

According to the Census Bureau's survey of the population in 2019, New Hampshire's estimated population was **1,359,711** with the following breakdown:

White alone,	89.8%
Black or African American alone,	1.8%
American Indian and Alaska Native Alone,	0.3%
Asian alone,	3.0%
Two or More Races	1.8%
Hispanic or Latino	4.0%
Foreign born	7.0%

Figures show that New Hampshire's Hispanic or Latino population has more than doubled since 1990 with a total of 36,704 individuals and its Asian population increased by 75%, totaling 28,407. In Nashua alone, the Hispanic population grew 125%. Also black or African American population increased to over 15,000. NH has also experienced a rise in the number of refugees making homes in our state. The School Department reports that over 44 languages are spoken in Nashua public schools and over 75 languages are spoken by the students in Manchester public schools. These languages spoken by the students range from the more common Spanish, Brazilian Portuguese, French, Native American languages to Eastern European languages as Russian, Ukrainian, Romanian, Bosnian/Serbo-Croatian to Asian languages like Nepali, Vietnamese, Indonesian, Laotian, Hindi, Rohyngian-Burmese, to African languages like Somali and Somali Bantu, Arabic, Lingala, Swahili, and many more.

As more and more immigrants come to the US, healthcare and social services professionals who are open to other cultures can use the knowledge and sensitivity that they obtain in order to provide holistic care for clients coming from other countries, who speak foreign languages.

For more information go to:

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=2&lvlid=53>