

Demographic Conditions and Trends in Maine

The Future of Maine's Care Workforce Planning Summit

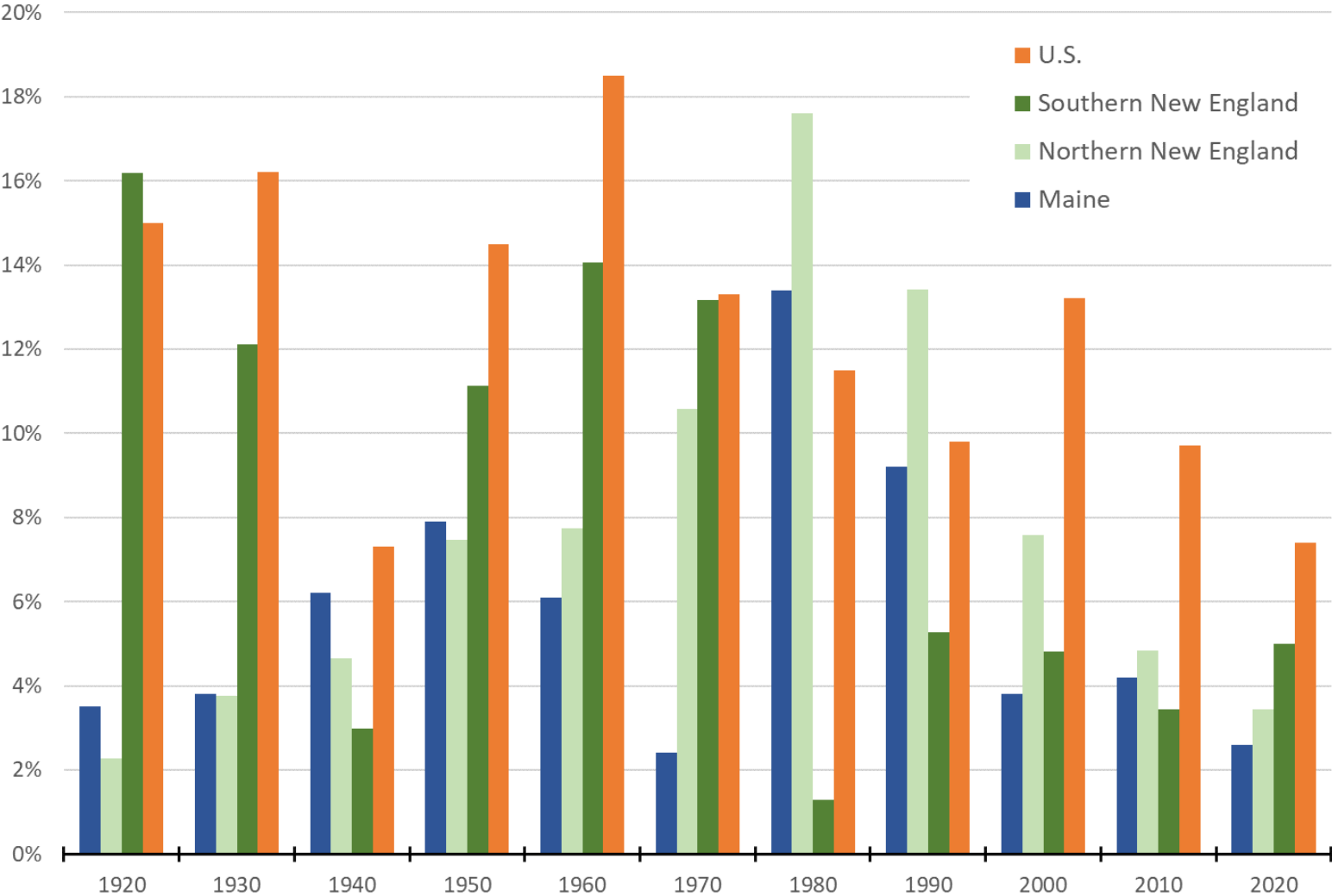
Amanda Rector

Maine State Economist

“Maine is the oldest state in the country.”

- Something we've all heard many times

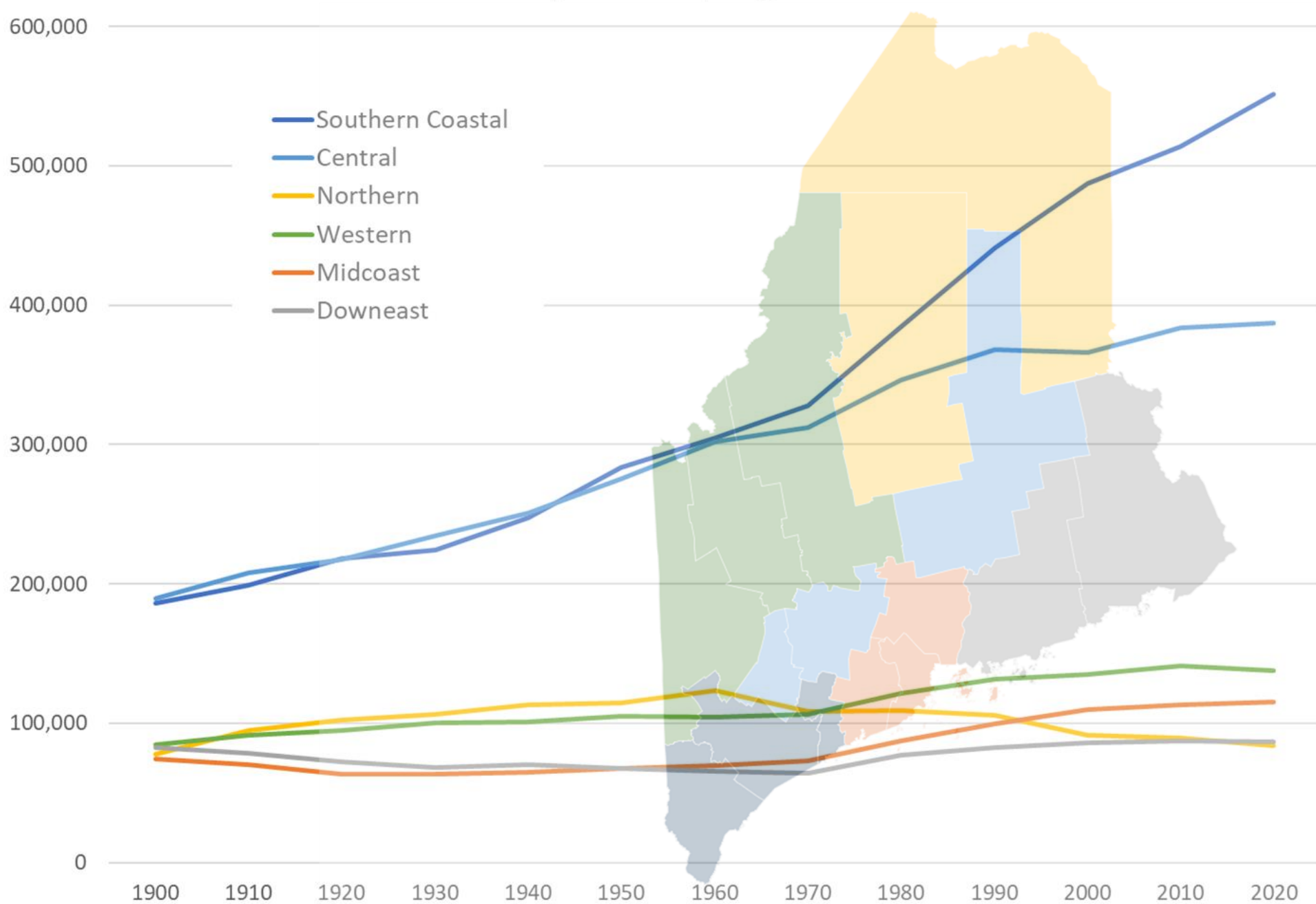
Population Growth from Previous Decade



Maine and Northern New England population growth peaked during “back to the land” movement in the 1970s

U.S. population growth has outpaced New England since 1990s, but 2020 represented slowest decade of growth since 1940

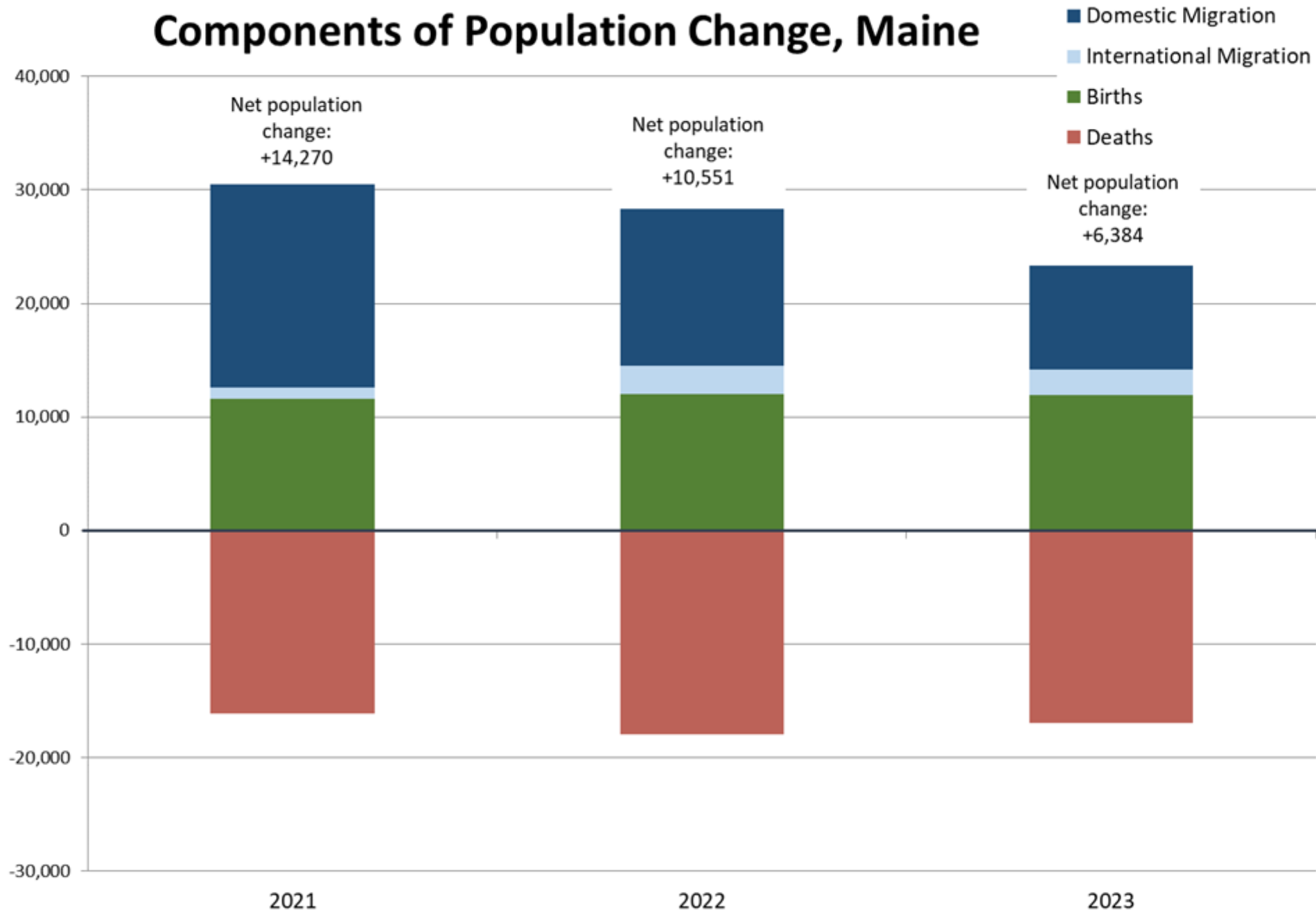
Population by Region



During the pandemic, growth shifted towards more rural areas

	2023 Total Population	Change from 2010-2020			Change from 2020-2023		
State		Number	Percent	% Ranking	Number	Percent	% Ranking
Connecticut	3,617,176	31,845	0.9%	47	11,264	0.3%	31
Massachusetts	7,001,399	482,320	7.4%	20	(31,534)	-0.4%	43
Rhode Island	1,095,962	44,804	4.3%	31	(1,409)	-0.1%	39
Maine	1,395,722	33,980	2.6%	42	32,545	2.4%	14
New Hampshire	1,402,054	61,048	4.6%	30	24,530	1.8%	18
Vermont	647,464	17,344	2.8%	38	4,387	0.7%	25

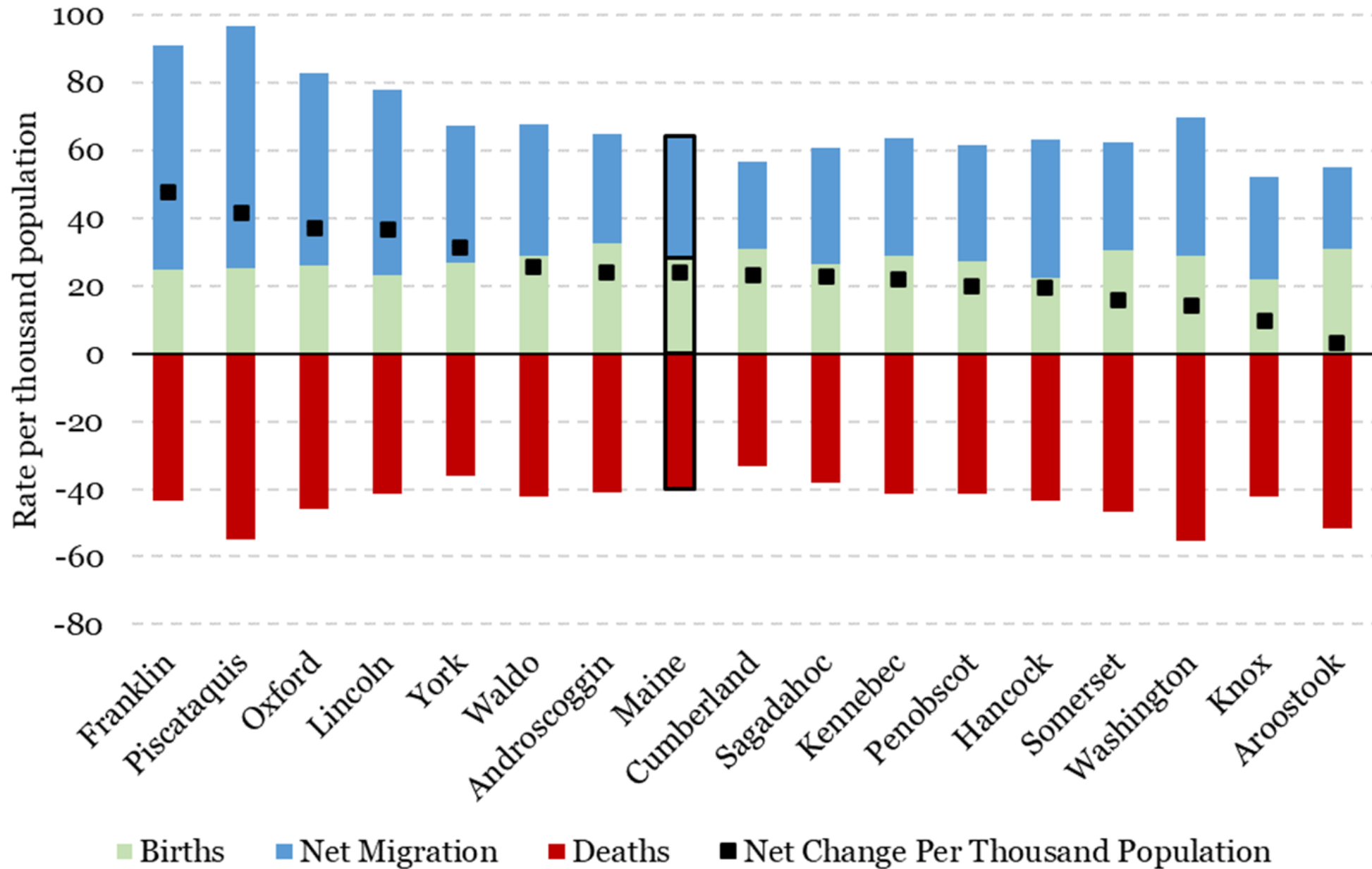
Components of Population Change, Maine



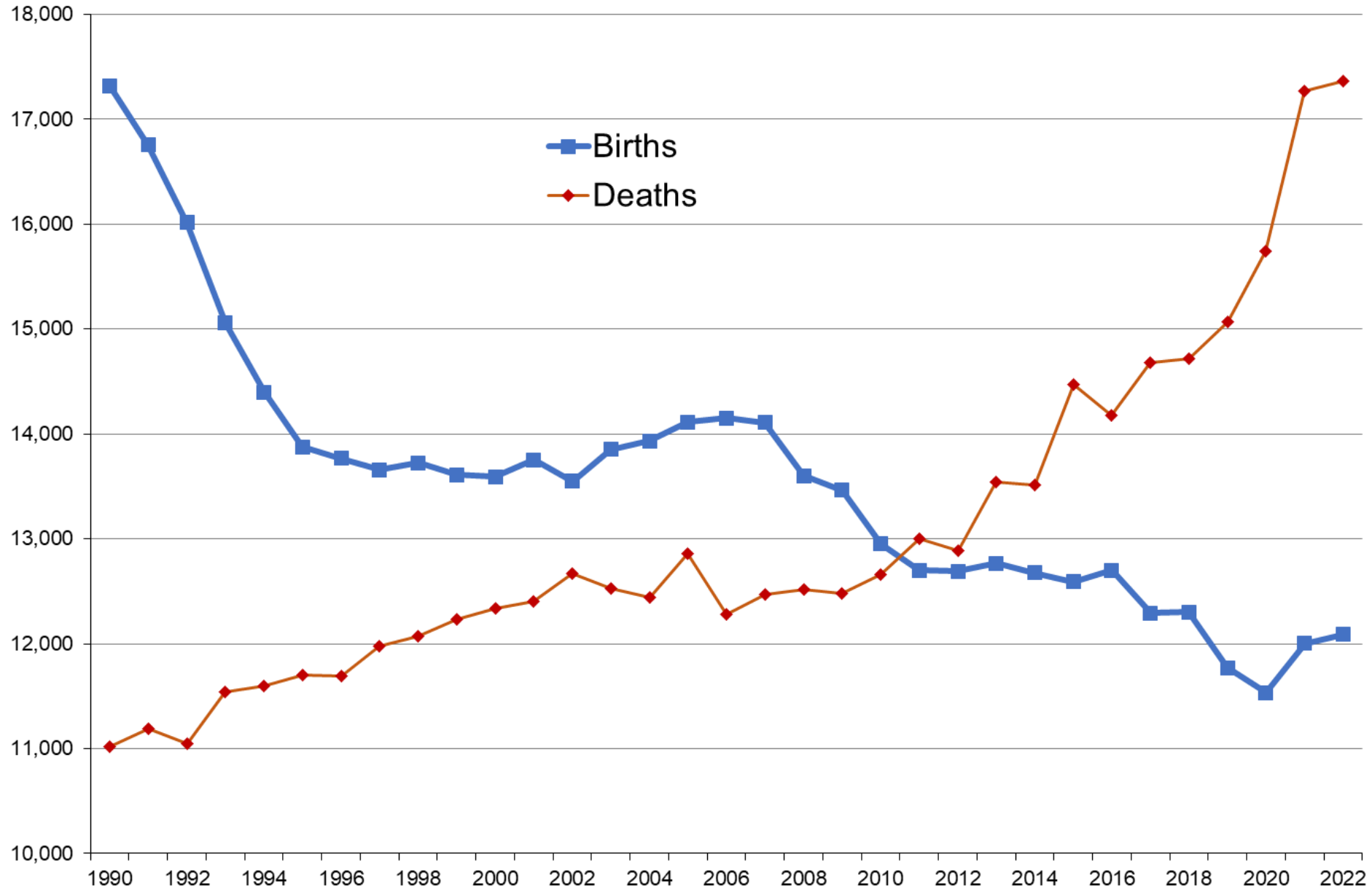
Source: U.S. Census Bureau, Population Estimates Program, 2023 vintage

Components of Population Change in Maine, 4/2020-7/2023

Rate per thousand population



Births and Deaths per year in Maine



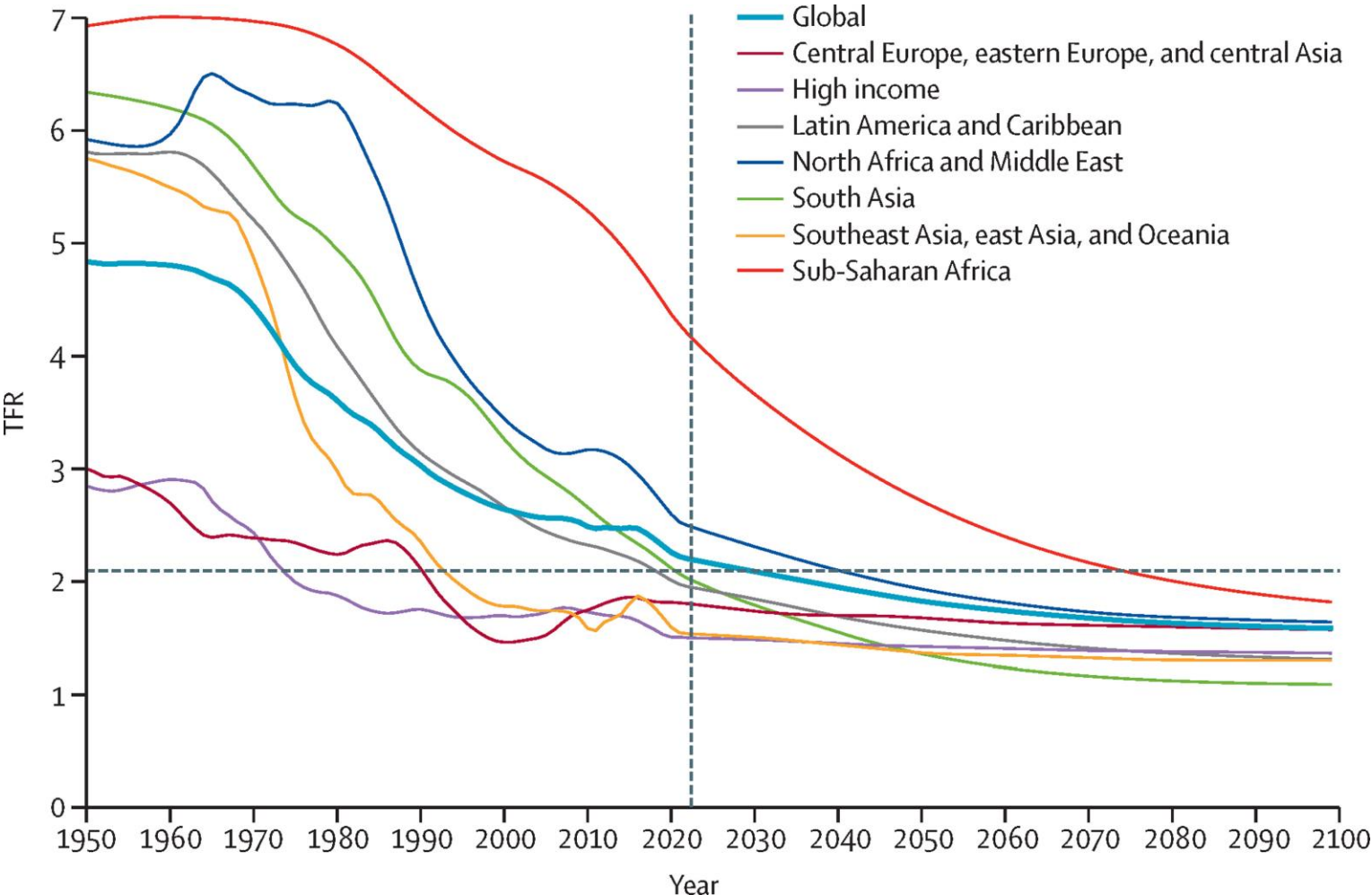
Maine is not the only state seeing natural population declines

- In 2021, 26 states had natural decline, including all of New England except MA; in 2022, 25 states had natural decline
- In 2023, trends returned to normal, but 19 states still had natural decline, including ME, VT, NH, and RI (which were ranked 2, 3, 4, and 11, respectively, in terms of greatest rate of decline)

And this trend isn't confined to the U.S.

- According to Eurostat, the European Union has seen natural population decrease almost every year since 2012, with the decline accelerating over time

The Lancet published a study in March 2024 on global fertility rates



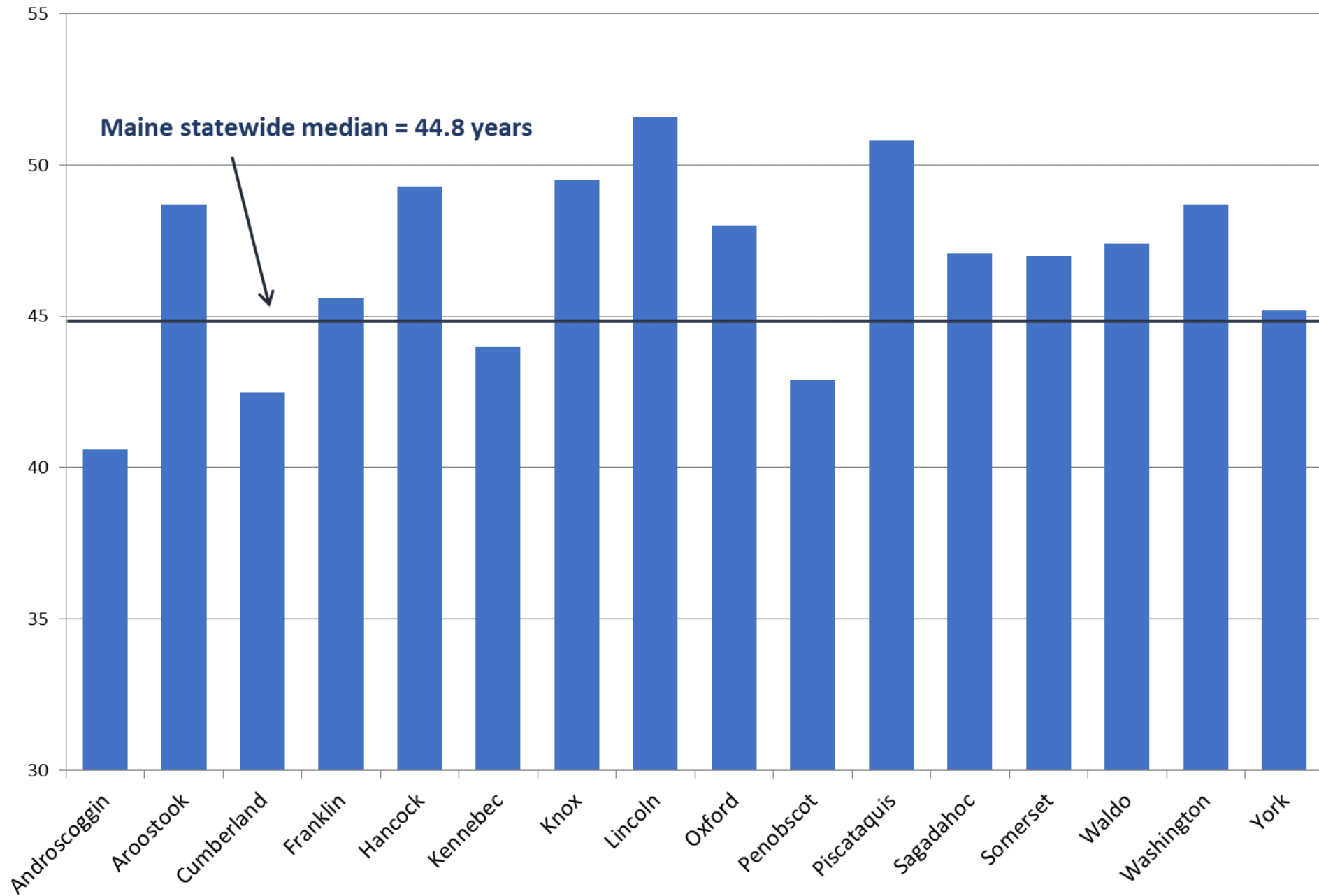
The study finds that by 2050, over 75% of countries will have natural population decreases (i.e. total fertility rates below the replacement rate)

New England has the highest median age in the U.S. and the three states with the highest median ages (ME, NH, VT)

- CT and ME were the only two states in the U.S. to see a decline in the median age in 2021
- ME was one of only four states in the U.S. to see no increase in the median age in 2022

	2022 Median Age	2022 National Rank	Change from 2020 to 2021	Change from 2021 to 2022
Massachusetts	40.1	34	0.1	0.2
Rhode Island	40.6	41	0.2	0.2
Connecticut	40.9	43	-0.1	0.1
Vermont	43.2	48	0.0	0.2
New Hampshire	43.3	49	0.2	0.1
Maine	44.8	50	-0.1	0.0

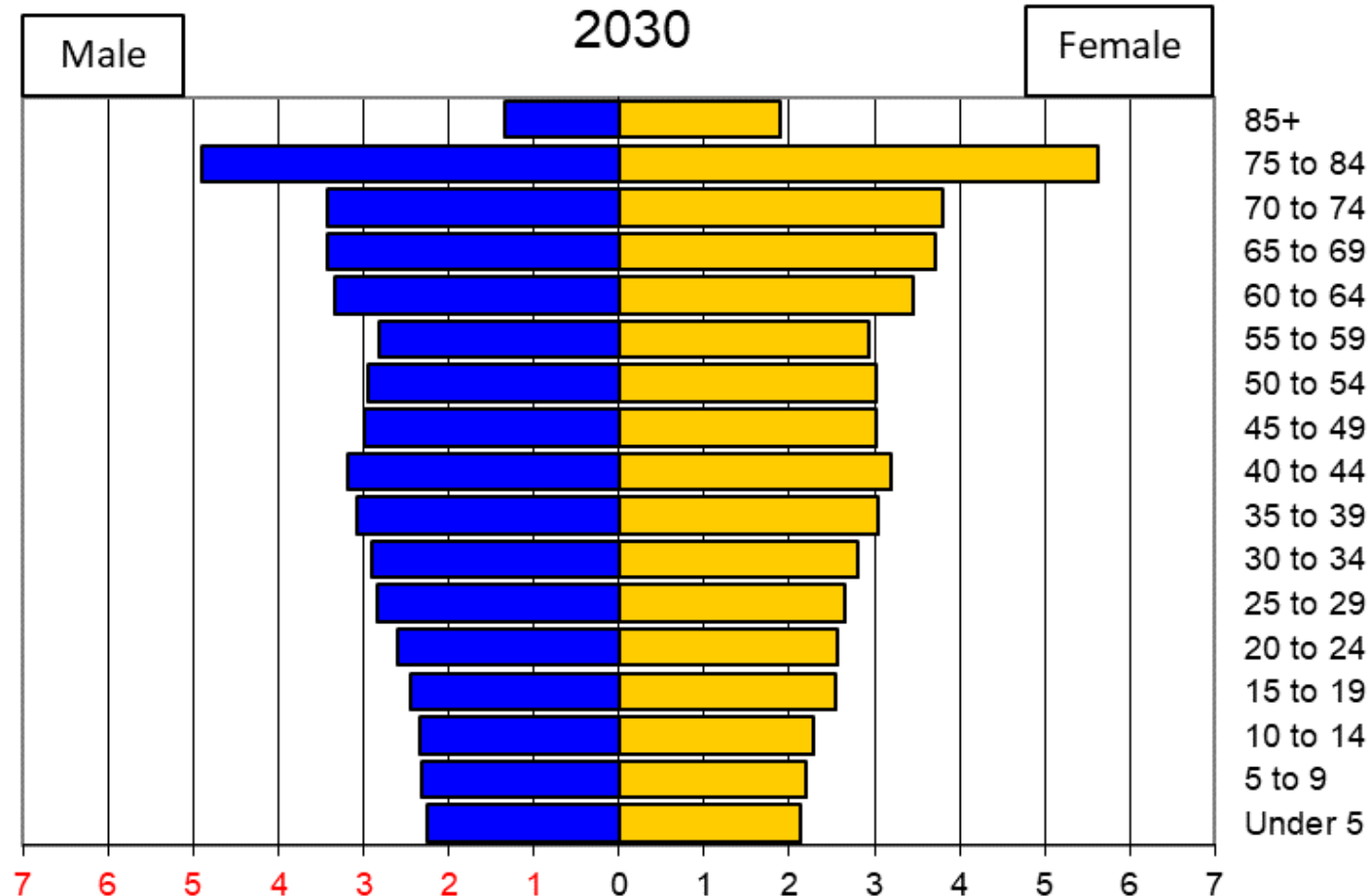
Median Age



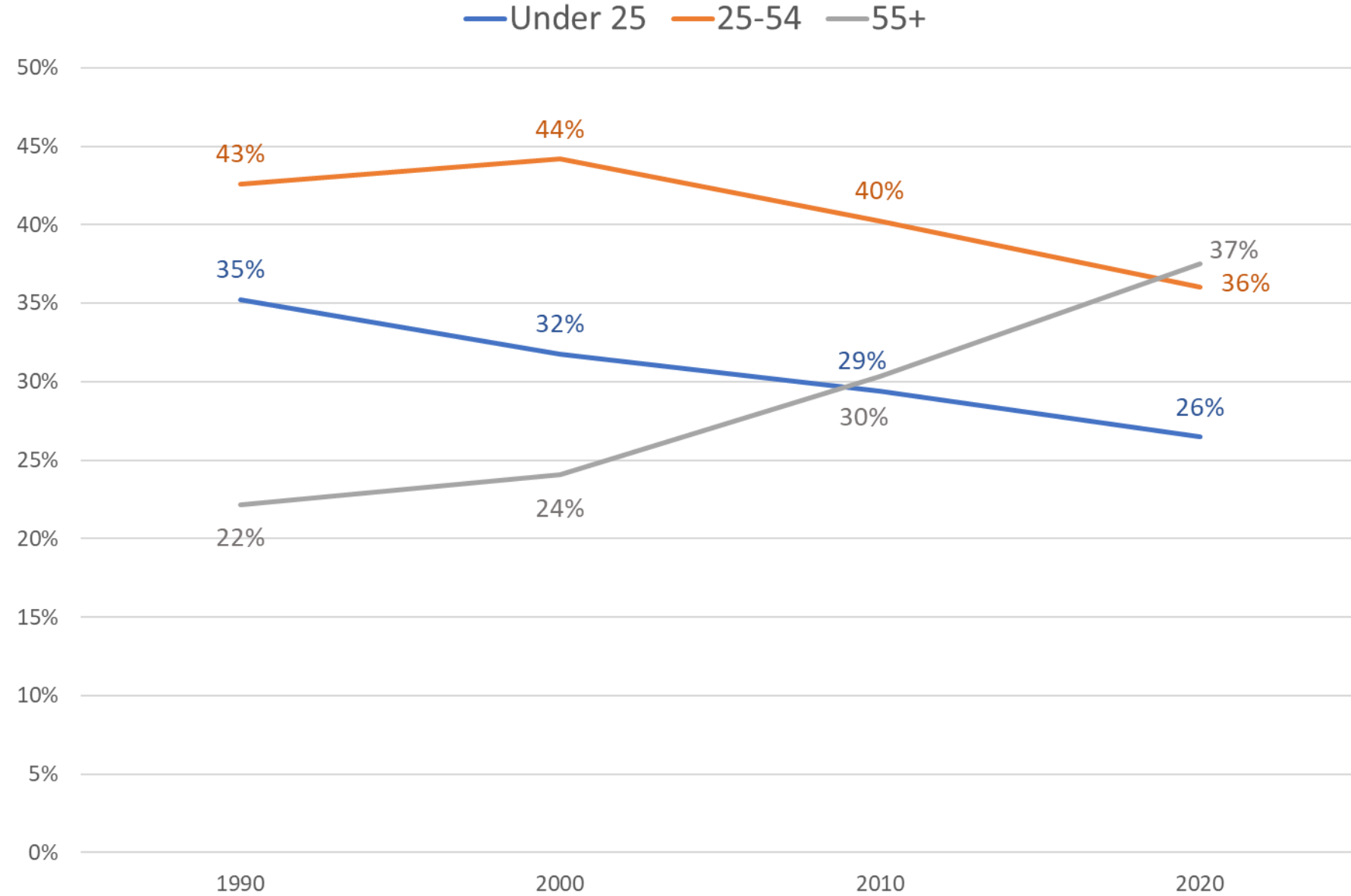
The Baby Boom: 1946-1964

Baby Boom
generation in
2030: age 66-84

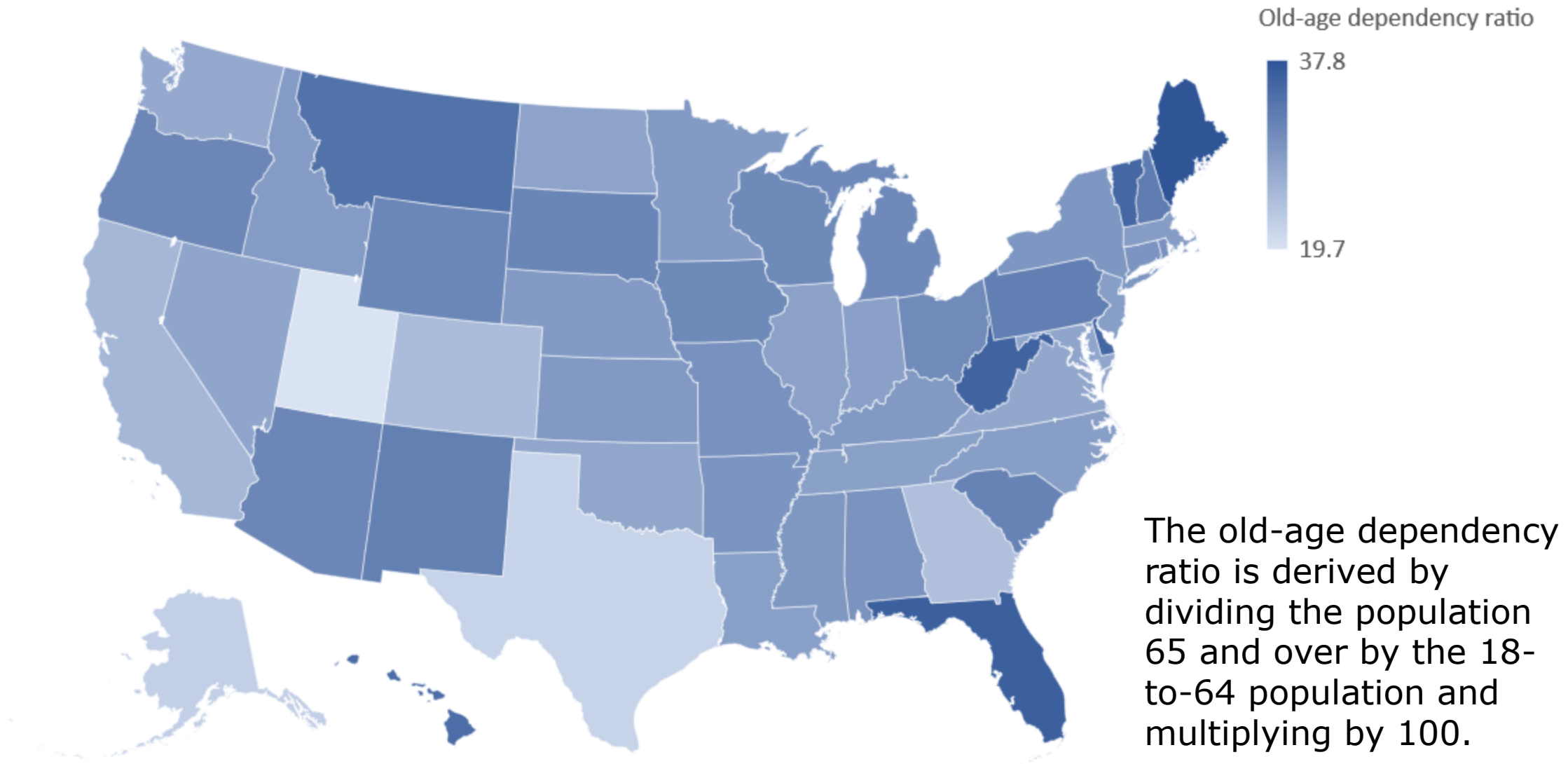
Baby Boom
generation in
2022: age 58-76



Share of Total Maine Population by Age



Old-age Dependency Ratio by State



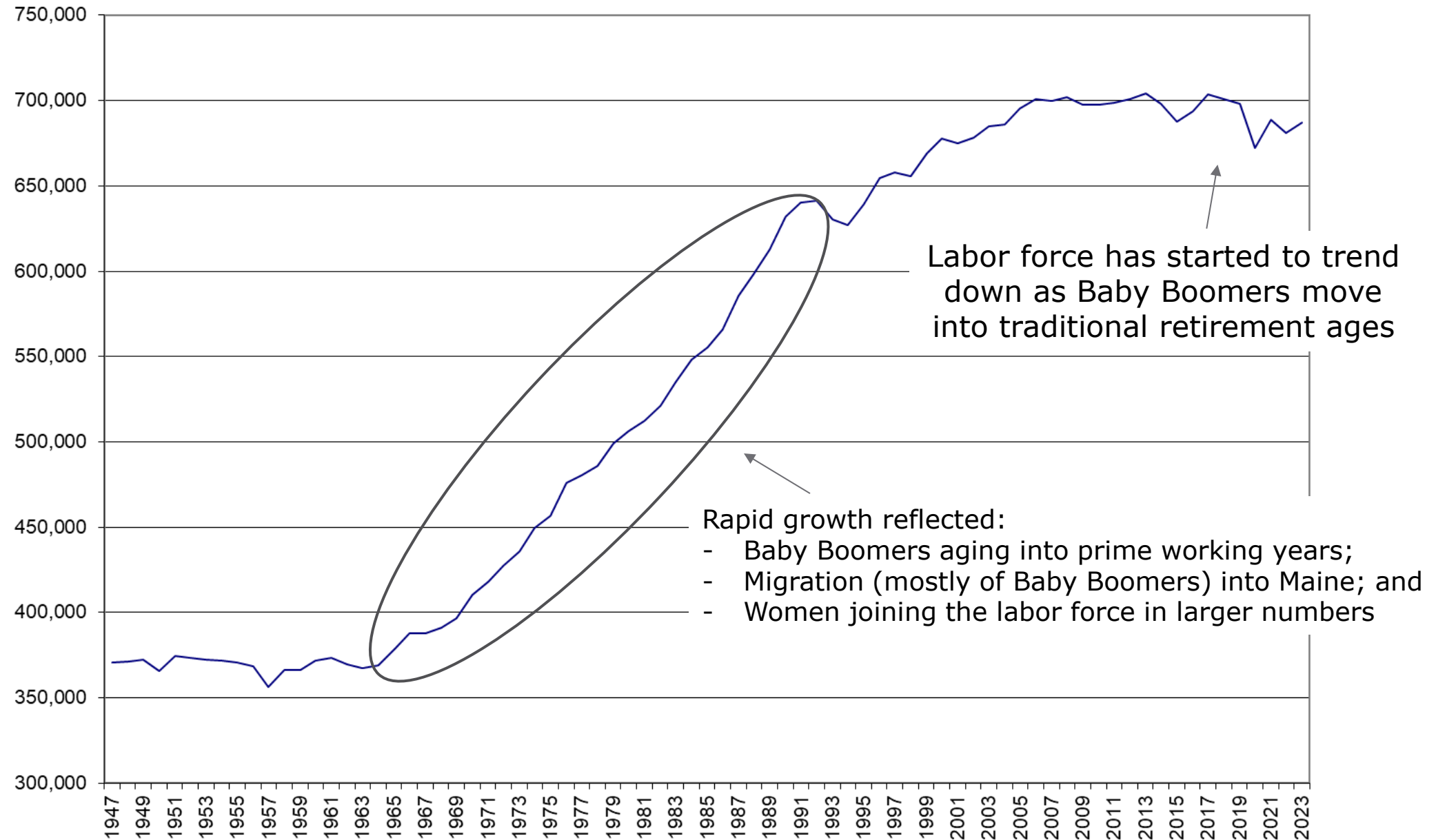
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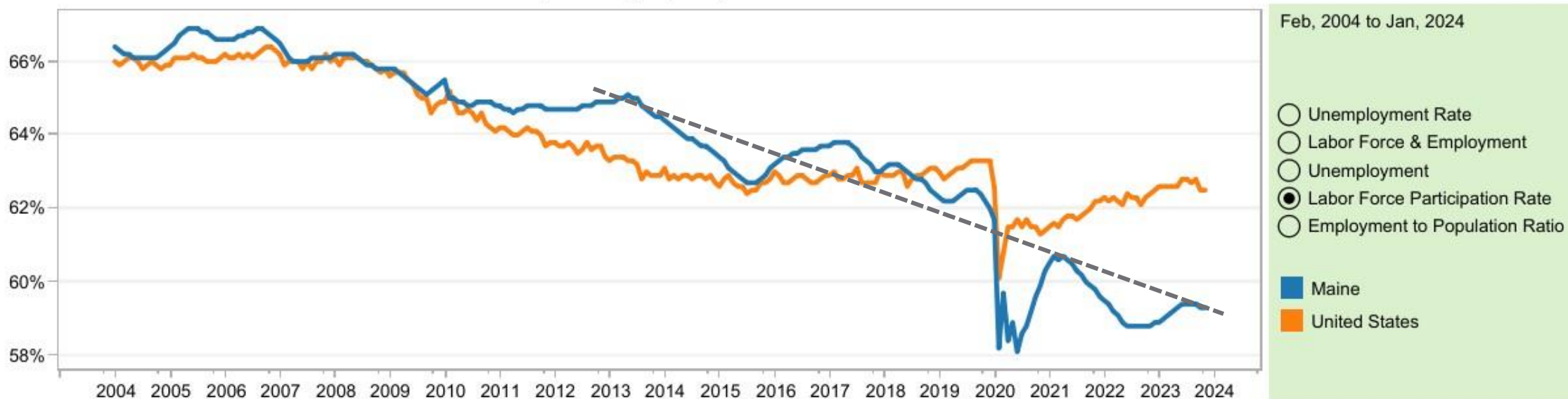
Source: World Bank

Japan: 51.2 (highest)
Canada: 29.1
U.S.: 26.4

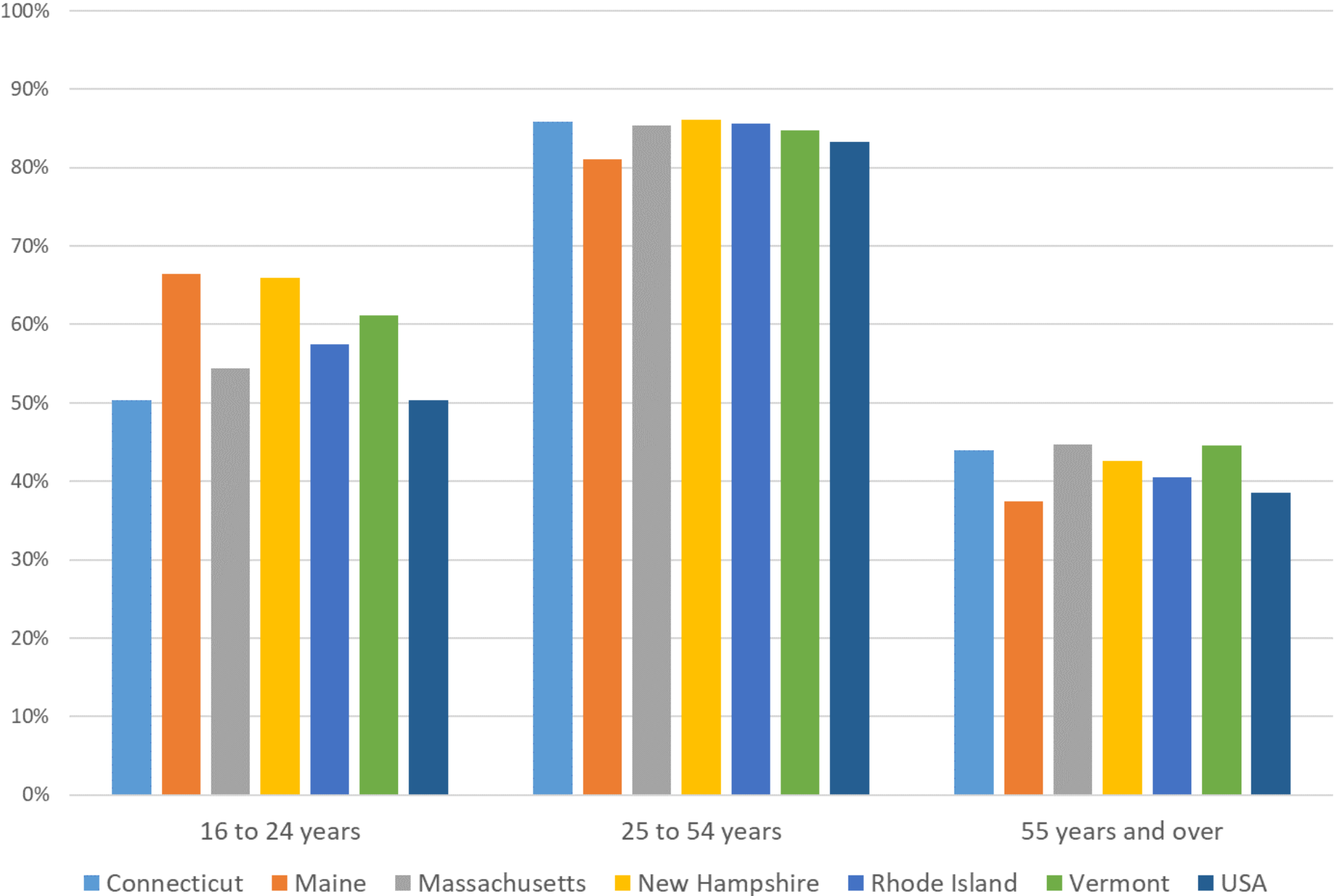
Maine Civilian Labor Force



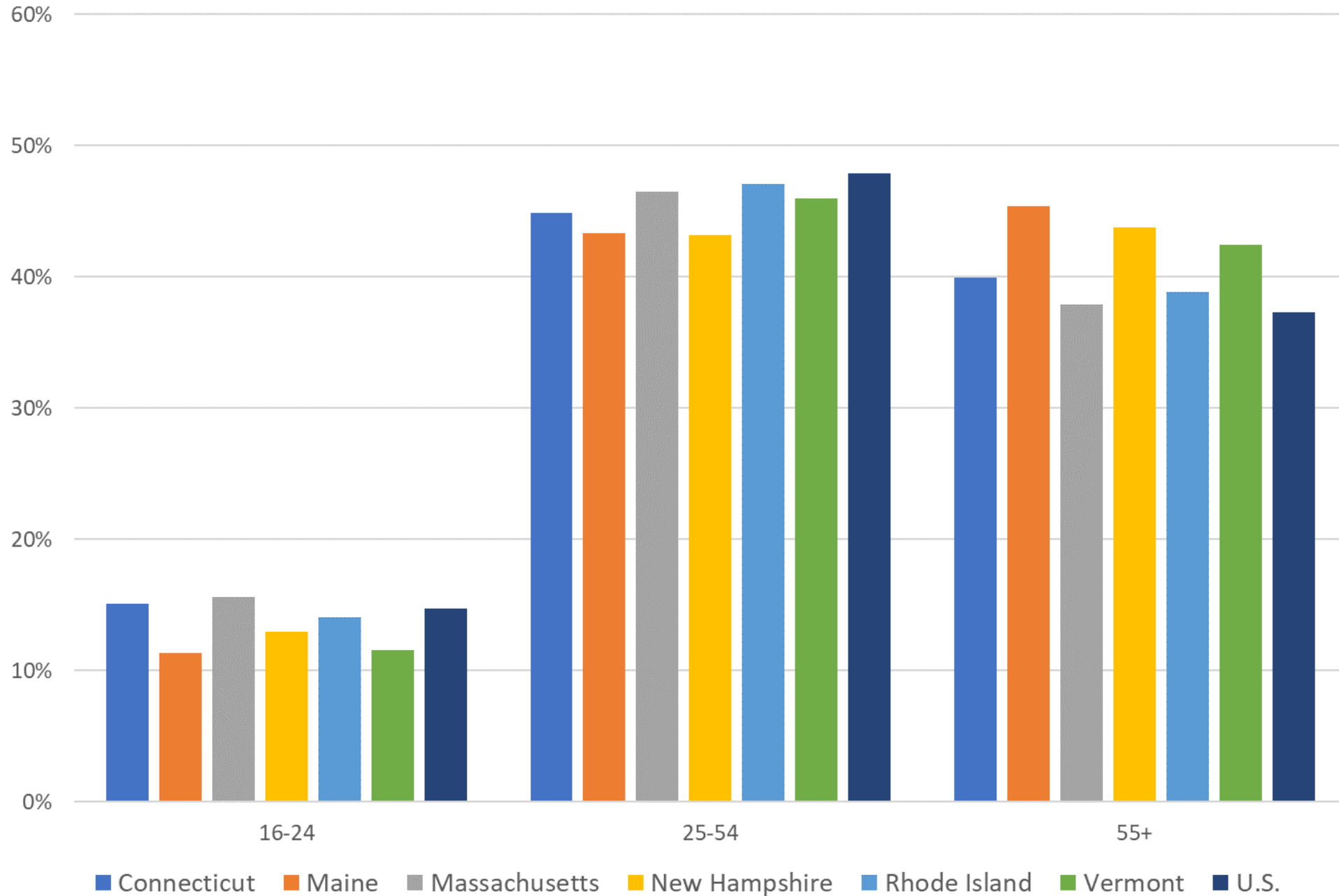
Labor Force Participation Rate (seasonally adjusted)



Labor Force Participation Rate, 2023



Civilian Noninstitutional Population by Age, 2023



County Rates (not seasonally adjusted)

April, 2024

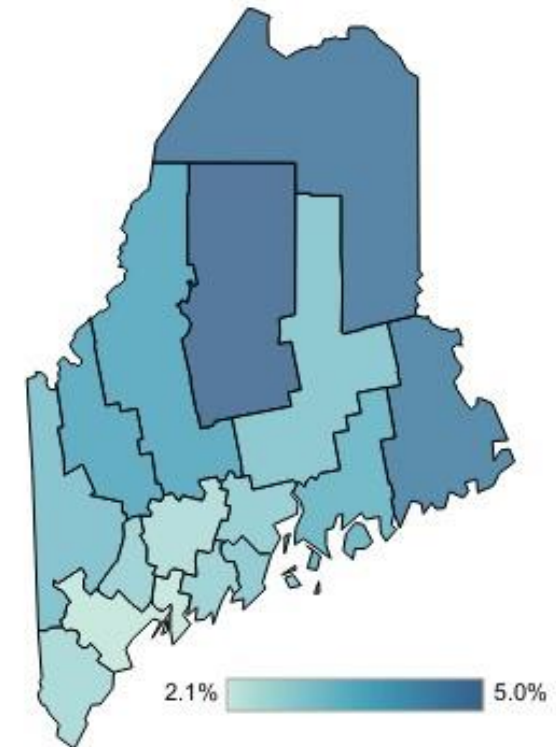
- ☒ Table
☐ Graph

Map/Graph Display

- ☒ Unemployment rate
☐ One-year change

County	Rate	Year ago	One-yr change
Maine	2.8%	2.5%	0.3 ↑
Androscoggin	2.7%	2.6%	0.1 ↑
Aroostook	4.7%	4.1%	0.6 ↑
Cumberland	2.1%	2.0%	0.1 ↑
Franklin	3.7%	3.5%	0.2 ↑
Hancock	3.4%	3.0%	0.4 ↑
Kennebec	2.4%	2.1%	0.3 ↑
Knox	2.9%	2.4%	0.5 ↑
Lincoln	2.7%	2.5%	0.2 ↑
Oxford	3.1%	2.6%	0.5 ↑
Penobscot	3.0%	2.6%	0.4 ↑
Piscataquis	5.0%	4.2%	0.8 ↑
Sagadahoc	2.1%	1.9%	0.2 ↑
Somerset	3.7%	4.0%	-0.3 ↓
Waldo	2.8%	2.6%	0.2 ↑
Washington	4.5%	4.0%	0.5 ↑
York	2.5%	2.1%	0.4 ↑

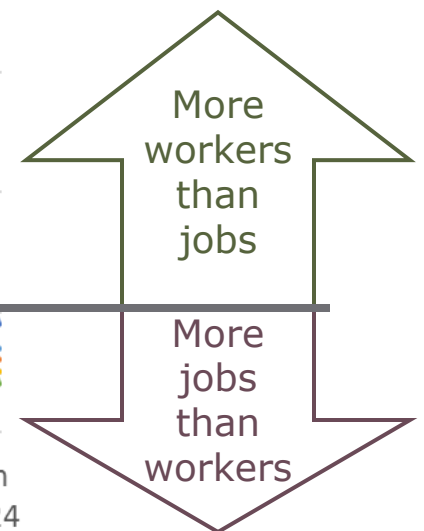
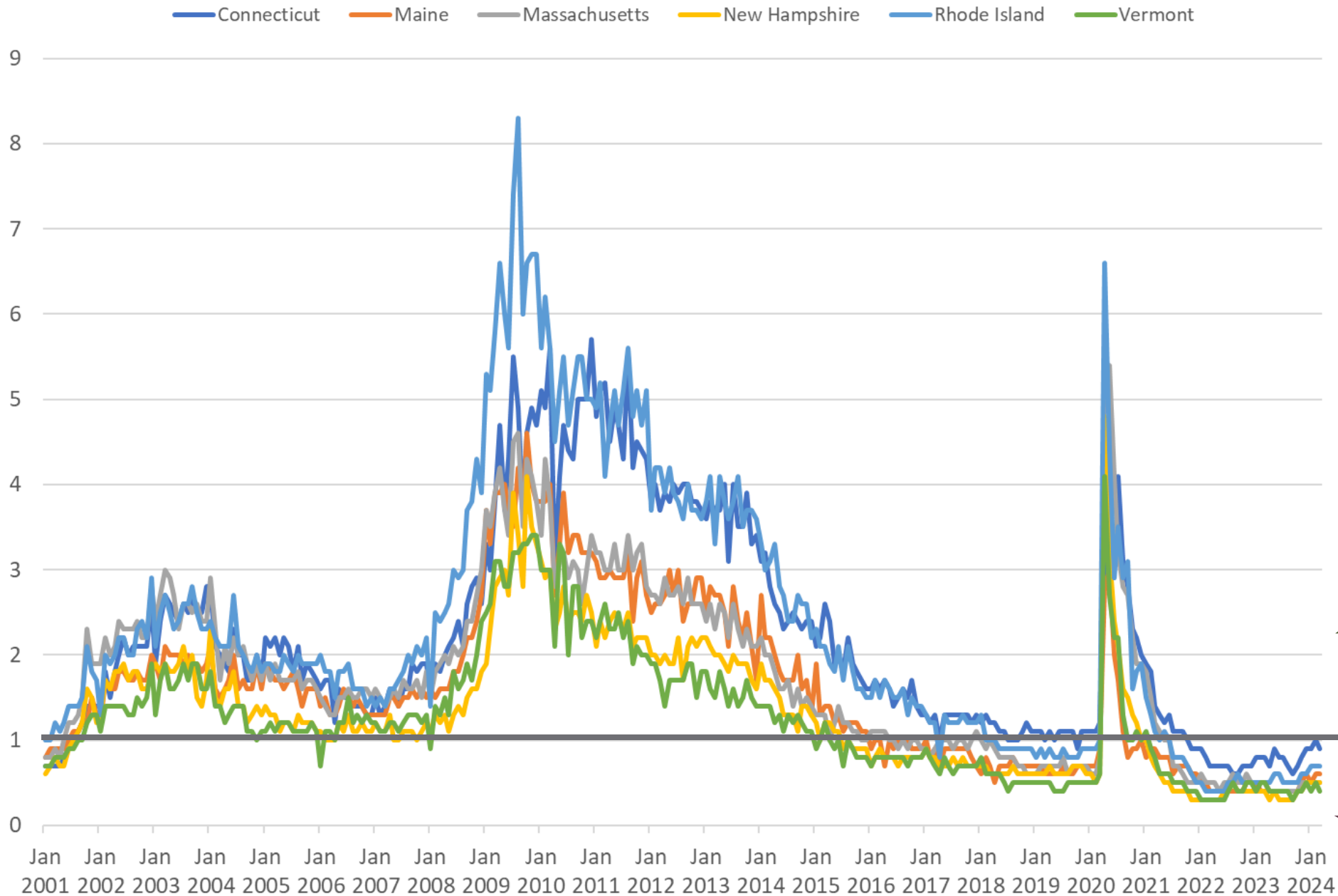
Unemployment rate



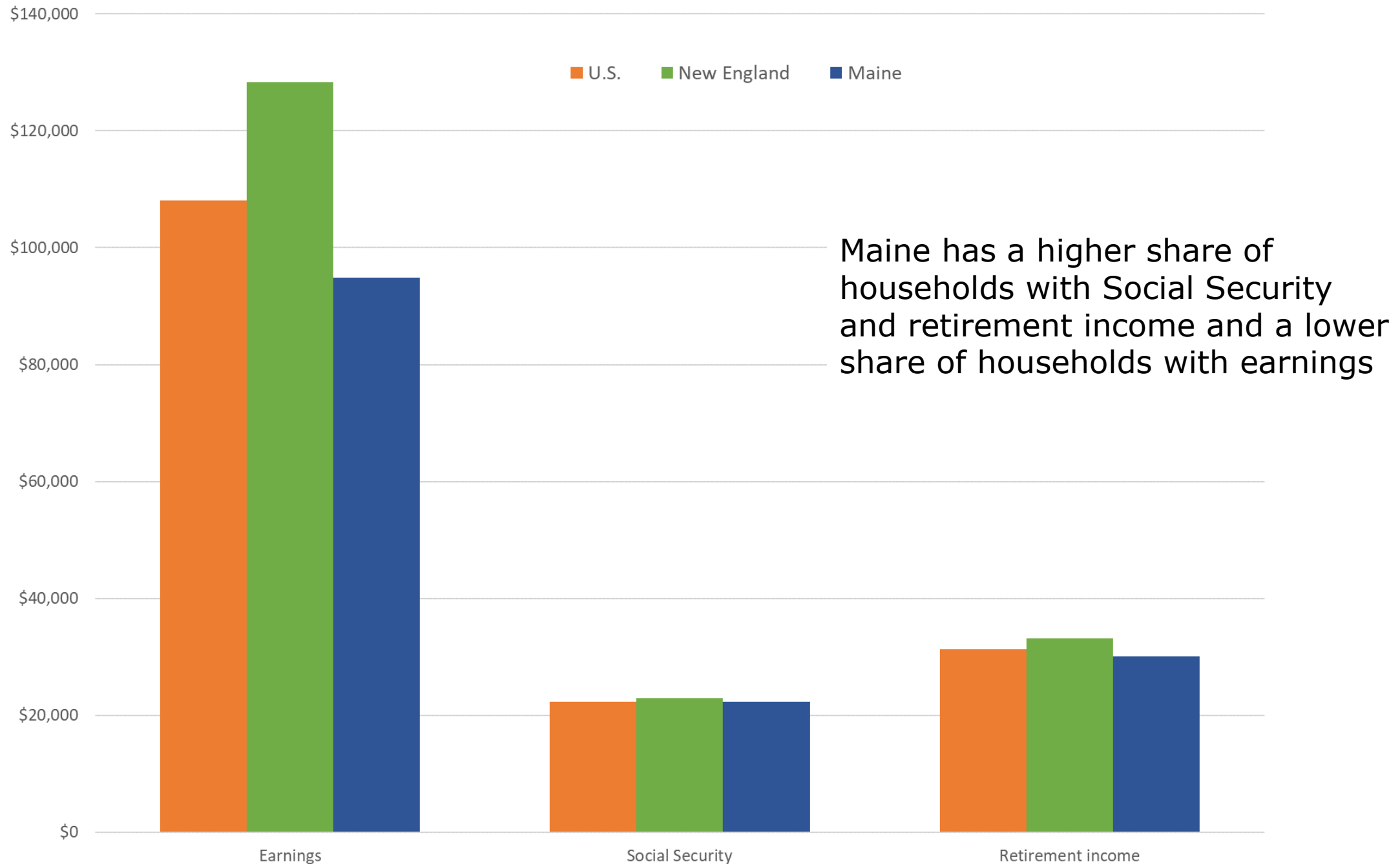
Maine Department of Labor, Center for Workforce Research and Information

Maine's 3.1% unemployment rate in April 2024 was close to recent record lows and little changed over the past six months

Unemployed Persons per Job Opening Ratio



Mean amount for households with...



Contact Information

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