

# Maine's Demographics and Labor Market Conditions

Managing in State Government

January 9, 2024

Amanda Rector

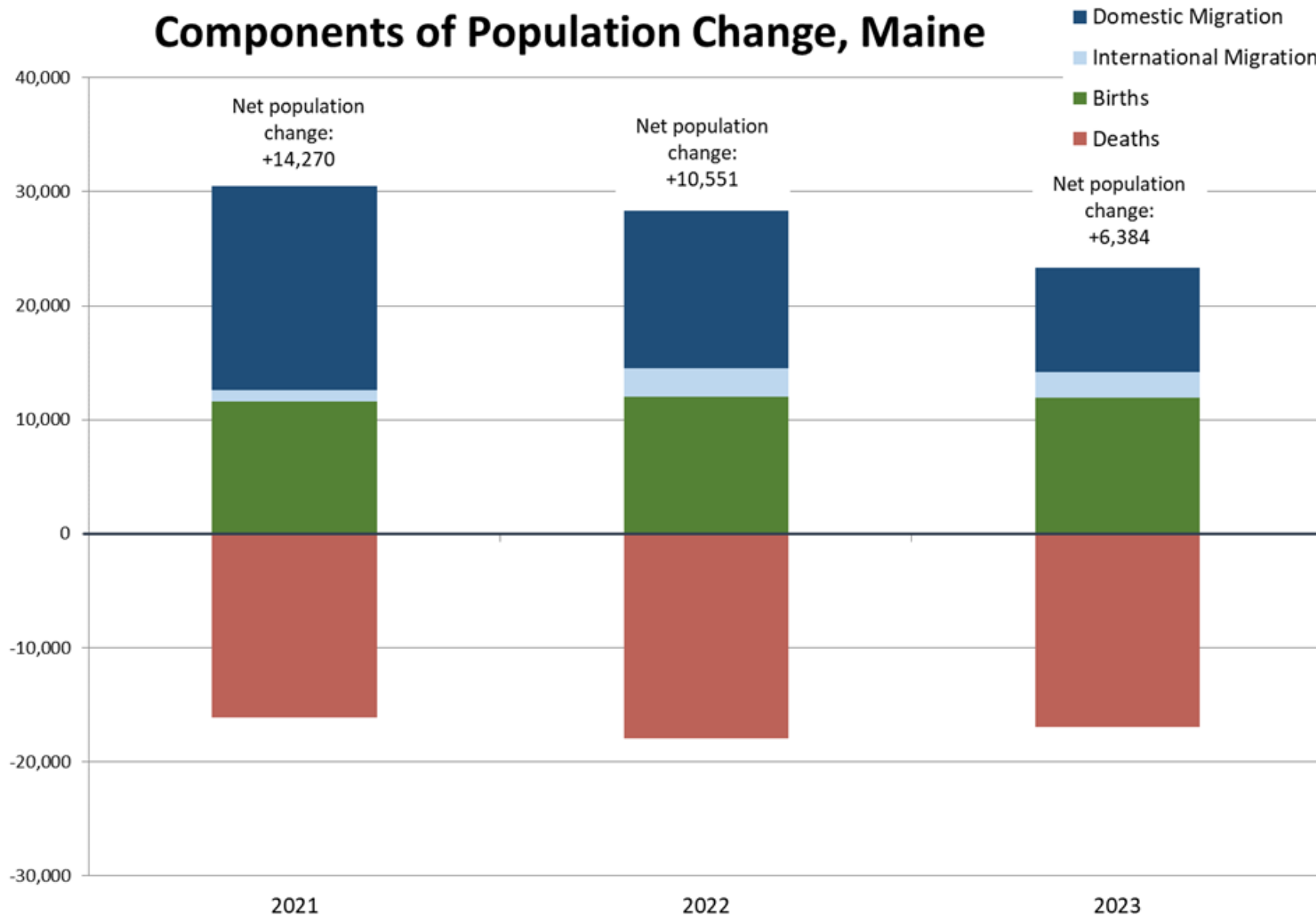
Maine State Economist

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

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

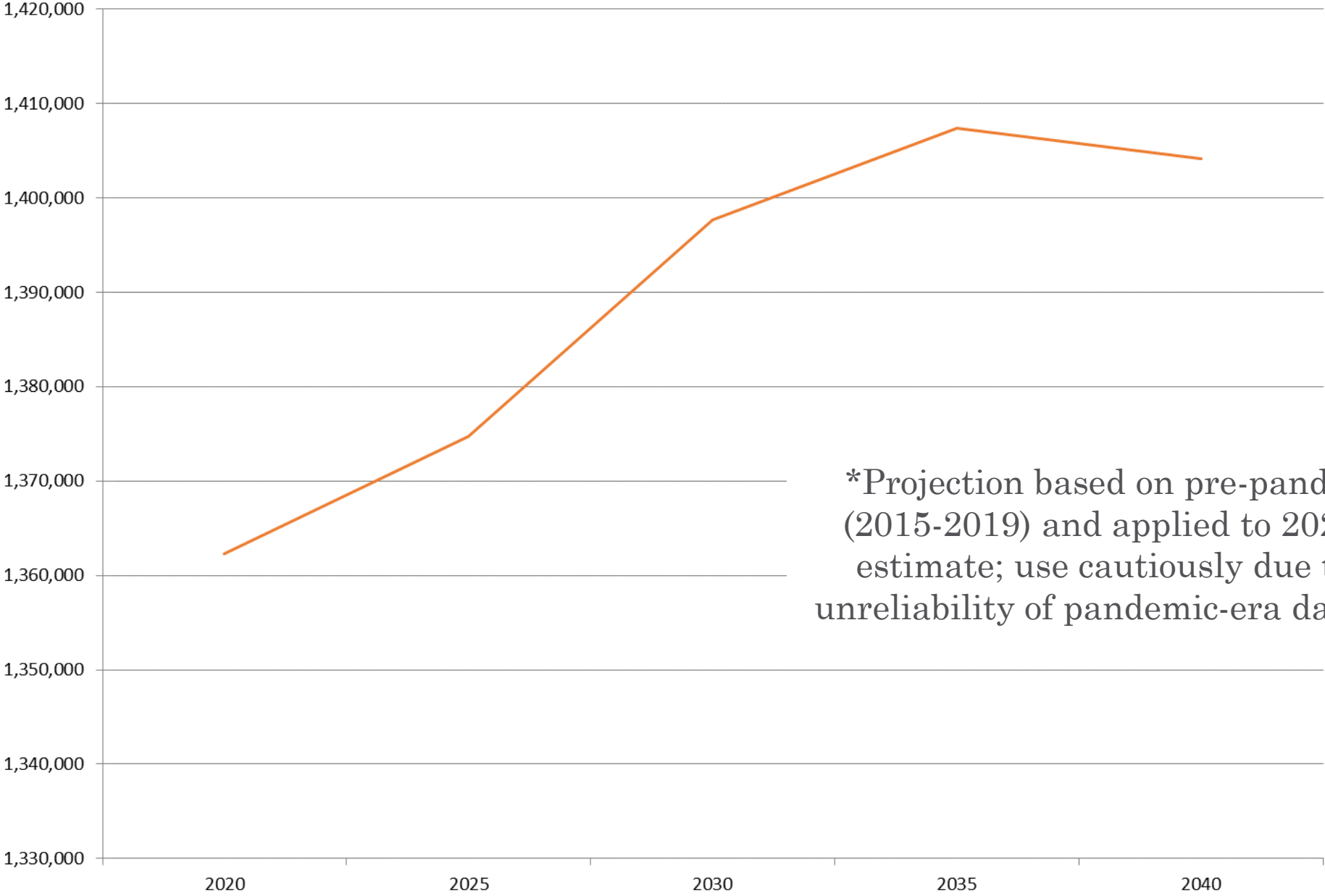
Population increase of  
2.4% from 2020-2023  
(14<sup>th</sup> in U.S.)

2023 net migration =  
8.2 per thousand  
(9<sup>th</sup> in U.S.)

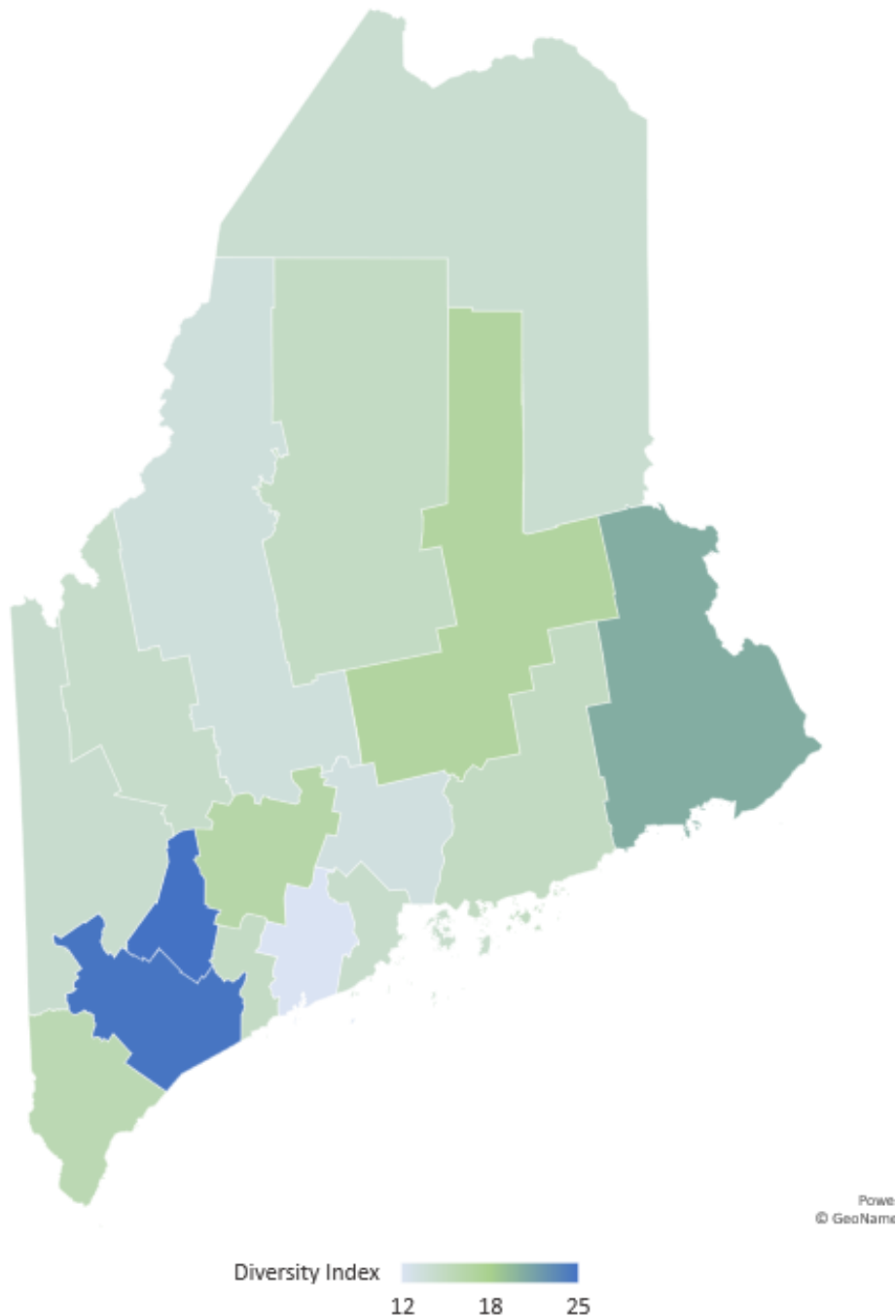


Source: U.S. Census Bureau, Population Estimates Program, 2023 vintage

# Projected Total Population, Maine



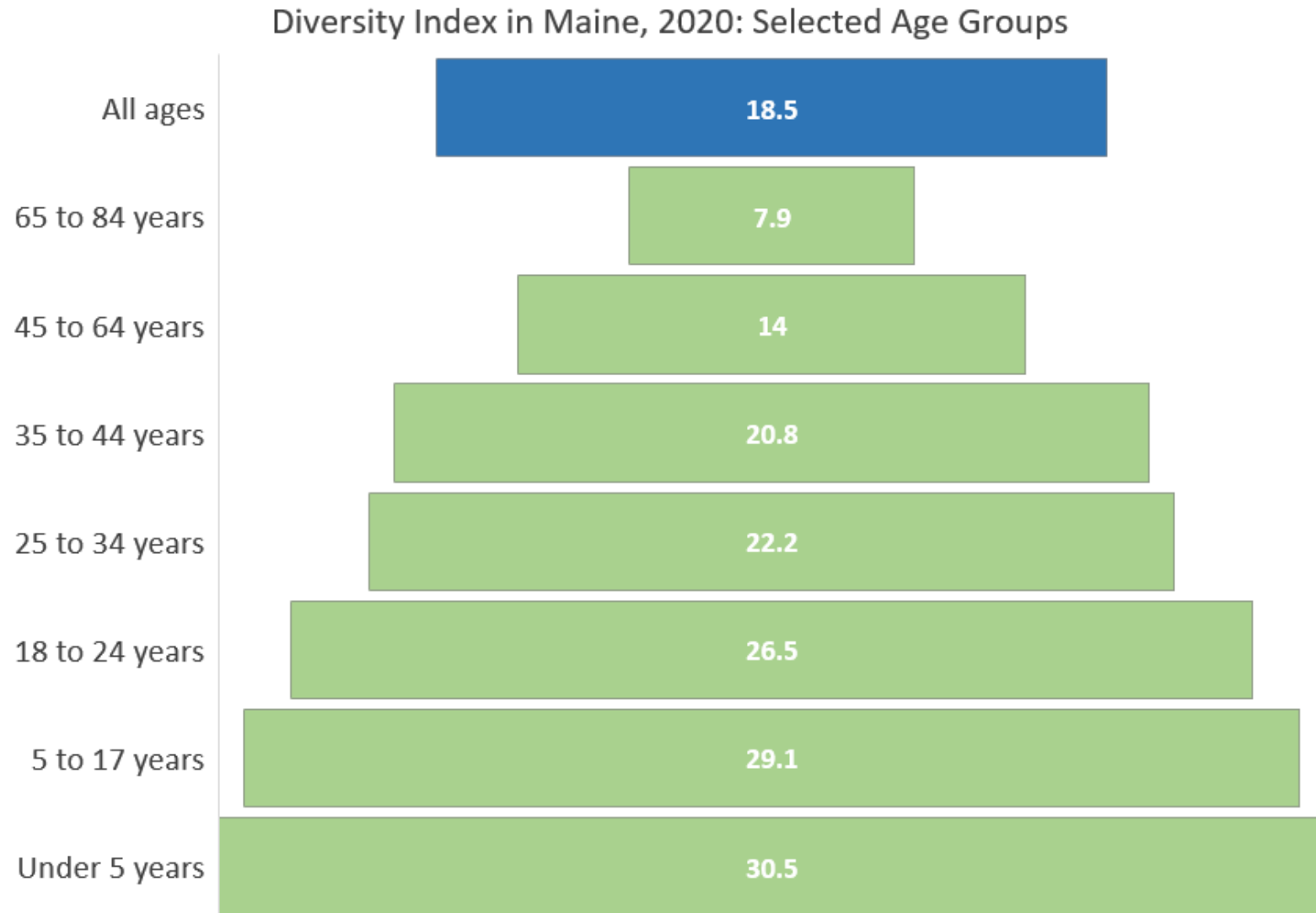
\*Projection based on pre-pandemic trends (2015-2019) and applied to 2021 historical estimate; use cautiously due to potential unreliability of pandemic-era data and trends



The diversity index tells us the chance that two people selected at random will be from different race or ethnicity groups

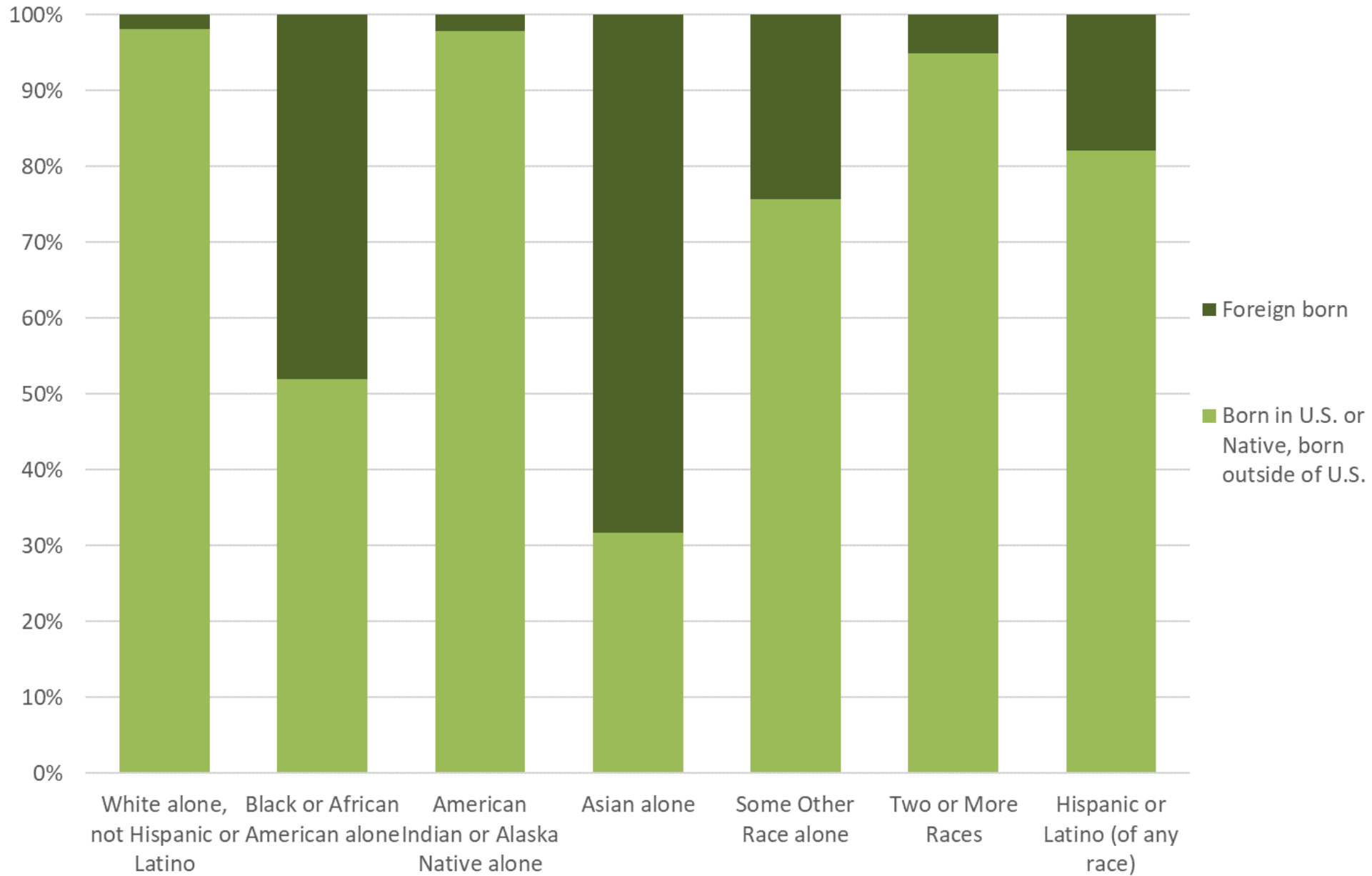
- In 2020, Maine ranked as the least diverse state in the U.S.
  - ME index = 18.5
  - U.S. index = 61.1
- But there is regional variation: Cumberland, Androscoggin, and Washington counties are more diverse

# Younger generations in Maine are more diverse than older generations



Race and/or ethnicity  
is not the same as  
place of birth

## Share of Maine Population by Region of Birth for Race/Ethnicity

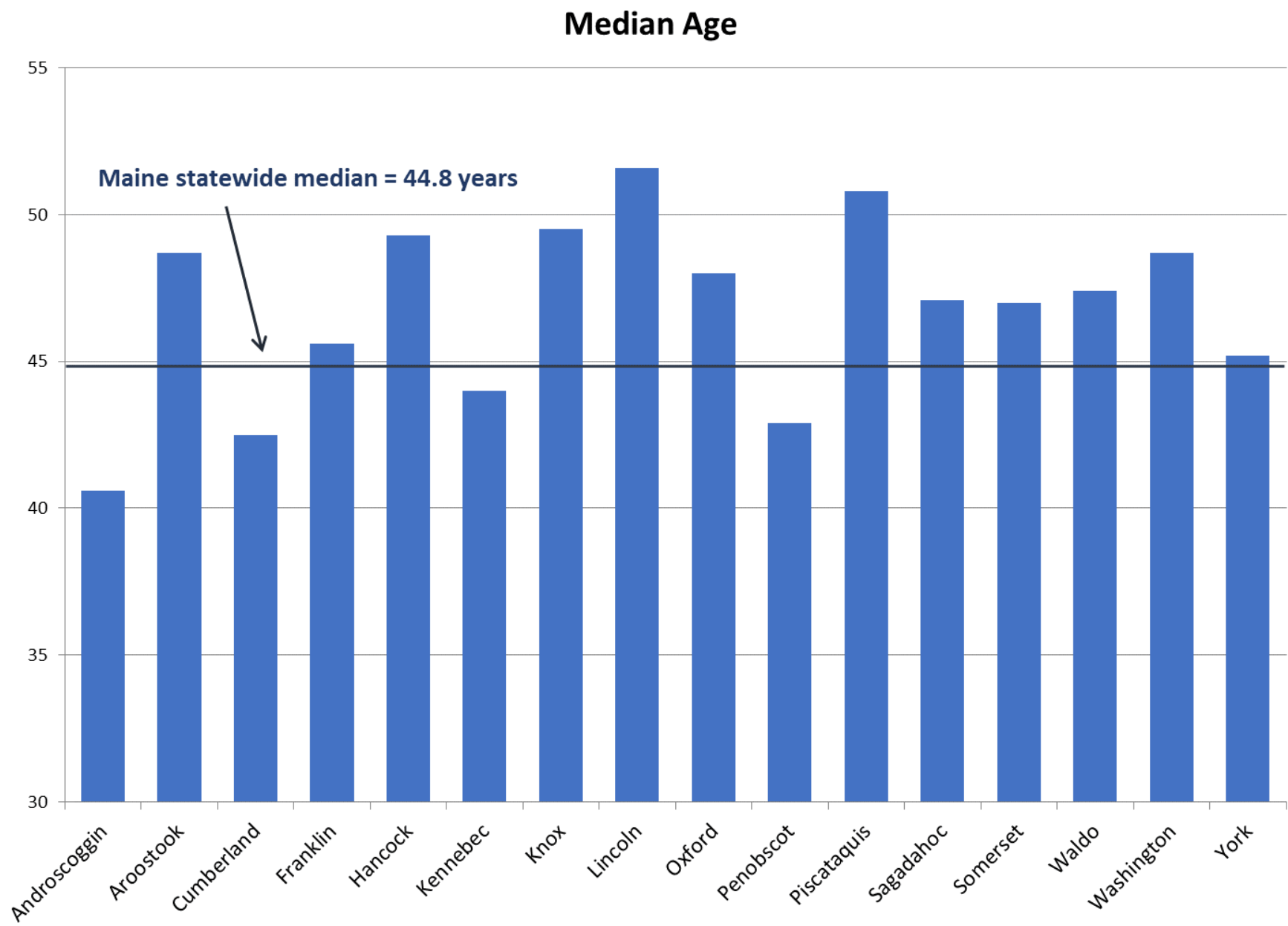


Maine has the oldest population...  
...by median age  
(44.8 years)  
...and by % of population  
age 65+ (22.5%)

**BUT!**

Maine was one of only  
two states to see a  
decrease in median age  
from 2020 to 2021...

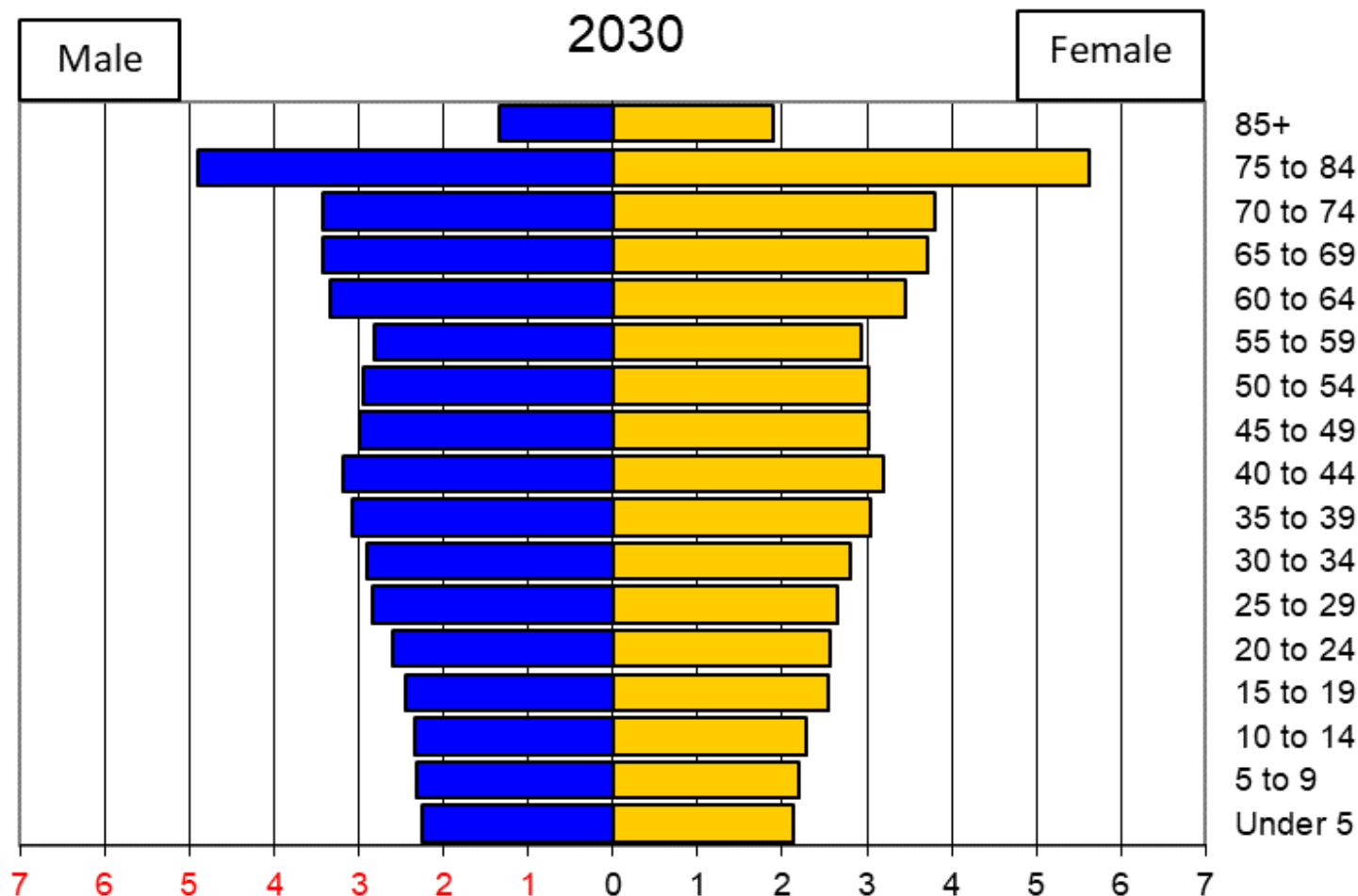
...and was one of only  
four states to not see an  
increase from 2021 to  
2022



# The Baby Boom: 1946-1964

Baby Boom  
generation in  
2030: age 66-84

Baby Boom  
generation in  
2022: age 58-76



## Labor Force Participation Rate (seasonally adjusted)

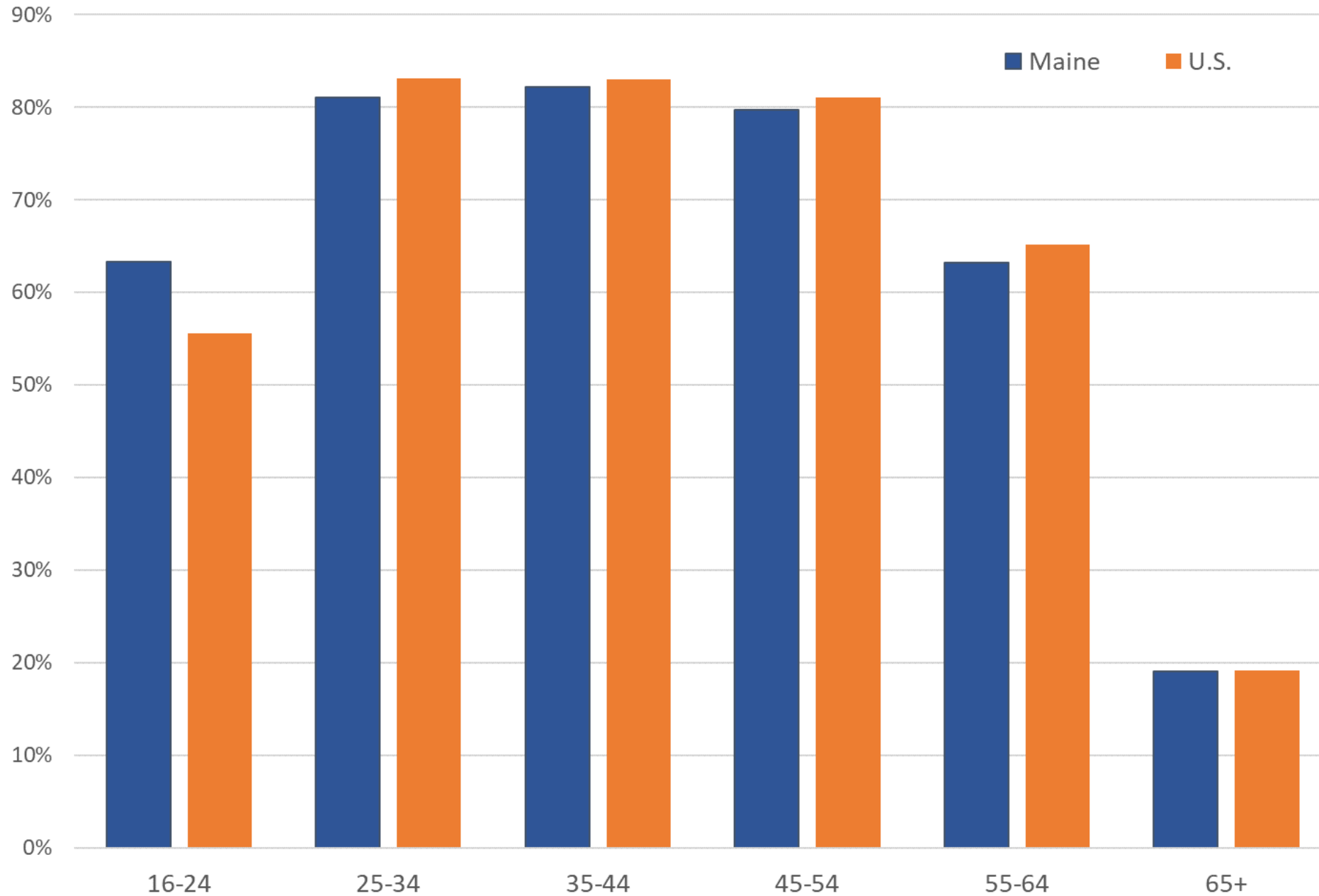


Nov, 2004 to Nov, 2023

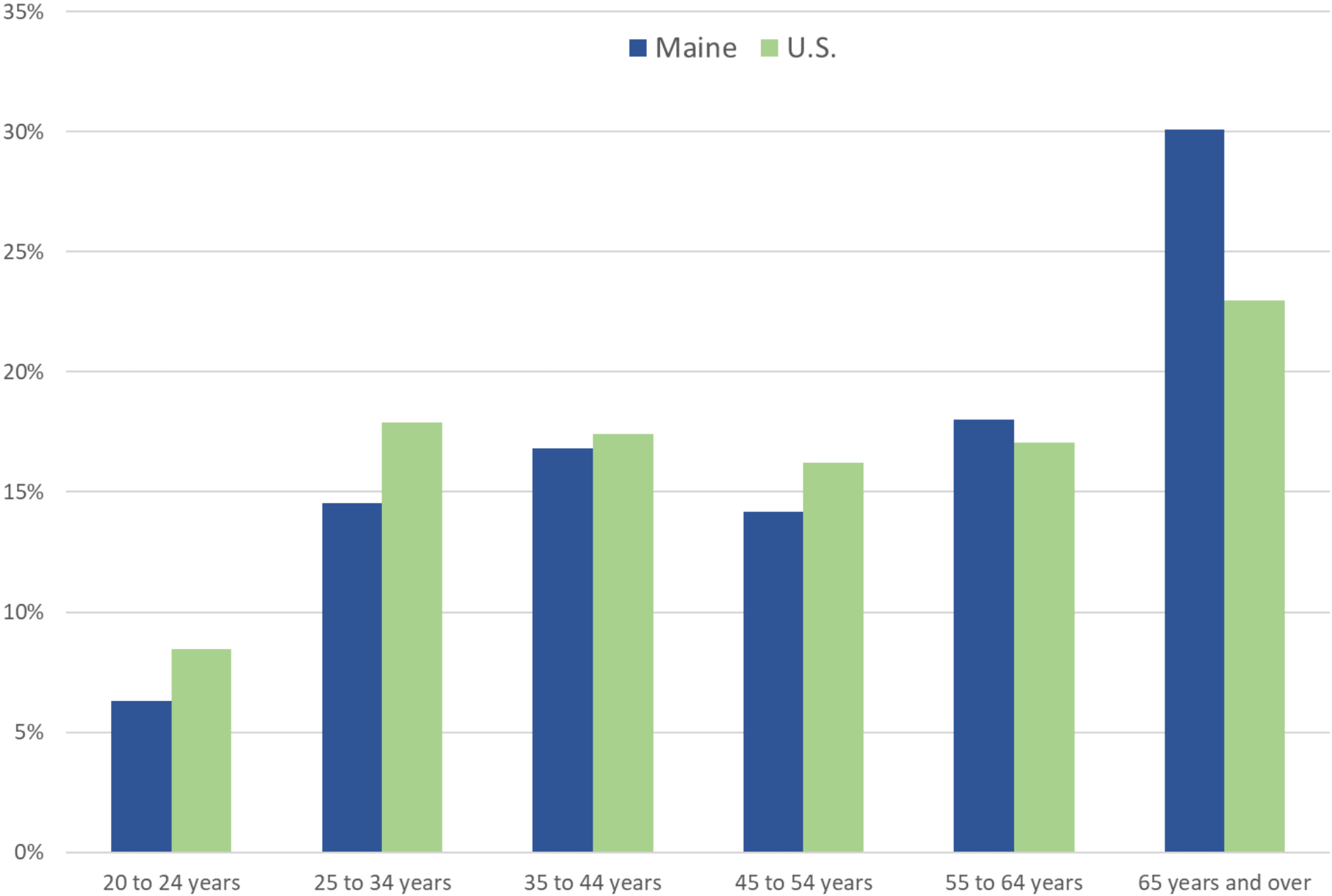
- Unemployment Rate
- Labor Force & Employment
- Unemployment
- Labor Force Participation Rate
- Employment to Population Ratio

■ Maine  
■ United States

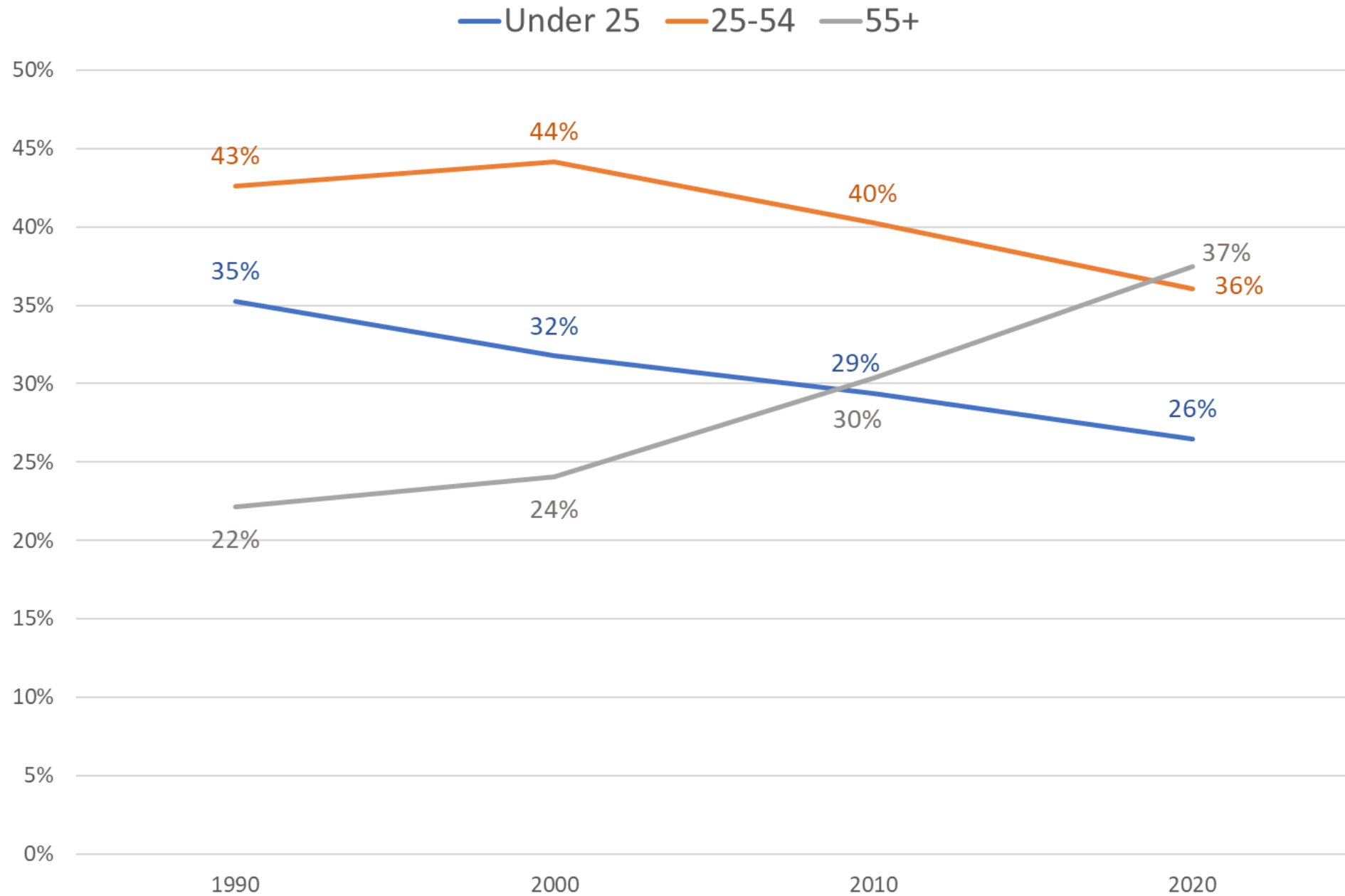
## 2022 Labor Force Participation Rate



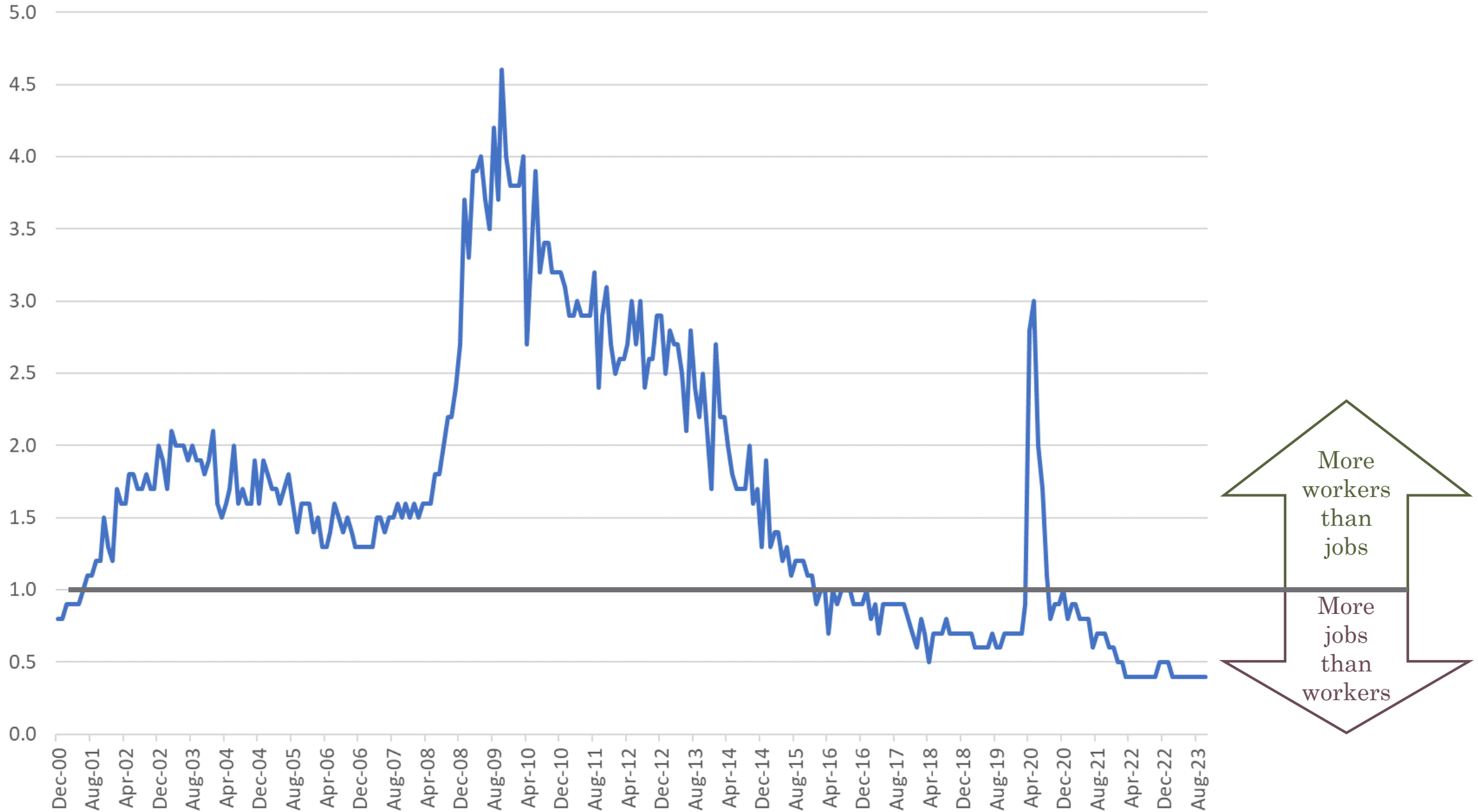
# Civilian Noninstitutional Population by Age, 2022



## Share of Total Maine Population by Age



# Unemployed Persons per Job Opening Ratio - Maine



# Contact Information

Amanda Rector

Maine State Economist

Department of Administrative and Financial Services

[www.maine.gov/dafs/economist](http://www.maine.gov/dafs/economist)

[amanda.rector@maine.gov](mailto:amanda.rector@maine.gov)