



Rochester, New Hampshire.

Current market data.

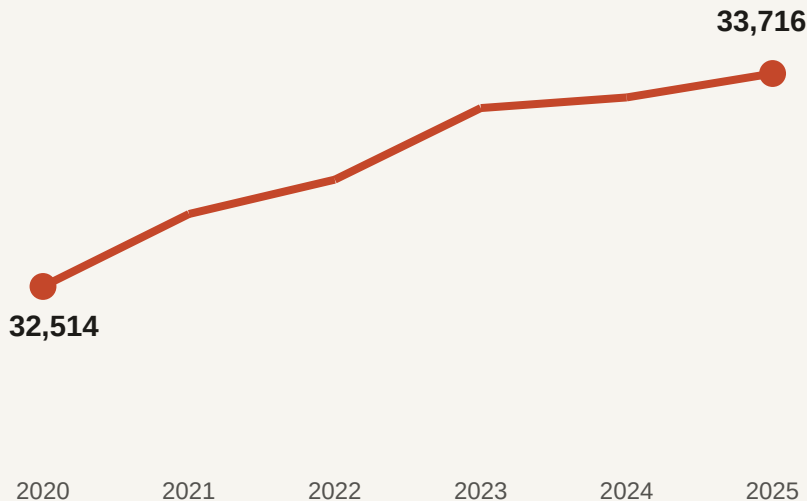
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 3.7% since 2020.

33,716

people, the 5th-largest of New Hampshire's cities and towns.

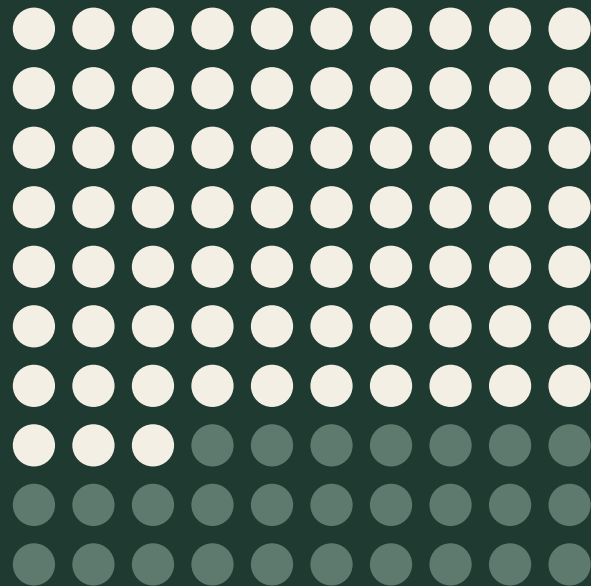


THE WORKDAY

7 in 10 jobs here go to
people who live somewhere
else.

73.3%

of 12,343 jobs located in Rochester are filled by in-commuters.



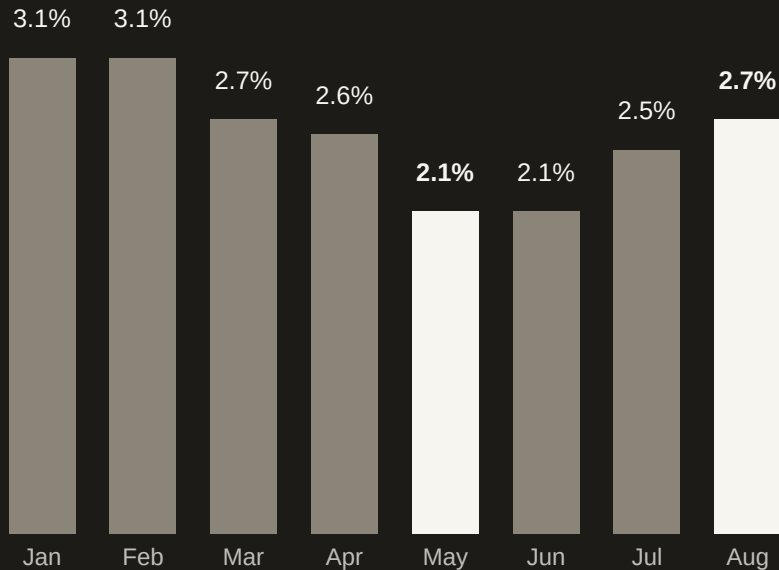
Each dot is 1% of jobs. Filled: held by in-commuters.

UNEMPLOYMENT, 2026

The low came in May:
2.1%.

2.7%

in August 2026, the latest month released. A year earlier it was 2.9%.

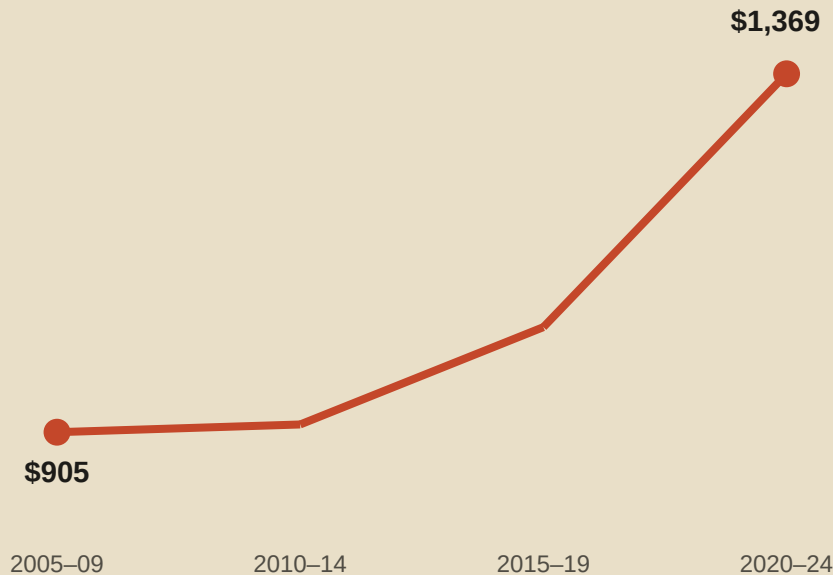


RENT

Median rent is up 51%
since the 2005–2009
survey, before inflation.

\$1,369

a month. New Hampshire's median is \$1,491.





THE SEAM

Cross one tract line and median rent doubles.

A \$1,411 gap between neighbors, the sharpest rent edge between adjacent tracts in Strafford County.

TRACT 805

\$1,313

TRACT 801

\$2,724

ROOM TO BUILD

The median rent sits inside what local wages can carry.

\$1,083–\$1,624



\$1,369 median

is the monthly rent range local workforce wages support.

BUILDING

Most of the housing here is older than 2000.

1,598

homes permitted in ten years,
2016–2025

61%

of those were in multifamily
buildings

78%

of all homes were built before 2000

UNITS NEEDED

Closing the gap would add 0.3–0.8% to the 14,698 homes here.

48–123

is the estimated number of missing housing units, from the lowest to the highest of three estimates.



HOME VALUE

**A median home costs 31%
less than New
Hampshire's.**

\$279,100

median home value in Rochester.

Rochester



\$279,100

New Hampshire



\$402,500

U.S.



\$332,700



THAT WAS ROCHESTER'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/rochester/

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