

Population and Demographic Trends, Aroostook and Maine

Aroostook Agency on Aging

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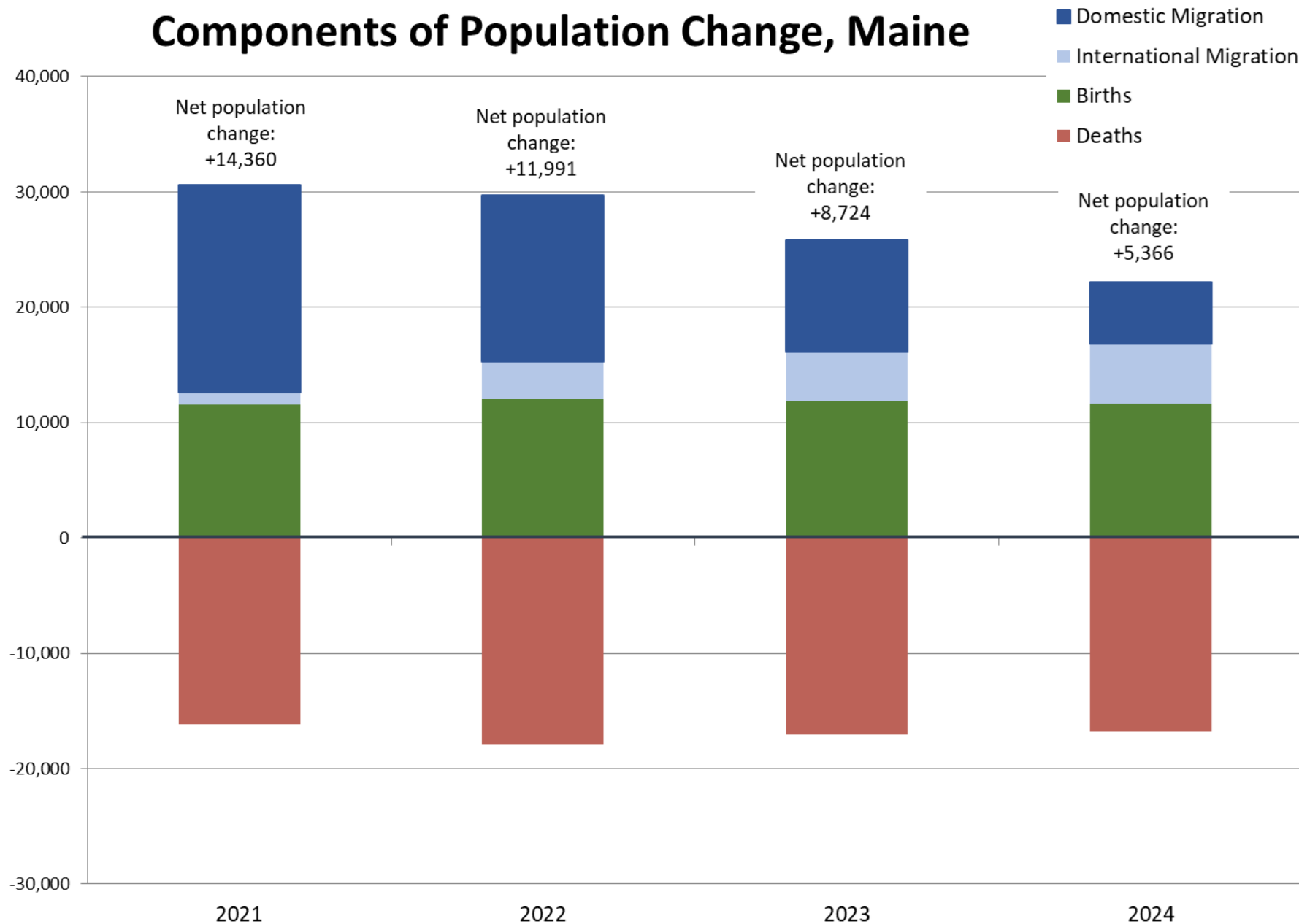
June 24, 2025



Recent population trends in Maine

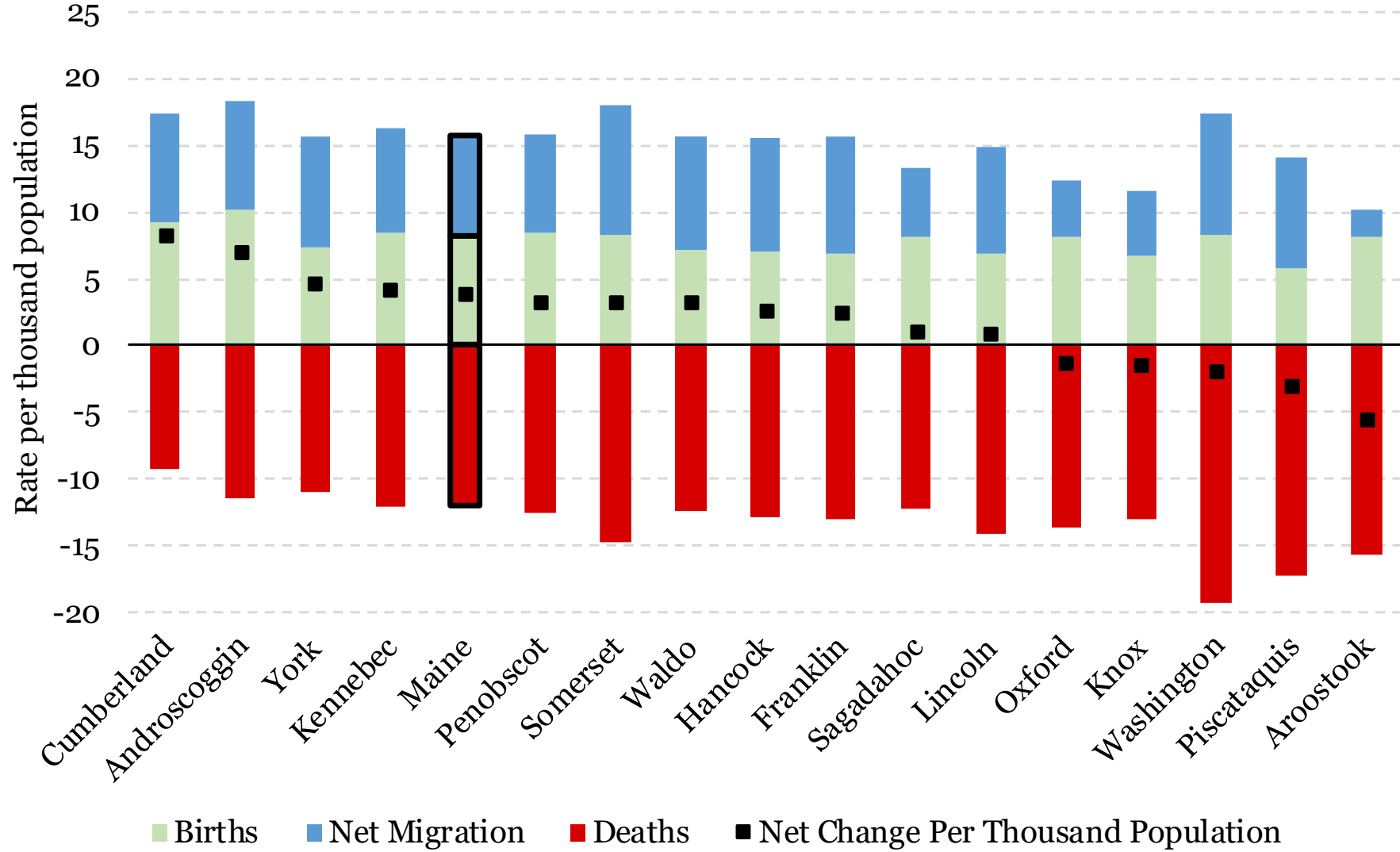
- Population increase from 2010-2020 – **2.6% (42nd in the US)**
- From 2020-2024: **3.1% (17th in the US)**
- **Net migration** is driving population growth in Maine
 - 2021 & 2022: High levels of in-migration, mostly from other US states, rural counties saw high rates of growth
 - 2023 & 2024: Slower overall growth, but more evenly split between domestic and international migration, growth more pronounced in urban counties

Components of Population Change, Maine



Components of Population Change in Maine, 7/1/2023-7/1/2024

Rate per thousand population



Maine's Population Outlook: 2022-2032

Maine is projected to grow by 3.5%:

- Population age 65+ will grow by more than 110,000 (+36%).
- Mainers age 0-19 are expected to decline by 10,000 (-9%).

Table 3. Maine population projections by age cohort

Maine Statewide Population by Age			
	2022 (historical)	2027	2032
0-19 years	284,733	269,372	259,123
20-39 years	331,993	330,491	320,951
40-64 years	461,727	441,346	436,607
65+ years	310,885	378,679	421,663

Percent Change in Population			
	2022- 2027	2027- 2032	2022- 2032
0-19 years	-5.4%	-3.8%	-9.0%
20-39 years	-0.5%	-2.9%	-3.3%
40-64 years	-4.4%	-1.1%	-5.4%
65+ years	21.8%	11.4%	35.6%



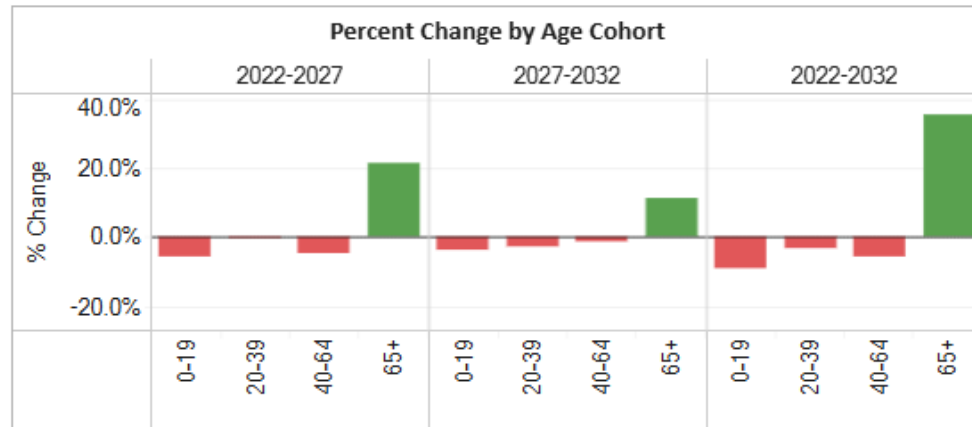
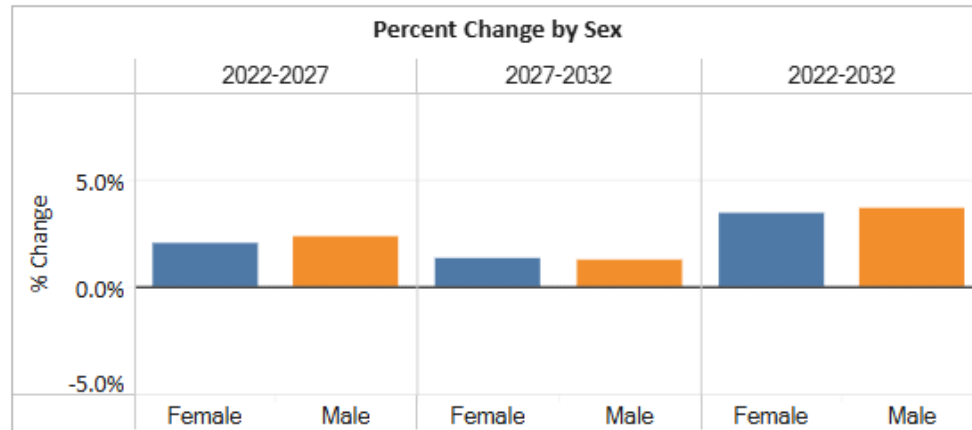
State and County Population Outlook to 2032

Scroll over figures for more information

Change County:

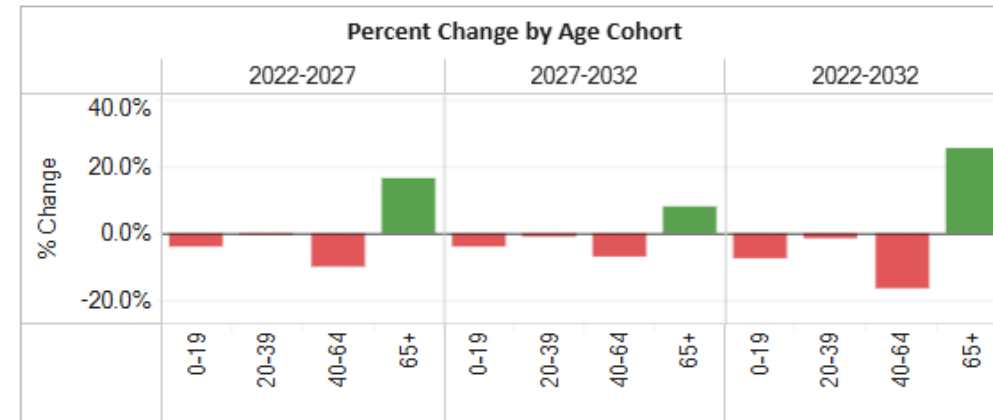
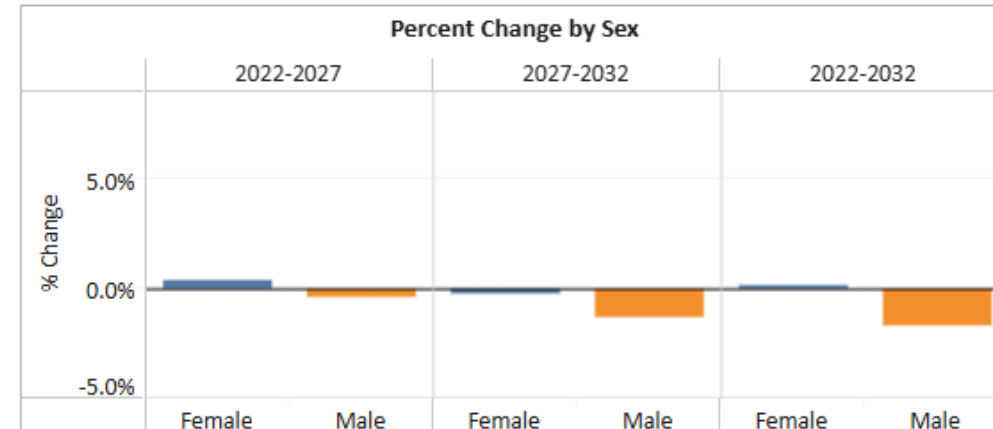
Maine Statewide

5-Year Percent Change		10-Year Percent Change
2022-2027	2027-2032	2022-2032
2.2%	1.3%	3.5%

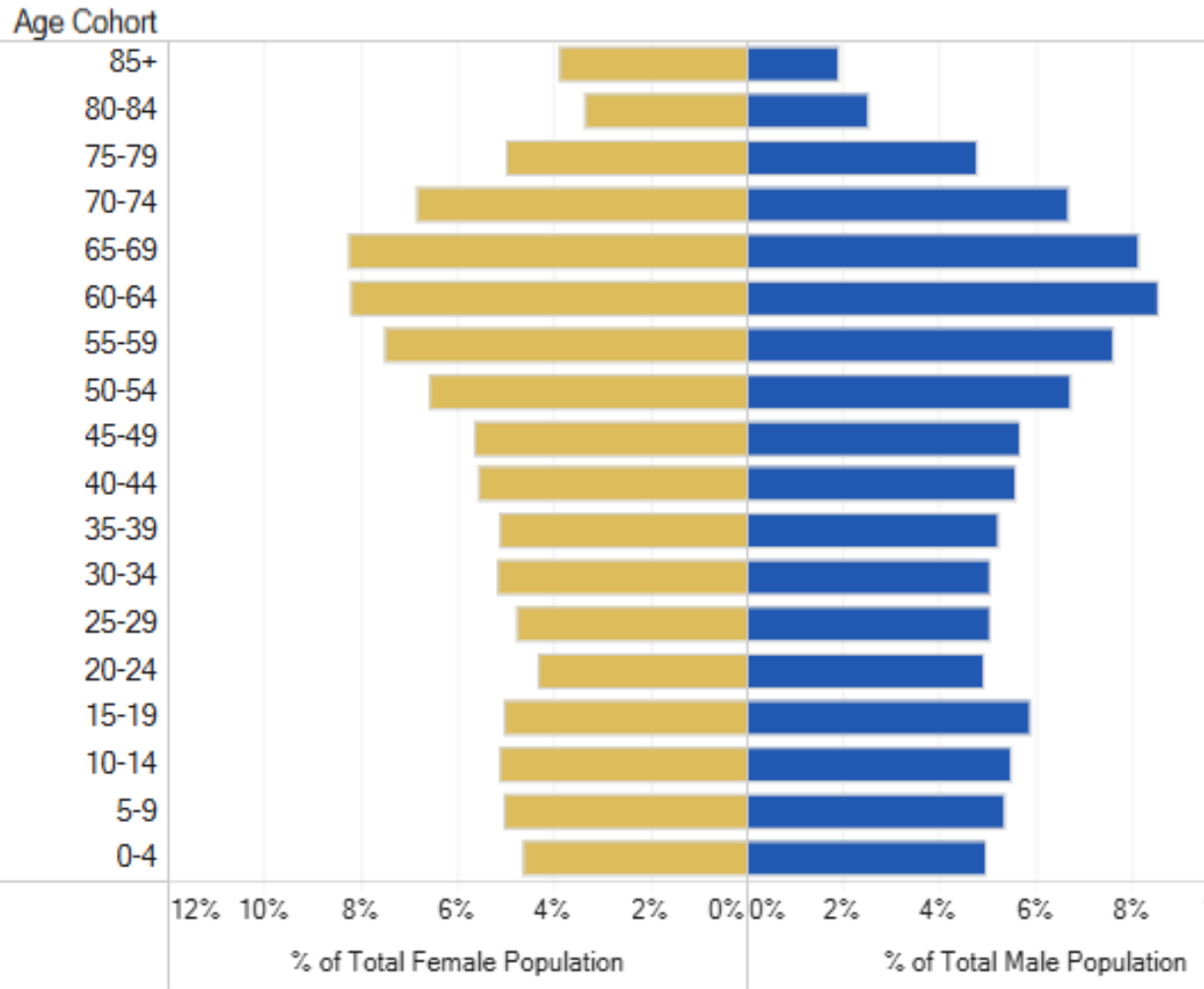


Aroostook County

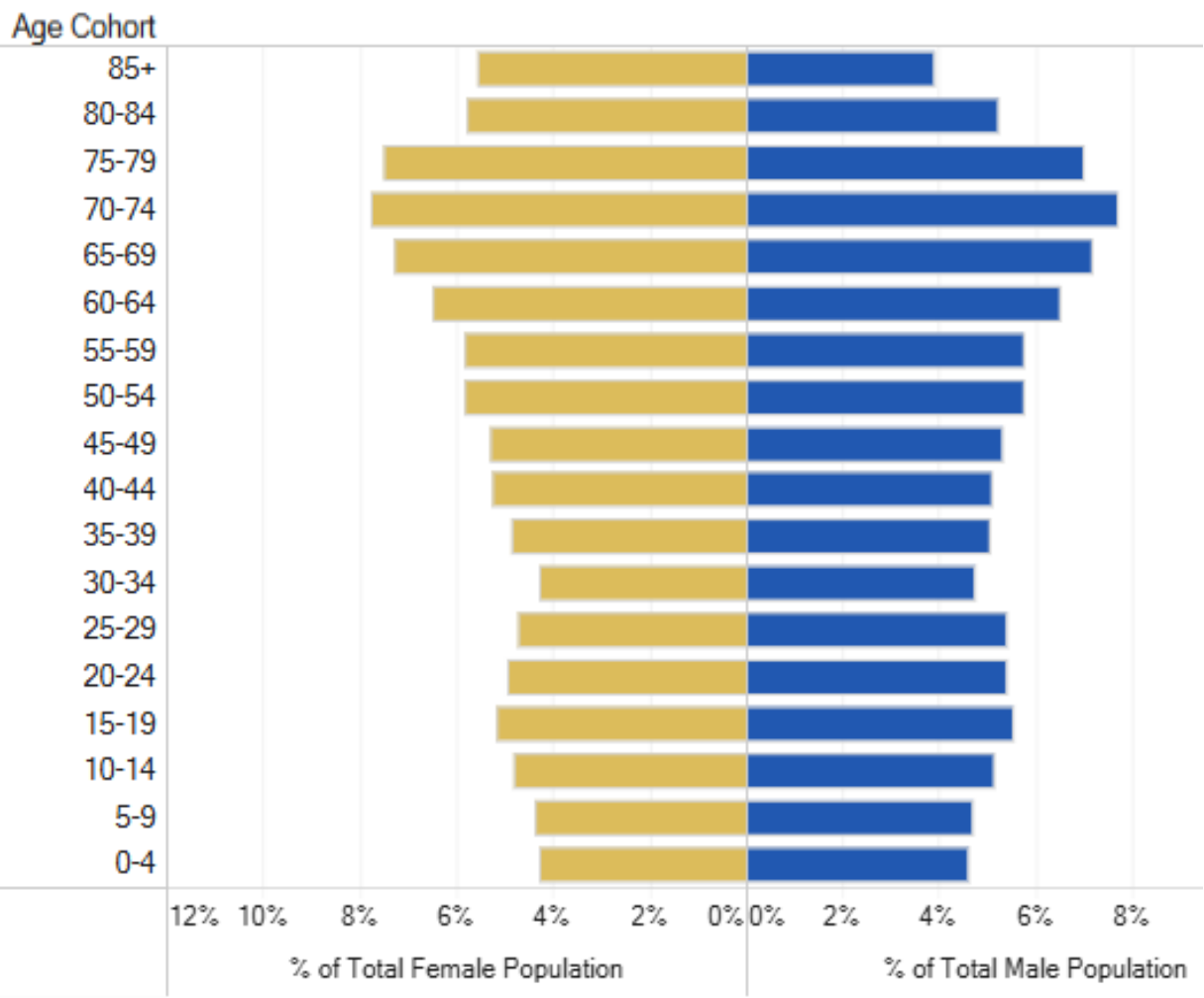
5-Year Percent Change		10-Year Percent Change
2022-2027	2027-2032	2022-2032
0.0%	-0.8%	-0.8%



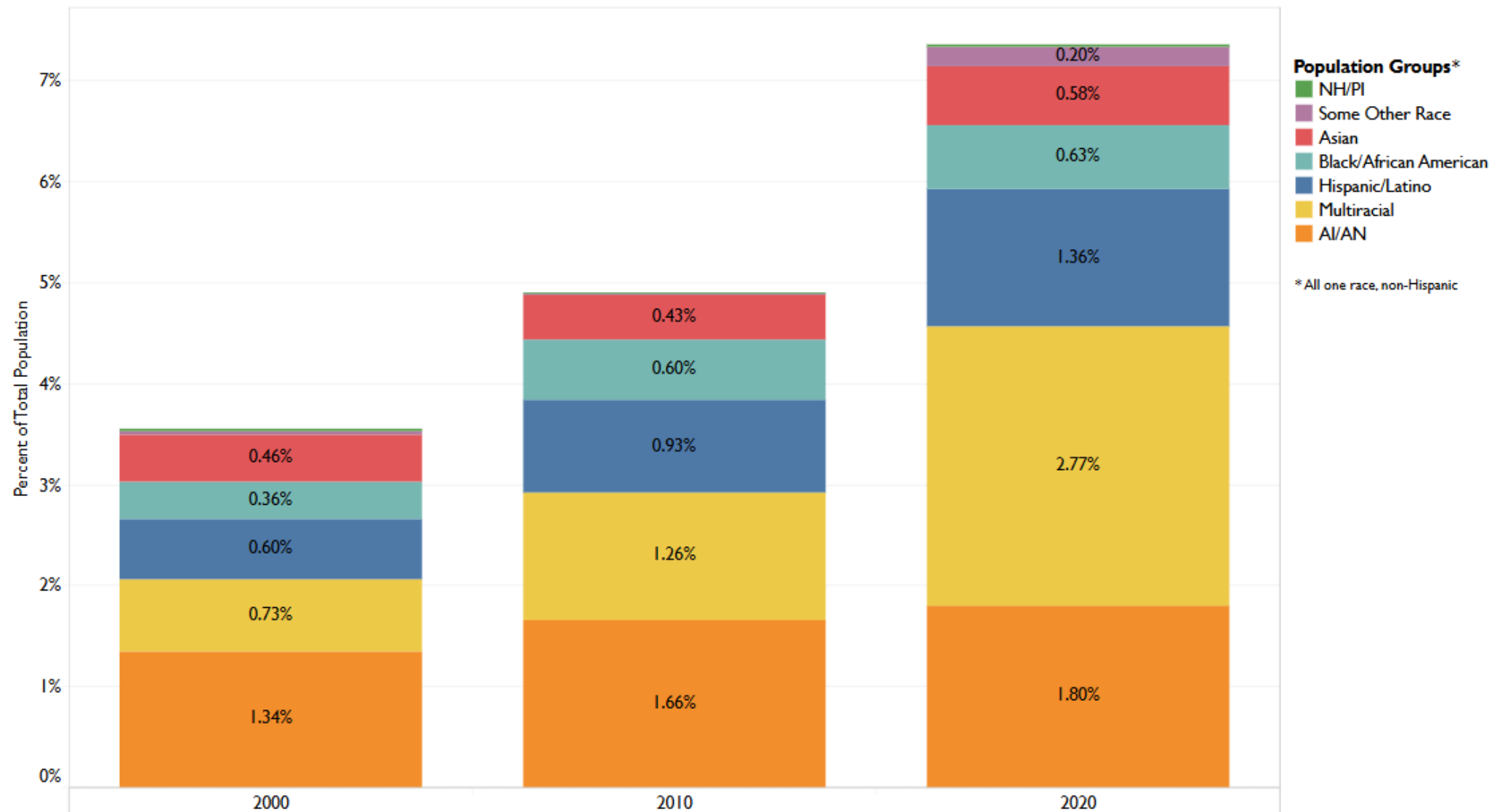
Aroostook | 2022, Historical population



Aroostook | 2032, Projected population



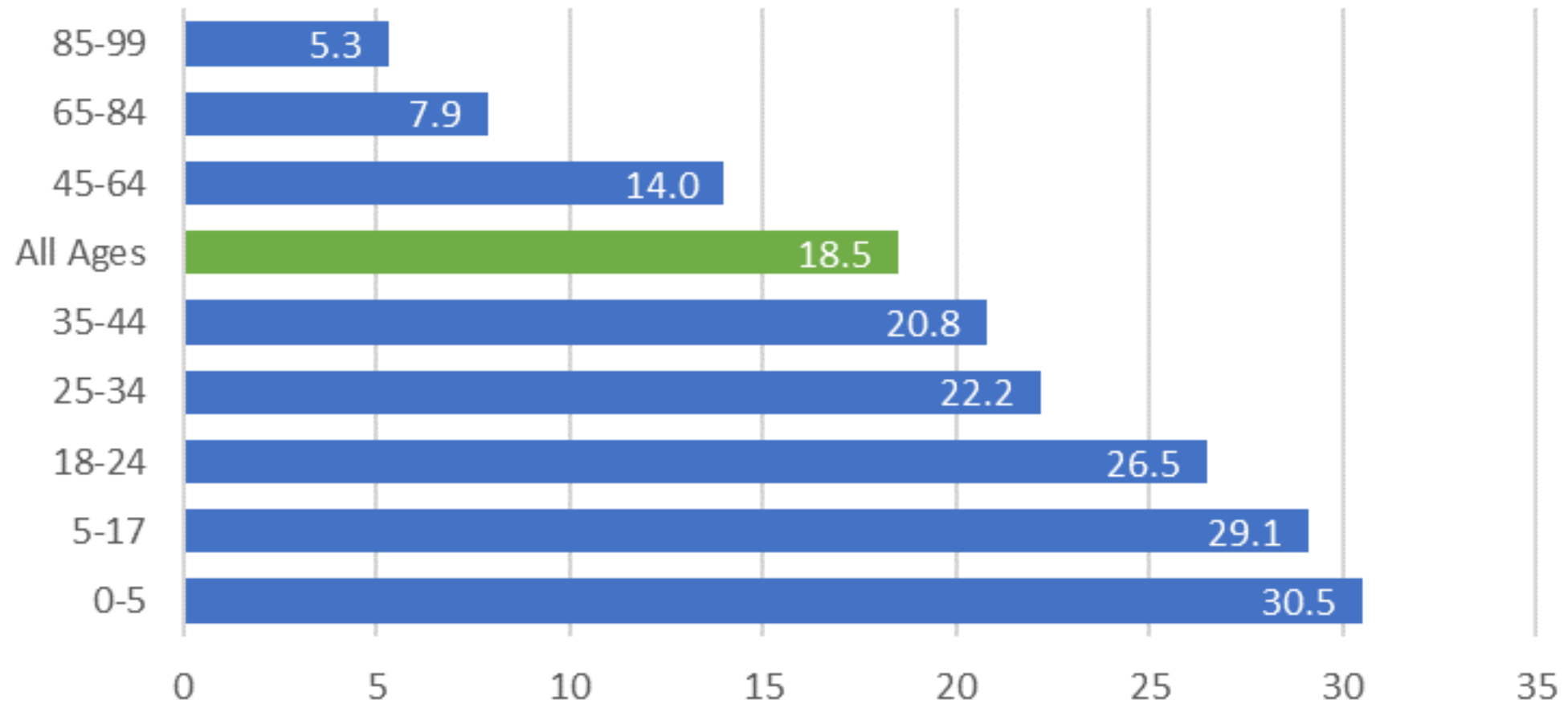
Share of Total Population by Population Group | Aroostook County



Data source: 2000, 2010, and 2020 U.S. Decennial Census.

Notes: Bars with less than 0.10% are not labeled for clarity. The White population is excluded from this figure as it comprises over 90% of the population. AI/AN (American Indian/Alaska Native). NH/PI (Native Hawaiian/Pacific Islander)

Racial and Ethnic Diversity Index by Age Maine, 2020



Aroostook Population Age 65+

	Total Population	Age 65+
Householder living alone	14%	24%
With any disability	21%	38%
Veterans	10%	18%
Speak a language other than English at home	14%	21%
Below poverty	14%	14%
At 100-149% of poverty	10%	14%

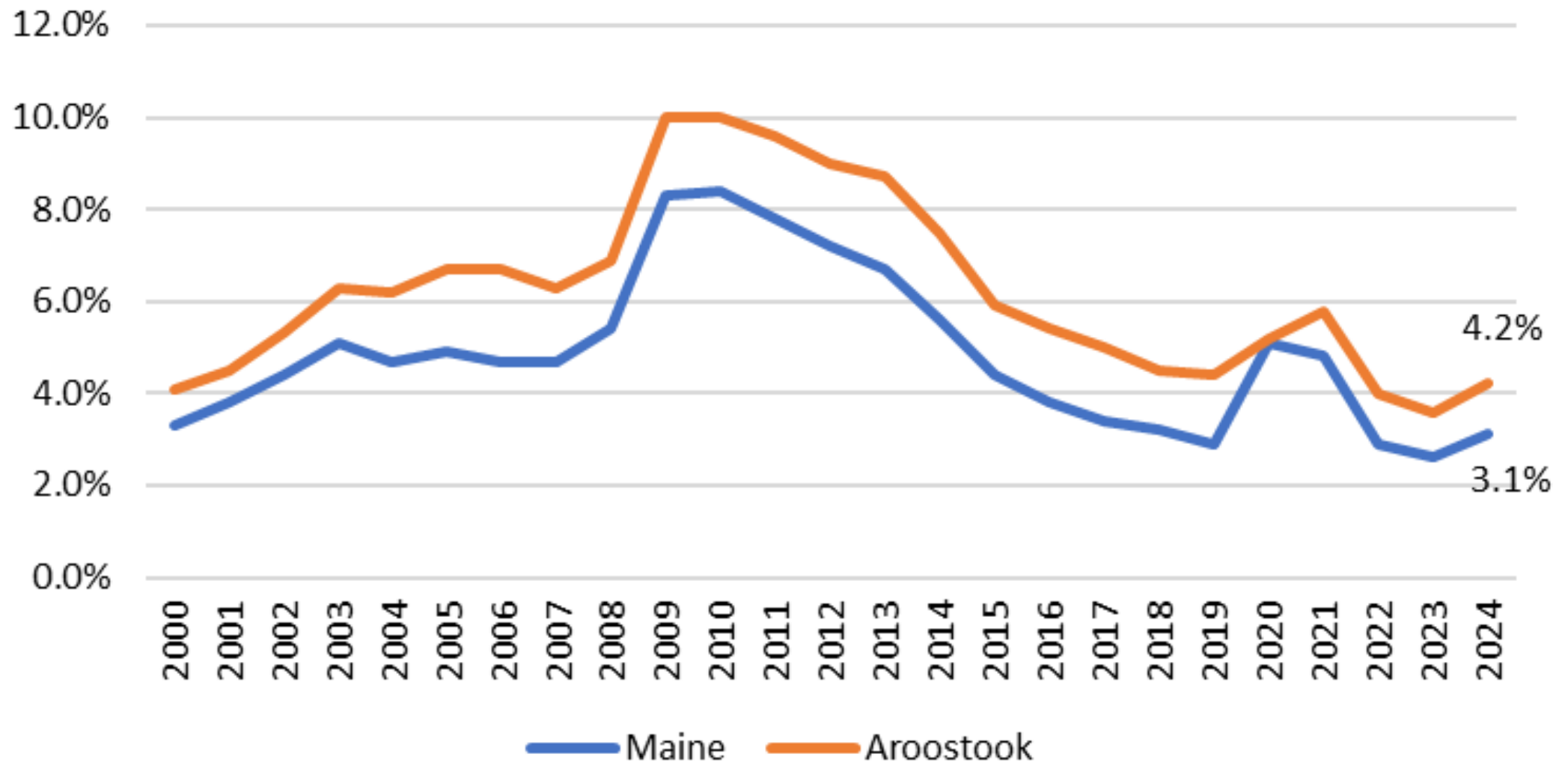
How do Maine's Demographic Trends Affect the Workforce?

- Fewer young people entering the workforce
- Large number of retirements
- Recent migration, but not sufficient to offset these larger, long-term trends

→ smaller share of the population in the labor force

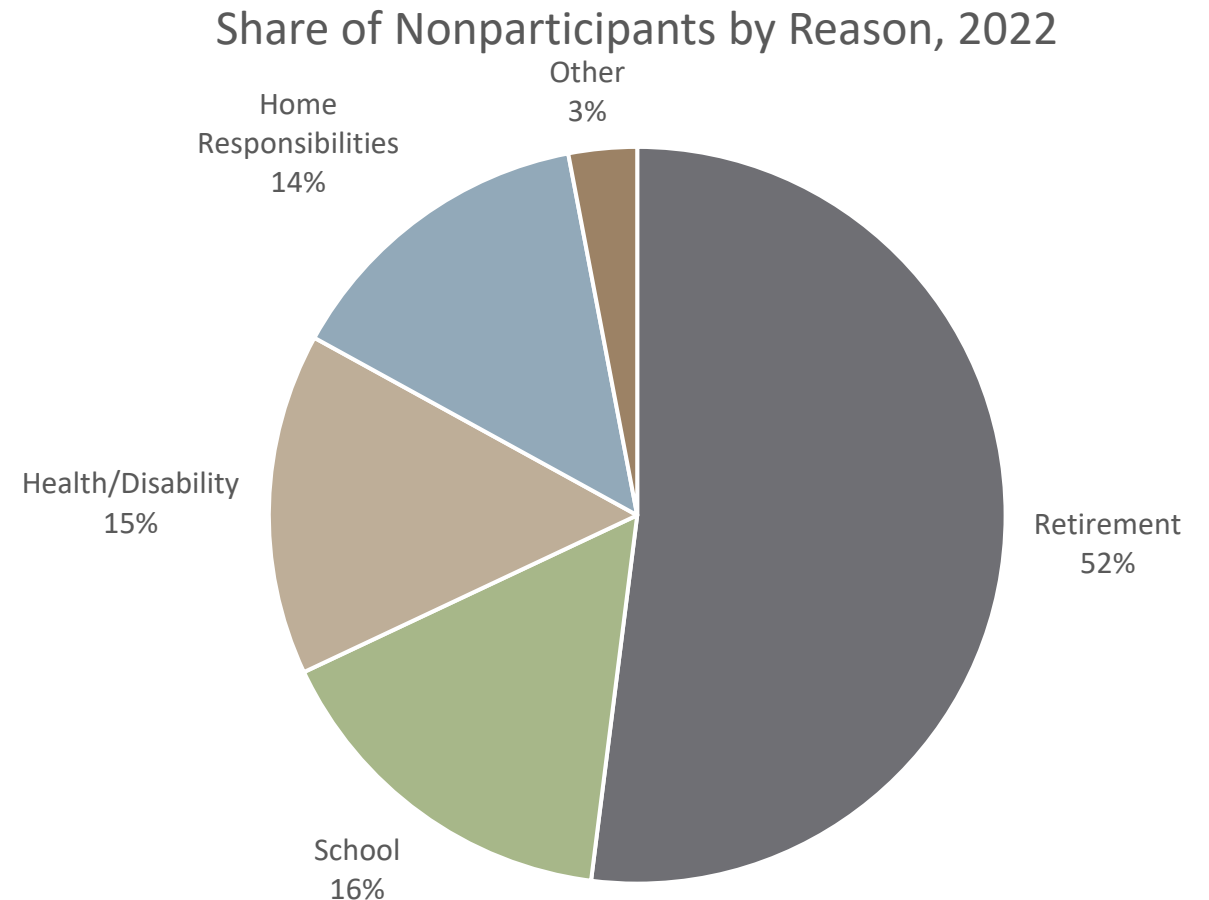
→ slower (or zero) job growth

Annual Average Unemployment Rate

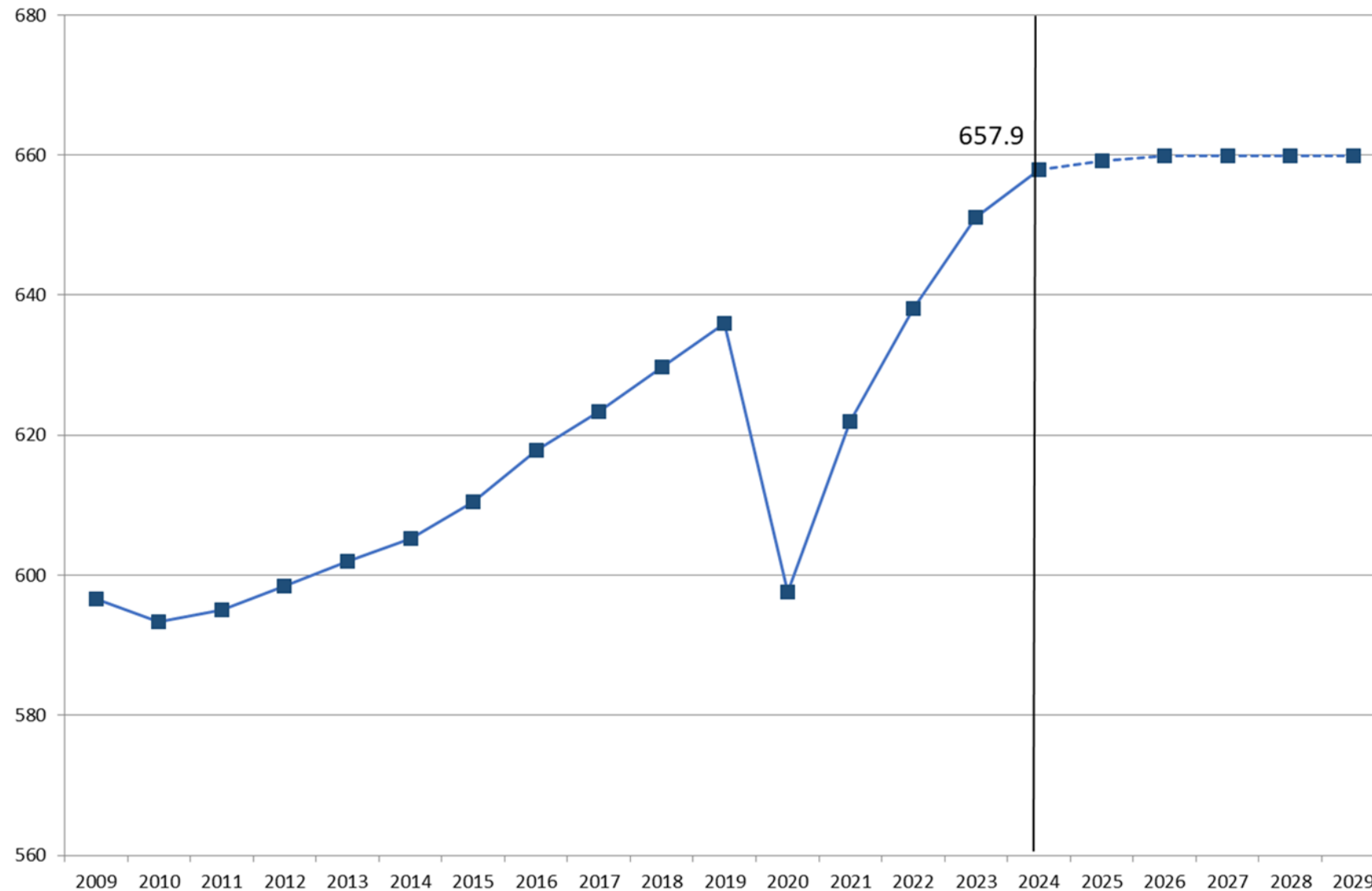


What are the reasons people are not in the labor force?

- Retirement (primarily age 55+)
- School attendance
- Health/disability
- Home responsibilities
- Other reasons



Total Nonfarm Employment (in thousands) History and Consensus Economic Forecasting Commission forecast



Some Opportunities

- Recent migration
- Productivity gains?
- Competition for workers → more opportunities for those wanting to enter (or re-enter) the workforce.
- Remote or hybrid work (especially for rural communities)
- Improved economic opportunity for some populations:
 - Faster wage growth among lower-paid workers
 - Employment gains for some populations that experience structural barriers to employment (e.g. people with disabilities)

Contact information

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