At Mid-Decade, New England's Slow Growth Is More Pronounced; Young Adult Decline Continues

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Carsey Institute Publishes Fact Sheet On Mid-Decade Population Trends In New England

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DURHAM, N.H. – New England’s population growth has lagged behind the rest of the nation’s since 2000; a new analysis of 2004-2006 data by the Carsey Institute at the University of New Hampshire indicates the trend is more pronounced during that time period. Northern New England states, however, have reversed the trend of declining young adult populations. Maine, New Hampshire and Vermont all experienced growth in their young adult populations that was greater than the U.S. average.

New England’s population grew by just 0.2 percent from 2004-2006, compared to 2.1 percent growth in the U.S. New Hampshire had the strongest population growth in the region – 1.2 percent. Rhode Island was one of only three states in the U.S. to lose population in that time period (the others were Michigan and Louisiana).

All New England states continue to have young adult (25-34) population percentages below the U.S. average of 13.5 percent, and all New England states except Massachusetts rank in the bottom 10 (out of 50) in the percentage of total population that are in this young adult cohort. Massachusetts and Rhode Island had the third and fourth steepest declines in young adult population in the nation, exceeded only by Louisiana and North Dakota.

“This is a relatively unattractive region to younger people,” says fact sheet author Ross Gittell, a senior fellow at the Carsey Institute and James R. Carter Professor of Management at UNH’s Whittemore School of Business and Economics. “This is troubling, as young adults provide a dynamic labor force as well as significant contributions to the cultural, economic, and social life of a region.”


The Carsey Institute at the University of New Hampshire conducts research and analysis on the challenges facing families and communities in New Hampshire, New England, and the nation. The Carsey Institute sponsors independent, interdisciplinary research that documents trends and conditions affecting families and communities, providing valuable information and analysis to policymakers, practitioners, the media, and the general public. Through this work,
the Carsey Institute contributes to public dialogue on policies that encourage social mobility and sustain healthy, equitable communities.

The Carsey Institute was established in May 2002 through a generous gift from UNH alumna and noted television producer Marcy Carsey.