

MIDDLETON COMMUNITY PROFILE

SRPC <sup>FISCAL
YEAR</sup> '26
DATA SNAPSHOT

ACCEPTED:

STRAFFORD
Regional Planning Commission

SRPC Regional Data Snapshot

This document is a component of the SRPC Regional Data Snapshot.

SRPC conducts region-wide analysis of a number of data metrics each year for different projects and plans. The Regional Data Snapshot has been published annually since 2021 in April of each year. The Regional Data Snapshot covers demographics, economic vitality, livability and quality of life, mobility and accessibility, and resiliency.

The Data Snapshot Community Profiles are a complimentary series of documents that summarize the data found in the Regional Data Snapshot at the municipal level. These documents are prepared for each of the municipalities in the region and by chapter of the Regional Data Snapshot.

The Regional Data Snapshot and all of the Data Snapshot Community Profile documents can be found on the SRPC website at <http://straffordrpcnh.gov/measure/data-snapshot>.

Included Documents



Regional Data Snapshot



Community Profiles by Topic



Community Profiles by Municipality

Staff



Rachel Dewey



Mark Davie



Stephen Geis

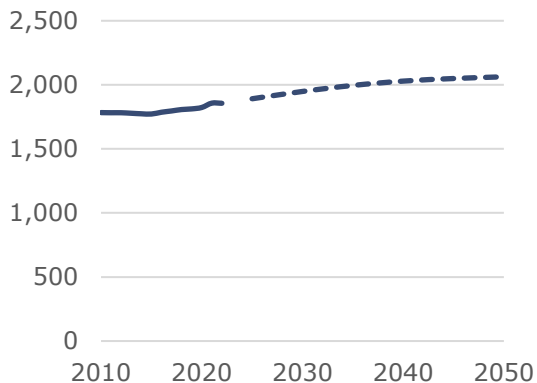


Brian Notinger

Community Profile

Demographics: Middleton, Strafford County

Population Trends and Projections



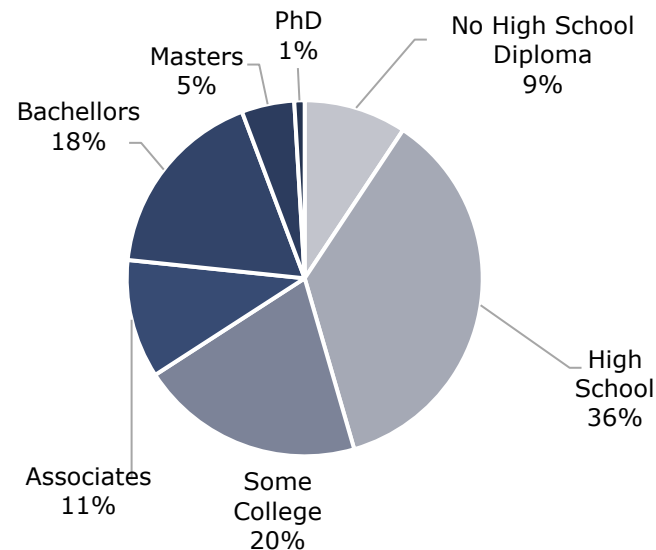
Population by Sex



Population by Race

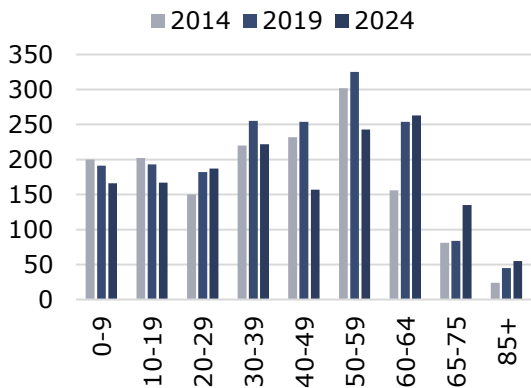
Race	2014	2019	2024
Non-Hispanic White	96.4%	94.3%	96.6%
Black	0.5%	1.7%	0.0%
Native American	0.2%	0.0%	0.2%
Asian	0.0%	0.3%	1.4%
Pacific Islander	0.0%	0.0%	0.0%
Other	0.0%	0.0%	0.0%
Two Or More	1.9%	2.1%	1.1%
Hispanic	1.1%	1.5%	0.7%

Educational Attainment of Adults



Population over 25 1,169

Population by Age



Sources of Population Change

Births	170
- Deaths	-117
+ Migration	-13
Total Change (2010-2019)	40

Population with a Disability¹

Year	2014	2019	2024
With a Disability	239	176	249

¹ People who reported having a disability when responding to the ACS.

Public School Enrollment

Year	Kind.	Elem.	Mid.	High	Total
'14/'15	16	103	57	82	258
'15/'16	13	93	65	67	238
'16/'17	16	96	62	84	258
'17/'18	17	90	65	75	247
'18/'19	15	92	66	79	252
'19/'20	24	84	59	87	254
'20/'21	23	91	57	78	249
'21/'22	29	97	54	74	254
'22/'23	19	110	55	77	261
'23/'24	17	110	55	68	250

Year	Median Age	Life Expectancy
2014	40.3	82.9
2019	42.4	Under 18 18.9%
2024	43.5	Over 65 18.9%

Veterans

Year	2014	2019	2024
Veterans	92	151	170

Data Sources: US Census Bureau ACS, NH BEA OPD, NH Department of Education, CDC, NH Secretary of State Vital Statistics

Learn more at <https://tinyurl.com/DataSnapshot2025>

Community Profile

Economic Vitality: Middleton, Strafford County

Employment

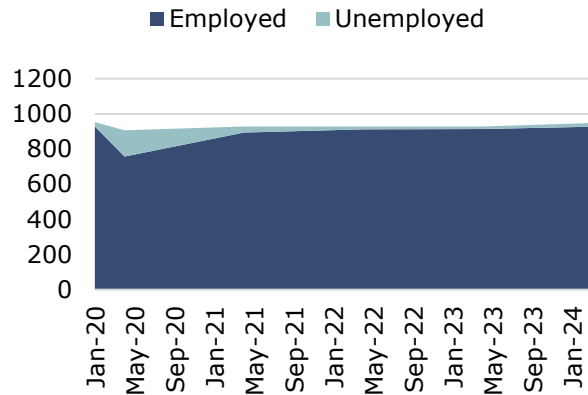
Employment Projections	2015	2025	2035	2045
	140	148	156	165

Labor Force Efficiency



- Lives here, Works elsewhere
- Lives here and Works here
- Lives elsewhere, Works here

Labor Force



Month	Labor Force	Employed	Unemployment Rate
Jan. 2020	953	928	2.6%
Apr. 2020	907	757	16.5%
Apr. 2021	929	893	3.9%
Apr. 2022	928	912	1.7%
Apr. 2023	928	914	1.5%
Jan. 2024	951	928	2.4%

Recovery from Initial COVID Disruptions to Labor Force

As of January 2026, the Civilian Labor Force **has recovered** and the Unemployment rate **has not recovered** to pre-COVID trends. ("Recovered" indicates that each month from Oct. '25 to Jan. '26 was better than the same period in '19-'20)

Household Incomes

	Median	All	Owners	Renters
2014	\$61,250	\$63,438	\$58,077	
2019	\$76,964	\$79,931	\$62,841	
2024	\$101,696	\$102,500	\$0	

Income	All	Owners	Renters
Households	593	572	21
<\$10K	0.8%	0.7%	0.0%
\$10-15K	0.0%	0.0%	0.0%
\$15-25K	6.6%	5.1%	28.6%
\$25-35K	3.5%	3.3%	0.0%
\$35-50K	8.9%	6.8%	42.9%
\$50-75K	15.9%	14.9%	0.0%
\$75-100K	18.0%	16.8%	0.0%
\$100-150K	35.2%	32.3%	14.3%
> \$150K	22.1%	20.1%	14.3%

	Lives Here Works	Here Away	Here Here	Away Here
Total	833	30	188	
Worker Age	Under 25	136	8	30
	30 - 54	442	8	84
	Over 55	255	14	74
Monthly Income	< \$1,250	106	9	27
	\$1,250 - \$3,333	172	5	38
	> \$3,333	555	16	123
Sector	Producing	195	5	31
	Trade, Transportation, and Utilities	132	14	102
	All others	506	11	55

Poverty and Income Inequality

Population in households...

Under 100% of Poverty Level	93
Under 200% of Poverty Level	256

Households with incomes...

Less than full time Min. Wage (\$15,080 per year)	0.8%
Less than the Living Wage for 1 Adult: \$55,453 for Strafford County*	19.9%

* Rounding down to income bracket in table

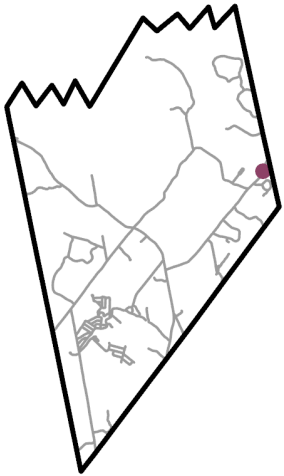
Gini Index	0.33
-------------------	------

Data Sources: US Census Bureau ACS and LEHD, MIT Living Wage Calculator, NHES LAUS

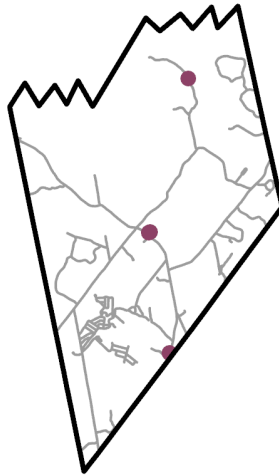
Learn more at <https://tinyurl.com/DataSnapshot2025>

Community Profile

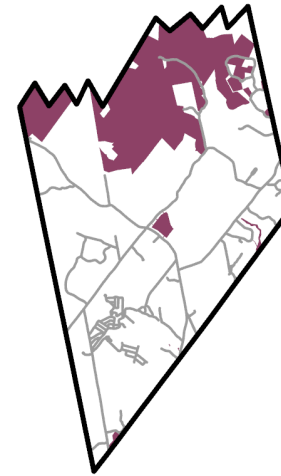
Livability and Quality of Life: Middleton, Strafford County



**Fatal Crashes
(2014-2024)**



Recreation Sites



**Conservation and
Public Lands**

Square Miles: 3.98

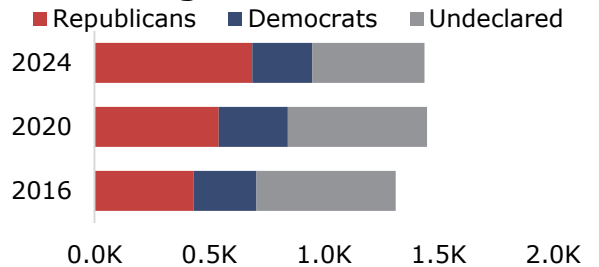
Percent of Total Land: 21%

Year	Fatalities	Serious Injuries
2014	0	1
2015	0	0
2016	0	0
2017	0	2
2018	0	0
2019	0	1
2020	0	1
2021	1	0
2022	0	0
2023	0	2
2024	0	1
Total	1	8

Recreation Site Type	Count
Playgrounds	1
Parks	0
Trails/open land	1
Sports	1
Beaches/pools	1
Boat launch/etc.	0
Winter	0
Other	0
Total	4

Civic Participation

Registered Voters



Participation in past elections

Year	Registered	Ballots Cast	Rate
2020	1,451	1,048	72%
2024	1,439	1,148	80%

Data Sources: USDOT NHTSA FARS, NHDOS, SRPC POP!, GRANIT, NHSOS.

Learn more at <https://tinyurl.com/DataSnapshot2025>

Community Profile

Housing: Middleton, Strafford County

Housing Stock

Occupancy	2014	2019	2024
Total	756	840	796
Occupied	553	658	593
Vacant	203	182	203

Residential Building Permits

Permit Type	2000-09	2010-19	2020-22
Single Family	144	21	3
Multi-Family	0	4	0
Mobile Home	31	0	0
Other	9	0	0
Total	184	25	3

Stock by Age

	All	Owner	Renter
Before 1940	59	50	9
1940-1979	192	186	6
1980-1999	183	183	0
2000-2009	107	107	0
After 2010	52	46	6

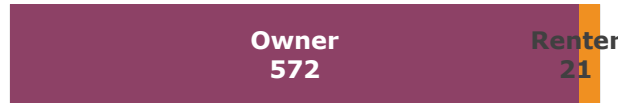
Units In Structure

Units	Count
1	781
2	15
3-9	0
10-50	0
>50	0

Bedrooms in Unit

Bedrooms	Count
0	4
1	46
2	292
3	361
4+	93

Household Tenure



Average Household Size

	2014	2019	2024
All	2.83	2.71	2.69
Owner	2.77	2.63	2.7
Renter	3.27	3.32	2.38

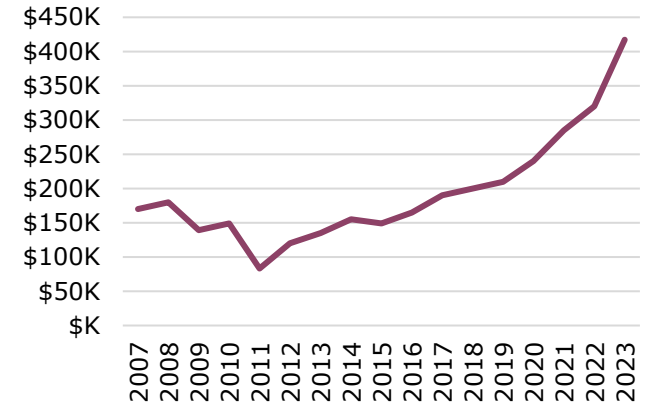
Household Size and Type

Size	2014	2019	2024
1	95	126	121
2	199	260	242
3	98	131	108
4	106	91	46
5+	55	50	76
Family	416	480	439
Married Couple	302	405	344
Other	114	75	95
Non-Family	137	178	154
Live Alone	95	126	121
Not Alone	42	52	33

Property Tax Rates

	2010	2020	2025
Rate per \$1,000	\$16.92	\$28.27	\$15.79

Median Sales Price



In 2025 the median purchase price was \$417,250 and a 10% down payment was \$41,725. The monthly payment for a home of this price would be \$3,553.

Zillow Observed Rent Index

Location	2024	2025
Dover	\$2,091	\$2,206
Rochester	\$1,999	\$2,057
Portsmouth	\$2,575	\$2,723
Concord	\$1,764	\$1,804
Kittery, ME	\$2,604	\$2,775

Housing Market Status

Single Family Home Sales 2024

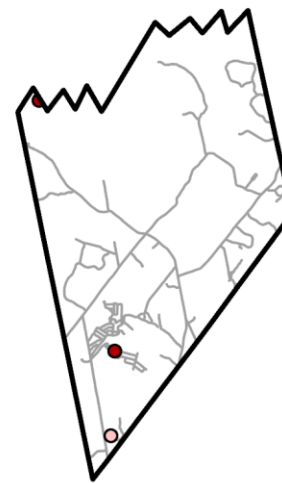
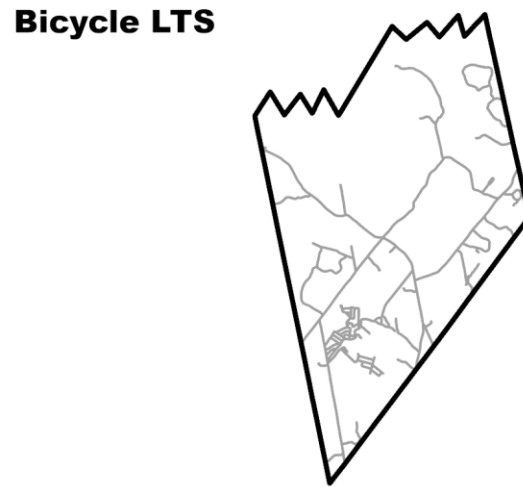
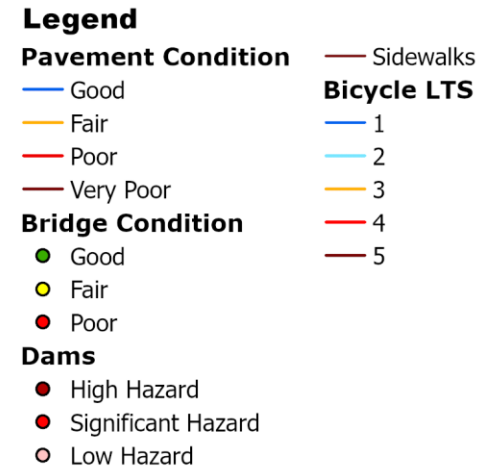
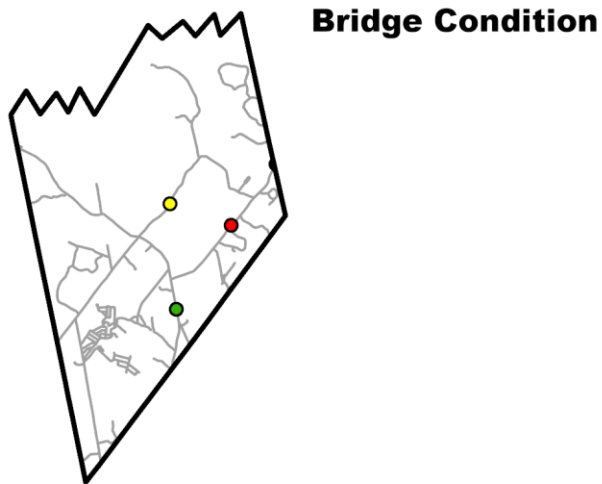
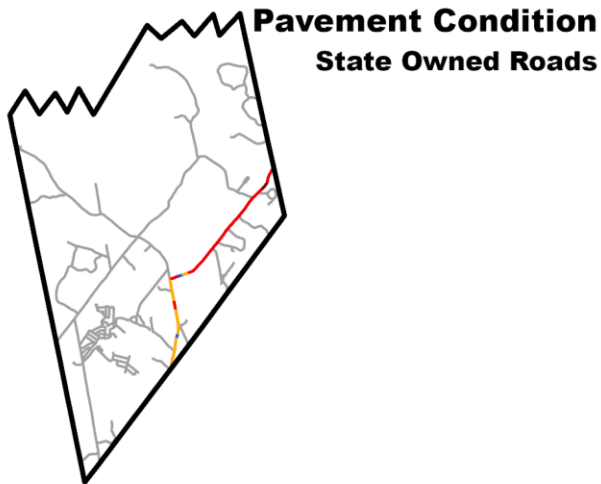
Closed Sales	83 total in 2025
Days on Market	Min. 7 in 2025
Months Supply	Min. 0.4 in 2025 (Mar)

Data Sources: US Census Bureau ACS, SRPC Building Permit Database, NH Public Finance Consortium, NH Association of Realtors, Zillow

Learn more at <https://tinyurl.com/DataSnapshot2025>

Community Profile

Mobility and Accessibility: Middleton, Strafford County



Dams

Served by...

Amtrak	No
COAST	No
Wildcat	No
ACT Providers	Yes

Legislative Class of Roads

1-4 (State and Federal)	14.42
5 (Local)	25.81
6 (Unmaintained)	1.95
Total	42.18

Bike and Pedestrian

Infrastructure	Miles
Low BLTS (1-2)	22.62
High BLTS (3-5)	7.38
Sidewalks	0.00

Bridges and Dams

Total Bridges	0
Red List Bridges	1
Total Dams	4
High Hazard Dams	2

Data Sources: NHDOT, NHDES, Amtrak, COAST, UNH, SRPC BLTS, SRPC Sidewalks

Learn more at <https://tinyurl.com/DataSnapshot2025>

Community Profile

Resiliency: Middleton, Strafford County

Contamination Sites

Open Remediation	1
Closed Remediation	10
Total Sites	11

Hazard Mitigation Plans

Status	Active
Expiration Date	01/21/30

USDA Plant Hardiness

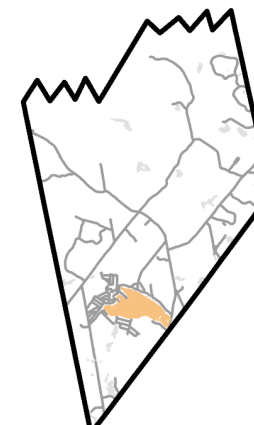
Zones in 2012	5A
Average Extreme Min. Temp. Tolerated	-20 to -15

Zones in 2023	5B
Average Extreme Min. Temp. Tolerated	-15 to -10

FEMA Risk Ratings

Risk Type	Rating (Summary of Census Tracts)
Coastal Flooding	No Rating
Riverine Flooding	Relatively Low
Cold Wave	Relatively Low
Heat Wave	Very Low
Tornado	Relatively Low
Hurricane & Tropical Storms	Relatively Low
Hail	Very Low
Landslide	Relatively Low
Ice Storm	Relatively Moderate
Winter Weather	Relatively Low
Drought	No Rating
Wildfire	Relatively Low
Lightning	Relatively Moderate
Strong Winds	Relatively Low

Cyanobacteria Alert Days



Cyanobacteria (Since 2009)



Cyanobacteria (2025)

Legend

Cyanobacteria (Since 2009)	Cyanobacteria (2025)
0	0 Days
1-24 Days	1-24 Days
50-99 Days	25-49 Days
25-49 Days	> 50 Days
100-199 Days	
> 200 Days	

Data Sources: NHDES, USDA, FEMA

Learn more at <https://tinyurl.com/DataSnapshot2025>

Data Sources

State Data

New Hampshire Department of Education. Town Enrollment Breakdown (October 2025). 2015-2025.

<https://my.doe.nh.gov/iPlatform/Report/DataReportsSubCategory?reportSubCategoryId=10>

New Hampshire Department of Environmental Services.

- Dams Inventory. 2025. SRPC. <https://granit.unh.edu/>
- Contaminated Sites. 2025. SRPC. <https://www.des.nh.gov/waste/contaminated-sites>
- Cyanobacteria Data. 2025. SRPC. Requested by SRPC
- Living Shorelines. 2022. New Hampshire. <https://www.nhcaw.org/greatbaylivingshorelineproject/>
- Designated Rivers, 2022. <https://www.arcgis.com/home/item.html?id=efcde572667546b498147a2a1c49cbf2>
- Wellhead Protection Areas, 2025. <https://nh-department-of-environmental-services-open-data-nhdes.hub.arcgis.com/datasets/NHDES::wellhead-protection-areas-2/about>
- Rivers and Streams Protected Under the Shoreland Protection Act, 2024. <https://nhdes.maps.arcgis.com/apps/webappviewer/index.html?id=7fc502c48d2248d7aa05ffd03ff6636c%20>

New Hampshire Department of Health and Human Services. Hospital Capacities. 2024. SRPC. Available to SRPC directly from NHDHHS

New Hampshire Department of Revenue Administration

- Meals & Rooms Tax Data. 1974-2025. [https://www.nheconomy.com/office-of-planning-and-development/what-we-do/state-data-center-\(census-data\)/economic-data](https://www.nheconomy.com/office-of-planning-and-development/what-we-do/state-data-center-(census-data)/economic-data)
- Municipal and Village Property Tax Rates. 2023-2025. <https://www.revenue.nh.gov/about-dra/municipal-and-property-division/municipal-and-property-reports/municipal-and-village>

New Hampshire Department of Transportation

- NH State Crash Database. 2012-2024. Available to SRPC through an agreement with NHDOT.
- Pavement Conditions. 2016-2024. Available to SRPC by request with NHDOT.
- Quarterly GIS Data Snapshot. February 2026. Statewide. Available from <https://ftp.granit.unh.edu/NHDOT/GIS%20Data%20Quarterly%20Snapshots/>

New Hampshire Employment Security

- Short Term Employment Projections. 2020-2030. Municipalities. <https://www.nhes.nh.gov/elmi/products/proj.htm>
- Employment Estimates. 2015. SRPC. Available to SRPC through an agreement with NHES
- Local Area Unemployment Statistics. New Hampshire Employment Security. 1991-2025. Counties, NH. <https://www.nhes.nh.gov/elmi/statistics/laus-arch.htm>

New Hampshire GRANIT GIS Clearinghouse

- National Hydrography Dataset Plus, 2024. <https://new-hampshire-geodata-portal-1-nhgranit.hub.arcgis.com/datasets/NHGRANIT::new-hampshire-stream-order-dataset/about>

- Statewide Aquifer Transmissivity For New Hampshire, 2020. <https://nh-granit-nhgranit.hub.arcgis.com/datasets/NHGRANIT::statewide-aquifer-transmissivity-for-new-hampshire/about>
- NH Watershed Boundaries (HUC12), 2019. <https://new-hampshire-geodata-portal-1-nhgranit.hub.arcgis.com/datasets/NHGRANIT::nh-watershed-boundaries-huc12/about>
- Coastal Conservation Focus Areas, 2021. <https://new-hampshire-geodata-portal-1-nhgranit.hub.arcgis.com/datasets/NHGRANIT::coastal-conservation-focus-areas-2021/about>

New Hampshire Office of Planning and Development data available from

[https://www.nheconomy.com/office-of-planning-and-development/what-we-offer/state-data-center-\(census-data\)](https://www.nheconomy.com/office-of-planning-and-development/what-we-offer/state-data-center-(census-data))

- County Population Projections, By Municipality. 2025-2050. Municipality.
- Population Estimates for New Hampshire Cities and Towns. 2011-2025. Municipality.

New Hampshire Secretary of State.

- Vital Statistics. 2010-2019. SRPC. Available to SRPC directly from NHSOS.
- Voting data. 2016-2024. <https://www.sos.nh.gov/elections>

National Data

Census Bureau

- Poverty Thresholds. 2024. US. <https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html>
- American Community Survey 5-Year Estimates (Tables B01001, B01002, B03002, B08201, B15003, B17021, B18101, B19083, B25010, B25044, C16002, C17002, S1901) 2014, 2019, 2024. Tract, County Subdivision, County, NH. <https://data.census.gov/cedsci>
- Decennial Census. 2010. Blocks. <https://www.census.gov/geographies/mapping-files/time-series/geo/tiger-line-file.2010.html>
- Decennial Census. 2020. Blocks. <https://www.census.gov/geographies/mapping-files/time-series/geo/tiger-line-file.2020.html>

Census Bureau Center for Economic Studies

- Longitudinal Employer-Household Dynamics - Residence Area Characteristics. 2023. Blocks. <https://lehd.ces.census.gov/data/>
- Longitudinal Employer-Household Dynamics - Workplace Area Characteristics. US Census Bureau Center for Economic Studies. 2023. Blocks. <https://lehd.ces.census.gov/data/>
- Longitudinal Employer-Household Dynamics – Origin/Destination. US Census Bureau Center for Economic Studies. 2023. Blocks. <https://lehd.ces.census.gov/data/>
- Quarterly Workforce Indicators. 2015-2025. <https://lehd.ces.census.gov/data/>

Center for Disease Control

- National Vital Statistics System. Life Expectancy at Birth. 2000-2023. <https://www.cdc.gov/nchs/nvss/life-expectancy.htm>
- Arias E, Escobedo LA, Kennedy J, Fu C, Cisewski J. U.S. Small-area Life Expectancy Estimates Project: Methodology and Results Summary [PDF – 8 MB]. National Center for Health Statistics. Vital Health Stat 2(181). 2018. <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>

Department of Energy. Alternative Fuel Data Center. 2025. SRPC. <https://afdc.energy.gov/>

Federal Emergency Management Agency. Hazard Risk Maps. 2025. SRPC.

<https://hazards.fema.gov/nri/map>

Federal Highway Administration

- Freight Analysis Framework. 2021-2024, 2030-50. Statewide. <https://faf.ornl.gov/faf5/Default.aspx>
- National Bridge Inventory. 2016-2025. Statewide. Available from <https://www.fhwa.dot.gov/bridge/nbi.cfm>

Federal Reserve Bank of New York. Survey of Consumer Expectations. 2013-2026.

<https://www.newyorkfed.org/microeconomics/sce#/>

Federal Reserve Economic Data (FRED) – St. Louis Fed.

- All Marginally Attached Workers for New Hampshire. 2015-2025. <https://fred.stlouisfed.org/series/ALLMARGATNH>
- Federal Interest Rates. 1954-2025. United States.
- Freddie Mac, 30-Year Fixed Rate Mortgage Average in the United States [MORTGAGE30US], retrieved from FRED, Federal Reserve Bank of St. Louis; <https://fred.stlouisfed.org/series/MORTGAGE30US>.
- U.S. Bureau of Economic Analysis, Per Capita Personal Income in Strafford County, NH [PCPI33017], retrieved from FRED, Federal Reserve Bank of St. Louis; <https://fred.stlouisfed.org/series/PCPI33017>.

Federal Transit Administration. National Transit Database. 2010-2024.

- Complete Monthly Ridership (2026). 2010-2025. <https://www.transit.dot.gov/ntd/data-product/monthly-module-adjusted-data-release>
- 2025 Annual Database Service Vehicle Inventory. <https://www.transit.dot.gov/ntd/data-product/2025-annual-database-service-vehicle-inventory>
- 2025 Annual Database Facility Inventory. <https://www.transit.dot.gov/ntd/data-product/2025-annual-database-facility-inventory>
- 2025 Vehicles. <https://www.transit.dot.gov/ntd/data-product/2025-vehicles>

National Highway Transportation Safety Administration. Fatality Analysis Reporting System.

2012-2024. SRPC. <https://www.nhtsa.gov/>

National Oceanic and Atmospheric Administration

- Monthly Maximum Snow Totals. 1999-2025. Town of Durham. City of Concord. <https://www.weather.gov/wrh/Climate?wfo=gyx>
- United States Billion-dollar Disaster Events. 1980-2024. United States. <https://www.ncei.noaa.gov/access/billions/>

Social Security Administration

- Old Age, Survivors, and Disability Insurance Beneficiaries by State and ZIP code (released December 2025). 2019-2025. https://www.ssa.gov/policy/docs/statcomps/oasdi_zip/index.html
- Social Security Insurance Monthly Statistics (released January 2026). 2018-2025. https://www.ssa.gov/policy/docs/statcomps/ssi_monthly/2025-12/index.html

United States Department of Agriculture. Plant Hardiness Zone Maps. 2012-2023. United States. <https://planthardiness.ars.usda.gov/pages/map-downloads>

United States Energy Information Administration (EIA). Renewable Energy. 2025. New Hampshire. <https://www.eia.gov/state/?sid=NH>

US Small Business Administration. 7(a) & 504 FOIA Reports. 2020-2026.

<https://data.sba.gov/en/dataset/7-a-504-foia>

Other Data

State of Connecticut. State of Connecticut - Minimum Wage Information.

<https://www1.ctdol.state.ct.us/lmi/ctminimumwage.asp>.

Maine Department of Labor. Title 26 Labor & Industry § 664 Minimum wage (2026).

https://www.maine.gov/labor/labor_laws/minimumwagefaq/

Massachusetts General Law. MGL c.151 (2026) [https://www.mass.gov/info-](https://www.mass.gov/info-details/massachusetts-law-about-minimum-wage)

[details/massachusetts-law-about-minimum-wage](https://www.mass.gov/info-details/massachusetts-law-about-minimum-wage)

Rhode Island Department of Labor & Training. RI General Law §28-12 (2025)

<https://dlt.ri.gov/regulation-and-safety/labor-standards/minimum-wage>

Vermont Department of Labor. 21 V.S.A. §384 (2025) [https://labor.vermont.gov/rights-](https://labor.vermont.gov/rights-and-wages)

[and-wages](https://labor.vermont.gov/rights-and-wages)

Alliance for Community Transportation. Monthly Ridership Report (March 2026). 2019-2026.

ACT Service Area. Available from ACT by request.

Regional Integrated Transportation Information System. National Performance Management

Research Data Set. 2017-2025. Statewide. <https://nprds.ritis.org/analytics/>

Rail Passengers Association. Ridership Statistics. 2013-2025. Statewide.

<https://www.railpassengers.org/tools-info/ridership-statistics/>

Great American Stations (Amtrak). America's Stations. 2017-2025. National.

<https://www.greatamericanstations.com/stations/>

Northern New England Rail Passenger Rail Authority. Downeaster Monthly Ridership History.

2012-2025. <https://www.nnepra.com/reports-stats/reports/>

New Hampshire Northcoast. Data provided directly by staff.

Wake, C., Knott, J., Lippmann, T., Stampone, M., Ballestero, T., Bjerklie, D., Burakowski, E., Glidden, S., Hosseini-Shakib, I., Jacobs, J. (2019). New Hampshire Coastal Flood Risk

Summary – Part I: Science. Prepared for the New Hampshire Coastal Flood Risk Science

and Technical Advisory Panel. Report published by the University of New Hampshire,

Durham, NH. <https://www.des.nh.gov/about/boards-and-committees/coastal-flood-risk>

Stampone, M., Wake, C., Burakowski, E. (2021). New Hampshire Climate Assessment 2021.

Report published by the University of New Hampshire, Durham, NH.

<https://scholars.unh.edu/cji/viewcontent.cgi?article=1071&context=sustainability>

New Hampshire Association of Realtors. Public data viewer: [https://nhar-](https://nhar-public.stats.showingtime.com/reports)

[public.stats.showingtime.com/reports](https://nhar-public.stats.showingtime.com/reports)

- Month Supply Inventory. 2017-2025. New Hampshire.
- Single Family Homes Average Days on the Market. 2011-2025. Counties, NH.
- Single Family Closed Sales. 2017-2025. Counties, NH.
- Homes for Sale. 2005-2025. Strafford County.
- Percent of List Price Received Over Asking. 2017-2025. Strafford County.

Zillow Observed Rent Index. 2024-2026. <https://www.zillow.com/research/data/>

Data Collected by Strafford Regional Planning Commission

- Bicycle Level of Traffic Stress. 2019.
- Building Permit Data. 2008-2022.
- Pedestrian Level of Traffic Stress. 2025.
- Sidewalk Inventory. 2018-2022.
- SRPC SLR Database. SRPC. 2014. SRPC. Available from <https://tinyurl.com/9bhwyjx>
- SRPC Land Use Data. 2010, 2022.
- SRPC Shoreland Water Quality Protection Act Protected Areas. 2020.