

# 2024 State & County Level Population Estimates by Demographic Characteristics

On June 26, 2025, the U.S. Census Bureau released official population estimates by age, sex, race, and Hispanic origin reflecting changes from July 1, 2023, to July 1, 2024. This latest release completes the 2024 population estimate series, providing detailed demographic breakouts beyond the total population numbers previously released.

The estimates show that Maine’s median age (44.8) has remained quite stable from 2020-2024, though there is considerable variation by county. The data also shows increasing racial and ethnic diversity in Maine’s population in 2024.

**Access Population Estimates in Updated Dashboard**

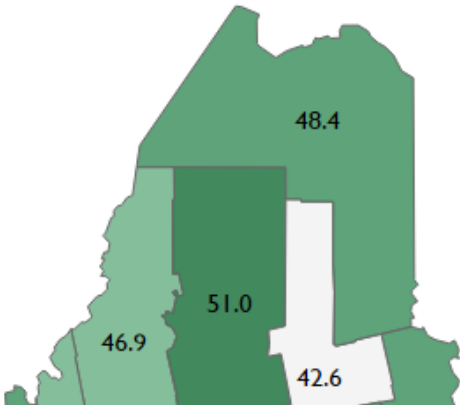
Explore Maine’s population estimates by age, sex, race and Ethnicity in our interactive dashboard tool, which contains data state and county level data from this 2024 Population Estimates data release.

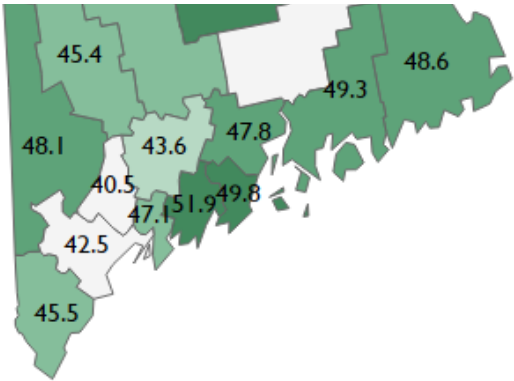
**Population Estimates Dashboard**

## Key takeaways for Maine:

- **Maine’s median age was 44.8 years in 2024**, the oldest in the country and up slightly from 44.7 in 2023. However, Maine was the only state not to see an increase in median age since 2020, when the median age was also 44.8. Nationwide, the median age increased by 0.1 years to 39.1 years in 2024.
- **The median age in Maine’s counties ranged** from 40.5 years in Androscoggin County to 51.9 years in Lincoln County.

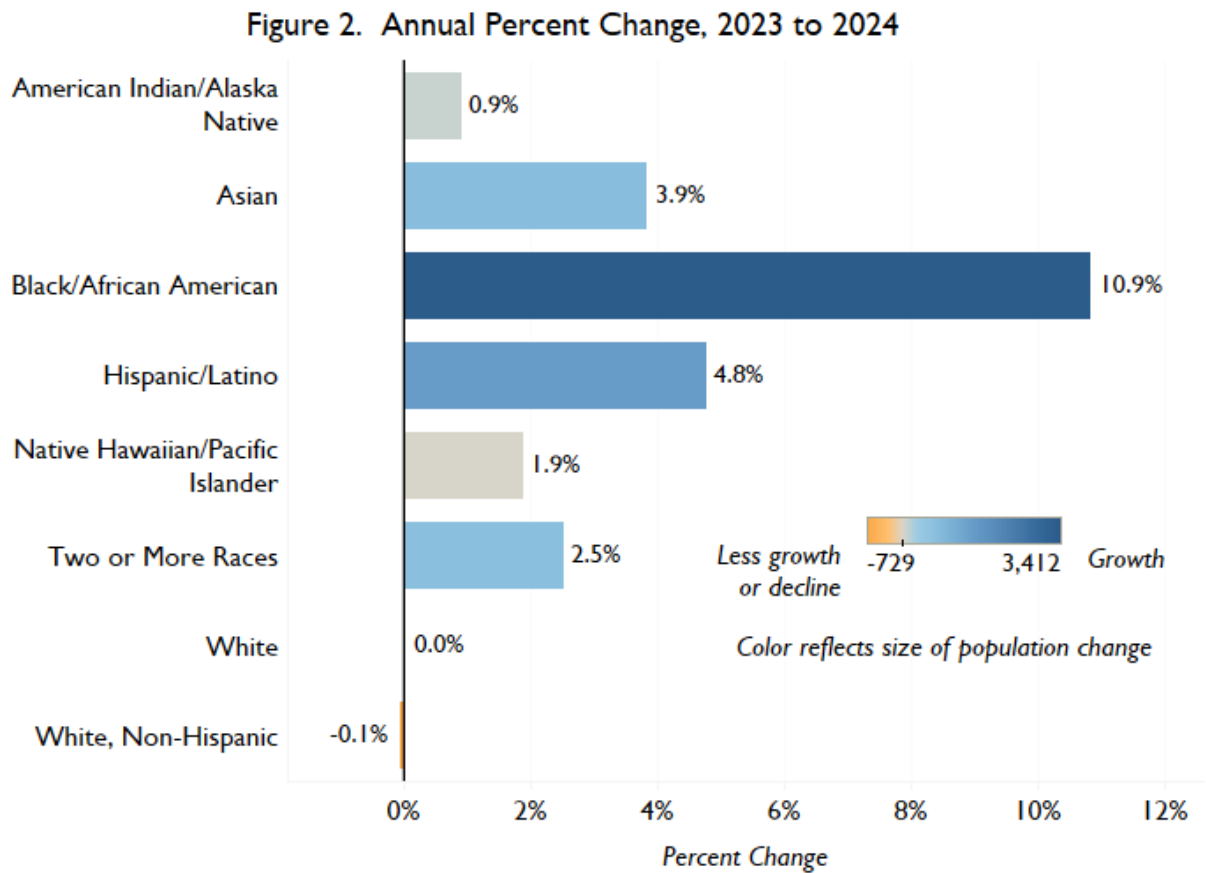
Figure I. Median Age by County, 2024





Source: U.S. Census Bureau Population Estimates, Vintage 2024

- **Population change was positive for all race groups** during the year, but there were significant differences in *percentage* growth.
- **Maine’s population is becoming more racially and ethnically diverse, similar to overall nationwide trends.** Figure 2 shows both how fast each population group grew and the real number of people that change represents.



Source: Office of the State Economist’s Population Estimates by Population Group dashboard

## About the Population Estimates

Population estimates are produced annually by the U.S. Census Bureau and are the official and most accurate source of population statistics at the national, state, county and town levels. The estimates are based on the population as of July 1 each year.

Other population data are available from the U.S. Census Bureau, including from the Decennial (10-year) Census, and the American Community Survey. Relative to these other sources, population estimates are most useful when having up-to-date data is more important than precision and/or when it has been several years since the last Decennial Census (2020).

Population estimates are available at the nation, state, metropolitan statistical area, county, and city/town levels.

For 2024 data releases, the Census Bureau made significant changes to their methodology for estimating international migration. These methodology changes are reflected in population estimates for prior years back to 2020.

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## Dashboard/Tool Updates

Underlying data in the *Build Your Own Datasheet tool* and *Population Estimates by Population Group* dashboard have been updated with the 2024 annual population estimates data.

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