

HOUSING in Central NH

INTRODUCTION

The region's housing market is driven by demographics, economics, and its housing stock. Costs have increased and demographics are changing, resulting in a mismatch between what the housing market is seeking and what is available. Moving forward, opportunities exist for CNHRPC communities to address these challenges.

Median age data indicates the Central NH region continues to have a notable number of older adults, suggesting a greater need for more age-friendly housing. There has also been a notable increase in housing costs in both the rental and purchase markets. At the local level, municipalities can adjust zoning requirements to encourage more affordable housing, age-friendly housing, and a more diverse housing supply. See the **Regional Plan Tool Sheets** for details of strategies available.

BACKGROUND DATA

Indicator	In 2024
Range of Regional Median Ages (MA)	Between 31 and 51 years
A Median Age Over 40	18 Communities
Change in Median Rent since 2019 (the range among the 20 communities)	Between -8% and 213%
Communities with at least a 20% increase in rent	12 Communities
Change in Median Home Value since 2019 (the range among the 20 communities)	Between 34% and 86%
Communities with at least a 20% increase in home value	All 20 Communities
Source: 2024 US Census ACS	

As the US Census does not generate median statistics for planning commission geographies, a range of medians at the municipal level is used.

HOUSING

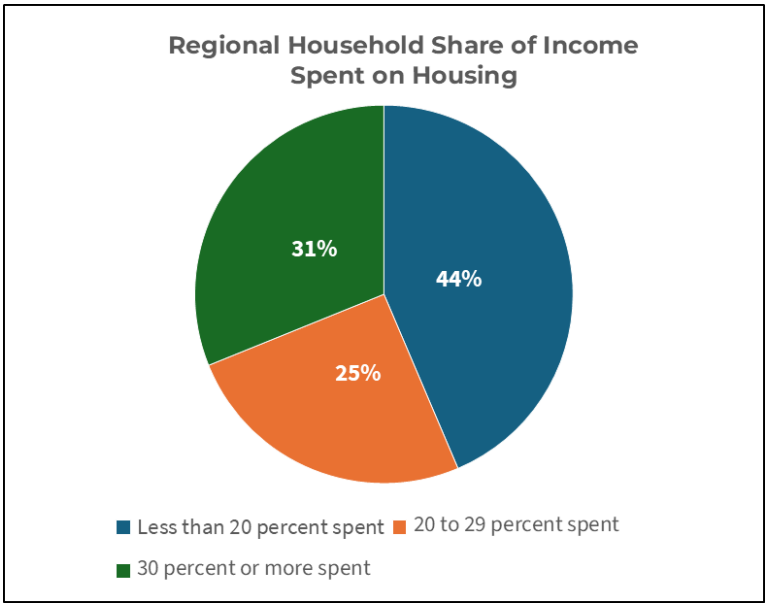
FACTS TODAY

As of 2026, the Central NH Region continues to be older and experiencing an increase in housing costs.

- **The median age range is spread between 31 and 51 years** among the 20 communities. Only two communities have median ages under 40 (with 1 being 39 years) and 10 have median ages over 45. Ten communities saw increases in median age between 0.4% and 5.5% between 2019 and 2024.

- **Rental costs have increased significantly**. Six communities saw less than 15% increase, while seven saw an increase greater than 50%., The most notable increase was 213%. Only one community saw a decrease.

- **Home values increased** by 34% or more in every community. Eight saw increases under 50%, 11 saw increases of 50% to 85%, and one saw an 86% increase.



WHAT IS IMPROVING?

1 ___ **Accessory Dwelling Unit (ADU) standards have been updated across the region to comply with new state law.**

2 ___ **Addressing housing costs have been a priority in many communities.**

The establishment of municipal Housing Committees (two communities), designations of Housing Champions (one community), and seeking Housing Opportunity Grants to address zoning issues (HOP Grants, six communities) have recently been accomplished by Central NH region municipalities.

3 ___ **Master Plan public engagements have notable community feedback on increasing housing costs, both from survey results and visioning sessions.**

WHAT DO WE NEED TO WORK ON?

- ☐ The region's housing stock needs **more units** to make up the current housing deficit and keep pace with anticipated demand.

- ☐ The housing stock will need to be **diversified** in terms of the type of housing (ADUs, rental units, first-floor units for seniors, etc.) available.

- ☐ Efforts to **lower the cost of housing** are also needed. A diverse housing stock that responds to changing demographics could lower costs through better alignment with the market.