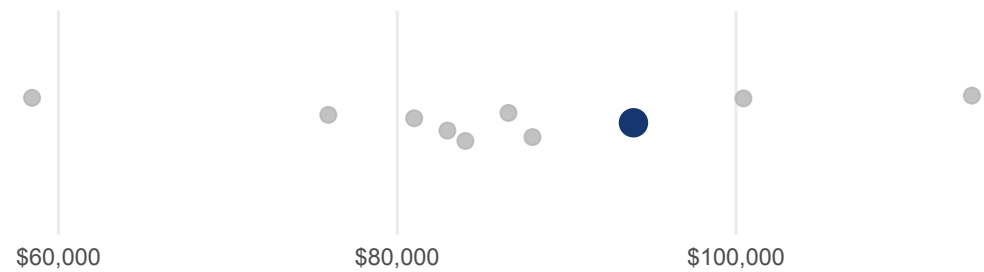
Population by Race/Ethnicity

Share of total population in **Merrimack County** and **New Hampshire** as a whole



Median Household Income

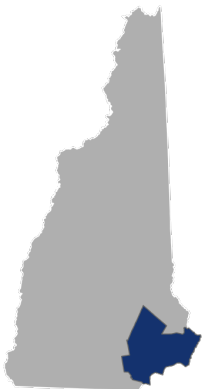
Merrimack County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



Rockingham County

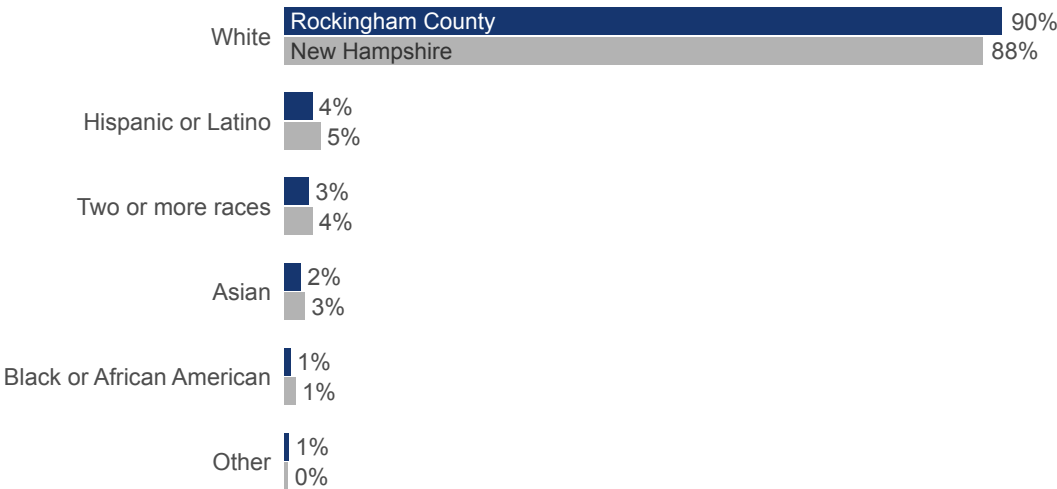
317,163
TOTAL POPULATION

\$113,927
MEDIAN HOUSEHOLD INCOME



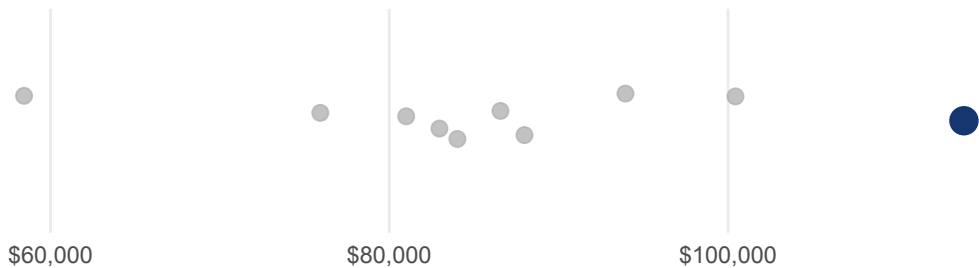
Population by Race/Ethnicity

Share of total population in **Rockingham County** and **New Hampshire** as a whole



Median Household Income

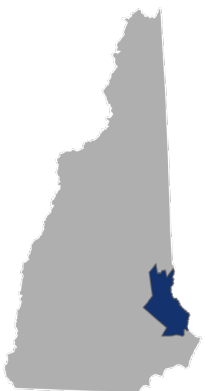
Rockingham County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



Strafford County

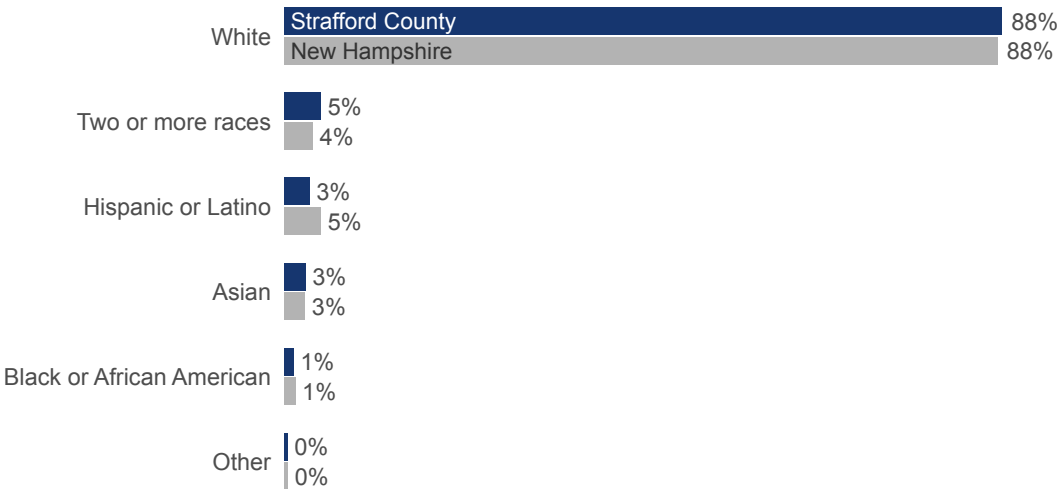
131,743
TOTAL POPULATION

\$86,564
MEDIAN HOUSEHOLD INCOME



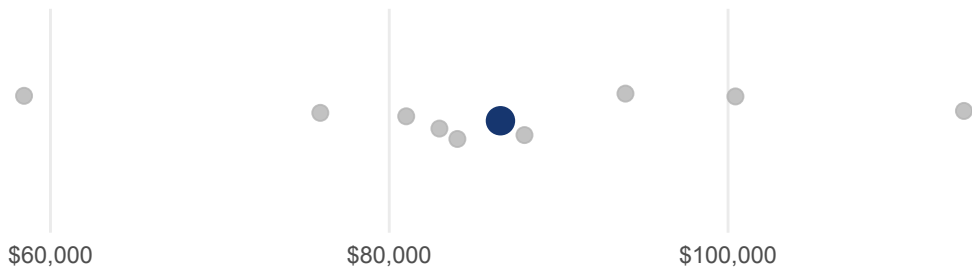
Population by Race/Ethnicity

Share of total population in **Strafford County** and **New Hampshire** as a whole



Median Household Income

Strafford County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap



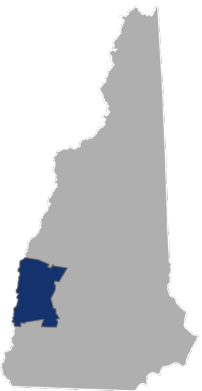
Sullivan County

43,529

TOTAL POPULATION

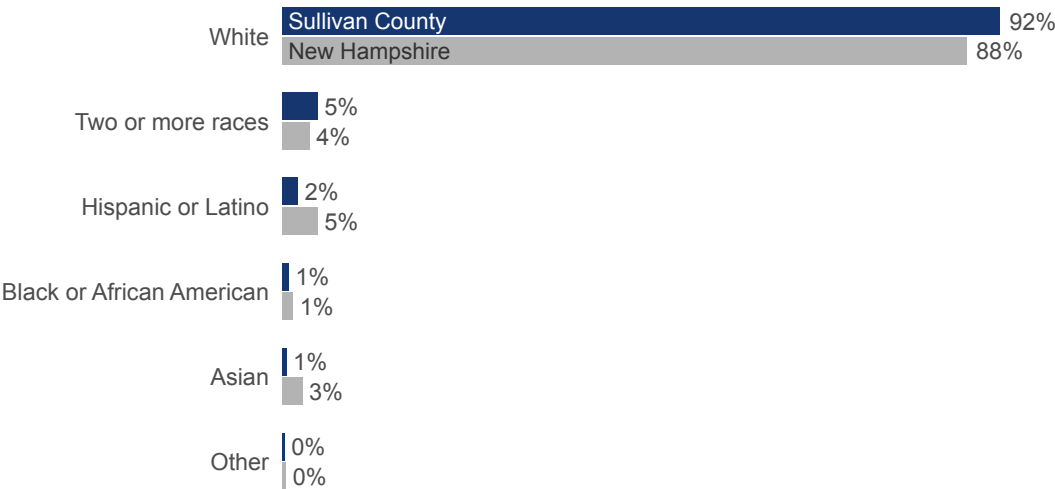
\$75,929

MEDIAN HOUSEHOLD INCOME



Population by Race/Ethnicity

Share of total population in **Sullivan County** and **New Hampshire** as a whole



Median Household Income

Sullivan County among **all 10 New Hampshire counties** dots are spread vertically only to avoid overlap

