

New Hampshire State Migration, 2018–2023

Population and income movement over five years

KEY FINDINGS: NEW HAMPSHIRE

NH Cumulative 5-year net migration

+34,761 residents

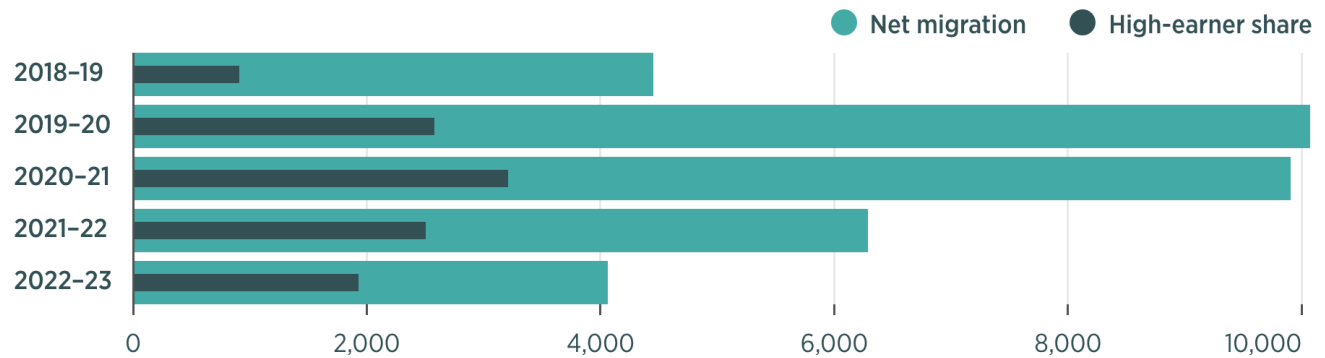
+11,130 (32.0%) high earners

NH Cumulative 5-year net income gain/loss

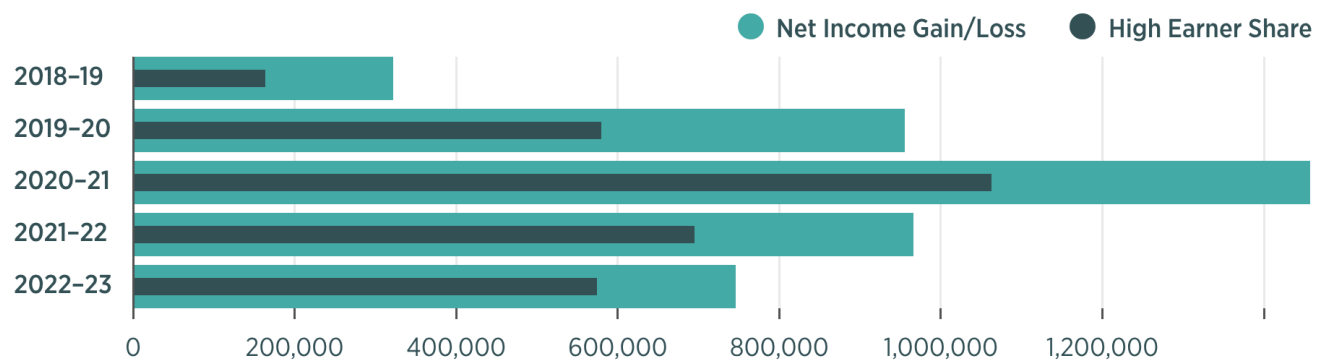
+\$4.4 billion

+\$3.1B (70.5%) from high earners

New Hampshire: Net migration from other states (number of residents, 2018–2023)



New Hampshire: Net income gain/loss (\$ thousands, 2018–2023)



The calculations are based on "Gross migration file" data, 2018–2023, from the Internal Revenue Service (IRS), "SOI Tax Stats - Migration Data" (dataset), last reviewed March 20, 2026.

"High earners" refers to taxpayers in the highest tax bracket (more than \$200,000 adjusted gross income).



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Visit mercatus.org/interstate-migration or scan the QR code.

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