

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | Total percent change | |
|----------------------|--------------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|-------|-------|-------|-------|----------------------|-----------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Auburn | Androscoggin | 23,356 | 22,926 | 23,196 | 23,654 | 24,048 | 24,347 | 24,543 | -1.8% | 1.2% | 2.0% | 1.7% | 1.2% | 0.8% | 5.8% |
| Durham | Androscoggin | 3,816 | 3,882 | 3,967 | 4,068 | 4,163 | 4,242 | 4,303 | 1.7% | 2.2% | 2.5% | 2.3% | 1.9% | 1.4% | 8.5% |
| Greene | Androscoggin | 4,357 | 4,337 | 4,359 | 4,398 | 4,421 | 4,427 | 4,415 | -0.5% | 0.5% | 0.9% | 0.5% | 0.1% | -0.3% | 1.3% |
| Leeds | Androscoggin | 2,297 | 2,310 | 2,308 | 2,316 | 2,321 | 2,316 | 2,302 | 0.6% | -0.1% | 0.3% | 0.2% | -0.2% | -0.6% | -0.3% |
| Lewiston | Androscoggin | 36,828 | 36,274 | 35,944 | 35,689 | 35,346 | 34,857 | 34,222 | -1.5% | -0.9% | -0.7% | -1.0% | -1.4% | -1.8% | -4.8% |
| Lisbon | Androscoggin | 9,129 | 8,910 | 8,979 | 9,047 | 9,140 | 9,197 | 9,215 | -2.4% | 0.8% | 0.8% | 1.0% | 0.6% | 0.2% | 2.6% |
| Livermore | Androscoggin | 2,123 | 2,084 | 2,120 | 2,158 | 2,193 | 2,219 | 2,235 | -1.8% | 1.7% | 1.8% | 1.6% | 1.2% | 0.7% | 5.4% |
| Livermore Falls | Androscoggin | 3,233 | 3,149 | 3,140 | 3,153 | 3,158 | 3,151 | 3,130 | -2.6% | -0.3% | 0.4% | 0.2% | -0.2% | -0.7% | -0.3% |
| Mechanic Falls | Androscoggin | 3,089 | 3,005 | 2,979 | 2,959 | 2,934 | 2,898 | 2,849 | -2.7% | -0.9% | -0.7% | -0.8% | -1.2% | -1.7% | -4.4% |
| Minot | Androscoggin | 2,577 | 2,585 | 2,598 | 2,635 | 2,668 | 2,690 | 2,702 | 0.3% | 0.5% | 1.4% | 1.3% | 0.8% | 0.4% | 4.0% |
| Poland | Androscoggin | 5,351 | 5,465 | 5,612 | 5,763 | 5,908 | 6,030 | 6,127 | 2.1% | 2.7% | 2.7% | 2.5% | 2.1% | 1.6% | 9.2% |
| Sabattus | Androscoggin | 4,872 | 5,006 | 5,043 | 5,089 | 5,129 | 5,149 | 5,147 | 2.8% | 0.7% | 0.9% | 0.8% | 0.4% | 0.0% | 2.1% |
| Turner | Androscoggin | 5,670 | 5,727 | 5,816 | 5,919 | 6,018 | 6,094 | 6,144 | 1.0% | 1.6% | 1.8% | 1.7% | 1.3% | 0.8% | 5.6% |
| Wales | Androscoggin | 1,586 | 1,615 | 1,618 | 1,626 | 1,626 | 1,621 | 1,608 | 1.8% | 0.2% | 0.5% | 0.0% | -0.3% | -0.8% | -0.6% |
| Allagash | Aroostook | 247 | 230 | 218 | 214 | 209 | 203 | 197 | -6.9% | -5.2% | -1.8% | -2.3% | -2.9% | -3.0% | -9.6% |
| Amity | Aroostook | 232 | 229 | 218 | 215 | 212 | 208 | 203 | -1.3% | -4.8% | -1.4% | -1.4% | -1.9% | -2.4% | -6.9% |
| Ashland | Aroostook | 1,342 | 1,264 | 1,216 | 1,216 | 1,211 | 1,203 | 1,190 | -5.8% | -3.8% | 0.0% | -0.4% | -0.7% | -1.1% | -2.1% |
| Bancroft | Aroostook | 67 | 70 | 66 | 65 | 64 | 63 | 61 | 4.5% | -5.7% | -1.5% | -1.5% | -1.6% | -3.2% | -7.6% |
| Blaine | Aroostook | 743 | 710 | 674 | 663 | 651 | 636 | 619 | -4.4% | -5.1% | -1.6% | -1.8% | -2.3% | -2.7% | -8.2% |
| Bridgewater | Aroostook | 613 | 591 | 563 | 556 | 547 | 536 | 523 | -3.6% | -4.7% | -1.2% | -1.6% | -2.0% | -2.4% | -7.1% |
| Caribou | Aroostook | 8,247 | 7,976 | 7,614 | 7,512 | 7,386 | 7,237 | 7,067 | -3.3% | -4.5% | -1.3% | -1.7% | -2.0% | -2.3% | -7.2% |
| Cary plantation | Aroostook | 219 | 211 | 204 | 202 | 200 | 197 | 194 | -3.7% | -3.3% | -1.0% | -1.0% | -1.5% | -1.5% | -4.9% |
| Castle Hill | Aroostook | 432 | 410 | 397 | 400 | 401 | 401 | 400 | -5.1% | -3.2% | 0.8% | 0.2% | 0.0% | -0.2% | 0.8% |
| Caswell | Aroostook | 311 | 295 | 283 | 282 | 280 | 276 | 272 | -5.1% | -4.1% | -0.4% | -0.7% | -1.4% | -1.4% | -3.9% |
| Central Aroostook UT | Aroostook | 115 | 116 | 110 | 108 | 106 | 103 | 101 | 0.9% | -5.2% | -1.8% | -1.9% | -2.8% | -1.9% | -8.2% |
| Chapman | Aroostook | 470 | 460 | 445 | 447 | 449 | 448 | 446 | -2.1% | -3.3% | 0.4% | 0.4% | -0.2% | -0.4% | 0.2% |
| Connor UT | Aroostook | 454 | 445 | 424 | 418 | 411 | 402 | 393 | -2.0% | -4.7% | -1.4% | -1.7% | -2.2% | -2.2% | -7.3% |
| Crystal | Aroostook | 275 | 261 | 248 | 245 | 241 | 236 | 231 | -5.1% | -5.0% | -1.2% | -1.6% | -2.1% | -2.1% | -6.9% |
| Cyr plantation | Aroostook | 106 | 100 | 95 | 94 | 92 | 90 | 88 | -5.7% | -5.0% | -1.1% | -2.1% | -2.2% | -2.2% | -7.4% |
| Dyer Brook | Aroostook | 212 | 203 | 195 | 193 | 192 | 191 | 188 | -4.2% | -3.9% | -1.0% | -0.5% | -0.5% | -1.6% | -3.6% |
| Eagle Lake | Aroostook | 858 | 839 | 805 | 797 | 788 | 776 | 762 | -2.2% | -4.1% | -1.0% | -1.1% | -1.5% | -1.8% | -5.3% |
| Easton | Aroostook | 1,286 | 1,248 | 1,191 | 1,178 | 1,162 | 1,141 | 1,118 | -3.0% | -4.6% | -1.1% | -1.4% | -1.8% | -2.0% | -6.1% |
| Fort Fairfield | Aroostook | 3,527 | 3,438 | 3,281 | 3,246 | 3,202 | 3,147 | 3,083 | -2.5% | -4.6% | -1.1% | -1.4% | -1.7% | -2.0% | -6.0% |
| Fort Kent | Aroostook | 4,137 | 4,034 | 3,846 | 3,763 | 3,674 | 3,573 | 3,464 | -2.5% | -4.7% | -2.2% | -2.4% | -2.7% | -3.1% | -9.9% |
| Frenchville | Aroostook | 1,116 | 1,058 | 1,006 | 989 | 970 | 948 | 923 | -5.2% | -4.9% | -1.7% | -1.9% | -2.3% | -2.6% | -8.3% |
| Garfield plantation | Aroostook | 82 | 79 | 75 | 74 | 72 | 70 | 69 | -3.7% | -5.1% | -1.3% | -2.7% | -2.8% | -1.4% | -8.0% |
| Grand Isle | Aroostook | 479 | 453 | 432 | 428 | 422 | 415 | 406 | -5.4% | -4.6% | -0.9% | -1.4% | -1.7% | -2.2% | -6.0% |
| Hamlin | Aroostook | 226 | 213 | 204 | 204 | 203 | 201 | 198 | -5.8% | -4.2% | 0.0% | -0.5% | -1.0% | -1.5% | -2.9% |
| Hammond | Aroostook | 115 | 114 | 109 | 108 | 107 | 105 | 103 | -0.9% | -4.4% | -0.9% | -0.9% | -1.9% | -1.9% | -5.5% |
| Haynesville | Aroostook | 122 | 117 | 111 | 109 | 106 | 103 | 100 | -4.1% | -5.1% | -1.8% | -2.8% | -2.8% | -2.9% | -9.9% |
| Hersey | Aroostook | 80 | 80 | 76 | 74 | 72 | 69 | 66 | 0.0% | -5.0% | -2.6% | -2.7% | -4.2% | -4.3% | -13.2% |
| Hodgdon | Aroostook | 1,301 | 1,294 | 1,271 | 1,288 | 1,298 | 1,303 | 1,304 | -0.5% | -1.8% | 1.3% | 0.8% | 0.4% | 0.1% | 2.6% |
| Houlton | Aroostook | 6,213 | 6,009 | 5,763 | 5,713 | 5,639 | 5,546 | 5,437 | -3.3% | -4.1% | -0.9% | -1.3% | -1.6% | -2.0% | -5.7% |
| Island Falls | Aroostook | 833 | 821 | 781 | 769 | 755 | 739 | 720 | -1.4% | -4.9% | -1.5% | -1.8% | -2.1% | -2.6% | -7.8% |

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|------------------------|------------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Limestone | Aroostook | 2,326 | 2,260 | 2,212 | 2,265 | 2,301 | 2,327 | 2,345 | -2.8% | -2.1% | 2.4% | 1.6% | 1.1% | 0.8% | 6.0% |
| Linneus | Aroostook | 972 | 957 | 916 | 909 | 901 | 889 | 875 | -1.5% | -4.3% | -0.8% | -0.9% | -1.3% | -1.6% | -4.5% |
| Littleton | Aroostook | 1,052 | 1,033 | 985 | 976 | 963 | 947 | 928 | -1.8% | -4.6% | -0.9% | -1.3% | -1.7% | -2.0% | -5.8% |
| Ludlow | Aroostook | 406 | 393 | 374 | 368 | 361 | 353 | 343 | -3.2% | -4.8% | -1.6% | -1.9% | -2.2% | -2.8% | -8.3% |
| Macwahoc plantation | Aroostook | 83 | 79 | 75 | 74 | 72 | 70 | 69 | -4.8% | -5.1% | -1.3% | -2.7% | -2.8% | -1.4% | -8.0% |
| Madawaska | Aroostook | 4,139 | 3,931 | 3,700 | 3,587 | 3,462 | 3,328 | 3,187 | -5.0% | -5.9% | -3.1% | -3.5% | -3.9% | -4.2% | -13.9% |
| Mapleton | Aroostook | 1,947 | 1,906 | 1,837 | 1,839 | 1,834 | 1,823 | 1,806 | -2.1% | -3.6% | 0.1% | -0.3% | -0.6% | -0.9% | -1.7% |
| Mars Hill | Aroostook | 1,497 | 1,456 | 1,462 | 1,555 | 1,629 | 1,694 | 1,751 | -2.7% | 0.4% | 6.4% | 4.8% | 4.0% | 3.4% | 19.8% |
| Masardis | Aroostook | 250 | 240 | 226 | 221 | 214 | 207 | 200 | -4.0% | -5.8% | -2.2% | -3.2% | -3.3% | -3.4% | -11.5% |
| Merrill | Aroostook | 270 | 266 | 251 | 244 | 237 | 228 | 220 | -1.5% | -5.6% | -2.8% | -2.9% | -3.8% | -3.5% | -12.4% |
| Monticello | Aroostook | 794 | 773 | 743 | 742 | 740 | 736 | 729 | -2.6% | -3.9% | -0.1% | -0.3% | -0.5% | -1.0% | -1.9% |
| Moro plantation | Aroostook | 42 | 37 | 35 | 35 | 35 | 34 | 34 | -11.9% | -5.4% | 0.0% | 0.0% | -2.9% | 0.0% | -2.9% |
| Nashville plantation | Aroostook | 46 | 45 | 42 | 41 | 40 | 39 | 38 | -2.2% | -6.7% | -2.4% | -2.4% | -2.5% | -2.6% | -9.5% |
| New Canada | Aroostook | 319 | 314 | 302 | 299 | 295 | 290 | 284 | -1.6% | -3.8% | -1.0% | -1.3% | -1.7% | -2.1% | -6.0% |
| New Limerick | Aroostook | 515 | 497 | 475 | 472 | 468 | 462 | 455 | -3.5% | -4.4% | -0.6% | -0.8% | -1.3% | -1.5% | -4.2% |
| New Sweden | Aroostook | 609 | 593 | 575 | 578 | 577 | 575 | 570 | -2.6% | -3.0% | 0.5% | -0.2% | -0.3% | -0.9% | -0.9% |
| Oakfield | Aroostook | 740 | 716 | 682 | 674 | 664 | 651 | 637 | -3.2% | -4.7% | -1.2% | -1.5% | -2.0% | -2.2% | -6.6% |
| Orient | Aroostook | 147 | 142 | 141 | 145 | 147 | 150 | 152 | -3.4% | -0.7% | 2.8% | 1.4% | 2.0% | 1.3% | 7.8% |
| Oxbow plantation | Aroostook | 65 | 64 | 61 | 60 | 59 | 58 | 57 | -1.5% | -4.7% | -1.6% | -1.7% | -1.7% | -1.7% | -6.6% |
| Perham | Aroostook | 396 | 374 | 365 | 367 | 368 | 368 | 366 | -5.6% | -2.4% | 0.5% | 0.3% | 0.0% | -0.5% | 0.3% |
| Portage Lake | Aroostook | 392 | 383 | 368 | 367 | 364 | 360 | 354 | -2.3% | -3.9% | -0.3% | -0.8% | -1.1% | -1.7% | -3.8% |
| Presque Isle | Aroostook | 9,700 | 9,401 | 8,998 | 8,940 | 8,841 | 8,711 | 8,555 | -3.1% | -4.3% | -0.6% | -1.1% | -1.5% | -1.8% | -4.9% |
| Reed plantation | Aroostook | 170 | 152 | 143 | 140 | 137 | 134 | 130 | -10.6% | -5.9% | -2.1% | -2.1% | -2.2% | -3.0% | -9.1% |
| Sherman | Aroostook | 868 | 739 | 714 | 715 | 714 | 711 | 705 | -14.9% | -3.4% | 0.1% | -0.1% | -0.4% | -0.8% | -1.3% |
| Smyrna | Aroostook | 439 | 469 | 445 | 438 | 429 | 419 | 408 | 6.8% | -5.1% | -1.6% | -2.1% | -2.3% | -2.6% | -8.3% |
| South Aroostook UT | Aroostook | 405 | 261 | 249 | 246 | 243 | 239 | 235 | -35.6% | -4.6% | -1.2% | -1.2% | -1.6% | -1.7% | -5.6% |
| Square Lake UT | Aroostook | 600 | 820 | 780 | 769 | 756 | 740 | 722 | 36.7% | -4.9% | -1.4% | -1.7% | -2.1% | -2.4% | -7.4% |
| St. Agatha | Aroostook | 760 | 440 | 420 | 417 | 413 | 406 | 399 | -42.1% | -4.5% | -0.7% | -1.0% | -1.7% | -1.7% | -5.0% |
| St. Francis | Aroostook | 503 | 375 | 358 | 355 | 350 | 345 | 338 | -25.4% | -4.5% | -0.8% | -1.4% | -1.4% | -2.0% | -5.6% |
| St. John plantation | Aroostook | 271 | 574 | 546 | 538 | 528 | 517 | 504 | 111.8% | -4.9% | -1.5% | -1.9% | -2.1% | -2.5% | -7.7% |
| Stockholm | Aroostook | 257 | 245 | 233 | 229 | 225 | 220 | 214 | -4.7% | -4.9% | -1.7% | -1.7% | -2.2% | -2.7% | -8.2% |
| Van Buren | Aroostook | 2,265 | 2,110 | 1,993 | 1,941 | 1,885 | 1,823 | 1,756 | -6.8% | -5.5% | -2.6% | -2.9% | -3.3% | -3.7% | -11.9% |
| Wade | Aroostook | 279 | 274 | 260 | 255 | 250 | 244 | 237 | -1.8% | -5.1% | -1.9% | -2.0% | -2.4% | -2.9% | -8.8% |
| Wallagrass | Aroostook | 551 | 533 | 527 | 537 | 546 | 552 | 556 | -3.3% | -1.1% | 1.9% | 1.7% | 1.1% | 0.7% | 5.5% |
| Washburn | Aroostook | 1,681 | 1,638 | 1,549 | 1,521 | 1,487 | 1,448 | 1,406 | -2.6% | -5.4% | -1.8% | -2.2% | -2.6% | -2.9% | -9.2% |
| Westfield | Aroostook | 553 | 535 | 510 | 502 | 492 | 480 | 468 | -3.3% | -4.7% | -1.6% | -2.0% | -2.4% | -2.5% | -8.2% |
| Westmanland | Aroostook | 63 | 60 | 57 | 56 | 54 | 53 | 51 | -4.8% | -5.0% | -1.8% | -3.6% | -1.9% | -3.8% | -10.5% |
| Weston | Aroostook | 225 | 223 | 212 | 210 | 207 | 204 | 200 | -0.9% | -4.9% | -0.9% | -1.4% | -1.4% | -2.0% | -5.7% |
| Winterville plantation | Aroostook | 220 | 217 | 208 | 205 | 203 | 199 | 195 | -1.4% | -4.1% | -1.4% | -1.0% | -2.0% | -2.0% | -6.3% |
| Woodland | Aroostook | 1,250 | 1,188 | 1,149 | 1,151 | 1,151 | 1,147 | 1,139 | -5.0% | -3.3% | 0.2% | 0.0% | -0.3% | -0.7% | -0.9% |
| Baldwin | Cumberland | 1,493 | 1,566 | 1,608 | 1,612 | 1,616 | 1,614 | 1,604 | 4.9% | 2.7% | 0.2% | 0.2% | -0.1% | -0.6% | -0.2% |
| Bridgton | Cumberland | 5,185 | 5,317 | 5,368 | 5,280 | 5,185 | 5,069 | 4,930 | 2.5% | 1.0% | -1.6% | -1.8% | -2.2% | -2.7% | -8.2% |
| Brunswick | Cumberland | 20,588 | 20,394 | 20,481 | 20,040 | 19,562 | 19,006 | 18,362 | -0.9% | 0.4% | -2.2% | -2.4% | -2.8% | -3.4% | -10.3% |
| Cape Elizabeth | Cumberland | 9,075 | 9,131 | 9,313 | 9,234 | 9,148 | 9,025 | 8,859 | 0.6% | 2.0% | -0.8% | -0.9% | -1.3% | -1.8% | -4.9% |

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|--------------------------|------------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|-------|-------|-------|-------|----------------------|-----------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Casco | Cumberland | 3,718 | 3,807 | 3,902 | 3,908 | 3,904 | 3,884 | 3,846 | 2.4% | 2.5% | 0.2% | -0.1% | -0.5% | -1.0% | -1.4% |
| Chebeague Island | Cumberland | 346 | 346 | 351 | 349 | 346 | 341 | 335 | 0.0% | 1.4% | -0.6% | -0.9% | -1.4% | -1.8% | -4.6% |
| Cumberland | Cumberland | 7,181 | 7,370 | 8,165 | 8,903 | 9,609 | 10,278 | 10,894 | 2.6% | 10.8% | 9.0% | 7.9% | 7.0% | 6.0% | 33.4% |
| Falmouth | Cumberland | 11,106 | 11,481 | 12,240 | 12,697 | 13,106 | 13,463 | 13,754 | 3.4% | 6.6% | 3.7% | 3.2% | 2.7% | 2.2% | 12.4% |
| Freeport | Cumberland | 7,915 | 8,117 | 8,510 | 8,699 | 8,880 | 9,025 | 9,126 | 2.6% | 4.8% | 2.2% | 2.1% | 1.6% | 1.1% | 7.2% |
| Frye Island | Cumberland | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 25.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Gorham | Cumberland | 16,112 | 16,806 | 17,651 | 18,124 | 18,610 | 19,022 | 19,340 | 4.3% | 5.0% | 2.7% | 2.7% | 2.2% | 1.7% | 9.6% |
| Gray | Cumberland | 7,642 | 7,899 | 8,206 | 8,360 | 8,509 | 8,625 | 8,699 | 3.4% | 3.9% | 1.9% | 1.8% | 1.4% | 0.9% | 6.0% |
| Harpswell | Cumberland | 4,854 | 4,804 | 4,912 | 4,887 | 4,862 | 4,818 | 4,750 | -1.0% | 2.2% | -0.5% | -0.5% | -0.9% | -1.4% | -3.3% |
| Harrison | Cumberland | 2,673 | 2,774 | 2,785 | 2,718 | 2,651 | 2,573 | 2,484 | 3.8% | 0.4% | -2.4% | -2.5% | -2.9% | -3.5% | -10.8% |
| Long Island | Cumberland | 227 | 237 | 240 | 238 | 236 | 234 | 230 | 4.4% | 1.3% | -0.8% | -0.8% | -0.8% | -1.7% | -4.2% |
| Naples | Cumberland | 3,786 | 3,924 | 3,954 | 3,884 | 3,808 | 3,715 | 3,606 | 3.6% | 0.8% | -1.8% | -2.0% | -2.4% | -2.9% | -8.8% |
| New Gloucester | Cumberland | 5,448 | 5,624 | 5,803 | 5,846 | 5,897 | 5,924 | 5,923 | 3.2% | 3.2% | 0.7% | 0.9% | 0.5% | 0.0% | 2.1% |
| North Yarmouth | Cumberland | 3,523 | 3,645 | 3,800 | 3,852 | 3,908 | 3,950 | 3,972 | 3.5% | 4.3% | 1.4% | 1.5% | 1.1% | 0.6% | 4.5% |
| Portland | Cumberland | 66,289 | 66,388 | 66,417 | 64,712 | 62,850 | 60,734 | 58,340 | 0.1% | 0.0% | -2.6% | -2.9% | -3.4% | -3.9% | -12.2% |
| Pownal | Cumberland | 1,485 | 1,484 | 1,548 | 1,569 | 1,590 | 1,606 | 1,614 | -0.1% | 4.3% | 1.4% | 1.3% | 1.0% | 0.5% | 4.3% |
| Raymond | Cumberland | 4,436 | 4,466 | 4,512 | 4,430 | 4,352 | 4,256 | 4,140 | 0.7% | 1.0% | -1.8% | -1.8% | -2.2% | -2.7% | -8.2% |
| Scarborough | Cumberland | 18,699 | 19,292 | 20,352 | 20,881 | 21,517 | 22,068 | 22,510 | 3.2% | 5.5% | 2.6% | 3.0% | 2.6% | 2.0% | 10.6% |
| Sebago | Cumberland | 1,676 | 1,750 | 1,814 | 1,845 | 1,874 | 1,896 | 1,908 | 4.4% | 3.7% | 1.7% | 1.6% | 1.2% | 0.6% | 5.2% |
| South Portland | Cumberland | 24,875 | 25,259 | 25,606 | 25,165 | 24,756 | 24,247 | 23,626 | 1.5% | 1.4% | -1.7% | -1.6% | -2.1% | -2.6% | -7.7% |
| Standish | Cumberland | 9,839 | 9,985 | 10,083 | 9,862 | 9,642 | 9,382 | 9,080 | 1.5% | 1.0% | -2.2% | -2.2% | -2.7% | -3.2% | -9.9% |
| Westbrook | Cumberland | 17,357 | 17,800 | 18,974 | 19,997 | 21,029 | 21,980 | 22,819 | 2.6% | 6.6% | 5.4% | 5.2% | 4.5% | 3.8% | 20.3% |
| Windham | Cumberland | 16,746 | 17,439 | 18,439 | 19,232 | 19,993 | 20,676 | 21,256 | 4.1% | 5.7% | 4.3% | 4.0% | 3.4% | 2.8% | 15.3% |
| Yarmouth | Cumberland | 8,403 | 8,460 | 8,518 | 8,329 | 8,151 | 7,939 | 7,692 | 0.7% | 0.7% | -2.2% | -2.1% | -2.6% | -3.1% | -9.7% |
| Avon | Franklin | 470 | 454 | 437 | 440 | 442 | 441 | 438 | -3.4% | -3.7% | 0.7% | 0.5% | -0.2% | -0.7% | 0.2% |
| Carrabassett Valley | Franklin | 716 | 781 | 777 | 806 | 835 | 860 | 880 | 9.1% | -0.5% | 3.7% | 3.6% | 3.0% | 2.3% | 13.3% |
| Carthage | Franklin | 555 | 553 | 534 | 539 | 544 | 545 | 543 | -0.4% | -3.4% | 0.9% | 0.9% | 0.2% | -0.4% | 1.7% |
| Chesterville | Franklin | 1,328 | 1,356 | 1,338 | 1,372 | 1,407 | 1,434 | 1,452 | 2.1% | -1.3% | 2.5% | 2.6% | 1.9% | 1.3% | 8.5% |
| Coplin plantation | Franklin | 161 | 163 | 158 | 160 | 162 | 162 | 162 | 1.2% | -3.1% | 1.3% | 1.3% | 0.0% | 0.0% | 2.5% |
| Dallas plantation | Franklin | 299 | 305 | 295 | 298 | 301 | 302 | 301 | 2.0% | -3.3% | 1.0% | 1.0% | 0.3% | -0.3% | 2.0% |
| East Central Franklin UT | Franklin | 790 | 796 | 771 | 778 | 785 | 787 | 784 | 0.8% | -3.1% | 0.9% | 0.9% | 0.3% | -0.4% | 1.7% |
| Eustis | Franklin | 632 | 622 | 610 | 625 | 640 | 652 | 660 | -1.6% | -1.9% | 2.5% | 2.4% | 1.9% | 1.2% | 8.2% |
| Farmington | Franklin | 7,746 | 7,652 | 7,619 | 7,880 | 8,158 | 8,390 | 8,573 | -1.2% | -0.4% | 3.4% | 3.5% | 2.8% | 2.2% | 12.5% |
| Industry | Franklin | 906 | 926 | 913 | 931 | 952 | 968 | 978 | 2.2% | -1.4% | 2.0% | 2.3% | 1.7% | 1.0% | 7.1% |
| Jay | Franklin | 4,888 | 4,772 | 4,613 | 4,653 | 4,692 | 4,701 | 4,680 | -2.4% | -3.3% | 0.9% | 0.8% | 0.2% | -0.4% | 1.5% |
| Kingfield | Franklin | 1,019 | 987 | 966 | 988 | 1,011 | 1,027 | 1,038 | -3.1% | -2.1% | 2.3% | 2.3% | 1.6% | 1.1% | 7.5% |
| New Sharon | Franklin | 1,392 | 1,413 | 1,392 | 1,424 | 1,456 | 1,479 | 1,492 | 1.5% | -1.5% | 2.3% | 2.2% | 1.6% | 0.9% | 7.2% |
| New Vineyard | Franklin | 754 | 779 | 776 | 805 | 832 | 855 | 872 | 3.3% | -0.4% | 3.7% | 3.4% | 2.8% | 2.0% | 12.4% |
| North Franklin UT | Franklin | 58 | 60 | 58 | 57 | 57 | 56 | 55 | 3.4% | -3.3% | -1.7% | 0.0% | -1.8% | -1.8% | -5.2% |
| Phillips | Franklin | 1,024 | 1,030 | 1,008 | 1,027 | 1,045 | 1,056 | 1,061 | 0.6% | -2.1% | 1.9% | 1.8% | 1.1% | 0.5% | 5.3% |
| Rangeley | Franklin | 1,151 | 1,173 | 1,146 | 1,167 | 1,188 | 1,202 | 1,209 | 1.9% | -2.3% | 1.8% | 1.8% | 1.2% | 0.6% | 5.5% |
| Rangeley plantation | Franklin | 178 | 186 | 181 | 184 | 187 | 188 | 189 | 4.5% | -2.7% | 1.7% | 1.6% | 0.5% | 0.5% | 4.4% |
| Sandy River plantation | Franklin | 126 | 131 | 127 | 127 | 128 | 127 | 126 | 4.0% | -3.1% | 0.0% | 0.8% | -0.8% | -0.8% | -0.8% |
| South Franklin UT | Franklin | 69 | 68 | 65 | 66 | 66 | 66 | 65 | -1.4% | -4.4% | 1.5% | 0.0% | 0.0% | -1.5% | 0.0% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|--------------------|----------|---------------------|-------|-------|----------------------|-------|-------|-------|-------------------------------------|--------|--------|--------|--------|--------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Strong | Franklin | 1,224 | 1,194 | 1,156 | 1,165 | 1,174 | 1,175 | 1,169 | -2.5% | -3.2% | 0.8% | 0.8% | 0.1% | -0.5% | 1.1% |
| Temple | Franklin | 537 | 532 | 515 | 518 | 522 | 522 | 520 | -0.9% | -3.2% | 0.6% | 0.8% | 0.0% | -0.4% | 1.0% |
| Weld | Franklin | 417 | 419 | 414 | 427 | 439 | 449 | 457 | 0.5% | -1.2% | 3.1% | 2.8% | 2.3% | 1.8% | 10.4% |
| Wilton | Franklin | 4,127 | 4,081 | 3,944 | 3,976 | 4,009 | 4,015 | 3,996 | -1.1% | -3.4% | 0.8% | 0.8% | 0.1% | -0.5% | 1.3% |
| Wyman UT | Franklin | 85 | 87 | 84 | 84 | 85 | 85 | 84 | 2.4% | -3.4% | 0.0% | 1.2% | 0.0% | -1.2% | 0.0% |
| Amherst | Hancock | 261 | 263 | 258 | 252 | 245 | 237 | 228 | 0.8% | -1.9% | -2.3% | -2.8% | -3.3% | -3.8% | -11.6% |
| Aurora | Hancock | 116 | 113 | 112 | 110 | 108 | 105 | 101 | -2.6% | -0.9% | -1.8% | -1.8% | -2.8% | -3.8% | -9.8% |
| Bar Harbor | Hancock | 5,200 | 5,318 | 5,535 | 5,806 | 6,029 | 6,216 | 6,362 | 2.3% | 4.1% | 4.9% | 3.8% | 3.1% | 2.3% | 14.9% |
| Blue Hill | Hancock | 2,654 | 2,675 | 2,662 | 2,649 | 2,618 | 2,572 | 2,513 | 0.8% | -0.5% | -0.5% | -1.2% | -1.8% | -2.3% | -5.6% |
| Brooklin | Hancock | 833 | 821 | 812 | 798 | 779 | 757 | 731 | -1.4% | -1.1% | -1.7% | -2.4% | -2.8% | -3.4% | -10.0% |
| Brooksville | Hancock | 937 | 930 | 918 | 900 | 878 | 851 | 821 | -0.7% | -1.3% | -2.0% | -2.4% | -3.1% | -3.5% | -10.6% |
| Bucksport | Hancock | 4,976 | 4,939 | 4,924 | 4,875 | 4,804 | 4,707 | 4,586 | -0.7% | -0.3% | -1.0% | -1.5% | -2.0% | -2.6% | -6.9% |
| Castine | Hancock | 1,367 | 1,192 | 1,012 | 790 | 599 | 407 | 217 | -12.8% | -15.1% | -21.9% | -24.2% | -32.1% | -46.7% | -78.6% |
| Central Hancock UT | Hancock | 122 | 116 | 114 | 111 | 108 | 104 | 99 | -4.9% | -1.7% | -2.6% | -2.7% | -3.7% | -4.8% | -13.2% |
| Cranberry Isles | Hancock | 140 | 141 | 138 | 134 | 130 | 125 | 120 | 0.7% | -2.1% | -2.9% | -3.0% | -3.8% | -4.0% | -13.0% |
| Dedham | Hancock | 1,648 | 1,689 | 1,678 | 1,655 | 1,622 | 1,581 | 1,532 | 2.5% | -0.7% | -1.4% | -2.0% | -2.5% | -3.1% | -8.7% |
| Deer Isle | Hancock | 1,972 | 1,971 | 1,915 | 1,829 | 1,739 | 1,640 | 1,534 | -0.1% | -2.8% | -4.5% | -4.9% | -5.7% | -6.5% | -19.9% |
| East Hancock UT | Hancock | 91 | 423 | 417 | 408 | 397 | 383 | 368 | 364.8% | -1.4% | -2.2% | -2.7% | -3.5% | -3.9% | -11.8% |
| Eastbrook | Hancock | 417 | 92 | 91 | 90 | 89 | 88 | 85 | -77.9% | -1.1% | -1.1% | -1.1% | -1.1% | -3.4% | -6.6% |
| Ellsworth | Hancock | 7,572 | 7,897 | 8,048 | 8,212 | 8,322 | 8,385 | 8,399 | 4.3% | 1.9% | 2.0% | 1.3% | 0.8% | 0.2% | 4.4% |
| Franklin | Hancock | 1,475 | 1,490 | 1,547 | 1,614 | 1,664 | 1,704 | 1,733 | 1.0% | 3.8% | 4.3% | 3.1% | 2.4% | 1.7% | 12.0% |
| Frenchboro | Hancock | 57 | 61 | 59 | 57 | 55 | 52 | 49 | 7.0% | -3.3% | -3.4% | -3.5% | -5.5% | -5.8% | -16.9% |
| Gouldsboro | Hancock | 1,785 | 1,745 | 1,744 | 1,738 | 1,718 | 1,689 | 1,651 | -2.2% | -0.1% | -0.3% | -1.2% | -1.7% | -2.2% | -5.3% |
| Great Pond | Hancock | 57 | 58 | 56 | 54 | 53 | 51 | 48 | 1.8% | -3.4% | -3.6% | -1.9% | -3.8% | -5.9% | -14.3% |
| Hancock | Hancock | 2,369 | 2,404 | 2,415 | 2,425 | 2,417 | 2,396 | 2,362 | 1.5% | 0.5% | 0.4% | -0.3% | -0.9% | -1.4% | -2.2% |
| Lamoine | Hancock | 1,594 | 1,635 | 1,686 | 1,724 | 1,757 | 1,779 | 1,791 | 2.6% | 3.1% | 2.3% | 1.9% | 1.3% | 0.7% | 6.2% |
| Mariaville | Hancock | 499 | 520 | 533 | 543 | 550 | 555 | 556 | 4.2% | 2.5% | 1.9% | 1.3% | 0.9% | 0.2% | 4.3% |
| Mount Desert | Hancock | 2,079 | 2,067 | 2,101 | 2,122 | 2,133 | 2,133 | 2,120 | -0.6% | 1.6% | 1.0% | 0.5% | 0.0% | -0.6% | 0.9% |
| Orland | Hancock | 2,226 | 2,216 | 2,187 | 2,141 | 2,087 | 2,021 | 1,946 | -0.4% | -1.3% | -2.1% | -2.5% | -3.2% | -3.7% | -11.0% |
| Osborn | Hancock | 68 | 67 | 66 | 66 | 65 | 63 | 62 | -1.5% | -1.5% | 0.0% | -1.5% | -3.1% | -1.6% | -6.1% |
| Otis | Hancock | 653 | 667 | 659 | 646 | 629 | 610 | 588 | 2.1% | -1.2% | -2.0% | -2.6% | -3.0% | -3.6% | -10.8% |
| Penobscot | Hancock | 1,286 | 1,225 | 1,211 | 1,189 | 1,162 | 1,129 | 1,090 | -4.7% | -1.1% | -1.8% | -2.3% | -2.8% | -3.5% | -10.0% |
| Sedgwick | Hancock | 1,188 | 1,191 | 1,176 | 1,155 | 1,128 | 1,095 | 1,057 | 0.3% | -1.3% | -1.8% | -2.3% | -2.9% | -3.5% | -10.1% |
| Sorrento | Hancock | 279 | 272 | 269 | 263 | 255 | 246 | 236 | -2.5% | -1.1% | -2.2% | -3.0% | -3.5% | -4.1% | -12.3% |
| Southwest Harbor | Hancock | 1,813 | 1,775 | 1,792 | 1,801 | 1,799 | 1,788 | 1,768 | -2.1% | 1.0% | 0.5% | -0.1% | -0.6% | -1.1% | -1.3% |
| Stonington | Hancock | 1,070 | 1,043 | 1,037 | 1,024 | 1,007 | 985 | 958 | -2.5% | -0.6% | -1.3% | -1.7% | -2.2% | -2.7% | -7.6% |
| Sullivan | Hancock | 1,236 | 1,240 | 1,256 | 1,266 | 1,268 | 1,264 | 1,252 | 0.3% | 1.3% | 0.8% | 0.2% | -0.3% | -0.9% | -0.3% |
| Surry | Hancock | 1,459 | 1,472 | 1,498 | 1,521 | 1,540 | 1,551 | 1,553 | 0.9% | 1.8% | 1.5% | 1.2% | 0.7% | 0.1% | 3.7% |
| Swans Island | Hancock | 334 | 329 | 324 | 318 | 310 | 301 | 290 | -1.5% | -1.5% | -1.9% | -2.5% | -2.9% | -3.7% | -10.5% |
| Tremont | Hancock | 1,568 | 1,592 | 1,597 | 1,589 | 1,572 | 1,546 | 1,512 | 1.5% | 0.3% | -0.5% | -1.1% | -1.7% | -2.2% | -5.3% |
| Trenton | Hancock | 1,473 | 1,516 | 1,552 | 1,575 | 1,590 | 1,597 | 1,594 | 2.9% | 2.4% | 1.5% | 1.0% | 0.4% | -0.2% | 2.7% |
| Verona | Hancock | 545 | 546 | 555 | 560 | 562 | 562 | 558 | 0.2% | 1.6% | 0.9% | 0.4% | 0.0% | -0.7% | 0.5% |
| Waltham | Hancock | 347 | 349 | 342 | 332 | 320 | 307 | 293 | 0.6% | -2.0% | -2.9% | -3.6% | -4.1% | -4.6% | -14.3% |
| Winter Harbor | Hancock | 603 | 512 | 513 | 511 | 506 | 499 | 490 | -15.1% | 0.2% | -0.4% | -1.0% | -1.4% | -1.8% | -4.5% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|---------------------------|----------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Albion | Kennebec | 2,039 | 2,048 | 2,087 | 2,142 | 2,191 | 2,226 | 2,246 | 0.4% | 1.9% | 2.6% | 2.3% | 1.6% | 0.9% | 7.6% |
| Augusta | Kennebec | 19,176 | 18,779 | 18,681 | 18,708 | 18,715 | 18,595 | 18,355 | -2.1% | -0.5% | 0.1% | 0.0% | -0.6% | -1.3% | -1.7% |
| Belgrade | Kennebec | 3,177 | 3,153 | 3,143 | 3,158 | 3,158 | 3,138 | 3,097 | -0.8% | -0.3% | 0.5% | 0.0% | -0.6% | -1.3% | -1.5% |
| Benton | Kennebec | 2,734 | 2,697 | 2,714 | 2,765 | 2,809 | 2,834 | 2,842 | -1.4% | 0.6% | 1.9% | 1.6% | 0.9% | 0.3% | 4.7% |
| Chelsea | Kennebec | 2,712 | 2,716 | 2,752 | 2,755 | 2,779 | 2,785 | 2,772 | 0.1% | 1.3% | 0.1% | 0.9% | 0.2% | -0.5% | 0.7% |
| China | Kennebec | 4,320 | 4,278 | 4,276 | 4,308 | 4,335 | 4,332 | 4,302 | -1.0% | 0.0% | 0.7% | 0.6% | -0.1% | -0.7% | 0.6% |
| Clinton | Kennebec | 3,486 | 3,398 | 3,345 | 3,319 | 3,280 | 3,219 | 3,137 | -2.5% | -1.6% | -0.8% | -1.2% | -1.9% | -2.5% | -6.2% |
| Farmingdale | Kennebec | 2,948 | 2,931 | 2,917 | 2,923 | 2,919 | 2,895 | 2,852 | -0.6% | -0.5% | 0.2% | -0.1% | -0.8% | -1.5% | -2.2% |
| Fayette | Kennebec | 1,131 | 1,130 | 1,163 | 1,206 | 1,248 | 1,281 | 1,306 | -0.1% | 2.9% | 3.7% | 3.5% | 2.6% | 2.0% | 12.3% |
| Gardiner | Kennebec | 5,911 | 5,691 | 5,660 | 5,669 | 5,657 | 5,607 | 5,520 | -3.7% | -0.5% | 0.2% | -0.2% | -0.9% | -1.6% | -2.5% |
| Hallowell | Kennebec | 2,413 | 2,346 | 2,371 | 2,418 | 2,460 | 2,486 | 2,496 | -2.8% | 1.1% | 2.0% | 1.7% | 1.1% | 0.4% | 5.3% |
| Litchfield | Kennebec | 3,559 | 3,597 | 3,642 | 3,716 | 3,781 | 3,822 | 3,837 | 1.1% | 1.3% | 2.0% | 1.7% | 1.1% | 0.4% | 5.4% |
| Manchester | Kennebec | 2,584 | 2,551 | 2,561 | 2,592 | 2,617 | 2,624 | 2,615 | -1.3% | 0.4% | 1.2% | 1.0% | 0.3% | -0.3% | 2.1% |
| Monmouth | Kennebec | 4,080 | 4,078 | 4,129 | 4,206 | 4,280 | 4,326 | 4,344 | 0.0% | 1.3% | 1.9% | 1.8% | 1.1% | 0.4% | 5.2% |
| Mount Vernon | Kennebec | 1,630 | 1,633 | 1,685 | 1,748 | 1,806 | 1,853 | 1,888 | 0.2% | 3.2% | 3.7% | 3.3% | 2.6% | 1.9% | 12.0% |
| Oakland | Kennebec | 6,240 | 6,228 | 6,290 | 6,418 | 6,522 | 6,584 | 6,603 | -0.2% | 1.0% | 2.0% | 1.6% | 1.0% | 0.3% | 5.0% |
| Pittston | Kennebec | 2,665 | 2,638 | 2,655 | 2,699 | 2,729 | 2,740 | 2,734 | -1.0% | 0.6% | 1.7% | 1.1% | 0.4% | -0.2% | 3.0% |
| Randolph | Kennebec | 1,812 | 1,735 | 1,712 | 1,705 | 1,690 | 1,664 | 1,628 | -4.2% | -1.3% | -0.4% | -0.9% | -1.5% | -2.2% | -4.9% |
| Readfield | Kennebec | 2,576 | 2,551 | 2,561 | 2,591 | 2,615 | 2,621 | 2,611 | -1.0% | 0.4% | 1.2% | 0.9% | 0.2% | -0.4% | 2.0% |
| Rome | Kennebec | 1,011 | 997 | 1,003 | 1,020 | 1,033 | 1,039 | 1,038 | -1.4% | 0.6% | 1.7% | 1.3% | 0.6% | -0.1% | 3.5% |
| Sidney | Kennebec | 4,113 | 4,237 | 4,389 | 4,560 | 4,728 | 4,867 | 4,975 | 3.0% | 3.6% | 3.9% | 3.7% | 2.9% | 2.2% | 13.4% |
| Unity UT | Kennebec | 40 | 42 | 42 | 42 | 42 | 42 | 41 | 5.0% | 0.0% | 0.0% | 0.0% | 0.0% | -2.4% | -2.4% |
| Vassalboro | Kennebec | 4,318 | 4,326 | 4,363 | 4,448 | 4,528 | 4,579 | 4,600 | 0.2% | 0.9% | 1.9% | 1.8% | 1.1% | 0.5% | 5.4% |
| Vienna | Kennebec | 566 | 580 | 574 | 574 | 572 | 567 | 558 | 2.5% | -1.0% | 0.0% | -0.3% | -0.9% | -1.6% | -2.8% |
| Waterville | Kennebec | 15,788 | 15,974 | 16,646 | 17,355 | 17,923 | 18,378 | 18,715 | 1.2% | 4.2% | 4.3% | 3.3% | 2.5% | 1.8% | 12.4% |
| Wayne | Kennebec | 1,183 | 1,166 | 1,154 | 1,149 | 1,139 | 1,121 | 1,096 | -1.4% | -1.0% | -0.4% | -0.9% | -1.6% | -2.2% | -5.0% |
| West Gardiner | Kennebec | 3,400 | 3,407 | 3,369 | 3,354 | 3,328 | 3,279 | 3,209 | 0.2% | -1.1% | -0.4% | -0.8% | -1.5% | -2.1% | -4.7% |
| Windsor | Kennebec | 2,529 | 2,574 | 2,589 | 2,612 | 2,633 | 2,637 | 2,623 | 1.8% | 0.6% | 0.9% | 0.8% | 0.2% | -0.5% | 1.3% |
| Winslow | Kennebec | 7,846 | 7,655 | 7,619 | 7,627 | 7,614 | 7,549 | 7,436 | -2.4% | -0.5% | 0.1% | -0.2% | -0.9% | -1.5% | -2.4% |
| Winthrop | Kennebec | 6,160 | 6,004 | 5,991 | 6,019 | 6,030 | 5,999 | 5,930 | -2.5% | -0.2% | 0.5% | 0.2% | -0.5% | -1.2% | -1.0% |
| Appleton | Knox | 1,322 | 1,326 | 1,367 | 1,430 | 1,489 | 1,535 | 1,566 | 0.3% | 3.1% | 4.6% | 4.1% | 3.1% | 2.0% | 14.6% |
| Camden | Knox | 4,981 | 4,825 | 4,825 | 4,941 | 5,013 | 5,039 | 5,017 | -3.1% | 0.0% | 2.4% | 1.5% | 0.5% | -0.4% | 4.0% |
| Cushing | Knox | 1,515 | 1,512 | 1,494 | 1,504 | 1,503 | 1,487 | 1,458 | -0.2% | -1.2% | 0.7% | -0.1% | -1.1% | -2.0% | -2.4% |
| Friendship | Knox | 1,175 | 1,145 | 1,141 | 1,161 | 1,173 | 1,175 | 1,165 | -2.6% | -0.3% | 1.8% | 1.0% | 0.2% | -0.9% | 2.1% |
| Hope | Knox | 1,514 | 1,653 | 1,683 | 1,747 | 1,801 | 1,839 | 1,860 | 9.2% | 1.8% | 3.8% | 3.1% | 2.1% | 1.1% | 10.5% |
| Isle au Haut | Knox | 77 | 72 | 71 | 72 | 72 | 72 | 71 | -6.5% | -1.4% | 1.4% | 0.0% | 0.0% | -1.4% | 0.0% |
| Matinicus Isle plantation | Knox | 71 | 73 | 72 | 73 | 73 | 73 | 72 | 2.8% | -1.4% | 1.4% | 0.0% | 0.0% | -1.4% | 0.0% |
| Muscle Ridge Islands UT | Knox | 5 | 6 | 6 | 6 | 6 | 6 | 6 | 20.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| North Haven | Knox | 364 | 350 | 357 | 372 | 384 | 393 | 399 | -3.8% | 2.0% | 4.2% | 3.2% | 2.3% | 1.5% | 11.8% |
| Owls Head | Knox | 1,601 | 1,577 | 1,607 | 1,662 | 1,706 | 1,735 | 1,747 | -1.5% | 1.9% | 3.4% | 2.6% | 1.7% | 0.7% | 8.7% |
| Rockland | Knox | 7,446 | 7,243 | 7,146 | 7,172 | 7,150 | 7,061 | 6,903 | -2.7% | -1.3% | 0.4% | -0.3% | -1.2% | -2.2% | -3.4% |
| Rockport | Knox | 3,425 | 3,336 | 3,373 | 3,455 | 3,509 | 3,530 | 3,518 | -2.6% | 1.1% | 2.4% | 1.6% | 0.6% | -0.3% | 4.3% |
| South Thomaston | Knox | 1,551 | 2,587 | 2,584 | 2,641 | 2,677 | 2,688 | 2,673 | 66.8% | -0.1% | 2.2% | 1.4% | 0.4% | -0.6% | 3.4% |
| St. George | Knox | 2,619 | 1,591 | 1,622 | 1,685 | 1,735 | 1,770 | 1,788 | -39.3% | 1.9% | 3.9% | 3.0% | 2.0% | 1.0% | 10.2% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|-----------------------|---------|---------------------|-------|-------|----------------------|-------|-------|-------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Thomaston | Knox | 2,907 | 2,771 | 2,768 | 2,821 | 2,852 | 2,856 | 2,833 | -4.7% | -0.1% | 1.9% | 1.1% | 0.1% | -0.8% | 2.3% |
| Union | Knox | 2,279 | 2,240 | 2,263 | 2,362 | 2,440 | 2,497 | 2,530 | -1.7% | 1.0% | 4.4% | 3.3% | 2.3% | 1.3% | 11.8% |
| Vinalhaven | Knox | 1,191 | 1,146 | 1,135 | 1,150 | 1,154 | 1,147 | 1,129 | -3.8% | -1.0% | 1.3% | 0.3% | -0.6% | -1.6% | -0.5% |
| Warren | Knox | 4,667 | 4,715 | 4,744 | 4,897 | 5,023 | 5,105 | 5,137 | 1.0% | 0.6% | 3.2% | 2.6% | 1.6% | 0.6% | 8.3% |
| Washington | Knox | 1,514 | 1,522 | 1,512 | 1,531 | 1,538 | 1,531 | 1,508 | 0.5% | -0.7% | 1.3% | 0.5% | -0.5% | -1.5% | -0.3% |
| Alna | Lincoln | 714 | 710 | 728 | 751 | 768 | 779 | 785 | -0.6% | 2.5% | 3.2% | 2.3% | 1.4% | 0.8% | 7.8% |
| Boothbay | Lincoln | 3,131 | 3,106 | 3,130 | 3,192 | 3,234 | 3,251 | 3,247 | -0.8% | 0.8% | 2.0% | 1.3% | 0.5% | -0.1% | 3.7% |
| Boothbay Harbor | Lincoln | 2,224 | 2,143 | 2,199 | 2,251 | 2,288 | 2,307 | 2,312 | -3.6% | 2.6% | 2.4% | 1.6% | 0.8% | 0.2% | 5.1% |
| Bremen | Lincoln | 813 | 797 | 800 | 815 | 823 | 825 | 822 | -2.0% | 0.4% | 1.9% | 1.0% | 0.2% | -0.4% | 2.8% |
| Bristol | Lincoln | 2,772 | 2,734 | 2,771 | 2,840 | 2,892 | 2,922 | 2,932 | -1.4% | 1.4% | 2.5% | 1.8% | 1.0% | 0.3% | 5.8% |
| Damariscotta | Lincoln | 2,219 | 2,171 | 2,158 | 2,170 | 2,169 | 2,150 | 2,117 | -2.2% | -0.6% | 0.6% | 0.0% | -0.9% | -1.5% | -1.9% |
| Dresden | Lincoln | 1,687 | 1,661 | 1,665 | 1,689 | 1,700 | 1,699 | 1,686 | -1.5% | 0.2% | 1.4% | 0.7% | -0.1% | -0.8% | 1.3% |
| Edgecomb | Lincoln | 1,239 | 1,244 | 1,253 | 1,277 | 1,294 | 1,300 | 1,298 | 0.4% | 0.7% | 1.9% | 1.3% | 0.5% | -0.2% | 3.6% |
| Jefferson | Lincoln | 2,450 | 2,393 | 2,424 | 2,479 | 2,519 | 2,540 | 2,544 | -2.3% | 1.3% | 2.3% | 1.6% | 0.8% | 0.2% | 5.0% |
| Monhegan plantation | Lincoln | 71 | 68 | 68 | 70 | 71 | 72 | 72 | -4.2% | 0.0% | 2.9% | 1.4% | 1.4% | 0.0% | 5.9% |
| Newcastle | Lincoln | 1,775 | 1,733 | 1,753 | 1,790 | 1,814 | 1,824 | 1,823 | -2.4% | 1.2% | 2.1% | 1.3% | 0.6% | -0.1% | 4.0% |
| Nobleboro | Lincoln | 1,656 | 1,621 | 1,637 | 1,672 | 1,695 | 1,706 | 1,705 | -2.1% | 1.0% | 2.1% | 1.4% | 0.6% | -0.1% | 4.2% |
| Somerville | Lincoln | 549 | 555 | 561 | 569 | 573 | 573 | 569 | 1.1% | 1.1% | 1.4% | 0.7% | 0.0% | -0.7% | 1.4% |
| South Bristol | Lincoln | 905 | 878 | 874 | 880 | 879 | 871 | 858 | -3.0% | -0.5% | 0.7% | -0.1% | -0.9% | -1.5% | -1.8% |
| Southport | Lincoln | 629 | 597 | 597 | 605 | 610 | 609 | 605 | -5.1% | 0.0% | 1.3% | 0.8% | -0.2% | -0.7% | 1.3% |
| Waldoboro | Lincoln | 5,116 | 5,020 | 5,044 | 5,121 | 5,166 | 5,171 | 5,142 | -1.9% | 0.5% | 1.5% | 0.9% | 0.1% | -0.6% | 1.9% |
| Westport | Lincoln | 733 | 716 | 724 | 740 | 751 | 756 | 757 | -2.3% | 1.1% | 2.2% | 1.5% | 0.7% | 0.1% | 4.6% |
| Whitefield | Lincoln | 2,326 | 2,263 | 2,255 | 2,275 | 2,277 | 2,261 | 2,230 | -2.7% | -0.4% | 0.9% | 0.1% | -0.7% | -1.4% | -1.1% |
| Wiscasset | Lincoln | 3,758 | 3,679 | 3,700 | 3,762 | 3,796 | 3,800 | 3,780 | -2.1% | 0.6% | 1.7% | 0.9% | 0.1% | -0.5% | 2.2% |
| Andover | Oxford | 841 | 815 | 826 | 836 | 846 | 851 | 852 | -3.1% | 1.3% | 1.2% | 1.2% | 0.6% | 0.1% | 3.1% |
| Bethel | Oxford | 2,613 | 2,608 | 2,717 | 2,794 | 2,866 | 2,924 | 2,965 | -0.2% | 4.2% | 2.8% | 2.6% | 2.0% | 1.4% | 9.1% |
| Brownfield | Oxford | 1,560 | 1,601 | 1,634 | 1,653 | 1,670 | 1,680 | 1,680 | 2.6% | 2.1% | 1.2% | 1.0% | 0.6% | 0.0% | 2.8% |
| Buckfield | Oxford | 1,987 | 2,000 | 2,029 | 2,046 | 2,055 | 2,055 | 2,045 | 0.7% | 1.5% | 0.8% | 0.4% | 0.0% | -0.5% | 0.8% |
| Byron | Oxford | 143 | 142 | 146 | 148 | 151 | 153 | 154 | -0.7% | 2.8% | 1.4% | 2.0% | 1.3% | 0.7% | 5.5% |
| Canton | Oxford | 1,026 | 934 | 998 | 1,087 | 1,164 | 1,234 | 1,297 | -9.0% | 6.9% | 8.9% | 7.1% | 6.0% | 5.1% | 30.0% |
| Denmark | Oxford | 1,139 | 1,141 | 1,146 | 1,142 | 1,135 | 1,123 | 1,106 | 0.2% | 0.4% | -0.3% | -0.6% | -1.1% | -1.5% | -3.5% |
| Dixfield | Oxford | 2,580 | 2,504 | 2,474 | 2,422 | 2,366 | 2,300 | 2,224 | -2.9% | -1.2% | -2.1% | -2.3% | -2.8% | -3.3% | -10.1% |
| Fryeburg | Oxford | 3,433 | 3,410 | 3,403 | 3,355 | 3,297 | 3,226 | 3,139 | -0.7% | -0.2% | -1.4% | -1.7% | -2.2% | -2.7% | -7.8% |
| Gilead | Oxford | 204 | 208 | 206 | 202 | 198 | 194 | 188 | 2.0% | -1.0% | -1.9% | -2.0% | -2.0% | -3.1% | -8.7% |
| Greenwood | Oxford | 837 | 816 | 809 | 796 | 781 | 763 | 741 | -2.5% | -0.9% | -1.6% | -1.9% | -2.3% | -2.9% | -8.4% |
| Hanover | Oxford | 244 | 246 | 261 | 275 | 287 | 297 | 305 | 0.8% | 6.1% | 5.4% | 4.4% | 3.5% | 2.7% | 16.9% |
| Hartford | Oxford | 1,164 | 1,189 | 1,209 | 1,219 | 1,227 | 1,228 | 1,224 | 2.1% | 1.7% | 0.8% | 0.7% | 0.1% | -0.3% | 1.2% |
| Hebron | Oxford | 1,370 | 1,388 | 1,412 | 1,431 | 1,441 | 1,444 | 1,440 | 1.3% | 1.7% | 1.3% | 0.7% | 0.2% | -0.3% | 2.0% |
| Hiram | Oxford | 1,610 | 1,621 | 1,629 | 1,627 | 1,625 | 1,615 | 1,597 | 0.7% | 0.5% | -0.1% | -0.1% | -0.6% | -1.1% | -2.0% |
| Lincoln plantation | Oxford | 46 | 44 | 44 | 44 | 43 | 42 | 41 | -4.3% | 0.0% | 0.0% | -2.3% | -2.3% | -2.4% | -6.8% |
| Lovell | Oxford | 1,126 | 1,130 | 1,132 | 1,124 | 1,114 | 1,098 | 1,078 | 0.4% | 0.2% | -0.7% | -0.9% | -1.4% | -1.8% | -4.8% |
| Magalloway plantation | Oxford | 45 | 45 | 45 | 45 | 44 | 43 | 42 | 0.0% | 0.0% | 0.0% | -2.2% | -2.3% | -2.3% | -6.7% |
| Mexico | Oxford | 2,771 | 2,632 | 2,613 | 2,575 | 2,532 | 2,479 | 2,414 | -5.0% | -0.7% | -1.5% | -1.7% | -2.1% | -2.6% | -7.6% |
| Milton UT | Oxford | 139 | 140 | 141 | 141 | 141 | 141 | 139 | 0.7% | 0.7% | 0.0% | 0.0% | 0.0% | -1.4% | -1.4% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|---------------------------|-----------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|--------|--------|--------|--------|--------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Newry | Oxford | 337 | 335 | 349 | 359 | 366 | 372 | 376 | -0.6% | 4.2% | 2.9% | 1.9% | 1.6% | 1.1% | 7.7% |
| North Oxford UT | Oxford | 23 | 24 | 23 | 22 | 20 | 19 | 17 | 4.3% | -4.2% | -4.3% | -9.1% | -5.0% | -10.5% | -26.1% |
| Norway | Oxford | 5,016 | 4,976 | 4,982 | 4,949 | 4,910 | 4,849 | 4,766 | -0.8% | 0.1% | -0.7% | -0.8% | -1.2% | -1.7% | -4.3% |
| Otisfield | Oxford | 1,760 | 1,762 | 1,796 | 1,818 | 1,841 | 1,856 | 1,861 | 0.1% | 1.9% | 1.2% | 1.3% | 0.8% | 0.3% | 3.6% |
| Oxford | Oxford | 4,144 | 4,068 | 4,101 | 4,095 | 4,093 | 4,073 | 4,032 | -1.8% | 0.8% | -0.1% | 0.0% | -0.5% | -1.0% | -1.7% |
| Paris | Oxford | 5,193 | 5,182 | 5,119 | 4,991 | 4,861 | 4,711 | 4,541 | -0.2% | -1.2% | -2.5% | -2.6% | -3.1% | -3.6% | -11.3% |
| Peru | Oxford | 1,558 | 1,529 | 1,513 | 1,486 | 1,456 | 1,421 | 1,378 | -1.9% | -1.0% | -1.8% | -2.0% | -2.4% | -3.0% | -8.9% |
| Porter | Oxford | 1,509 | 1,491 | 1,510 | 1,516 | 1,521 | 1,519 | 1,510 | -1.2% | 1.3% | 0.4% | 0.3% | -0.1% | -0.6% | 0.0% |
| Roxbury | Oxford | 377 | 364 | 360 | 352 | 343 | 333 | 322 | -3.4% | -1.1% | -2.2% | -2.6% | -2.9% | -3.3% | -10.6% |
| Rumford | Oxford | 6,044 | 5,760 | 5,687 | 5,559 | 5,413 | 5,246 | 5,057 | -4.7% | -1.3% | -2.3% | -2.6% | -3.1% | -3.6% | -11.1% |
| South Oxford UT | Oxford | 572 | 574 | 569 | 559 | 549 | 536 | 521 | 0.3% | -0.9% | -1.8% | -1.8% | -2.4% | -2.8% | -8.4% |
| Stoneham | Oxford | 243 | 235 | 242 | 247 | 251 | 255 | 257 | -3.3% | 3.0% | 2.1% | 1.6% | 1.6% | 0.8% | 6.2% |
| Stow | Oxford | 373 | 407 | 447 | 483 | 519 | 551 | 580 | 9.1% | 9.8% | 8.1% | 7.5% | 6.2% | 5.3% | 29.8% |
| Sumner | Oxford | 937 | 922 | 913 | 895 | 876 | 854 | 828 | -1.6% | -1.0% | -2.0% | -2.1% | -2.5% | -3.0% | -9.3% |
| Sweden | Oxford | 385 | 400 | 405 | 405 | 405 | 403 | 399 | 3.9% | 1.3% | 0.0% | 0.0% | -0.5% | -1.0% | -1.5% |
| Upton | Oxford | 106 | 111 | 110 | 108 | 106 | 103 | 100 | 4.7% | -0.9% | -1.8% | -1.9% | -2.8% | -2.9% | -9.1% |
| Waterford | Oxford | 1,560 | 1,541 | 1,576 | 1,600 | 1,618 | 1,629 | 1,631 | -1.2% | 2.3% | 1.5% | 1.1% | 0.7% | 0.1% | 3.5% |
| West Paris | Oxford | 1,820 | 1,778 | 1,759 | 1,724 | 1,684 | 1,638 | 1,585 | -2.3% | -1.1% | -2.0% | -2.3% | -2.7% | -3.2% | -9.9% |
| Woodstock | Oxford | 1,303 | 1,271 | 1,283 | 1,288 | 1,290 | 1,286 | 1,276 | -2.5% | 0.9% | 0.4% | 0.2% | -0.3% | -0.8% | -0.5% |
| Alton | Penobscot | 882 | 878 | 858 | 855 | 848 | 836 | 821 | -0.5% | -2.3% | -0.3% | -0.8% | -1.4% | -1.8% | -4.3% |
| Argyle UT | Penobscot | 275 | 272 | 265 | 264 | 262 | 258 | 253 | -1.1% | -2.6% | -0.4% | -0.8% | -1.5% | -1.9% | -4.5% |
| Bangor | Penobscot | 33,008 | 32,635 | 31,997 | 31,900 | 31,740 | 31,372 | 30,899 | -1.1% | -2.0% | -0.3% | -0.5% | -1.2% | -1.5% | -3.4% |
| Bradford | Penobscot | 1,278 | 1,263 | 1,220 | 1,199 | 1,173 | 1,140 | 1,103 | -1.2% | -3.4% | -1.7% | -2.2% | -2.8% | -3.2% | -9.6% |
| Bradley | Penobscot | 1,454 | 1,476 | 1,478 | 1,506 | 1,530 | 1,544 | 1,552 | 1.5% | 0.1% | 1.9% | 1.6% | 0.9% | 0.5% | 5.0% |
| Brewer | Penobscot | 9,459 | 9,309 | 9,051 | 8,972 | 8,857 | 8,684 | 8,484 | -1.6% | -2.8% | -0.9% | -1.3% | -2.0% | -2.3% | -6.3% |
| Burlington | Penobscot | 364 | 397 | 446 | 504 | 560 | 612 | 661 | 9.1% | 12.3% | 13.0% | 11.1% | 9.3% | 8.0% | 48.2% |
| Carmel | Penobscot | 2,745 | 2,787 | 2,823 | 2,917 | 3,002 | 3,066 | 3,118 | 1.5% | 1.3% | 3.3% | 2.9% | 2.1% | 1.7% | 10.4% |
| Carroll plantation | Penobscot | 152 | 150 | 146 | 143 | 141 | 137 | 133 | -1.3% | -2.7% | -2.1% | -1.4% | -2.8% | -2.9% | -8.9% |
| Charleston | Penobscot | 1,419 | 1,528 | 1,295 | 1,019 | 710 | 399 | 92 | 7.7% | -15.2% | -21.3% | -30.3% | -43.8% | -76.9% | -92.9% |
| Chester | Penobscot | 547 | 536 | 522 | 516 | 508 | 497 | 485 | -2.0% | -2.6% | -1.1% | -1.6% | -2.2% | -2.4% | -7.1% |
| Clifton | Penobscot | 895 | 918 | 901 | 905 | 905 | 898 | 889 | 2.6% | -1.9% | 0.4% | 0.0% | -0.8% | -1.0% | -1.3% |
| Corinna | Penobscot | 2,202 | 2,185 | 2,140 | 2,124 | 2,101 | 2,064 | 2,020 | -0.8% | -2.1% | -0.7% | -1.1% | -1.8% | -2.1% | -5.6% |
| Corinth | Penobscot | 2,831 | 2,864 | 2,812 | 2,807 | 2,793 | 2,760 | 2,718 | 1.2% | -1.8% | -0.2% | -0.5% | -1.2% | -1.5% | -3.3% |
| Dexter | Penobscot | 3,926 | 3,811 | 3,694 | 3,642 | 3,575 | 3,485 | 3,385 | -2.9% | -3.1% | -1.4% | -1.8% | -2.5% | -2.9% | -8.4% |
| Dixmont | Penobscot | 1,168 | 1,162 | 1,120 | 1,099 | 1,073 | 1,040 | 1,005 | -0.5% | -3.6% | -1.9% | -2.4% | -3.1% | -3.4% | -10.3% |
| Drew plantation | Penobscot | 48 | 39 | 38 | 37 | 36 | 35 | 34 | -18.8% | -2.6% | -2.6% | -2.7% | -2.8% | -2.9% | -10.5% |
| East Central Penobscot UT | Penobscot | 342 | 337 | 326 | 320 | 313 | 304 | 294 | -1.5% | -3.3% | -1.8% | -2.2% | -2.9% | -3.3% | -9.8% |
| East Millinocket | Penobscot | 1,758 | 1,685 | 1,630 | 1,603 | 1,569 | 1,526 | 1,478 | -4.2% | -3.3% | -1.7% | -2.1% | -2.7% | -3.1% | -9.3% |
| Eddington | Penobscot | 2,208 | 2,220 | 2,195 | 2,217 | 2,226 | 2,221 | 2,208 | 0.5% | -1.1% | 1.0% | 0.4% | -0.2% | -0.6% | 0.6% |
| Edinburg | Penobscot | 126 | 129 | 126 | 127 | 126 | 125 | 124 | 2.4% | -2.3% | 0.8% | -0.8% | -0.8% | -0.8% | -1.6% |
| Enfield | Penobscot | 1,619 | 1,582 | 1,538 | 1,521 | 1,498 | 1,466 | 1,429 | -2.3% | -2.8% | -1.1% | -1.5% | -2.1% | -2.5% | -7.1% |
| Etna | Penobscot | 1,213 | 1,237 | 1,208 | 1,198 | 1,184 | 1,162 | 1,136 | 2.0% | -2.3% | -0.8% | -1.2% | -1.9% | -2.2% | -6.0% |
| Exeter | Penobscot | 1,082 | 1,088 | 1,088 | 1,113 | 1,138 | 1,156 | 1,169 | 0.6% | 0.0% | 2.3% | 2.2% | 1.6% | 1.1% | 7.4% |
| Garland | Penobscot | 1,091 | 1,088 | 1,058 | 1,046 | 1,030 | 1,007 | 982 | -0.3% | -2.8% | -1.1% | -1.5% | -2.2% | -2.5% | -7.2% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | Total percent change | |
|-------------------------------------|-------------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|-------|-------|-------|-------|----------------------|-----------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Glenburn | Penobscot | 4,512 | 4,620 | 4,549 | 4,548 | 4,531 | 4,485 | 4,424 | 2.4% | -1.5% | 0.0% | -0.4% | -1.0% | -1.4% | -2.7% |
| Greenbush | Penobscot | 1,488 | 1,498 | 1,503 | 1,533 | 1,558 | 1,572 | 1,580 | 0.7% | 0.3% | 2.0% | 1.6% | 0.9% | 0.5% | 5.1% |
| Hampden | Penobscot | 7,140 | 7,253 | 7,341 | 7,468 | 7,562 | 7,605 | 7,620 | 1.6% | 1.2% | 1.7% | 1.3% | 0.6% | 0.2% | 3.8% |
| Hermon | Penobscot | 5,264 | 5,688 | 5,981 | 6,412 | 6,806 | 7,150 | 7,462 | 8.1% | 5.2% | 7.2% | 6.1% | 5.1% | 4.4% | 24.8% |
| Holden | Penobscot | 3,051 | 3,086 | 3,081 | 3,122 | 3,150 | 3,156 | 3,152 | 1.1% | -0.2% | 1.3% | 0.9% | 0.2% | -0.1% | 2.3% |
| Howland | Penobscot | 1,269 | 1,220 | 1,207 | 1,228 | 1,245 | 1,253 | 1,256 | -3.9% | -1.1% | 1.7% | 1.4% | 0.6% | 0.2% | 4.1% |
| Hudson | Penobscot | 1,522 | 1,521 | 1,509 | 1,529 | 1,543 | 1,547 | 1,545 | -0.1% | -0.8% | 1.3% | 0.9% | 0.3% | -0.1% | 2.4% |
| Kenduskeag | Penobscot | 1,325 | 1,342 | 1,361 | 1,395 | 1,427 | 1,450 | 1,467 | 1.3% | 1.4% | 2.5% | 2.3% | 1.6% | 1.2% | 7.8% |
| Kingman UT | Penobscot | 182 | 175 | 170 | 167 | 164 | 159 | 155 | -3.8% | -2.9% | -1.8% | -1.8% | -3.0% | -2.5% | -8.8% |
| Lagrange | Penobscot | 719 | 695 | 677 | 670 | 660 | 646 | 630 | -3.3% | -2.6% | -1.0% | -1.5% | -2.1% | -2.5% | -6.9% |
| Lakeville | Penobscot | 98 | 103 | 101 | 100 | 99 | 98 | 96 | 5.1% | -1.9% | -1.0% | -1.0% | -1.0% | -2.0% | -5.0% |
| Lee | Penobscot | 915 | 907 | 876 | 858 | 838 | 812 | 784 | -0.9% | -3.4% | -2.1% | -2.3% | -3.1% | -3.4% | -10.5% |
| Levant | Penobscot | 2,748 | 2,925 | 2,968 | 3,039 | 3,097 | 3,134 | 3,158 | 6.4% | 1.5% | 2.4% | 1.9% | 1.2% | 0.8% | 6.4% |
| Lincoln | Penobscot | 5,140 | 5,042 | 4,908 | 4,856 | 4,780 | 4,674 | 4,553 | -1.9% | -2.7% | -1.1% | -1.6% | -2.2% | -2.6% | -7.2% |
| Lowell | Penobscot | 348 | 358 | 359 | 368 | 375 | 379 | 382 | 2.9% | 0.3% | 2.5% | 1.9% | 1.1% | 0.8% | 6.4% |
| Mattawamkeag | Penobscot | 716 | 669 | 652 | 645 | 635 | 621 | 604 | -6.6% | -2.5% | -1.1% | -1.6% | -2.2% | -2.7% | -7.4% |
| Maxfield | Penobscot | 96 | 100 | 98 | 98 | 98 | 97 | 96 | 4.2% | -2.0% | 0.0% | 0.0% | -1.0% | -1.0% | -2.0% |
| Medway | Penobscot | 1,382 | 1,325 | 1,306 | 1,300 | 1,288 | 1,268 | 1,244 | -4.1% | -1.4% | -0.5% | -0.9% | -1.6% | -1.9% | -4.7% |
| Milford | Penobscot | 3,061 | 3,036 | 2,956 | 2,912 | 2,858 | 2,787 | 2,706 | -0.8% | -2.6% | -1.5% | -1.9% | -2.5% | -2.9% | -8.5% |
| Millinocket | Penobscot | 4,661 | 4,415 | 4,269 | 4,193 | 4,101 | 3,983 | 3,853 | -5.3% | -3.3% | -1.8% | -2.2% | -2.9% | -3.3% | -9.7% |
| Mount Chase | Penobscot | 210 | 198 | 193 | 192 | 190 | 186 | 182 | -5.7% | -2.5% | -0.5% | -1.0% | -2.1% | -2.2% | -5.7% |
| Newburgh | Penobscot | 1,532 | 1,534 | 1,492 | 1,480 | 1,461 | 1,432 | 1,398 | 0.1% | -2.7% | -0.8% | -1.3% | -2.0% | -2.4% | -6.3% |
| Newport | Penobscot | 3,249 | 3,243 | 3,270 | 3,388 | 3,486 | 3,559 | 3,618 | -0.2% | 0.8% | 3.6% | 2.9% | 2.1% | 1.7% | 10.6% |
| North Penobscot UT | Penobscot | 455 | 453 | 441 | 435 | 428 | 418 | 407 | -0.4% | -2.6% | -1.4% | -1.6% | -2.3% | -2.6% | -7.7% |
| Old Town | Penobscot | 7,897 | 7,705 | 7,459 | 7,330 | 7,174 | 6,972 | 6,749 | -2.4% | -3.2% | -1.7% | -2.1% | -2.8% | -3.2% | -9.5% |
| Orono | Penobscot | 10,293 | 10,673 | 10,679 | 10,941 | 11,086 | 11,156 | 11,184 | 3.7% | 0.1% | 2.5% | 1.3% | 0.6% | 0.3% | 4.7% |
| Orrington | Penobscot | 3,719 | 3,695 | 3,672 | 3,719 | 3,753 | 3,762 | 3,758 | -0.6% | -0.6% | 1.3% | 0.9% | 0.2% | -0.1% | 2.3% |
| Passadumkeag | Penobscot | 387 | 367 | 356 | 353 | 349 | 342 | 334 | -5.2% | -3.0% | -0.8% | -1.1% | -2.0% | -2.3% | -6.2% |
| Patten | Penobscot | 1,038 | 996 | 988 | 988 | 987 | 979 | 968 | -4.0% | -0.8% | 0.0% | -0.1% | -0.8% | -1.1% | -2.0% |
| Penobscot Indian Island Reservation | Penobscot | 605 | 599 | 585 | 578 | 569 | 557 | 543 | -1.0% | -2.3% | -1.2% | -1.6% | -2.1% | -2.5% | -7.2% |
| Plymouth | Penobscot | 1,366 | 1,348 | 1,334 | 1,344 | 1,352 | 1,350 | 1,345 | -1.3% | -1.0% | 0.7% | 0.6% | -0.1% | -0.4% | 0.8% |
| Prentiss UT | Penobscot | 215 | 210 | 205 | 204 | 202 | 199 | 195 | -2.3% | -2.4% | -0.5% | -1.0% | -1.5% | -2.0% | -4.9% |
| Seboeis plantation | Penobscot | 36 | 34 | 34 | 34 | 33 | 32 | 32 | -5.6% | 0.0% | 0.0% | -2.9% | -3.0% | 0.0% | -5.9% |
| Springfield | Penobscot | 406 | 416 | 423 | 435 | 446 | 453 | 459 | 2.5% | 1.7% | 2.8% | 2.5% | 1.6% | 1.3% | 8.5% |
| Stacyville | Penobscot | 400 | 388 | 384 | 388 | 389 | 388 | 385 | -3.0% | -1.0% | 1.0% | 0.3% | -0.3% | -0.8% | 0.3% |
| Stetson | Penobscot | 1,171 | 1,205 | 1,183 | 1,179 | 1,172 | 1,156 | 1,137 | 2.9% | -1.8% | -0.3% | -0.6% | -1.4% | -1.6% | -3.9% |
| Veazie | Penobscot | 1,909 | 1,882 | 1,825 | 1,796 | 1,762 | 1,716 | 1,664 | -1.4% | -3.0% | -1.6% | -1.9% | -2.6% | -3.0% | -8.8% |
| Webster plantation | Penobscot | 85 | 84 | 81 | 80 | 79 | 77 | 75 | -1.2% | -3.6% | -1.2% | -1.3% | -2.5% | -2.6% | -7.4% |
| Whitney UT | Penobscot | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 25.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Winn | Penobscot | 410 | 402 | 404 | 410 | 412 | 412 | 410 | -2.0% | 0.5% | 1.5% | 0.5% | 0.0% | -0.5% | 1.5% |
| Woodville | Penobscot | 256 | 244 | 236 | 232 | 227 | 221 | 214 | -4.7% | -3.3% | -1.7% | -2.2% | -2.6% | -3.2% | -9.3% |
| Abbot | Piscataquis | 702 | 697 | 677 | 646 | 620 | 596 | 570 | -0.7% | -2.9% | -4.6% | -4.0% | -3.9% | -4.4% | -15.8% |
| Atkinson | Piscataquis | 327 | 317 | 309 | 295 | 284 | 272 | 261 | -3.1% | -2.5% | -4.5% | -3.7% | -4.2% | -4.0% | -15.5% |
| Beaver Cove | Piscataquis | 117 | 120 | 116 | 111 | 107 | 104 | 100 | 2.6% | -3.3% | -4.3% | -3.6% | -2.8% | -3.8% | -13.8% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|--------------------------|-------------|---------------------|-------|-------|----------------------|-------|-------|-------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Blanchard UT | Piscataquis | 95 | 96 | 93 | 89 | 85 | 82 | 78 | 1.1% | -3.1% | -4.3% | -4.5% | -3.5% | -4.9% | -16.1% |
| Bowerbank | Piscataquis | 117 | 115 | 113 | 109 | 106 | 104 | 100 | -1.7% | -1.7% | -3.5% | -2.8% | -1.9% | -3.8% | -11.5% |
| Brownville | Piscataquis | 1,255 | 1,221 | 1,187 | 1,133 | 1,088 | 1,044 | 999 | -2.7% | -2.8% | -4.5% | -4.0% | -4.0% | -4.3% | -15.8% |
| Dover-Foxcroft | Piscataquis | 4,225 | 4,119 | 4,053 | 3,938 | 3,842 | 3,749 | 3,647 | -2.5% | -1.6% | -2.8% | -2.4% | -2.4% | -2.7% | -10.0% |
| Greenville | Piscataquis | 1,648 | 1,624 | 1,601 | 1,553 | 1,516 | 1,480 | 1,441 | -1.5% | -1.4% | -3.0% | -2.4% | -2.4% | -2.6% | -10.0% |
| Guilford | Piscataquis | 1,528 | 1,486 | 1,447 | 1,386 | 1,336 | 1,288 | 1,238 | -2.7% | -2.6% | -4.2% | -3.6% | -3.6% | -3.9% | -14.4% |
| Kingsbury plantation | Piscataquis | 25 | 27 | 27 | 27 | 26 | 26 | 25 | 8.0% | 0.0% | 0.0% | -3.7% | 0.0% | -3.8% | -7.4% |
| Lake View plantation | Piscataquis | 81 | 87 | 85 | 82 | 79 | 77 | 74 | 7.4% | -2.3% | -3.5% | -3.7% | -2.5% | -3.9% | -12.9% |
| Medford | Piscataquis | 251 | 248 | 242 | 231 | 223 | 215 | 207 | -1.2% | -2.4% | -4.5% | -3.5% | -3.6% | -3.7% | -14.5% |
| Milo | Piscataquis | 2,354 | 2,306 | 2,278 | 2,221 | 2,173 | 2,126 | 2,074 | -2.0% | -1.2% | -2.5% | -2.2% | -2.2% | -2.4% | -9.0% |
| Monson | Piscataquis | 684 | 675 | 654 | 623 | 597 | 571 | 546 | -1.3% | -3.1% | -4.7% | -4.2% | -4.4% | -4.4% | -16.5% |
| Northeast Piscataquis UT | Piscataquis | 287 | 271 | 264 | 252 | 243 | 234 | 224 | -5.6% | -2.6% | -4.5% | -3.6% | -3.7% | -4.3% | -15.2% |
| Northwest Piscataquis UT | Piscataquis | 149 | 146 | 142 | 137 | 133 | 129 | 124 | -2.0% | -2.7% | -3.5% | -2.9% | -3.0% | -3.9% | -12.7% |
| Parkman | Piscataquis | 839 | 823 | 800 | 766 | 737 | 710 | 682 | -1.9% | -2.8% | -4.3% | -3.8% | -3.7% | -3.9% | -14.8% |
| Sangerville | Piscataquis | 1,335 | 1,306 | 1,269 | 1,214 | 1,169 | 1,125 | 1,080 | -2.2% | -2.8% | -4.3% | -3.7% | -3.8% | -4.0% | -14.9% |
| Sebec | Piscataquis | 629 | 612 | 593 | 566 | 544 | 522 | 500 | -2.7% | -3.1% | -4.6% | -3.9% | -4.0% | -4.2% | -15.7% |
| Shirley | Piscataquis | 224 | 229 | 224 | 215 | 208 | 201 | 194 | 2.2% | -2.2% | -4.0% | -3.3% | -3.4% | -3.5% | -13.4% |
| Southeast Piscataquis UT | Piscataquis | 253 | 247 | 240 | 229 | 220 | 211 | 202 | -2.4% | -2.8% | -4.6% | -3.9% | -4.1% | -4.3% | -15.8% |
| Wellington | Piscataquis | 261 | 253 | 245 | 234 | 225 | 216 | 206 | -3.1% | -3.2% | -4.5% | -3.8% | -4.0% | -4.6% | -15.9% |
| Willimantic | Piscataquis | 148 | 146 | 141 | 134 | 128 | 122 | 117 | -1.4% | -3.4% | -5.0% | -4.5% | -4.7% | -4.1% | -17.0% |
| Arrowsic | Sagadahoc | 440 | 436 | 456 | 478 | 496 | 512 | 525 | -0.9% | 4.6% | 4.8% | 3.8% | 3.2% | 2.5% | 15.1% |
| Bath | Sagadahoc | 8,790 | 8,357 | 8,329 | 8,292 | 8,195 | 8,045 | 7,855 | -4.9% | -0.3% | -0.4% | -1.2% | -1.8% | -2.4% | -5.7% |
| Bowdoin | Sagadahoc | 3,049 | 3,074 | 3,199 | 3,321 | 3,428 | 3,515 | 3,584 | 0.8% | 4.1% | 3.8% | 3.2% | 2.5% | 2.0% | 12.0% |
| Bowdoinham | Sagadahoc | 2,888 | 2,877 | 3,012 | 3,144 | 3,262 | 3,360 | 3,442 | -0.4% | 4.7% | 4.4% | 3.8% | 3.0% | 2.4% | 14.3% |
| Georgetown | Sagadahoc | 1,055 | 1,029 | 1,061 | 1,093 | 1,117 | 1,134 | 1,146 | -2.5% | 3.1% | 3.0% | 2.2% | 1.5% | 1.1% | 8.0% |
| Phippsburg | Sagadahoc | 2,232 | 2,221 | 2,254 | 2,287 | 2,303 | 2,305 | 2,295 | -0.5% | 1.5% | 1.5% | 0.7% | 0.1% | -0.4% | 1.8% |
| Richmond | Sagadahoc | 3,447 | 3,383 | 3,436 | 3,489 | 3,517 | 3,522 | 3,510 | -1.9% | 1.6% | 1.5% | 0.8% | 0.1% | -0.3% | 2.2% |
| Topsham | Sagadahoc | 8,987 | 8,693 | 8,852 | 9,000 | 9,088 | 9,118 | 9,103 | -3.3% | 1.8% | 1.7% | 1.0% | 0.3% | -0.2% | 2.8% |
| West Bath | Sagadahoc | 1,892 | 1,883 | 1,910 | 1,933 | 1,944 | 1,942 | 1,930 | -0.5% | 1.4% | 1.2% | 0.6% | -0.1% | -0.6% | 1.0% |
| Woolwich | Sagadahoc | 3,080 | 3,068 | 3,125 | 3,182 | 3,226 | 3,250 | 3,258 | -0.4% | 1.9% | 1.8% | 1.4% | 0.7% | 0.2% | 4.3% |
| Anson | Somerset | 2,540 | 2,472 | 2,392 | 2,397 | 2,393 | 2,376 | 2,347 | -2.7% | -3.2% | 0.2% | -0.2% | -0.7% | -1.2% | -1.9% |
| Athens | Somerset | 994 | 1,005 | 979 | 995 | 1,006 | 1,011 | 1,012 | 1.1% | -2.6% | 1.6% | 1.1% | 0.5% | 0.1% | 3.4% |
| Bingham | Somerset | 940 | 916 | 902 | 928 | 948 | 963 | 974 | -2.6% | -1.5% | 2.9% | 2.2% | 1.6% | 1.1% | 8.0% |
| Brighton plantation | Somerset | 74 | 69 | 68 | 70 | 72 | 74 | 75 | -6.8% | -1.4% | 2.9% | 2.9% | 2.8% | 1.4% | 10.3% |
| Cambridge | Somerset | 470 | 459 | 450 | 462 | 472 | 479 | 485 | -2.3% | -2.0% | 2.7% | 2.2% | 1.5% | 1.3% | 7.8% |
| Canaan | Somerset | 2,245 | 2,240 | 2,180 | 2,207 | 2,225 | 2,231 | 2,226 | -0.2% | -2.7% | 1.2% | 0.8% | 0.3% | -0.2% | 2.1% |
| Caratunk | Somerset | 76 | 68 | 66 | 67 | 68 | 69 | 69 | -10.5% | -2.9% | 1.5% | 1.5% | 1.5% | 0.0% | 4.5% |
| Central Somerset UT | Somerset | 339 | 333 | 325 | 328 | 330 | 330 | 329 | -1.8% | -2.4% | 0.9% | 0.6% | 0.0% | -0.3% | 1.2% |
| Cornville | Somerset | 1,304 | 1,315 | 1,366 | 1,469 | 1,570 | 1,664 | 1,751 | 0.8% | 3.9% | 7.5% | 6.9% | 6.0% | 5.2% | 28.2% |
| Dennistown plantation | Somerset | 32 | 33 | 32 | 33 | 34 | 35 | 36 | 3.1% | -3.0% | 3.1% | 3.0% | 2.9% | 2.9% | 12.5% |
| Detroit | Somerset | 852 | 842 | 825 | 845 | 862 | 874 | 882 | -1.2% | -2.0% | 2.4% | 2.0% | 1.4% | 0.9% | 6.9% |
| Embden | Somerset | 934 | 947 | 940 | 969 | 995 | 1,016 | 1,033 | 1.4% | -0.7% | 3.1% | 2.7% | 2.1% | 1.7% | 9.9% |
| Fairfield | Somerset | 6,750 | 6,694 | 6,556 | 6,676 | 6,766 | 6,818 | 6,841 | -0.8% | -2.1% | 1.8% | 1.3% | 0.8% | 0.3% | 4.3% |
| Harmony | Somerset | 948 | 925 | 902 | 914 | 922 | 925 | 923 | -2.4% | -2.5% | 1.3% | 0.9% | 0.3% | -0.2% | 2.3% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|---------------------------|----------|---------------------|-------|-------|----------------------|-------|-------|-------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Hartland | Somerset | 1,799 | 1,762 | 1,717 | 1,740 | 1,753 | 1,757 | 1,753 | -2.1% | -2.6% | 1.3% | 0.7% | 0.2% | -0.2% | 2.1% |
| Highland plantation | Somerset | 70 | 72 | 70 | 71 | 73 | 73 | 74 | 2.9% | -2.8% | 1.4% | 2.8% | 0.0% | 1.4% | 5.7% |
| Jackman | Somerset | 842 | 851 | 823 | 825 | 825 | 819 | 810 | 1.1% | -3.3% | 0.2% | 0.0% | -0.7% | -1.1% | -1.6% |
| Madison | Somerset | 4,821 | 4,795 | 4,664 | 4,701 | 4,720 | 4,712 | 4,682 | -0.5% | -2.7% | 0.8% | 0.4% | -0.2% | -0.6% | 0.4% |
| Mercer | Mercer | 666 | 655 | 637 | 643 | 647 | 647 | 644 | -1.7% | -2.7% | 0.9% | 0.6% | 0.0% | -0.5% | 1.1% |
| Moose River | Somerset | 220 | 212 | 207 | 211 | 214 | 216 | 217 | -3.6% | -2.4% | 1.9% | 1.4% | 0.9% | 0.5% | 4.8% |
| Moscow | Somerset | 527 | 518 | 504 | 510 | 513 | 513 | 510 | -1.7% | -2.7% | 1.2% | 0.6% | 0.0% | -0.6% | 1.2% |
| New Portland | Somerset | 735 | 711 | 689 | 696 | 700 | 700 | 696 | -3.3% | -3.1% | 1.0% | 0.6% | 0.0% | -0.6% | 1.0% |
| Norridgewock | Somerset | 3,377 | 3,333 | 3,249 | 3,294 | 3,325 | 3,337 | 3,334 | -1.3% | -2.5% | 1.4% | 0.9% | 0.4% | -0.1% | 2.6% |
| Northeast Somerset UT | Somerset | 386 | 385 | 375 | 379 | 382 | 382 | 381 | -0.3% | -2.6% | 1.1% | 0.8% | 0.0% | -0.3% | 1.6% |
| Northwest Somerset UT | Somerset | 60 | 61 | 60 | 61 | 62 | 62 | 62 | 1.7% | -1.6% | 1.7% | 1.6% | 0.0% | 0.0% | 3.3% |
| Palmyra | Somerset | 1,994 | 1,978 | 1,957 | 2,016 | 2,068 | 2,110 | 2,142 | -0.8% | -1.1% | 3.0% | 2.6% | 2.0% | 1.5% | 9.5% |
| Pittsfield | Somerset | 4,232 | 4,153 | 4,022 | 4,047 | 4,061 | 4,052 | 4,024 | -1.9% | -3.2% | 0.6% | 0.3% | -0.2% | -0.7% | 0.0% |
| Pleasant Ridge plantation | Somerset | 91 | 92 | 89 | 89 | 90 | 89 | 88 | 1.1% | -3.3% | 0.0% | 1.1% | -1.1% | -1.1% | -1.1% |
| Ripley | Somerset | 485 | 489 | 471 | 472 | 471 | 467 | 462 | 0.8% | -3.7% | 0.2% | -0.2% | -0.8% | -1.1% | -1.9% |
| Seboomook Lake UT | Somerset | 48 | 1,979 | 1,962 | 2,031 | 2,091 | 2,140 | 2,181 | 4022.9% | -0.9% | 3.5% | 3.0% | 2.3% | 1.9% | 11.2% |
| Skowhegan | Somerset | 8,686 | 46 | 45 | 45 | 46 | 46 | 46 | -99.5% | -2.2% | 0.0% | 2.2% | 0.0% | 0.0% | 2.2% |
| Smithfield | Somerset | 1,021 | 8,467 | 8,254 | 8,371 | 8,453 | 8,489 | 8,487 | 729.3% | -2.5% | 1.4% | 1.0% | 0.4% | 0.0% | 2.8% |
| Solon | Somerset | 1,040 | 1,019 | 1,013 | 1,051 | 1,087 | 1,118 | 1,144 | -2.0% | -0.6% | 3.8% | 3.4% | 2.9% | 2.3% | 12.9% |
| St. Albans | Somerset | 1,989 | 1,073 | 1,075 | 1,125 | 1,173 | 1,215 | 1,253 | -46.1% | 0.2% | 4.7% | 4.3% | 3.6% | 3.1% | 16.6% |
| Starks | Somerset | 634 | 637 | 632 | 653 | 671 | 685 | 696 | 0.5% | -0.8% | 3.3% | 2.8% | 2.1% | 1.6% | 10.1% |
| The Forks plantation | Somerset | 37 | 36 | 36 | 36 | 37 | 37 | 38 | -2.7% | 0.0% | 0.0% | 2.8% | 0.0% | 2.7% | 5.6% |
| West Forks plantation | Somerset | 58 | 59 | 58 | 58 | 58 | 58 | 58 | 1.7% | -1.7% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Belfast | Waldo | 6,681 | 6,657 | 6,714 | 6,935 | 7,091 | 7,185 | 7,220 | -0.4% | 0.9% | 3.3% | 2.2% | 1.3% | 0.5% | 7.5% |
| Belmont | Waldo | 928 | 931 | 913 | 916 | 910 | 894 | 870 | 0.3% | -1.9% | 0.3% | -0.7% | -1.8% | -2.7% | -4.7% |
| Brooks | Waldo | 1,077 | 1,089 | 1,132 | 1,206 | 1,272 | 1,329 | 1,377 | 1.1% | 3.9% | 6.5% | 5.5% | 4.5% | 3.6% | 21.6% |
| Burnham | Waldo | 1,170 | 1,180 | 1,229 | 1,311 | 1,385 | 1,449 | 1,503 | 0.9% | 4.2% | 6.7% | 5.6% | 4.6% | 3.7% | 22.3% |
| Frankfort | Waldo | 1,118 | 1,136 | 1,176 | 1,249 | 1,314 | 1,370 | 1,416 | 1.6% | 3.5% | 6.2% | 5.2% | 4.3% | 3.4% | 20.4% |
| Freedom | Waldo | 712 | 728 | 722 | 737 | 742 | 739 | 731 | 2.2% | -0.8% | 2.1% | 0.7% | -0.4% | -1.1% | 1.2% |
| Islesboro | Waldo | 577 | 568 | 565 | 574 | 578 | 577 | 570 | -1.6% | -0.5% | 1.6% | 0.7% | -0.2% | -1.2% | 0.9% |
| Jackson | Waldo | 545 | 559 | 581 | 616 | 648 | 675 | 697 | 2.6% | 3.9% | 6.0% | 5.2% | 4.2% | 3.3% | 20.0% |
| Knox | Waldo | 803 | 797 | 792 | 804 | 808 | 804 | 793 | -0.7% | -0.6% | 1.5% | 0.5% | -0.5% | -1.4% | 0.1% |
| Liberty | Waldo | 923 | 927 | 964 | 1,028 | 1,085 | 1,134 | 1,175 | 0.4% | 4.0% | 6.6% | 5.5% | 4.5% | 3.6% | 21.9% |
| Lincolnvile | Waldo | 2,158 | 2,182 | 2,222 | 2,309 | 2,374 | 2,420 | 2,447 | 1.1% | 1.8% | 3.9% | 2.8% | 1.9% | 1.1% | 10.1% |
| Monroe | Waldo | 895 | 900 | 936 | 996 | 1,049 | 1,095 | 1,133 | 0.6% | 4.0% | 6.4% | 5.3% | 4.4% | 3.5% | 21.0% |
| Montville | Waldo | 1,035 | 1,044 | 1,084 | 1,154 | 1,217 | 1,270 | 1,315 | 0.9% | 3.8% | 6.5% | 5.5% | 4.4% | 3.5% | 21.3% |
| Morrill | Waldo | 873 | 885 | 883 | 905 | 919 | 925 | 923 | 1.4% | -0.2% | 2.5% | 1.5% | 0.7% | -0.2% | 4.5% |
| Northport | Waldo | 1,497 | 1,530 | 1,575 | 1,654 | 1,721 | 1,775 | 1,815 | 2.2% | 2.9% | 5.0% | 4.1% | 3.1% | 2.3% | 15.2% |
| Palermo | Waldo | 1,493 | 1,536 | 1,528 | 1,555 | 1,567 | 1,564 | 1,548 | 2.9% | -0.5% | 1.8% | 0.8% | -0.2% | -1.0% | 1.3% |
| Prospect | Waldo | 703 | 714 | 738 | 782 | 820 | 853 | 879 | 1.6% | 3.4% | 6.0% | 4.9% | 4.0% | 3.0% | 19.1% |
| Searsmont | Waldo | 1,365 | 1,406 | 1,417 | 1,456 | 1,489 | 1,509 | 1,516 | 3.0% | 0.8% | 2.8% | 2.3% | 1.3% | 0.5% | 7.0% |
| Searsport | Waldo | 2,641 | 2,653 | 2,645 | 2,696 | 2,724 | 2,726 | 2,704 | 0.5% | -0.3% | 1.9% | 1.0% | 0.1% | -0.8% | 2.2% |
| Stockton Springs | Waldo | 1,585 | 1,594 | 1,628 | 1,700 | 1,759 | 1,805 | 1,836 | 0.6% | 2.1% | 4.4% | 3.5% | 2.6% | 1.7% | 12.8% |
| Swanville | Waldo | 1,392 | 1,371 | 1,357 | 1,374 | 1,377 | 1,368 | 1,346 | -1.5% | -1.0% | 1.3% | 0.2% | -0.7% | -1.6% | -0.8% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|---|------------|---------------------|-------|-------|----------------------|-------|-------|-------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Thorndike | Waldo | 866 | 883 | 894 | 926 | 951 | 968 | 977 | 2.0% | 1.2% | 3.6% | 2.7% | 1.8% | 0.9% | 9.3% |
| Troy | Waldo | 1,028 | 1,035 | 1,037 | 1,053 | 1,064 | 1,064 | 1,056 | 0.7% | 0.2% | 1.5% | 1.0% | 0.0% | -0.8% | 1.8% |
| Unity | Waldo | 2,093 | 2,097 | 2,139 | 2,235 | 2,307 | 2,361 | 2,396 | 0.2% | 2.0% | 4.5% | 3.2% | 2.3% | 1.5% | 12.0% |
| Waldo | Waldo | 762 | 815 | 860 | 921 | 975 | 1,022 | 1,062 | 7.0% | 5.5% | 7.1% | 5.9% | 4.8% | 3.9% | 23.5% |
| Winterport | Waldo | 3,760 | 3,810 | 3,963 | 4,220 | 4,450 | 4,649 | 4,815 | 1.3% | 4.0% | 6.5% | 5.5% | 4.5% | 3.6% | 21.5% |
| Addison | Washington | 1,265 | 1,255 | 1,253 | 1,309 | 1,353 | 1,385 | 1,407 | -0.8% | -0.2% | 4.5% | 3.4% | 2.4% | 1.6% | 12.3% |
| Alexander | Washington | 506 | 494 | 482 | 486 | 486 | 482 | 475 | -2.4% | -2.4% | 0.8% | 0.0% | -0.8% | -1.5% | -1.5% |
| Baileyville | Washington | 1,562 | 1,502 | 1,451 | 1,461 | 1,459 | 1,445 | 1,420 | -3.8% | -3.4% | 0.7% | -0.1% | -1.0% | -1.7% | -2.1% |
| Baring plantation | Washington | 256 | 245 | 239 | 244 | 248 | 249 | 249 | -4.3% | -2.4% | 2.1% | 1.6% | 0.4% | 0.0% | 4.2% |
| Beals | Washington | 531 | 502 | 497 | 507 | 514 | 517 | 516 | -5.5% | -1.0% | 2.0% | 1.4% | 0.6% | -0.2% | 3.8% |
| Beddington | Washington | 47 | 49 | 47 | 47 | 47 | 46 | 45 | 4.3% | -4.1% | 0.0% | 0.0% | -2.1% | -2.2% | -4.3% |
| Calais | Washington | 3,204 | 3,068 | 2,989 | 3,030 | 3,052 | 3,047 | 3,019 | -4.2% | -2.6% | 1.4% | 0.7% | -0.2% | -0.9% | 1.0% |
| Charlotte | Washington | 333 | 324 | 315 | 320 | 323 | 322 | 320 | -2.7% | -2.8% | 1.6% | 0.9% | -0.3% | -0.6% | 1.6% |
| Cherryfield | Washington | 1,228 | 1,202 | 1,160 | 1,164 | 1,159 | 1,145 | 1,121 | -2.1% | -3.5% | 0.3% | -0.4% | -1.2% | -2.1% | -3.4% |
| Codyville plantation | Washington | 23 | 23 | 23 | 24 | 24 | 25 | 25 | 0.0% | 0.0% | 4.3% | 0.0% | 4.2% | 0.0% | 8.7% |
| Columbia | Washington | 485 | 479 | 466 | 474 | 478 | 477 | 474 | -1.2% | -2.7% | 1.7% | 0.8% | -0.2% | -0.6% | 1.7% |
| Columbia Falls | Washington | 571 | 547 | 530 | 533 | 533 | 528 | 519 | -4.2% | -3.1% | 0.6% | 0.0% | -0.9% | -1.7% | -2.1% |
| Cooper | Washington | 154 | 150 | 145 | 147 | 147 | 146 | 144 | -2.6% | -3.3% | 1.4% | 0.0% | -0.7% | -1.4% | -0.7% |
| Crawford | Washington | 106 | 98 | 96 | 99 | 100 | 101 | 101 | -7.5% | -2.0% | 3.1% | 1.0% | 1.0% | 0.0% | 5.2% |
| Cutler | Washington | 531 | 505 | 505 | 529 | 550 | 567 | 580 | -4.9% | 0.0% | 4.8% | 4.0% | 3.1% | 2.3% | 14.9% |
| Danforth | Washington | 601 | 584 | 574 | 586 | 594 | 597 | 595 | -2.8% | -1.7% | 2.1% | 1.4% | 0.5% | -0.3% | 3.7% |
| Deblois | Washington | 57 | 56 | 54 | 54 | 54 | 54 | 53 | -1.8% | -3.6% | 0.0% | 0.0% | 0.0% | -1.9% | -1.9% |
| Dennysville | Washington | 340 | 341 | 328 | 328 | 327 | 322 | 315 | 0.3% | -3.8% | 0.0% | -0.3% | -1.5% | -2.2% | -4.0% |
| East Central Washington UT | Washington | 737 | 707 | 686 | 694 | 696 | 692 | 684 | -4.1% | -3.0% | 1.2% | 0.3% | -0.6% | -1.2% | -0.3% |
| East Machias | Washington | 1,366 | 1,337 | 1,296 | 1,307 | 1,308 | 1,297 | 1,277 | -2.1% | -3.1% | 0.8% | 0.1% | -0.8% | -1.5% | -1.5% |
| Eastport | Washington | 1,395 | 1,301 | 1,259 | 1,265 | 1,262 | 1,248 | 1,224 | -6.7% | -3.2% | 0.5% | -0.2% | -1.1% | -1.9% | -2.8% |
| Grand Lake Stream plantation | Washington | 117 | 107 | 104 | 105 | 105 | 105 | 103 | -8.5% | -2.8% | 1.0% | 0.0% | 0.0% | -1.9% | -1.0% |
| Harrington | Washington | 991 | 985 | 964 | 985 | 998 | 1,002 | 999 | -0.6% | -2.1% | 2.2% | 1.3% | 0.4% | -0.3% | 3.6% |
| Jonesboro | Washington | 589 | 586 | 581 | 604 | 623 | 637 | 646 | -0.5% | -0.9% | 4.0% | 3.1% | 2.2% | 1.4% | 11.2% |
| Jonesport | Washington | 1,387 | 1,349 | 1,331 | 1,365 | 1,389 | 1,401 | 1,402 | -2.7% | -1.3% | 2.6% | 1.8% | 0.9% | 0.1% | 5.3% |
| Lubec | Washington | 1,423 | 1,311 | 1,256 | 1,240 | 1,218 | 1,185 | 1,144 | -7.9% | -4.2% | -1.3% | -1.8% | -2.7% | -3.5% | -8.9% |
| Machias | Washington | 2,260 | 2,159 | 2,072 | 2,056 | 2,028 | 1,982 | 1,922 | -4.5% | -4.0% | -0.8% | -1.4% | -2.3% | -3.0% | -7.2% |
| Machiasport | Washington | 1,134 | 1,103 | 1,081 | 1,104 | 1,120 | 1,127 | 1,124 | -2.7% | -2.0% | 2.1% | 1.4% | 0.6% | -0.3% | 4.0% |
| Marshfield | Washington | 518 | 522 | 512 | 520 | 523 | 522 | 516 | 0.8% | -1.9% | 1.6% | 0.6% | -0.2% | -1.1% | 0.8% |
| Meddybemps | Washington | 157 | 153 | 148 | 149 | 150 | 149 | 147 | -2.5% | -3.3% | 0.7% | 0.7% | -0.7% | -1.3% | -0.7% |
| Milbridge | Washington | 1,350 | 1,335 | 1,265 | 1,232 | 1,190 | 1,138 | 1,078 | -1.1% | -5.2% | -2.6% | -3.4% | -4.4% | -5.3% | -14.8% |
| North Washington UT | Washington | 511 | 144 | 139 | 141 | 141 | 140 | 138 | -71.8% | -3.5% | 1.4% | 0.0% | -0.7% | -1.4% | -0.7% |
| Northfield | Washington | 146 | 488 | 474 | 480 | 483 | 482 | 476 | 234.2% | -2.9% | 1.3% | 0.6% | -0.2% | -1.2% | 0.4% |
| Passamaquoddy Indian Township Reservation | Washington | 717 | 700 | 681 | 690 | 694 | 692 | 685 | -2.4% | -2.7% | 1.3% | 0.6% | -0.3% | -1.0% | 0.6% |
| Passamaquoddy Pleasant Point Reservation | Washington | 737 | 733 | 713 | 724 | 729 | 727 | 721 | -0.5% | -2.7% | 1.5% | 0.7% | -0.3% | -0.8% | 1.1% |
| Pembroke | Washington | 853 | 816 | 786 | 788 | 785 | 775 | 759 | -4.3% | -3.7% | 0.3% | -0.4% | -1.3% | -2.1% | -3.4% |
| Perry | Washington | 887 | 925 | 927 | 932 | 929 | 919 | 902 | 4.3% | 0.2% | 0.5% | -0.3% | -1.1% | -1.8% | -2.7% |
| Princeton | Washington | 849 | 813 | 791 | 804 | 810 | 809 | 802 | -4.2% | -2.7% | 1.6% | 0.7% | -0.1% | -0.9% | 1.4% |
| Robbinston | Washington | 570 | 563 | 552 | 565 | 574 | 577 | 576 | -1.2% | -2.0% | 2.4% | 1.6% | 0.5% | -0.2% | 4.3% |

| Town | County | Population observed | | | Population projected | | | | Percent change from previous period | | | | | | Total percent change |
|--|------------|---------------------|--------|--------|----------------------|--------|--------|--------|-------------------------------------|-------|-------|-------|-------|-------|----------------------|
| | | 2008 | 2013 | 2018 | 2023 | 2028 | 2033 | 2038 | 2008- | 2013- | 2018- | 2023- | 2028- | 2033- | 2018-2038 |
| | | | | | | | | | 2013 | 2018 | 2023 | 2028 | 2033 | | |
| Roque Bluffs | Washington | 298 | 302 | 296 | 301 | 304 | 304 | 302 | 1.3% | -2.0% | 1.7% | 1.0% | 0.0% | -0.7% | 2.0% |
| Steuben | Washington | 1,139 | 1,116 | 1,126 | 1,188 | 1,241 | 1,284 | 1,317 | -2.0% | 0.9% | 5.5% | 4.5% | 3.5% | 2.6% | 17.0% |
| Talmadge | Washington | 65 | 62 | 60 | 60 | 60 | 59 | 58 | -4.6% | -3.2% | 0.0% | 0.0% | -1.7% | -1.7% | -3.3% |
| Topsfield | Washington | 237 | 231 | 226 | 228 | 229 | 228 | 226 | -2.5% | -2.2% | 0.9% | 0.4% | -0.4% | -0.9% | 0.0% |
| Vanceboro | Washington | 142 | 137 | 133 | 136 | 137 | 136 | 135 | -3.5% | -2.9% | 2.3% | 0.7% | -0.7% | -0.7% | 1.5% |
| Waite | Washington | 102 | 99 | 97 | 100 | 103 | 105 | 106 | -2.9% | -2.0% | 3.1% | 3.0% | 1.9% | 1.0% | 9.3% |
| Wesley | Washington | 102 | 96 | 93 | 95 | 96 | 96 | 95 | -5.9% | -3.1% | 2.2% | 1.1% | 0.0% | -1.0% | 2.2% |
| Whiting | Washington | 481 | 488 | 481 | 493 | 502 | 506 | 506 | 1.5% | -1.4% | 2.5% | 1.8% | 0.8% | 0.0% | 5.2% |
| Whitneyville | Washington | 229 | 212 | 206 | 208 | 208 | 207 | 204 | -7.4% | -2.8% | 1.0% | 0.0% | -0.5% | -1.4% | -1.0% |
| Acton | York | 2,421 | 2,515 | 2,611 | 2,731 | 2,833 | 2,915 | 2,975 | 3.9% | 3.8% | 4.6% | 3.7% | 2.9% | 2.1% | 13.9% |
| Alfred | York | 2,974 | 3,064 | 3,142 | 3,238 | 3,318 | 3,373 | 3,399 | 3.0% | 2.5% | 3.1% | 2.5% | 1.7% | 0.8% | 8.2% |
| Arundel | York | 3,984 | 4,133 | 4,333 | 4,567 | 4,793 | 4,989 | 5,150 | 3.7% | 4.8% | 5.4% | 4.9% | 4.1% | 3.2% | 18.9% |
| Berwick | York | 7,177 | 7,458 | 7,790 | 8,230 | 8,649 | 9,014 | 9,315 | 3.9% | 4.5% | 5.6% | 5.1% | 4.2% | 3.3% | 19.6% |
| Biddeford | York | 21,530 | 21,340 | 21,514 | 21,874 | 22,027 | 21,984 | 21,738 | -0.9% | 0.8% | 1.7% | 0.7% | -0.2% | -1.1% | 1.0% |
| Buxton | York | 8,020 | 8,080 | 8,310 | 8,638 | 8,907 | 9,109 | 9,239 | 0.7% | 2.8% | 3.9% | 3.1% | 2.3% | 1.4% | 11.2% |
| Cornish | York | 1,396 | 1,417 | 1,424 | 1,441 | 1,445 | 1,437 | 1,414 | 1.5% | 0.5% | 1.2% | 0.3% | -0.6% | -1.6% | -0.7% |
| Dayton | York | 1,962 | 2,007 | 2,068 | 2,152 | 2,226 | 2,284 | 2,324 | 2.3% | 3.0% | 4.1% | 3.4% | 2.6% | 1.8% | 12.4% |
| Eliot | York | 6,231 | 6,248 | 6,747 | 7,402 | 8,068 | 8,703 | 9,290 | 0.3% | 8.0% | 9.7% | 9.0% | 7.9% | 6.7% | 37.7% |
| Hollis | York | 4,299 | 4,355 | 4,706 | 5,136 | 5,564 | 5,969 | 6,338 | 1.3% | 8.1% | 9.1% | 8.3% | 7.3% | 6.2% | 34.7% |
| Kennebunk | York | 10,880 | 11,048 | 11,529 | 12,165 | 12,713 | 13,178 | 13,546 | 1.5% | 4.4% | 5.5% | 4.5% | 3.7% | 2.8% | 17.5% |
| Kennebunkport | York | 3,557 | 3,525 | 3,639 | 3,804 | 3,945 | 4,058 | 4,140 | -0.9% | 3.2% | 4.5% | 3.7% | 2.9% | 2.0% | 13.8% |
| Kittery | York | 9,613 | 9,603 | 9,846 | 10,162 | 10,424 | 10,606 | 10,700 | -0.1% | 2.5% | 3.2% | 2.6% | 1.7% | 0.9% | 8.7% |
| Lebanon | York | 5,931 | 6,097 | 6,346 | 6,685 | 6,993 | 7,255 | 7,465 | 2.8% | 4.1% | 5.3% | 4.6% | 3.7% | 2.9% | 17.6% |
| Limerick | York | 2,809 | 2,903 | 2,987 | 3,104 | 3,211 | 3,294 | 3,352 | 3.3% | 2.9% | 3.9% | 3.4% | 2.6% | 1.8% | 12.2% |
| Limington | York | 3,686 | 3,750 | 3,865 | 4,023 | 4,164 | 4,275 | 4,353 | 1.7% | 3.1% | 4.1% | 3.5% | 2.7% | 1.8% | 12.6% |
| Lyman | York | 4,298 | 4,367 | 4,492 | 4,676 | 4,836 | 4,961 | 5,047 | 1.6% | 2.9% | 4.1% | 3.4% | 2.6% | 1.7% | 12.4% |
| Newfield | York | 1,505 | 1,550 | 1,578 | 1,620 | 1,648 | 1,662 | 1,661 | 3.0% | 1.8% | 2.7% | 1.7% | 0.8% | -0.1% | 5.3% |
| North Berwick | York | 4,573 | 4,612 | 4,714 | 4,852 | 4,954 | 5,015 | 5,034 | 0.9% | 2.2% | 2.9% | 2.1% | 1.2% | 0.4% | 6.8% |
| Ogunquit | York | 955 | 911 | 927 | 948 | 961 | 967 | 963 | -4.6% | 1.8% | 2.3% | 1.4% | 0.6% | -0.4% | 3.9% |
| Old Orchard Beach | York | 8,763 | 8,661 | 8,908 | 9,249 | 9,522 | 9,724 | 9,846 | -1.2% | 2.9% | 3.8% | 3.0% | 2.1% | 1.3% | 10.5% |
| Parsonsfield | York | 1,864 | 1,903 | 1,958 | 2,043 | 2,110 | 2,162 | 2,198 | 2.1% | 2.9% | 4.3% | 3.3% | 2.5% | 1.7% | 12.3% |
| Saco | York | 18,420 | 18,890 | 19,748 | 20,922 | 21,998 | 22,940 | 23,719 | 2.6% | 4.5% | 5.9% | 5.1% | 4.3% | 3.4% | 20.1% |
| Sanford | York | 21,044 | 20,832 | 21,183 | 21,744 | 22,140 | 22,356 | 22,377 | -1.0% | 1.7% | 2.6% | 1.8% | 1.0% | 0.1% | 5.6% |
| Shapleigh | York | 2,635 | 2,668 | 2,741 | 2,849 | 2,935 | 3,001 | 3,041 | 1.3% | 2.7% | 3.9% | 3.0% | 2.2% | 1.3% | 10.9% |
| South Berwick | York | 7,217 | 7,263 | 7,524 | 7,876 | 8,172 | 8,412 | 8,587 | 0.6% | 3.6% | 4.7% | 3.8% | 2.9% | 2.1% | 14.1% |
| Waterboro | York | 7,516 | 7,713 | 7,904 | 8,197 | 8,444 | 8,628 | 8,743 | 2.6% | 2.5% | 3.7% | 3.0% | 2.2% | 1.3% | 10.6% |
| Wells | York | 9,668 | 9,844 | 10,544 | 11,365 | 12,171 | 12,917 | 13,582 | 1.8% | 7.1% | 7.8% | 7.1% | 6.1% | 5.1% | 28.8% |
| York | York | 12,722 | 12,682 | 13,151 | 13,731 | 14,226 | 14,620 | 14,899 | -0.3% | 3.7% | 4.4% | 3.6% | 2.8% | 1.9% | 13.3% |
| *Locations with fewer than 5 people in all three observation years have been removed from the final projections. Totals may not equal county totals. | | | | | | | | | | | | | | | |