New Hampshire.

Current market data.

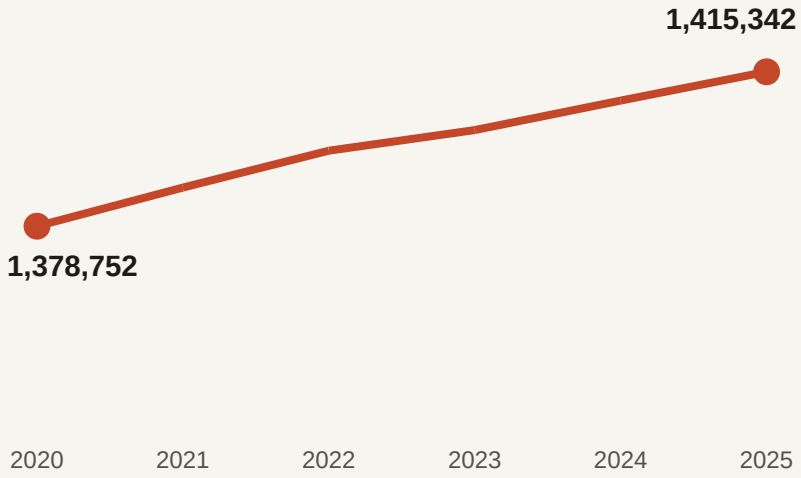
9 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 2.7% since 2020.

1,415,342

people, the 41st-largest of the 50 states and D.C.



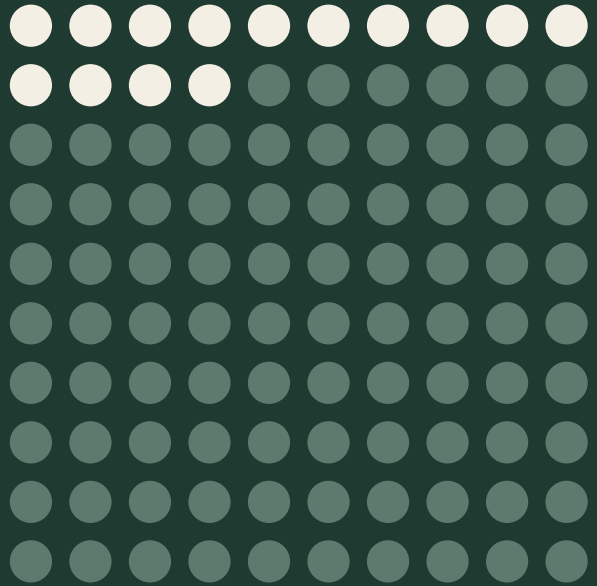
Source: Census Population Estimates, 2025

THE WORKDAY

About 1 in 7 jobs here go to people who live in another state.

13.5%

of 679,505 jobs located in New Hampshire are filled by people who live in another state.



Each dot is 1% of jobs. Filled: held by in-commuters.

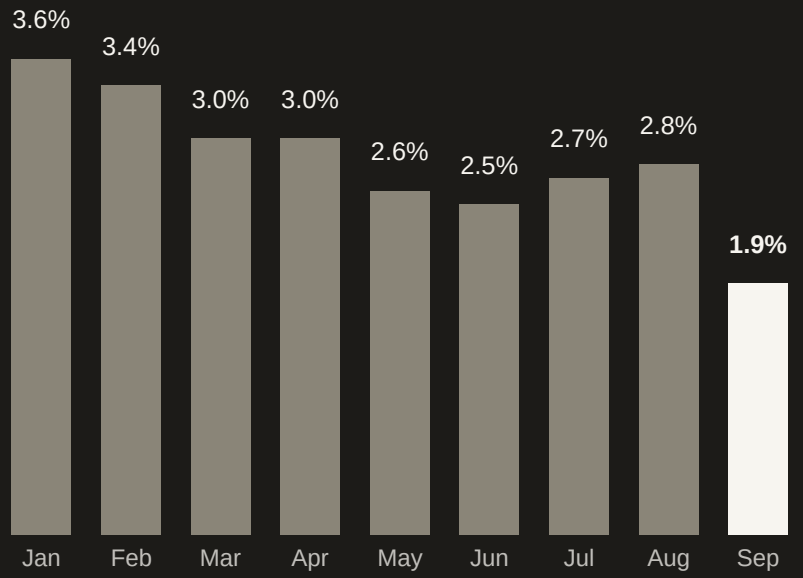
Source: Census LEHD LODES, 2023

UNEMPLOYMENT, 2026

The low came in September: 1.9%.

1.9%

in September 2026, the latest month released. A year earlier it was 3.1%.



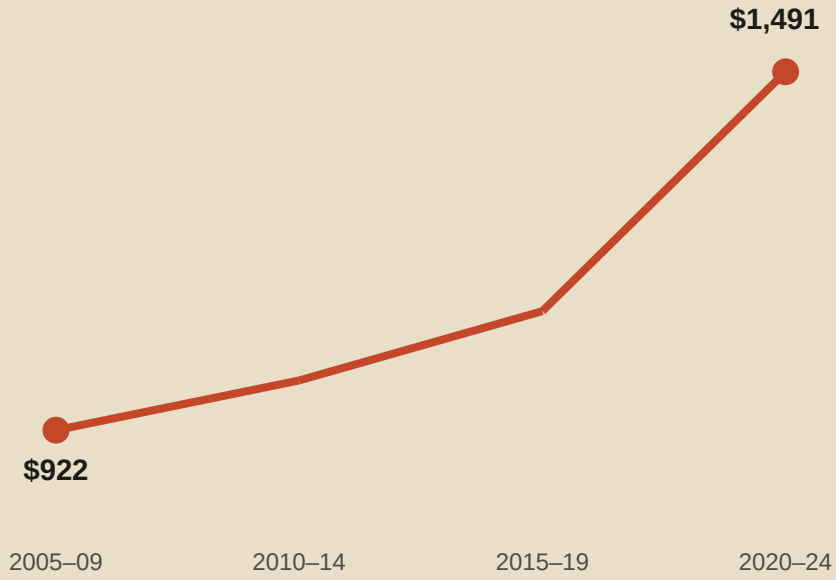
Source: BLS Local Area Unemployment Statistics, 2026-09

RENT

Median rent is up 62% since the 2005–2009 survey, before inflation.

$1,491

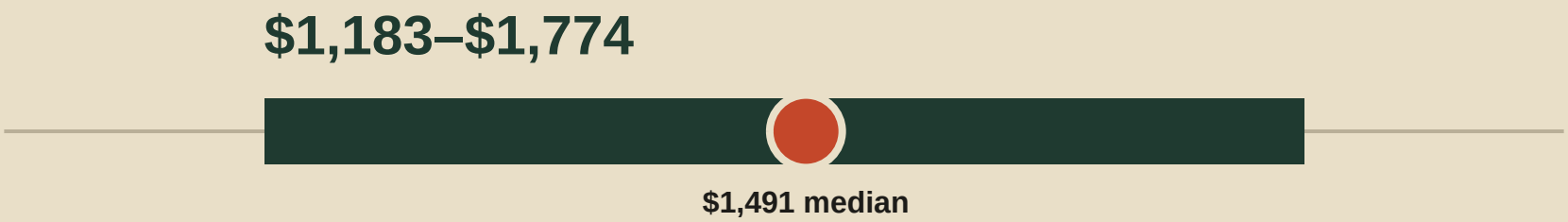
a month. The U.S. median is $1,413.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

The median rent sits inside what local wages can carry.



is the monthly rent range local workforce wages support.

Source: Computed by the Almanac, 2023; Census ACS 5-year, 2020-2024

BUILDING

Most of the housing here is older than 2000.

34,515

homes permitted in ten years, 2016–2025

37%

of those were in multifamily buildings

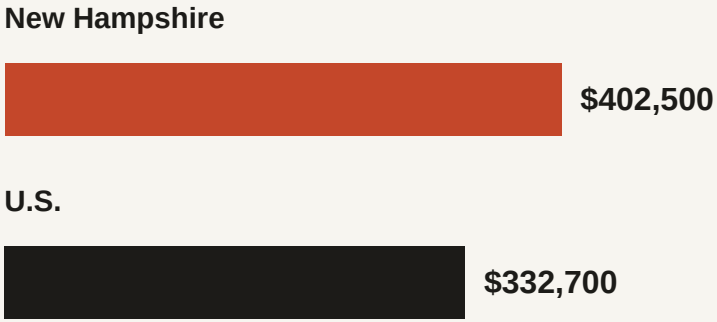
80%

of all homes were built before 2000

Source: Census Building Permits Survey, 2016-2025; Census ACS 5-year, 2020-2024

HOME VALUE

A median home costs 21% more than the U.S. median.



$402,500

median home value in New Hampshire.

Source: Census ACS 5-year, 2020-2024

THAT WAS NEW HAMPSHIRE'S 2026

Every number came from a public source, with its date.

New Census data usually lands in December. The next Edition follows it.

See this Edition at **almanacdata.ai/e/nh/**