

**DEFEND AMERICA**  
**ACTION**



— THE GRANITE STATE • JULY 2026 —

# Costs *Skyrocket* for Working Granite Staters as Trump and Republicans Ignore Worsening Crisis

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*An open letter and affordability report from New Hampshire state legislators – on gas prices up 60%, electricity up 15%, ACA premiums up 116%, and 29,000 Granite Staters set to lose health care.*

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## THE GRANITE STATE AFFORDABILITY CRISIS · JULY 2026

# Costs Skyrocket for Working Granite Staters as Trump and Republicans Ignore Worsening Crisis

**D**onald Trump's destructive policies are ripping away Granite Staters' economic security. Between his massive cuts to government spending, the Trump-GOP Big, Ugly Bill, and his disastrous tariffs, Trump's agenda is hurting the local economy in all areas, stoking a dire affordability crisis as food prices, gas prices, energy bills, health care costs, and housing costs spike.

Inflation and the cost of living are top concerns for most New Hampshire residents – and for good reason. New Hampshire families have spent, on average, \$2,927 more on goods or services because of inflation under Trump. Just 28% of New Hampshire residents say they believe the state is affordable, and a mere [15% of New Hampshire families](#) earn an annual salary that allows them to buy a home at the median price of a single-family home. Trump's war in Iran has caused gas prices to skyrocket in New Hampshire, where the average price of gas rose nearly 60% between February and May – even as Trump himself has [dismissed](#) soaring gas prices as “peanuts.” During Trump's first year back in office, New Hampshire residents' electricity bills also went up an average of 15%. Meanwhile, as food costs rise across the state, New Hampshire food pantries have seen a notable uptick in visitors. At the same time, Trump's budget cuts are ripping away vital assistance for health care, food, and more from tens of thousands of Granite Staters. As many as 29,000 Granite Staters stand to lose their health care because of Trump and Republicans' cuts to Medicaid and the ACA.

Throughout Trump's second term, the President and Republicans in Congress have worked in lockstep to reward their rich and powerful friends at the expense of everyone else. They are obliterating the economic security of millions across the country, and working families are the ones paying the price.

That is why state leaders like ourselves are coming together to highlight what President Trump has done to hurt New Hampshire families across our great state and to fight back against this reckless administration. We hope you will join us in standing up to Trump and his agenda, which is skyrocketing costs across the Granite State.

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**SIGNED**

*Rep. Jessica Grill*

*Rep. Dick Ames*

*Rep. Terri O'Rourke*

*Rep. Timothy Horrigan*

*Rep. Eileen Kelly*

*Rep. Peter Lovett*

*Rep. Patrick Long*

— BY THE NUMBERS

# The Granite State *Affordability* Crisis

**\$2,927**

New Hampshire families have spent on average \$2,927 more on goods or services because of inflation under Trump.

*Source: Joint Economic Committee*

**+60%**

Gas prices rose nearly 60% in New Hampshire between February and May thanks to Trump's war in Iran – even as Trump dismissed the surge as “peanuts.”

*Source: Keene Sentinel · Time*

**+116%**

NH residents who buy ACA coverage and receive tax credits are facing an average premium increase of 116% – nearly 50,000 people across the state.

*Source: KFF*

**+15%**

During Trump's first year back in office, NH residents' electricity bills went up an average of 15% – and Climate Power estimates bills are rising \$139 annually.

*Source: Choose Energy · Climate Power*

**29K**

As many as 29,000 Granite Staters stand to lose their health care because of Trump and Republicans' \$1 trillion cuts to Medicaid and the ACA.

*Source: New Hampshire Bulletin*

**75K**

Nearly 75,000 New Hampshire residents rely on SNAP. Trump and Republicans cut \$187 billion in food assistance, leaving thousands of Granite Staters at risk and cutting \$63 million in annual federal funds – a 38% reduction.

*Source: USDA · CBPP · Commonwealth Fund*

**\$575K**

Median NH single-family home price is over \$575,000. A mere 15% of NH families earn an annual salary that lets them buy at the median price.

*Source: NH Housing Finance Authority*

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**SECTION 01**

## Granite State Housing Crunch

High housing costs are the biggest concern facing Granite Staters. An outright majority of New Hampshire residents ranked housing as the most important issue facing the state than any other issue. 80% of New Hampshire voters say there are not enough homes average people can afford to rent or buy, and 76% say housing costs have had a negative personal impact on their lives or their loved ones.

A mere 15% of New Hampshire families earn an annual salary that allows them to buy a home at the median price of a single-family home, which is over \$575,000. New Hampshire families have spent on average \$772 more on housing because of inflation under Trump, according to the Joint Economic Committee.

Prolonged high housing costs are pushing younger residents out of the state entirely, which may even be fueling a 'brain drain' in the state's economy. In one recent survey, 85% of young Granite Staters opined that New Hampshire is worse on housing than other places in the country.

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**SECTION 02**

## Cost of Living Among Granite Staters' Top Concerns

Inflation and higher prices under Trump are among New Hampshire voters' top concerns. Nearly six in 10 New Hampshire residents disapprove of Trump's handling of the economy, with a majority “strongly” disapproving, as of April 2026. Just 28% of New Hampshire residents say they believe the state is affordable, according to a February consumer survey by Talker Research.

New Hampshire families have spent on average \$2,927 more on goods or services because of inflation under Trump, according to the Joint Economic Committee. Factoring in inflation, New Hampshire wages effectively dropped 2.2% by the end of 2025. One in four Granite Staters say they are carrying a balance of at least \$5,000 on their credit cards.

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**SECTION 03**

## Health Care Costs Are Up Thanks to Trump & Republicans

The Trump-GOP big, ugly bill cut \$1 trillion from Medicaid and the Affordable Care Act (ACA), and as many as 29,000 Granite Staters stand to lose their health care because of Trump and Republicans' cuts to Medicaid and the ACA. Already, thousands of New Hampshire residents have dropped health care coverage through the ACA and tens of thousands more have lost Medicaid or CHIP coverage since Trump and the GOP passed their health care cuts. The state will also lose tens of millions of dollars in funding for hospitals every year due to these cuts.

In an attempt to put a band-aid on top of the massive cuts, the Trump administration doled out a pitiful rural health care grant to New Hampshire, but local officials have called the grant a “drop in the bucket compared to losses our rural clinics, hospitals and communities will face.” Even local health care CEOs are saying the rural health care grant is not enough to counteract Trump and the GOP's massive cuts to Medicaid.

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### *New Hampshire Residents Are Deeply Concerned About Rising Health Care Costs.*

Most Granite Staters say that medical costs have increased in the past year. Nearly one-third of New Hampshire residents say someone in their household has postponed getting health care due to cost and a majority of New Hampshire residents disapprove of how Trump and Republicans in Congress have handled health care. Out-of-pocket health care costs for a New Hampshire family of four are already approximately \$10,500 a year.

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**SECTION 04**

## Food Costs Are Up in New Hampshire

Food costs are rising nationwide thanks to Donald Trump's tariffs and America-last trade policies – even in New Hampshire. As food costs rise across the state, New Hampshire food pantries have seen a notable uptick in visitors.

Much of southeast New Hampshire is closely integrated with the Greater Boston metropolitan region, and food prices in the Greater Boston area have been increasing faster than overall area inflation since 2025 – especially fruits and vegetables, which rose by more than 5%, and shelf-stable foods, which rose three times faster than overall area inflation as of March 2026.

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**SECTION 05**

## New Hampshire's Energy Affordability Crisis

Since Trump took office last year, his tariffs and wars of choice have sparked a national energy affordability crisis that has hit New Hampshire especially hard:

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### *Granite State Gas Prices Are Skyrocketing.*

Trump's war in Iran has caused gas prices to skyrocket in New Hampshire, where the average price of gas rose nearly 60% between February and May. High New Hampshire gas prices are even eating into the state's funding for maintaining roads and bridges. New Hampshire residents have already spent \$73 million more on gas this year thanks to Trump's war in Iran. Since Trump took office again, New Hampshire families have spent an average of \$411 more on transportation expenses.

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### *NH Electricity Bills Are Spiking.*

During Trump's first year back in office, New Hampshire residents' electricity bills went up an average of 15%. Climate Power estimates that electric bills in New Hampshire are rising \$139 annually. New Hampshire already has some of the highest electricity rates in the country, with the average residential customer paying over 50% more than the national average. To make matters worse, the Community Power Coalition of NH, the state's largest electricity aggregator program – serving roughly 200,000 New Hampshire customers – hiked its basic rates over 9% this year, spiking costs for customers of what used to be one of the state's cheapest electric providers.

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**SECTION 06**

## Job Losses & Lost Investment

Trump has cancelled millions of dollars in New Hampshire clean energy investments, terminating roughly \$5 million worth of investments. New Hampshire's labor market weakened in 2025, with unemployment ticking up and wage growth falling behind inflation. By December, there were nearly 9,000 fewer jobs in the state than in 2024. In the Manchester area, unemployment rose faster than the national average during Trump's first year in office.

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**SECTION 07**

## NH Small Businesses & Non-Profits Are Suffering

High food costs are hurting many New Hampshire restaurants, with the cost of steaks spiking 15% compared to last year and the cost of ground beef up 11% as of May 2026. Sky-high gas prices have also hurt New Hampshire food businesses this summer, particularly food trucks that have seen diesel and gasoline costs eat into already razor-thin margins. Similarly, high gas prices hurt New Hampshire non-profits like Meals on Wheels that deliver to lower-income residents in need. High utility costs are also squeezing local small business owners, threatening wages, expansion potential, and long-term planning.

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### *Trump's War on Health Care Hits NH Small Businesses Hard.*

The Trump-GOP effort to rip away ACA tax credits is hitting New Hampshire's small businesses especially hard. Over 17,400 small business owners in the state relied on the ACA for coverage in 2025 – more than 1 in 4 ACA enrollees in New Hampshire – and 87 percent of small business owners wanted Republicans in Congress to permanently extend ACA tax credits.

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**SECTION 08**

## Help Ripped Away

Trump's budget cuts are ripping away vital assistance for health care and food from tens of thousands of Granite Staters.

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### *Ripping Away Health Care Premium Tax Credits.*

Thanks to Donald Trump and Republicans in Congress, New Hampshire residents who bought health insurance on their own through the ACA and received tax credits are facing an average premium increase of 116 percent, and just under 50,000 people across the state have seen their coverage costs this year soar after the Trump-GOP budget ripped away critical tax credits that make ACA coverage affordable. Polling from the UNH Survey Center in January shows that a majority of New Hampshire voters supported extending ACA tax credits.

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### *Cutting New Hampshire Food Assistance.*

Trump and Republicans in Congress cut \$187 billion in food assistance, which helps give nearly 75,000 New Hampshire residents access to food. These cuts leave thousands of people at risk of losing their food aid and will leave the state without \$63 million in annual federal funds – a 38% reduction. Already, over a thousand Granite Staters have lost SNAP benefits since Trump and Republicans passed cuts to food assistance.

DEFEND AMERICA ACTION · JULY 2026

# *Granite Staters can't afford another year of skyrocketing costs.*

Defend America Action is a 501(c)(4) advocacy organization dedicated to standing up for the working families, small business owners, and communities Donald Trump's policies are leaving behind.

This report is signed by Rep. Jessica Grill, Rep. Dick Ames, Rep. Terri O'Rourke, Rep. Timothy Horrigan, Rep. Eileen Kelly, Rep. Peter Lovett, and Rep. Patrick Long. It draws exclusively on publicly reported sources. Every link in this PDF is clickable.