

# Population Outlook to 2030

CEFC/RFC Retreat

September 14, 2023

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Maine State Economist

# Overview

- 5-year projections for state and counties by sex and 5-year age group; total only for cities/towns
- Updated every 2 years; replace outlook to 2028
- Data are available out to 2040 if needed

# Methodology

# Cohort-component methodology

- Counties first, with separate birth, survival, and migration rates calculated, with Franklin and Penobscot county college populations addressed separately
- State is sum of counties
- Cities/towns are extrapolated from growth of town's relative share of county population, with some off-model adjustments

# Impacts from COVID

- Migration rates were calculated using 2015-2019 trend applied to 2021 population estimate (assumes peak pandemic migration was unique)
- No modifications were made for excess deaths with COVID

# Sources

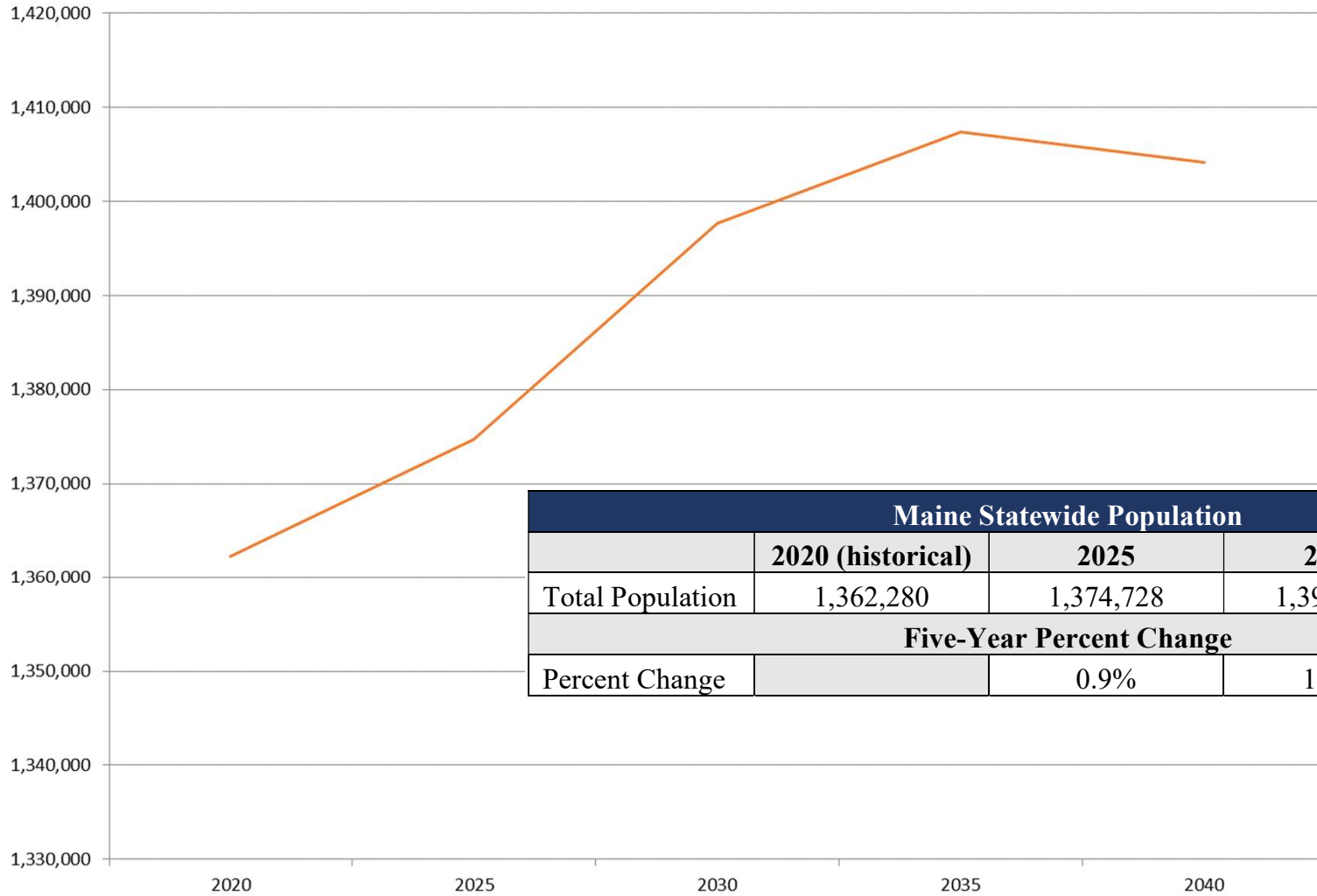
# Sources

- Births and deaths from Maine CDC Office of Vital Stats
- U.S. Census Bureau population estimates, national projections, and American Community Survey five-year estimates
- National Center for Education Statistics and MCCA college enrollment data
- Office of the State Economist produced intercensal estimates for counties and cities/towns because of delay from U.S. Census Bureau

Statewide



## Projected Total Population, Maine

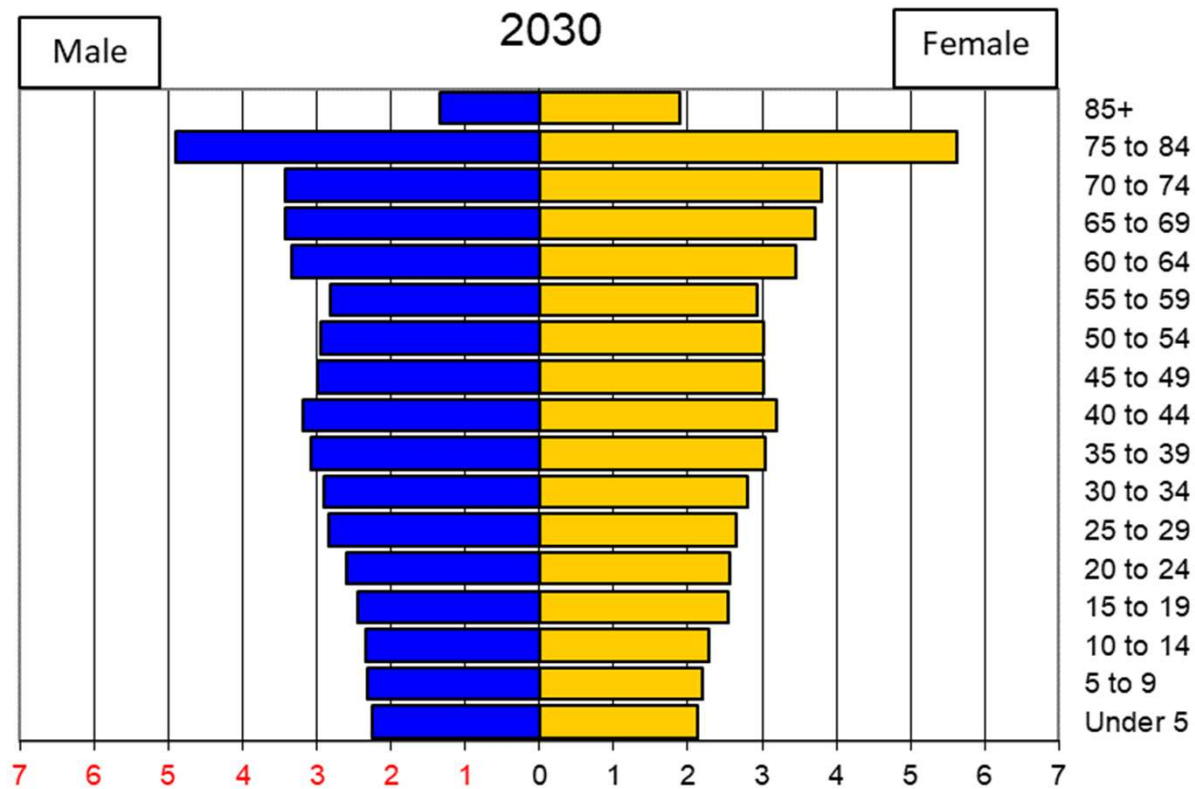


Maine Statewide Population				
	2020 (historical)	2025	2030	2020-2030
Total Population	1,362,280	1,374,728	1,397,663	
Five-Year Percent Change				
Percent Change		0.9%	1.7%	2.6%

# The Baby Boom: 1946-1964

Baby Boom generation in 2030: age 66-84

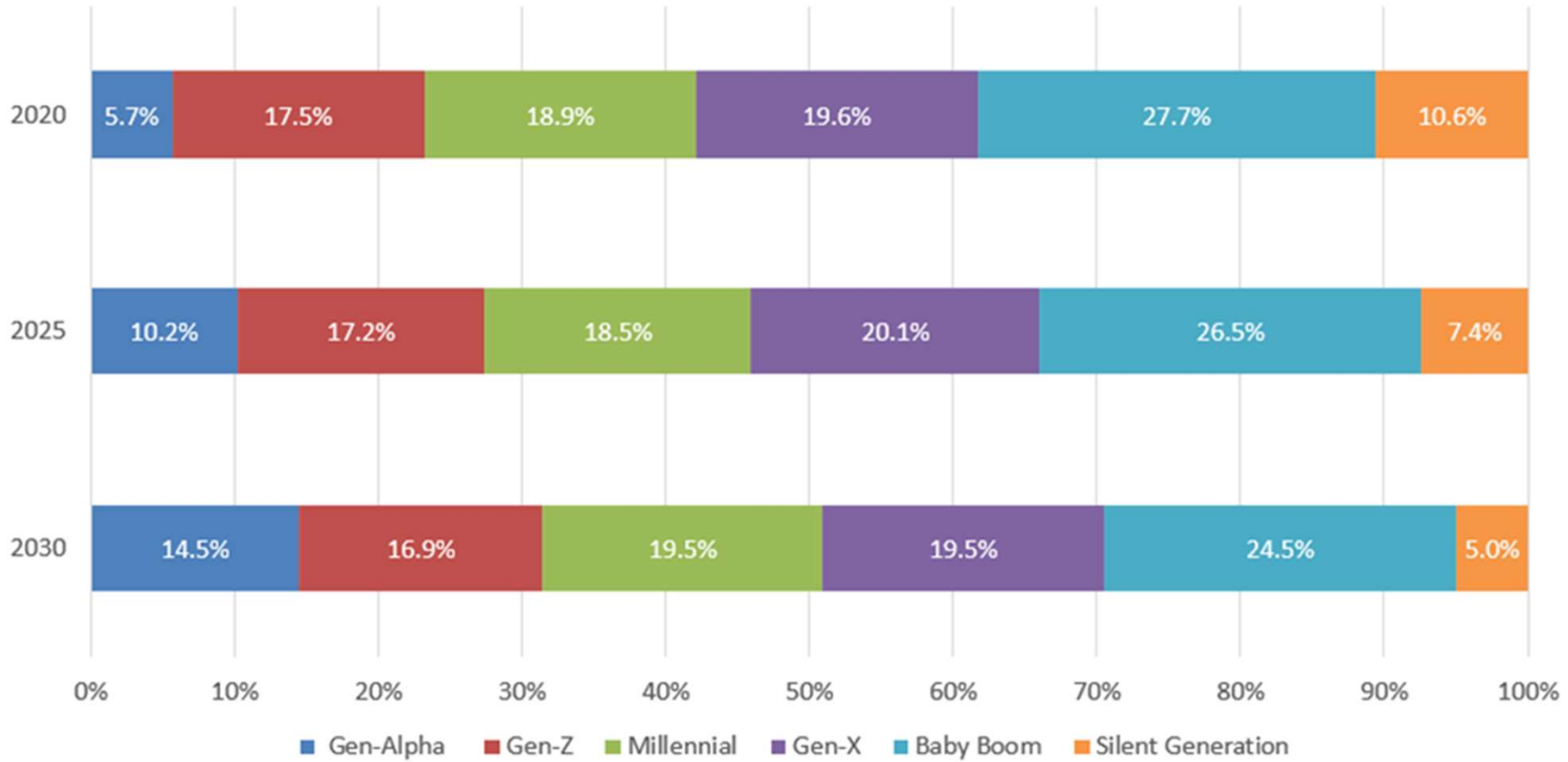
Baby Boom generation in 2022: age 58-76



Largest growth from 2020-2030 expected in age 65+ as Baby Boom generation finishes aging into this group

Percent Change in Population			
	2020-2025	2025-2030	2020-2030
Age 0-19 years	-7.4%	-2.3%	-9.5%
Age 20-39 years	1.5%	-3.5%	-2.0%
Age 40-64 years	-4.7%	-3.0%	-7.6%
Age 65+ years	17.6%	15.8%	36.2%

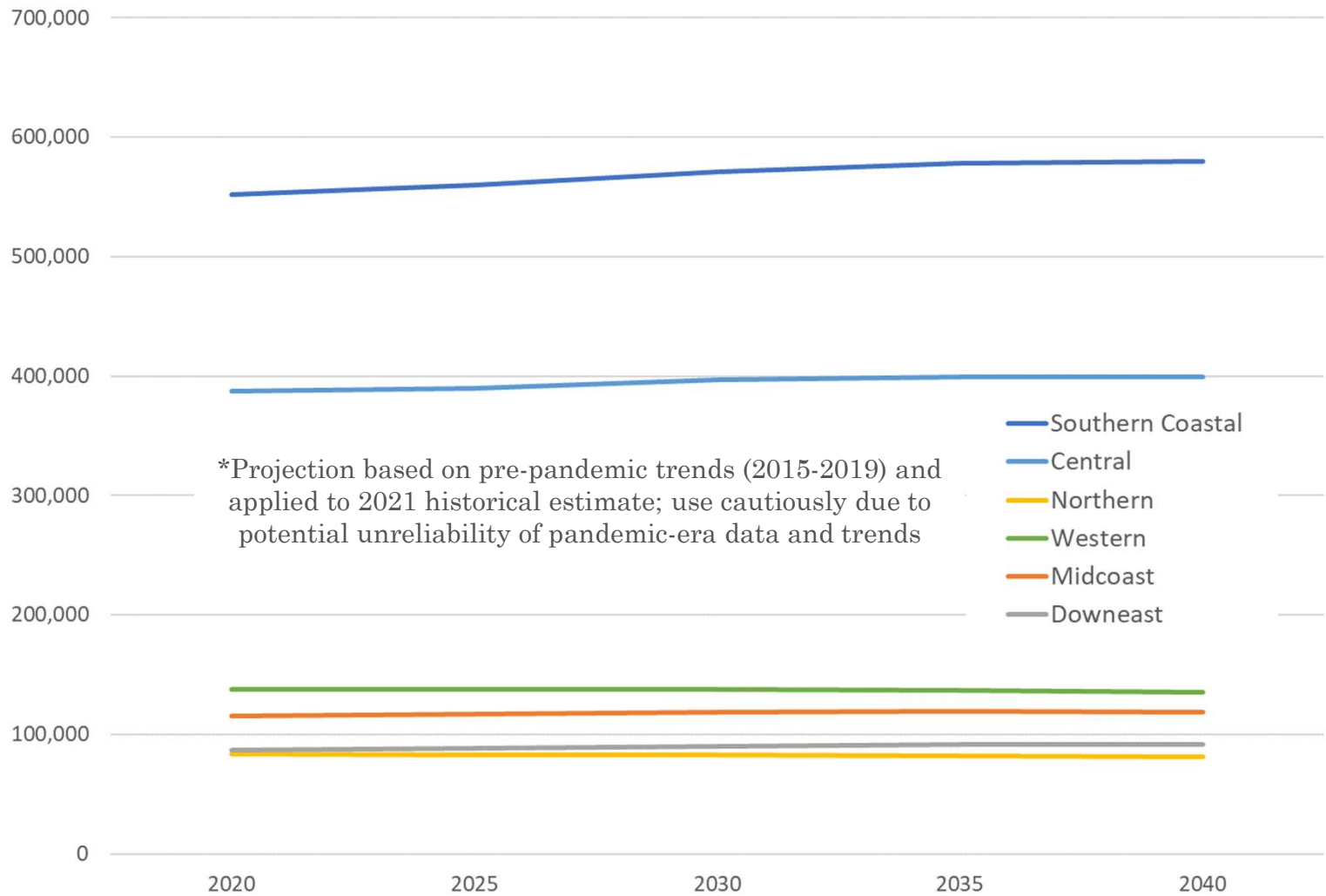
Maine's Generational Distribution, Projection



Source: Maine Office of the State Economist;  
<https://www.maine.gov/dafs/economist/demographic-projections>

# Counties

### Projected Population by Region



\*Projection based on pre-pandemic trends (2015-2019) and applied to 2021 historical estimate; use cautiously due to potential unreliability of pandemic-era data and trends

- Southern Coastal
- Central
- Northern
- Western
- Midcoast
- Downeast

- 13 of 16 counties projected to grow from 2020 to 2030
- Southern Coastal and Downeast only two regions projected to grow from 2020-2040

Maine County Total Population			
	2020 (historical)	2025	2030
Androscoggin	111,039	111,250	113,477
Aroostook	66,994	66,602	66,937
Cumberland	303,312	304,451	308,124
Franklin	29,418	29,330	29,603
Hancock	55,460	56,140	56,707
Kennebec	123,754	126,211	130,259
Knox	40,609	40,944	41,130
Lincoln	35,192	35,361	35,364
Oxford	57,849	58,121	58,321
Penobscot	152,007	152,059	153,327
Piscataquis	16,768	16,424	15,935
Sagadahoc	36,688	36,794	36,921
Somerset	50,404	49,889	49,781
Waldo	39,635	40,843	42,405
Washington	31,062	32,099	33,555
York	212,089	218,208	225,816

Percent Change in Population			
	2020-2025	2025-2030	2020-2030
Androscoggin	0.2%	2.0%	2.2%
Aroostook	-0.6%	0.5%	-0.1%
Cumberland	0.4%	1.2%	1.6%
Franklin	-0.3%	0.9%	0.6%
Hancock	1.2%	1.0%	2.2%
Kennebec	2.0%	3.2%	5.3%
Knox	0.8%	0.5%	1.3%
Lincoln	0.5%	0.0%	0.5%
Oxford	0.5%	0.3%	0.8%
Penobscot	0.0%	0.8%	0.9%
Piscataquis	-2.0%	-3.0%	-5.0%
Sagadahoc	0.3%	0.3%	0.6%
Somerset	-1.0%	-0.2%	-1.2%
Waldo	3.0%	3.8%	7.0%
Washington	3.3%	4.5%	8.0%
York	2.9%	3.5%	6.5%

Cities/towns



## Town & City Population Projections

### What it shows & Why it matters

A Visual representation of projected population shifts over time.

Highlighting areas of growth and decline can offer insight into future population growth, migration patterns, and areas requiring targeted interventions, helping policymakers, businesses, and communities make informed decisions.

Population projections estimate the future population size based on current trends.

**When used in conjunction with local data and knowledge**, they provide valuable insight.

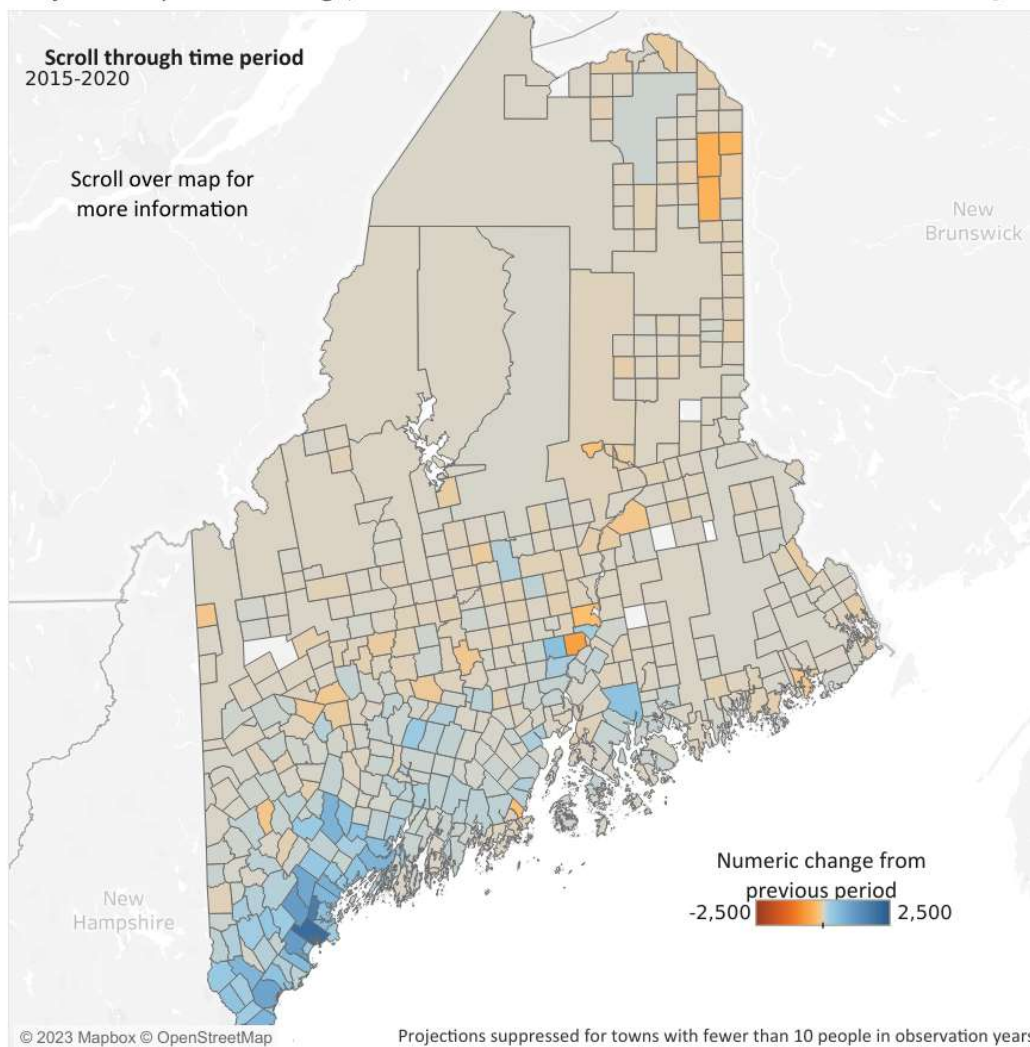
Please note: While these projections are available in 5-year intervals out to 2040, we encourage limiting the use of projections beyond 2030 if possible.

For information on the results and methodology please refer to the report *Maine Population Outlook 2020 to 2030*.

[Click to view methodology & report \(PDF\)](#)

[Click to download data](#)

## Projected Population Change, 2015-2020



Source: The Office of the State Economist, Maine City and Town Population Projections, 2040. June 2023 release.

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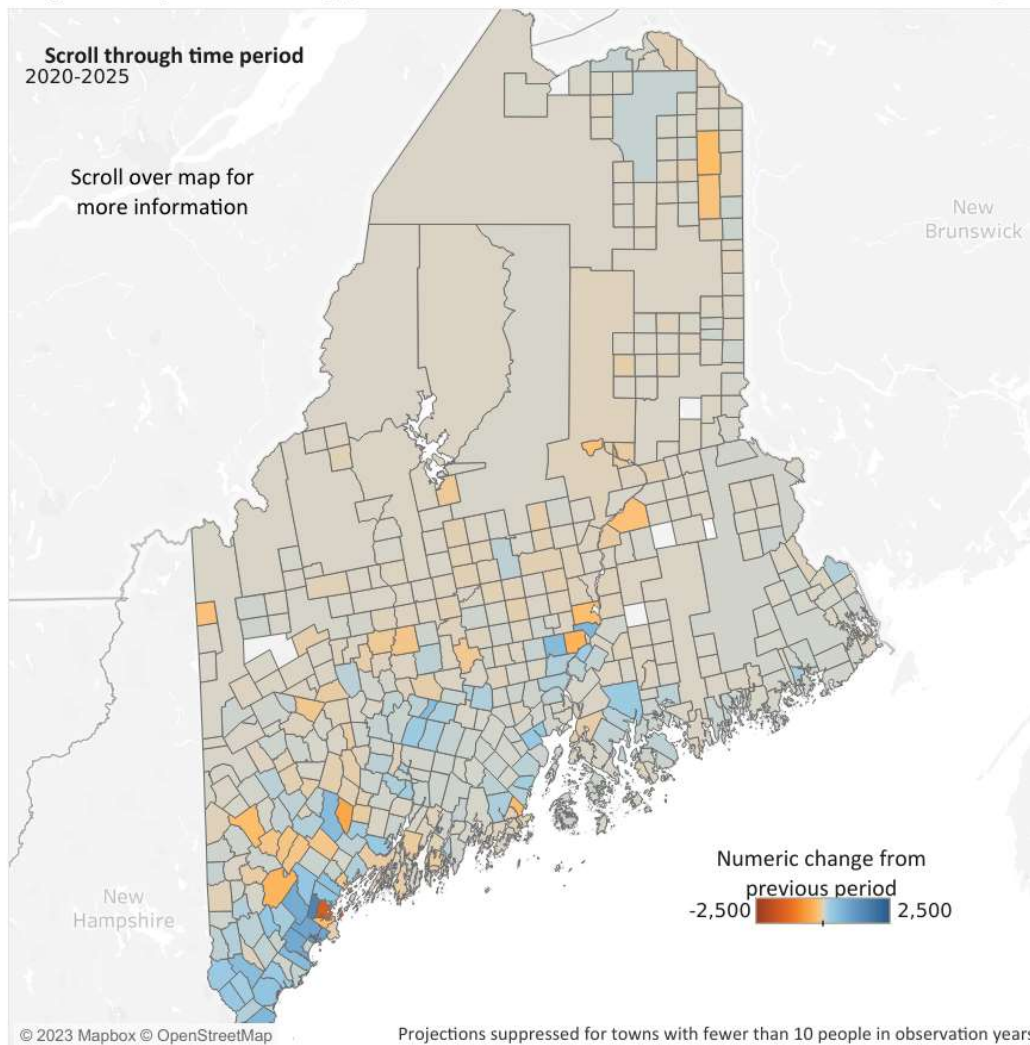
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## Projected Population Change, 2020-2025



Source: The Office of the State Economist, Maine City and Town Population Projections, 2040. June 2023 release.

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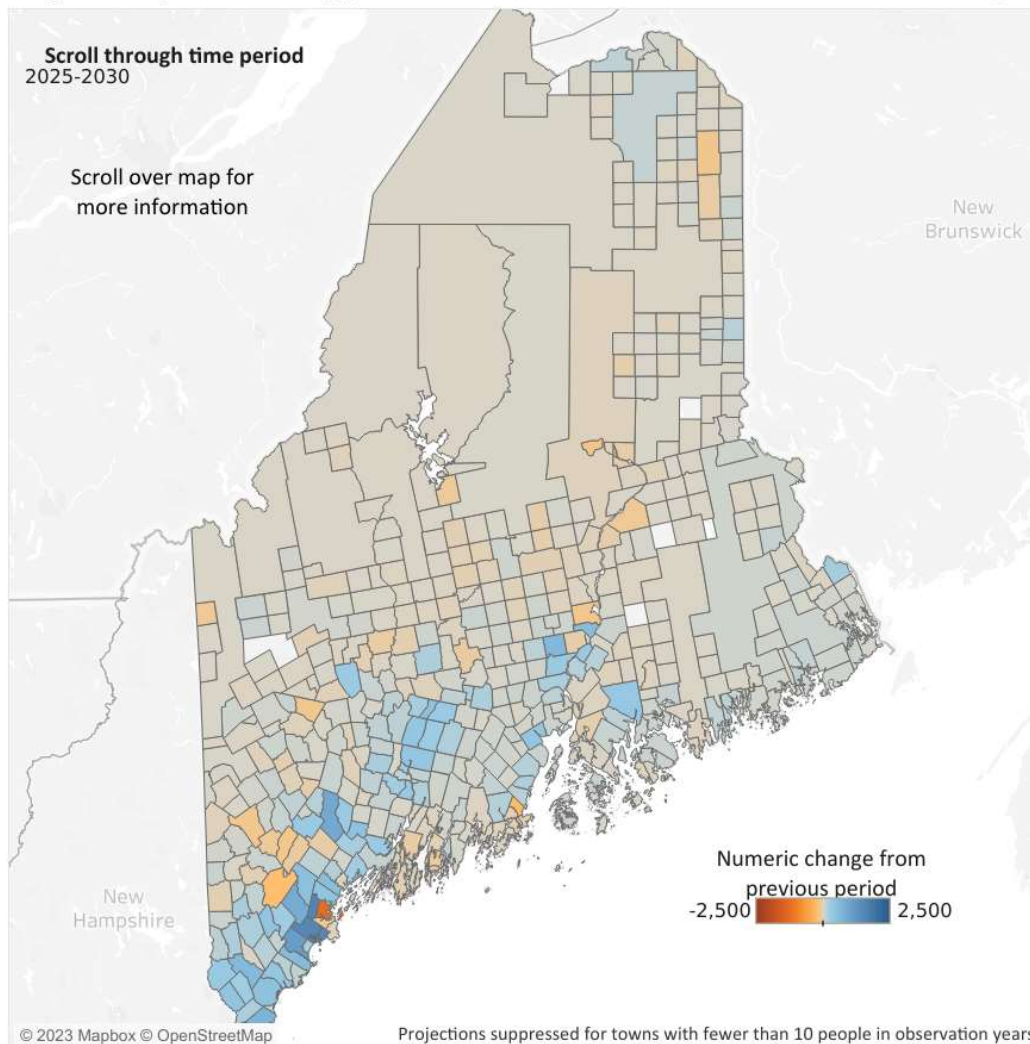
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## Projected Population Change, 2025-2030



Source: The Office of the State Economist, Maine City and Town Population Projections, 2040. June 2023 release.

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<b>Population in Maine's Five Largest Cities</b>				
	2020 (historical)	2025	2030	2020-2030
Portland	68,408	66,825	65,536	
Lewiston	37,121	36,574	36,838	
Bangor	31,753	31,354	31,286	
South Portland	26,498	26,236	26,116	
Auburn	24,061	24,636	25,535	
<b>Five-Year Percent Change</b>				
Portland		-2.31%	-1.93%	-4.20%
Lewiston		-1.47%	0.72%	-0.76%
Bangor		-1.26%	-0.22%	-1.47%
South Portland		-0.99%	-0.46%	-1.44%
Auburn		2.39%	3.65%	6.13%



# Highest percentage growth, 2020-2030 (locations with population >50)

- Top 10:
  - Lake View plantation (Piscataquis County; 36.9%; +55)
  - Wesley (Washington; 34.0%; +41)
  - Northfield (Washington; 28.8%; +51)
  - Isle au Haut (Knox; 28.2%; +26)
  - Westmanland (Aroostook; 25.5%; +20)
  - Hanover (Oxford; 22.7%; +65)
  - Cooper (Washington; 22.2%; +37)
  - Square Lake UT (Aroostook; 21.8%; +154)
  - Newry (Oxford; 21.3%; +88)
  - South Bristol (Lincoln; 19.7%; +222)

# Largest percentage decline, 2020-2030 (locations with population >50)

- Bottom 10:
  - Merrill (Aroostook; -26.6%; -55)
  - Woodville (Penobscot; -24.3%; -49)
  - Cyr plantation (Aroostook; -23.7%; -19)
  - Hamlin (Aroostook; -23.5%; -39)
  - Macwahoc plantation (Aroostook; -23.2%; -14)
  - Grand Isle (Aroostook; -21.2%; -77)
  - Hammond (Aroostook; -20.5%; -19)
  - Southeast Piscataquis UT (Piscataquis; -20.1%; -98)
  - Wade (Aroostook; -17.7%; -41)
  - Greenville (Piscataquis; -16.8%; -241)

## Caveat!

Since city/town projections are based on the changing share of the county's population, cities/towns that have been growing in recent years may be projected to shrink because they are becoming a relatively smaller share of the county population (which may be growing more slowly itself or shrinking)

# To sum up

- Pandemic is particularly challenging to account for in the methodology – adjustments in the next round of projections may be needed
- Some continued population growth, but turning flat as aging of Baby Boomers continues
- Interactive dashboard available at:  
<https://www.maine.gov/dafs/economist/dashboard>