

# The Maine Economy: Trends and Outlook

Portside Real Estate Group MidYear

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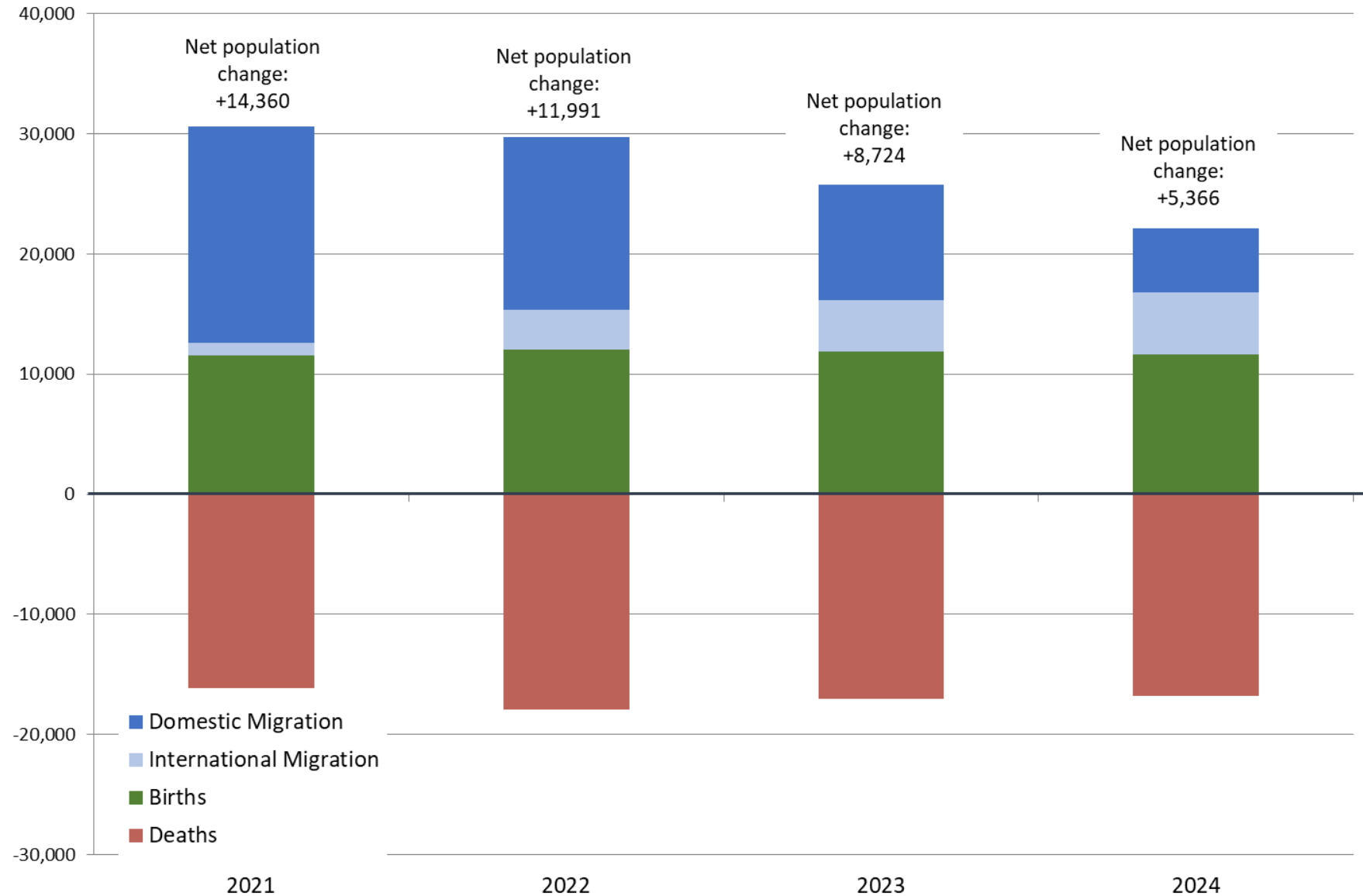
# Population, migration, and housing

## Components of Population Change, Maine

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

Population increase of  
3.1% from 2020-2024  
(17<sup>th</sup> in U.S.)

2024 Total Population:  
1,405,012

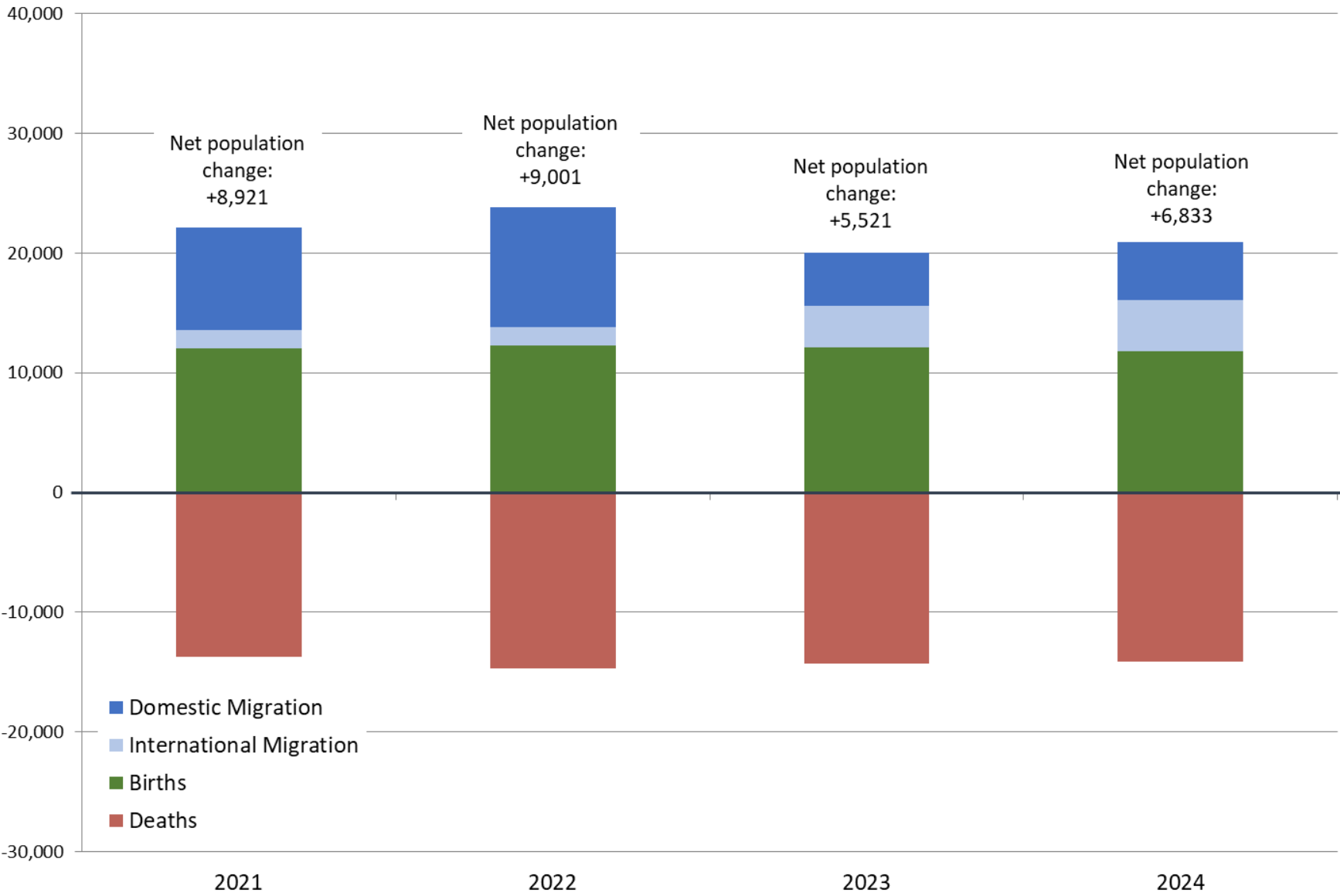


# Components of Population Change, New Hampshire

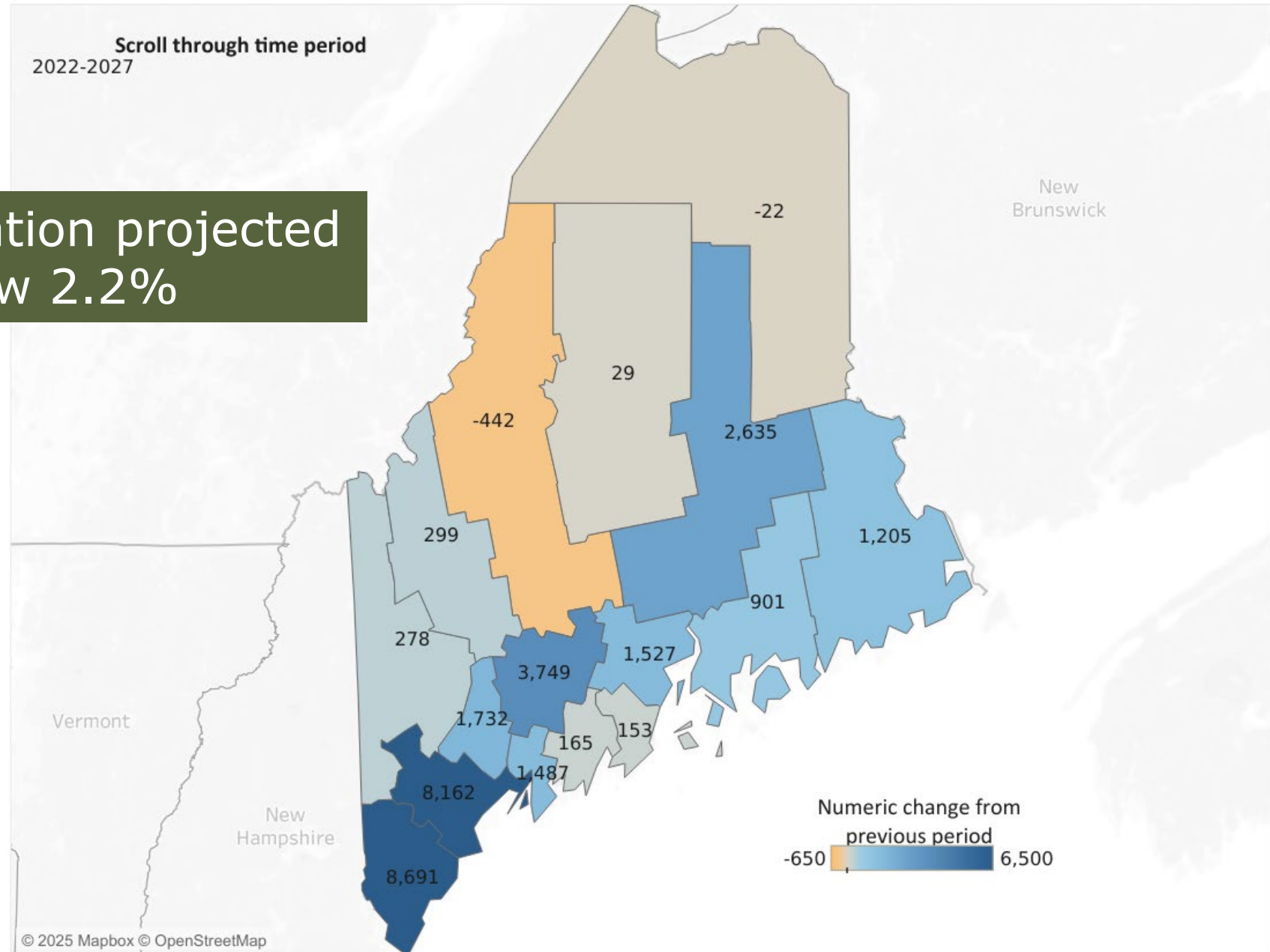
Population increase of 4.6% from 2010-2020 (30<sup>th</sup> in U.S.)

Population increase of 2.3% from 2020-2024 (20<sup>th</sup> in U.S.)

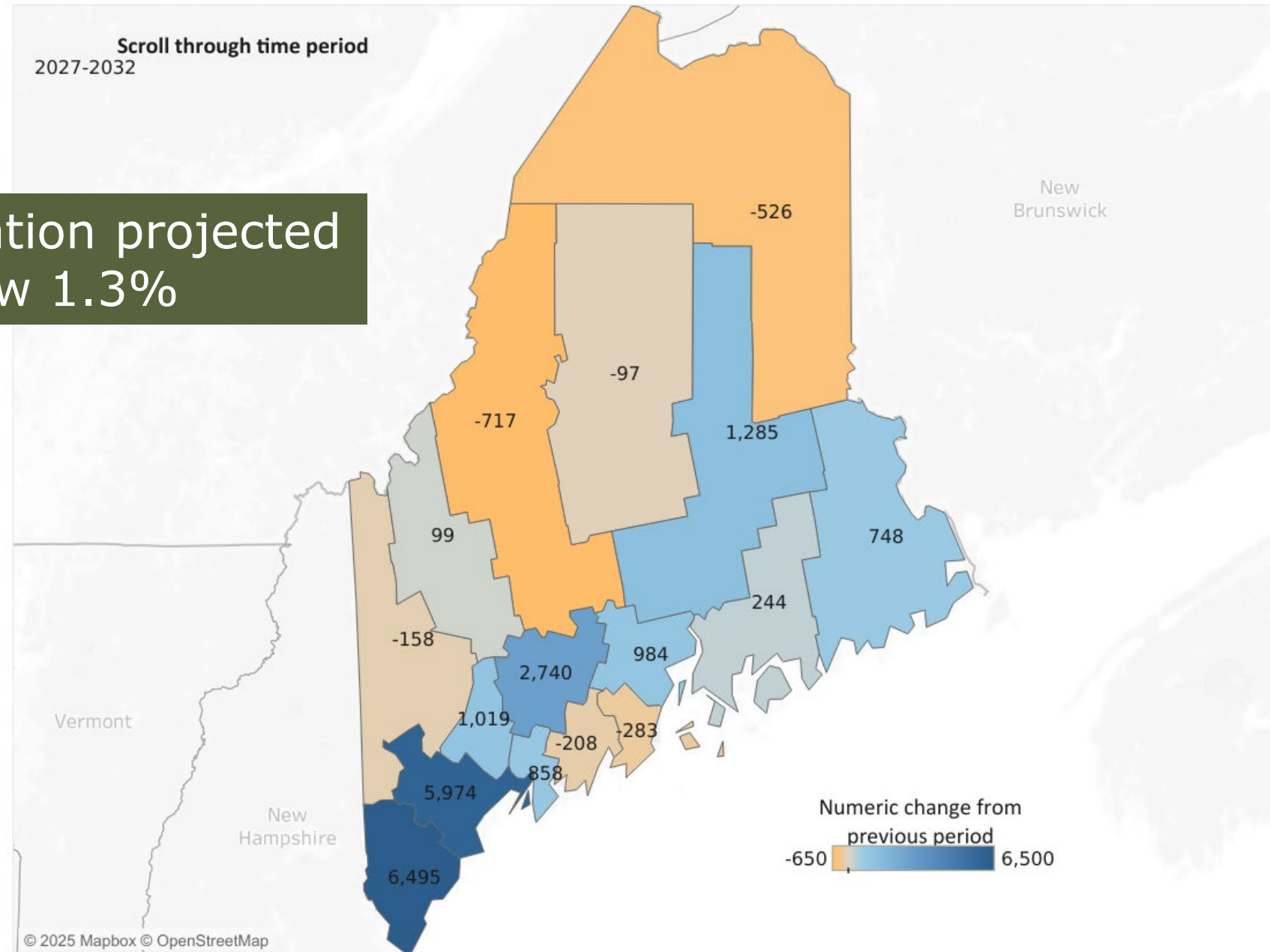
2024 Total Population: 1,409,032



Maine population projected to grow 2.2%

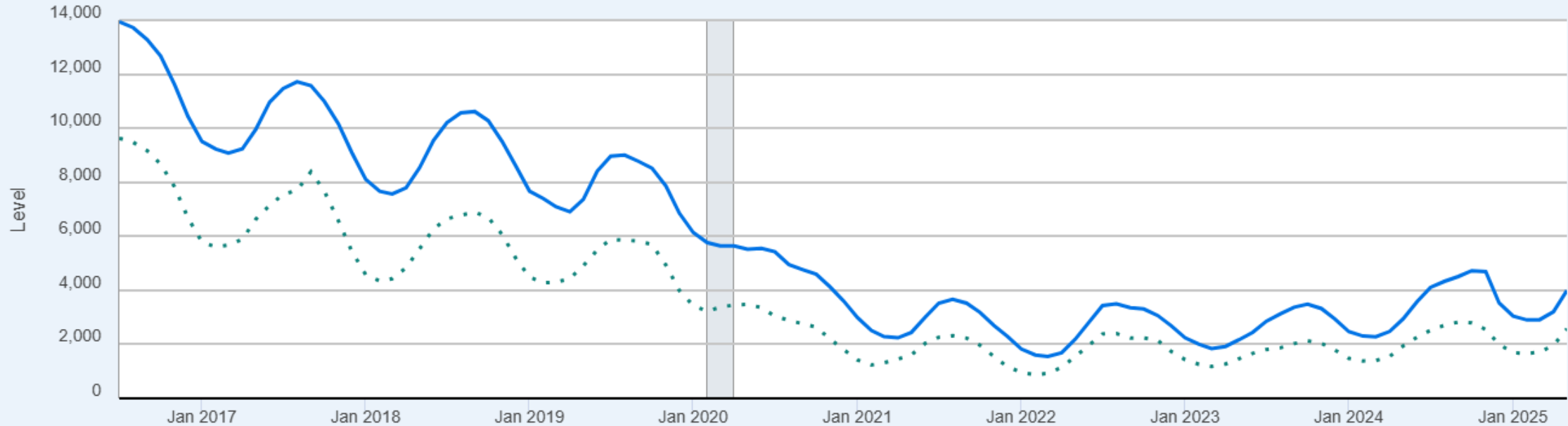


Maine population projected to grow 1.3%





— Housing Inventory: Active Listing Count in Maine  
••• Housing Inventory: Active Listing Count in New Hampshire

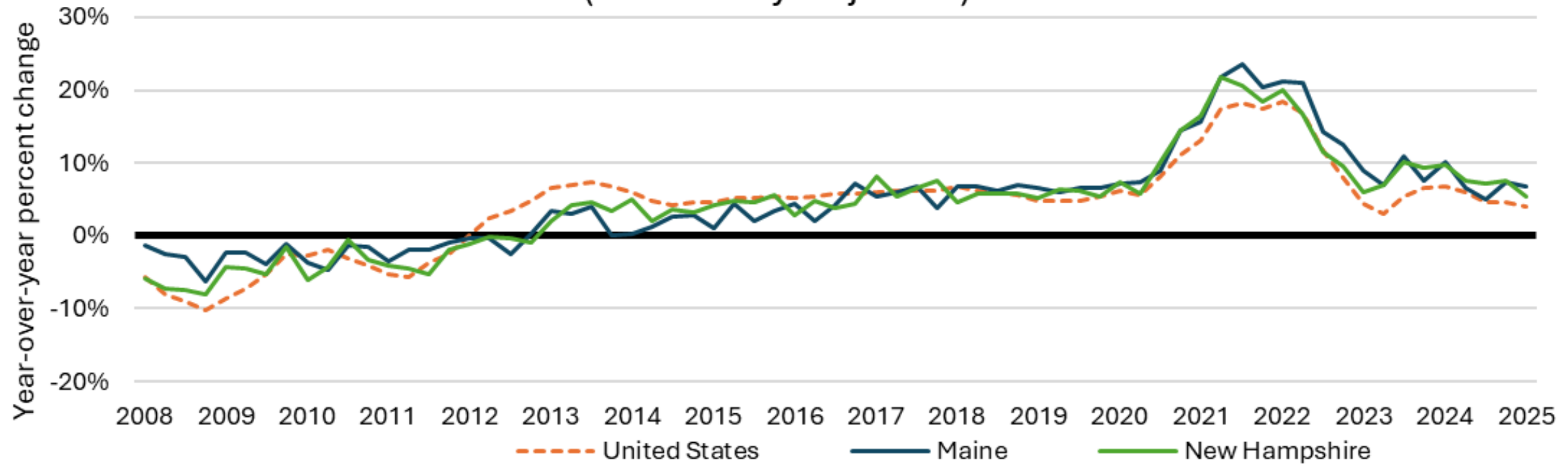


Source: Realtor.com via FRED®  
Shaded areas indicate U.S. recessions.

fred.stlouisfed.org

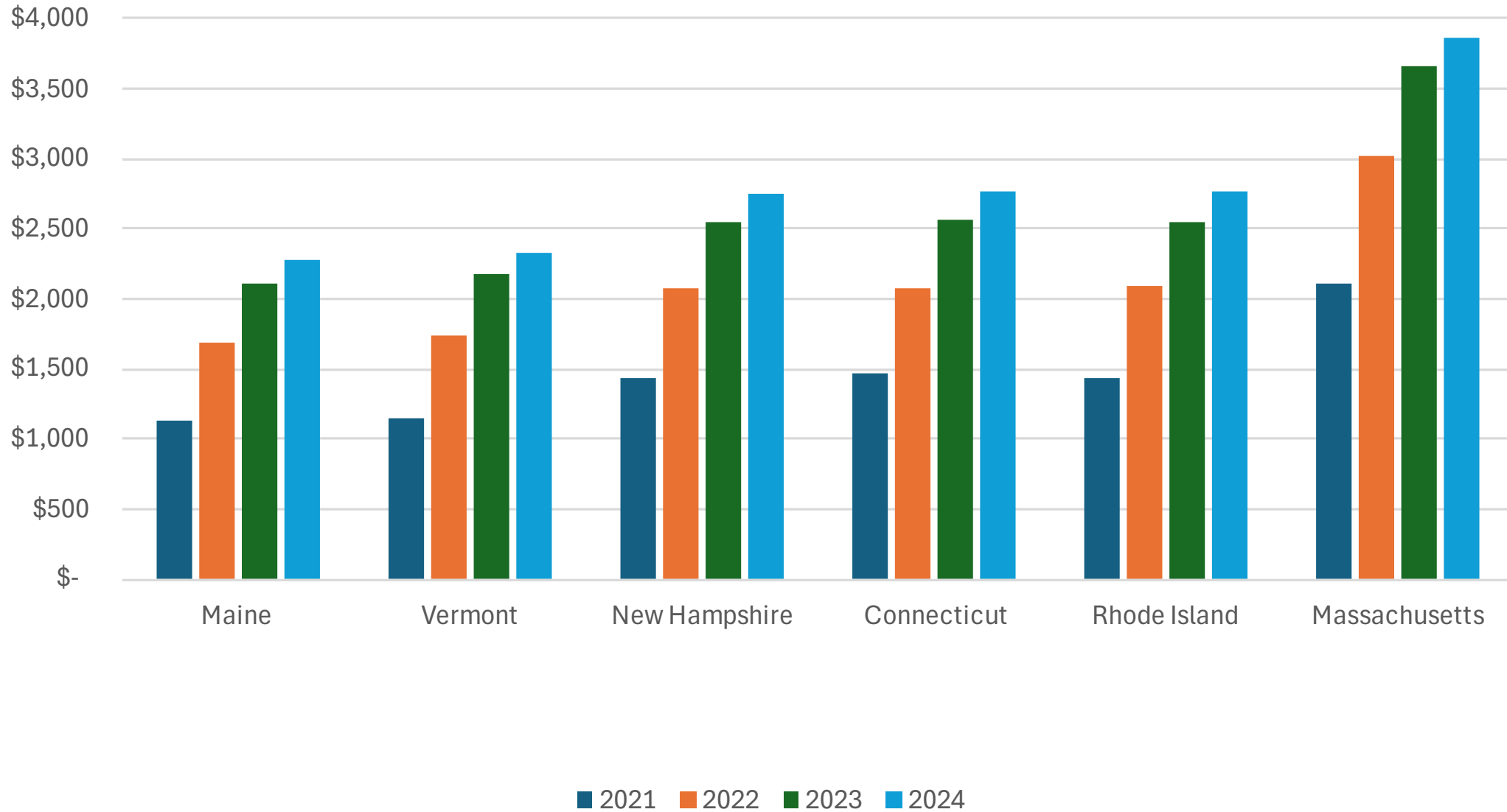
Migration into Maine and New Hampshire drove up demand for housing and further reduced the available supply while high mortgage rates locked people into existing homes – but there's been some improvement (May 2025 about a third higher than May 2024)

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

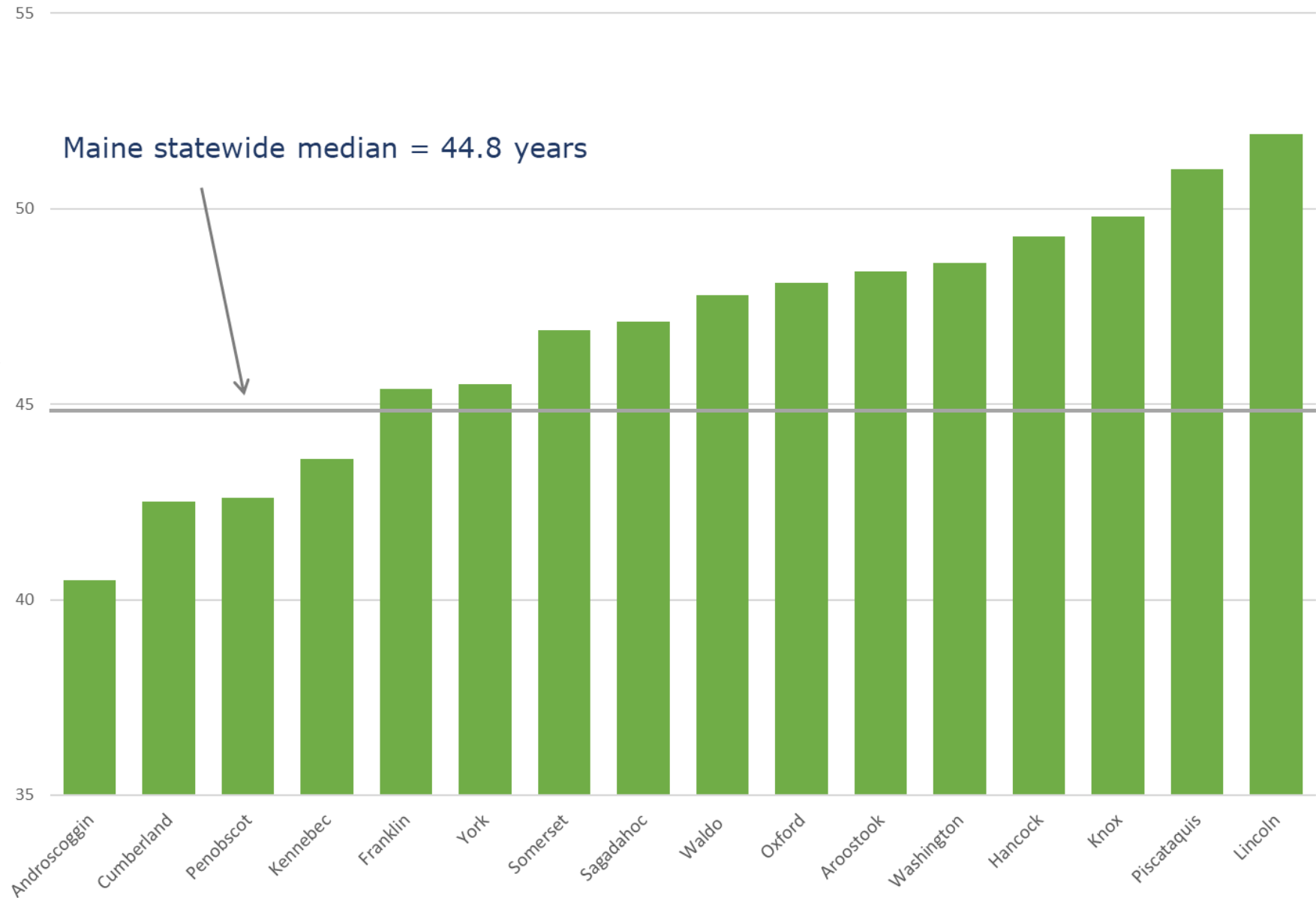




## Monthly Mortgage Payment at the Median Sales Price 2021-2024



Median Age by County 2024



Northern New England has the three highest median age states:

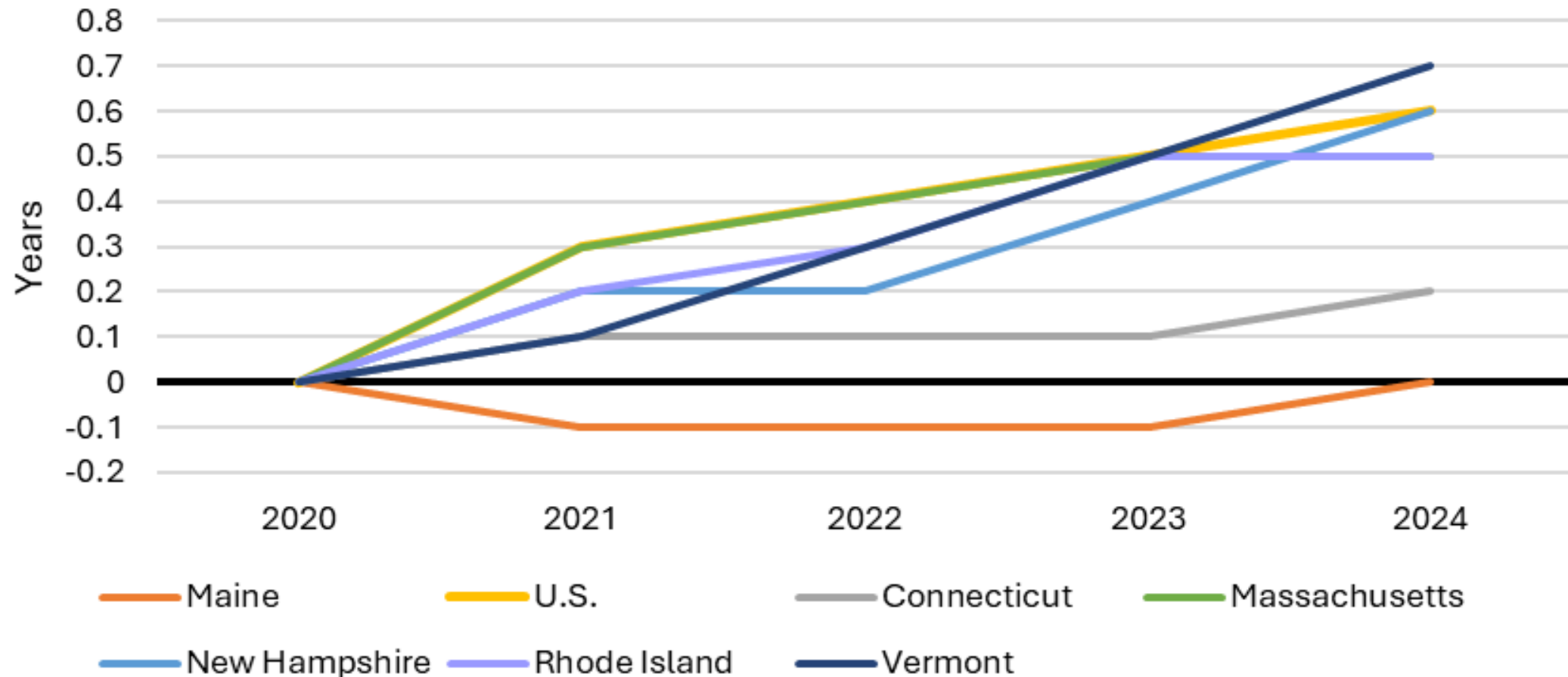
Maine is first at 44.8 years

Vermont and New Hampshire are tied for second at 43.6 years

## Migration has made a difference

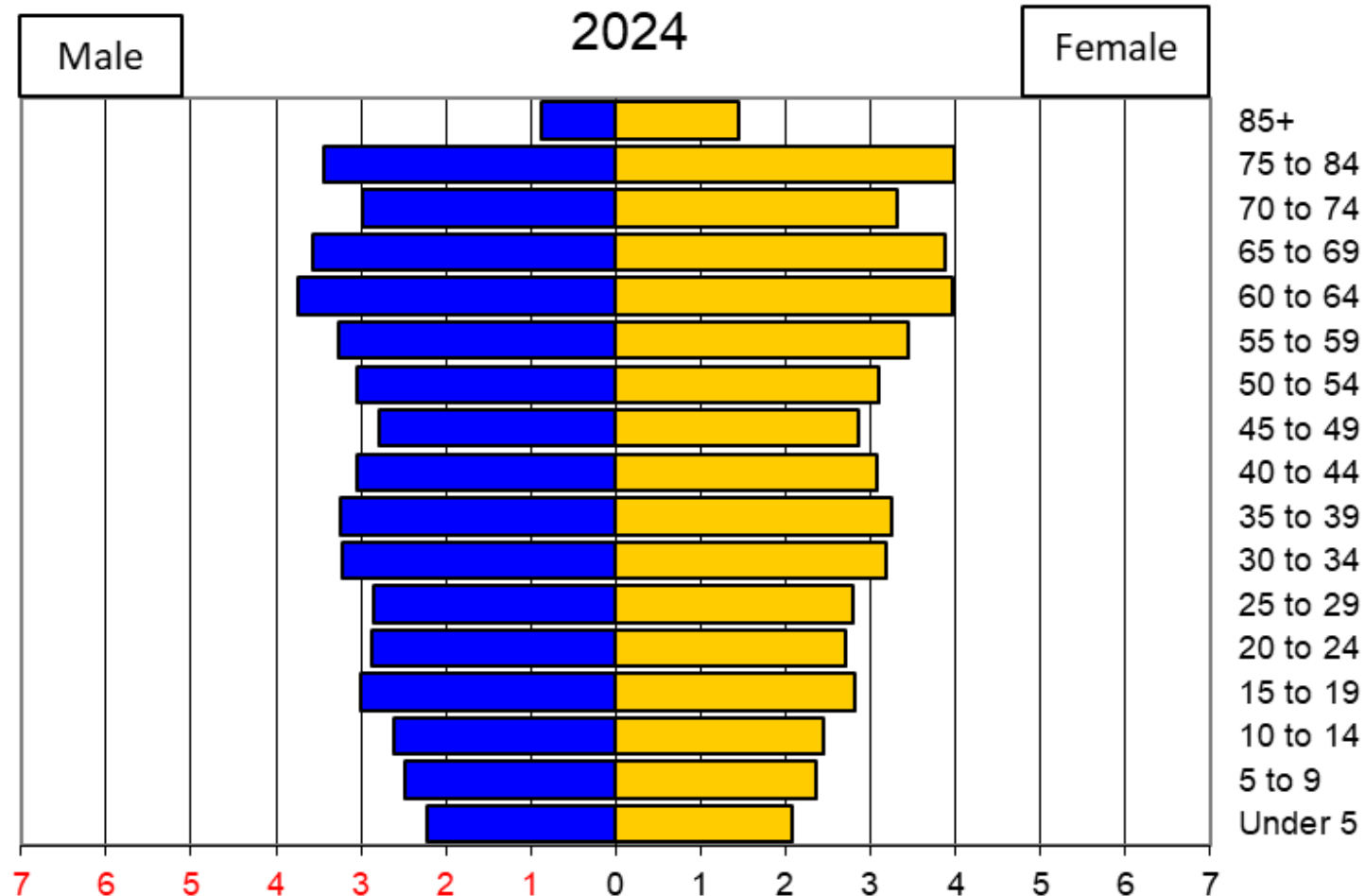
Maine's median age in 2024 is unchanged from 2020, while the U.S. median age has increased 0.6 years (but Maine still has the highest median age in the nation)

Change in median age since April 2020



# The Baby Boom: 1946-1964

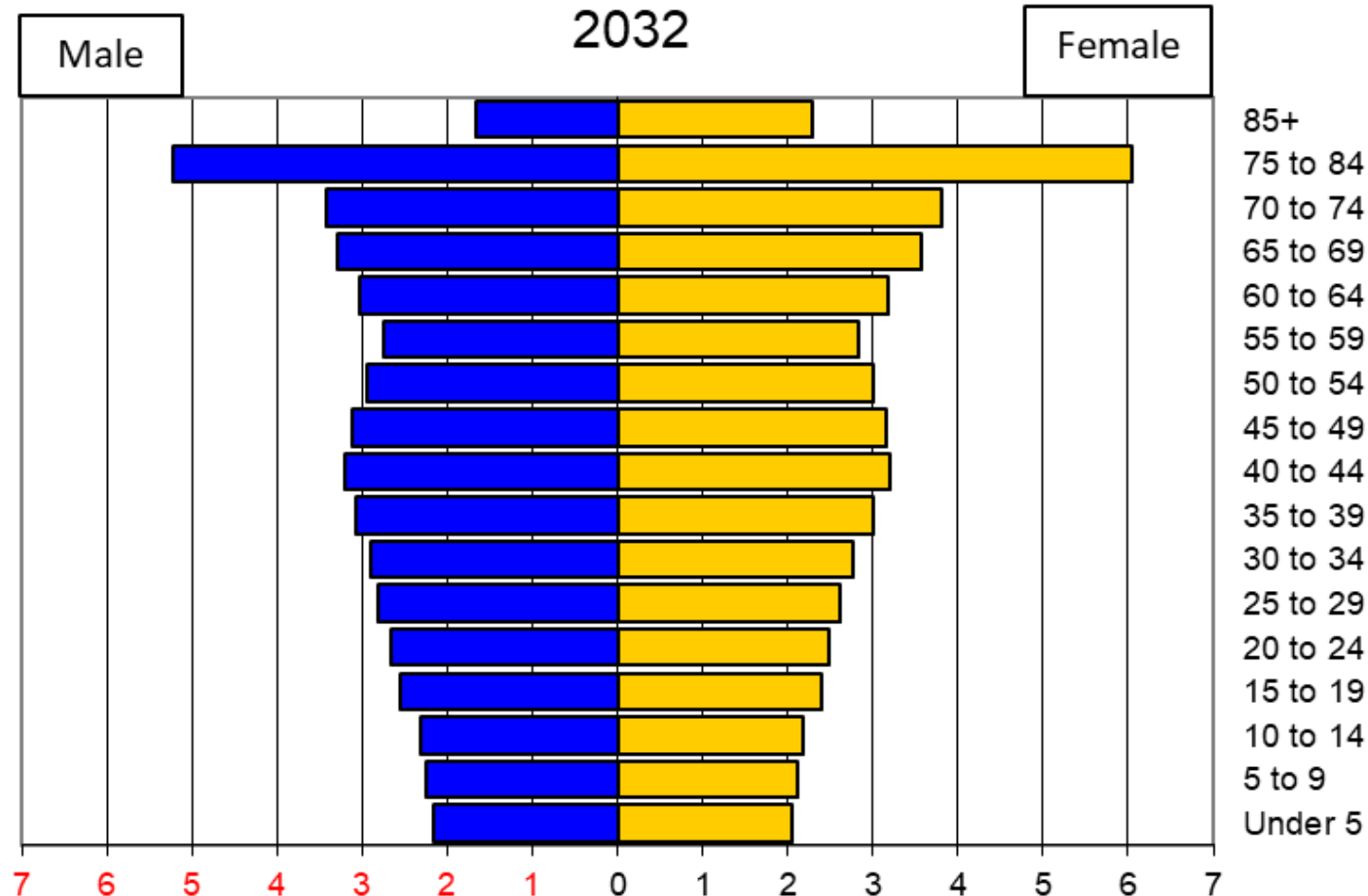
Baby Boom  
generation in  
2024: age 60-78



# The Baby Boom: 1946-1964

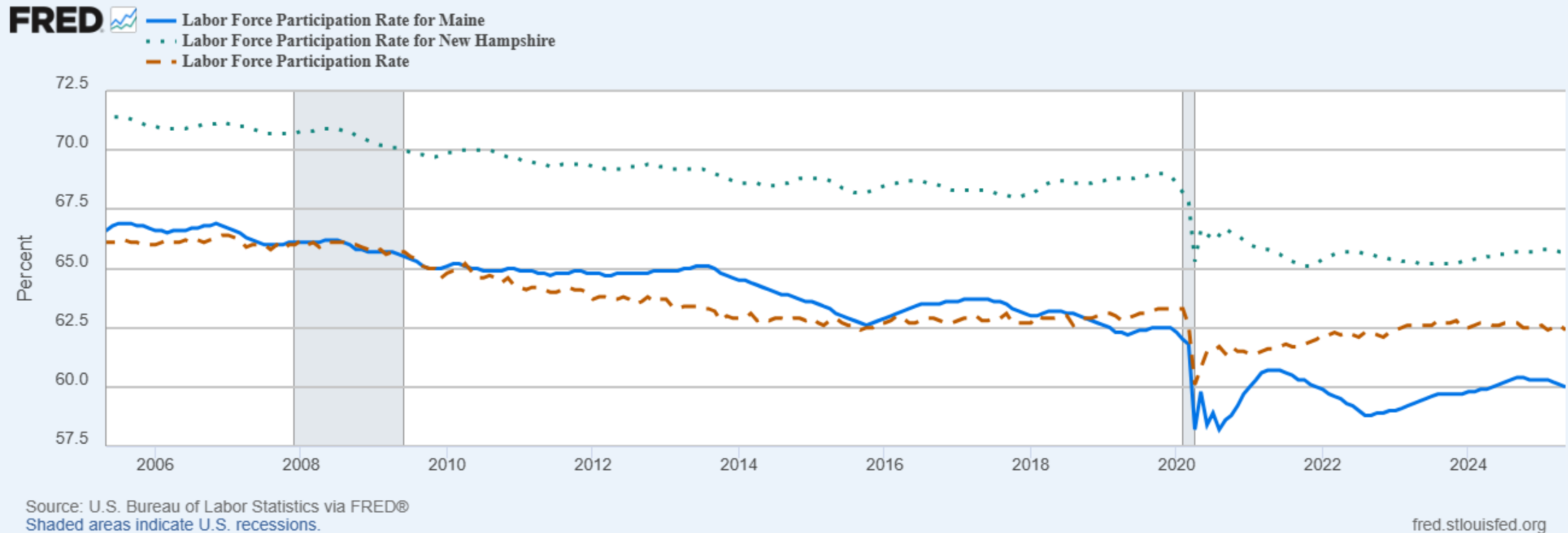
Baby Boom generation in 2032: age 68-86

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

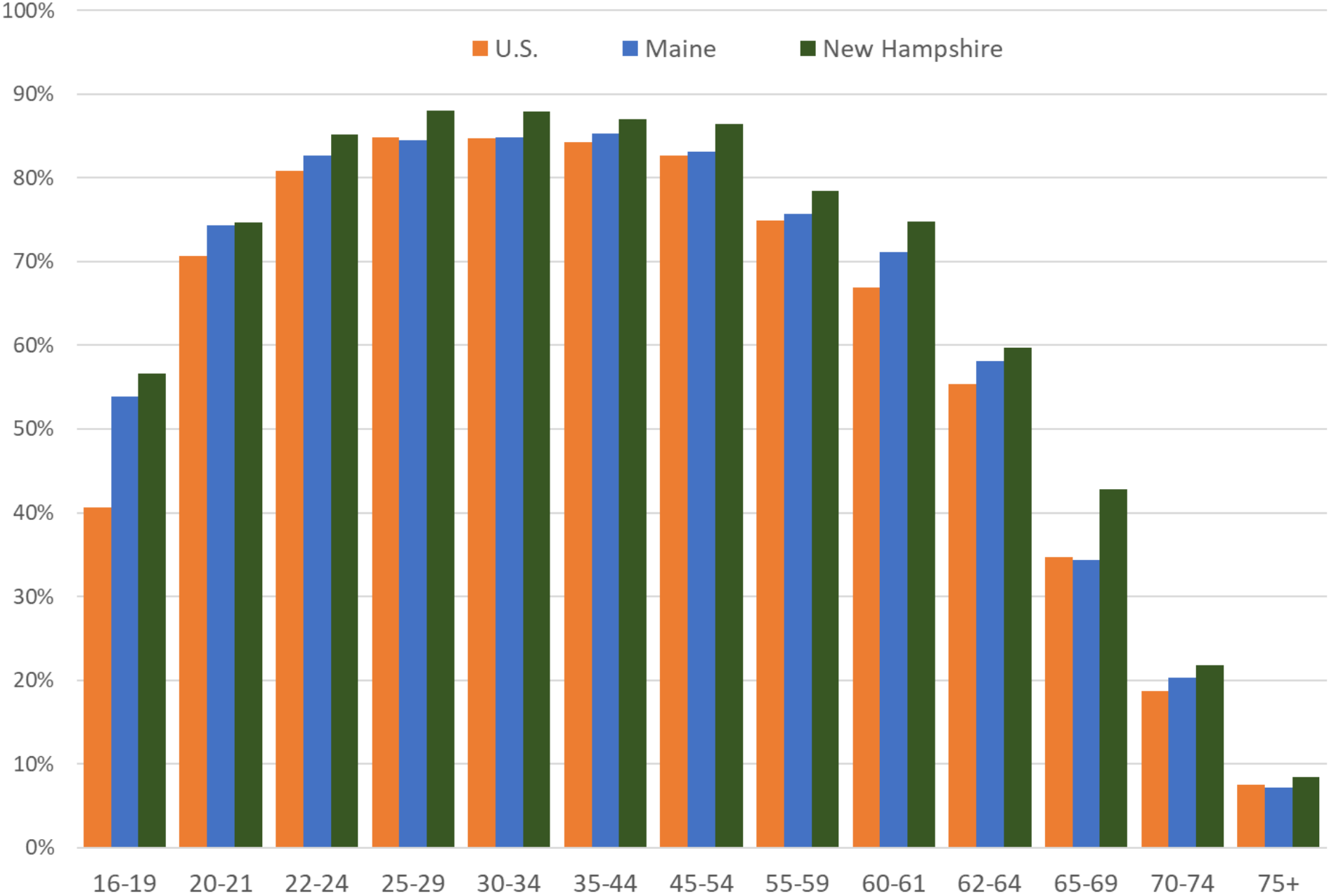


Workforce,  
employment, and  
income

# Labor force participation rates have been declining over time as a result of the aging of the population

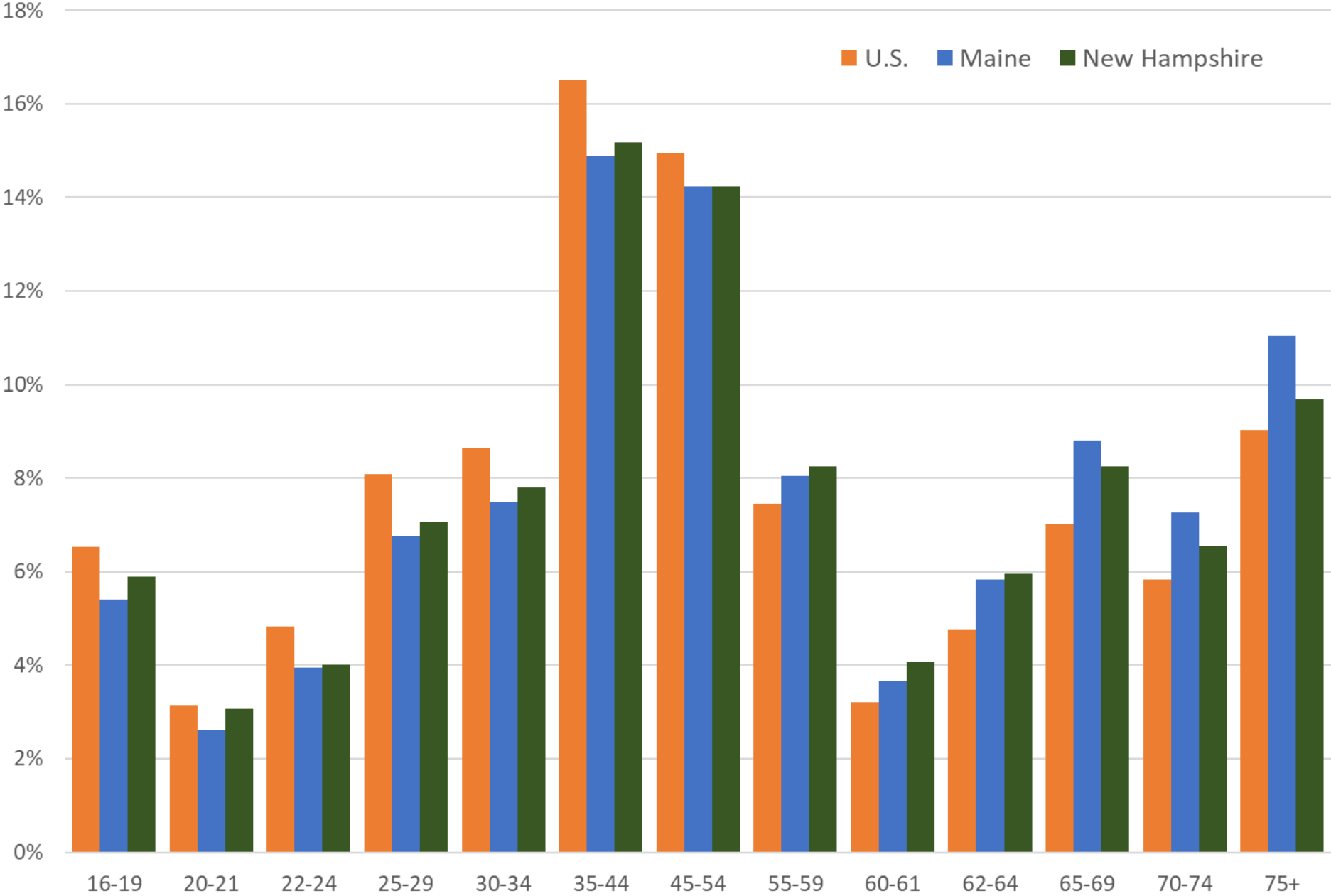


# 2023 Labor Force Participation Rate

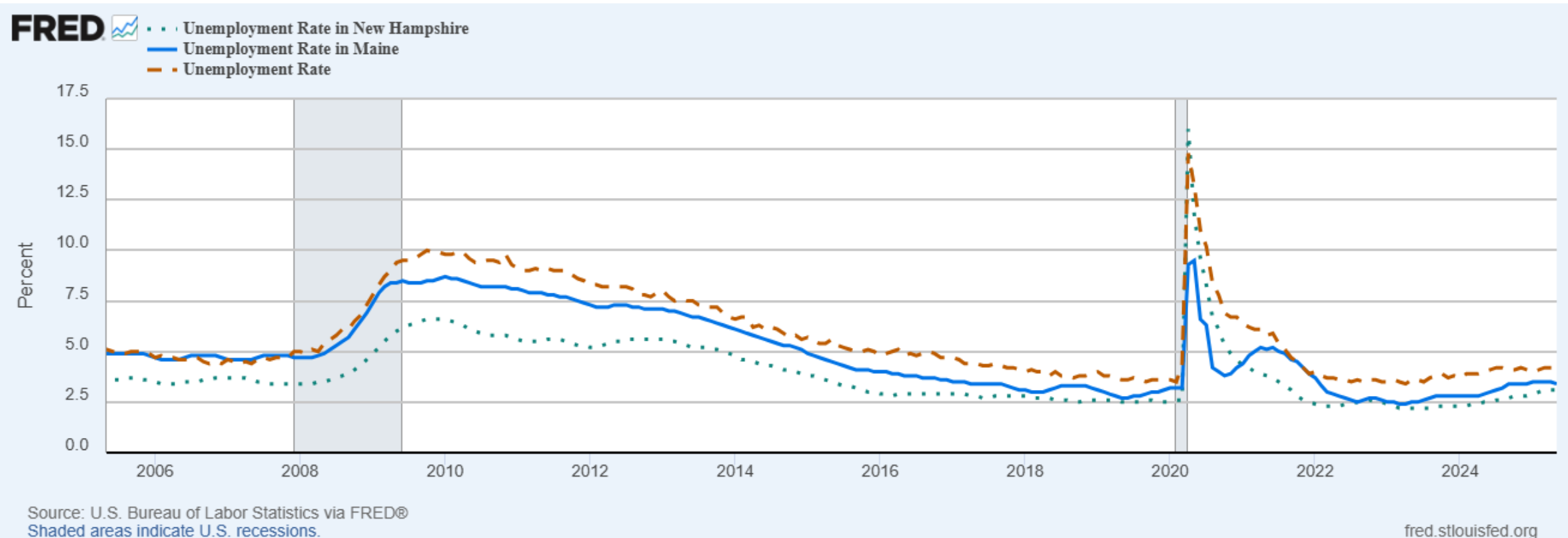




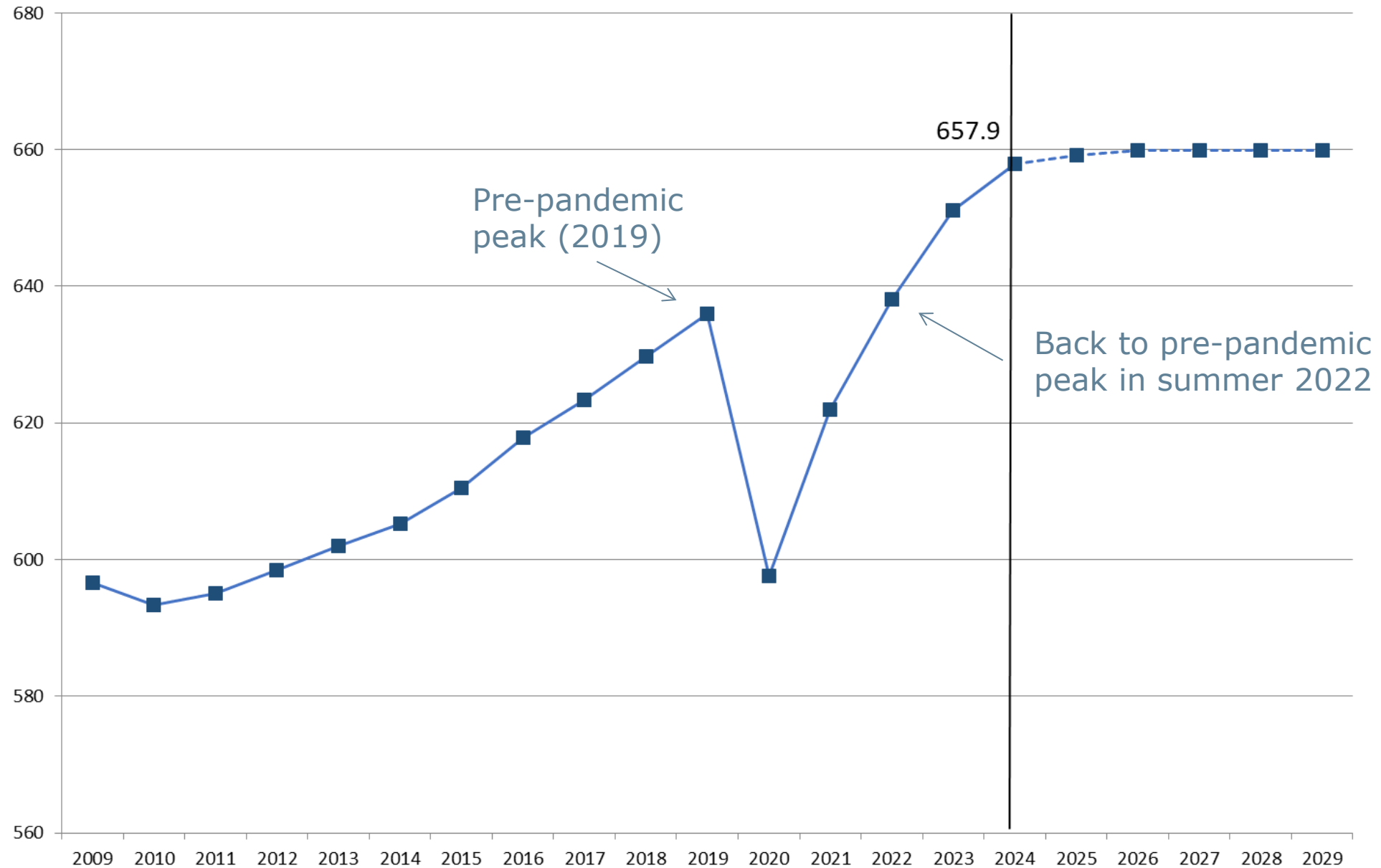
# Share of 16+ Population by Age, 2023



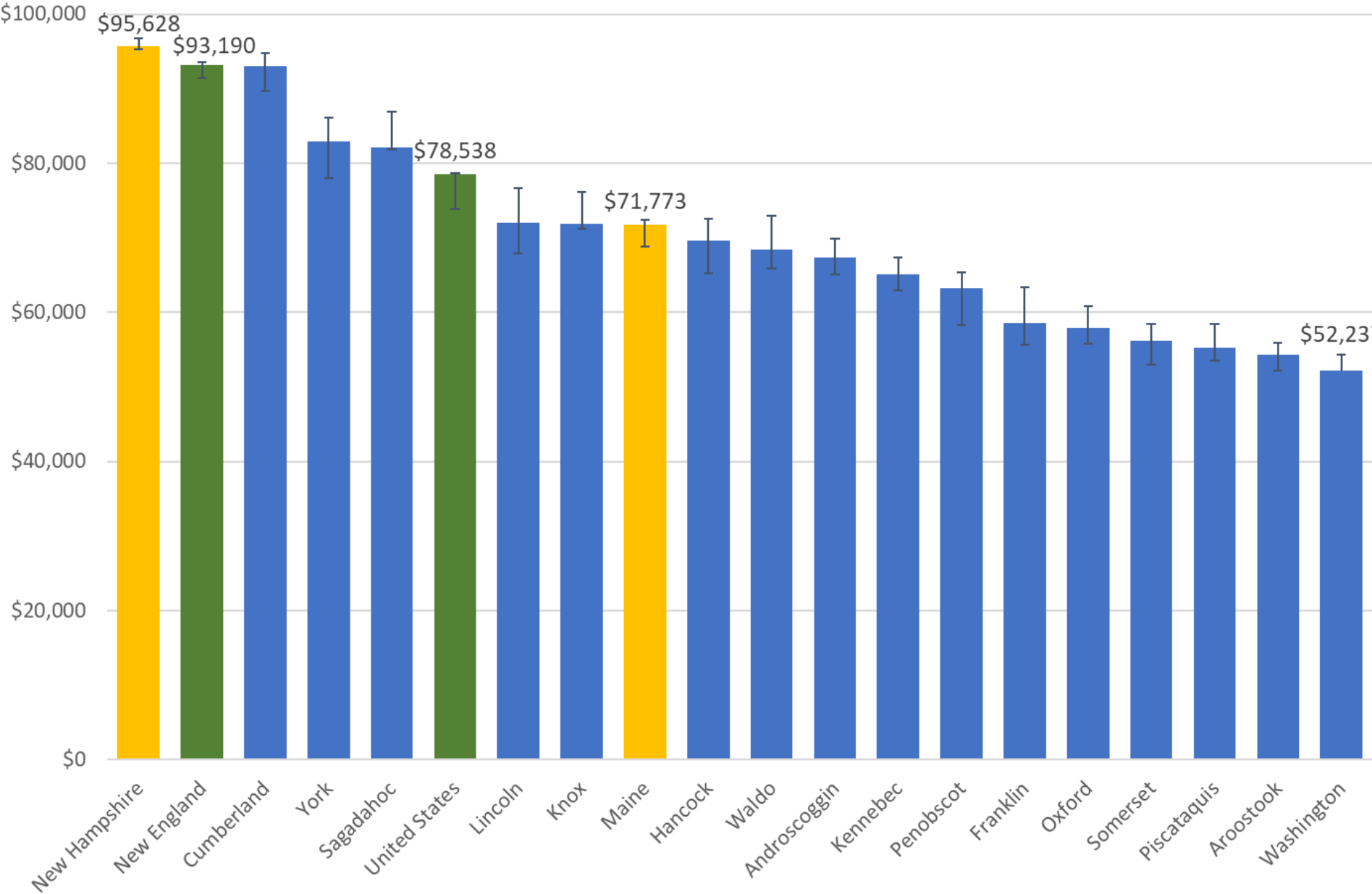
Both Maine and New Hampshire have unemployment rates below the U.S.; Maine's has been closer to NH lately



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



Median Household Income

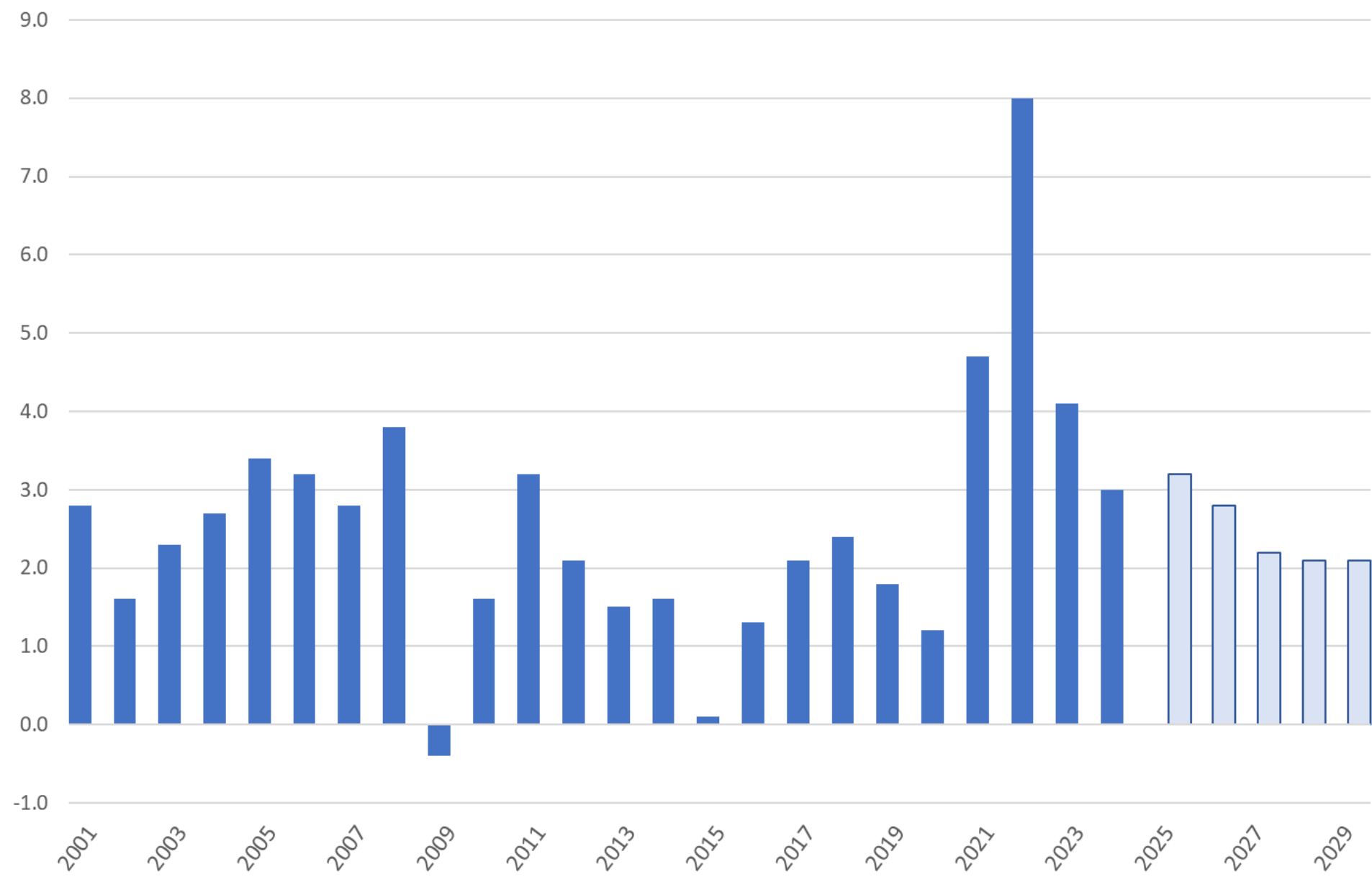


# Macroeconomic Conditions

# Excerpts from key assumptions in April 2025 CEFC report

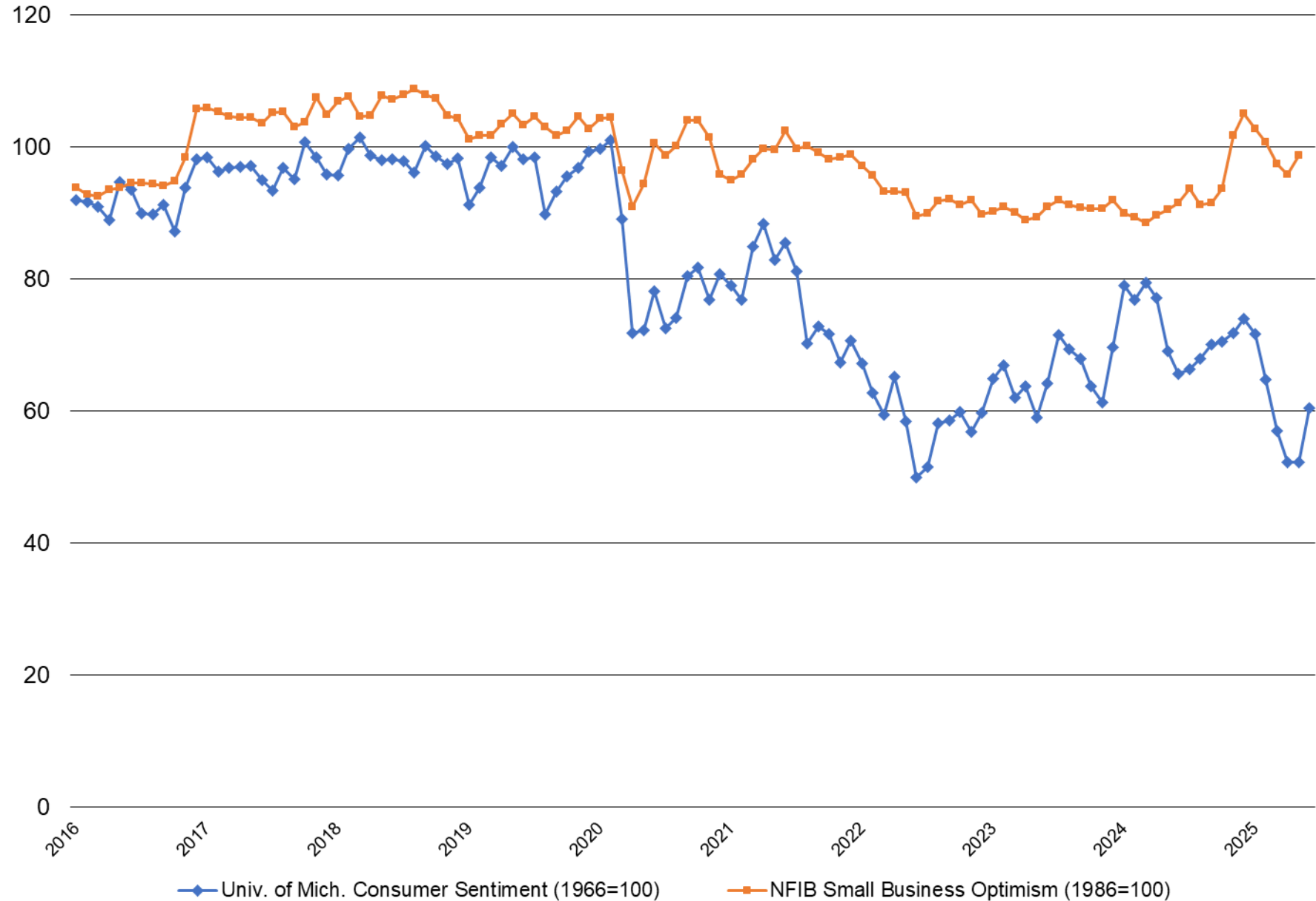
- Geopolitical tensions remain elevated (...). Rapidly changing tariff policies are contributing to the possibility of a global trade war. Strained relations between the U.S. and China, European nations, and Canada contribute to additional uncertainty, as does the risk of escalating tensions between China and Taiwan.
- The federal government has entered into a period of significant fiscal austerity. (...) Maine's economy will be impacted by any reduction of federal funding (...). Federal funds not only flow into Maine through state and local governments, but also through payments to individuals, contracts with nonprofits and businesses, grants to higher education and research institutions. (...)
- Inflation growth remains elevated above target levels and will face upward pressure from tariffs. Consumer sentiment has declined as expectations about future personal financial wellbeing have deteriorated (...).
- Maine may be at greater risk from federal funding and tariff policy changes. Maine has seen some targeted impacts from the federal government. (...) the tensions between Canada and the U.S. may also drive a decline in Canadian tourism to Maine.

Year-over-year percent change in Consumer Price Index;  
2001-2024 historical and 2025-2029 forecast



Sources: U.S. Bureau of Labor Statistics (CPI-U, 1982-84=100, seasonally adjusted); Consensus Economic Forecasting Commission report, April 1, 2025

## Consumer Sentiment and Small Business Optimism Indexes



Consumer sentiment saw sharp declines based on deteriorations in future expectations, including higher inflation

Small business optimism spiked following the election and then dropped, reflecting increased uncertainty and higher inflation

Both saw improvements in the most recent month



# Things to keep in mind:

- Migration picked up during the pandemic, but the continuation of this trend has been challenged by housing availability/affordability
- Employment growth in Maine is limited by labor force availability; increased labor force participation, continued in-migration of younger populations, and increased productivity can help
- Economic uncertainty is extremely high, particularly related to federal policies on tariffs, immigration, and spending – impacts are hard to gauge in such a fluid policy environment

# Contact Information

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