

Demographic Trends in Maine and Greater Portland

Leadership Portland

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Maine: a demographic snapshot

- 2022 Population Estimate: 1,385,340
 - 42nd largest in US
- 2020 – 2022 Population Change: +1.7%
 - 14th in US
- 2021 Median age: 44.7 years
 - Oldest in US, but only state to see a decline from 2020-2021
- 9.8% Black, Indigenous, and People of Color in 2020
 - Lowest percentage in US, but up from 5.6% in 2010



Portland-South Portland MSA

- 2021 Population Estimate: 556,893
- 2020-2021 Population Change: +0.9%
- 2021 Median age: 43.6 years
- 9.5% Black, Indigenous, and People of Color



Cumberland County

- 2021 Population Estimate: 305,231
- 2020-2021 Population Change: +0.7%
 - 10th out of 16 Counties
- 2021 Median age: 41.9 years
- 11.3% Black, Indigenous, and People of Color



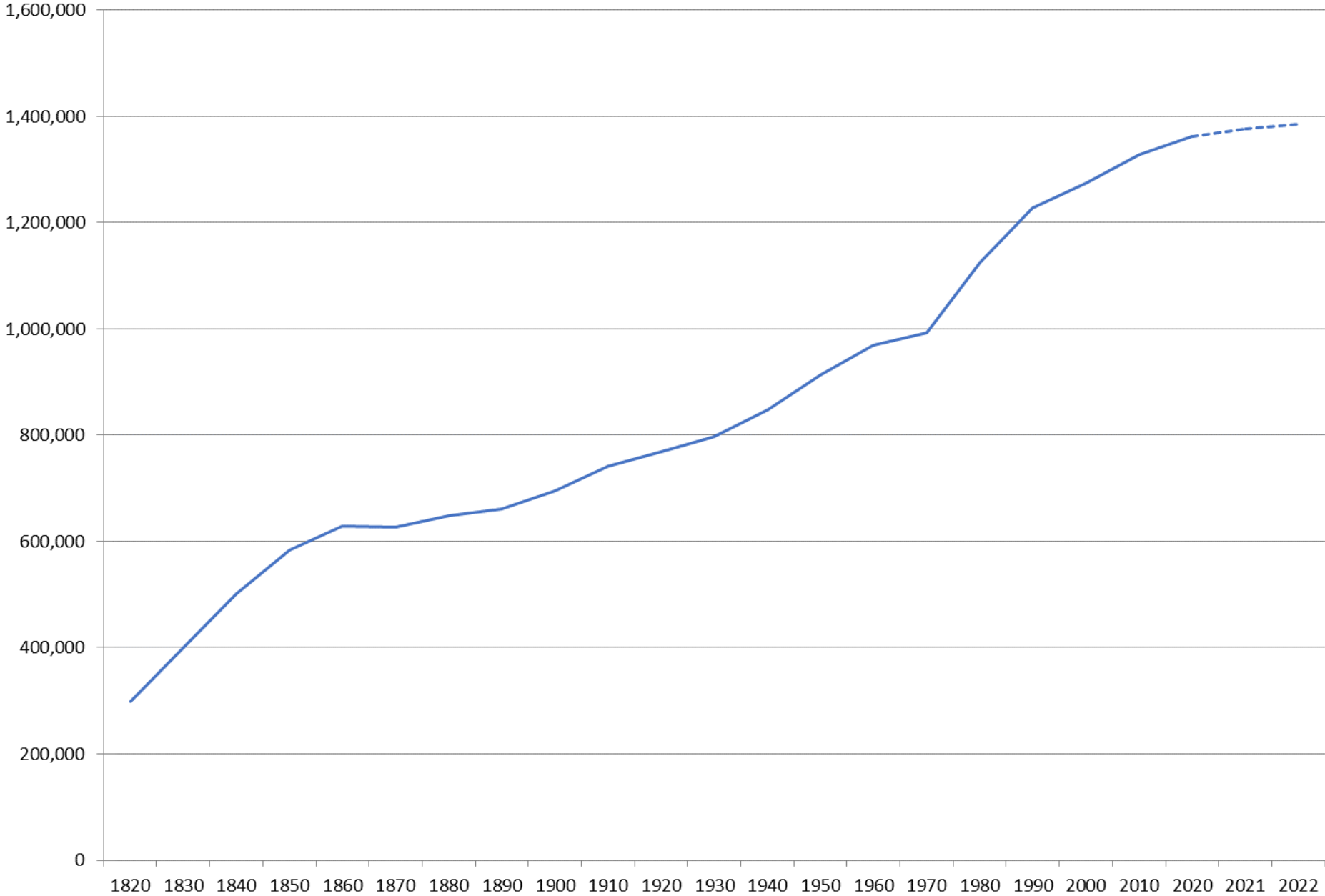
Portland city

- 2021 Population Estimate: 68,313
 - 1st in Maine, leading Lewiston (36,617) and Bangor (31,921)
- 2020 – 2021 Population Change: -0.1%
 - 18th out of 23 Incorporated Places in Maine
 - South Portland was the fastest growing (1.9%)
- 2021 Median age: 36.9 years
- 18.3% Black, Indigenous, and People of Color

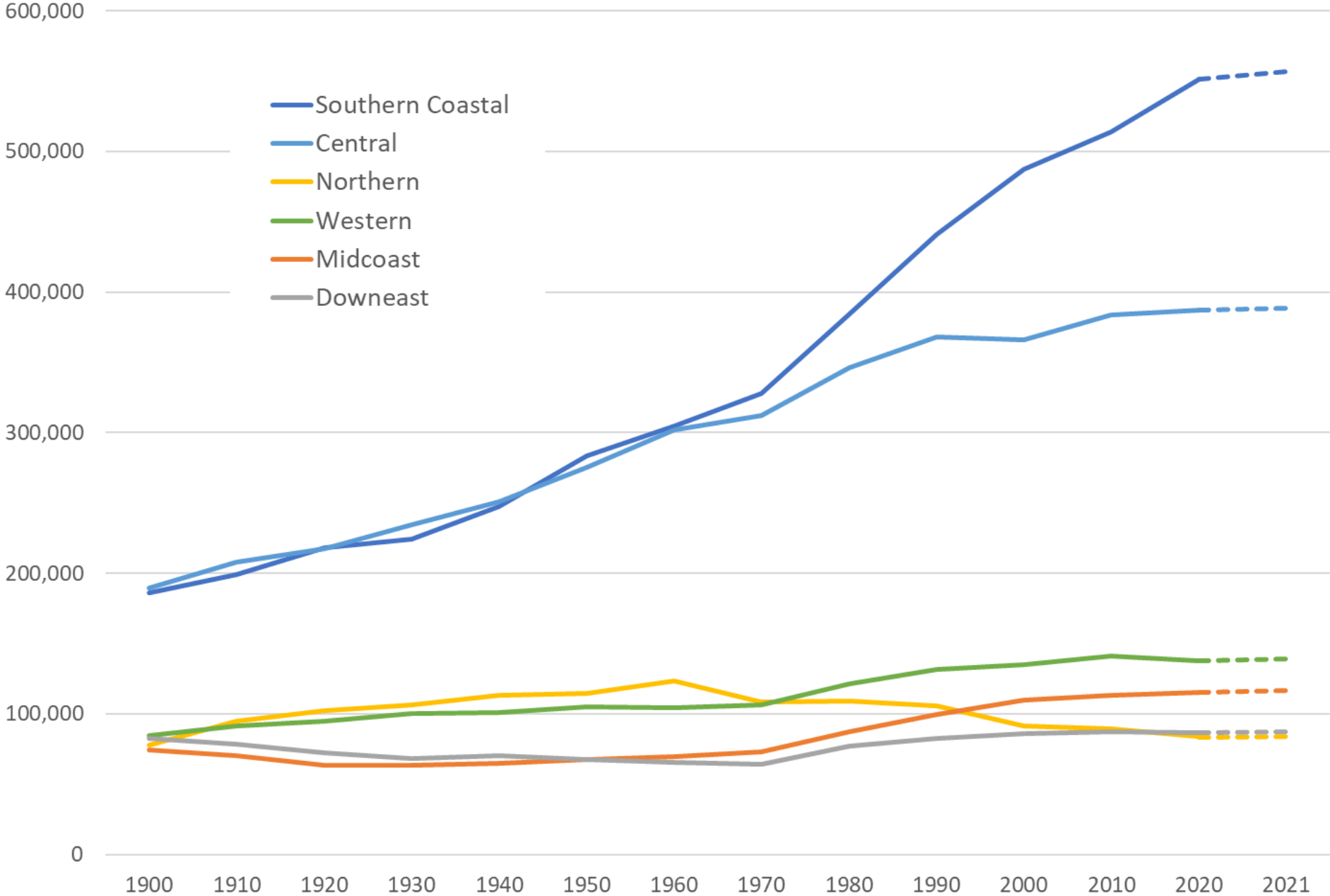


Population Change

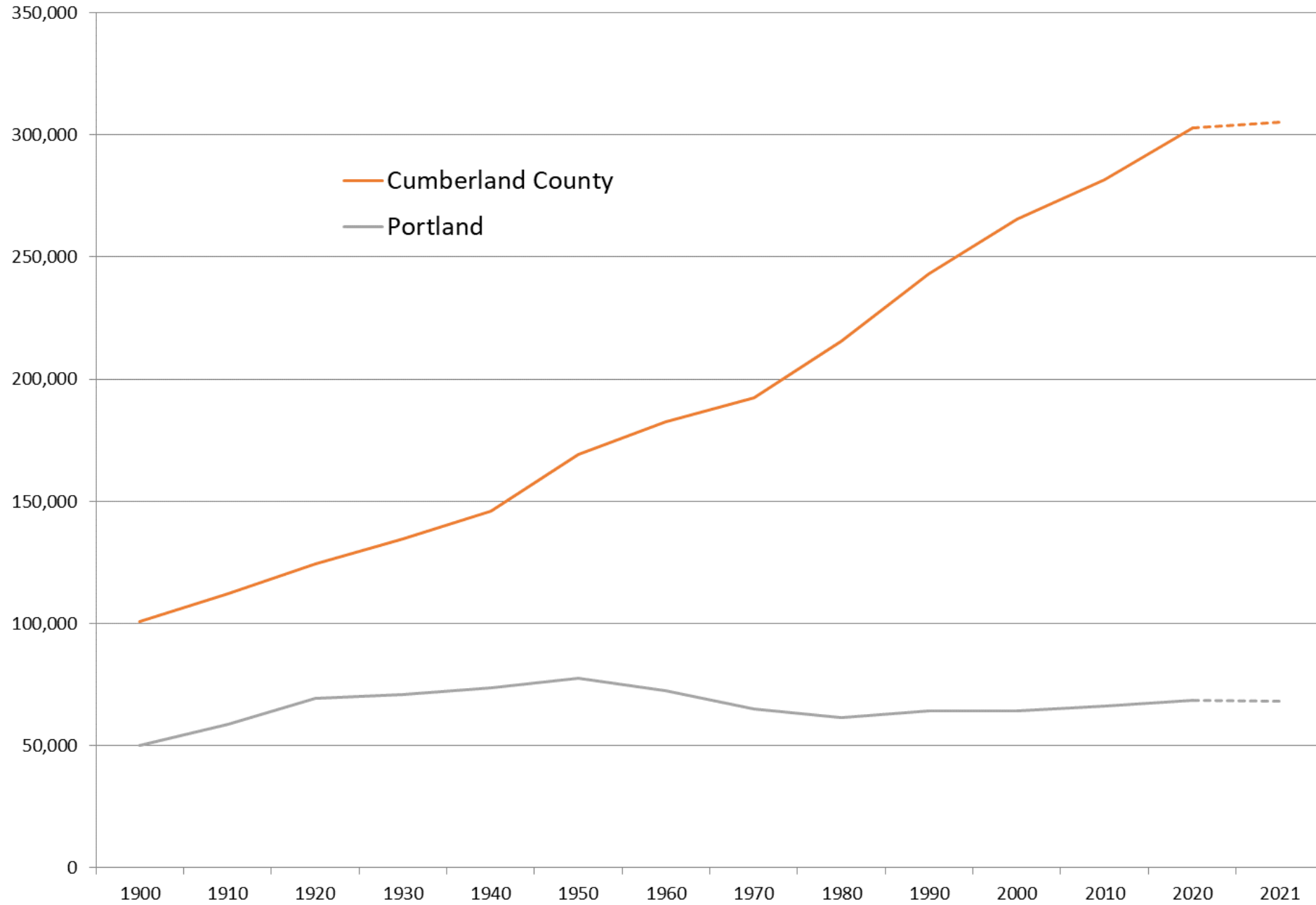
Total Population, Maine



Population by Region



Total Population



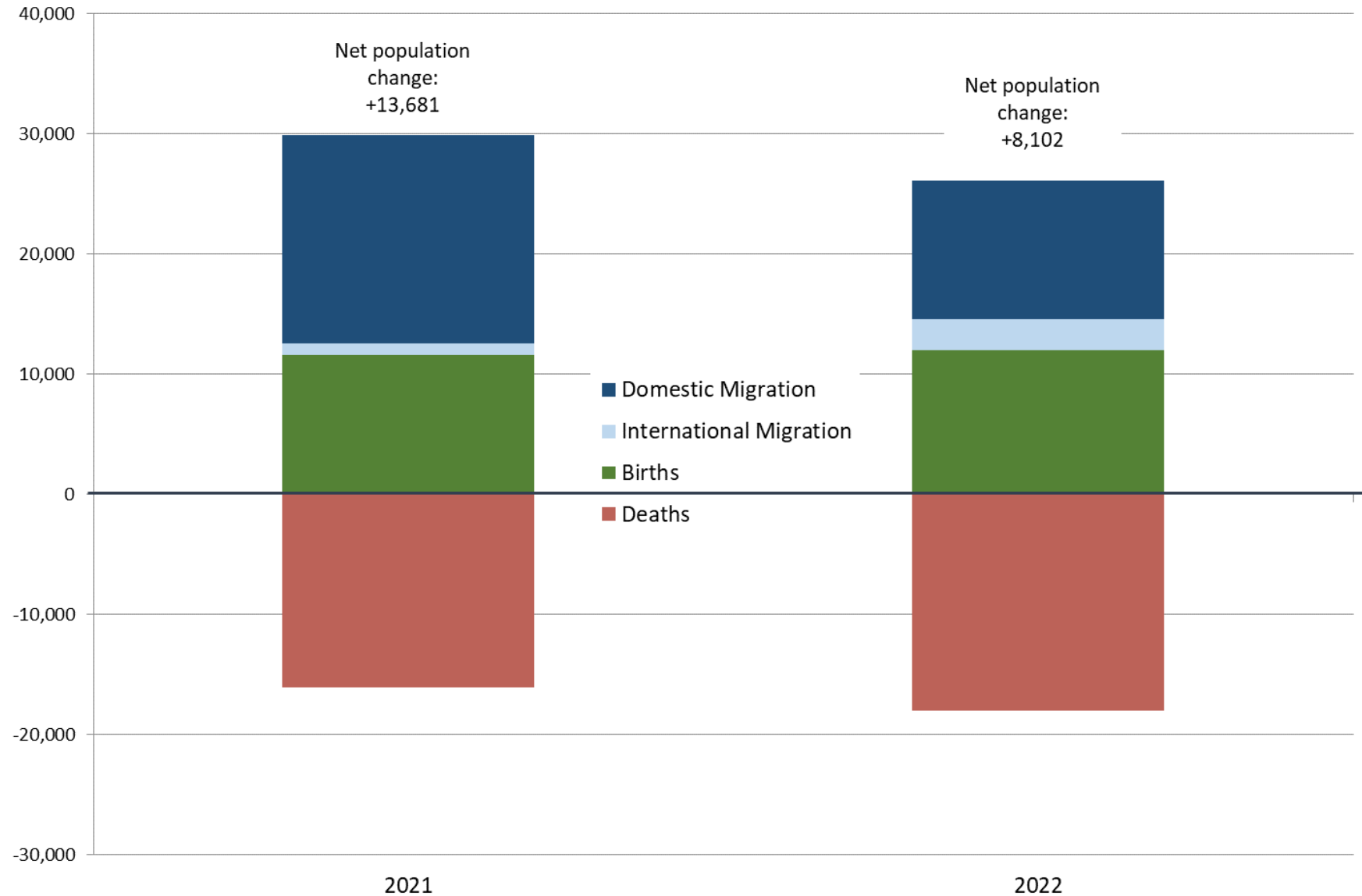
Components of Population Change, Maine

2020 Decennial
Population = 1,362,359
(42nd in U.S.)

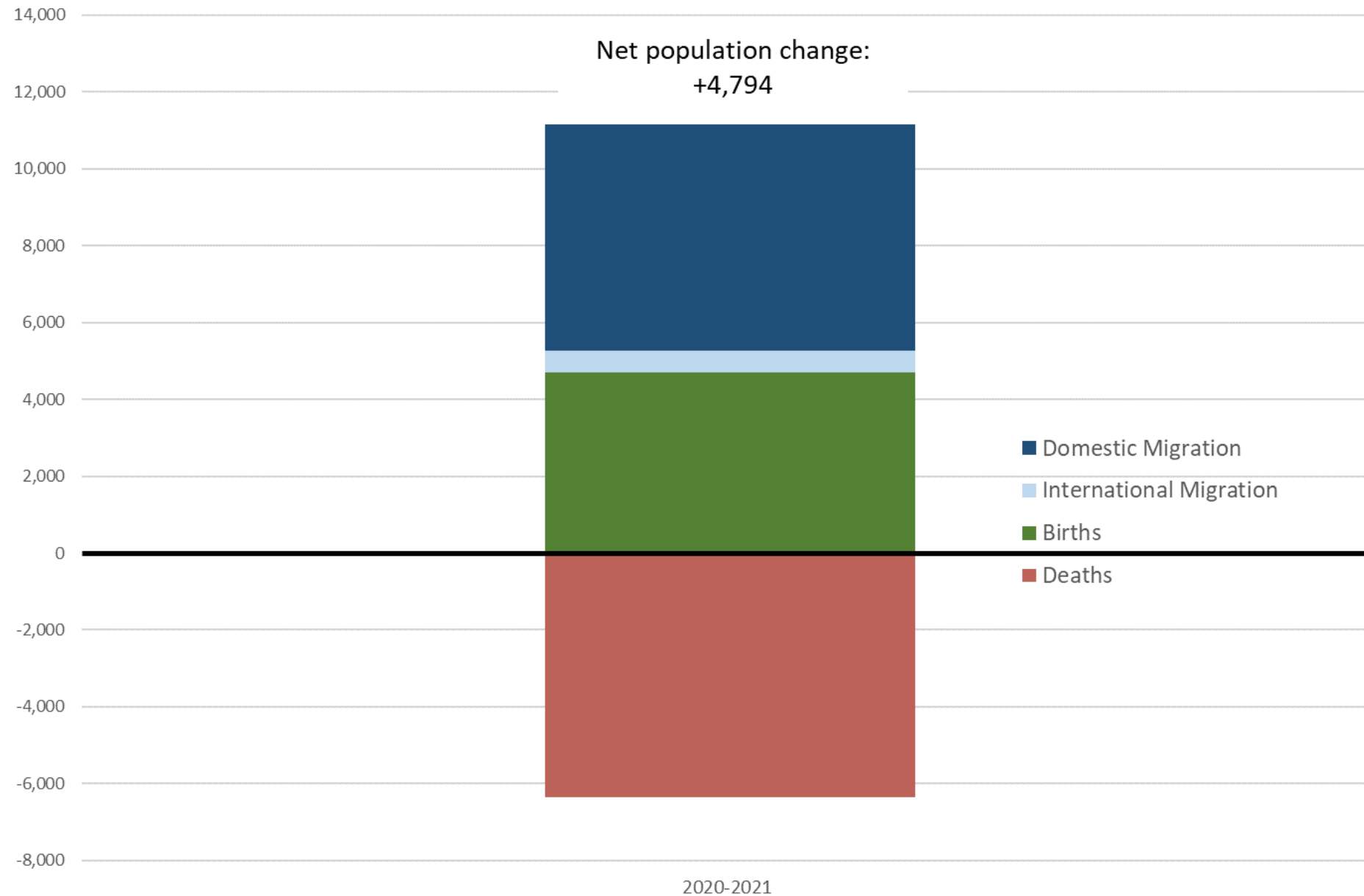
Population increase of
2.6% from 2010-2020
(42nd in U.S.)

Population increase of
1.7% from 2020-2022
(14th in U.S.)

2022 net migration =
10.2 per thousand
(11th in U.S.)

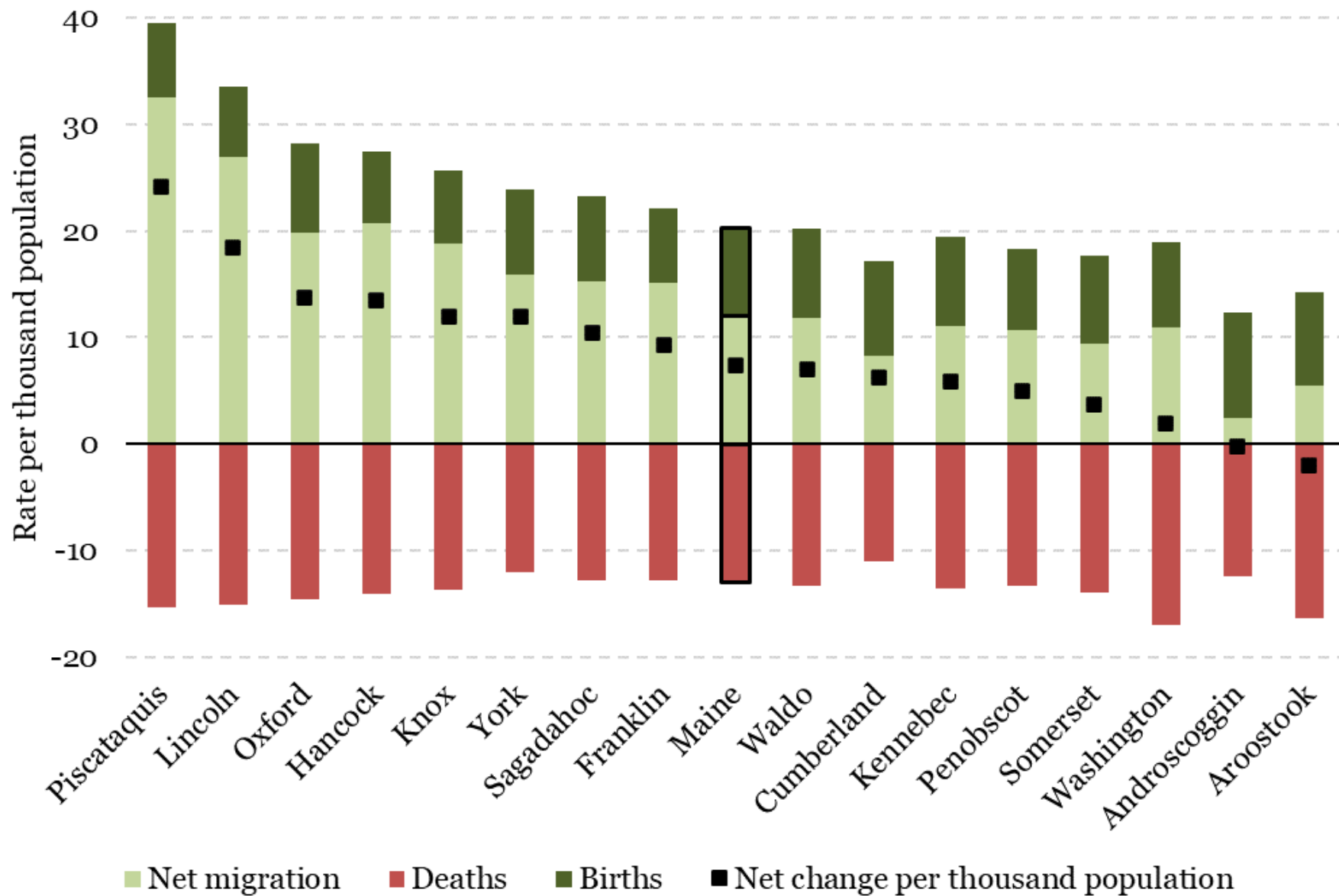


Components of Population Change, Portland MSA

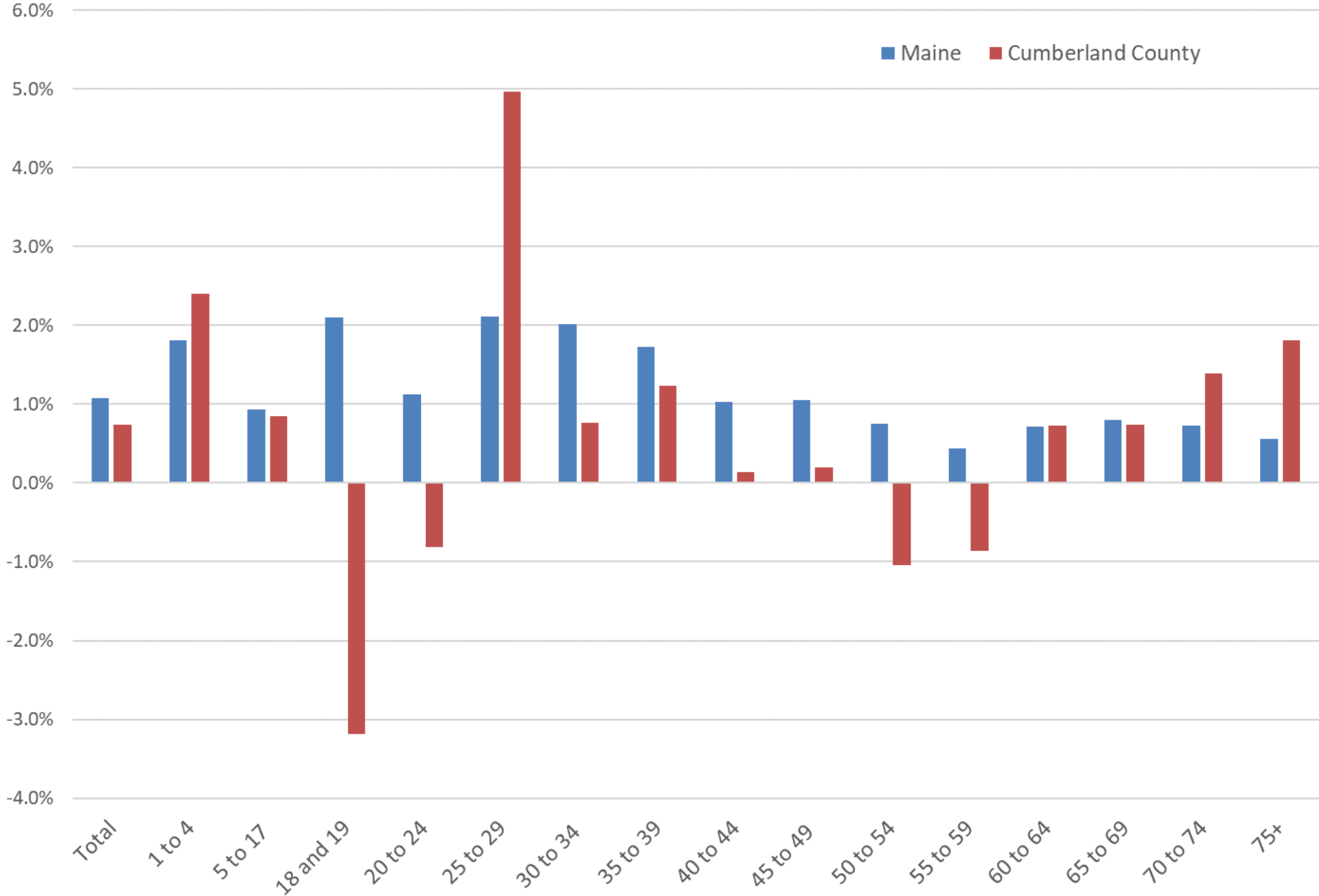


Components of Population Change in Maine, 2021

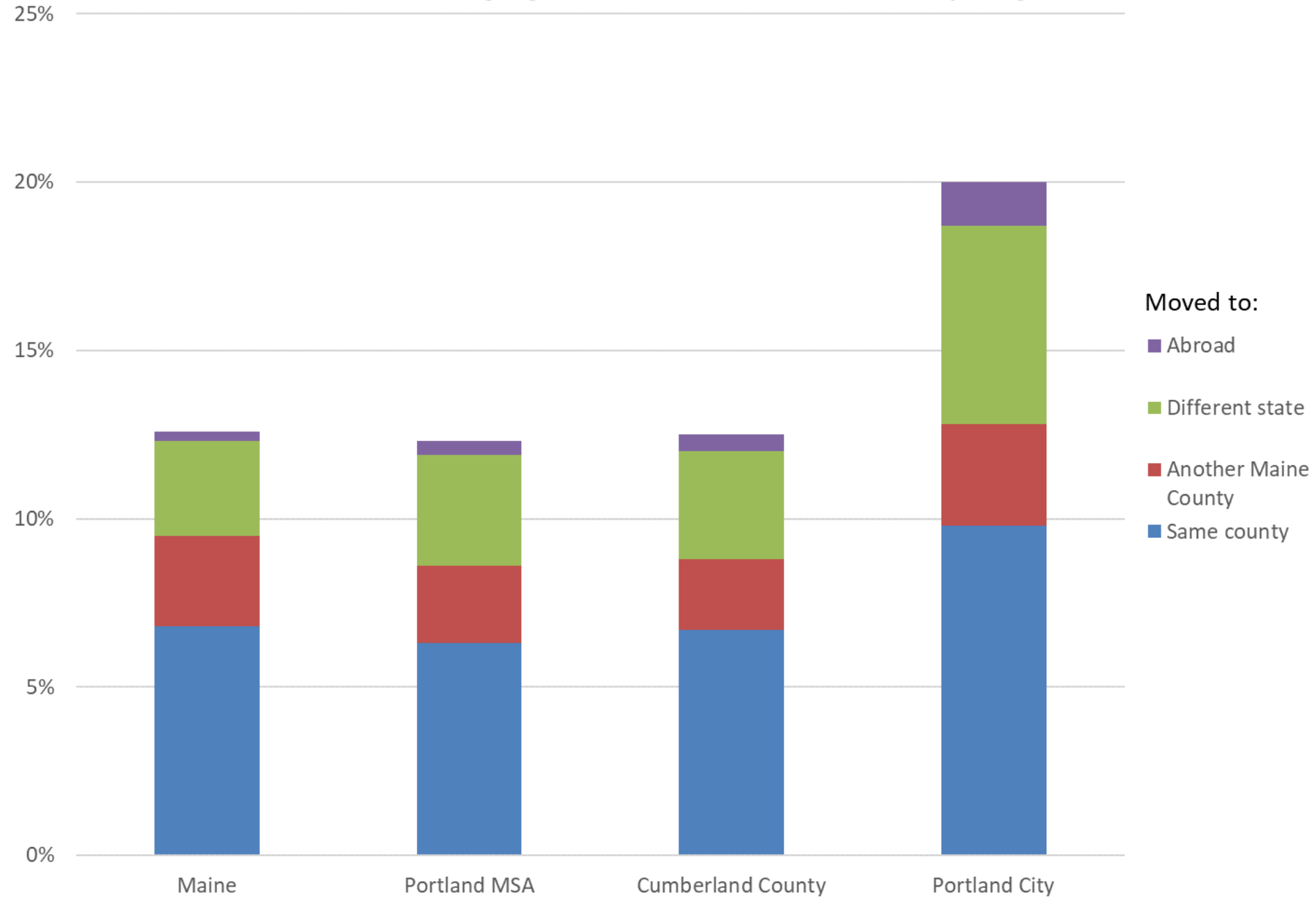
Rate per thousand population



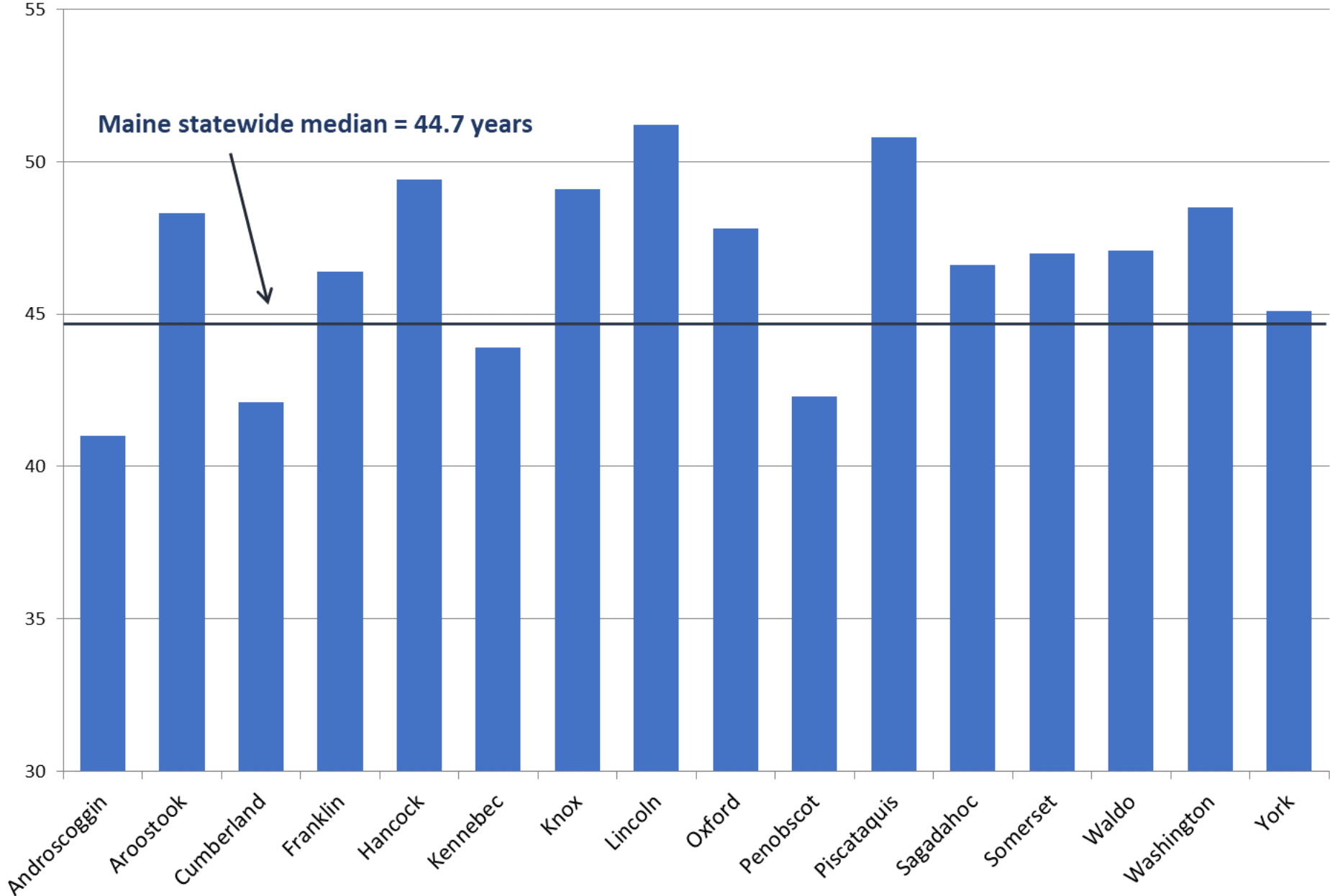
Net Migration Rate By Age (2021 ACS 5-year estimates)



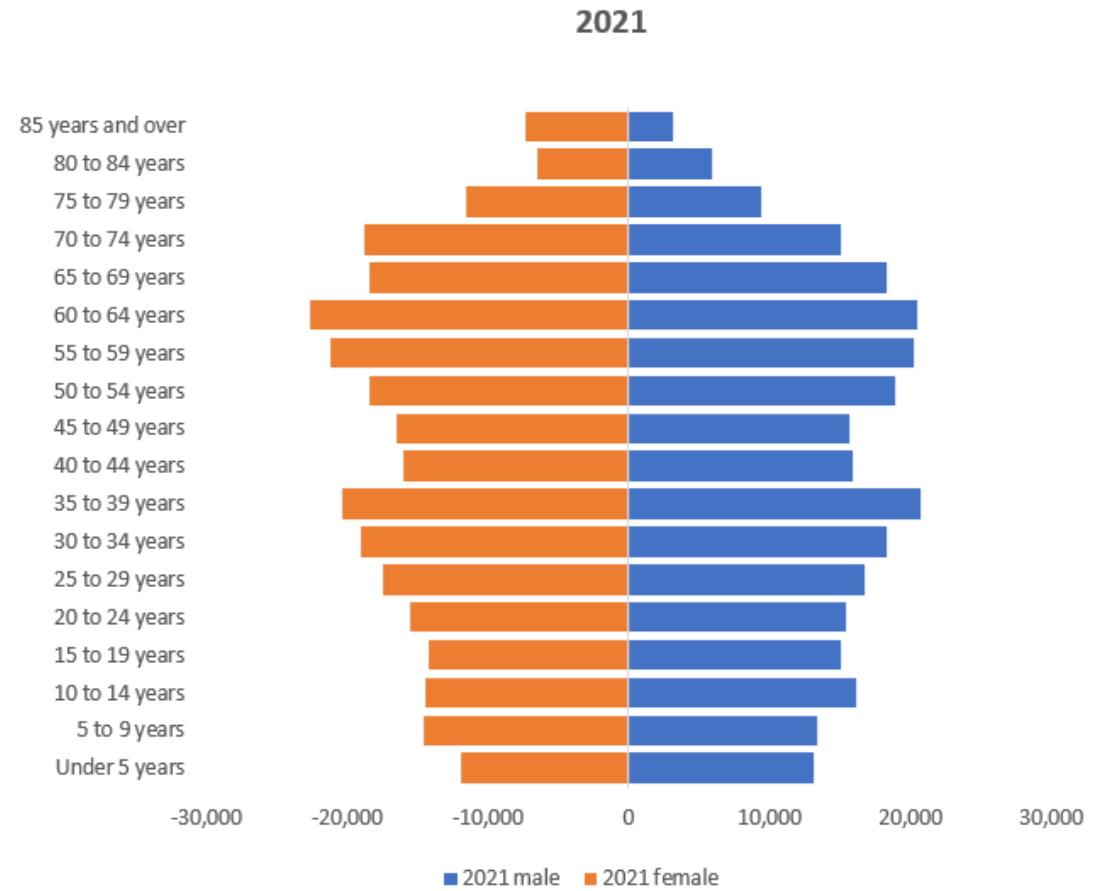
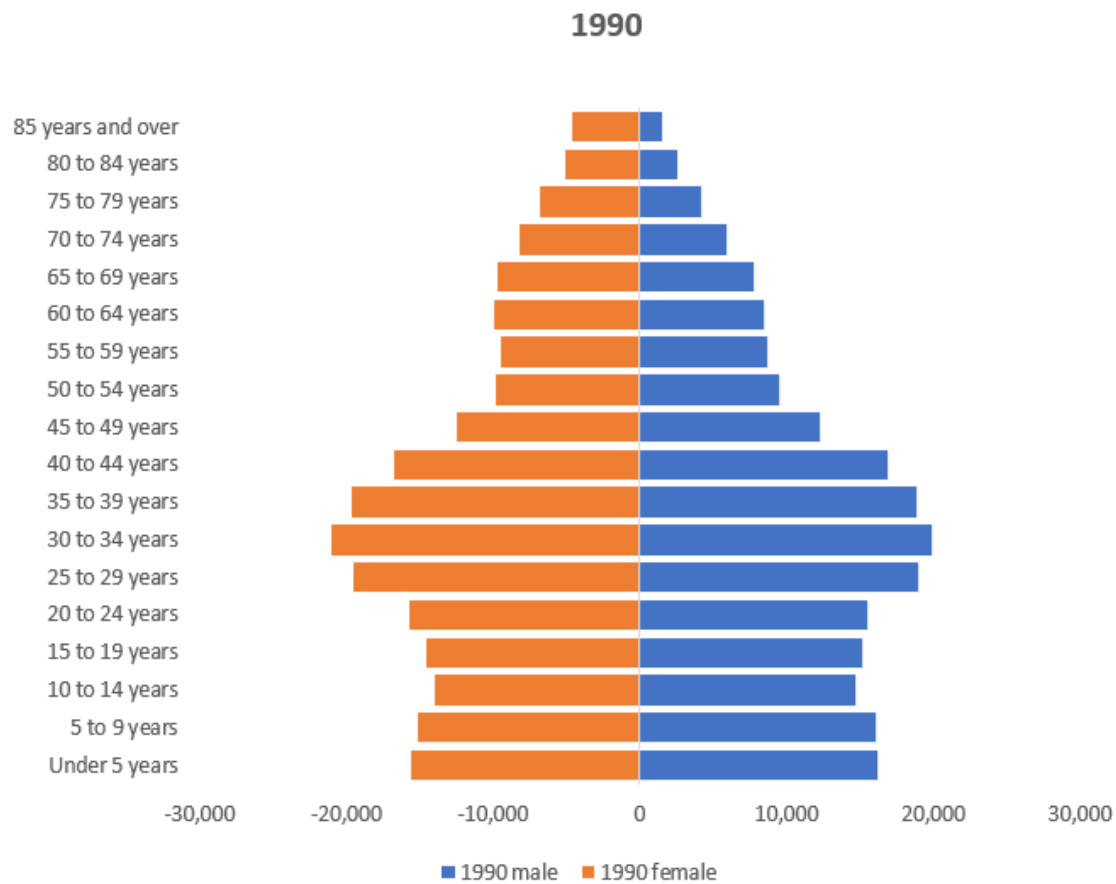
Percent Changing Residence in the Last Year, By Origin, 2021



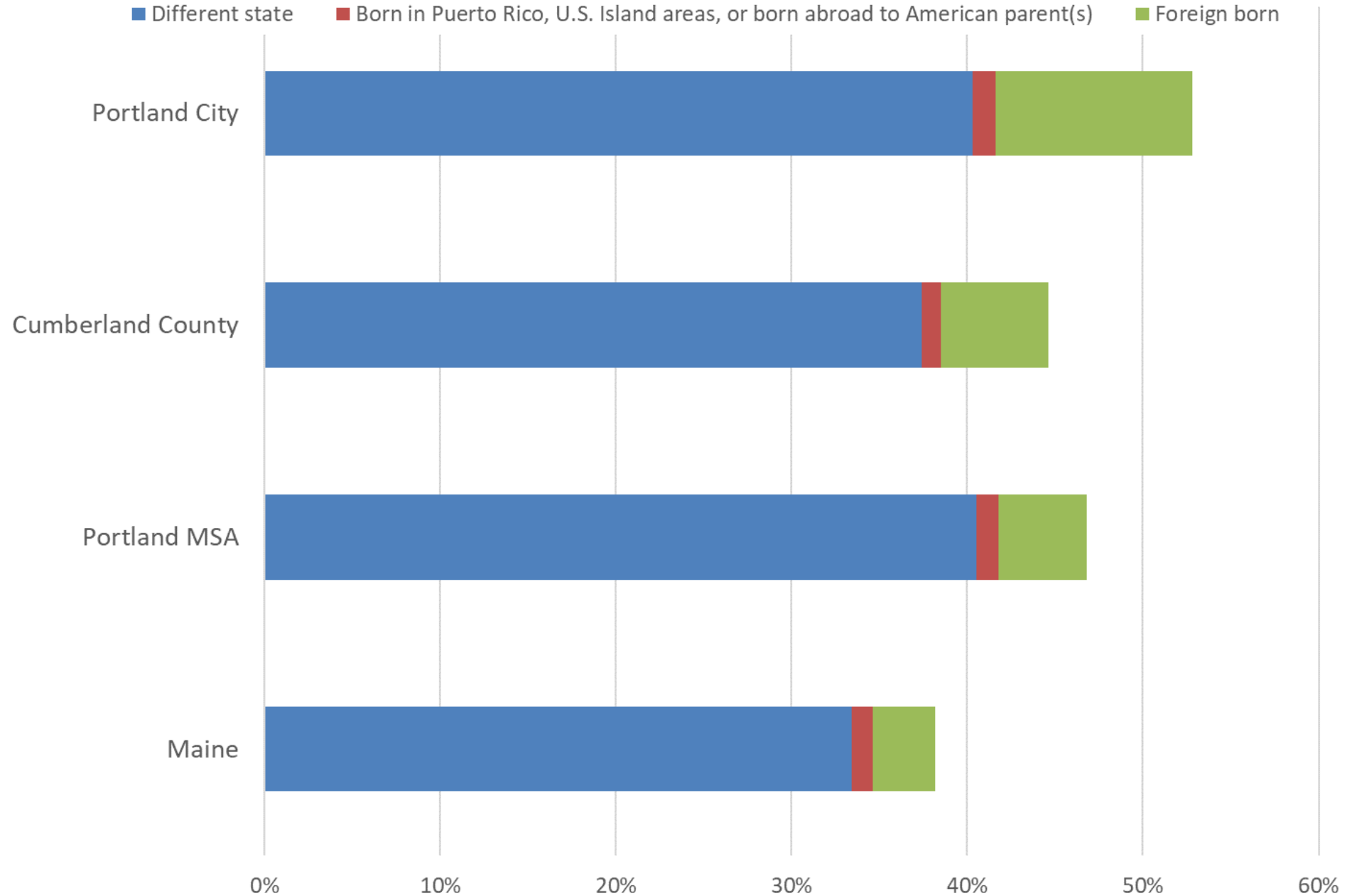
Median Age



Change in population distribution by age and sex, Portland-South Portland MSA

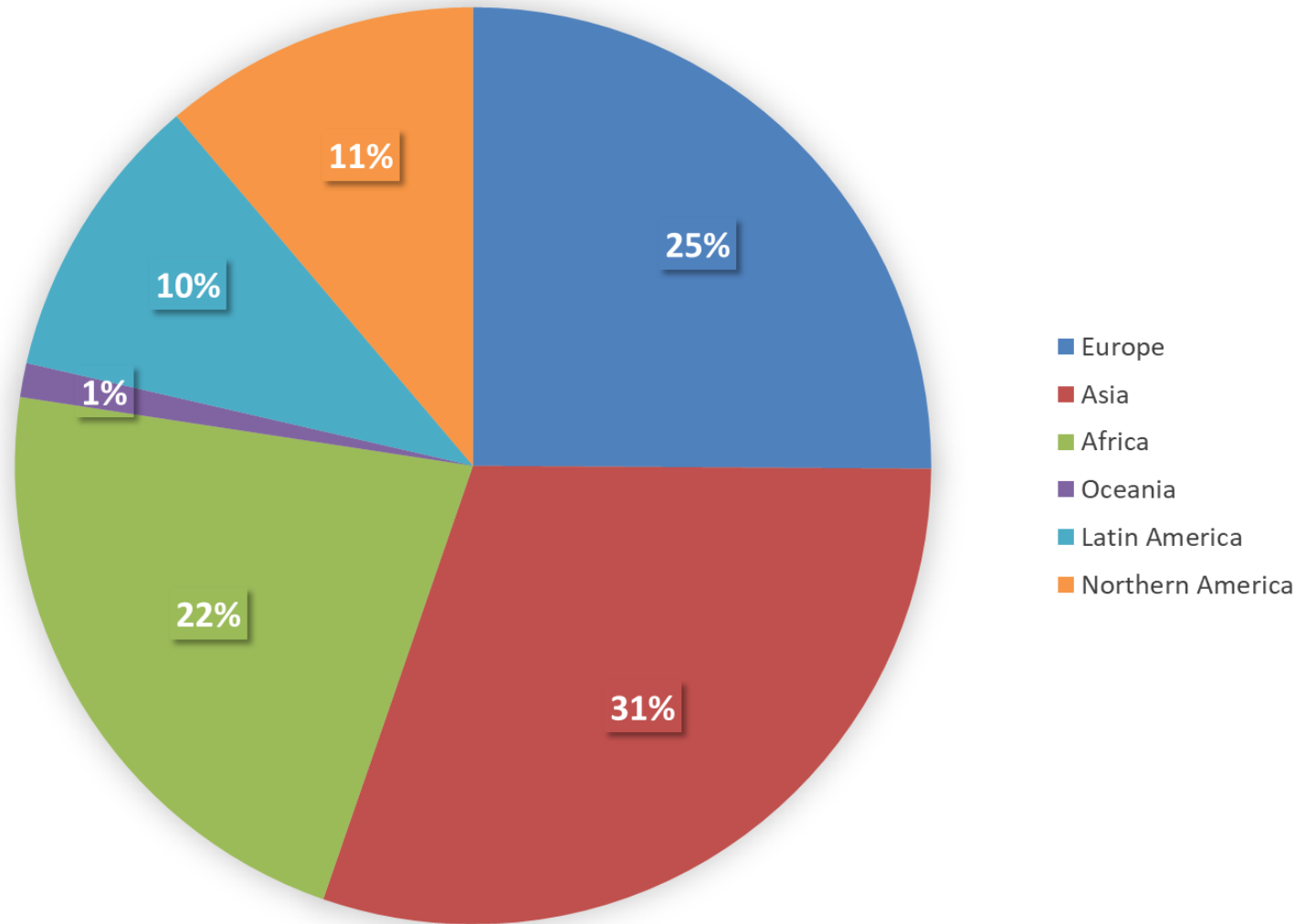


Percent of Population Born Outside of Maine, 2021

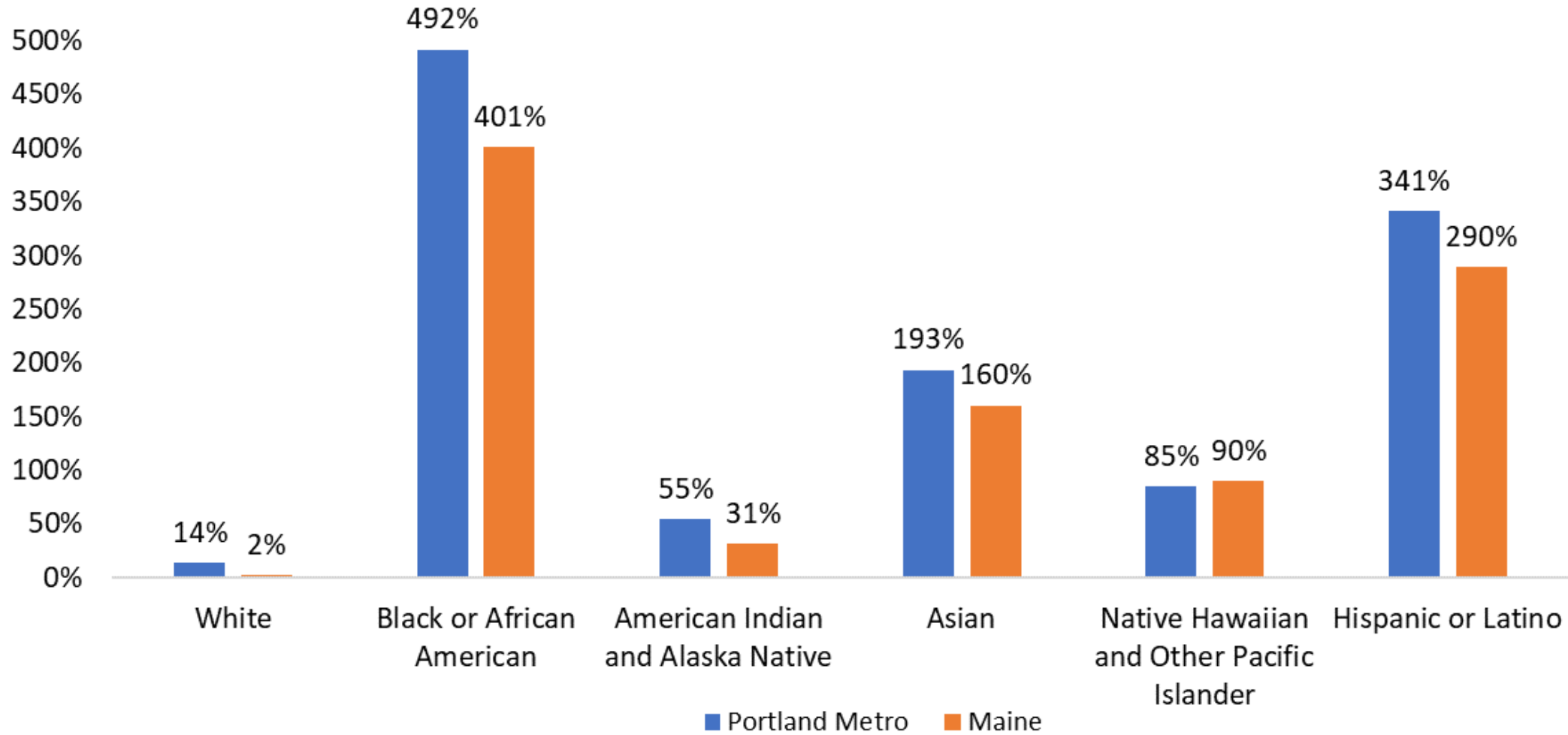


Region of Birth (as a Percent of Foreign-Born Population)

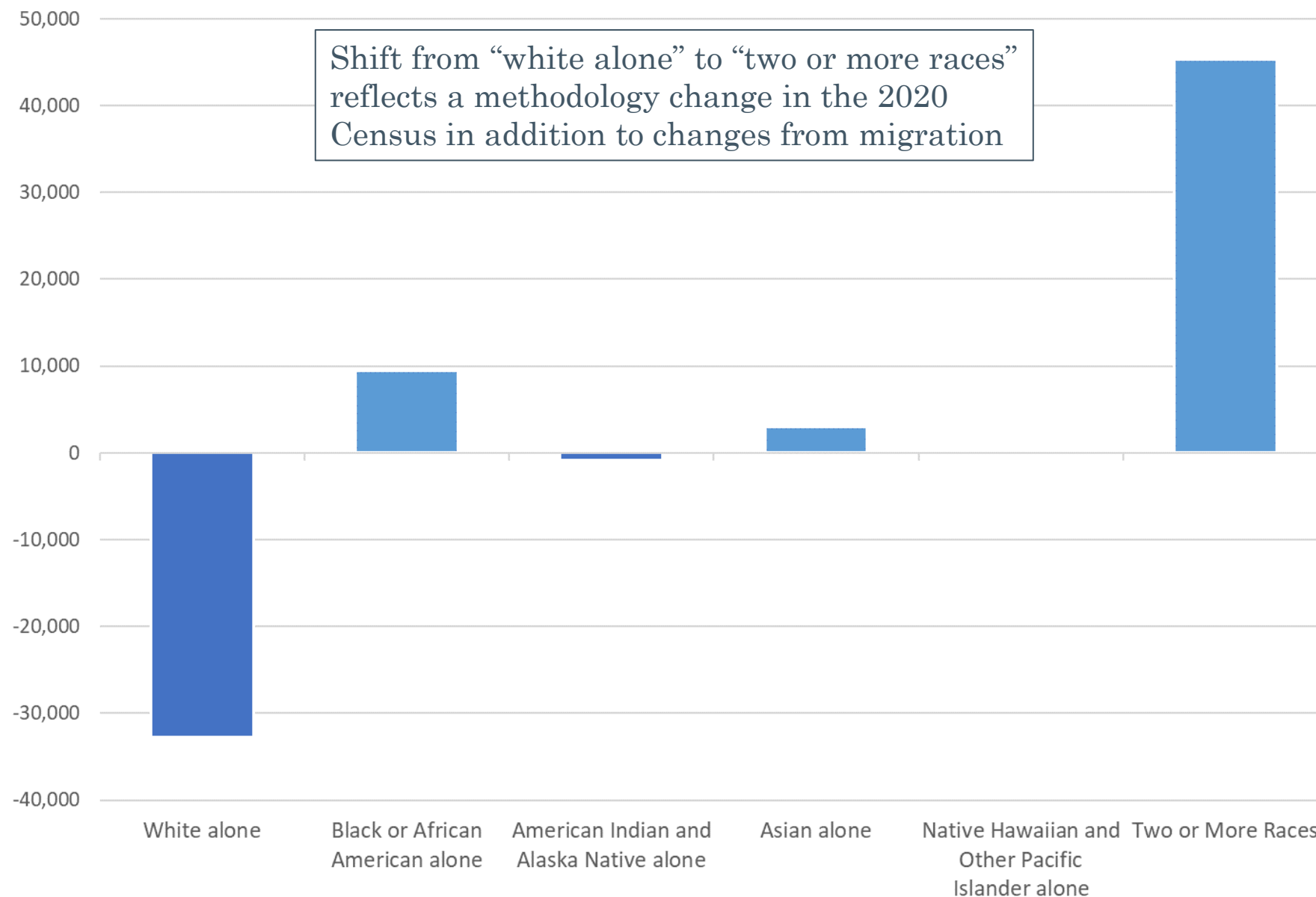
Portland-South Portland MSA, 2021



Population Growth, 1990-2020



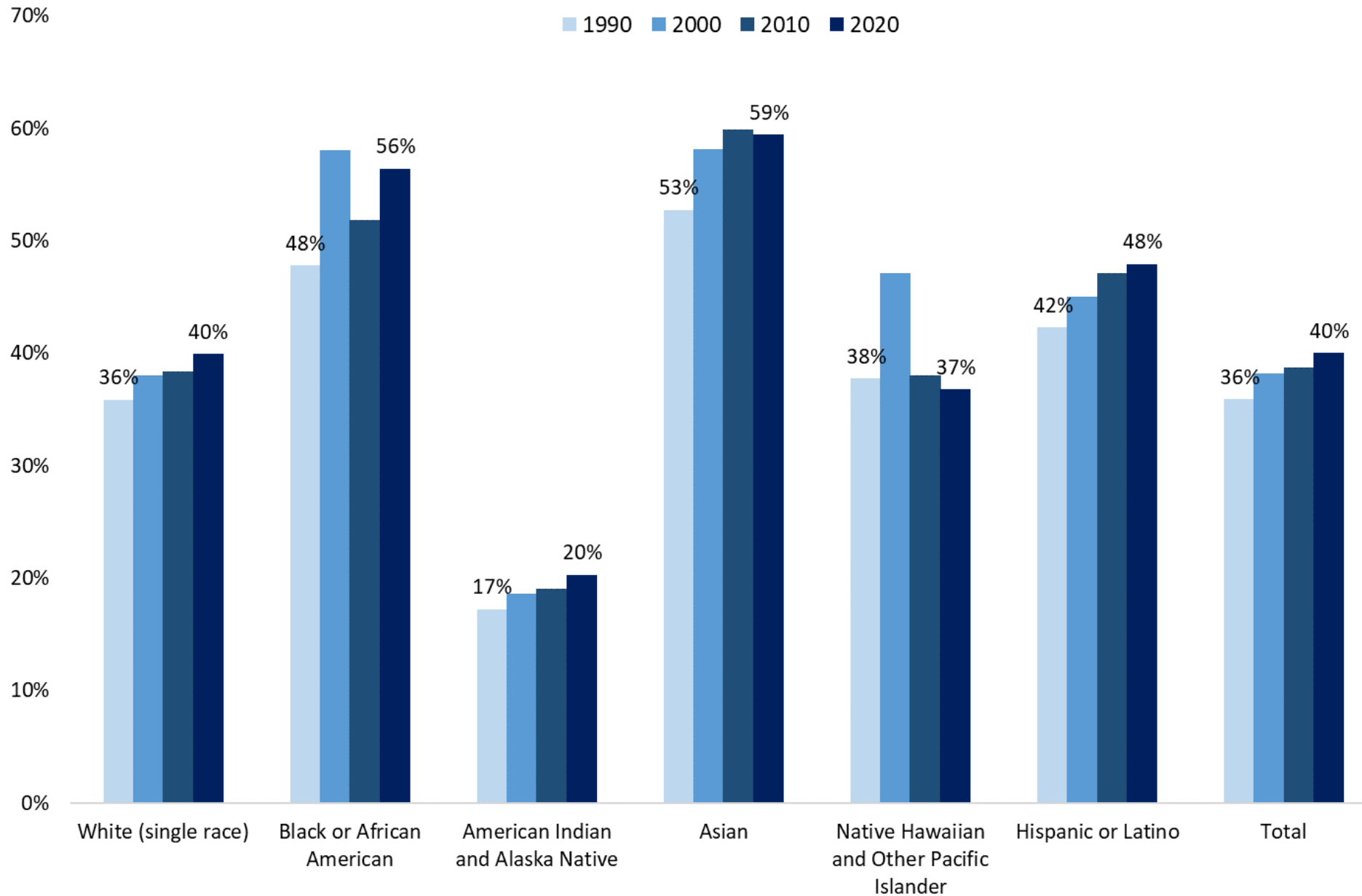
Change in Maine Population by Race, 2010-2020



Shift from “white alone” to “two or more races” reflects a methodology change in the 2020 Census in addition to changes from migration

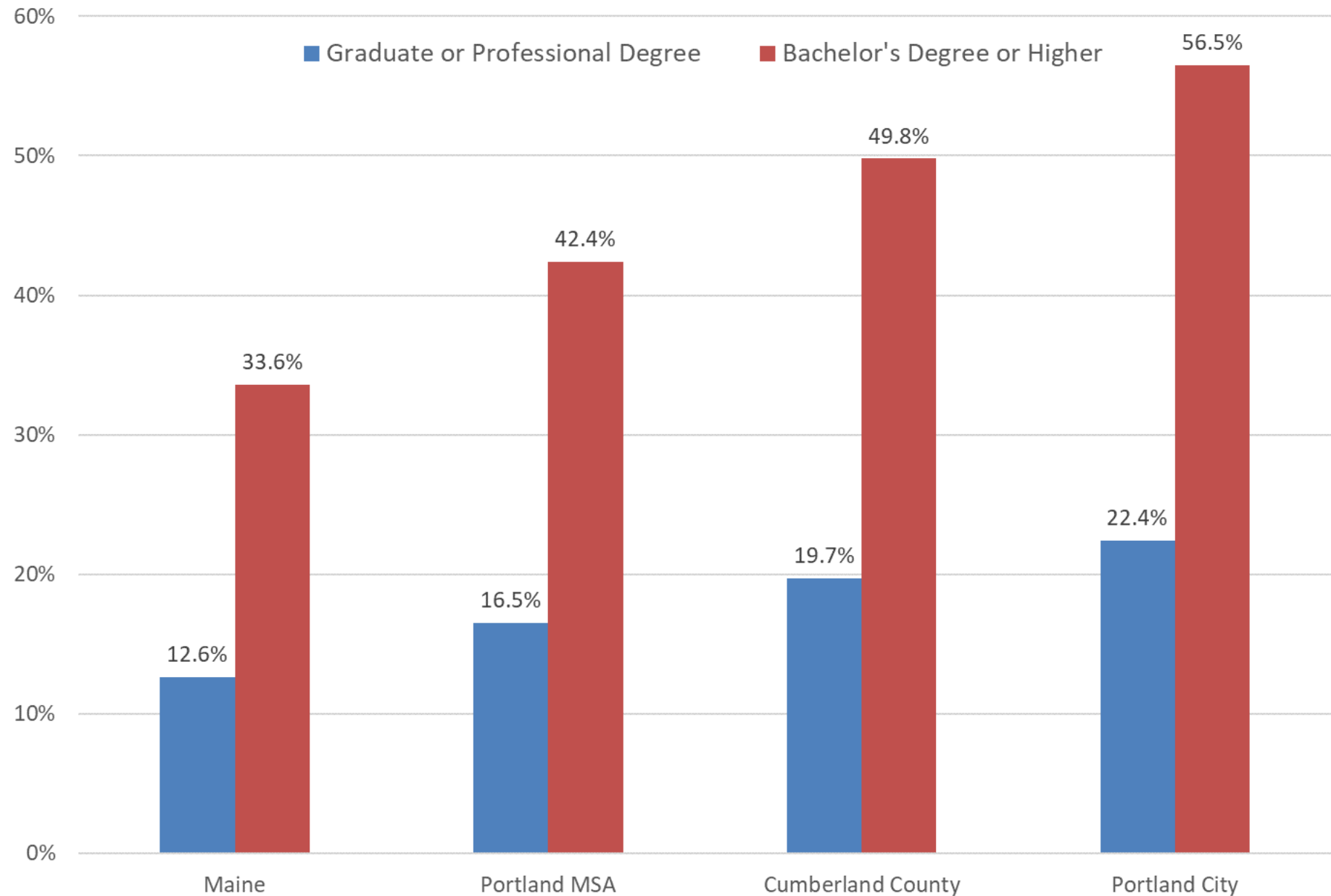
9.8% Black, Indigenous, and People of Color
Lowest percentage in U.S., but improved from 5.6% in 2010

Percent of Maine's population living in the Portland-South Portland MSA

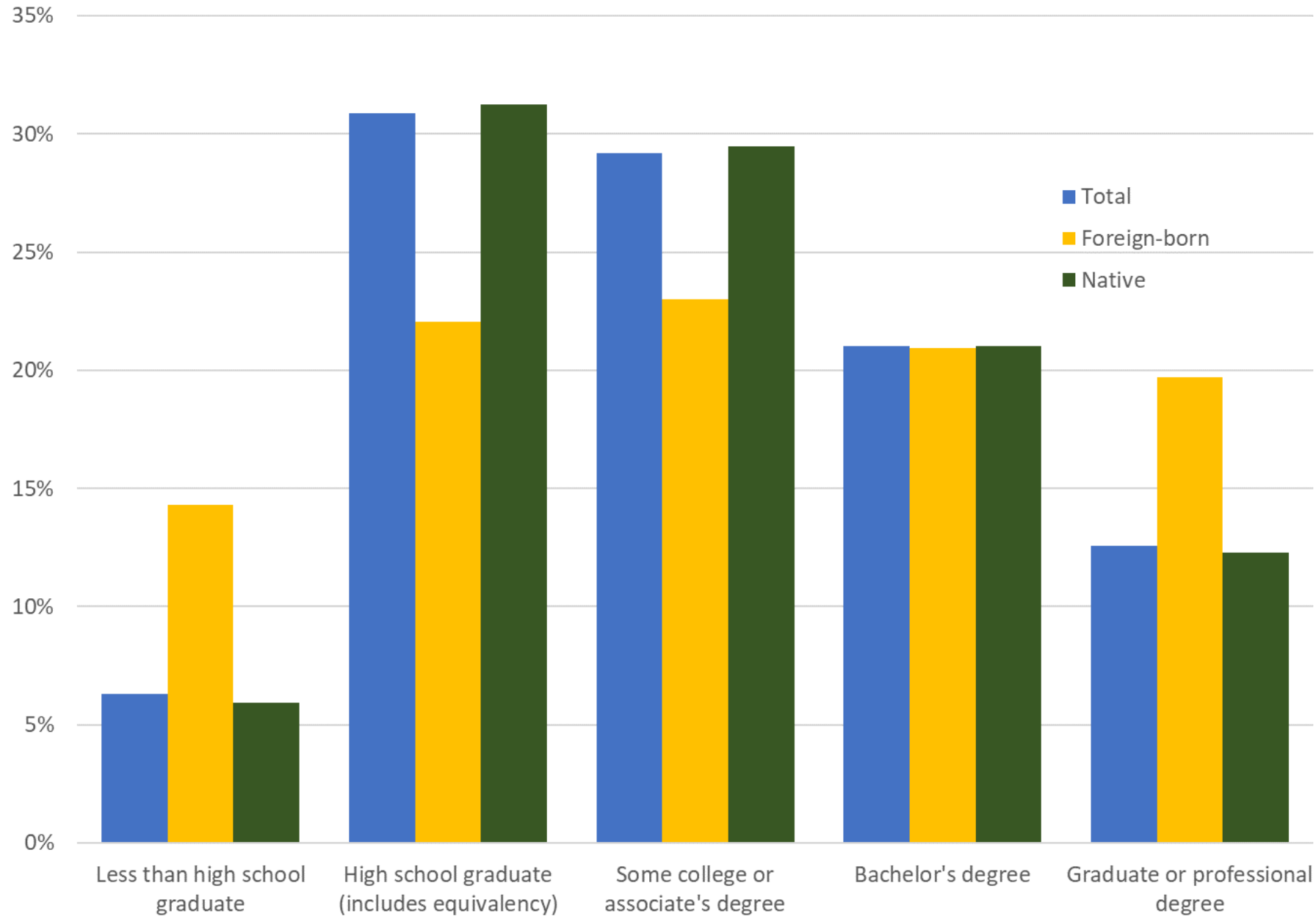


Socioeconomic Indicators

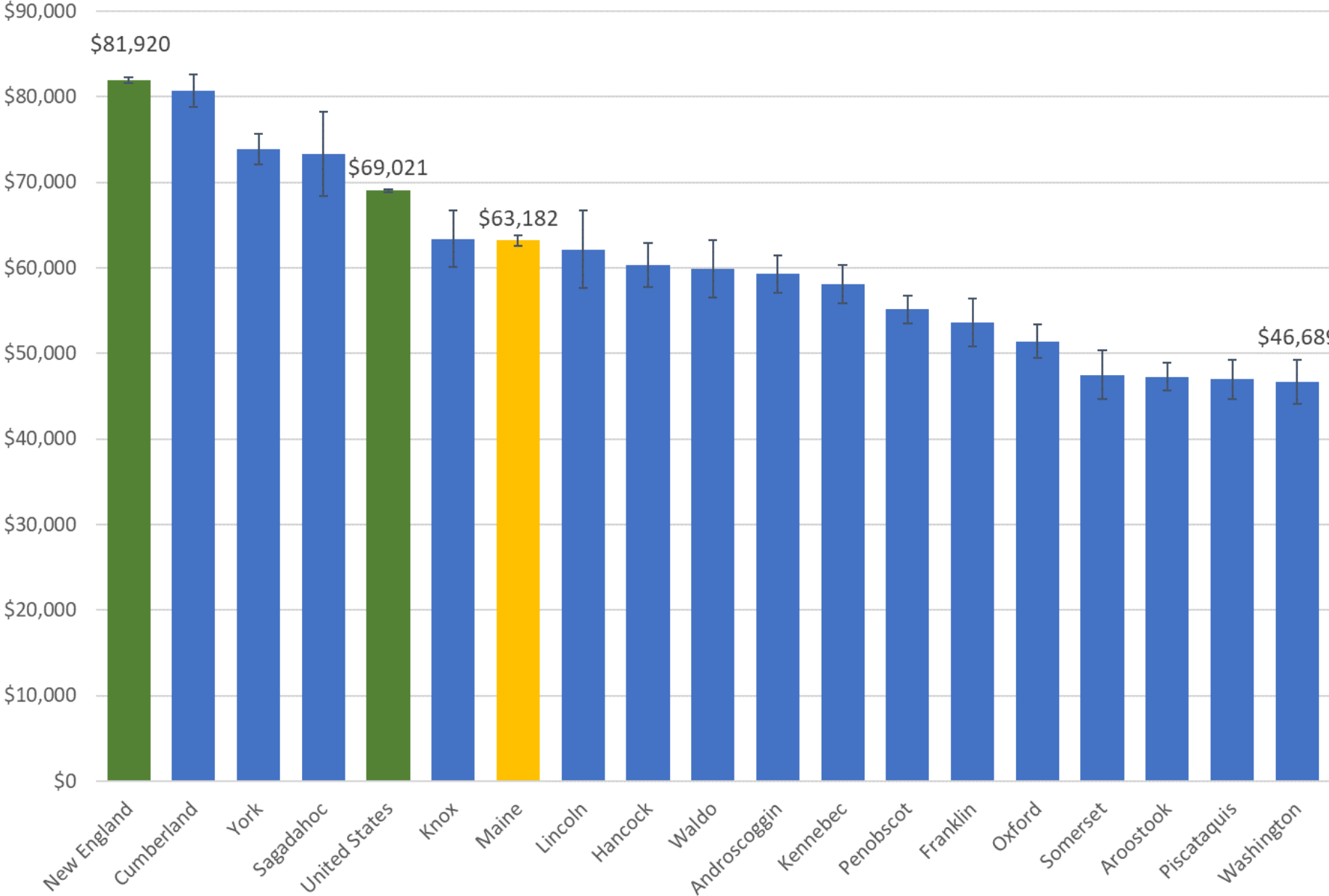
Bachelor's/Graduate Degree Educational Attainment



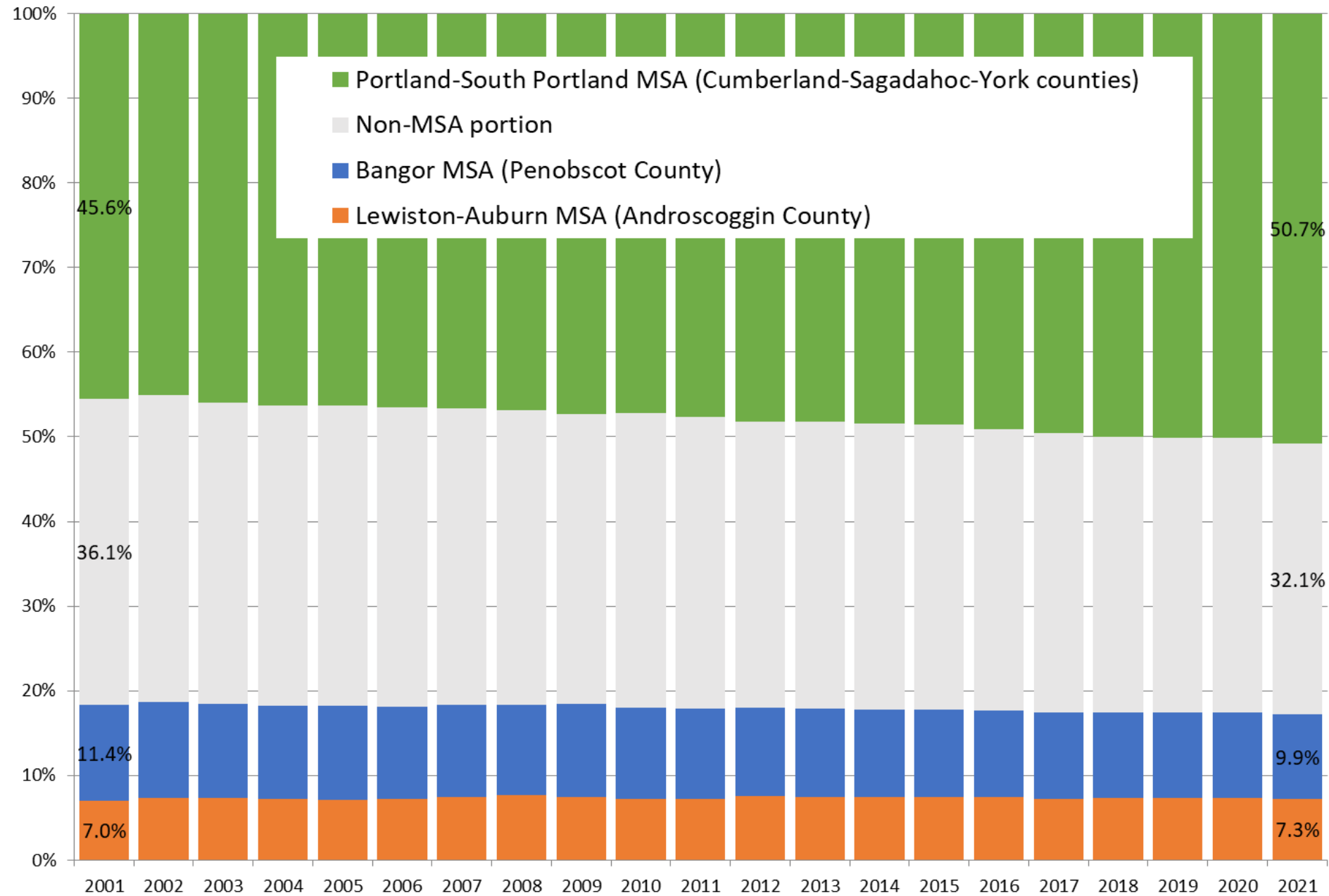
Educational Attainment of Maine Population Age 25+



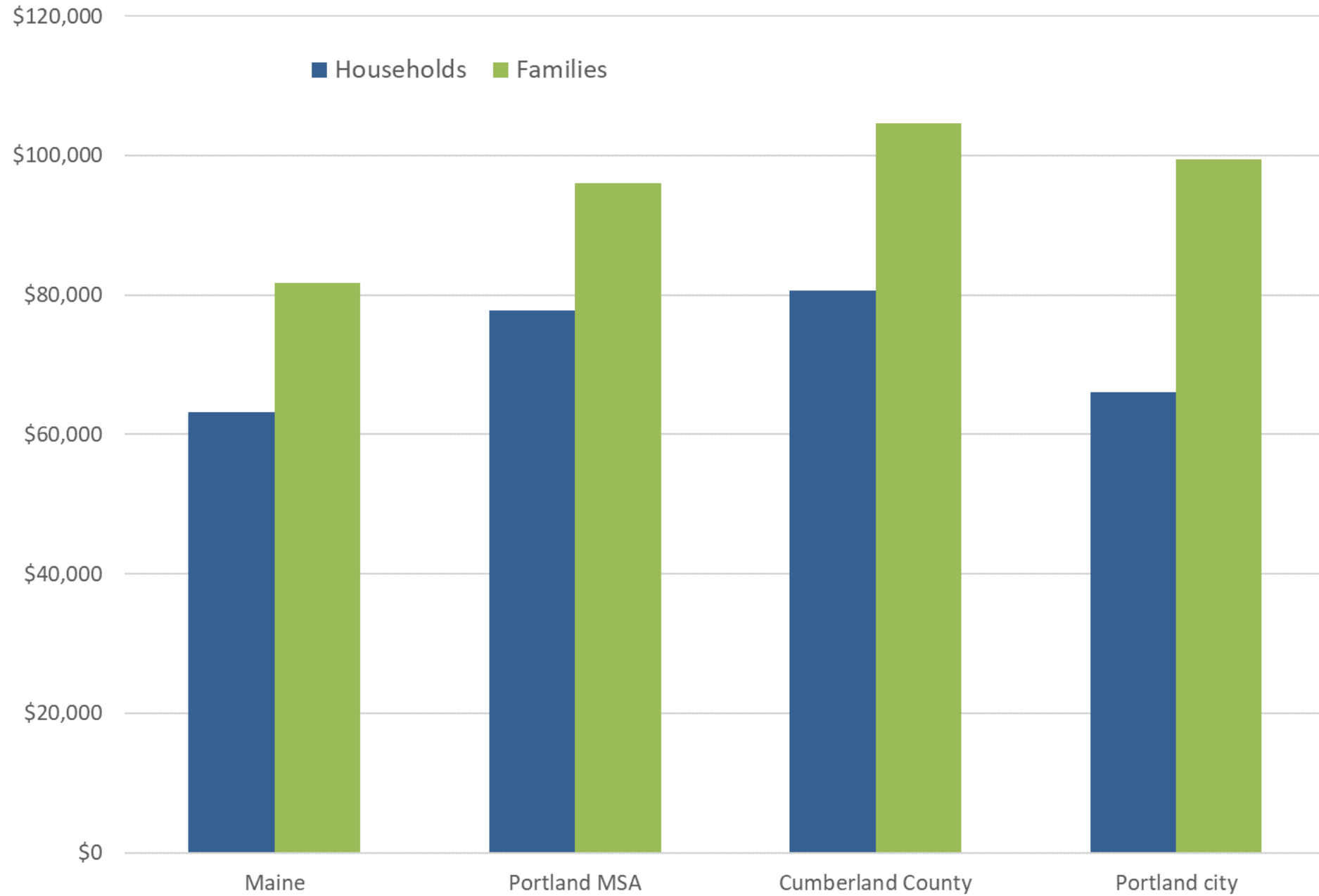
Median Household Income



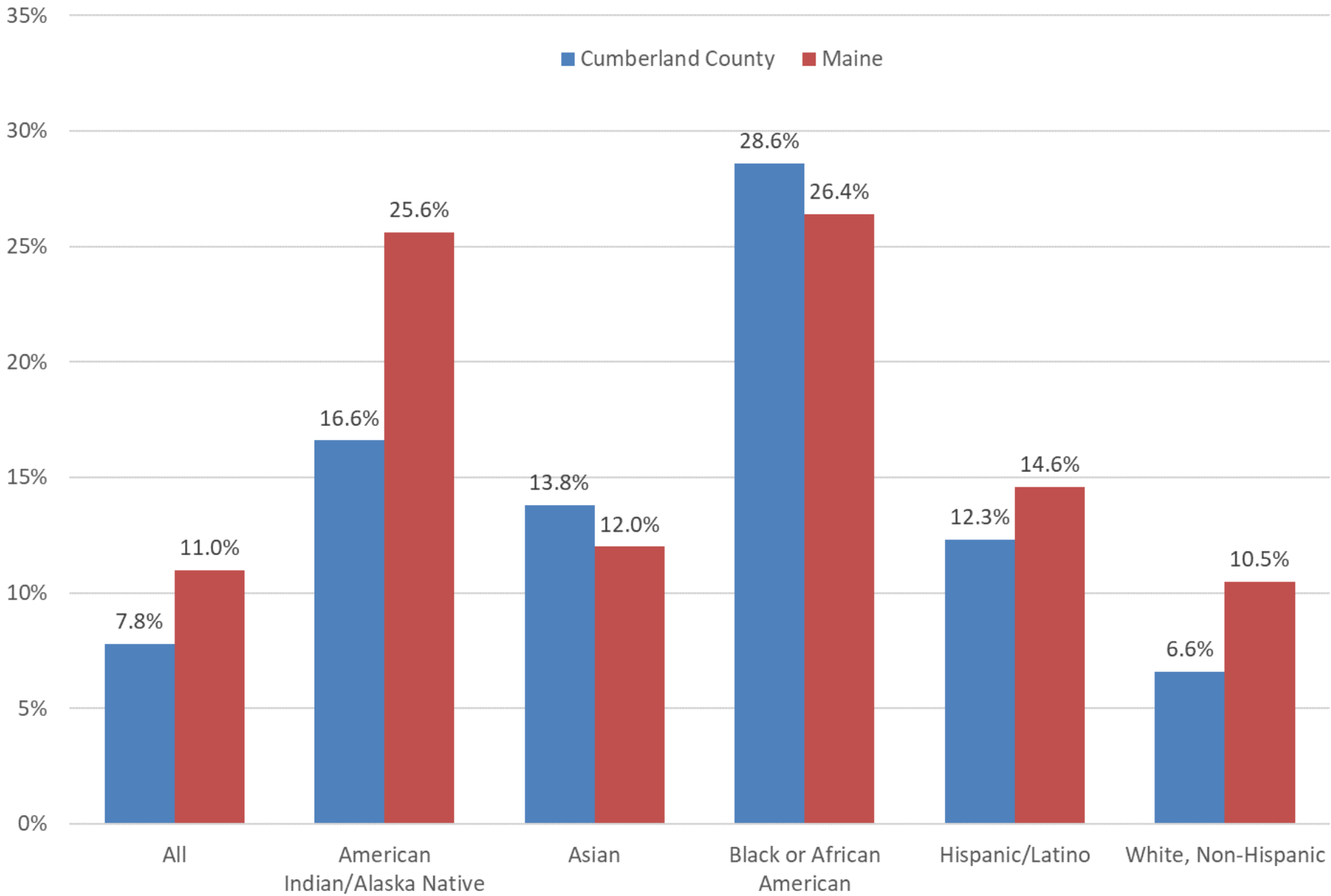
Share of Maine Real GDP by Metropolitan Area



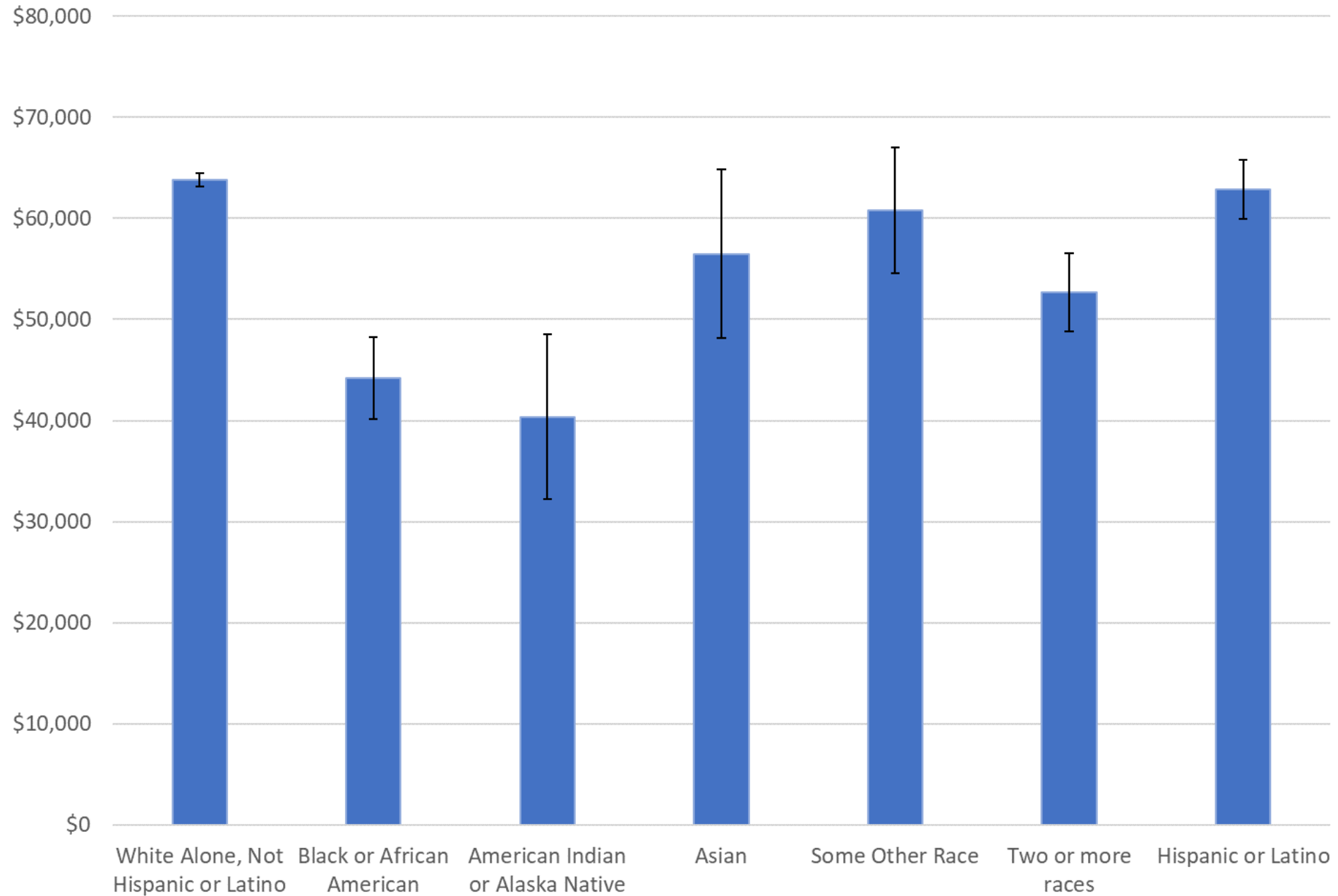
Median Income



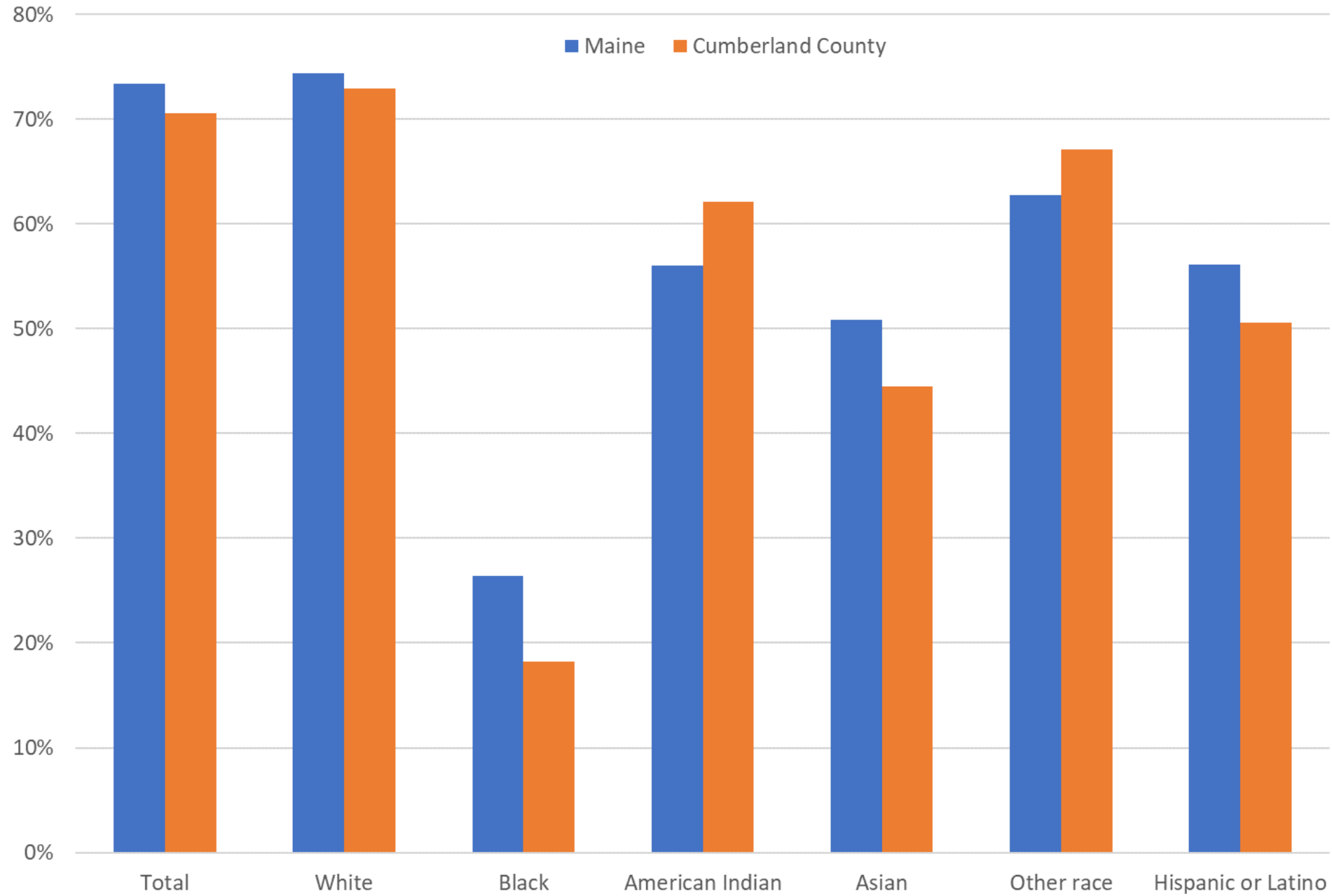
Poverty Rates by Race/Ethnicity



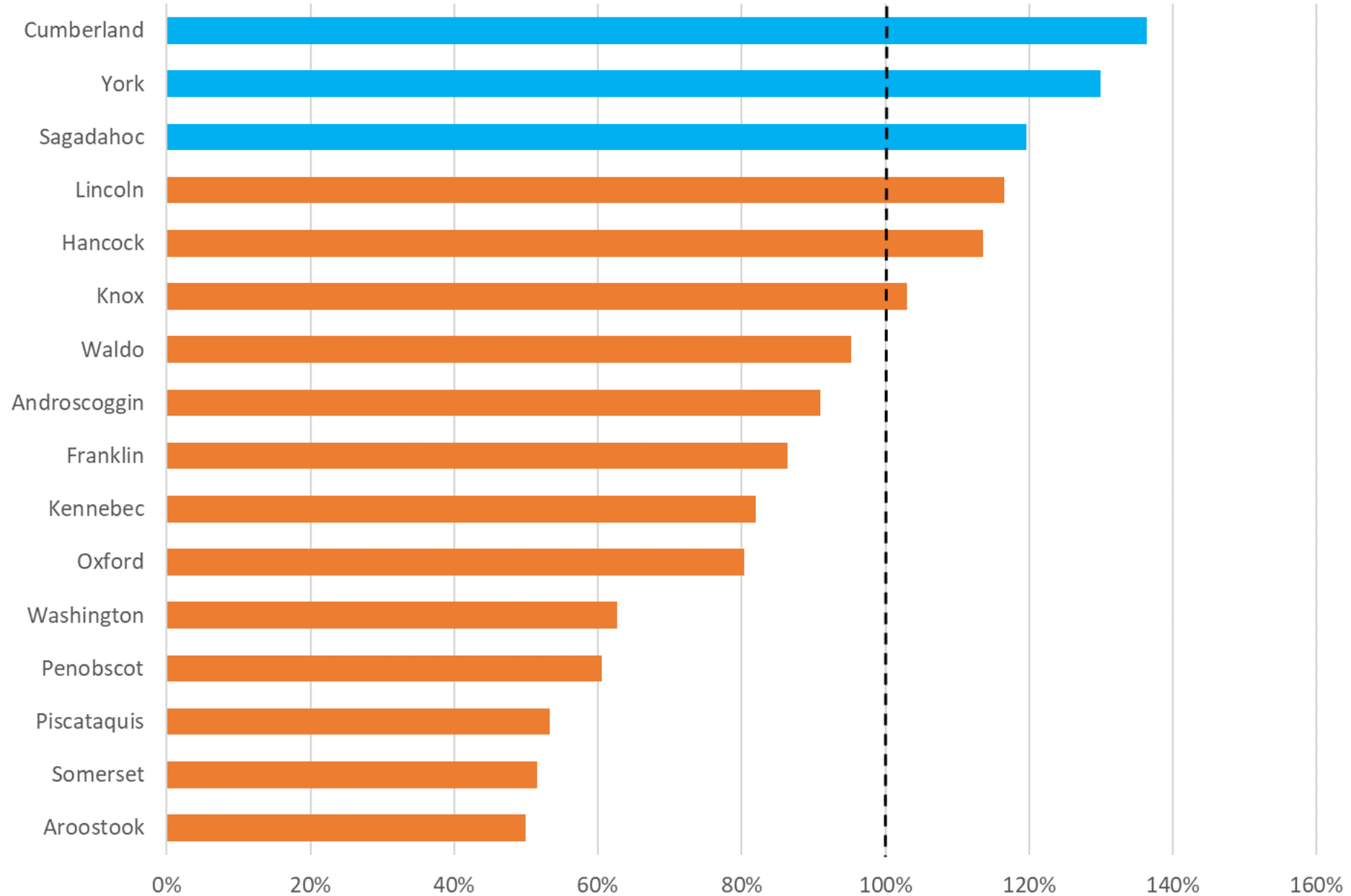
Median Household Income by Race/Ethnicity, Maine



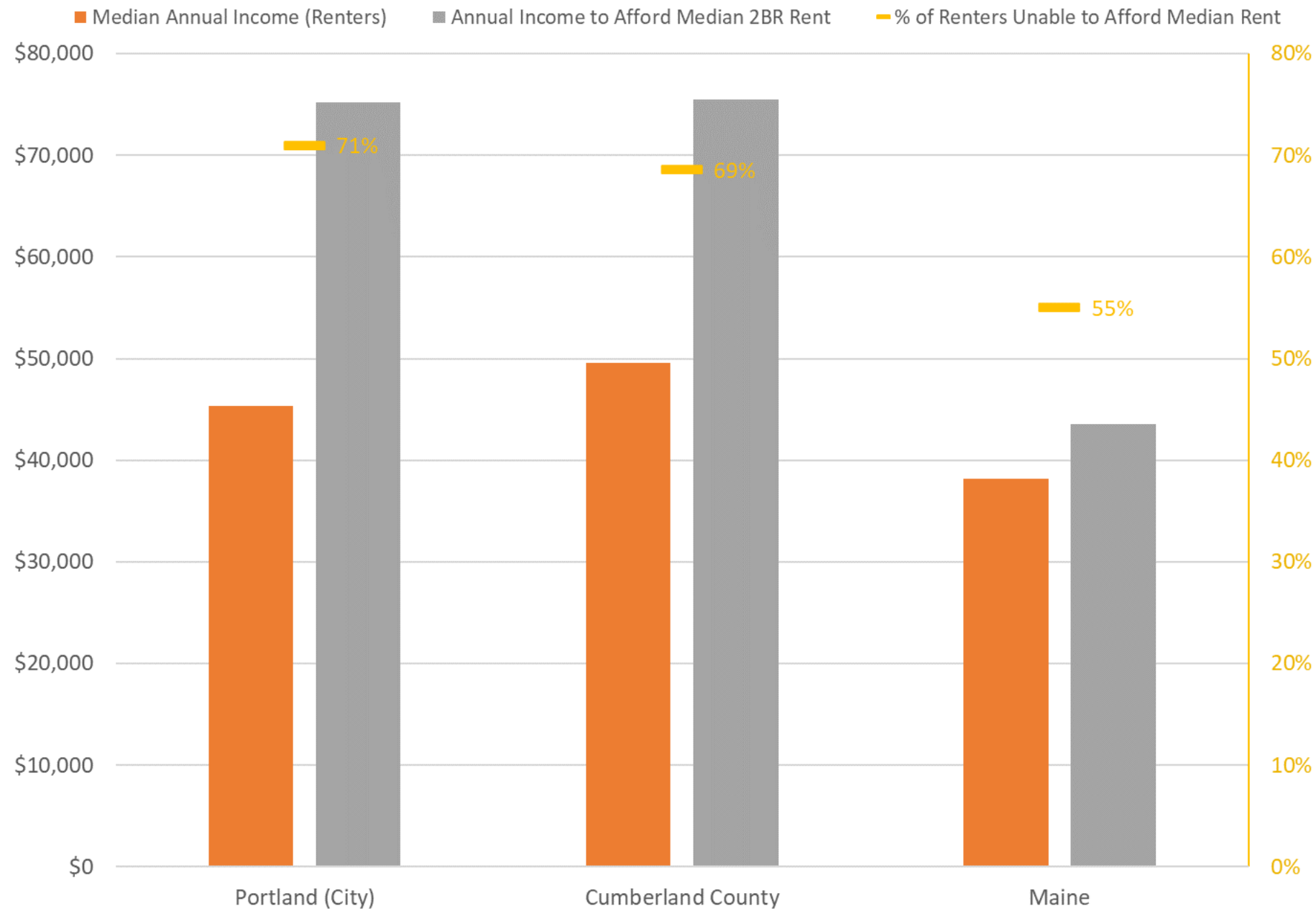
Homeownership Rates



% of Maine Median Home Sale Price - December 2022

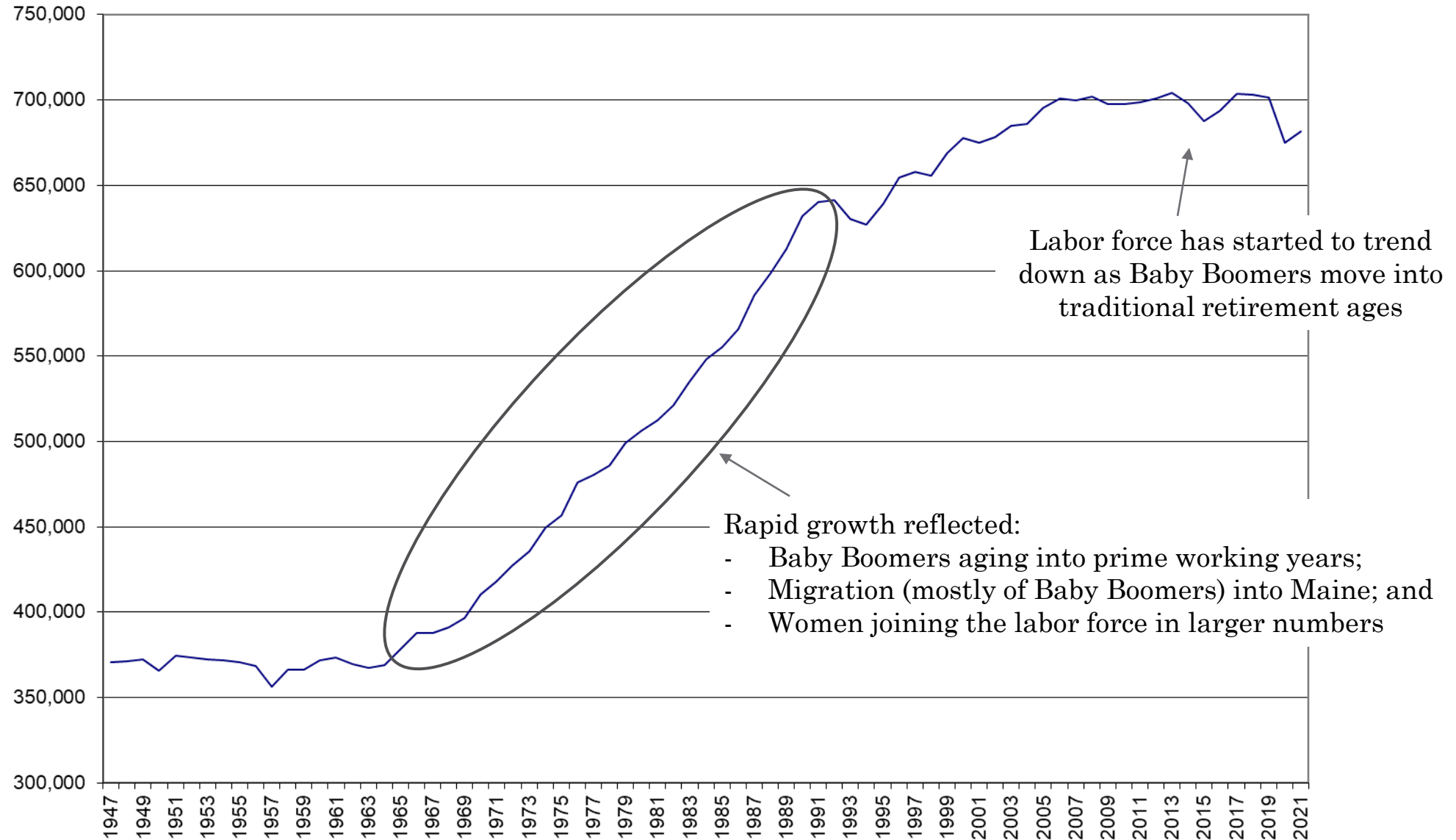


Rental Affordability (2020)

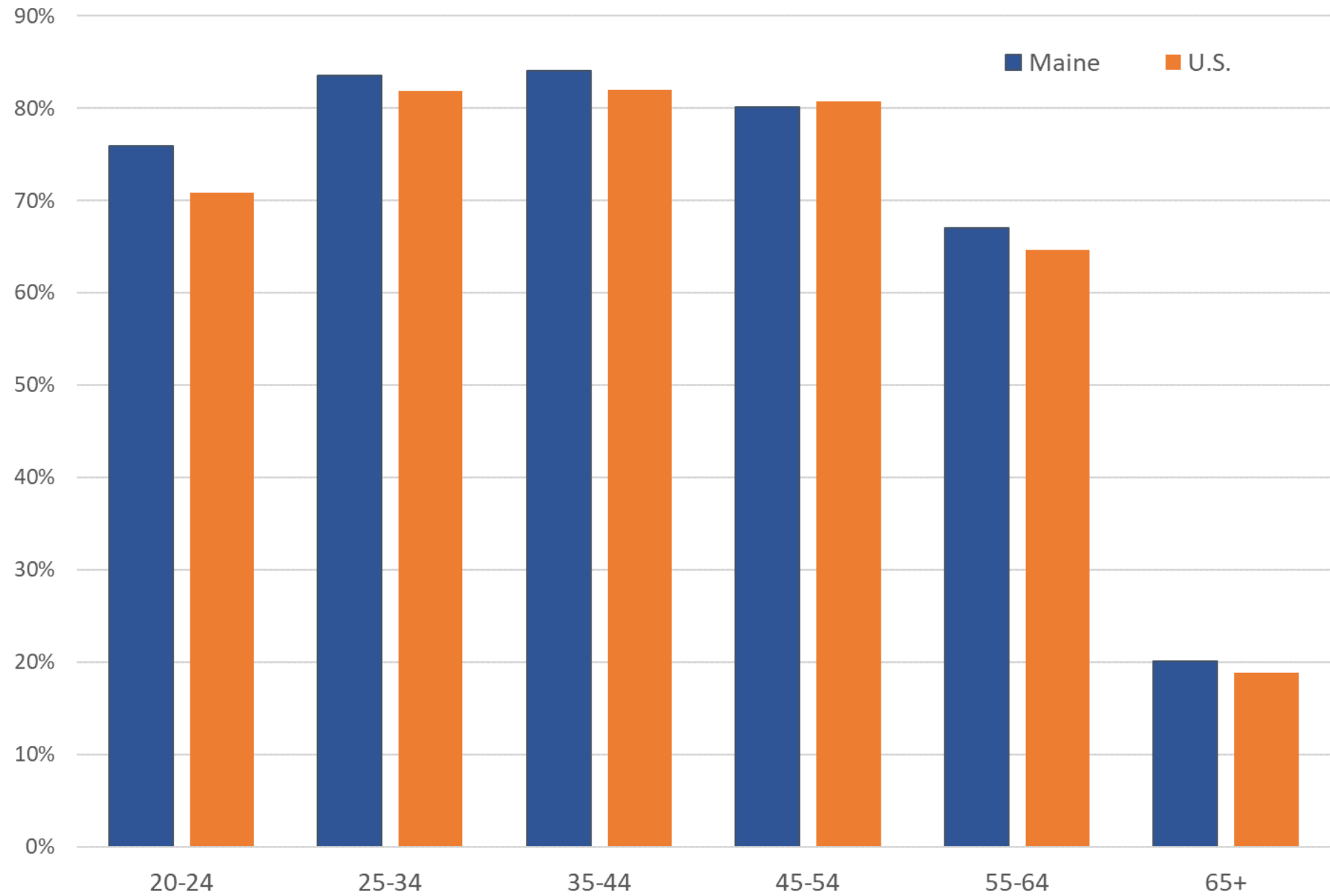


Labor Force Indicators

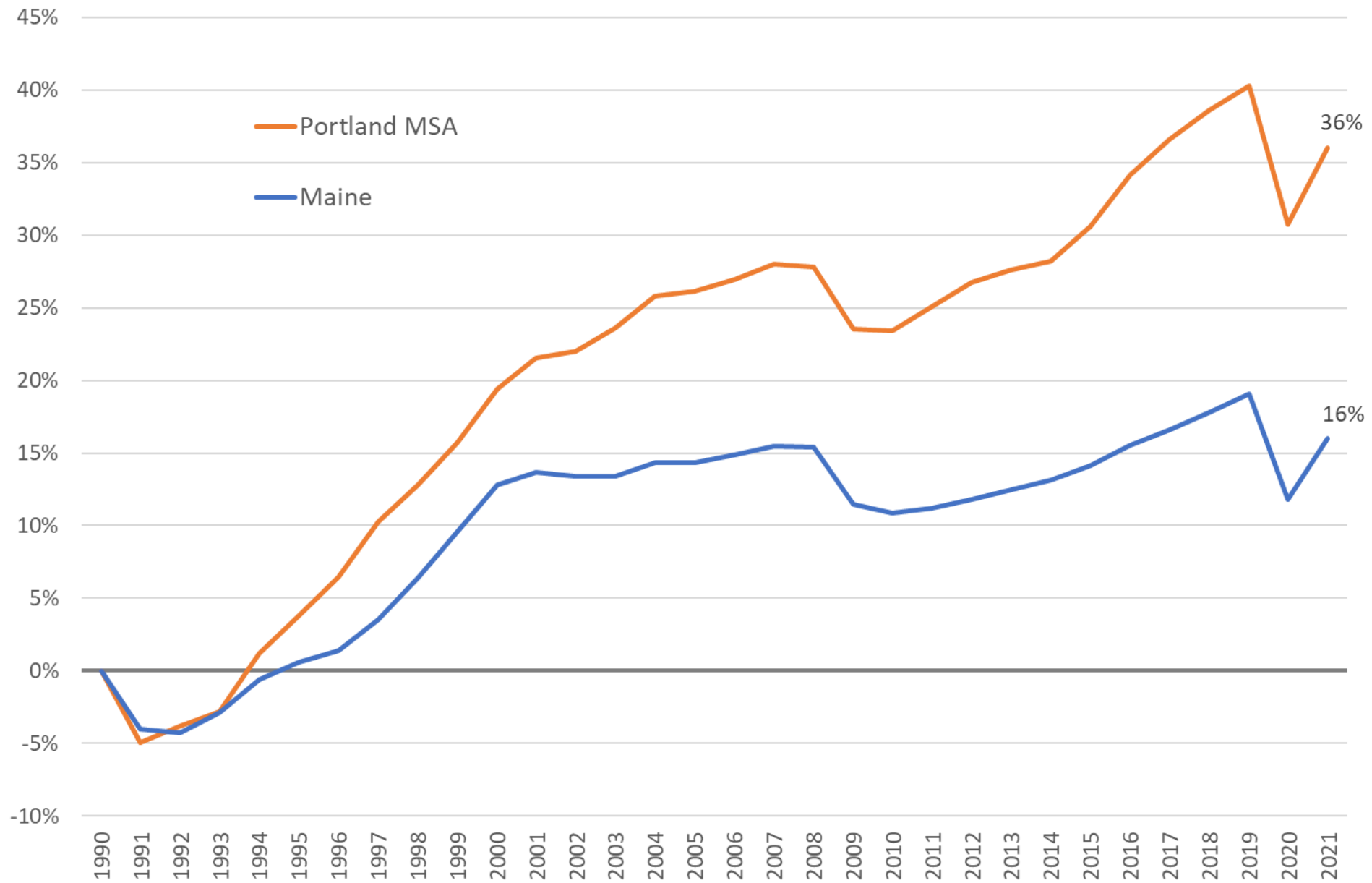
Maine Civilian Labor Force



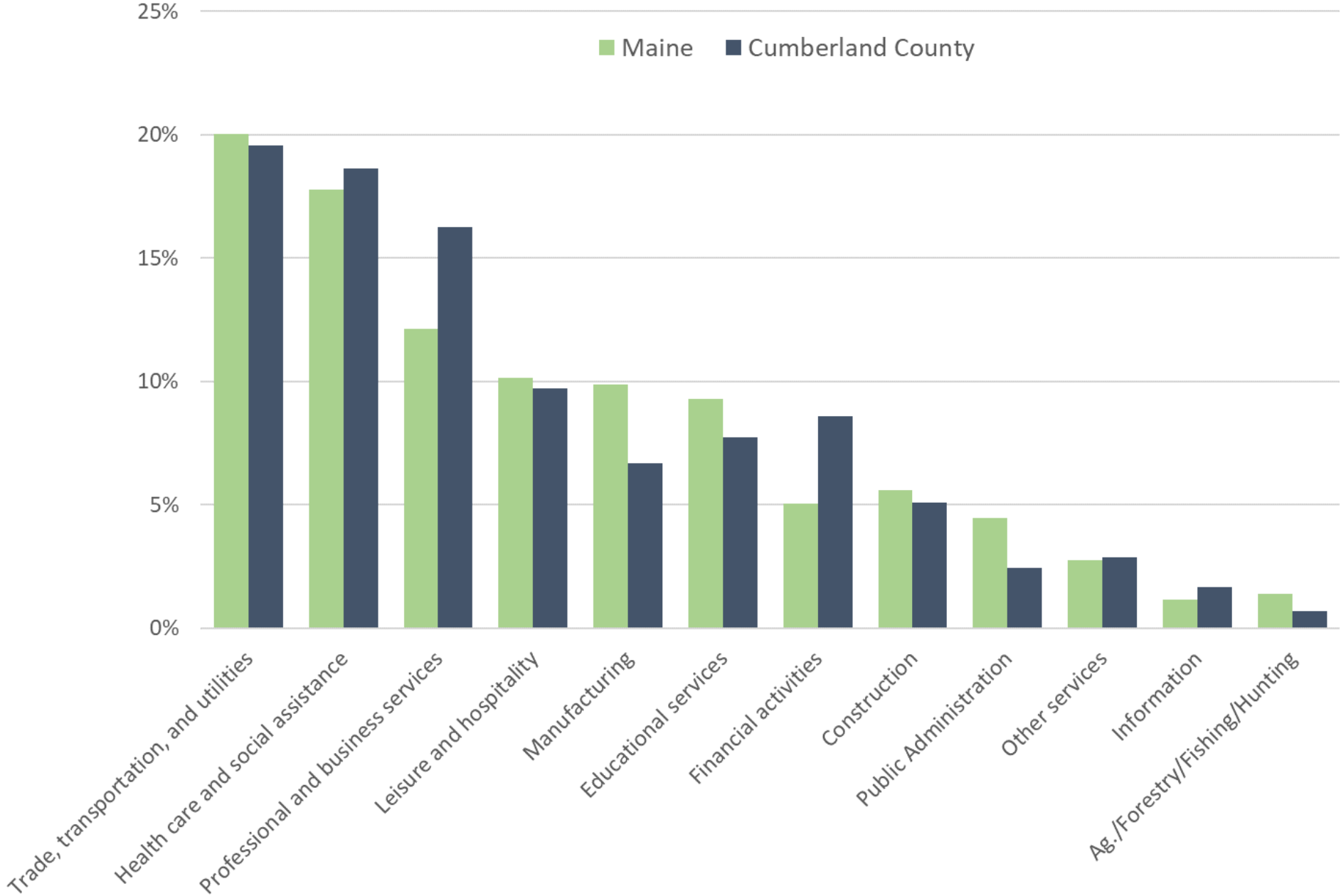
2021 Labor Force Participation Rate



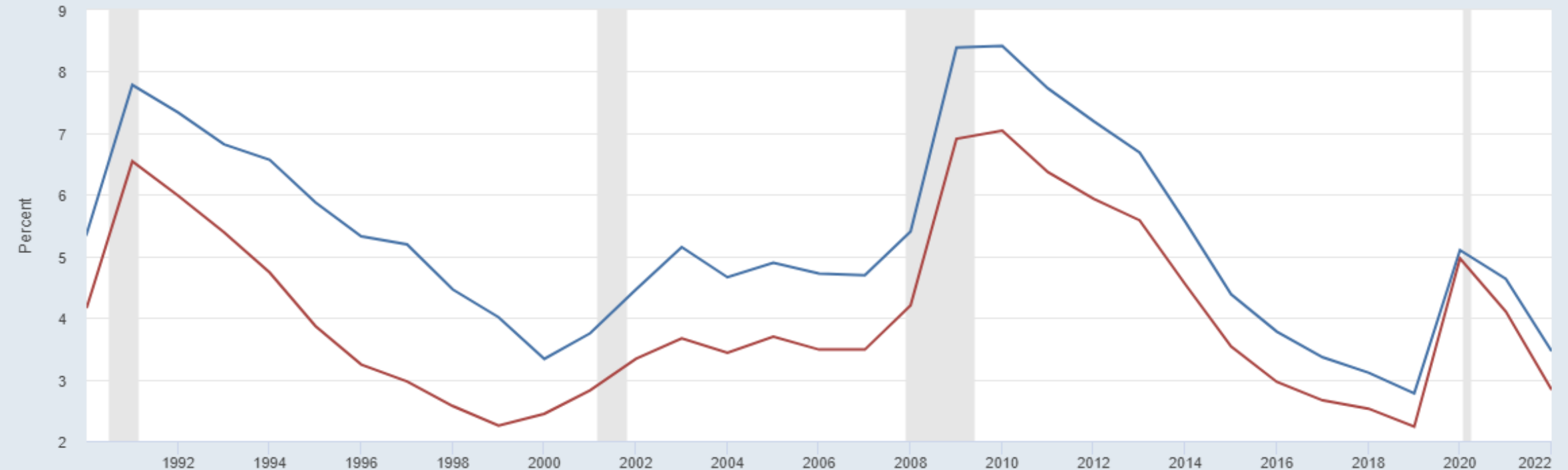
Nonfarm Employment Growth Since 1990



Share of Employment by Industry



— Unemployment Rate in Maine
— Unemployment Rate in Portland-South Portland, ME (NECTA)



Shaded areas indicate U.S. recessions.

Source: U.S. Bureau of Labor Statistics

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Cumberland County has one of the lowest unemployment rates in the state

County Rates (not seasonally adjusted)

December, 2022

● Table

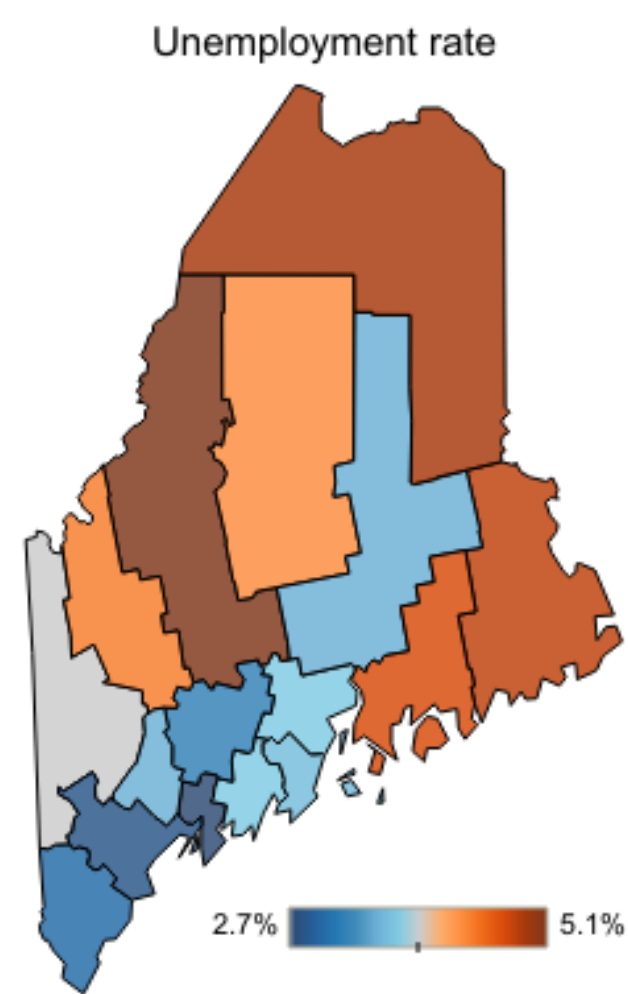
○ Graph

● Map/Graph Display

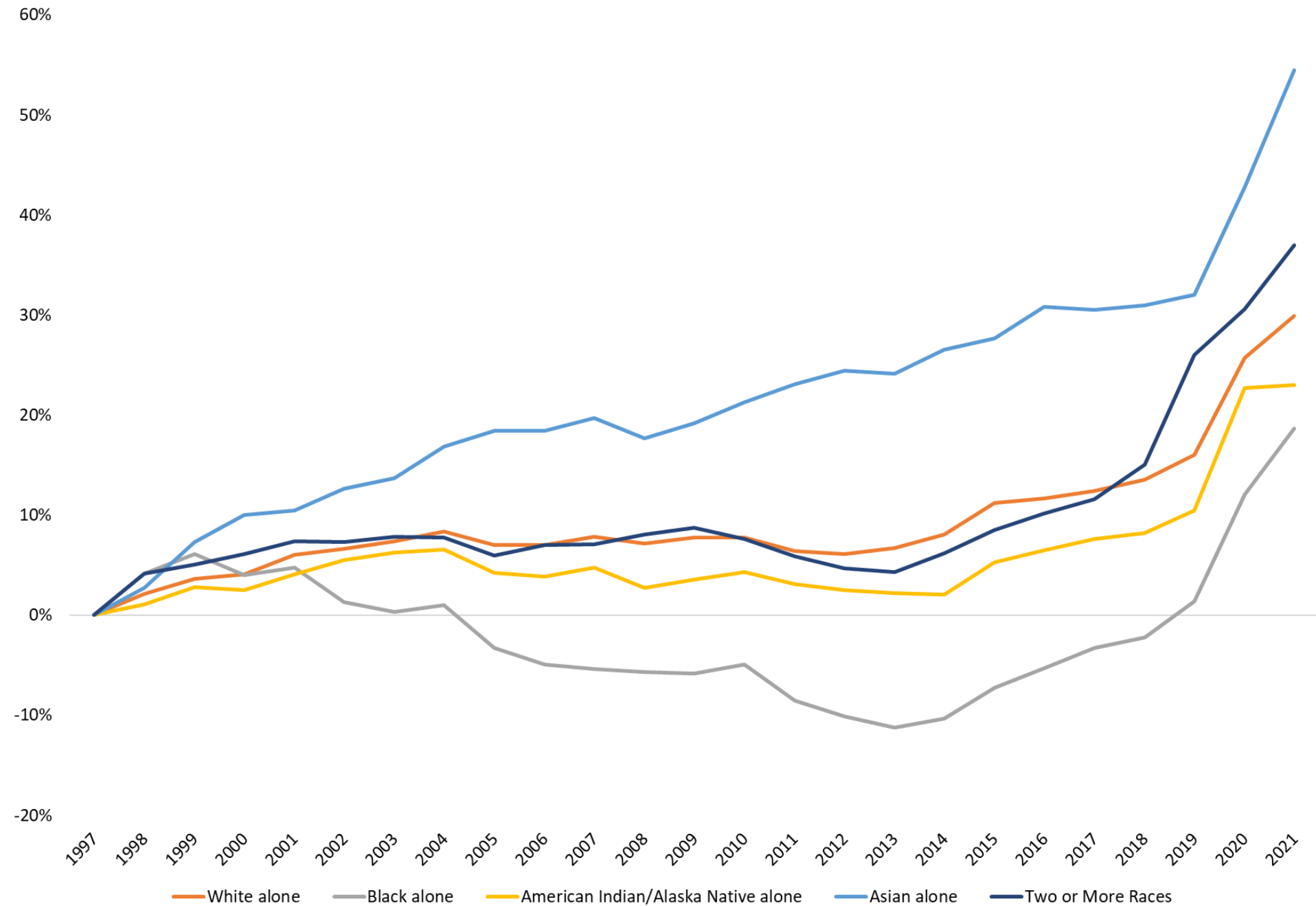
● Unemployment rate

○ One-year change

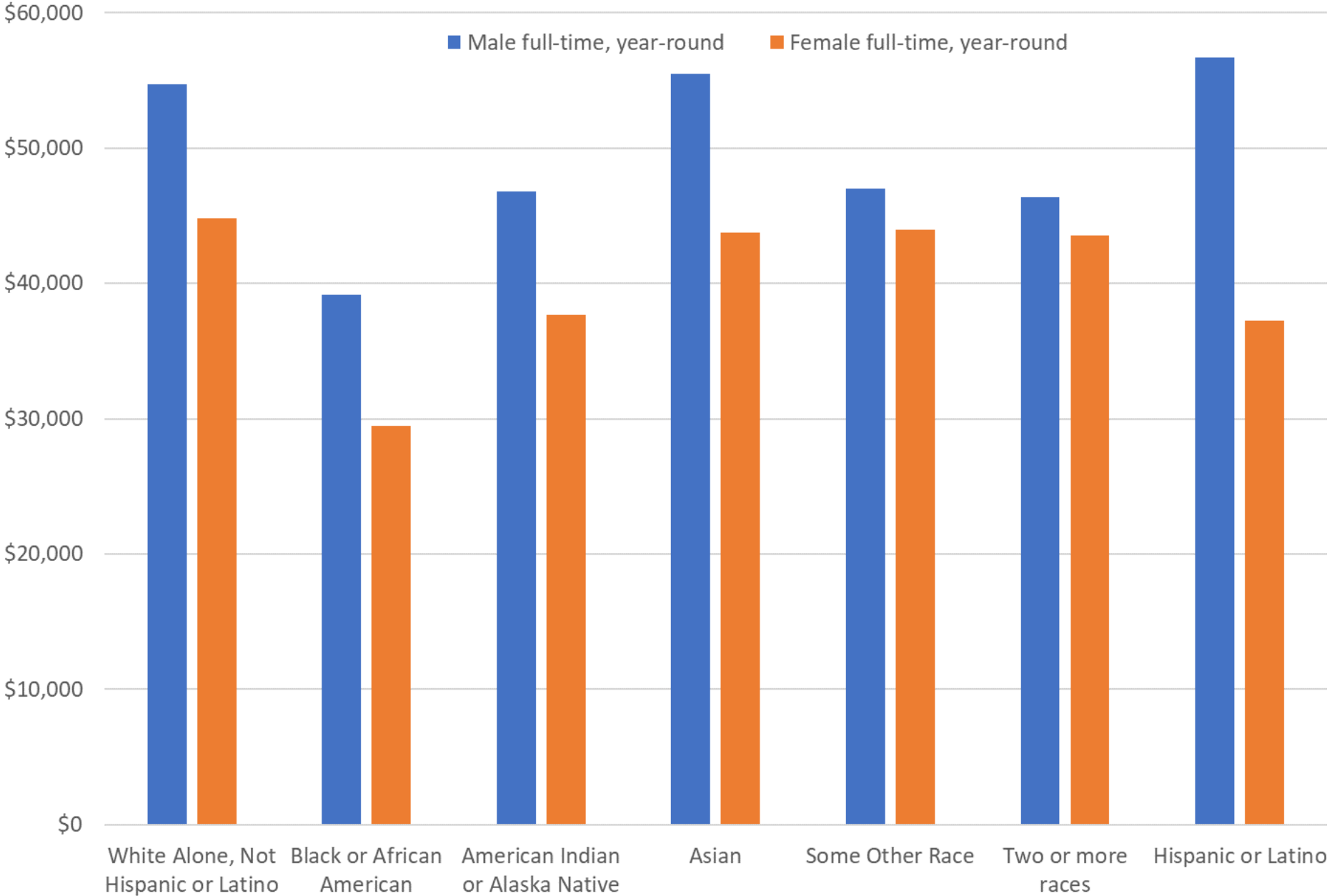
County	Rate	Year ago	One-yr change	
Maine	3.4%	3.5%	-0.1	↓
Androscoggin	3.5%	3.5%	0.0	—
Aroostook	4.9%	4.6%	0.3	↑
Cumberland	2.8%	2.9%	-0.1	↓
Franklin	4.4%	4.0%	0.4	↑
Hancock	4.7%	4.6%	0.1	↑
Kennebec	3.2%	3.4%	-0.2	↓
Knox	3.6%	3.4%	0.2	↑
Lincoln	3.7%	3.6%	0.1	↑
Oxford	3.9%	4.0%	-0.1	↓
Penobscot	3.5%	3.6%	-0.1	↓
Piscataquis	4.3%	4.2%	0.1	↑
Sagadahoc	2.7%	2.8%	-0.1	↓
Somerset	5.1%	4.9%	0.2	↑
Waldo	3.7%	3.8%	-0.1	↓
Washington	4.8%	4.8%	0.0	—
York	3.0%	3.3%	-0.3	↓



Growth of real average monthly earnings since 1997 by race - Maine Statewide



Median Earnings by Race/Ethnicity and Sex, Maine



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