

Demographic and Economic Trends in Maine

Leadership Maine

June 26, 2026

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Maine State Economist

Population and migration

Housing

Demographics

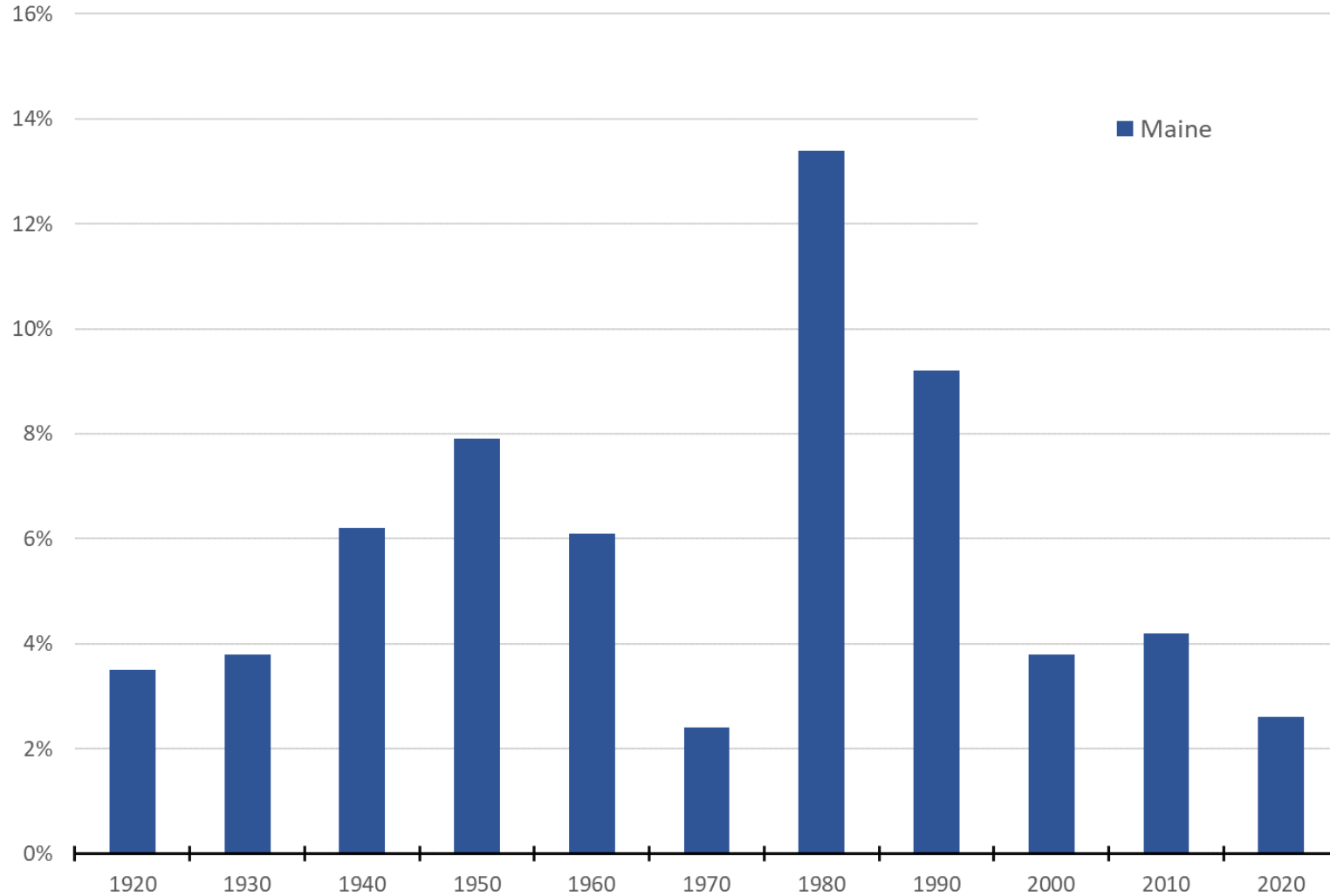
Workforce and employment

Wages, income, and spending

Gross Domestic Product (GDP)

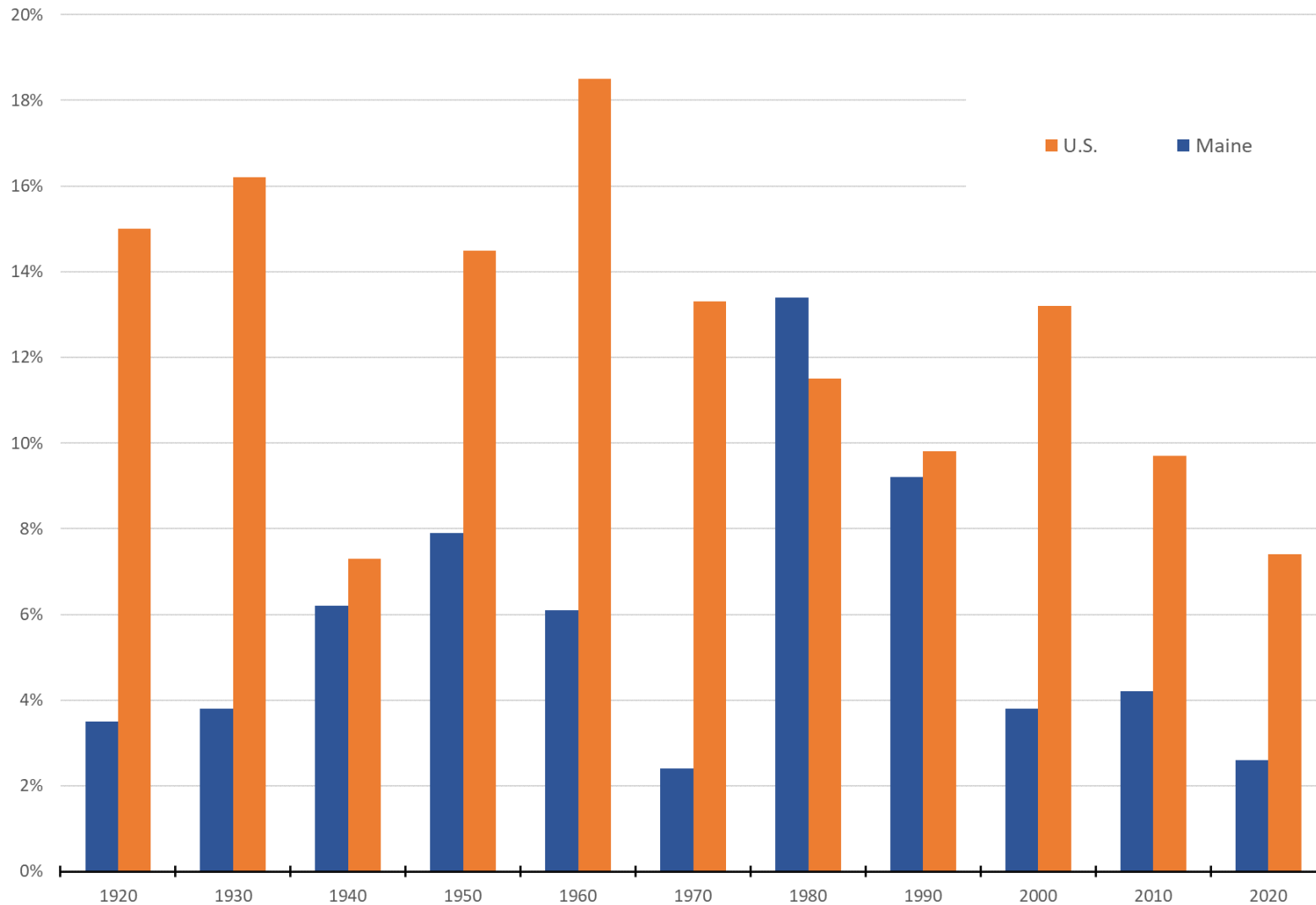
Population and migration

Population Growth from Previous Decade



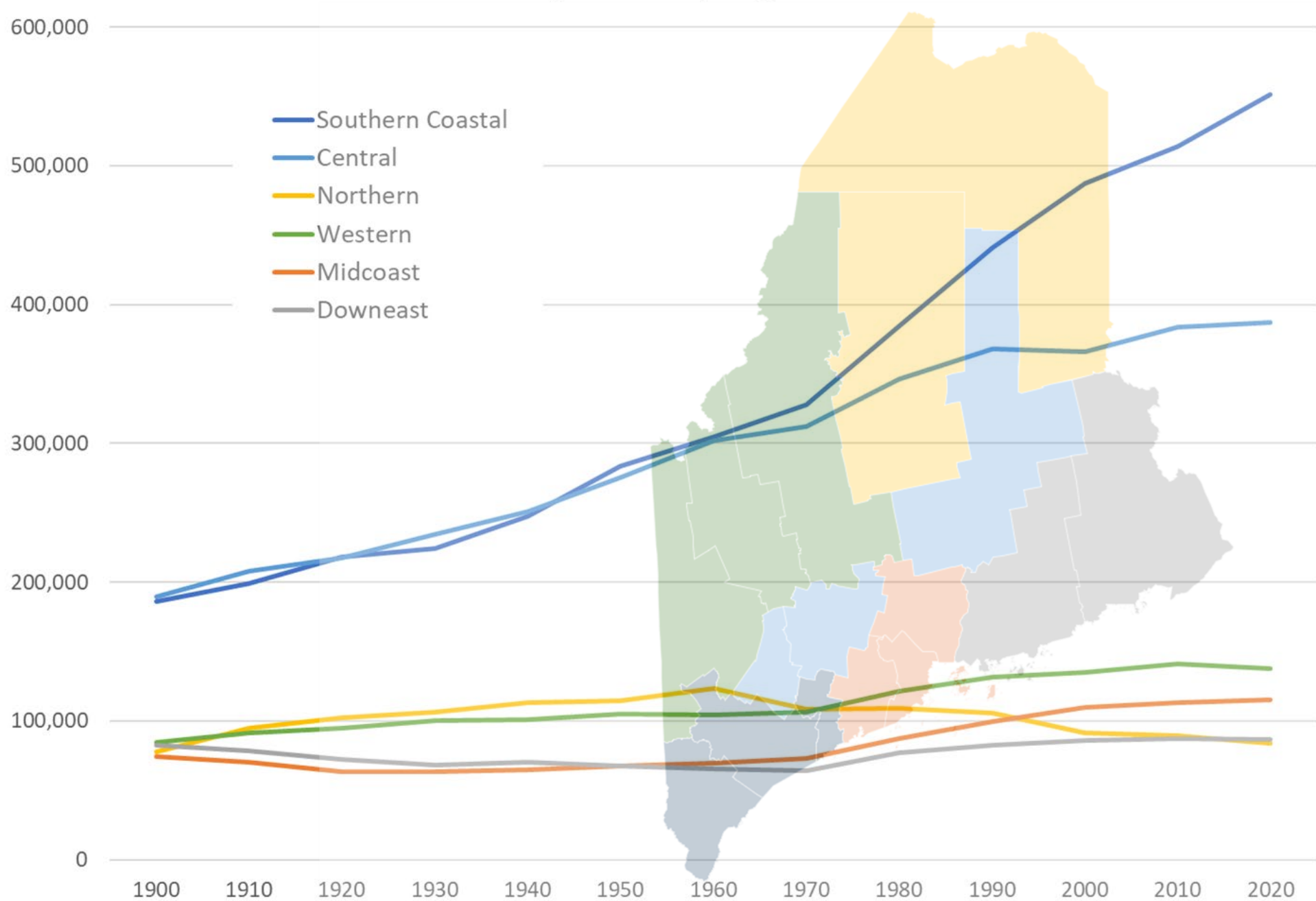
Maine population growth peaked during “back to the land” movement in the 1970s

Population Growth from Previous Decade



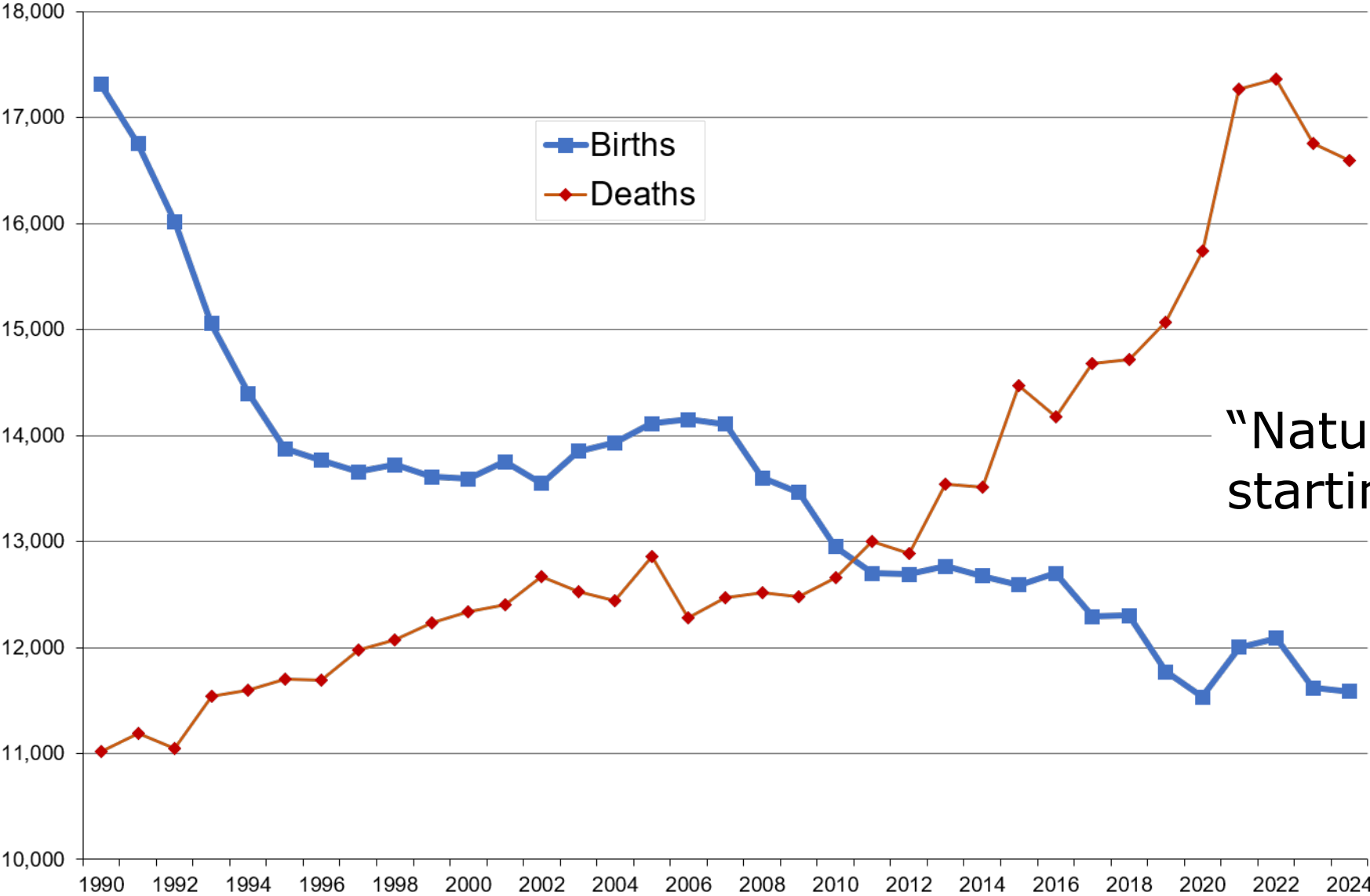
U.S. population growth has generally been faster than Maine, apart from 1980, but the growth in 2020 was the slowest since 1940.

Population by Region



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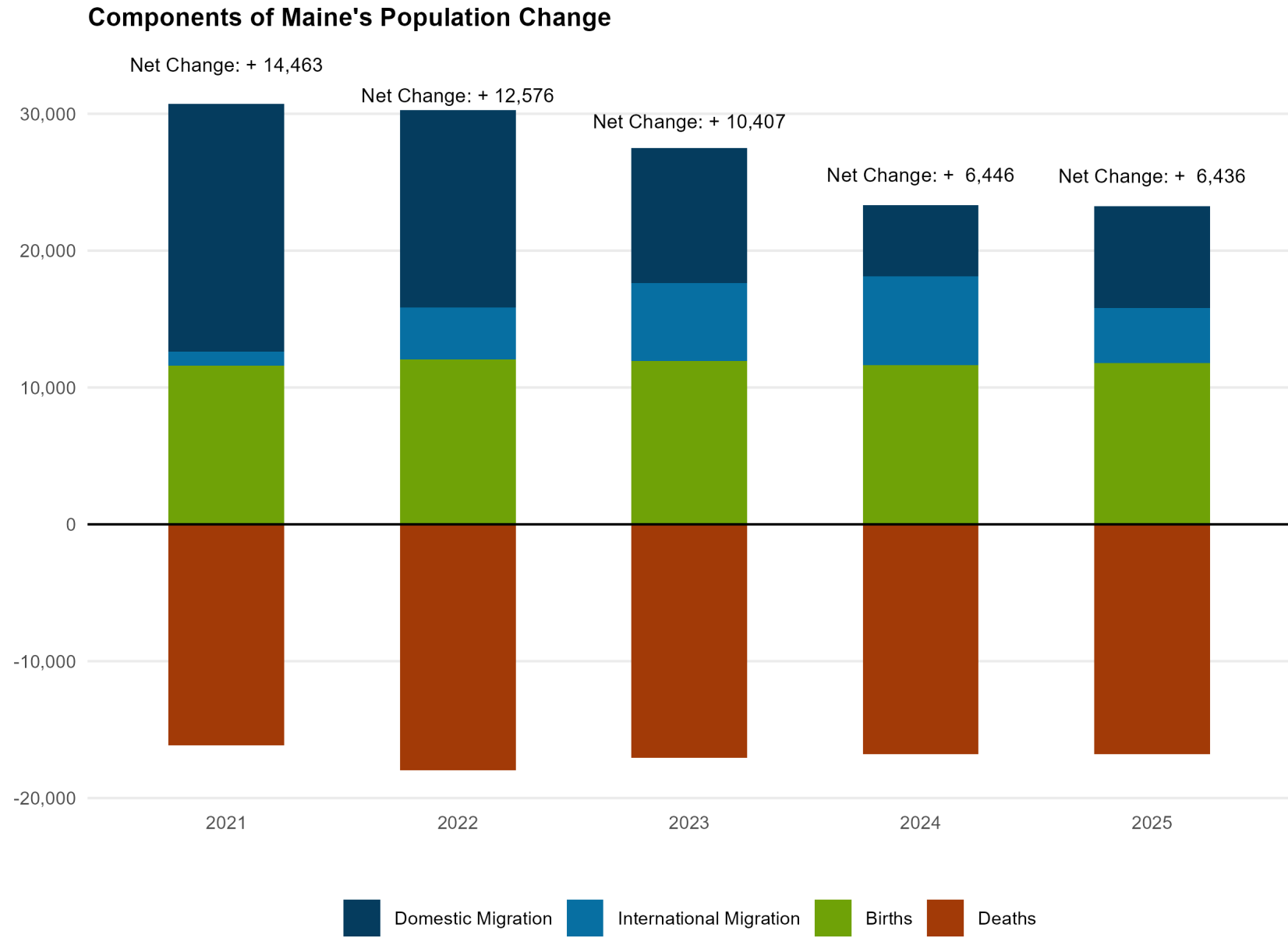
Births and Deaths per year in Maine



2025 Total Population:
1,414,874

Population increase of
3.8% from 2020-2025
(17th in U.S.);
0.5% from 2024-2025
(25th in U.S.)

7th for total net
migration and net
domestic migration
and 25th for net
international migration
in 2025



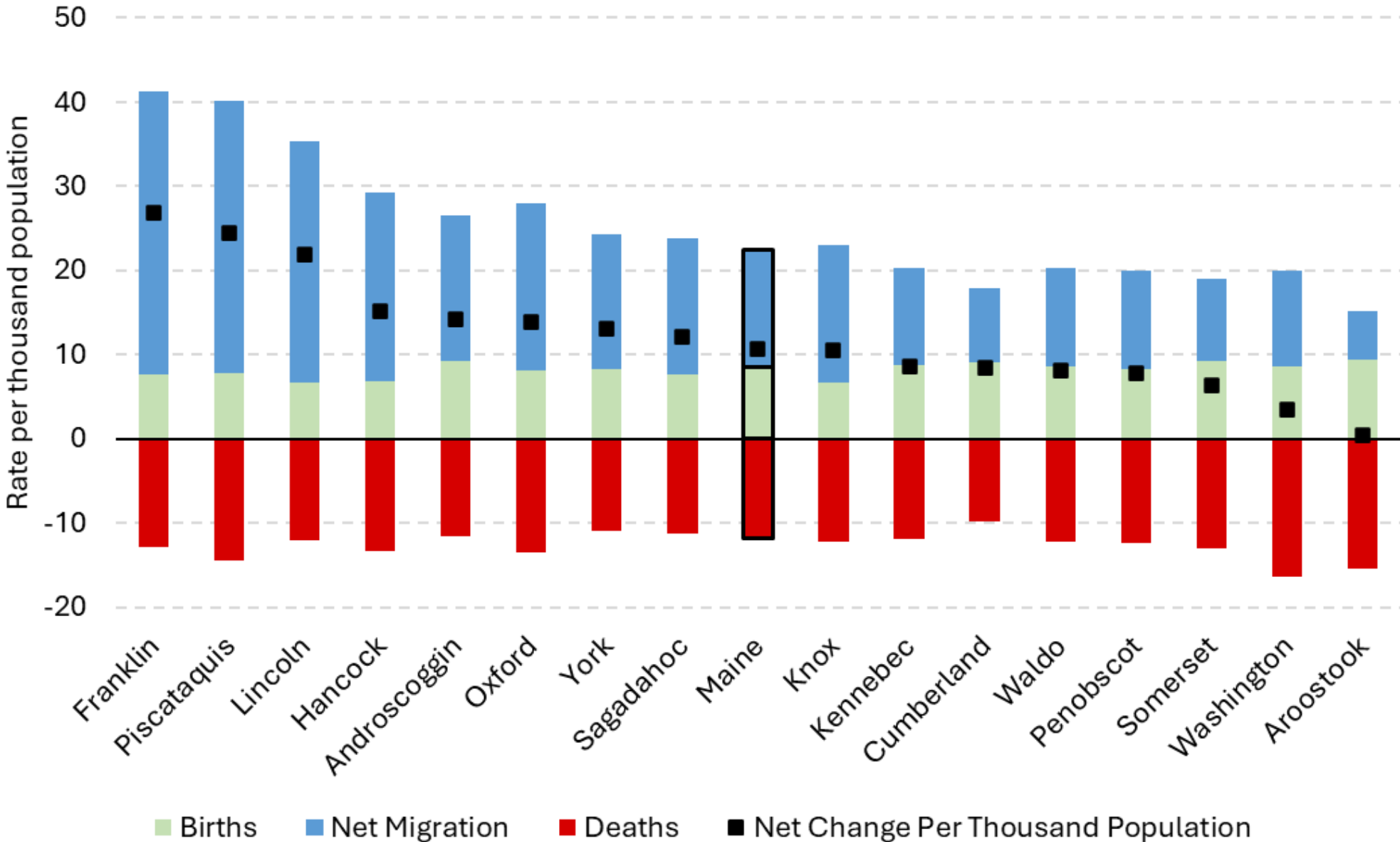
Source: US Census Bureau, Population Estimates Program, 2025 Vintage



Net international migration
accounted for 84% of U.S.
population growth from 2023-2024

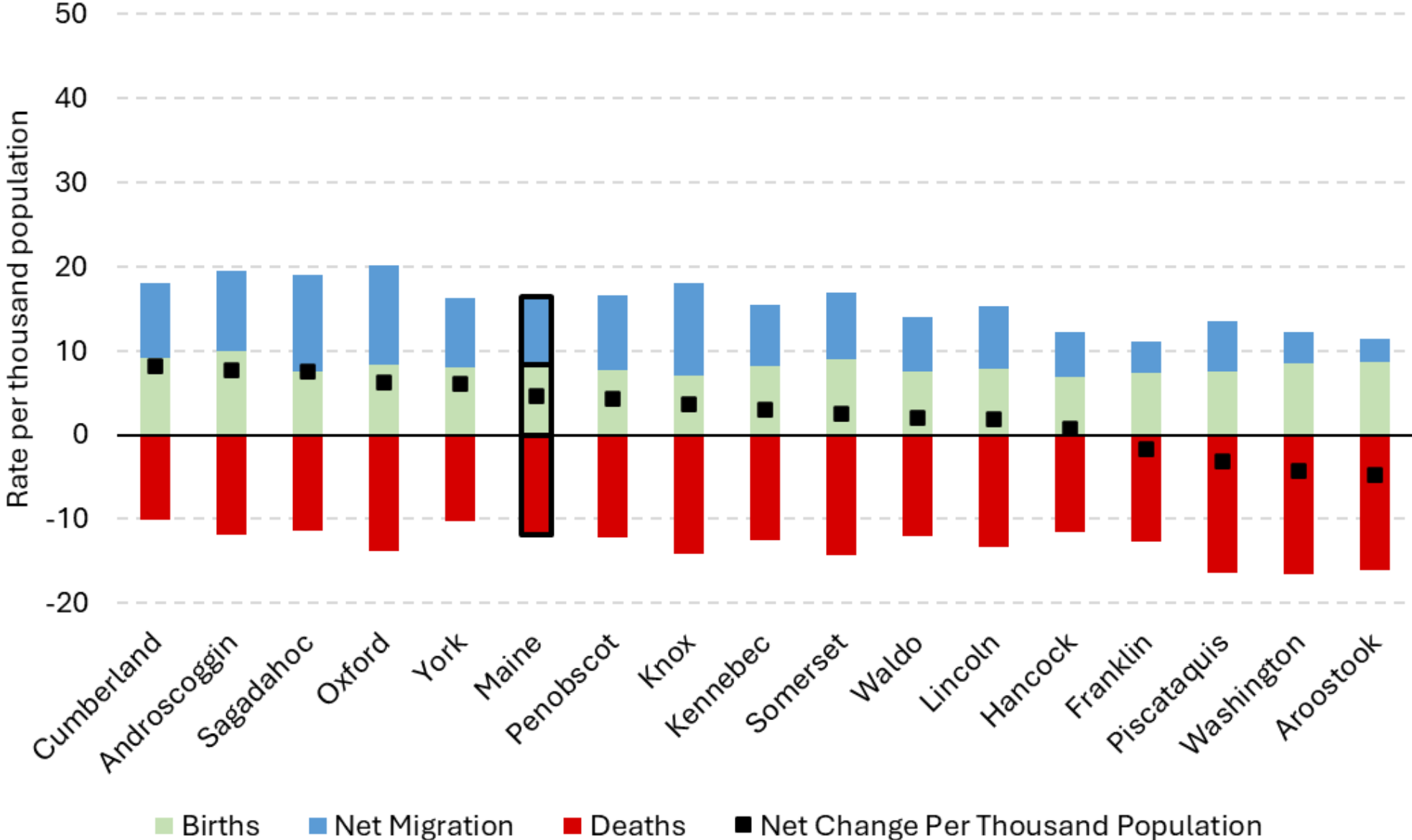
Changes to federal policy caused a
historic drop in international migration
from 2024-2025

Components of Population Change in Maine, 7/1/2020-7/1/2021
Rate per thousand population

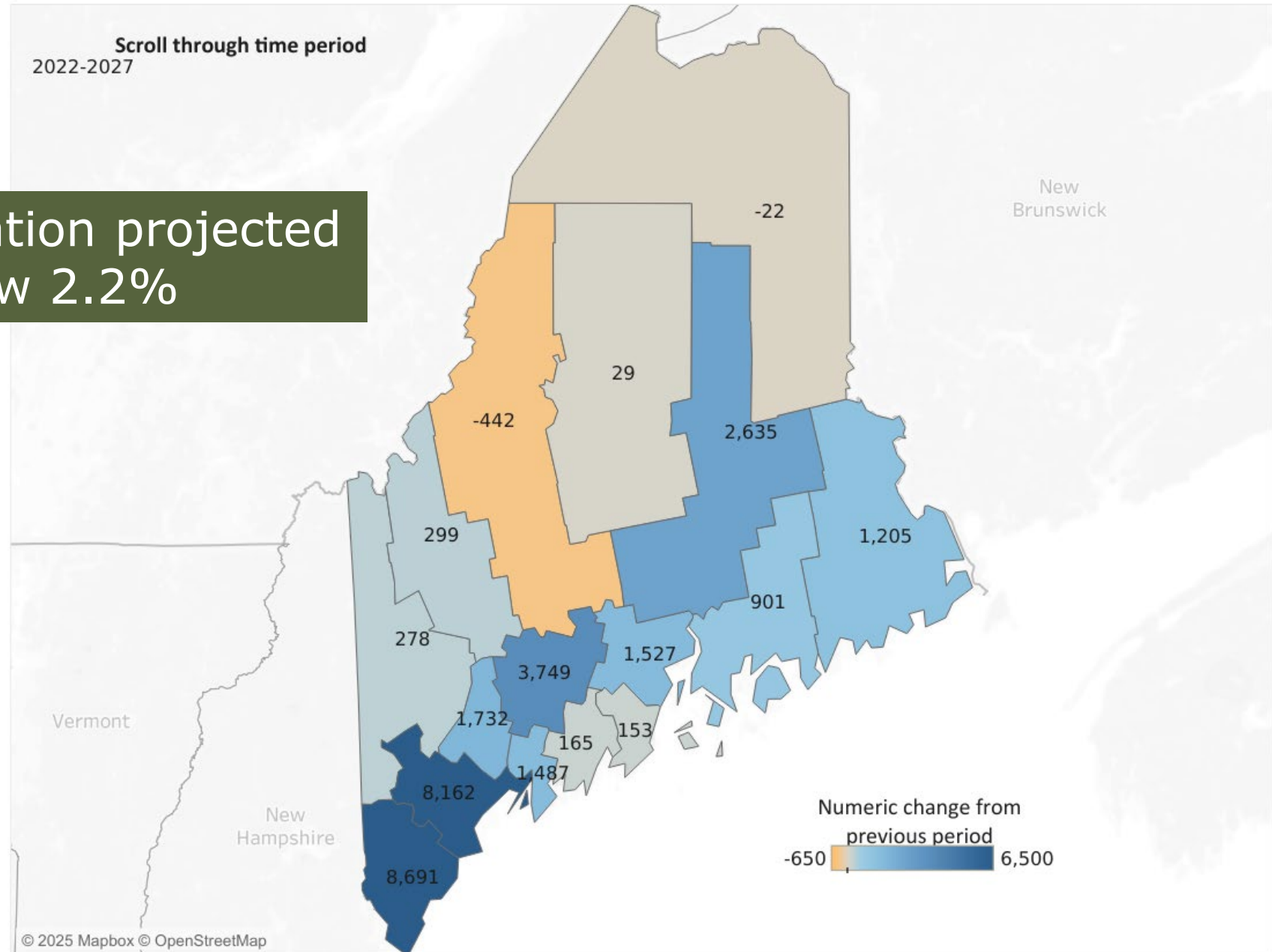


Components of Population Change in Maine, 7/1/2024 - 7/1/2025

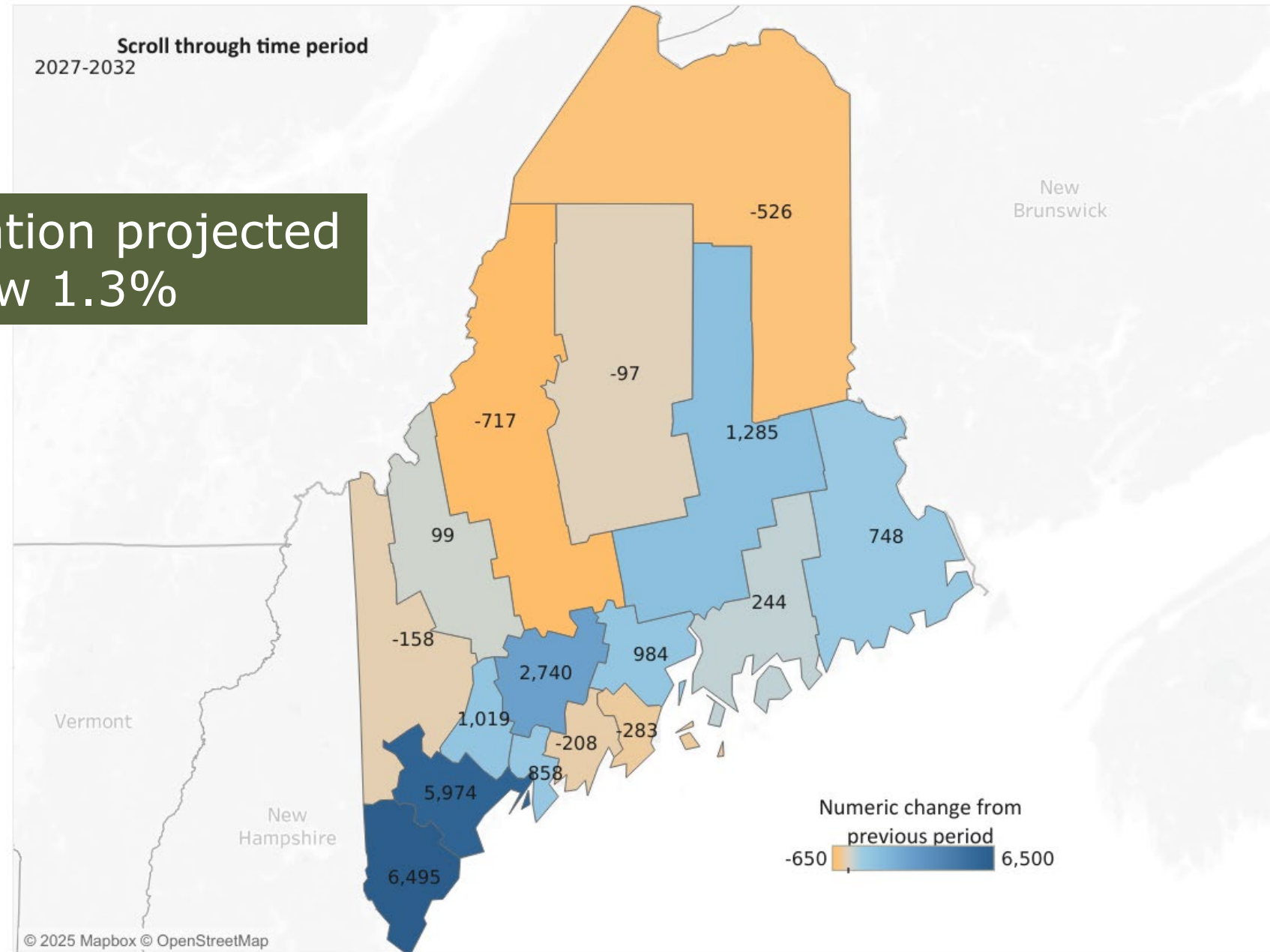
Rate per thousand population



Maine population projected to grow 2.2%



Maine population projected to grow 1.3%

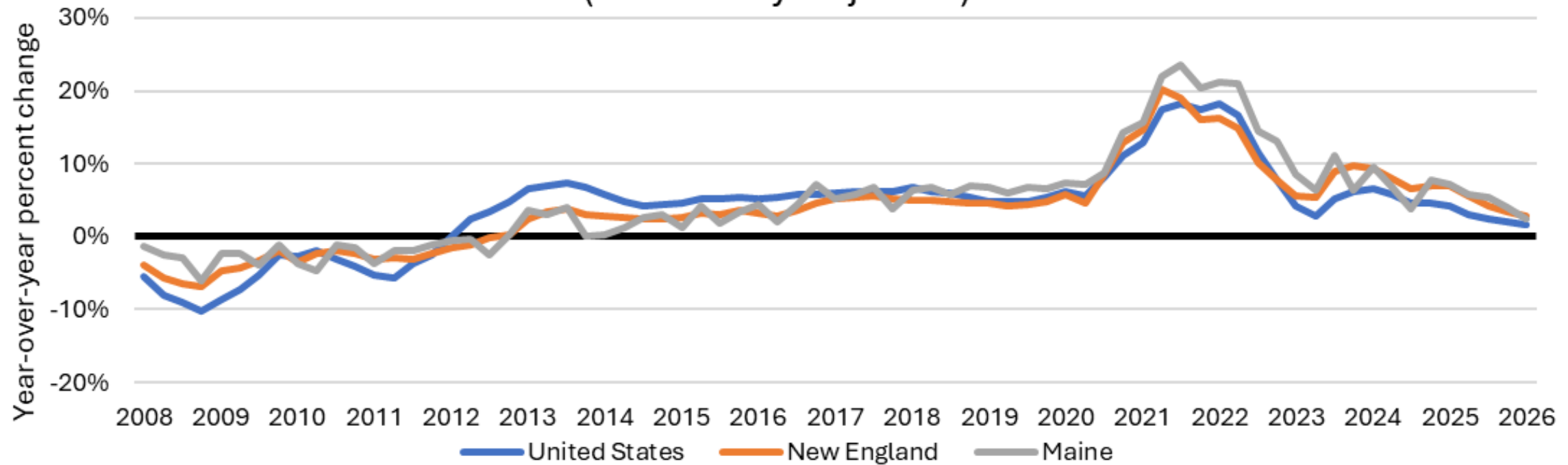


Housing



Migration into the state drove up demand for housing and further reduced the available supply while high mortgage rates locked people into existing homes – but there's been some improvement (May 2026 about 13% higher than May 2025 and 107% higher than May 2022)

Percent Changes, Year-over-year in FHFA House Price Index (Seasonally Adjusted)



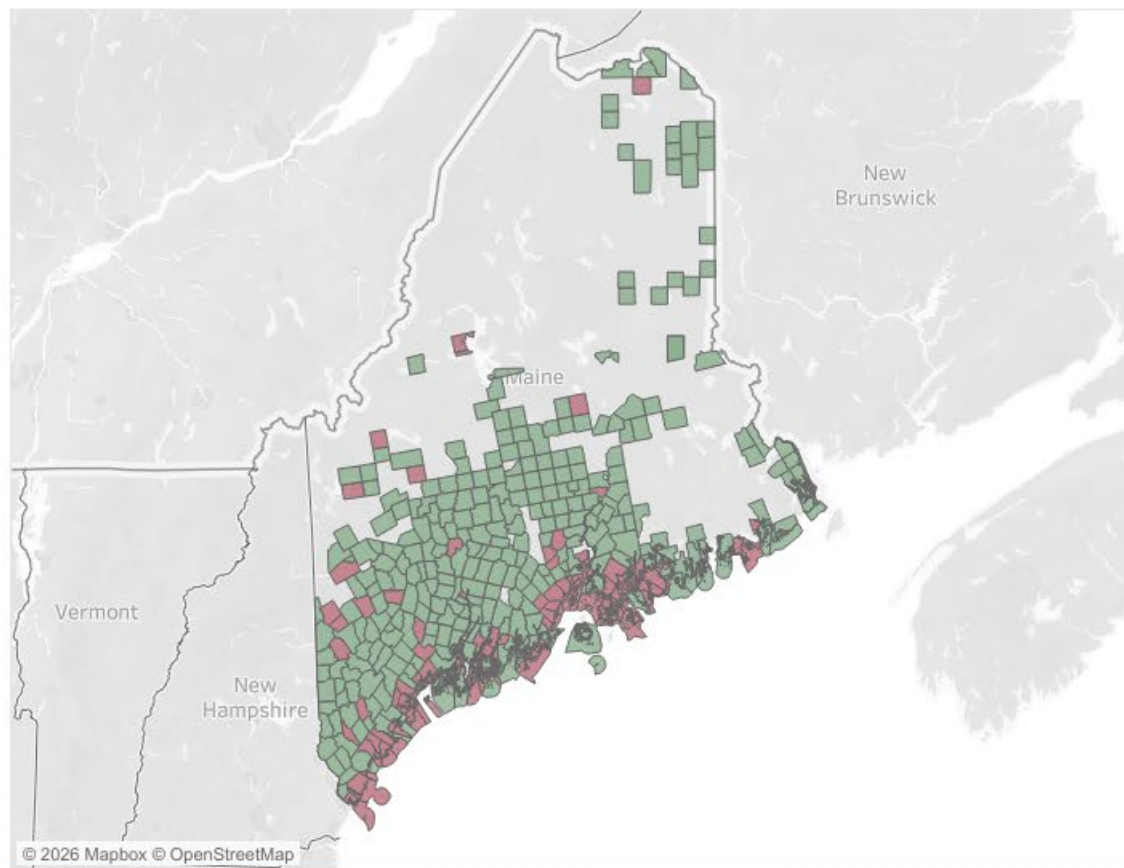
Homeownership Affordability Maps

Year

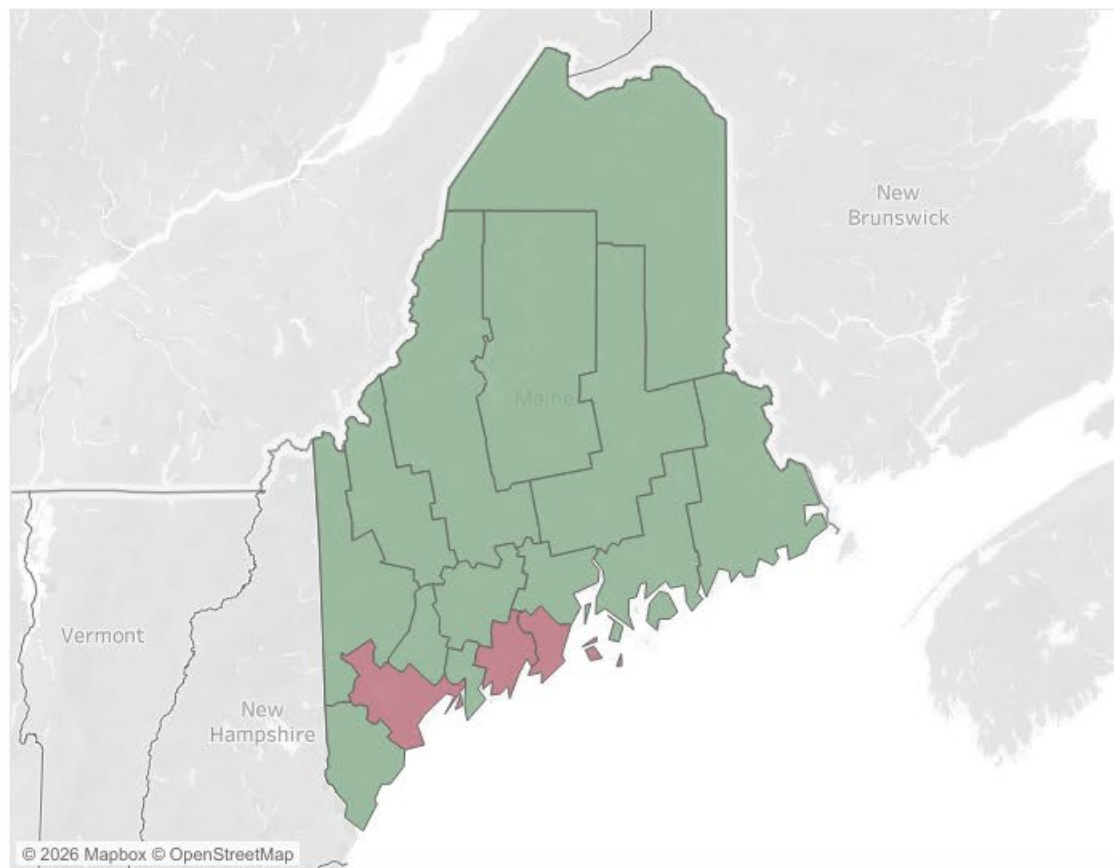
2020

☐ Show history

Affordability By Town - 2020



Affordability By County - 2020



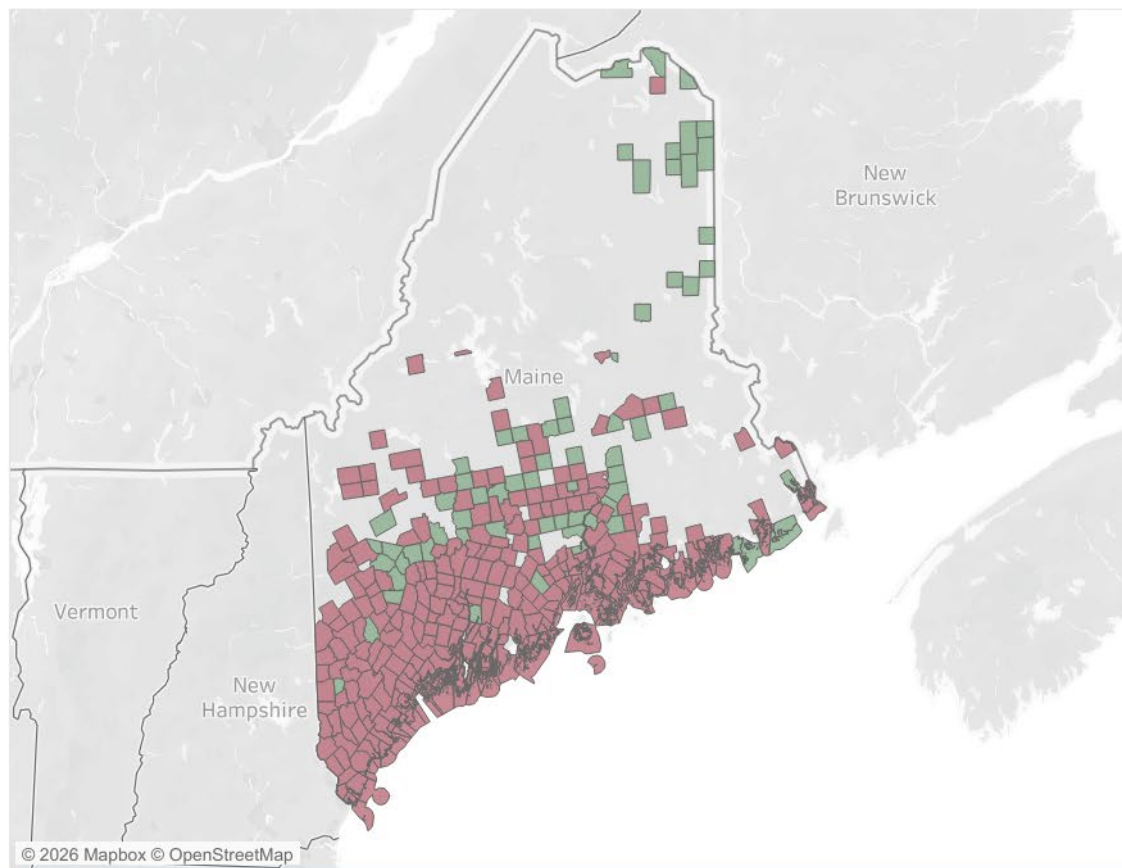
Homeownership Affordability Maps

Year

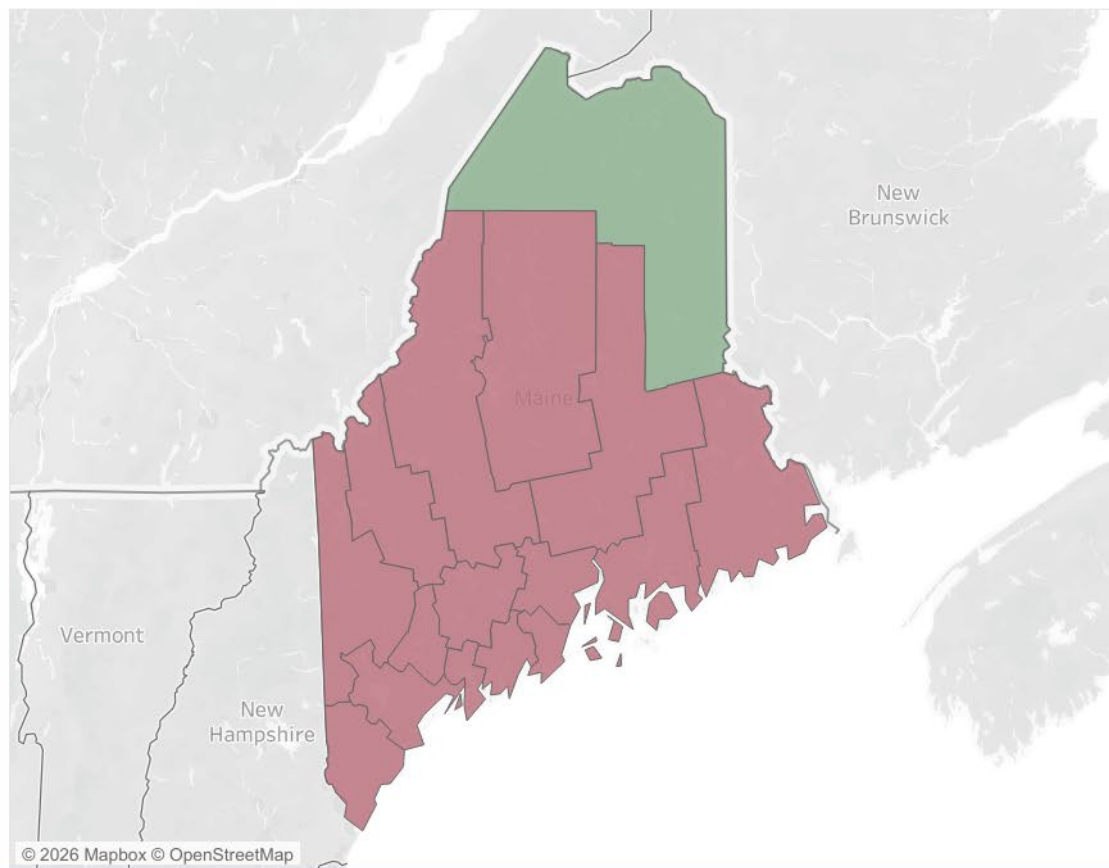
2025

☐ Show history

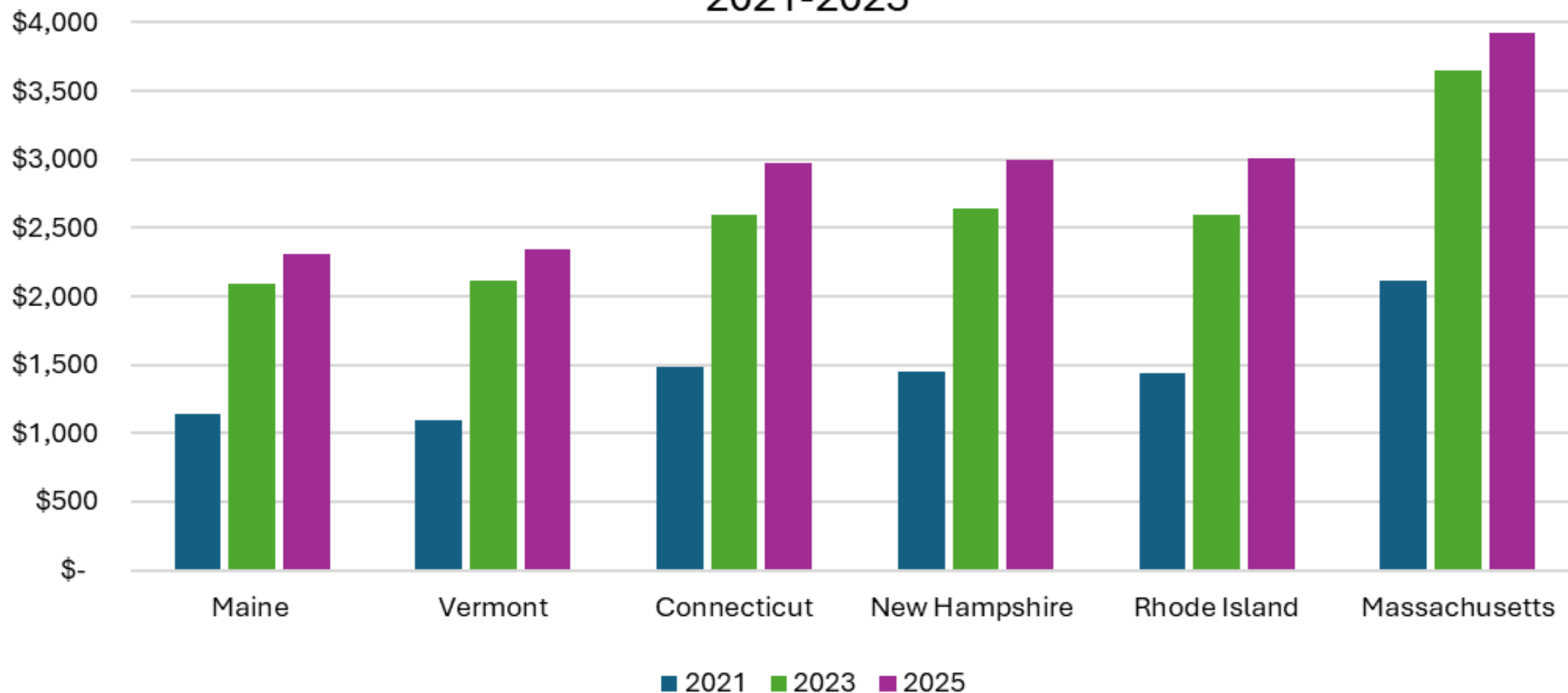
Affordability By Town - 2025



Affordability By County - 2025



Monthly Mortgage Payment at the Median Sales Price 2021-2025

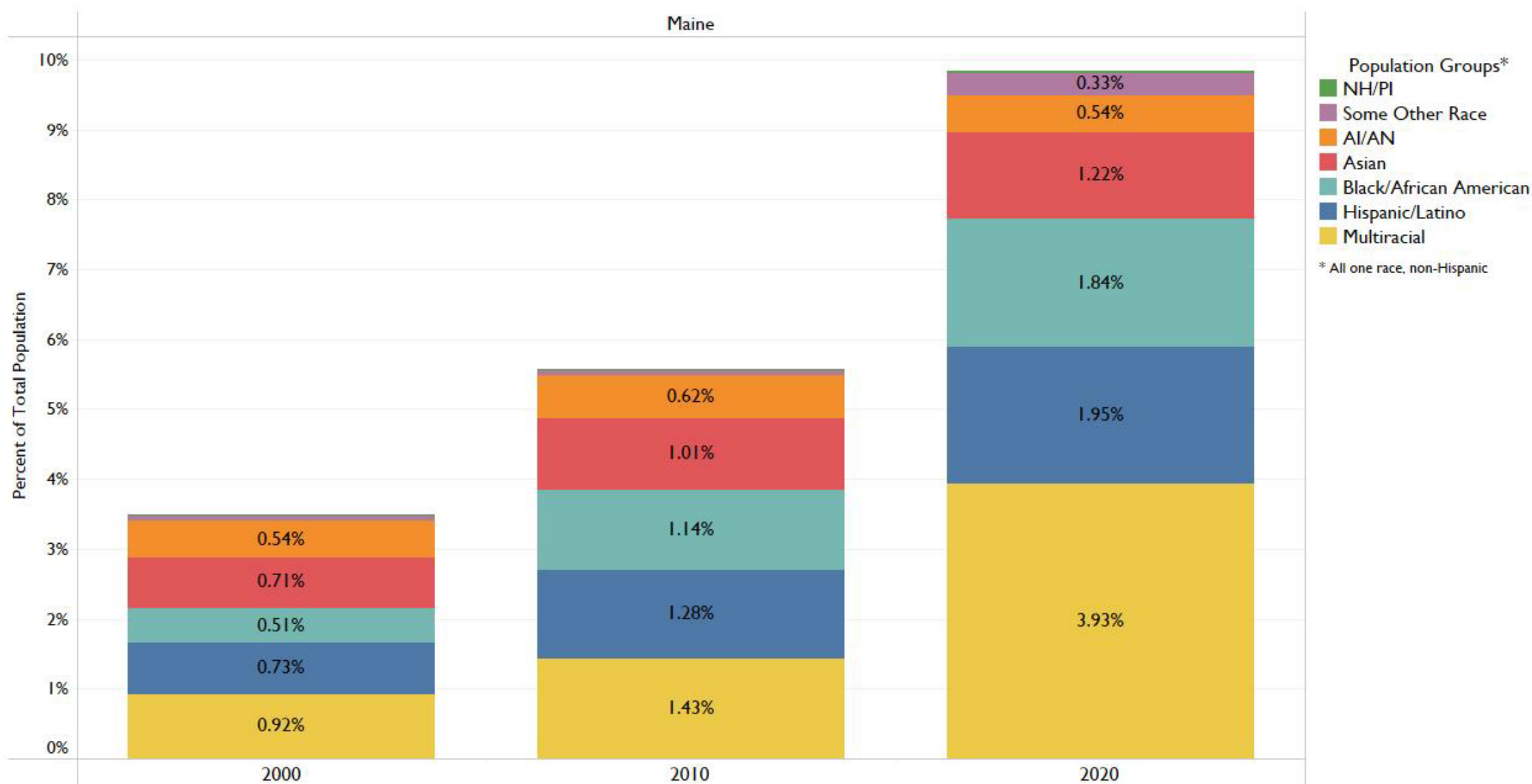


Sources: Moody's Analytics (median sale prices), FRED 30-year fixed rate mortgage rates, weekly (average of all weeks in the year). Assumes 30-year fixed rate mortgage and 10% down payment on a home at the median sales price.

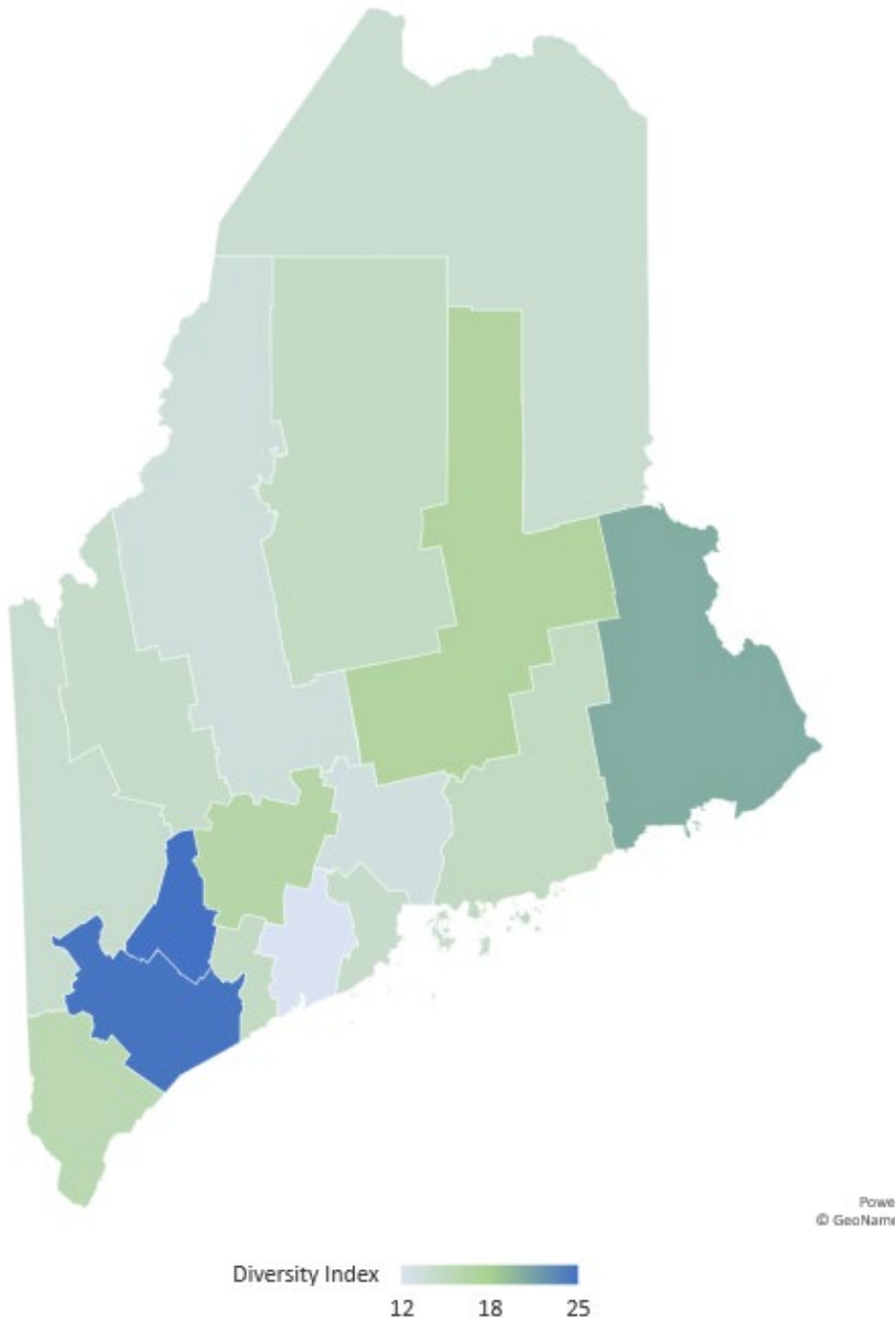
Demographics

Share of Total Population by Population Group | Maine

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



Note: Bars with less than 0.10% are not labeled for clarity and the White population is excluded from this figure because it comprises over 90% of the population.



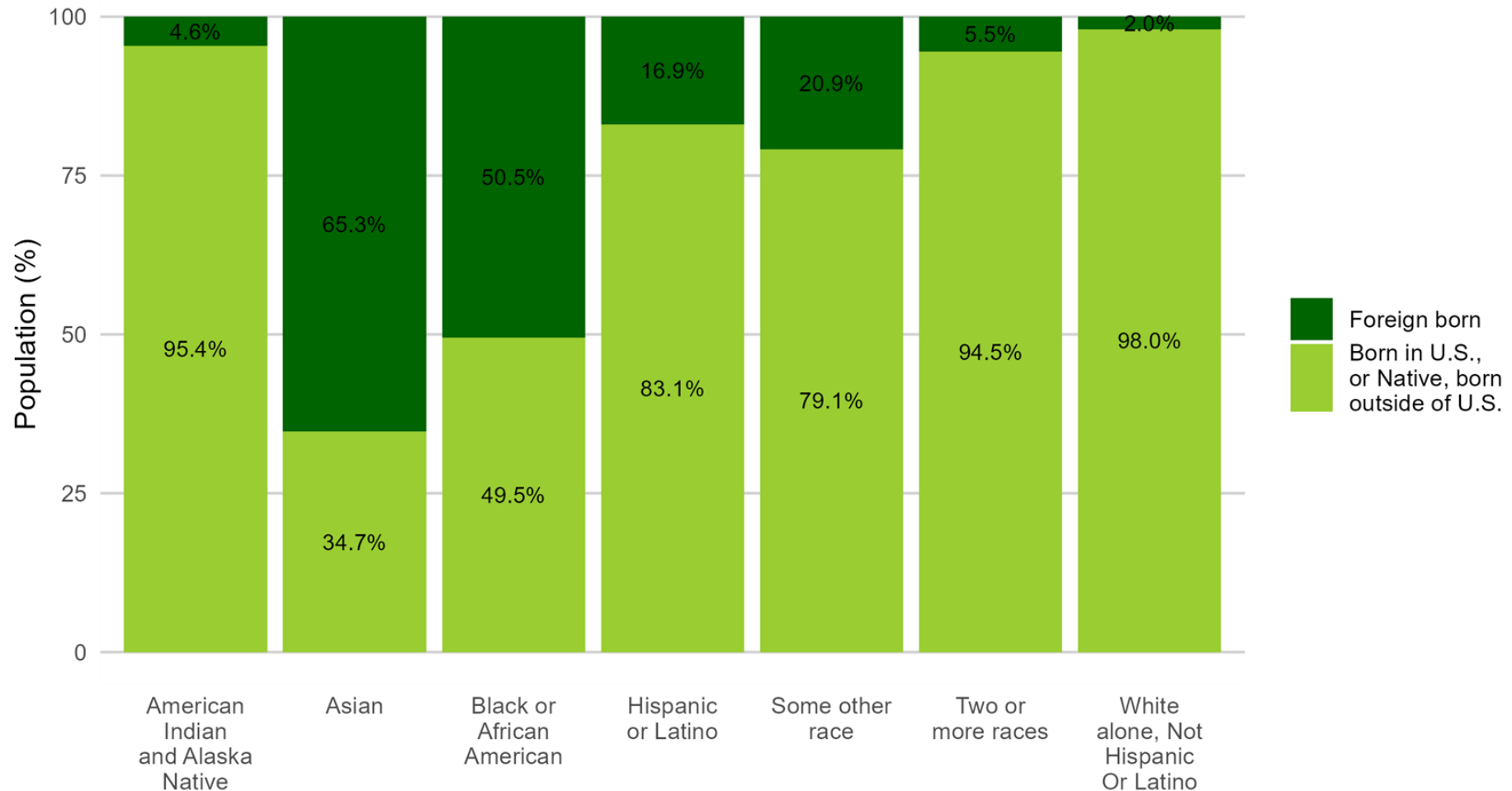
The diversity index tells us the chance that two people selected at random will be from different race or ethnicity groups

- 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

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

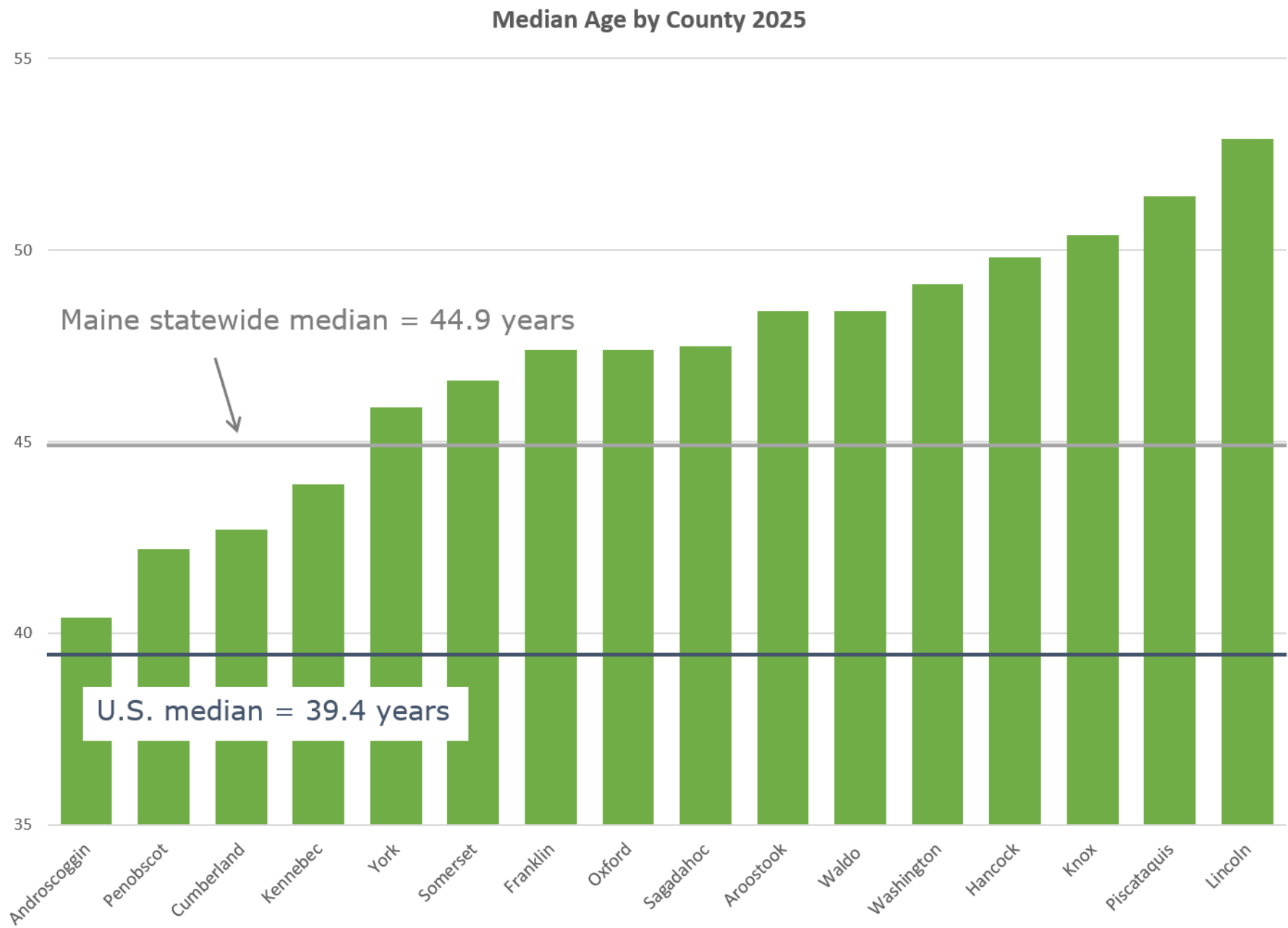
Share of Maine Population by Region of Birth by Race/Ethnicity, 2023

Foreign born statewide, 3.8%



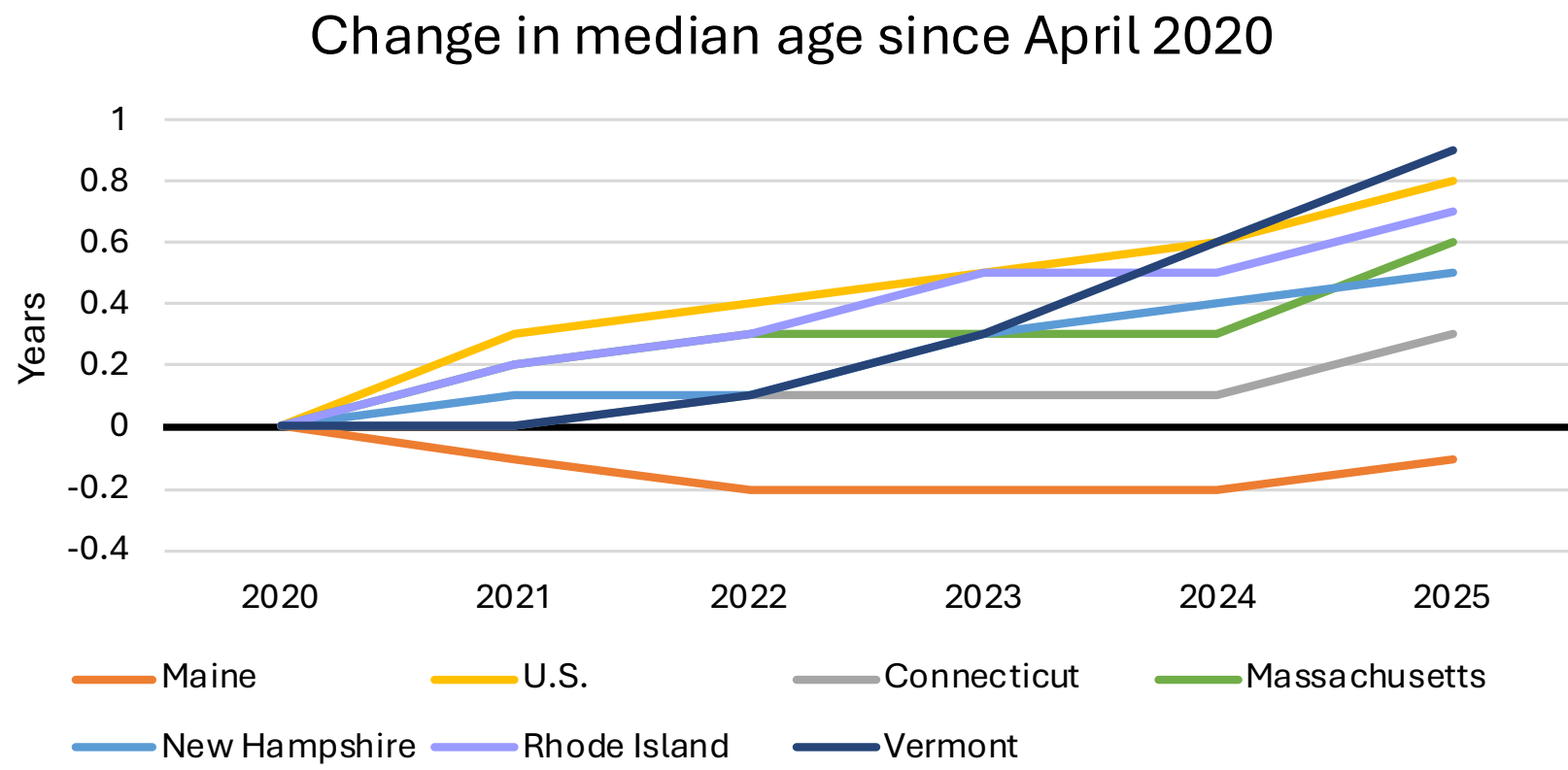
Maine has the
oldest population...
...by median age
(44.9 years)

...and by % of
population age 65+
(24.6%)



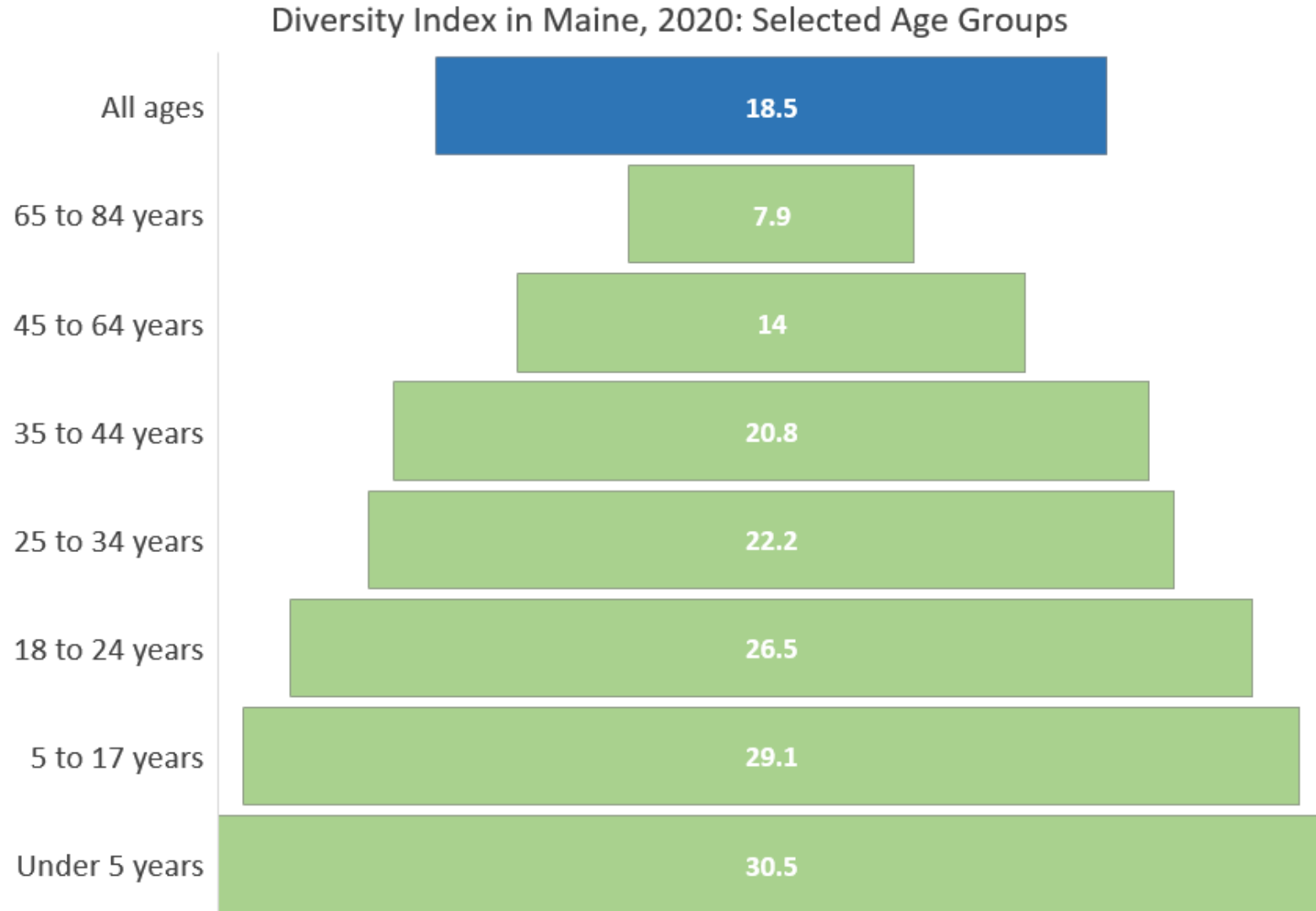
Maine's median age in 2025 is 0.1 years younger than 2020, while the U.S. median age has increased 0.8 years

Maine still has the highest median age in the nation at 44.9 years; Vermont is second at 44.4 years

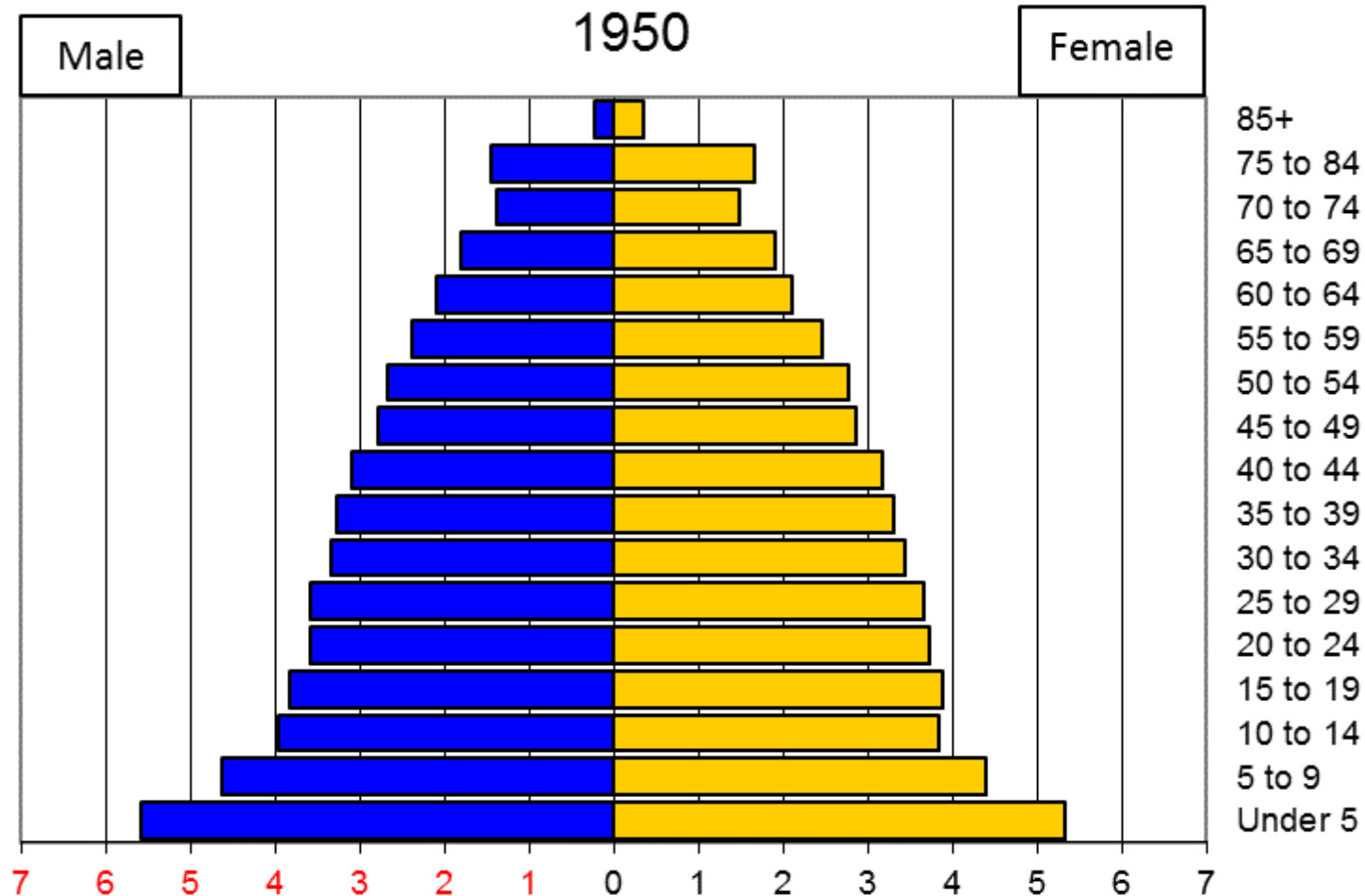


Median age of recent movers to Maine is 33 (domestic) and 29 (international)

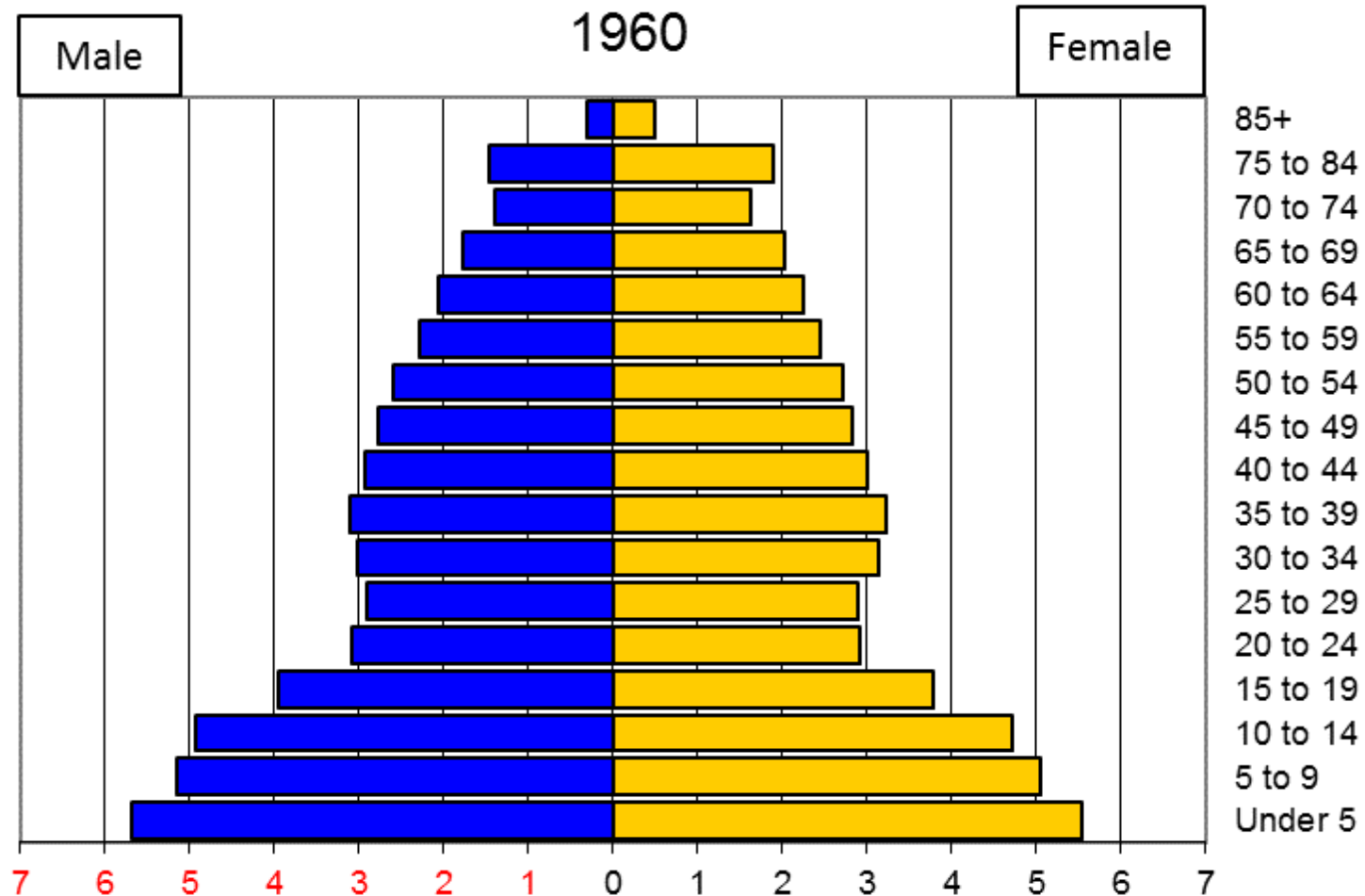
Younger generations in Maine are more diverse than older generations



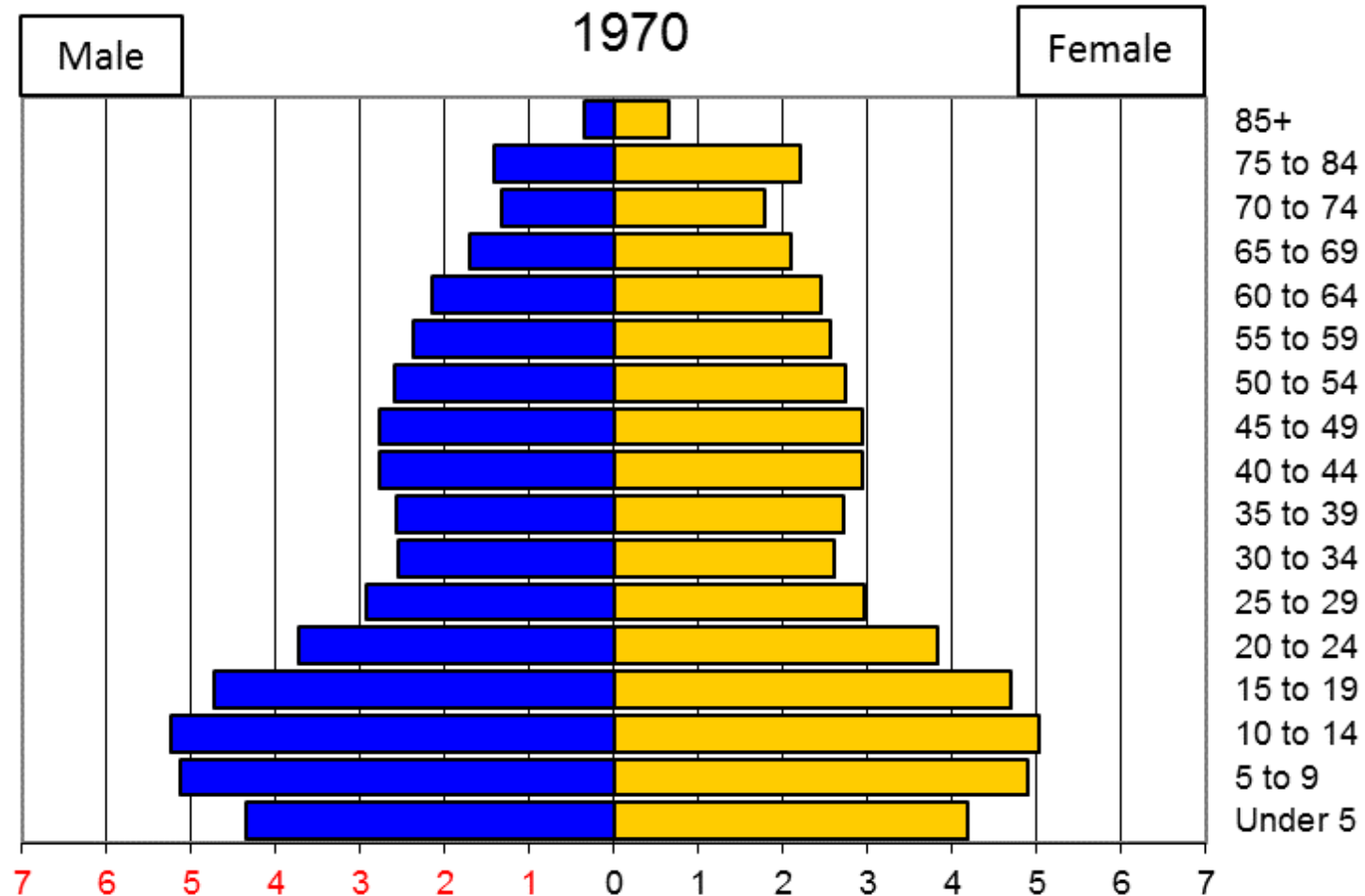
The Baby Boom: 1946-1964



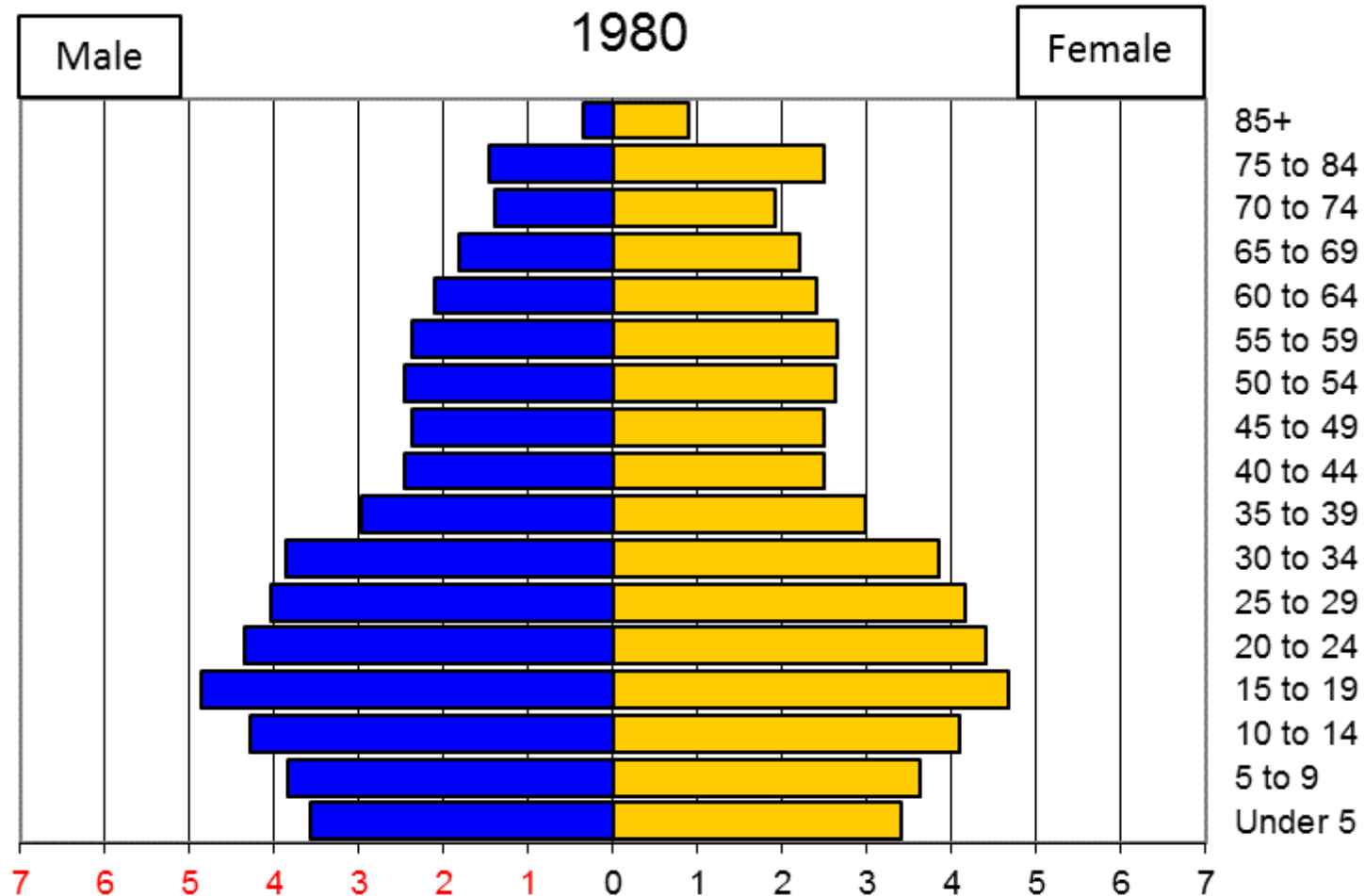
The Baby Boom: 1946-1964



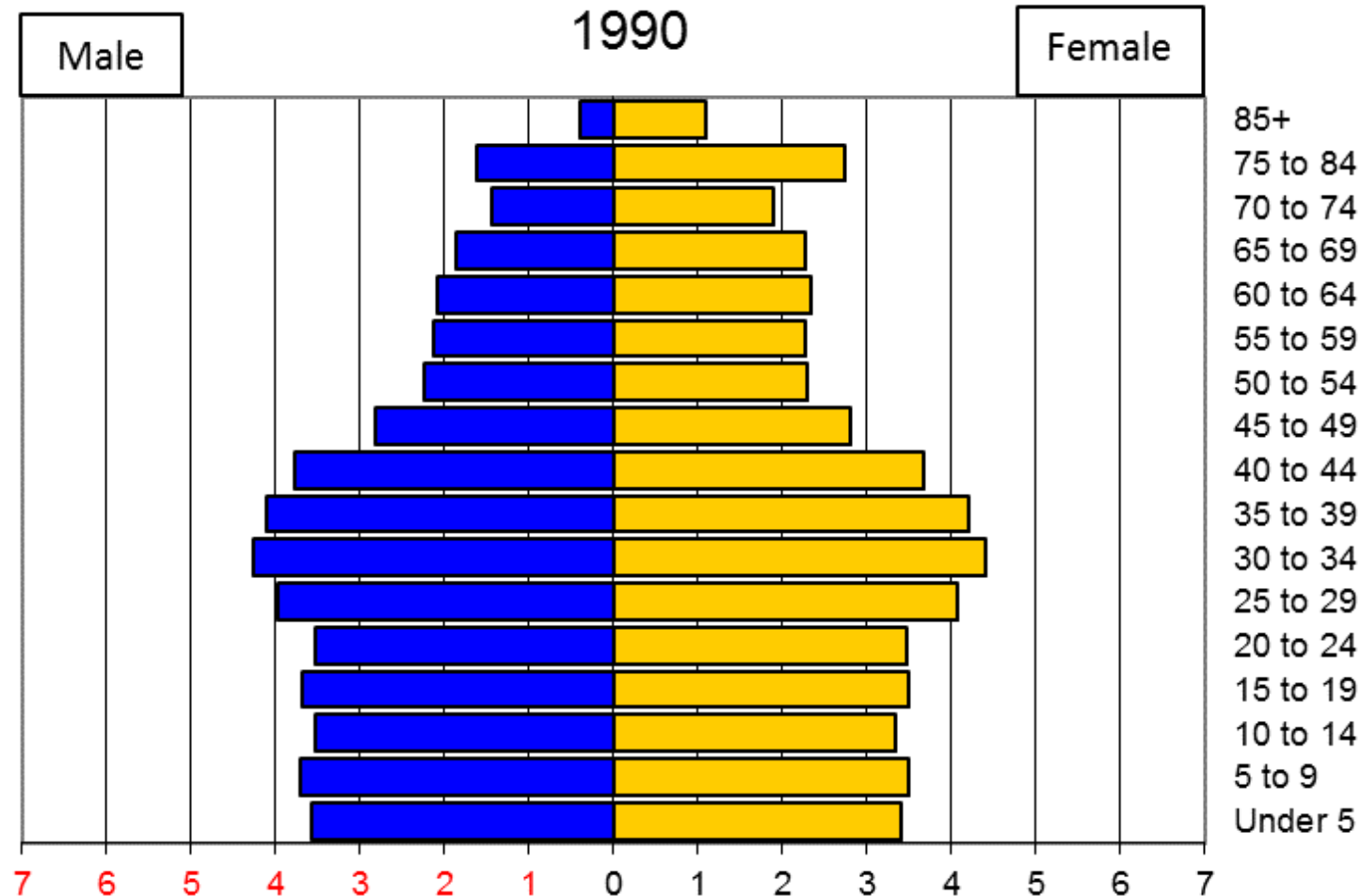
The Baby Boom: 1946-1964



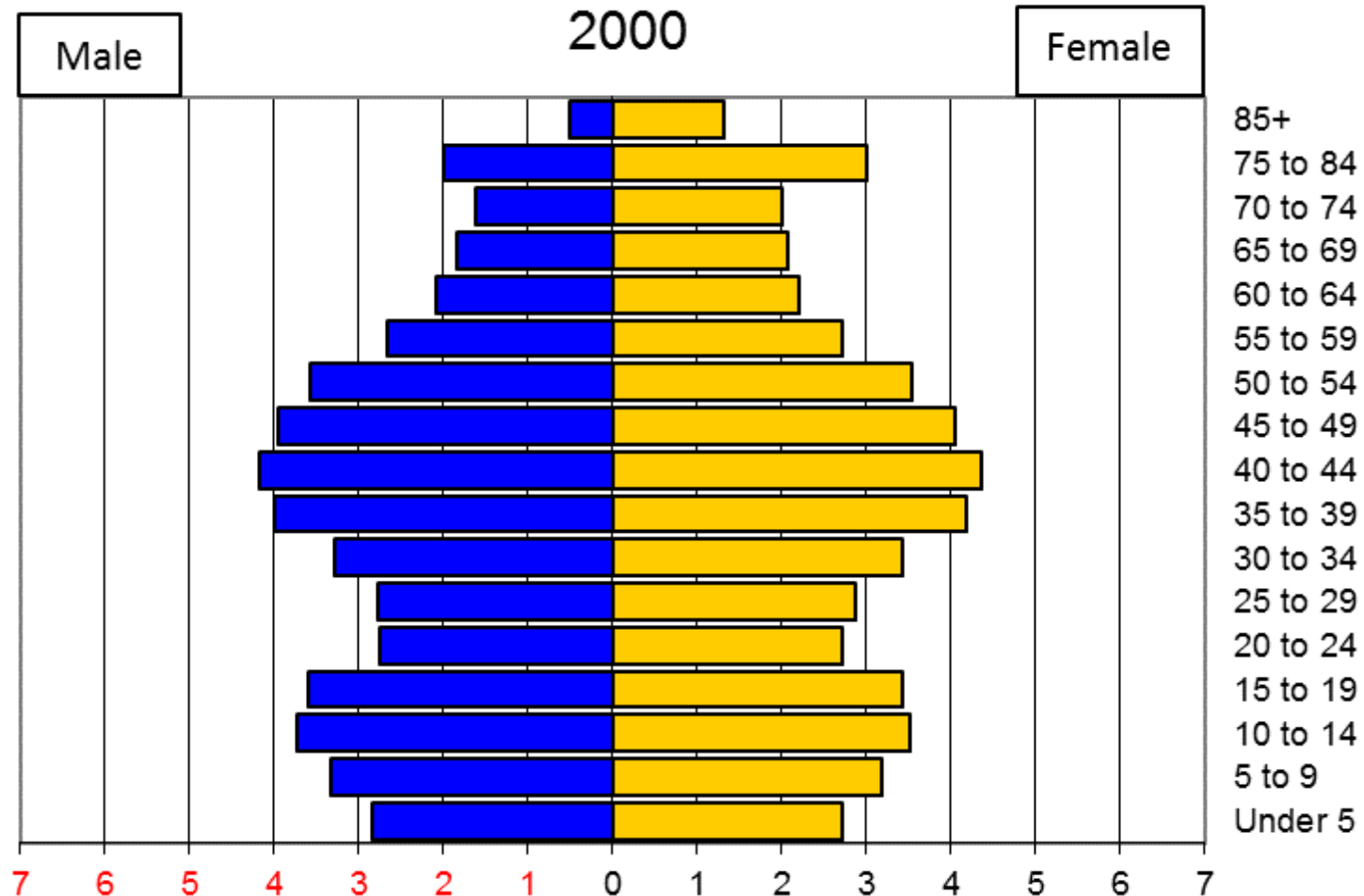
The Baby Boom: 1946-1964



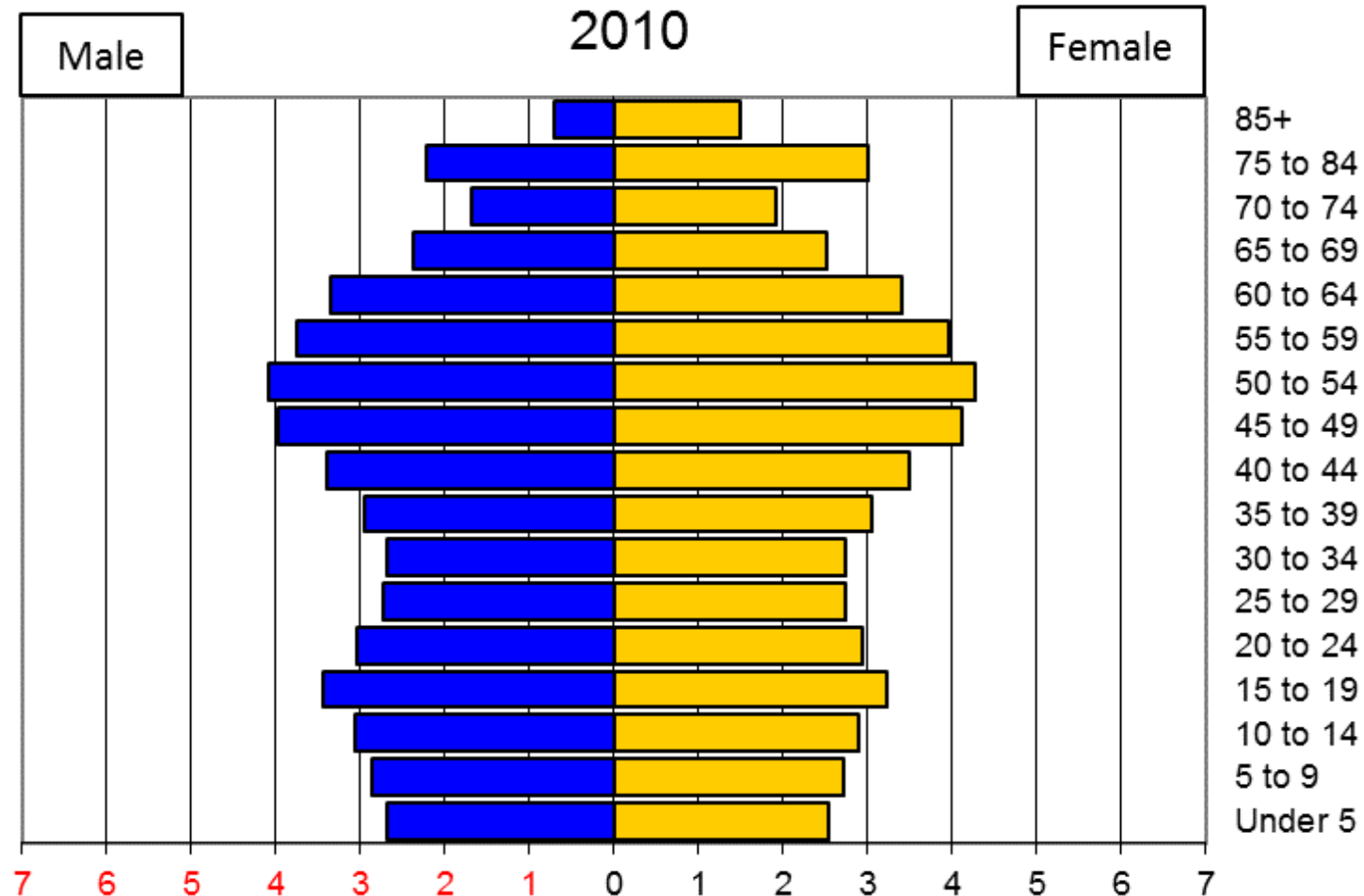
The Baby Boom: 1946-1964



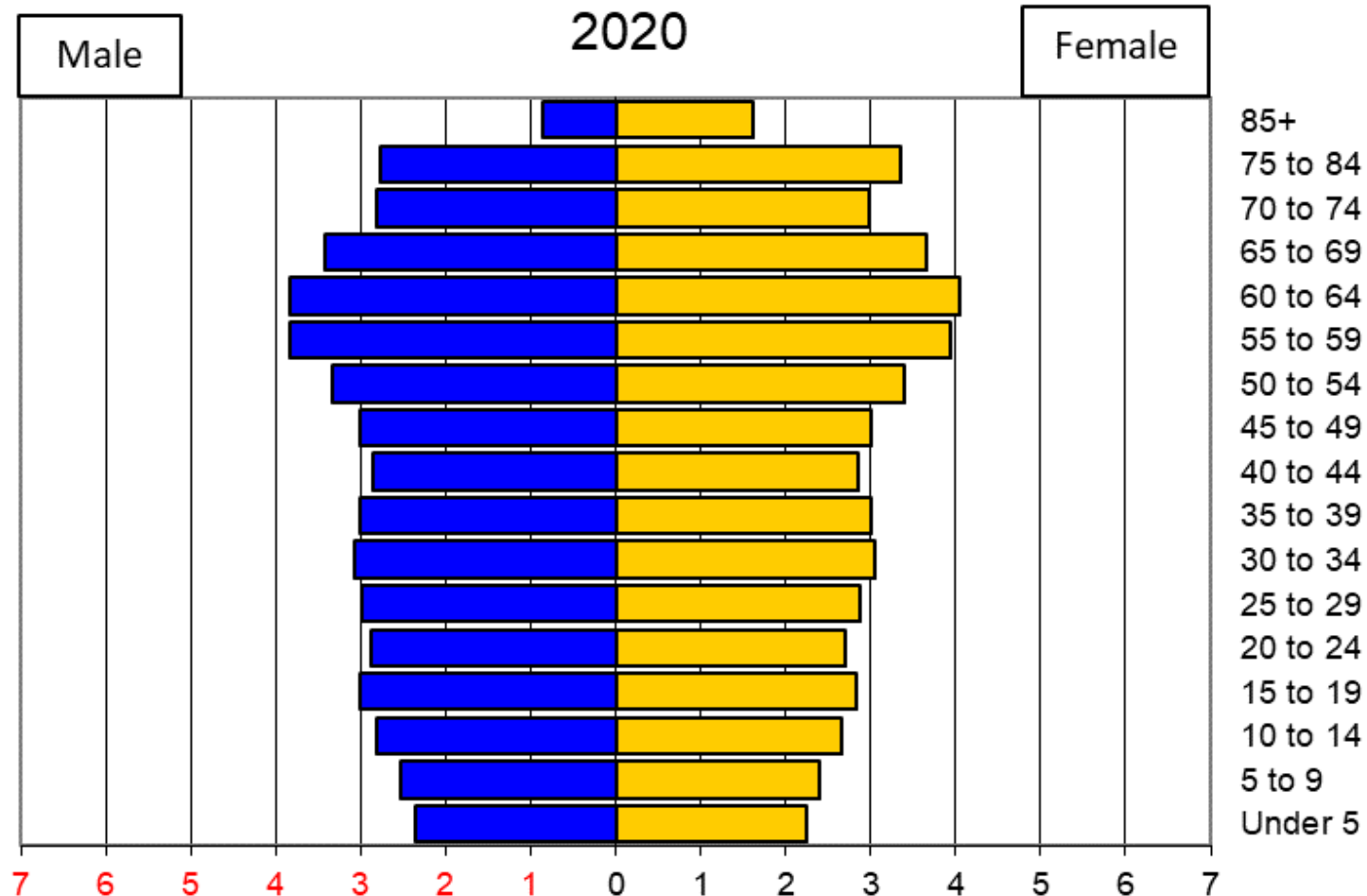
The Baby Boom: 1946-1964



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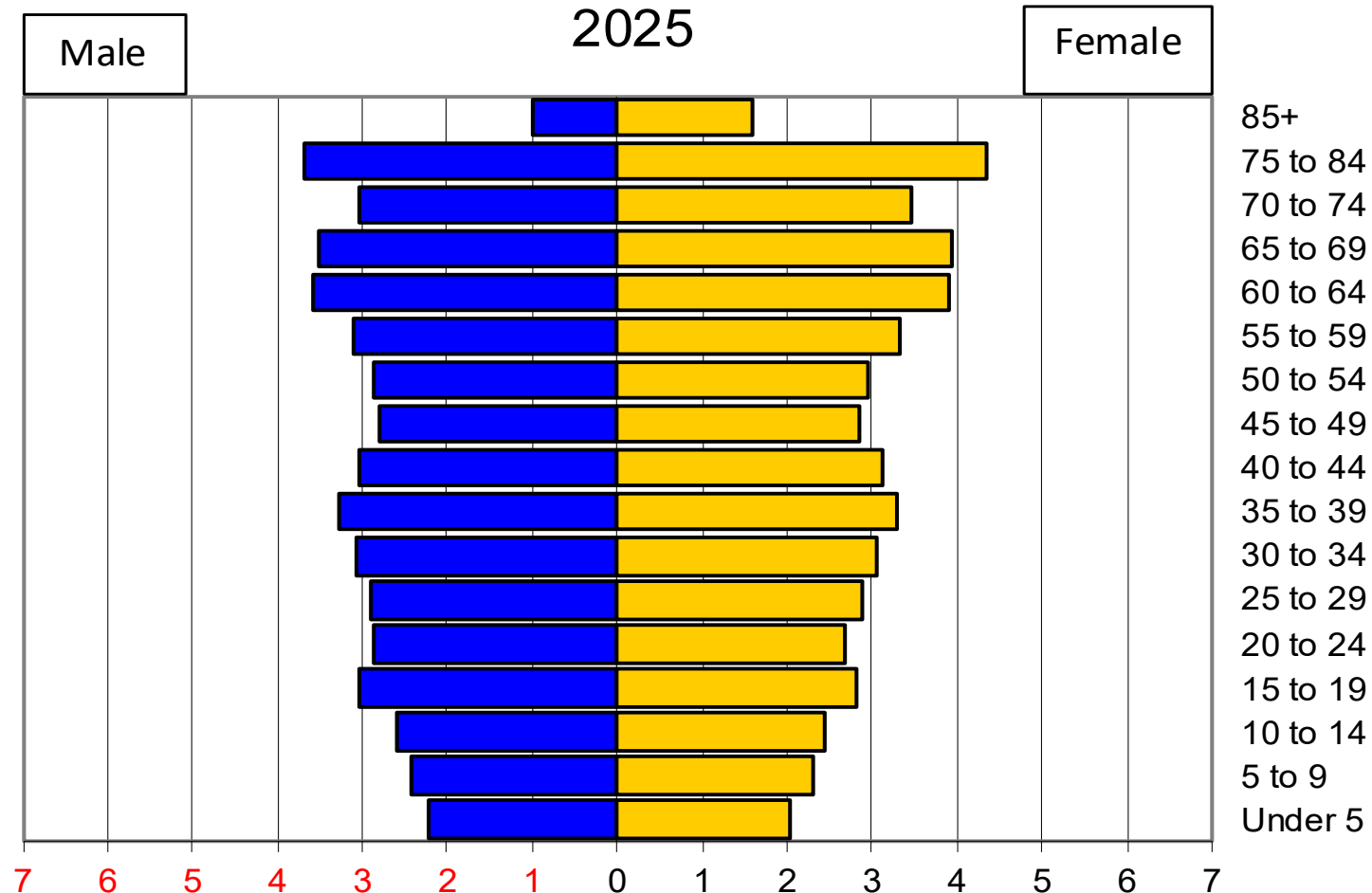


The Baby Boom: 1946-1964



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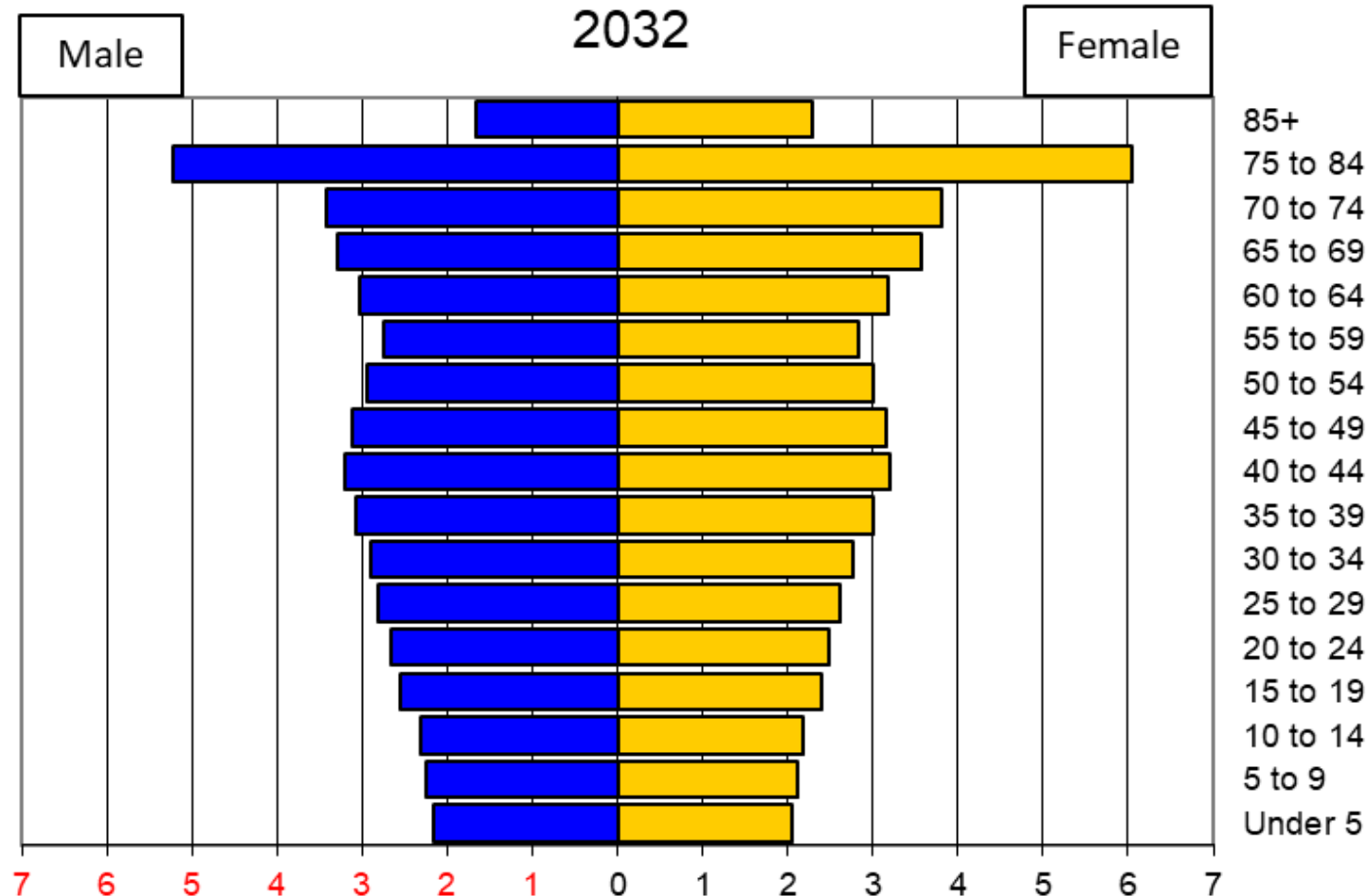
Baby Boom
generation in
2025: age 61-79



The Baby Boom: 1946-1964

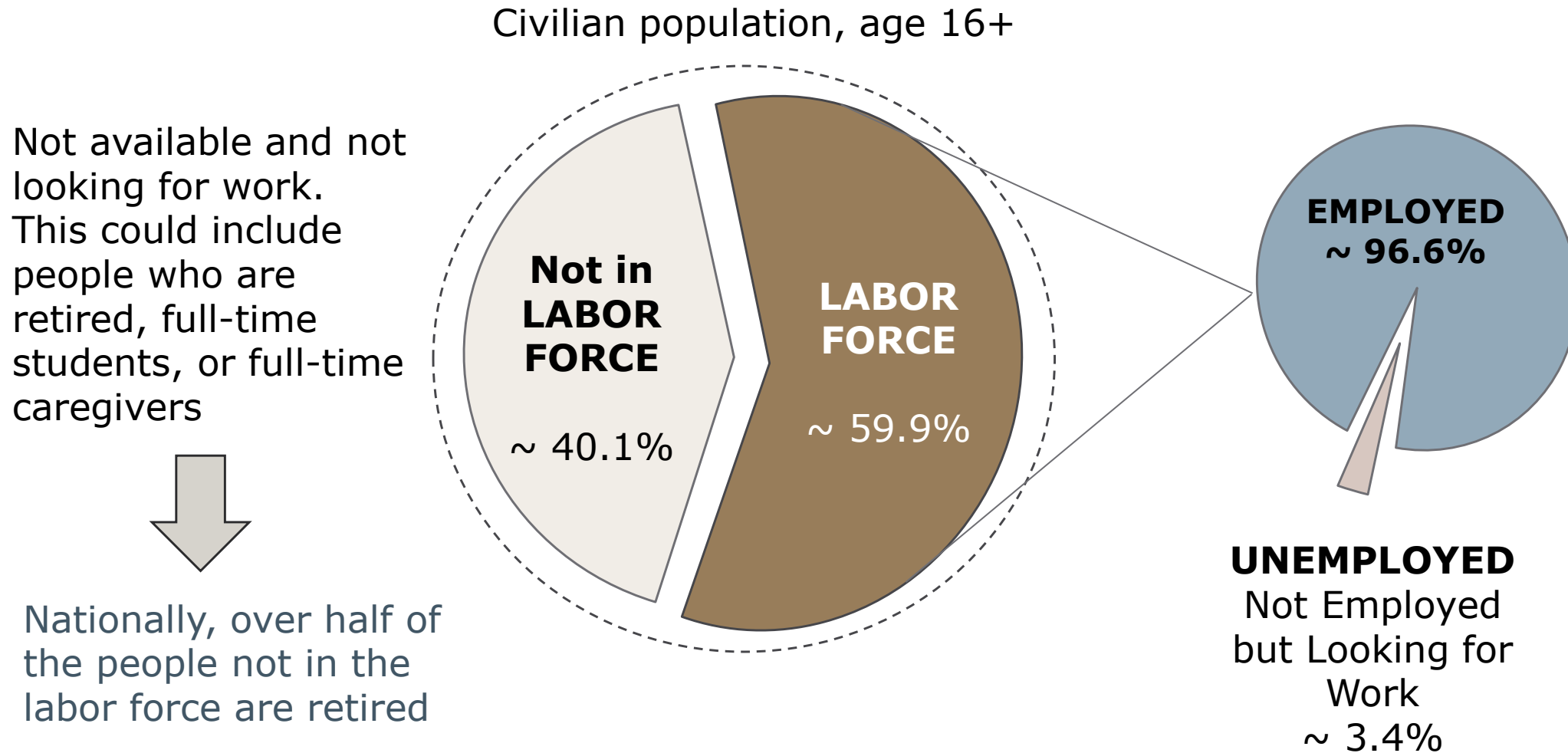
Baby Boom generation in 2032: age 68-86

Prime working-age population (20-64 years) projected to decrease by 4.6% from 2022-2032

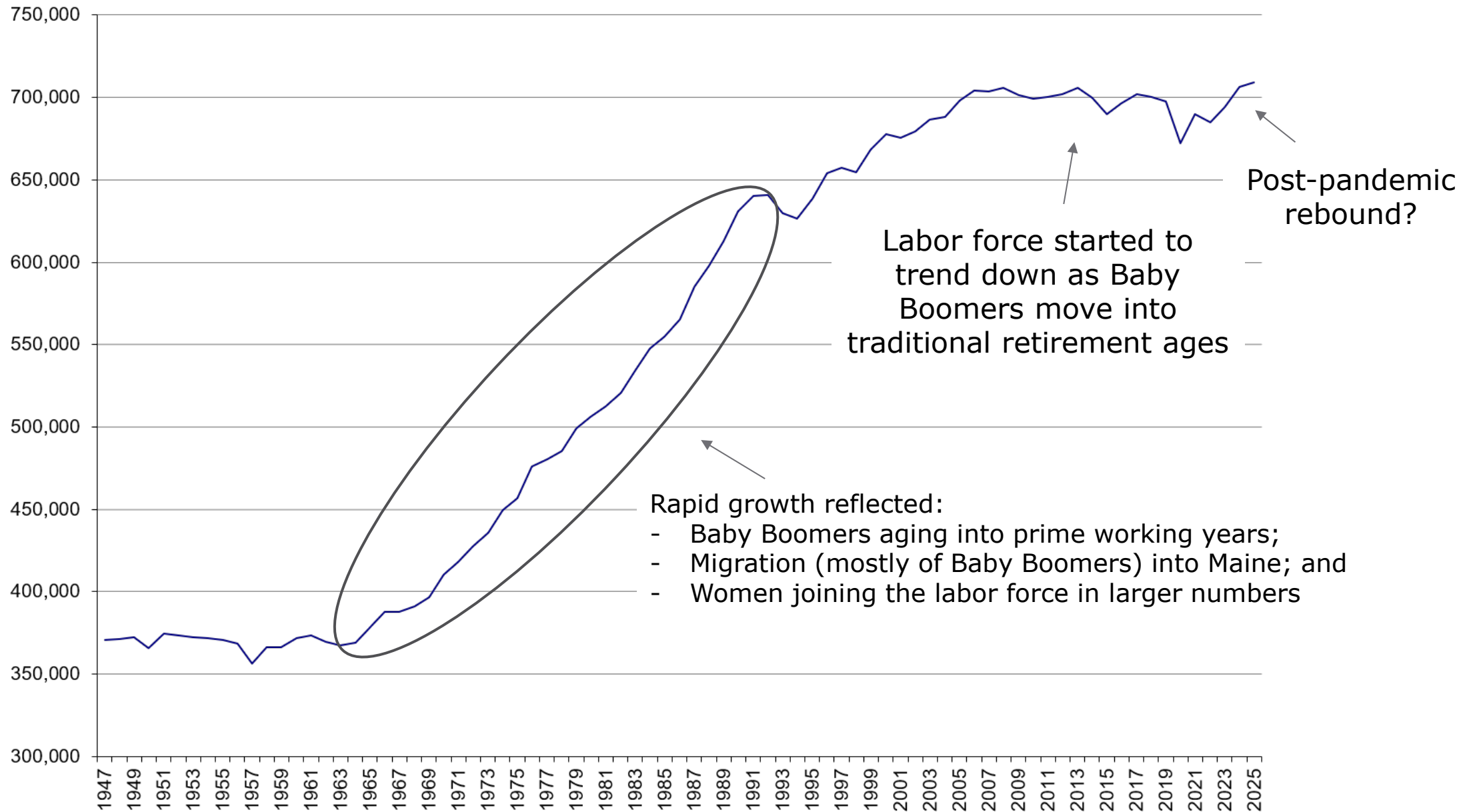


Workforce and Employment

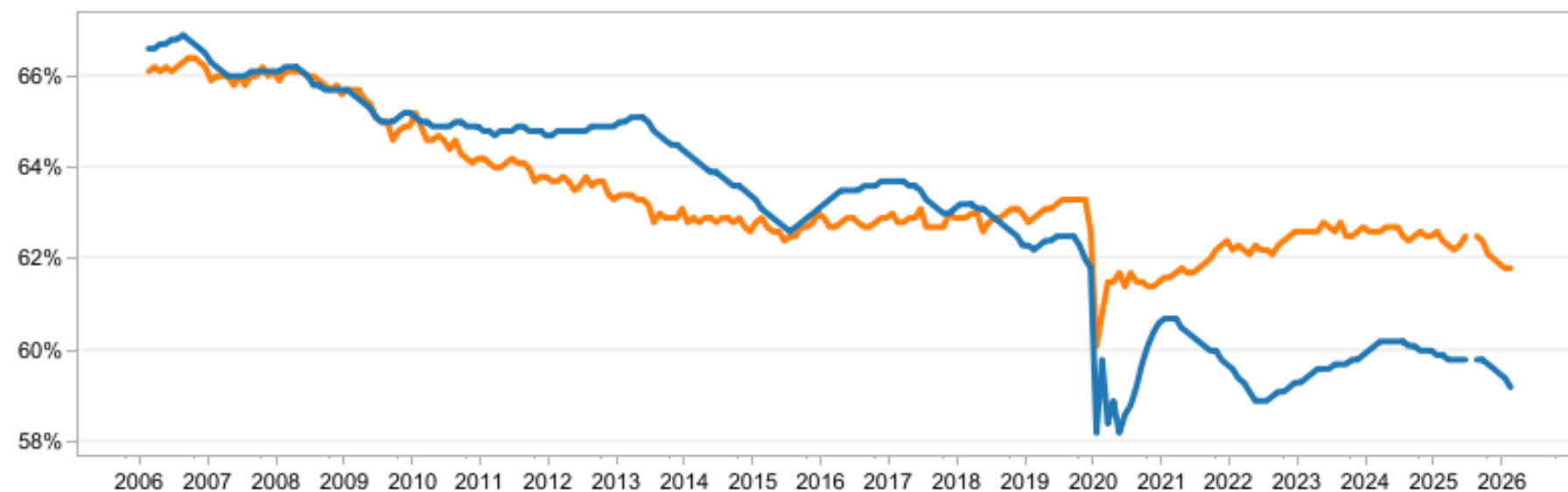
Who is in the labor force?



Maine Civilian Labor Force



Labor Force Participation Rate (seasonally adjusted)



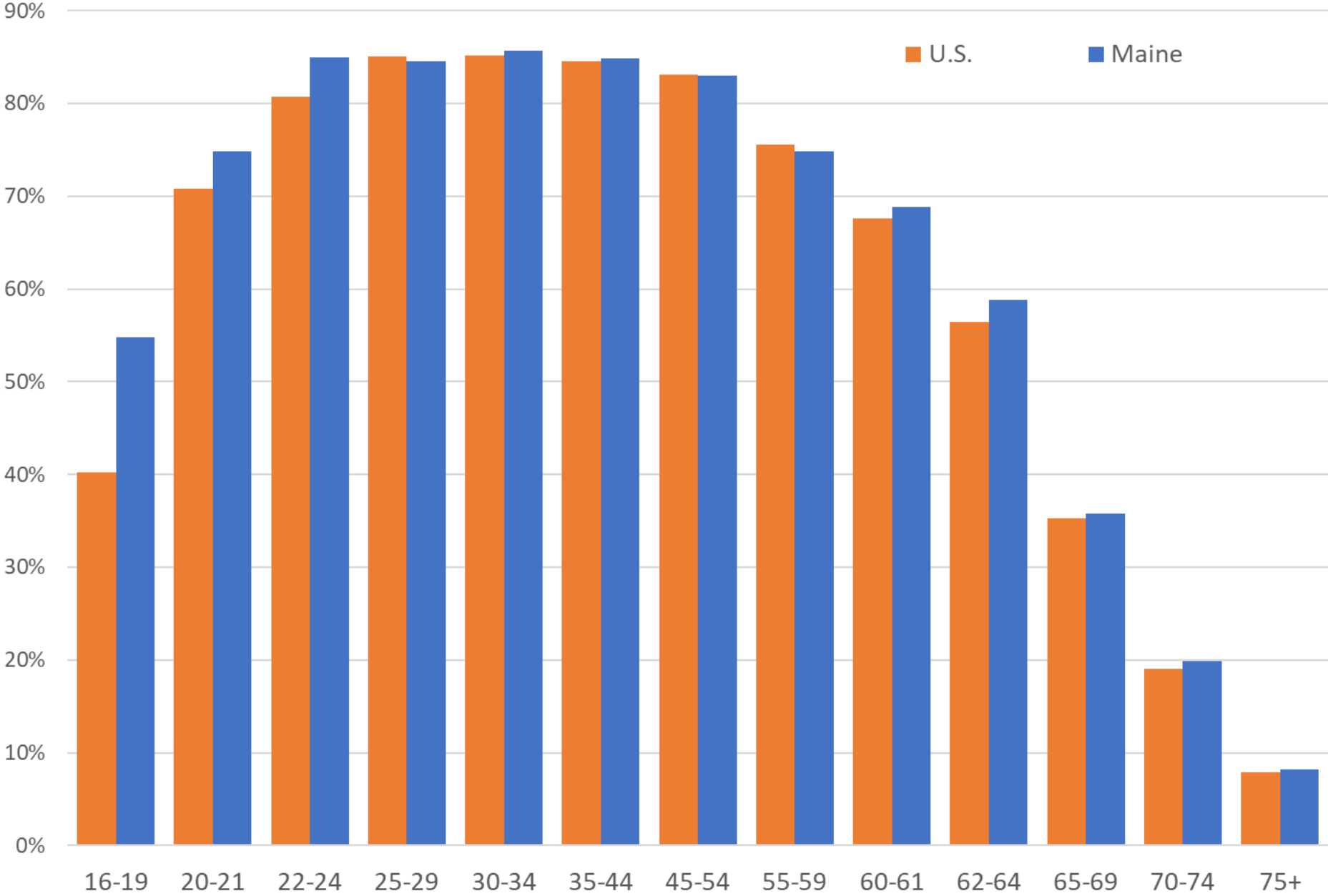
May, 2006 to May, 2026

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

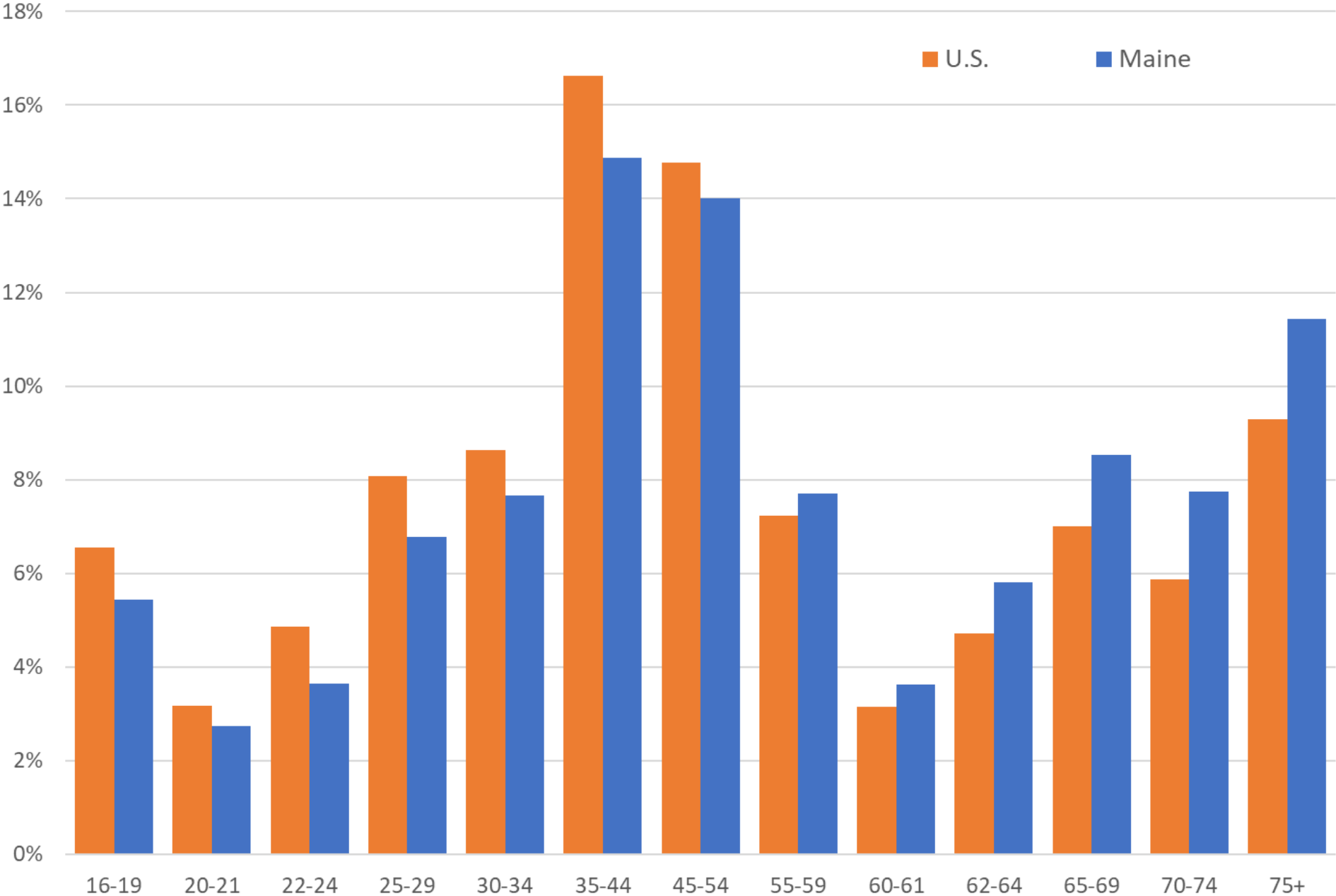
■ Maine

■ United States

2024 Labor Force Participation Rate



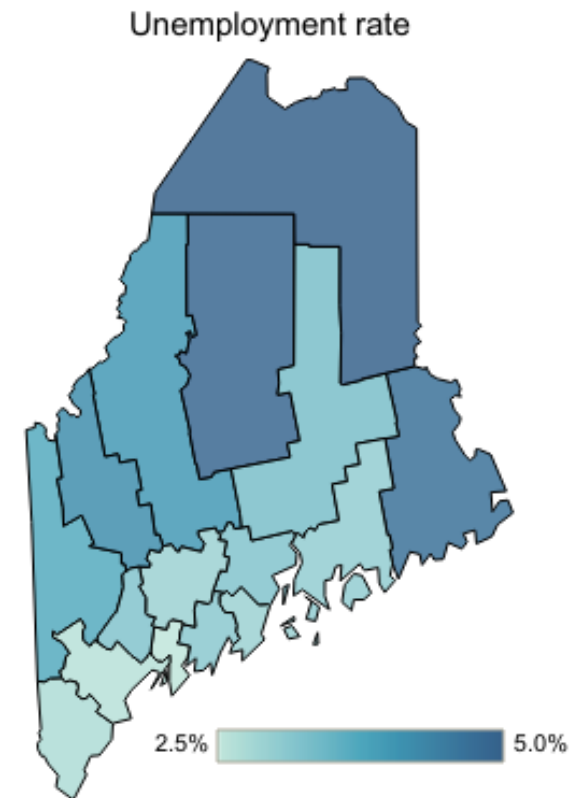
Share of 16+ Population by Age, 2024



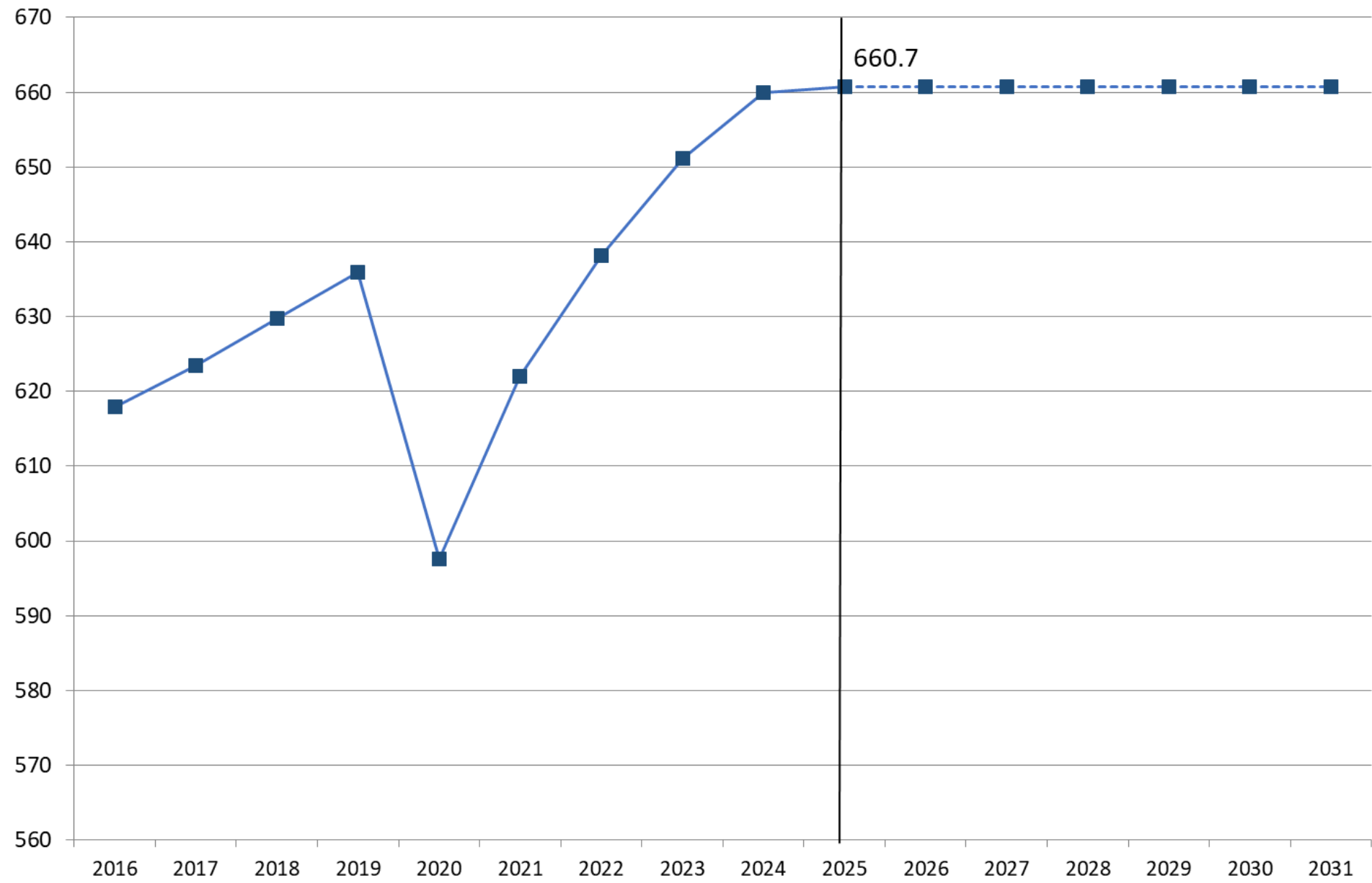
Maine's unemployment rate has been below 4.0% for 53 months as of May 2026 (3.1%), the longest stretch on record

County Rates (not seasonally adjusted)

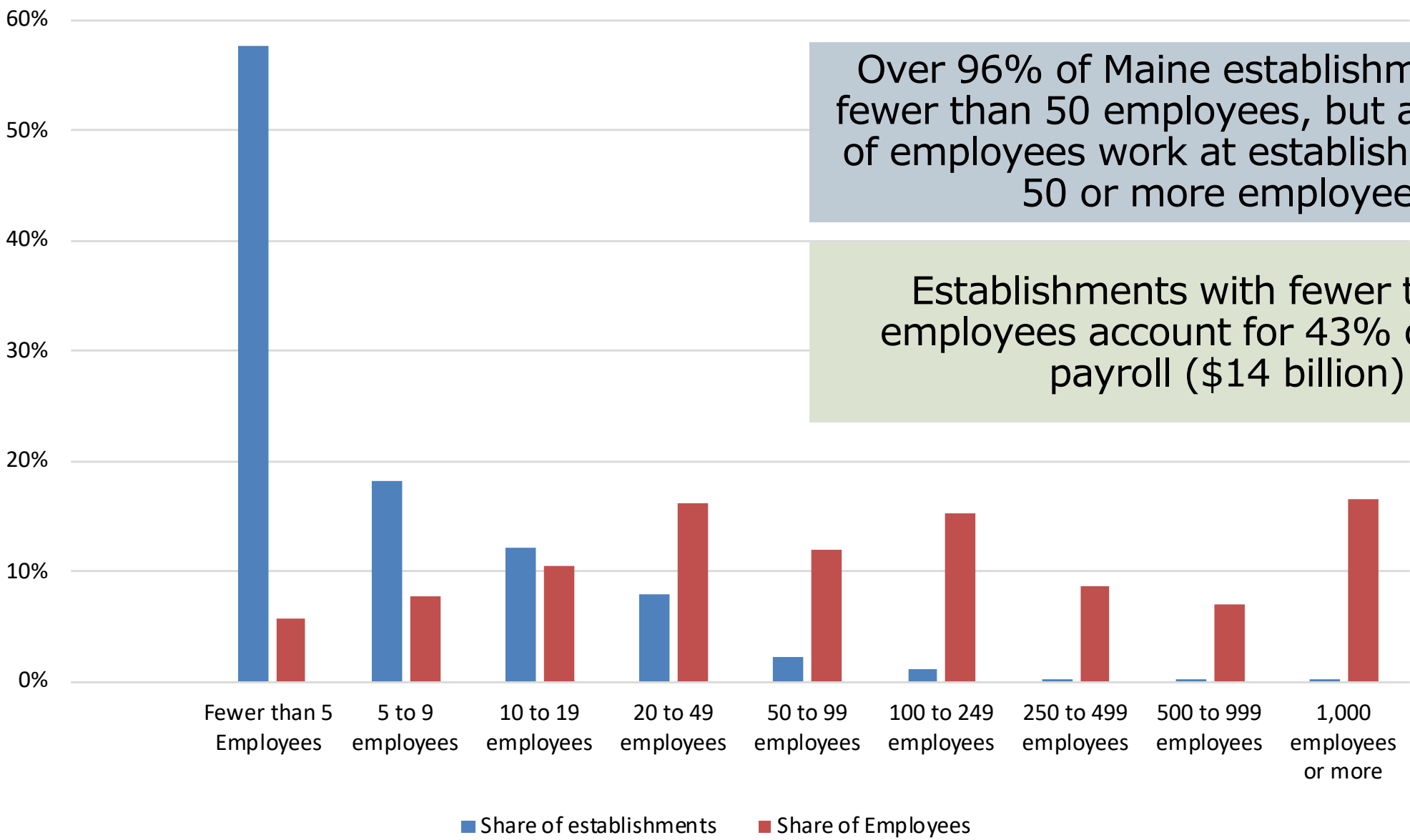
May, 2026					
☒ Table					
☐ Graph					
Map/Graph Display					
☒ Unemployment rate					
☐ One-year change					
County	Rate	Year ago	One-yr change		
Maine	3.1%	3.3%	-0.2	↓	
Androscoggin	3.2%	3.5%	-0.3	↓	
Aroostook	5.0%	5.1%	-0.1	↓	
Cumberland	2.6%	2.8%	-0.2	↓	
Franklin	4.2%	4.4%	-0.2	↓	
Hancock	3.0%	3.3%	-0.3	↓	
Kennebec	2.9%	3.1%	-0.2	↓	
Knox	2.9%	3.1%	-0.2	↓	
Lincoln	3.1%	3.3%	-0.2	↓	
Oxford	3.7%	3.9%	-0.2	↓	
Penobscot	3.3%	3.6%	-0.3	↓	
Piscataquis	4.9%	4.8%	0.1	↑	
Sagadahoc	2.5%	2.7%	-0.2	↓	
Somerset	4.0%	4.2%	-0.2	↓	
Waldo	3.2%	3.4%	-0.2	↓	
Washington	4.7%	4.8%	-0.1	↓	
York	2.7%	2.9%	-0.2	↓	



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



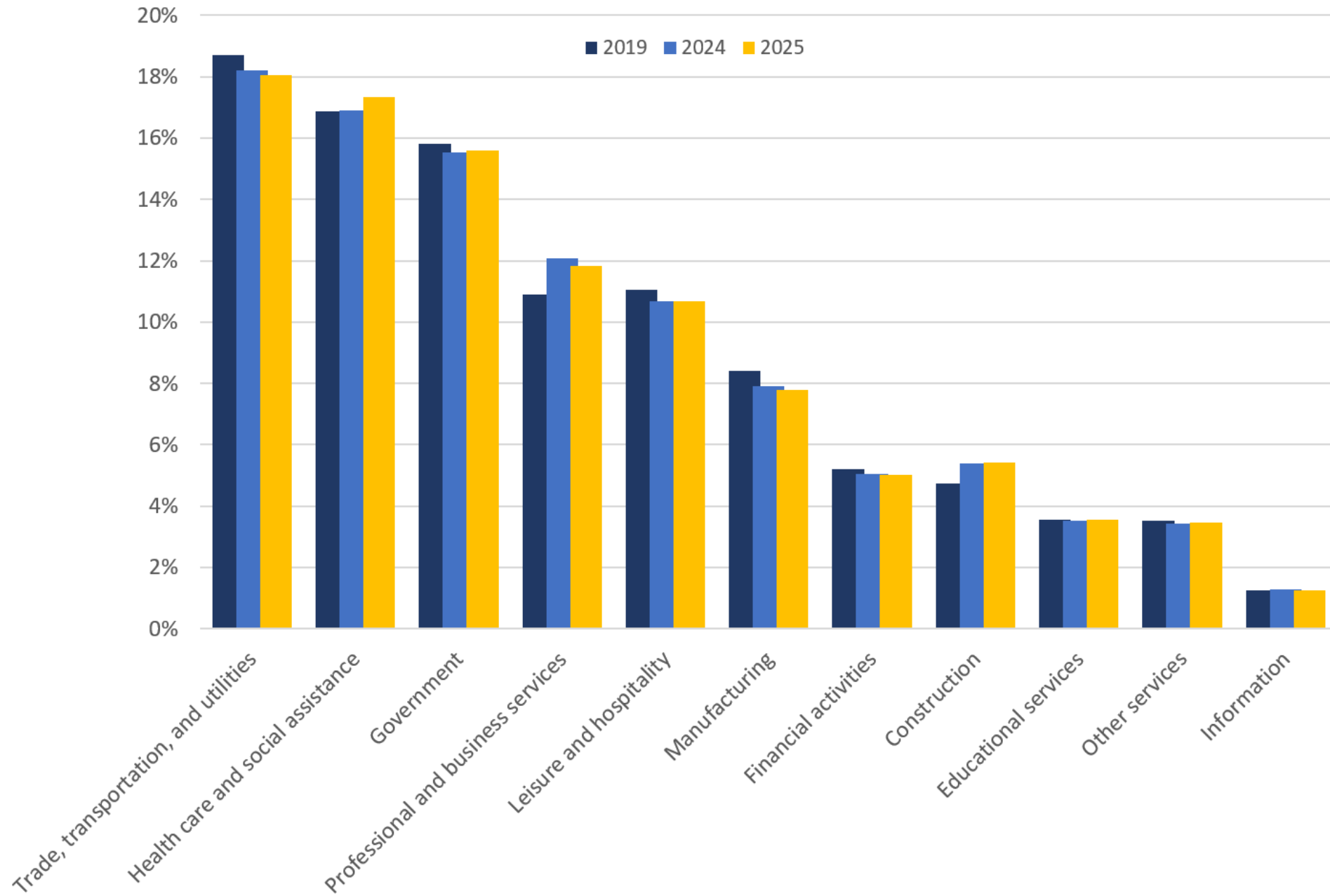
Share of Establishments and Employees by Establishment Class Size
Maine, 2023



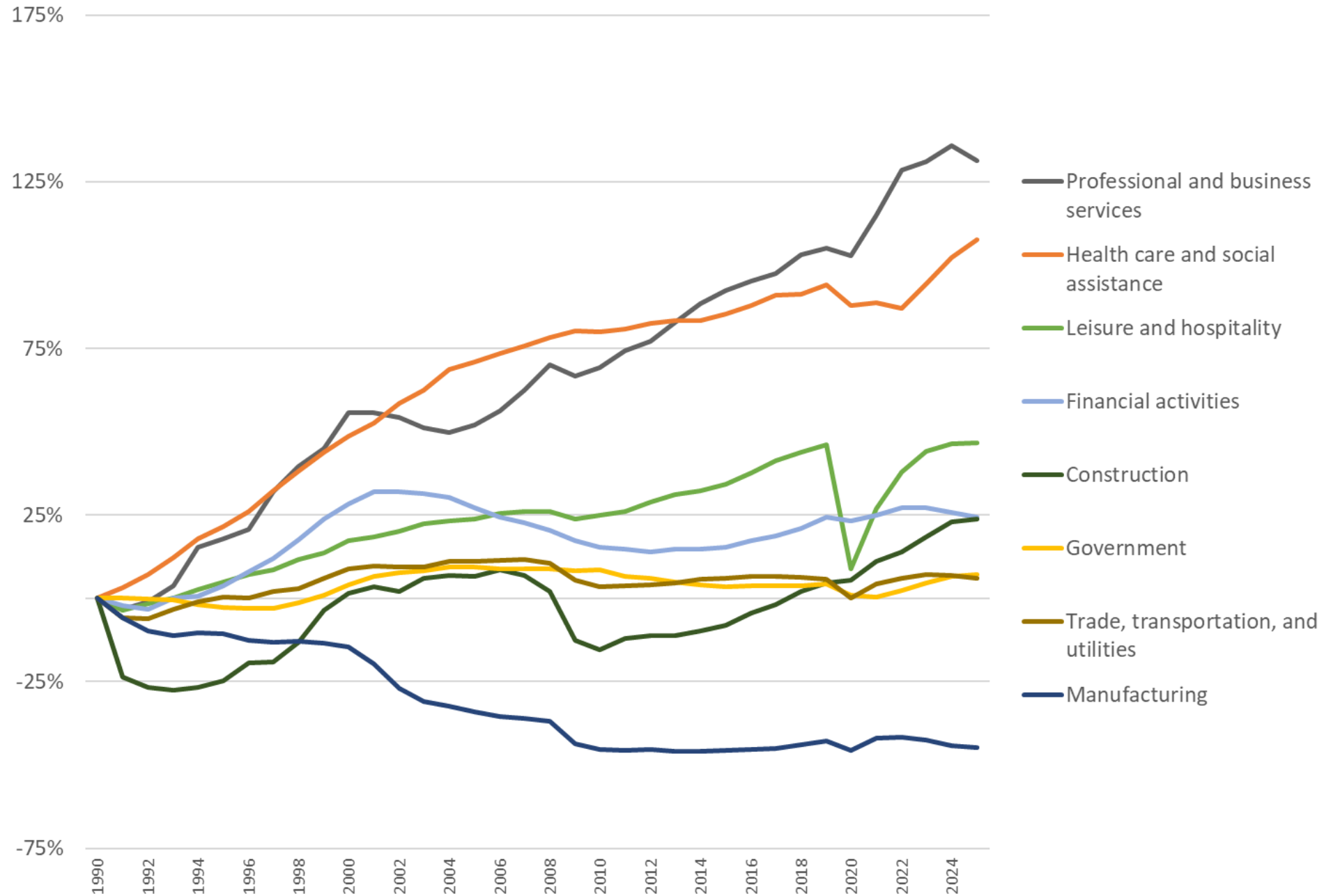
Over 96% of Maine establishments have fewer than 50 employees, but almost 60% of employees work at establishments with 50 or more employees

Establishments with fewer than 50 employees account for 43% of annual payroll (\$14 billion)

Share of Maine Nonfarm Employment by Industry



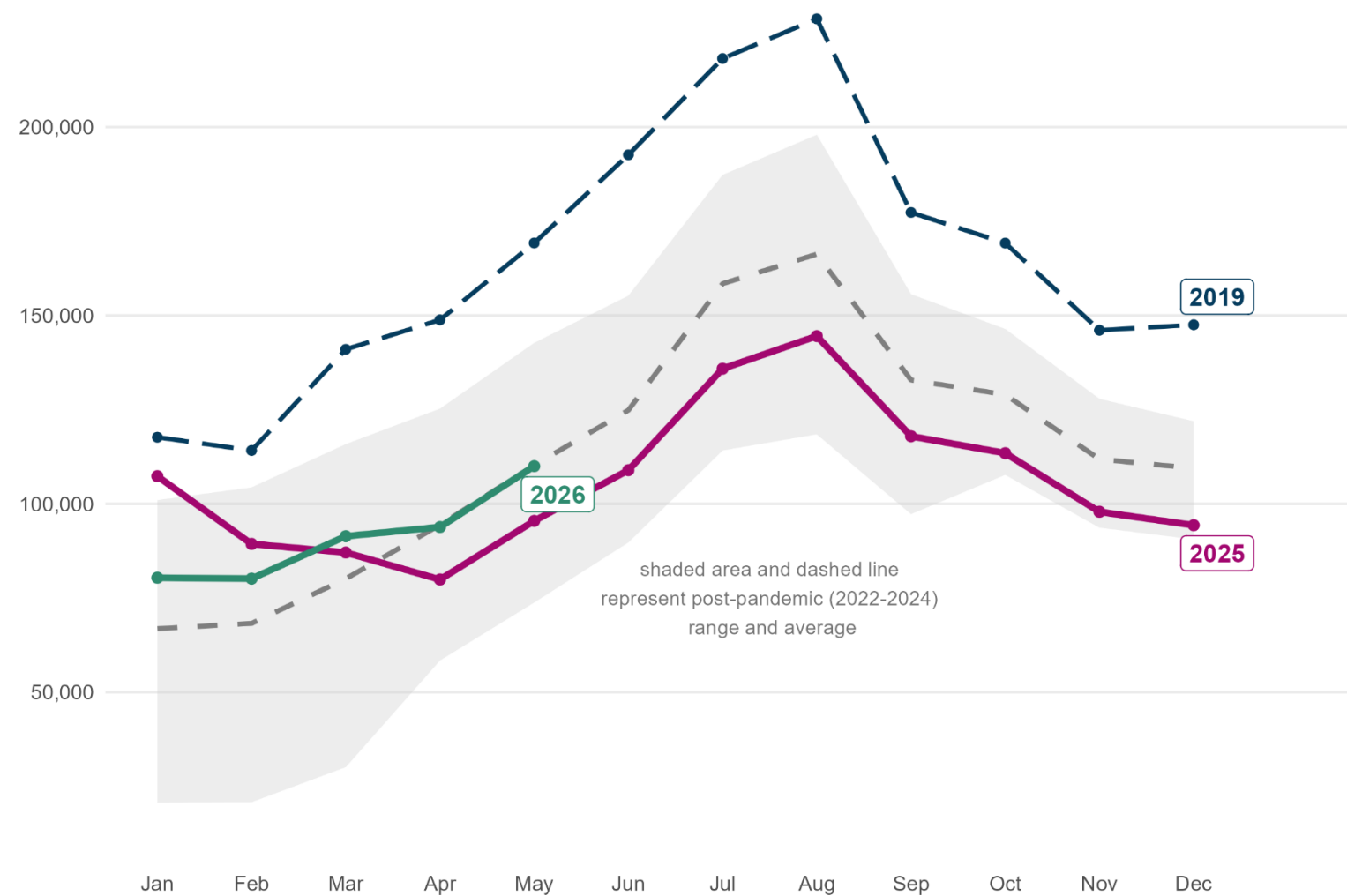
Percent change in select Maine employment sectors since 1990



2025 summer tourism season:

- Direct spending was down 3.5%, reflecting the national trend of visitors being more price conscious
- Decrease in overall visitation was primarily from day trippers (who typically don't spend as much as overnight visitors)
- Fewer Canadian visitors than 2024
 - 3pp lower (4% vs 7%) share of summer visitation

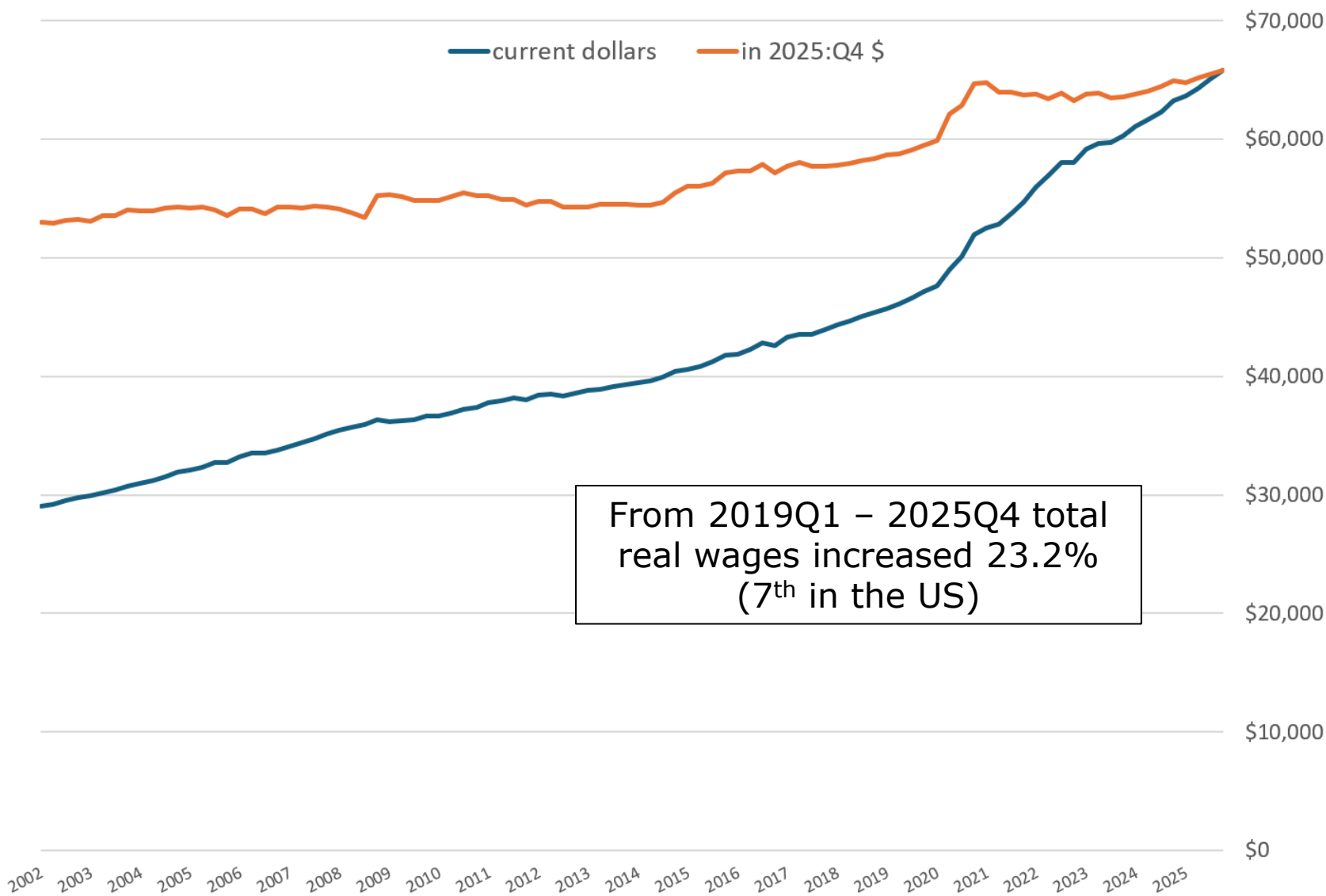
Passenger Vehicles Entering Maine from Canada



Source: U.S. Department of Transportation, Bureau of Transportation Statistics.

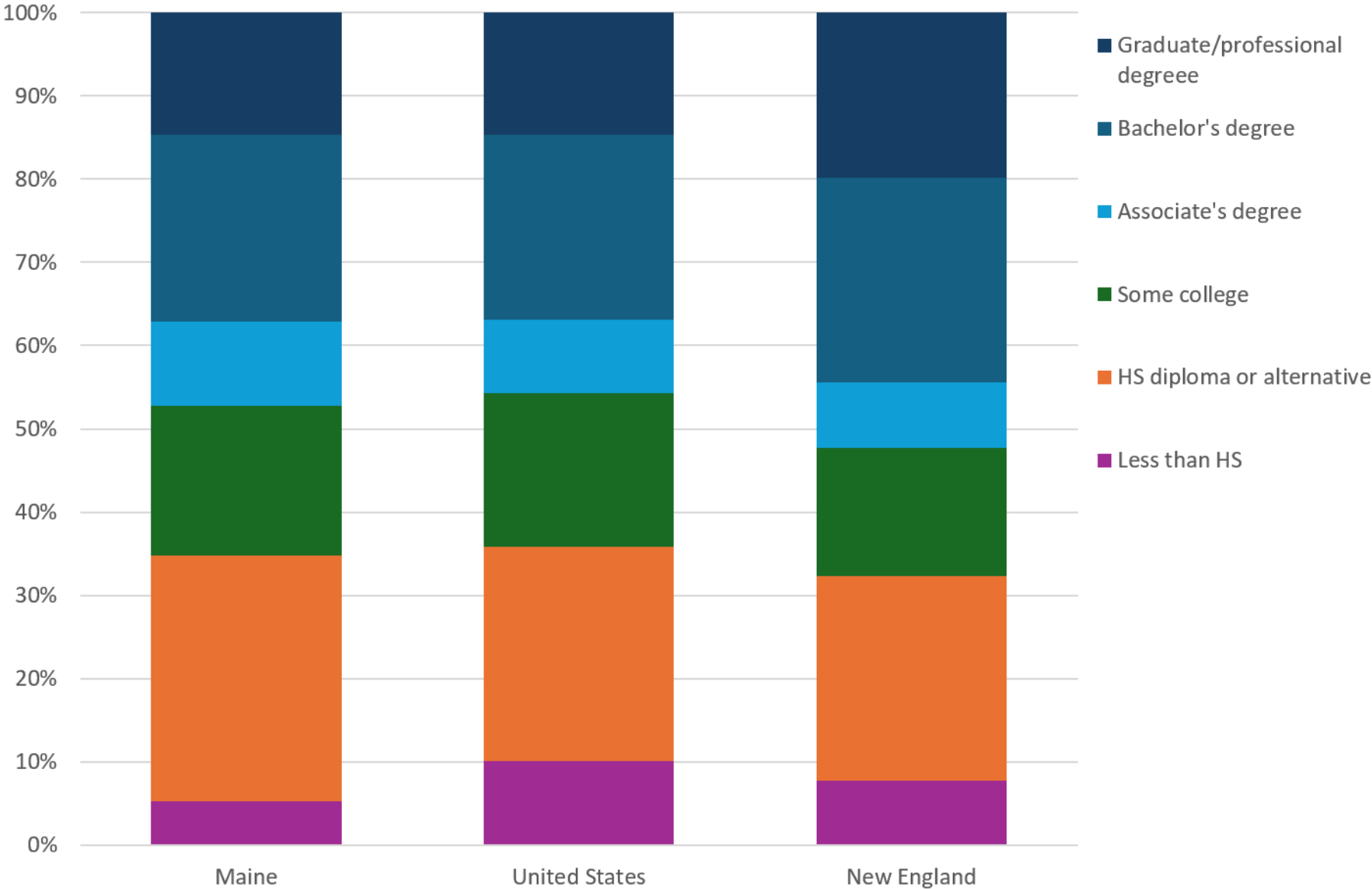
Wages, Income, and Spending

Moving Four Quarter Average Wage Per Job

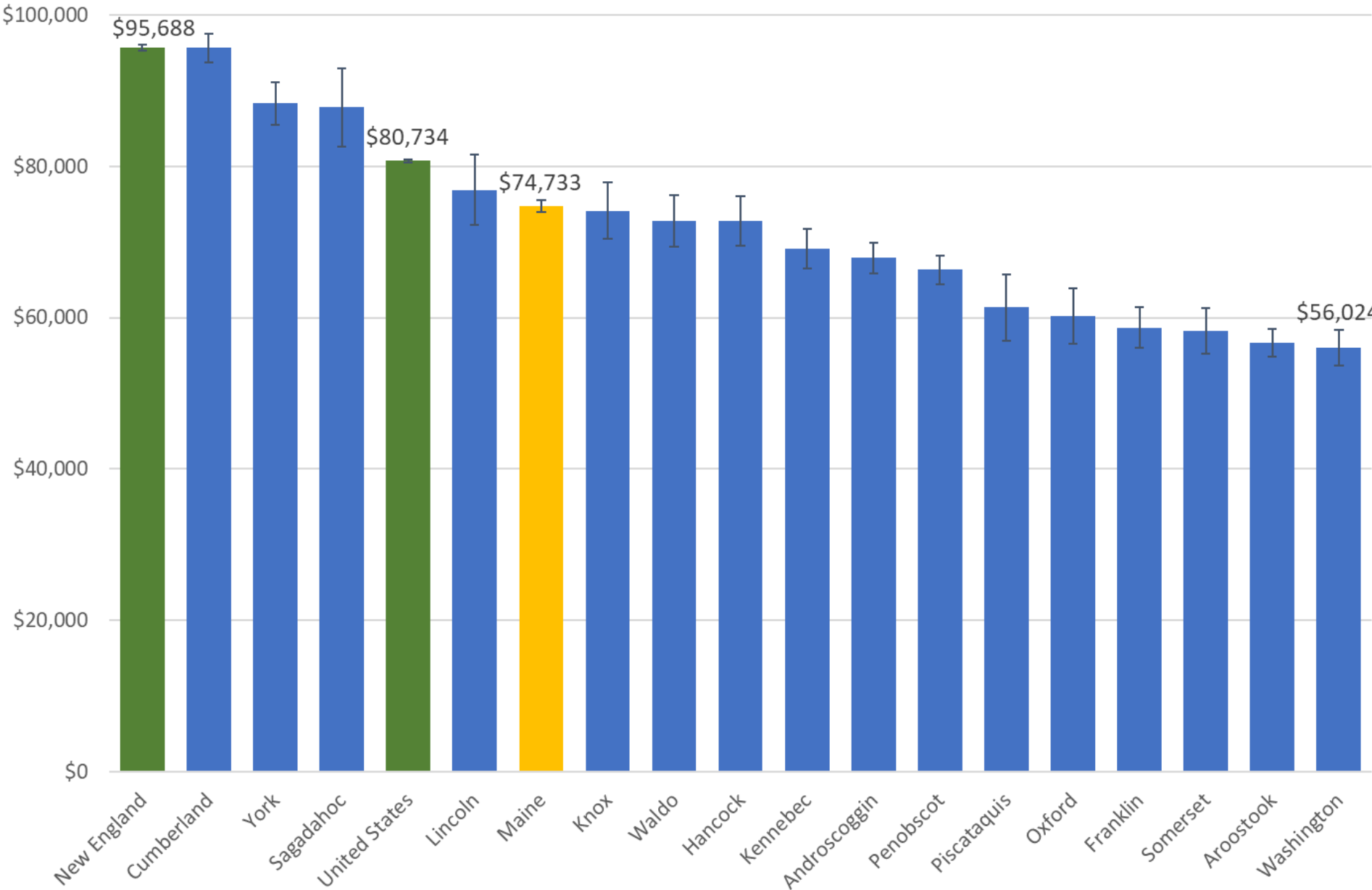


Wages increased sharply during the first part of the pandemic; since then, increases have kept pace with inflation

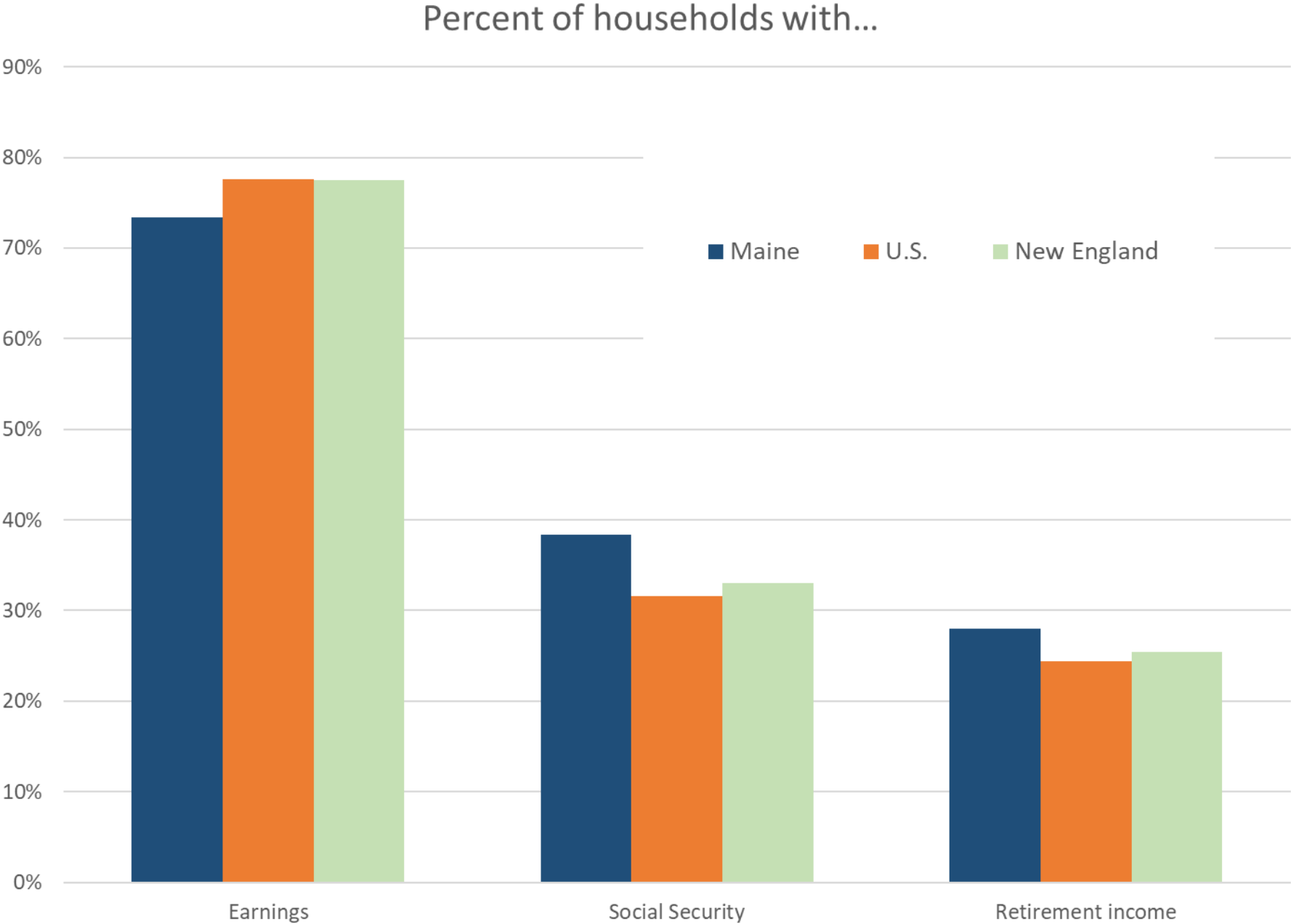
Educational Attainment of Population Age 25+



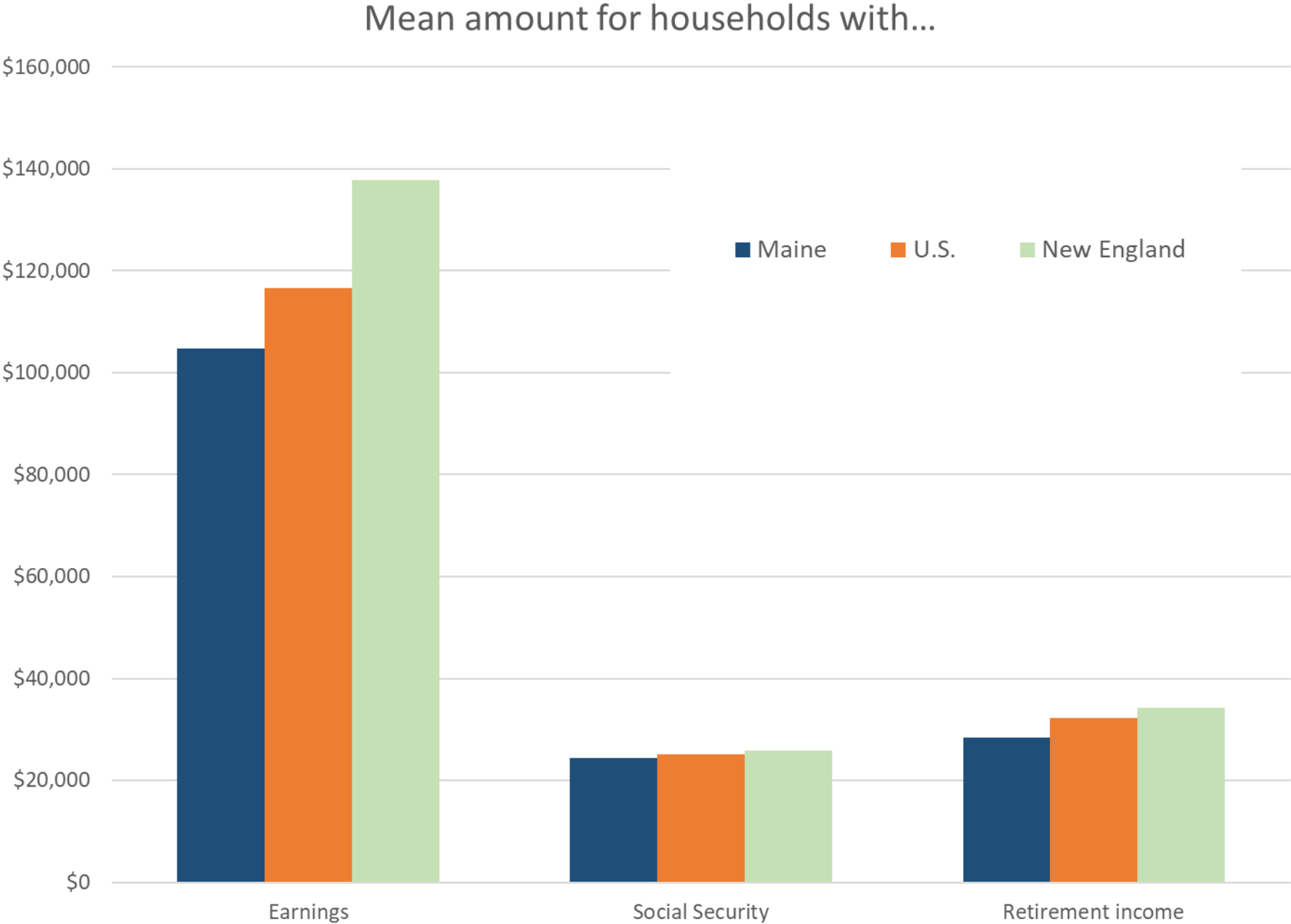
Median Household Income

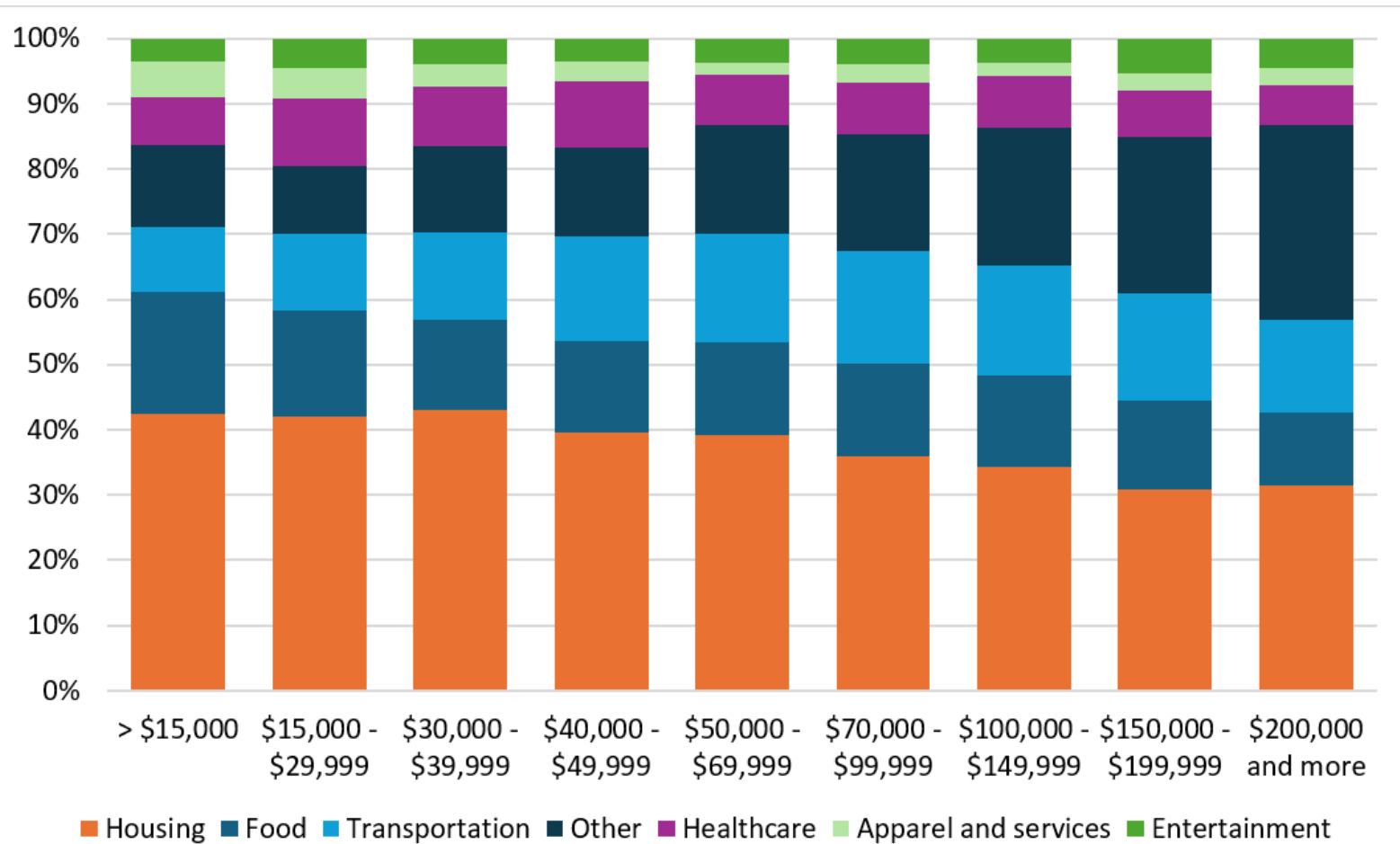


Maine has a higher share of households with Social Security and retirement income and a lower share of households with earnings



The amount of income from earnings is much higher than Social Security or retirement

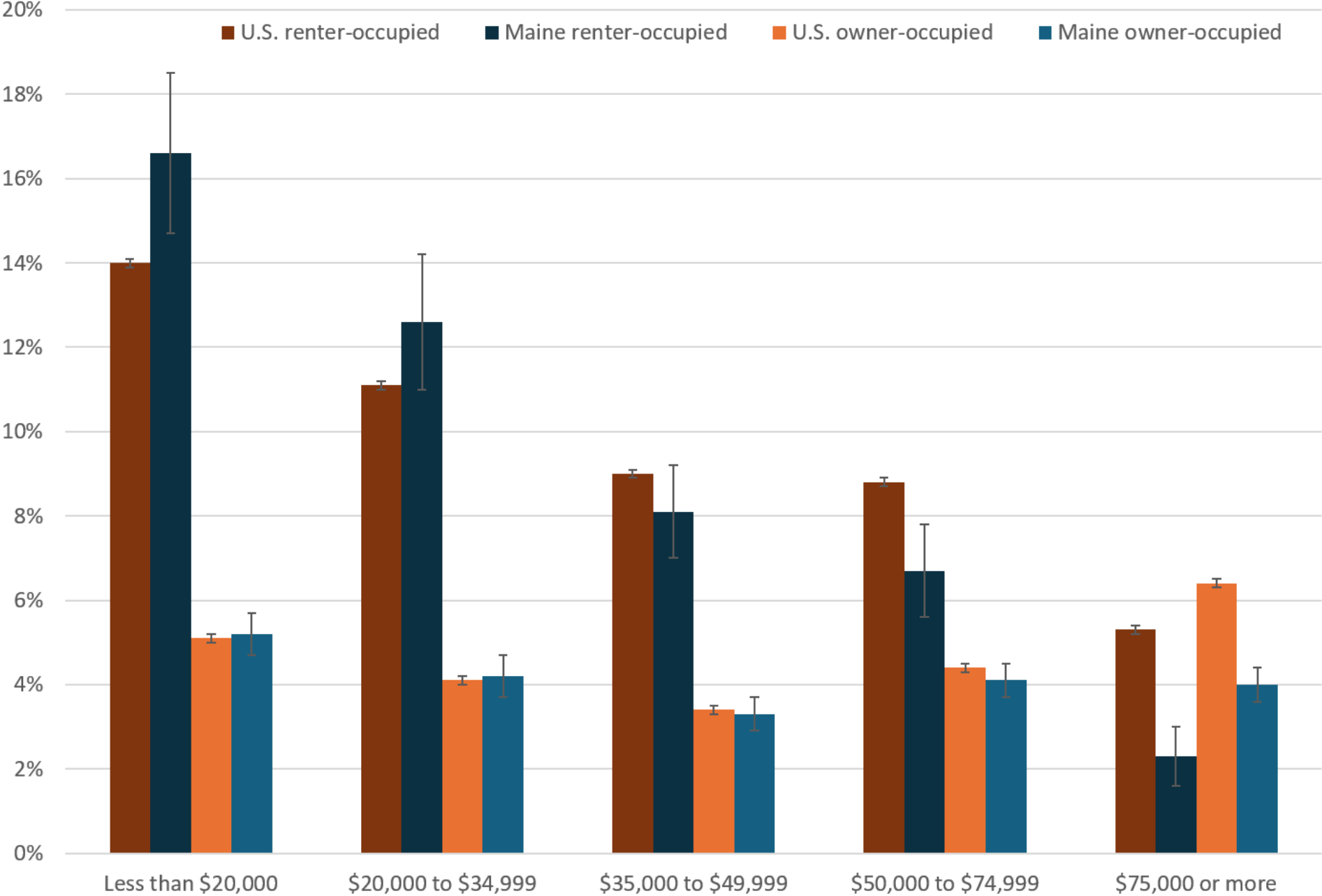




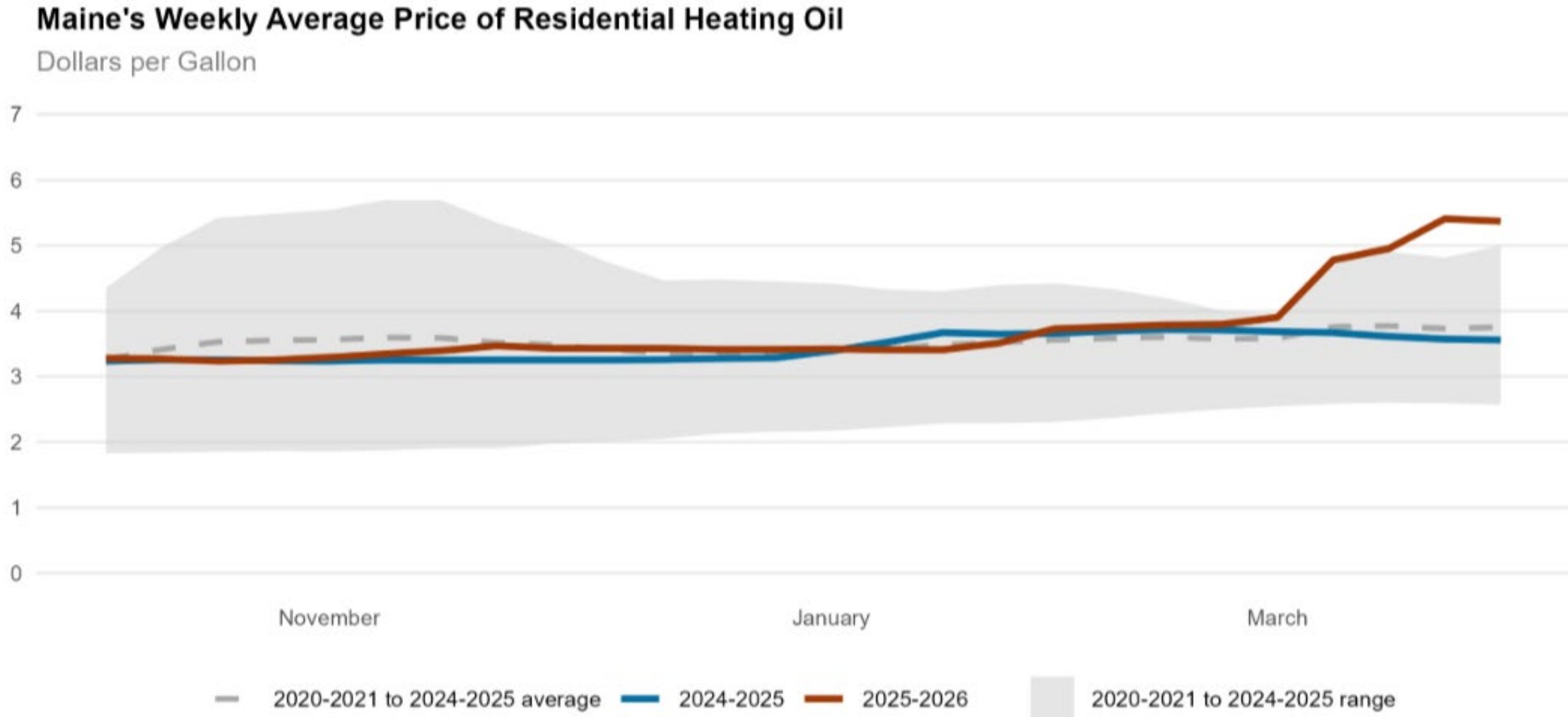
Other includes:
Personal care products and services
Reading
Education
Tobacco products and smoking supplies
Miscellaneous
Cash contributions
Alcohol
Personal insurance and pensions

In the Northeast Region, households with lower incomes tend to spend a higher share of income on housing and food

Percent of households paying more than 30% of income in monthly housing costs

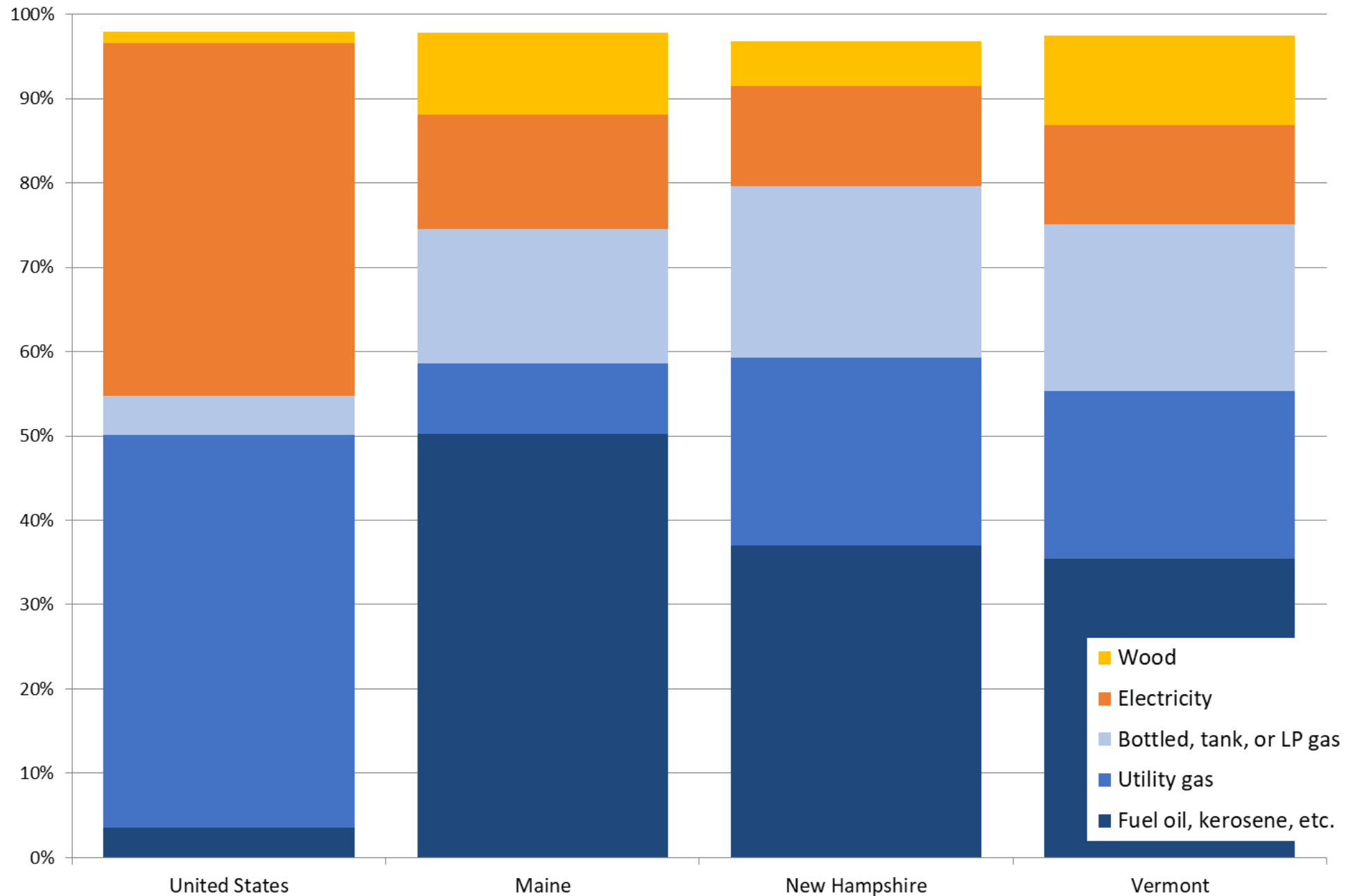


Heating oil ended March 2026 at \$5.37/gallon (\$1.62 above five-year average of same week)



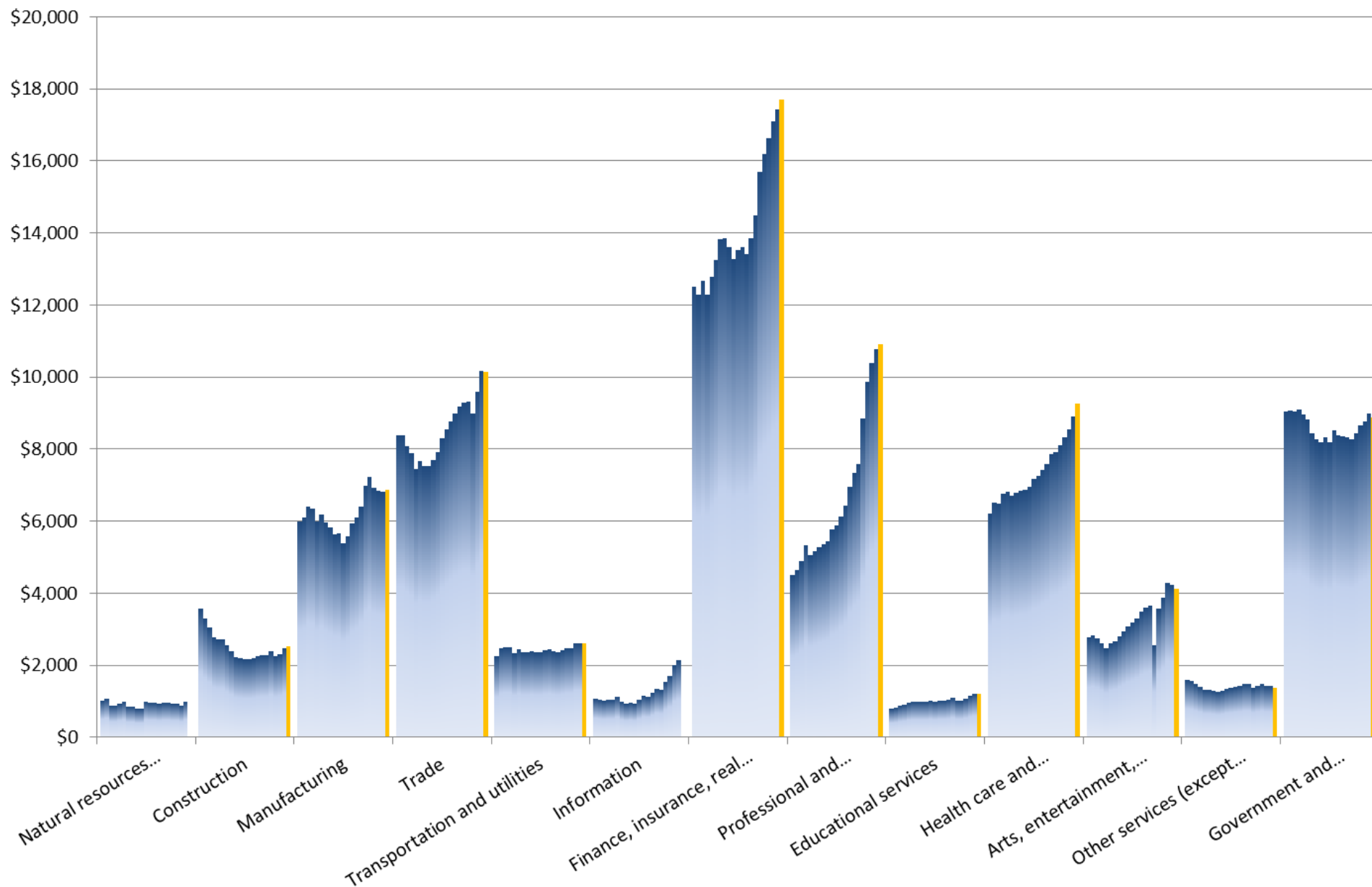
Source: U.S. Energy Information Administration

Percent of Housing Units by Type of Primary Heating Fuel

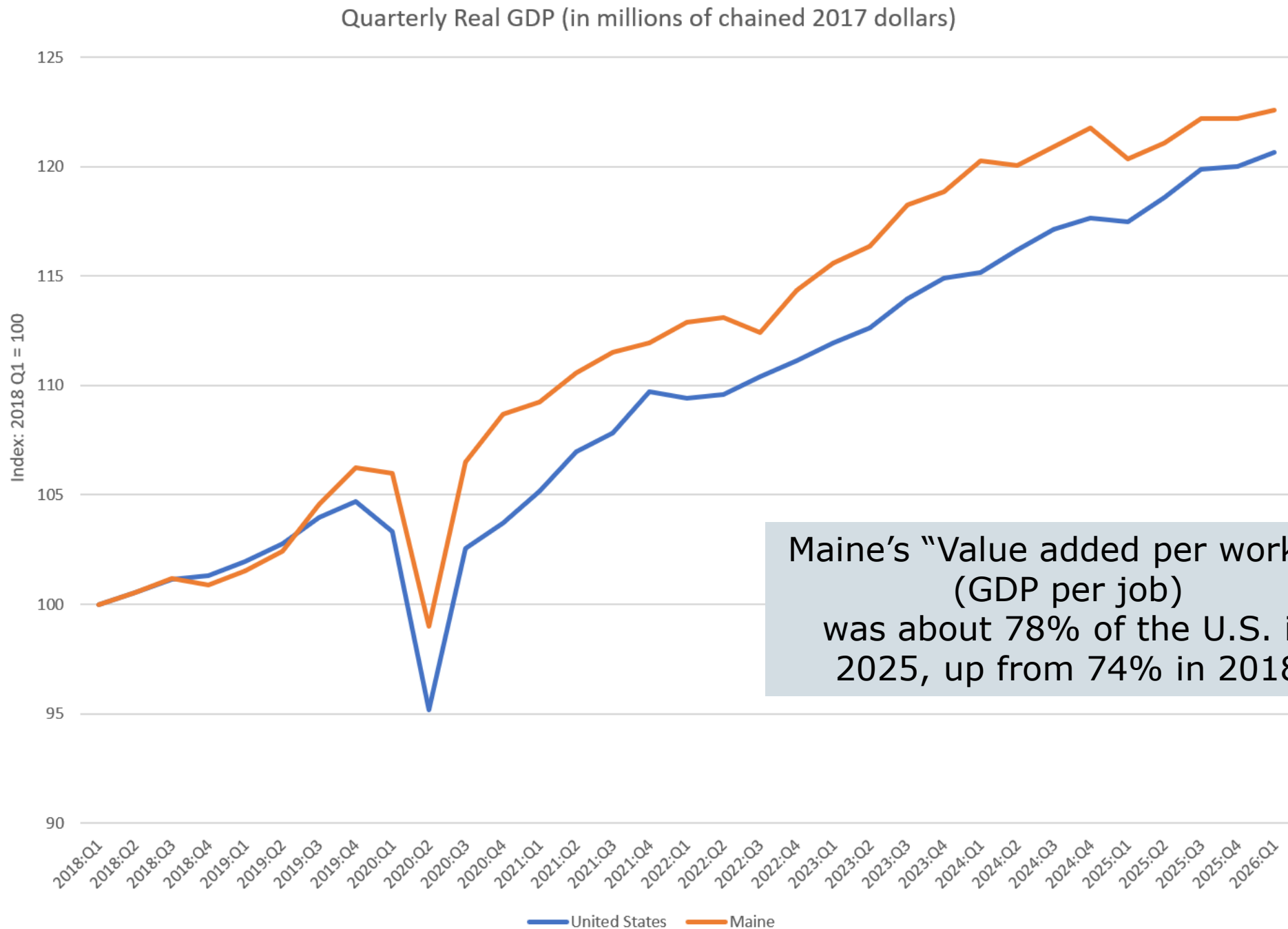


Gross Domestic Product (GDP)

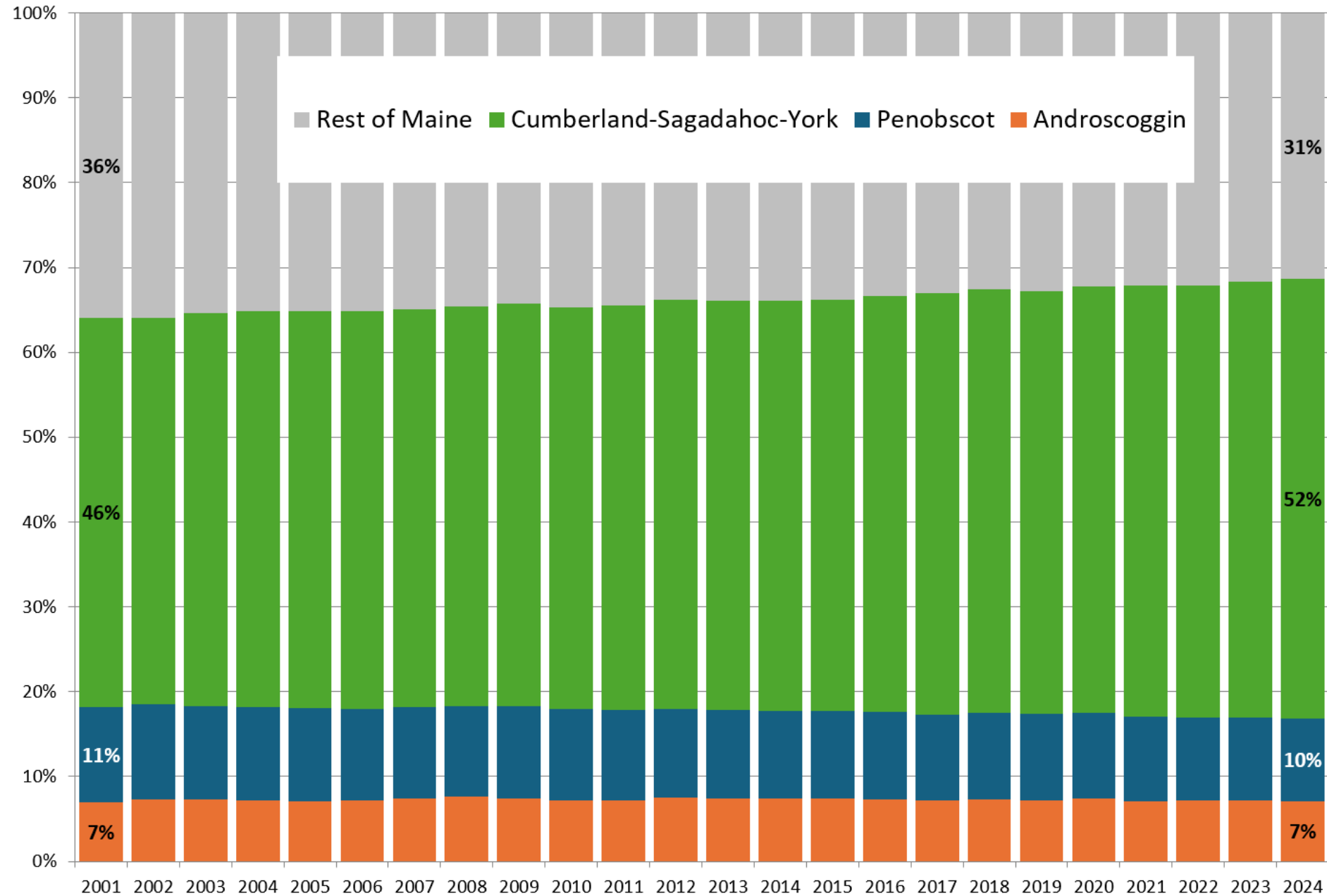
Maine Real GDP by Industry, 2005-2025 (in millions of chained 2017 dollars)



*2025 data for information and natural resources and mining are not shown to avoid disclosure of confidential information



Share of Maine GDP



Wrapping up:

- Population growth in Maine comes from migration, which picked up during the pandemic but has been challenged by housing availability/affordability
- Employment growth is limited by labor force availability; increased labor force participation, continued in-migration of younger populations, and increased productivity can help bridge the gap
- Maine's economy is impacted both by its demographics and by larger national and global trends

Contact Information

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