

Demographic and Economic Trends in Maine

Status of Public & School Libraries
Working Group

August 11, 2026

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Maine State Economist

Population and migration

Demographics

Workforce and employment

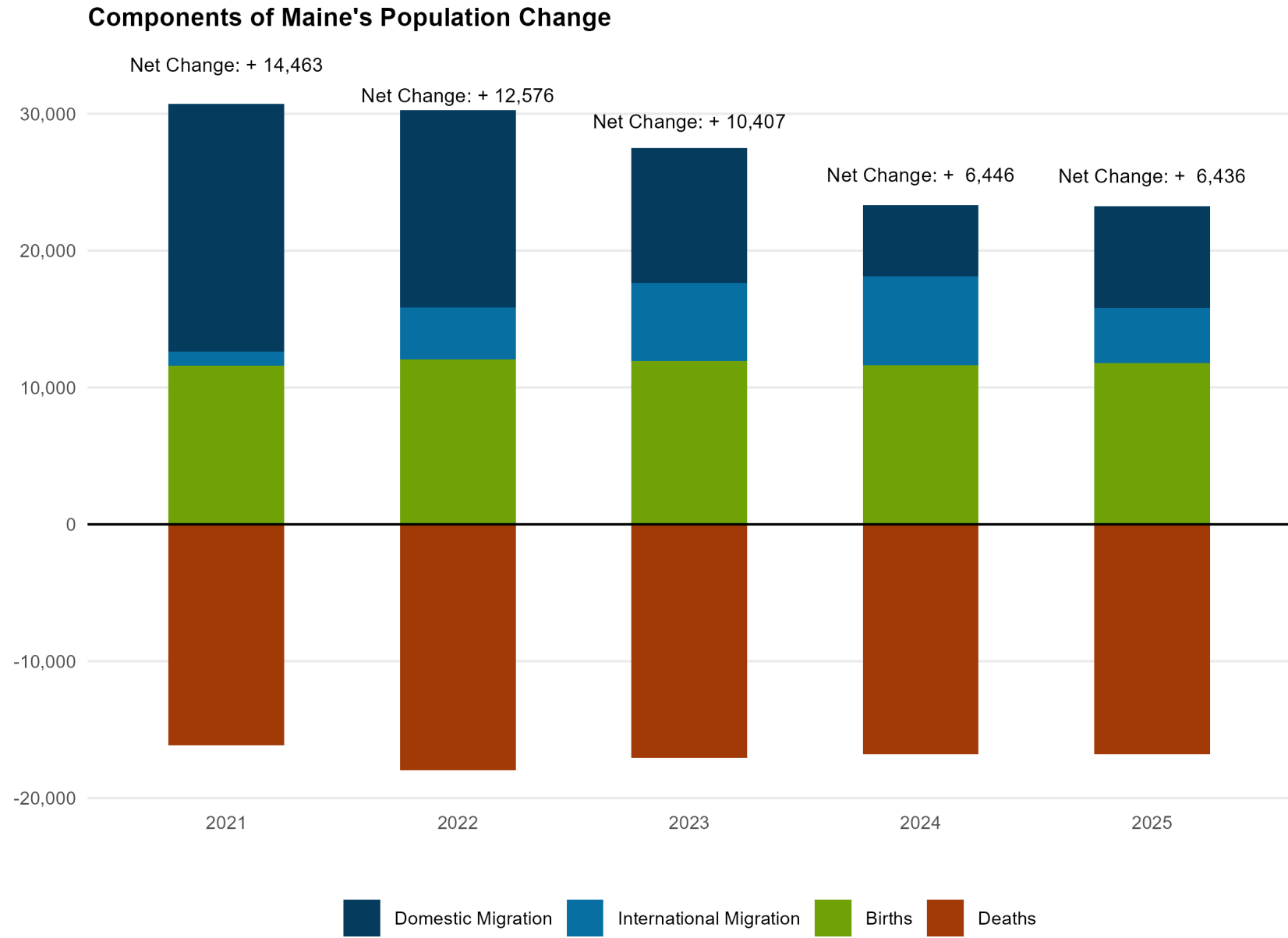
Macroeconomic Outlook

Population and migration

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

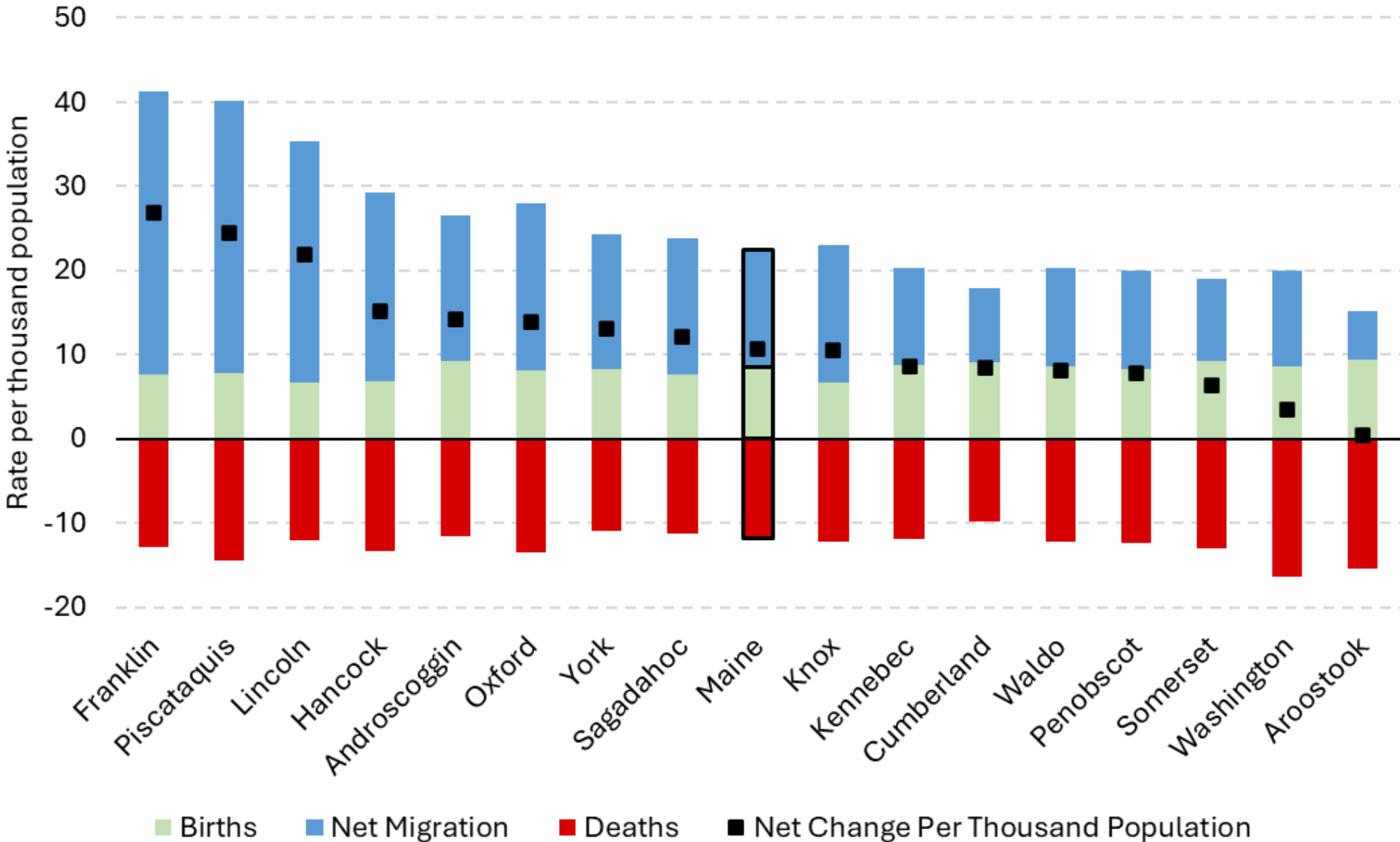


Source: US Census Bureau, Population Estimates Program, 2025 Vintage

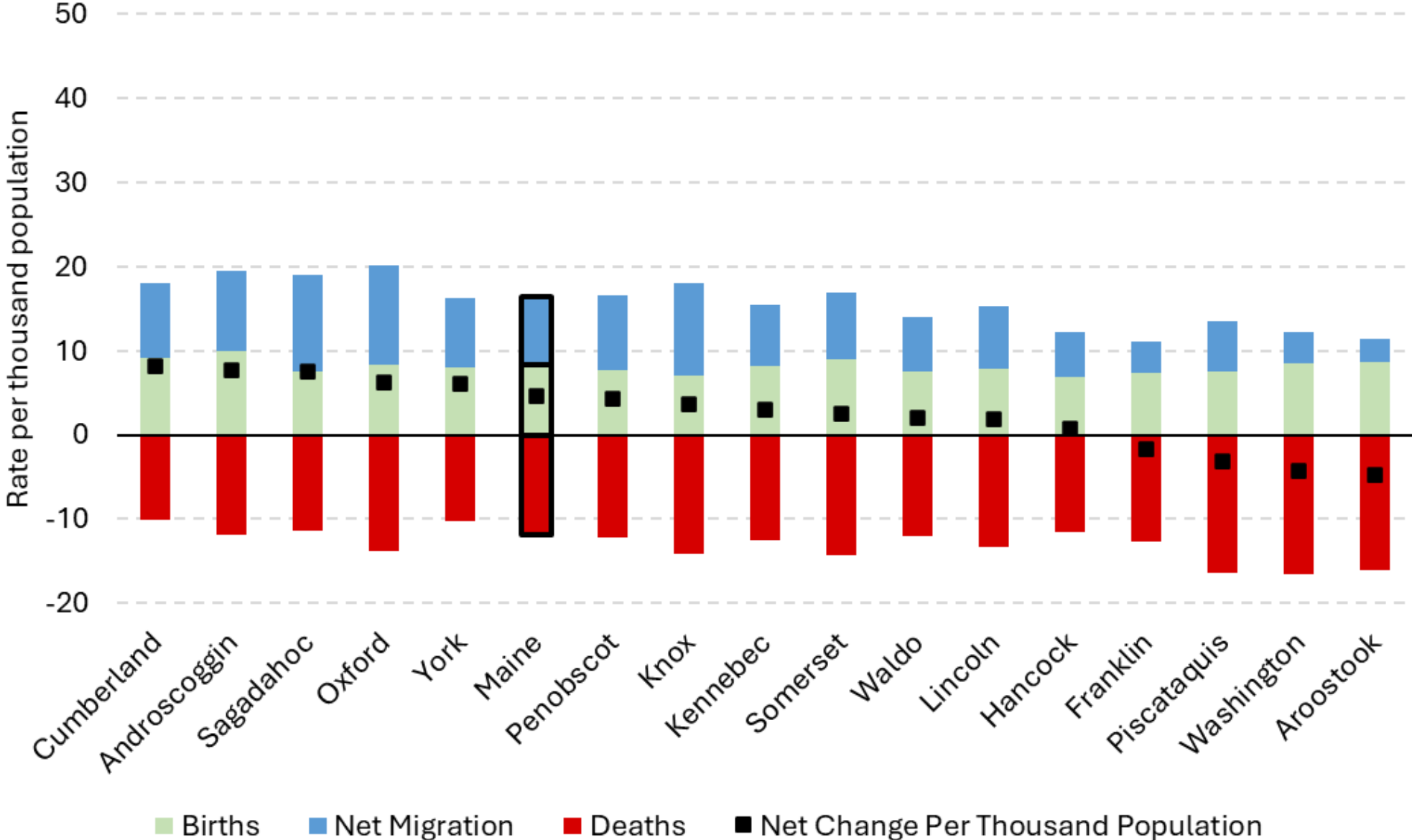
Net international migration
accounted for 84% of U.S.
population growth from 2023-2024

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

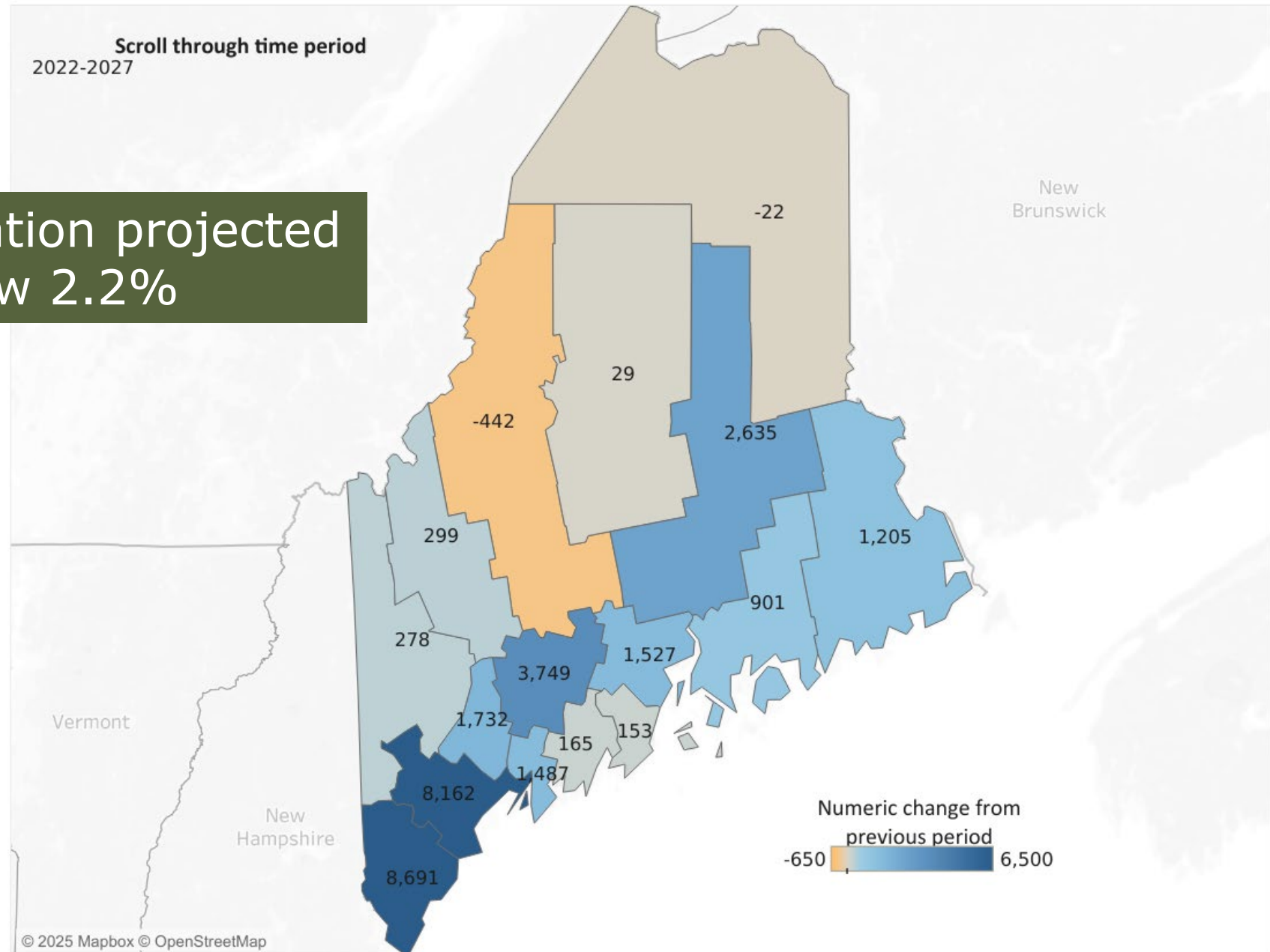
Components of Population Change in Maine, 7/1/2020-7/1/2021
Rate per thousand population



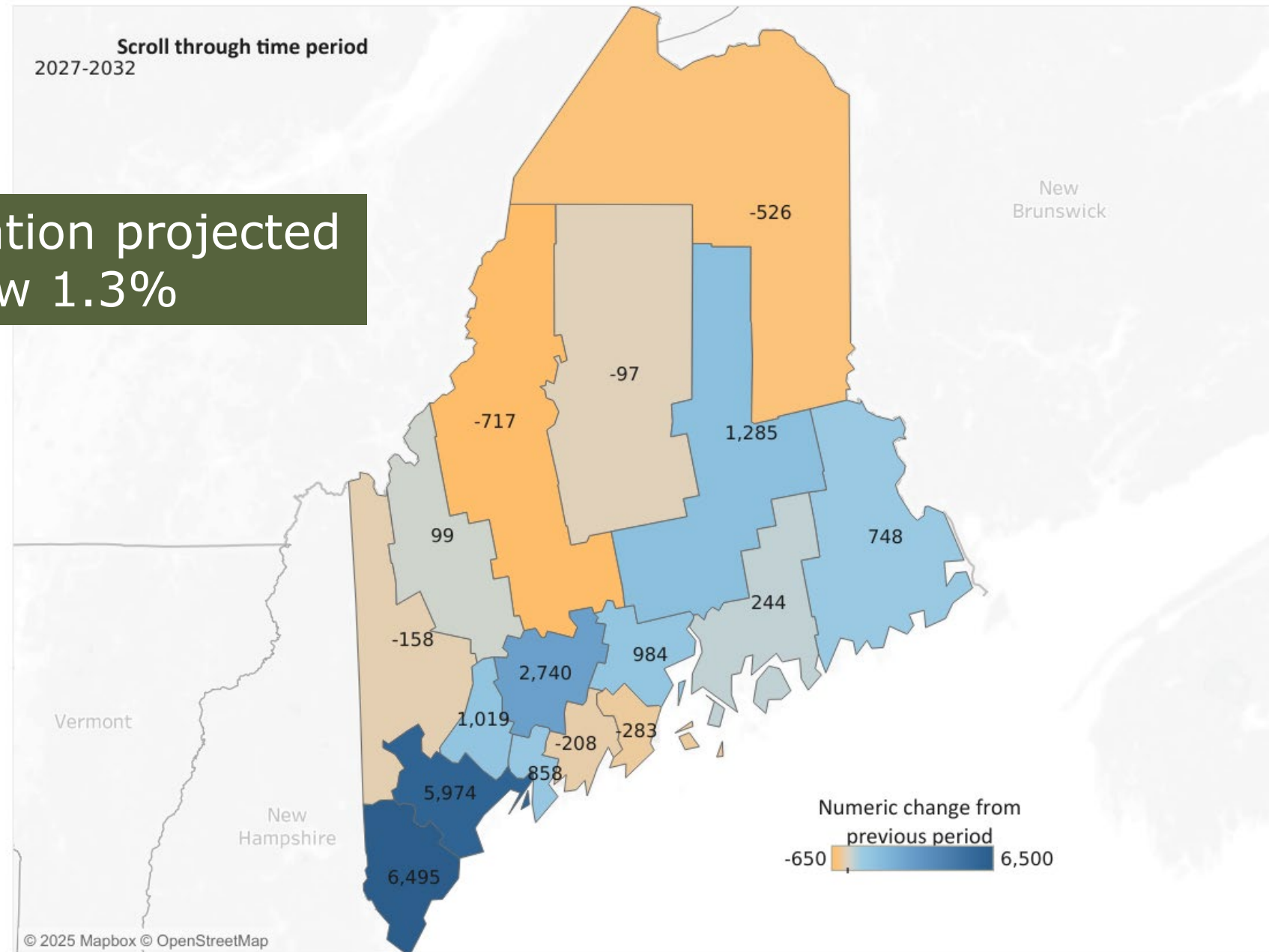
Components of Population Change in Maine, 7/1/2024 - 7/1/2025
Rate per thousand population



Maine population projected to grow 2.2%



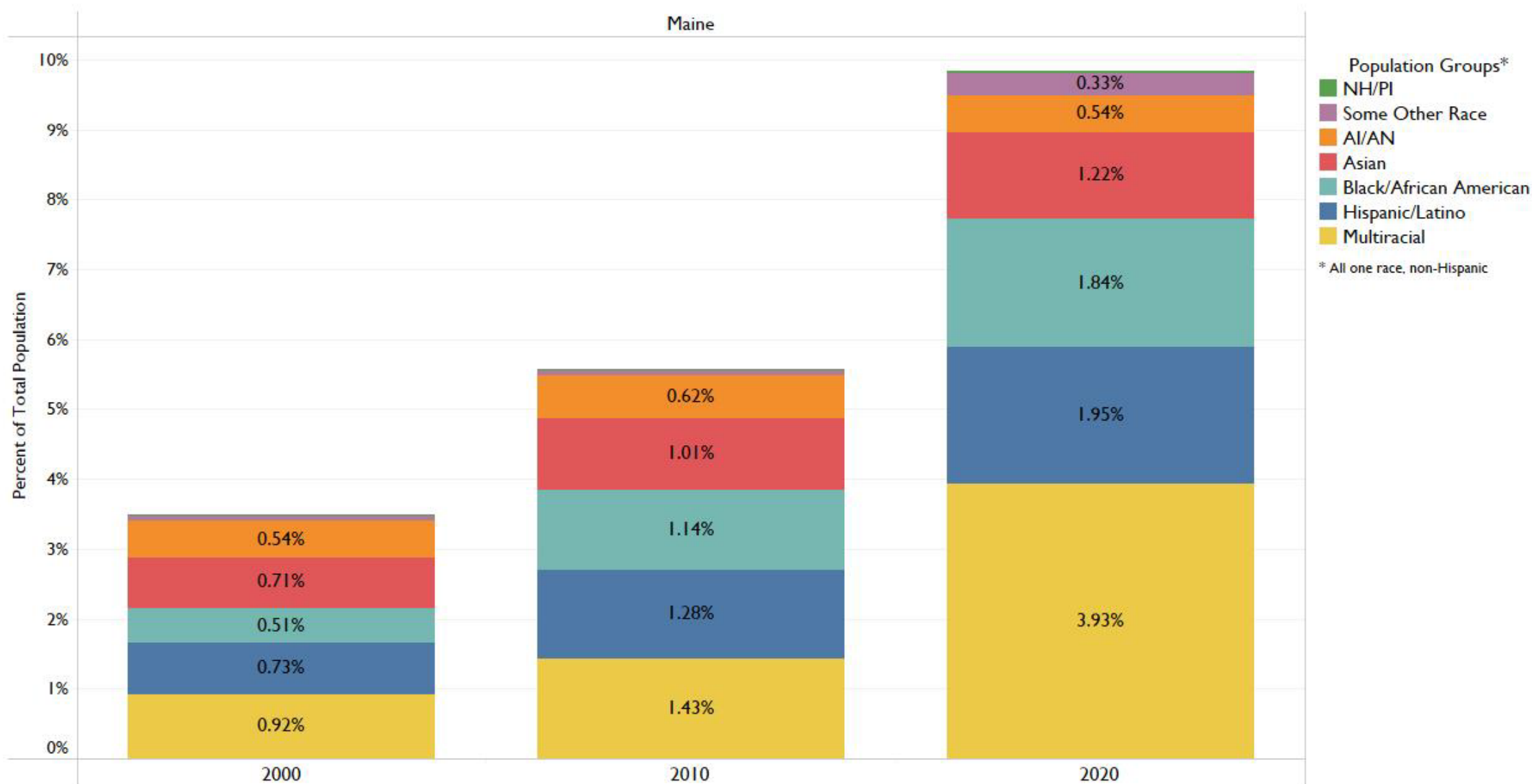
Maine population projected
to grow 1.3%



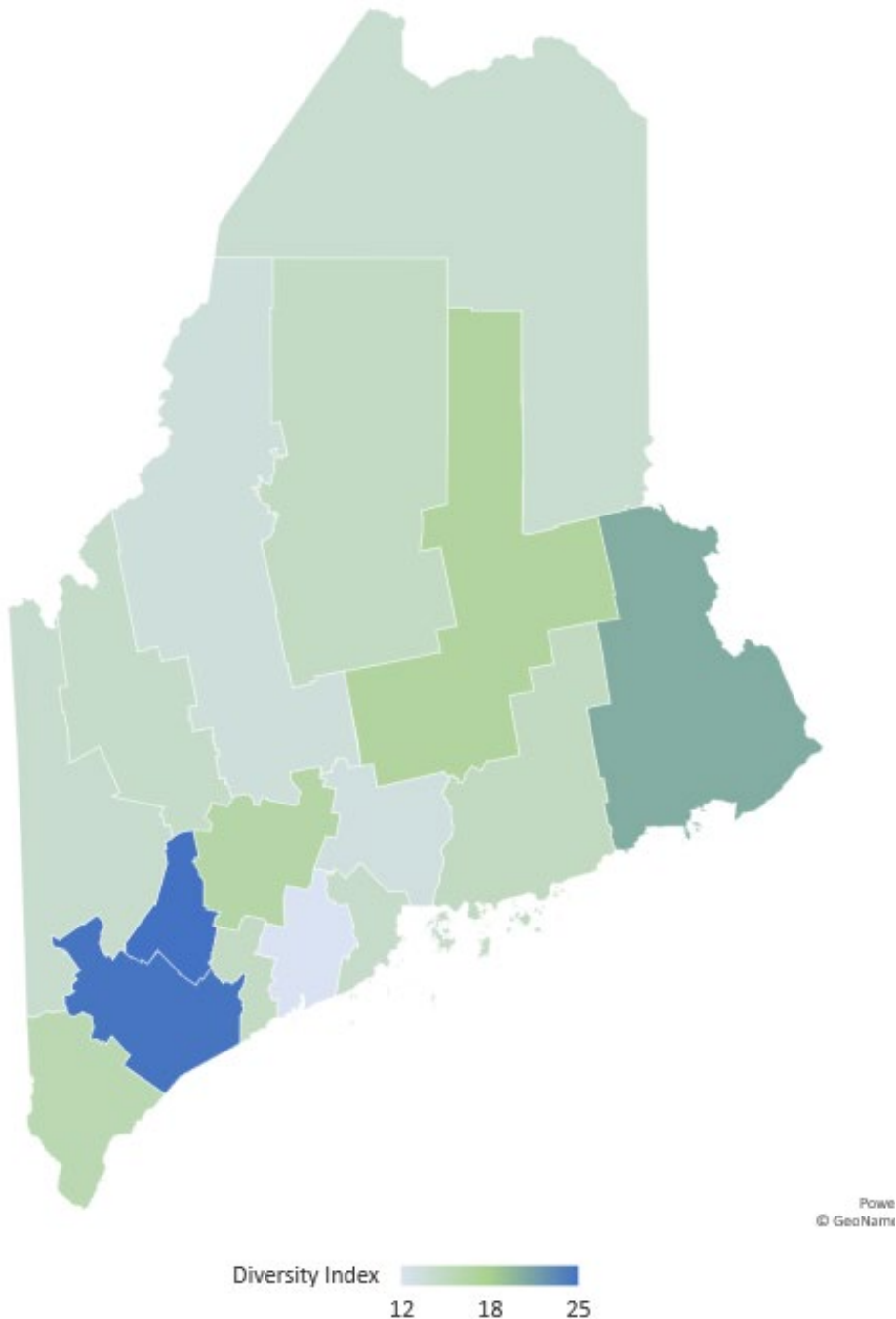
Demographics

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.



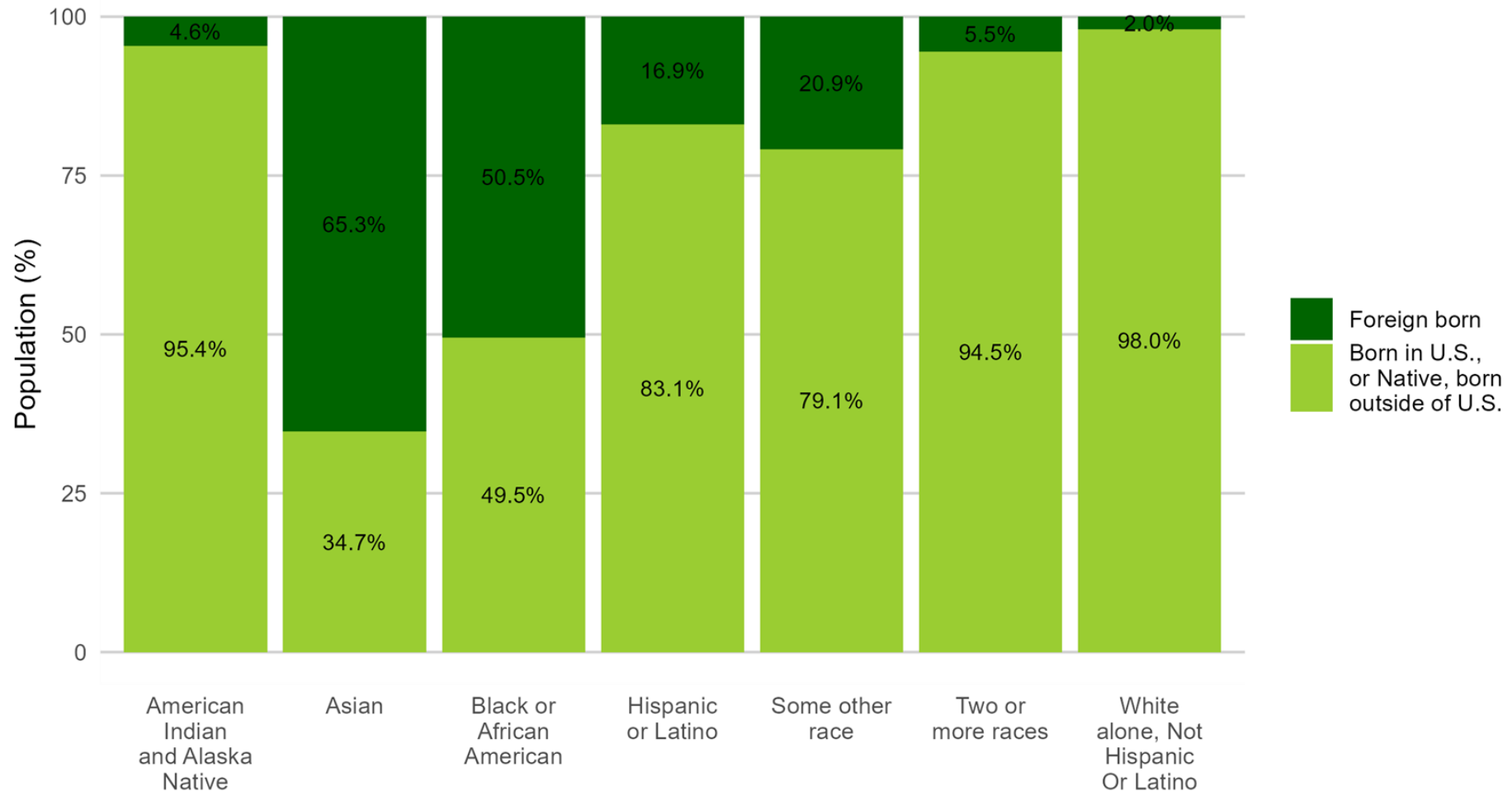
The diversity index tells us the chance that two people selected at random will be from different race or ethnicity groups

- 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

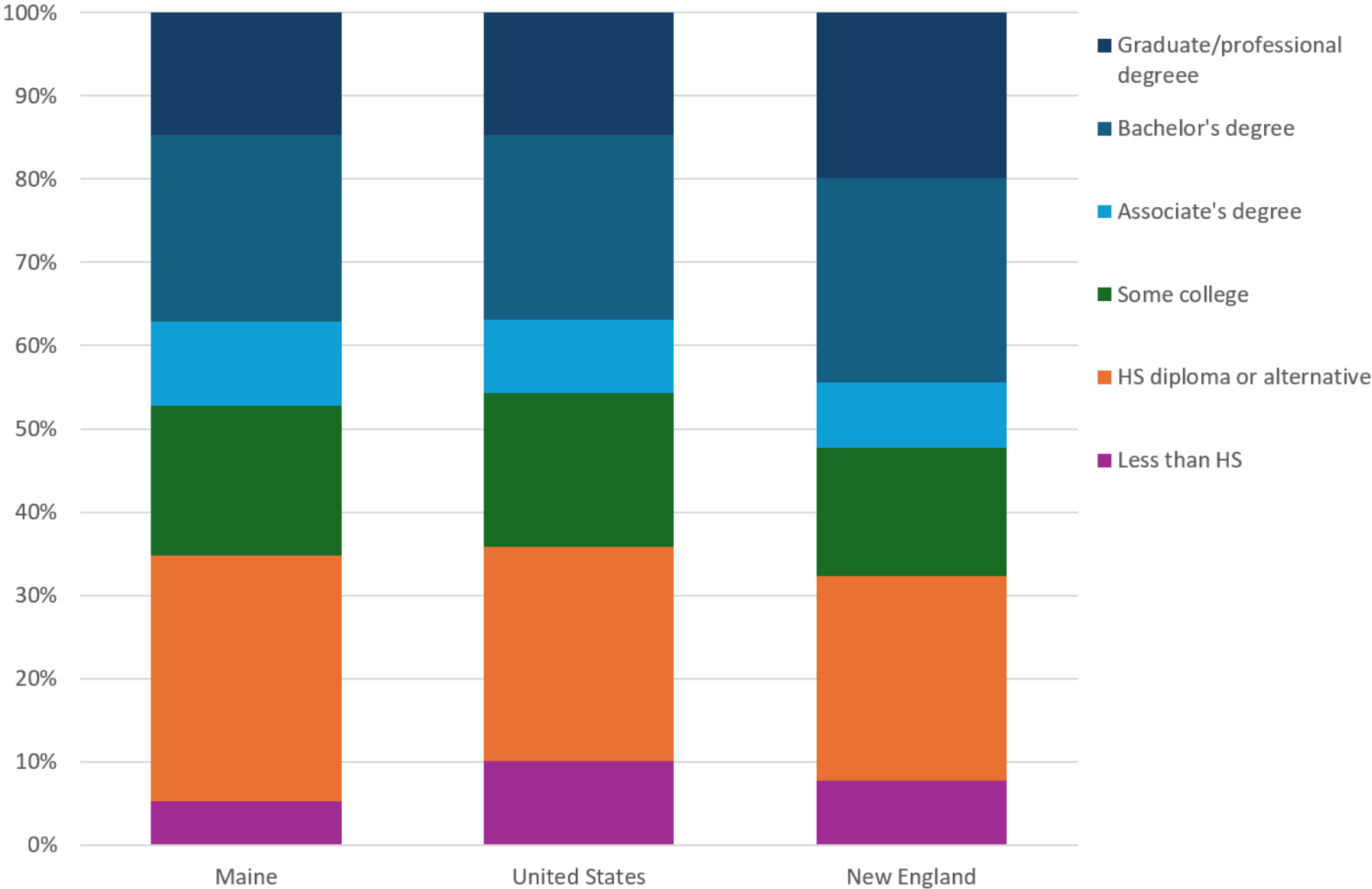
Race and/or ethnicity is not the same as place of birth

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

Foreign born statewide, 3.8%

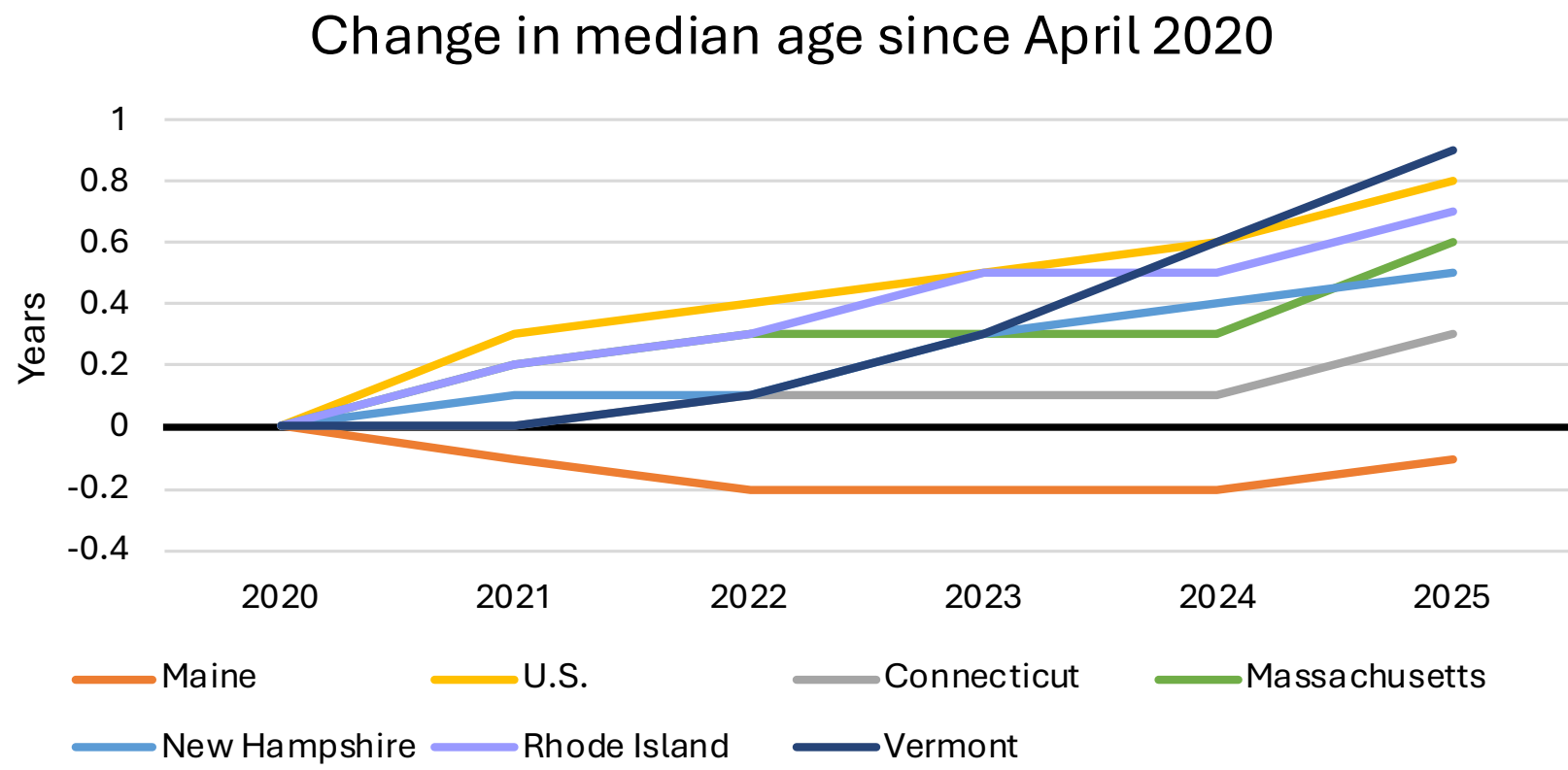


Educational Attainment of Population Age 25+



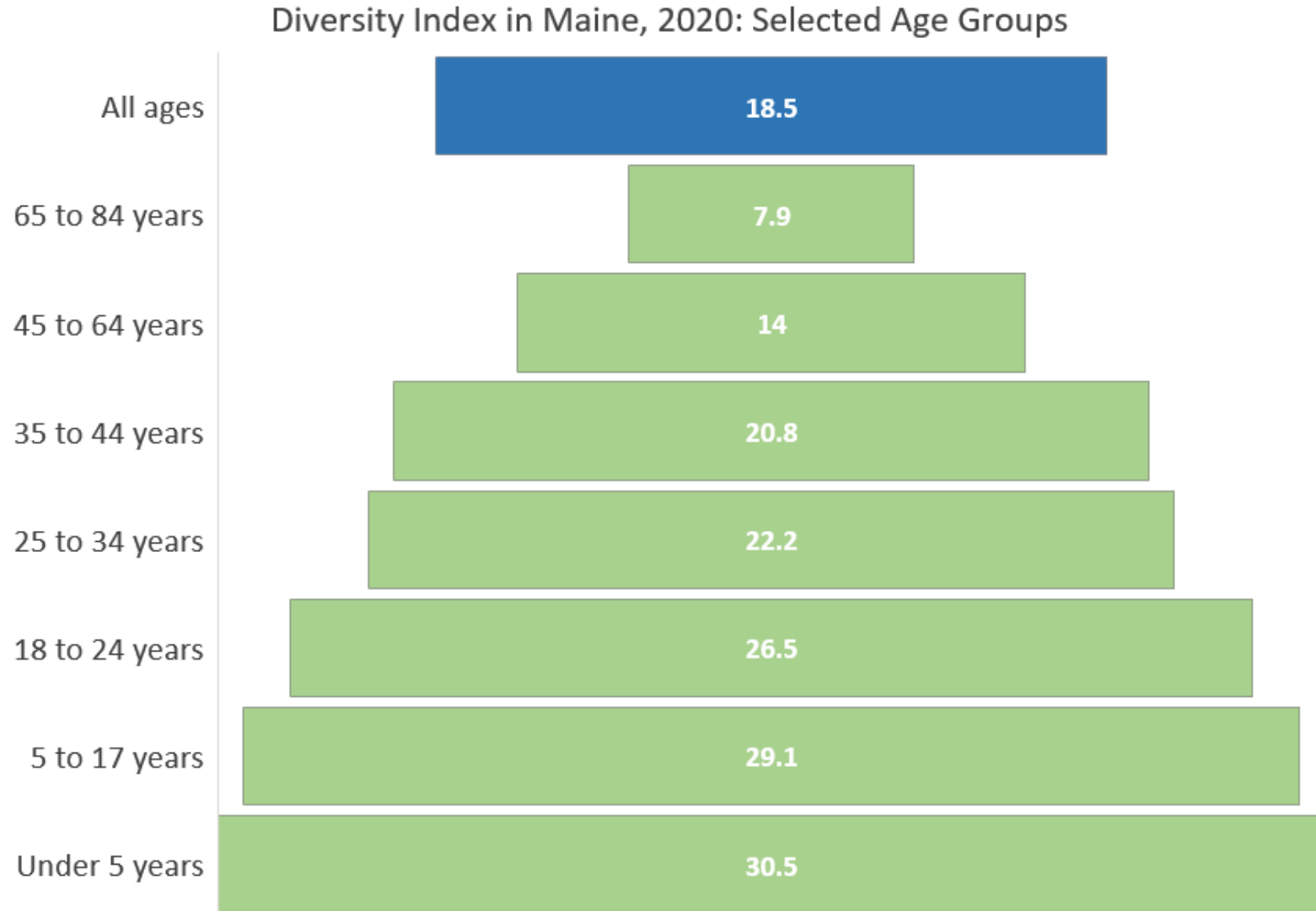
Maine's median age in 2025 is 0.1 years younger than 2020, while the U.S. median age has increased 0.8 years

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

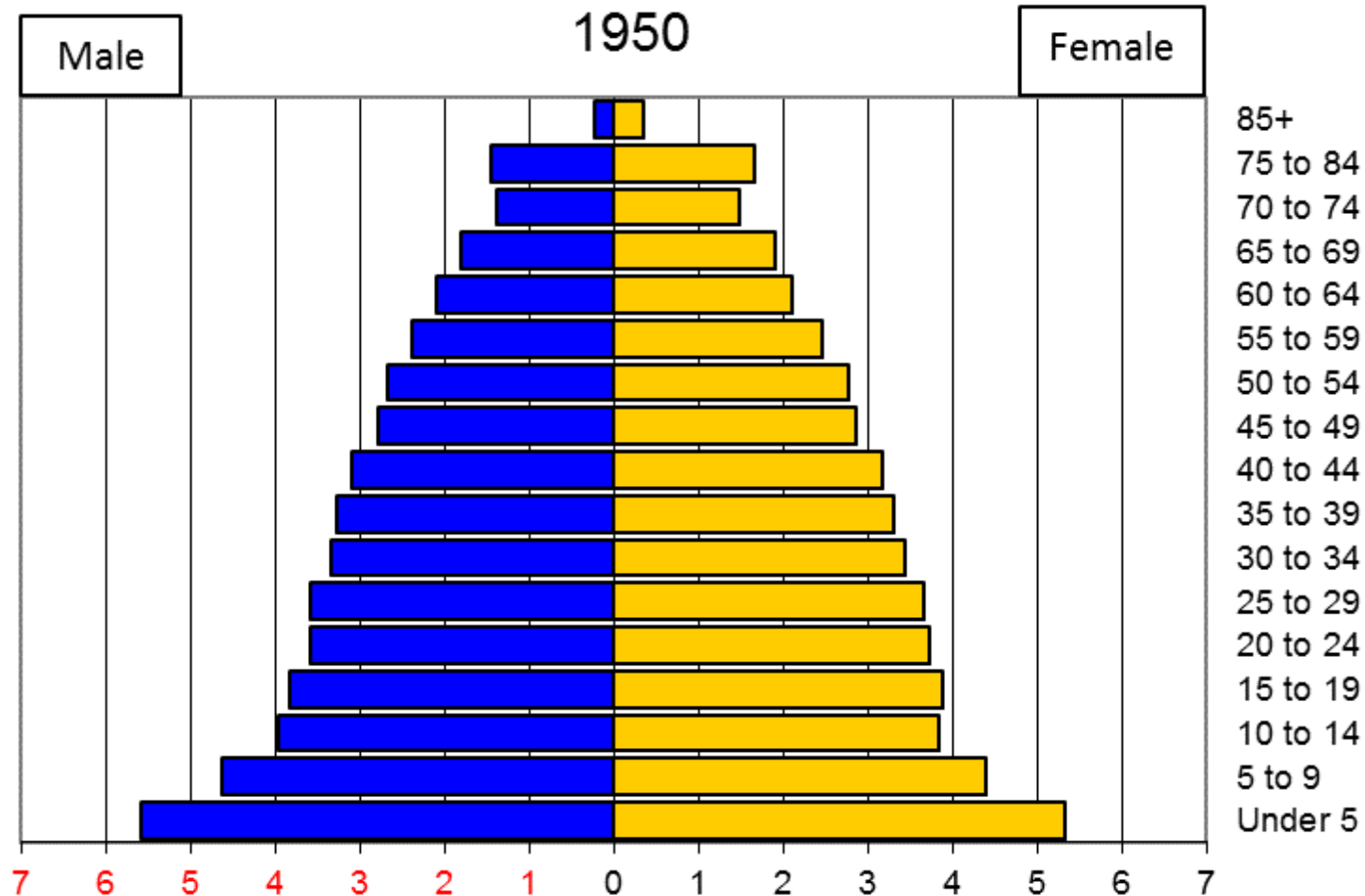


Median age of recent movers to Maine is 33 (domestic) and 29 (international)

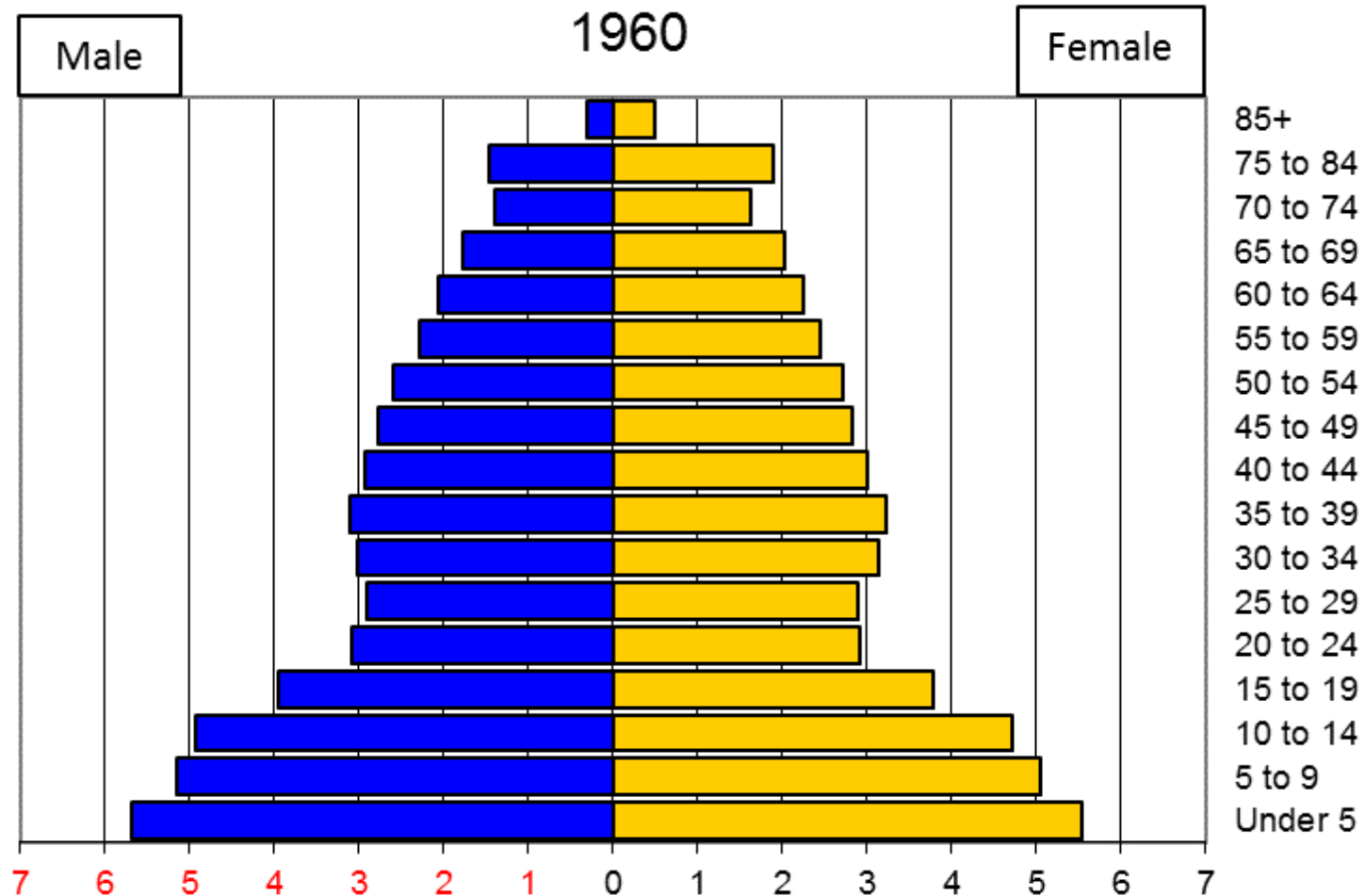
Younger generations in Maine are more diverse than older generations



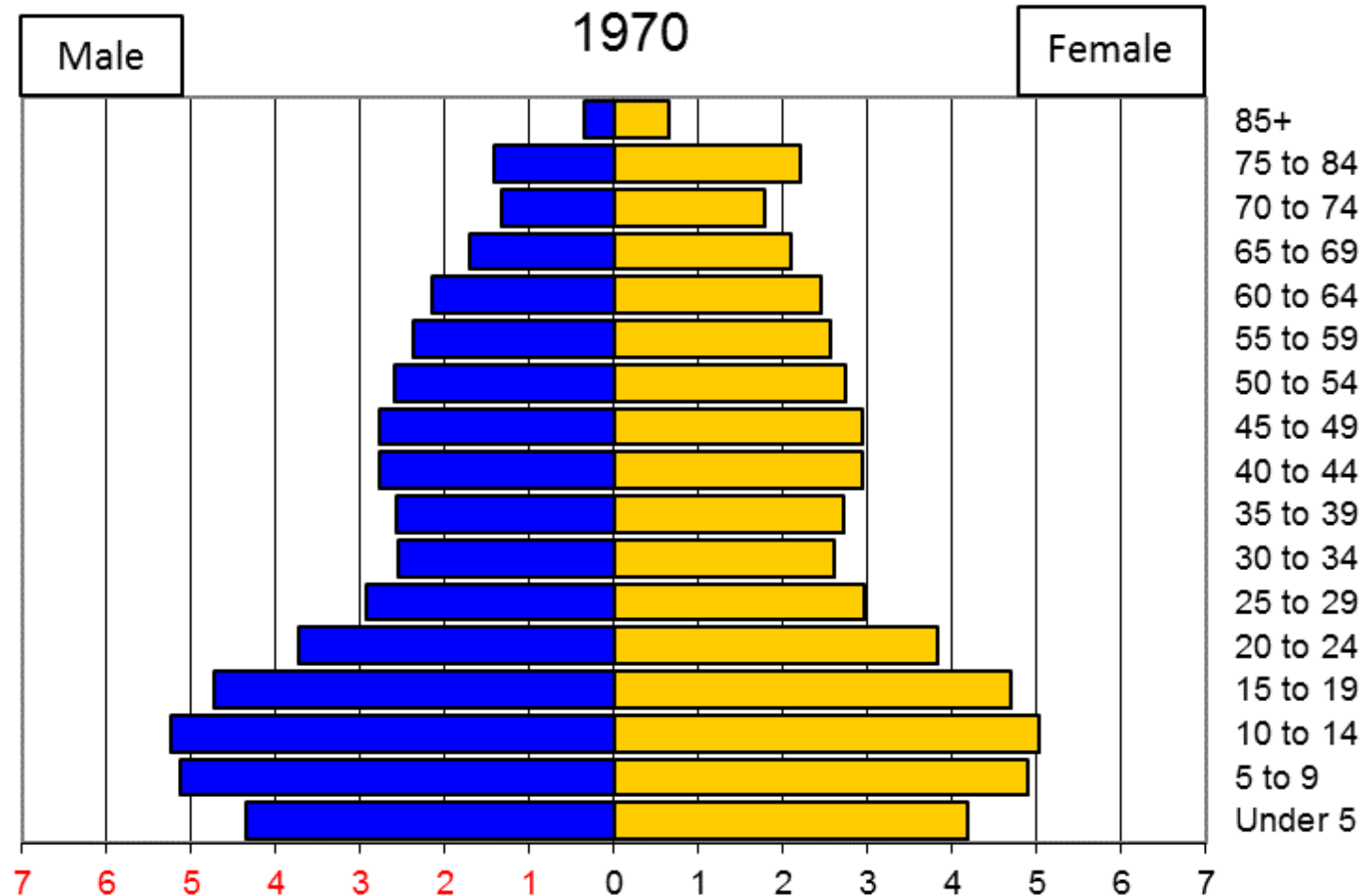
The Baby Boom: 1946-1964



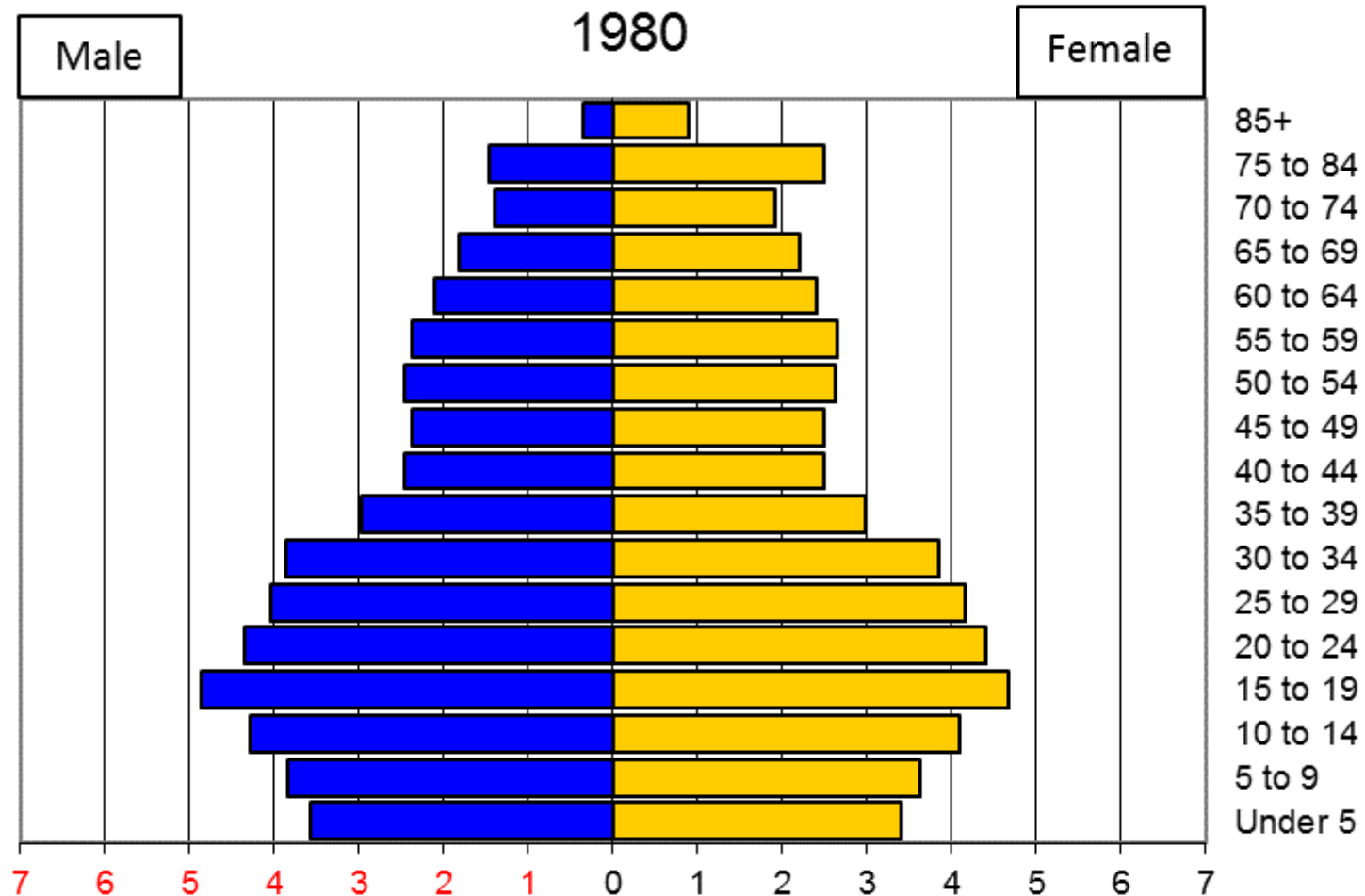
The Baby Boom: 1946-1964



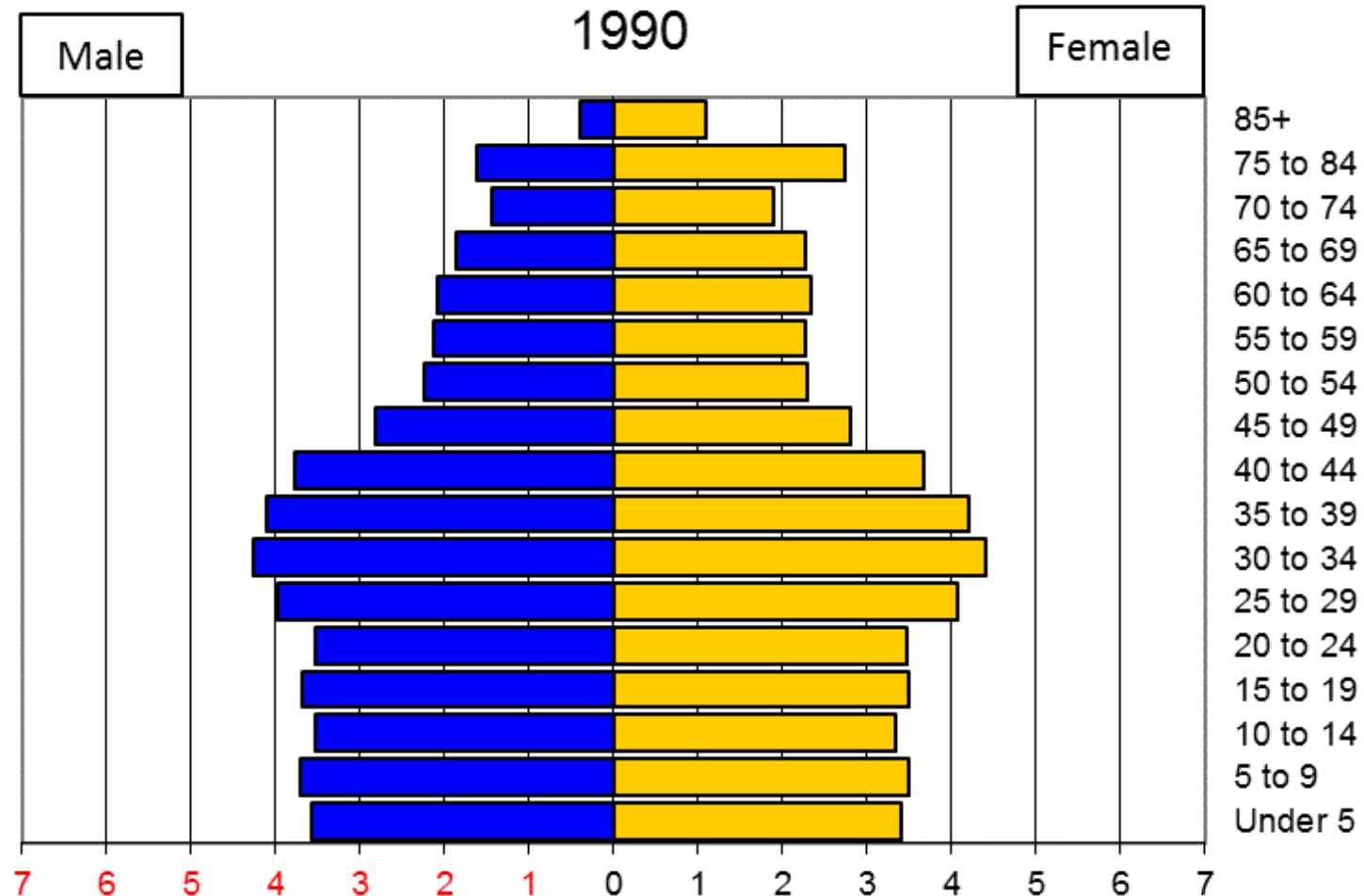
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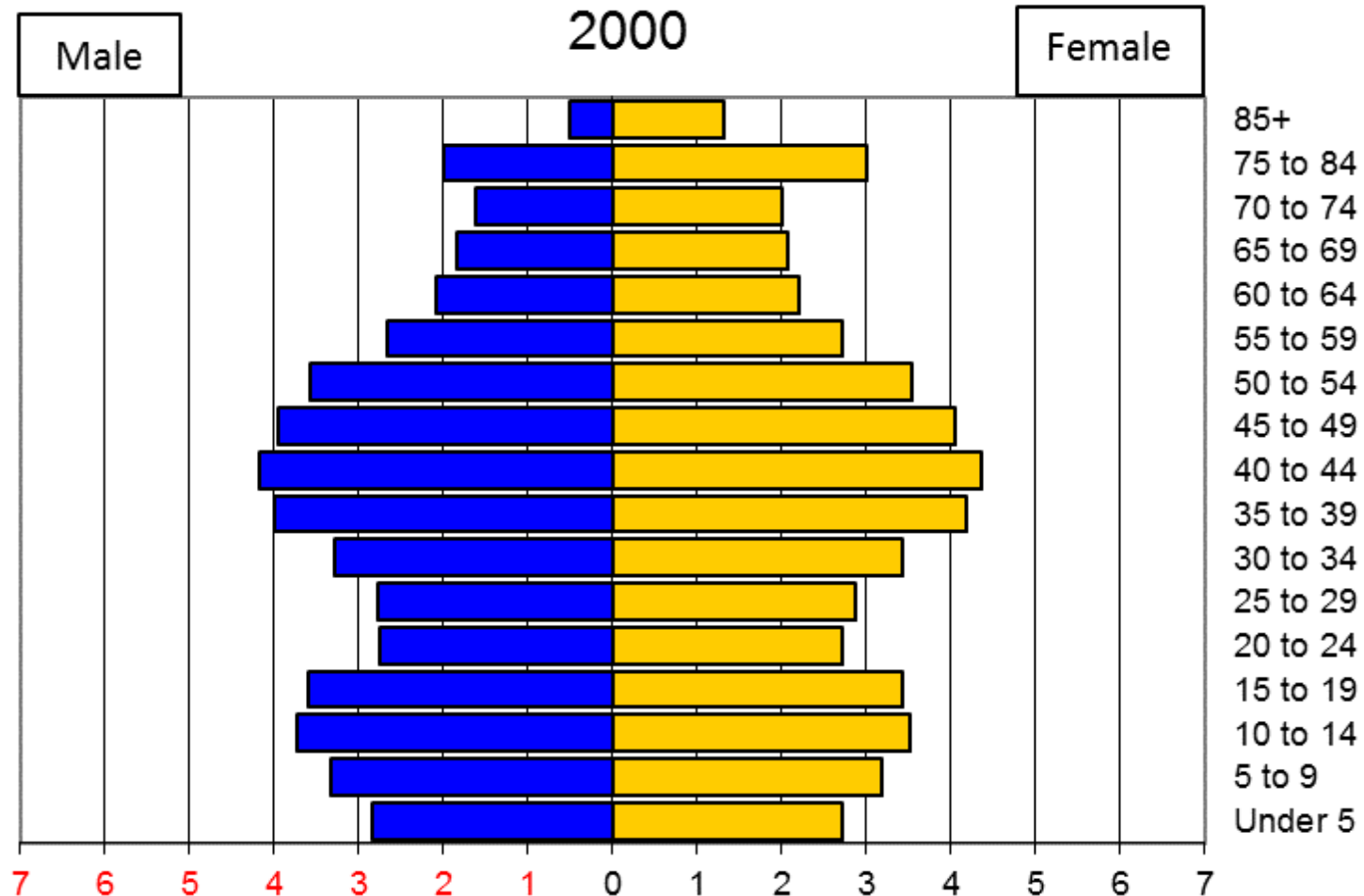
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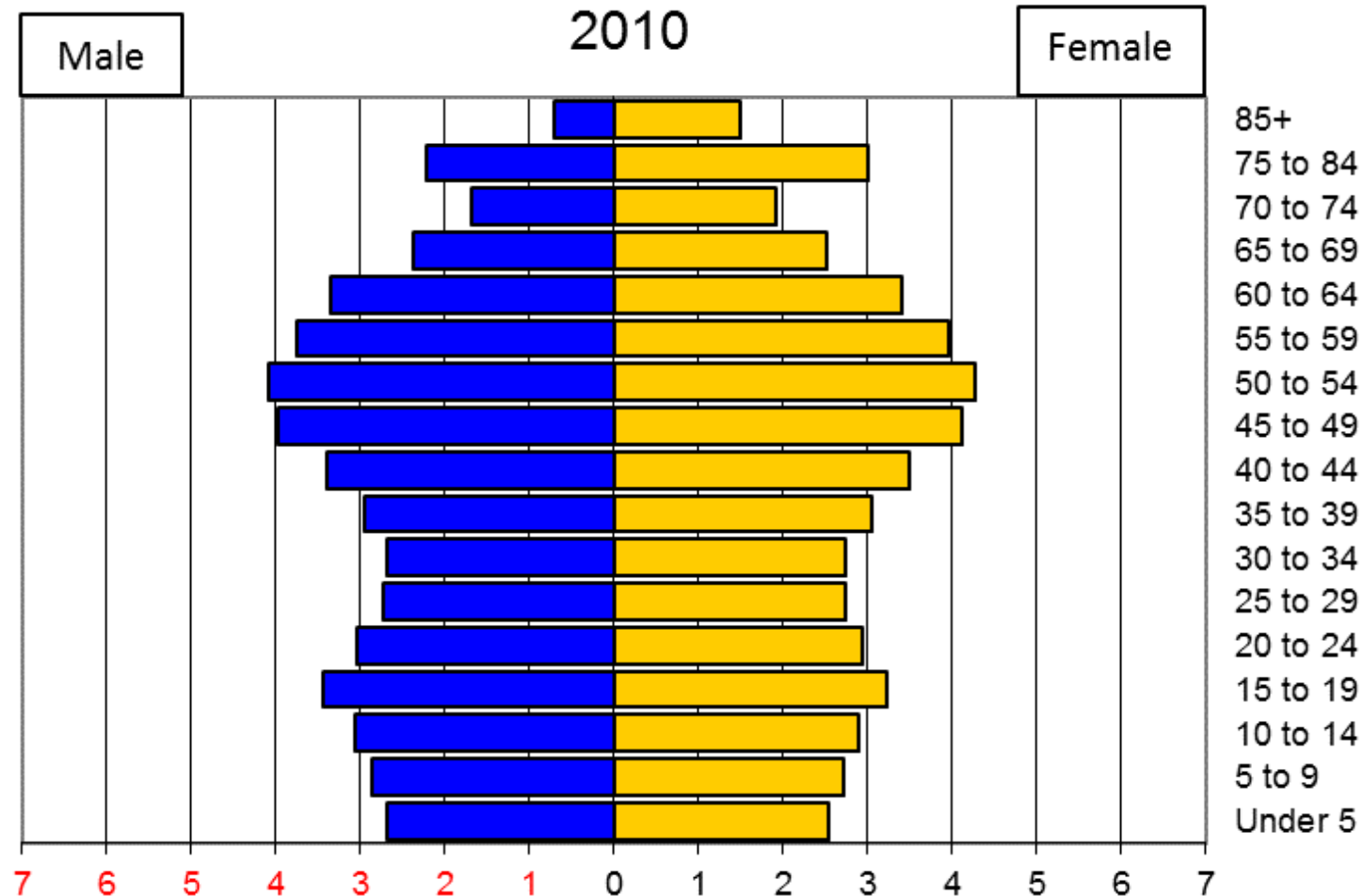
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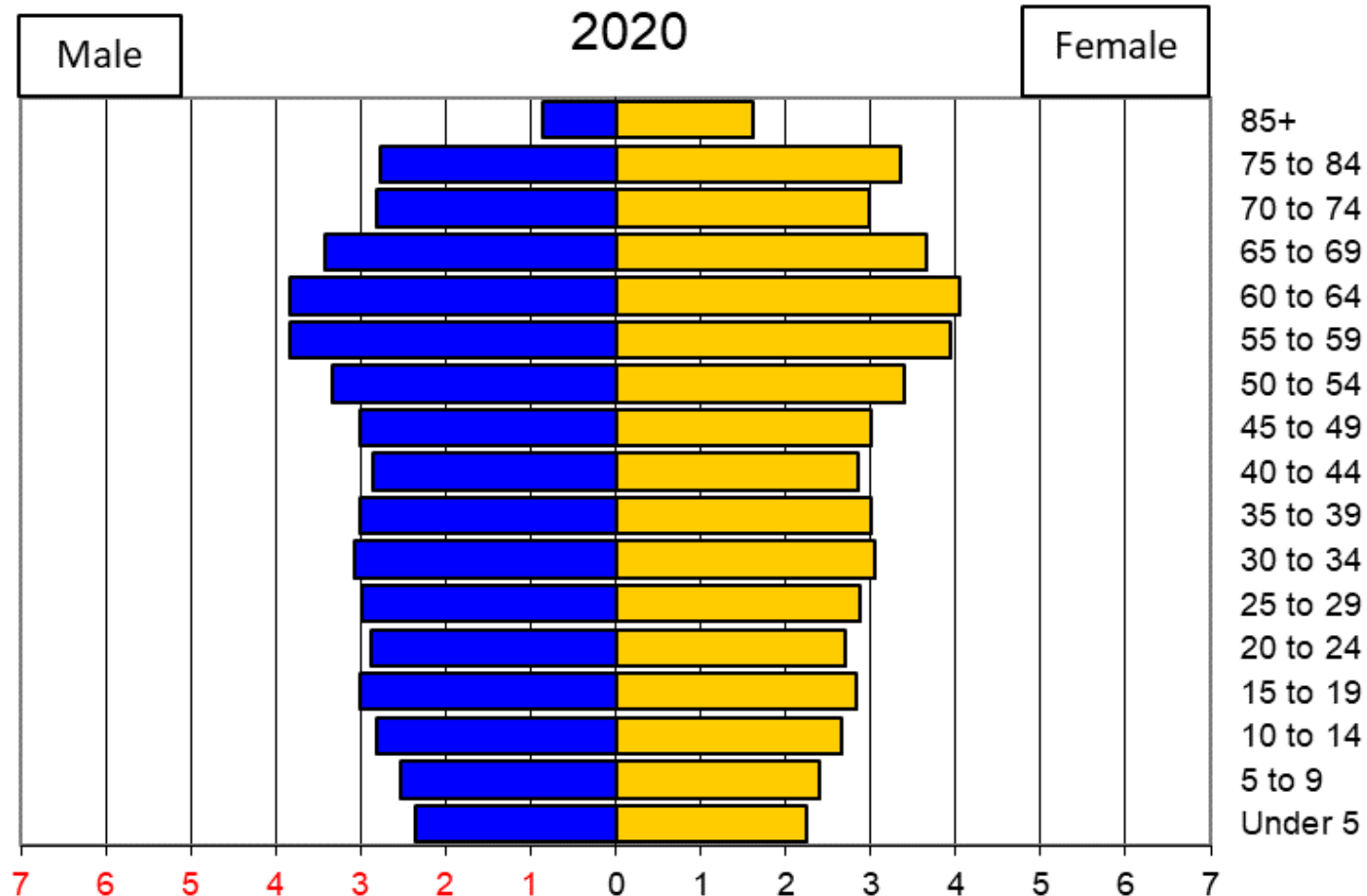
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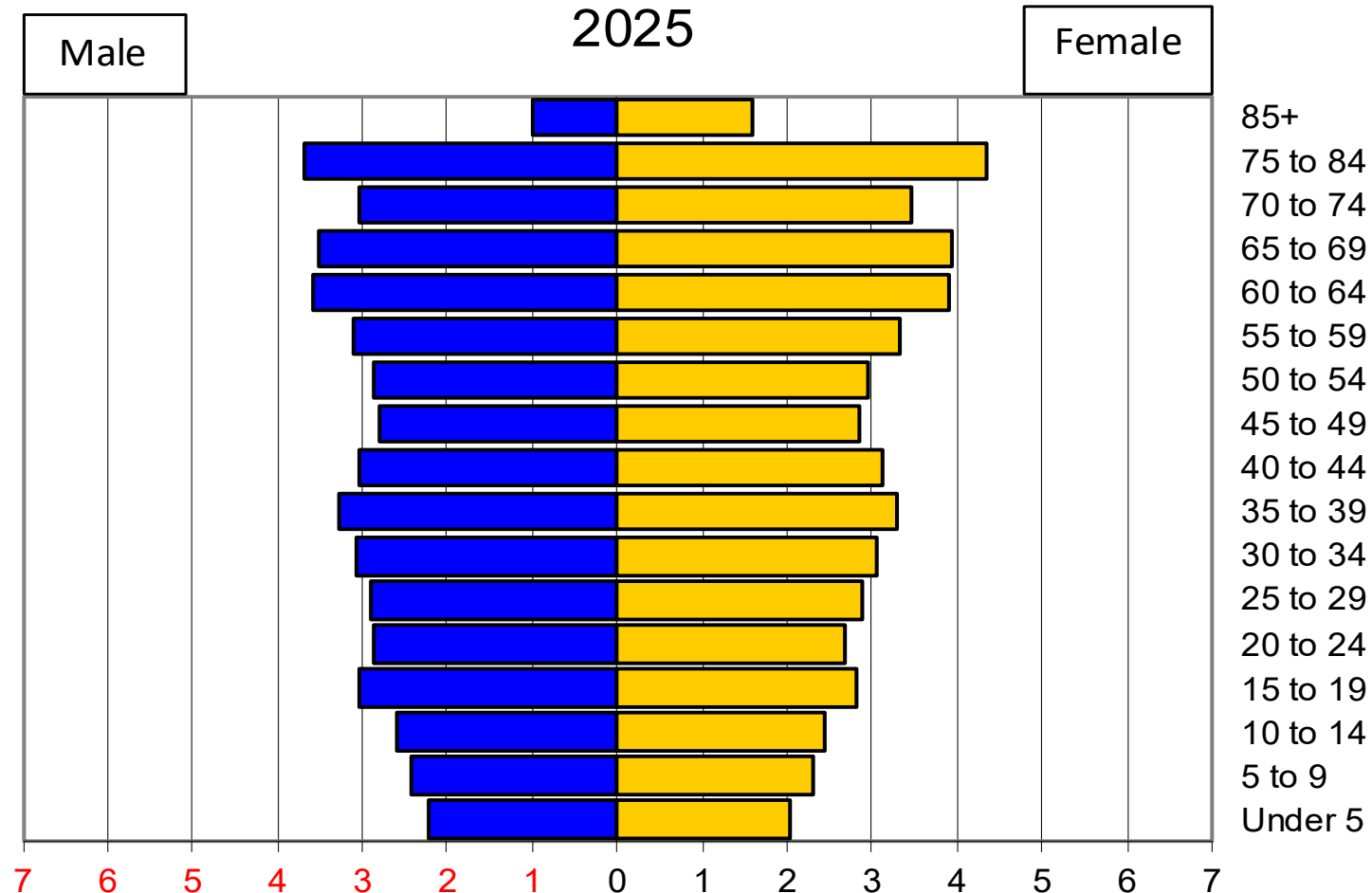


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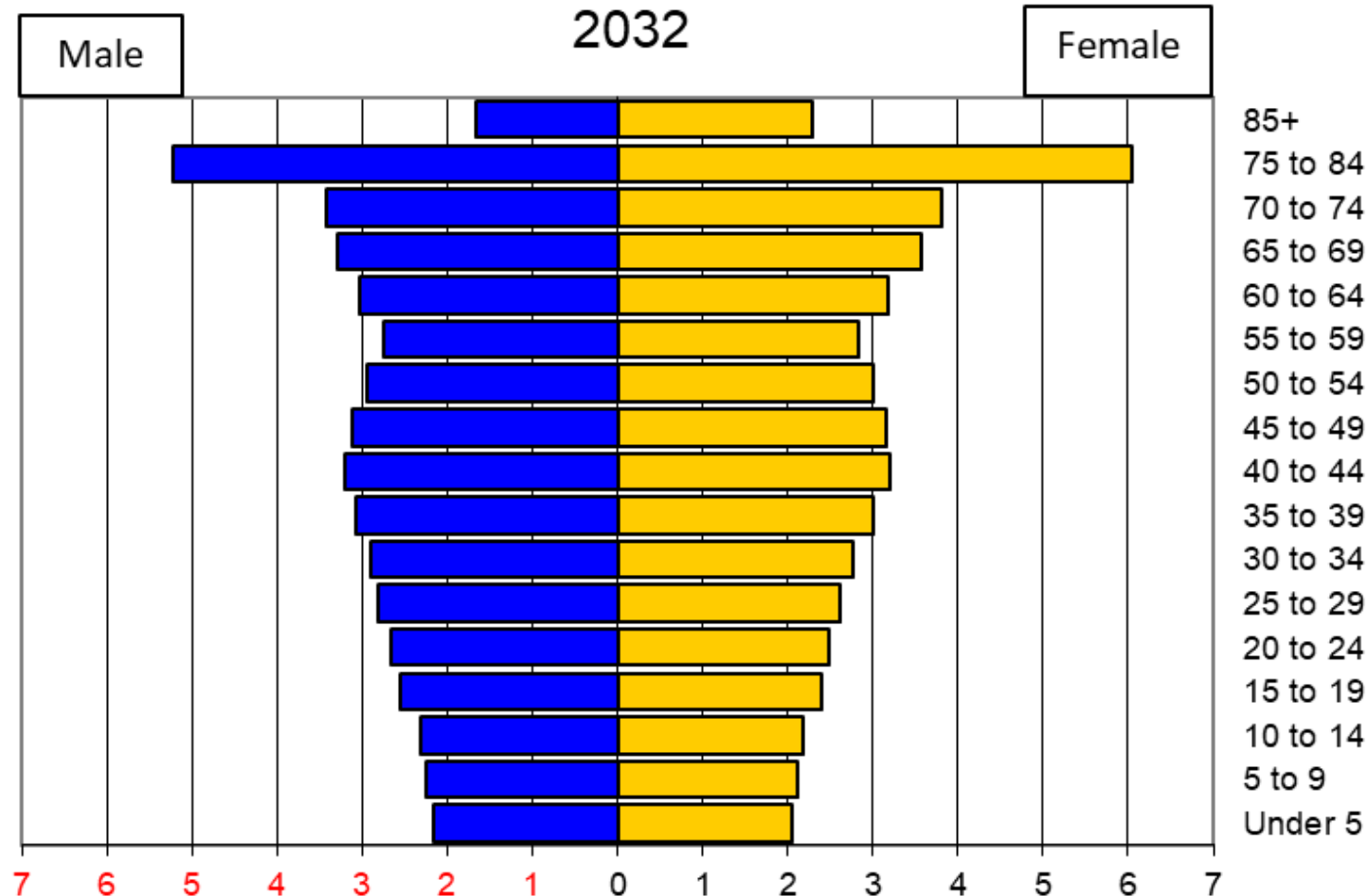
Baby Boom
generation in
2025: age 61-79



The Baby Boom: 1946-1964

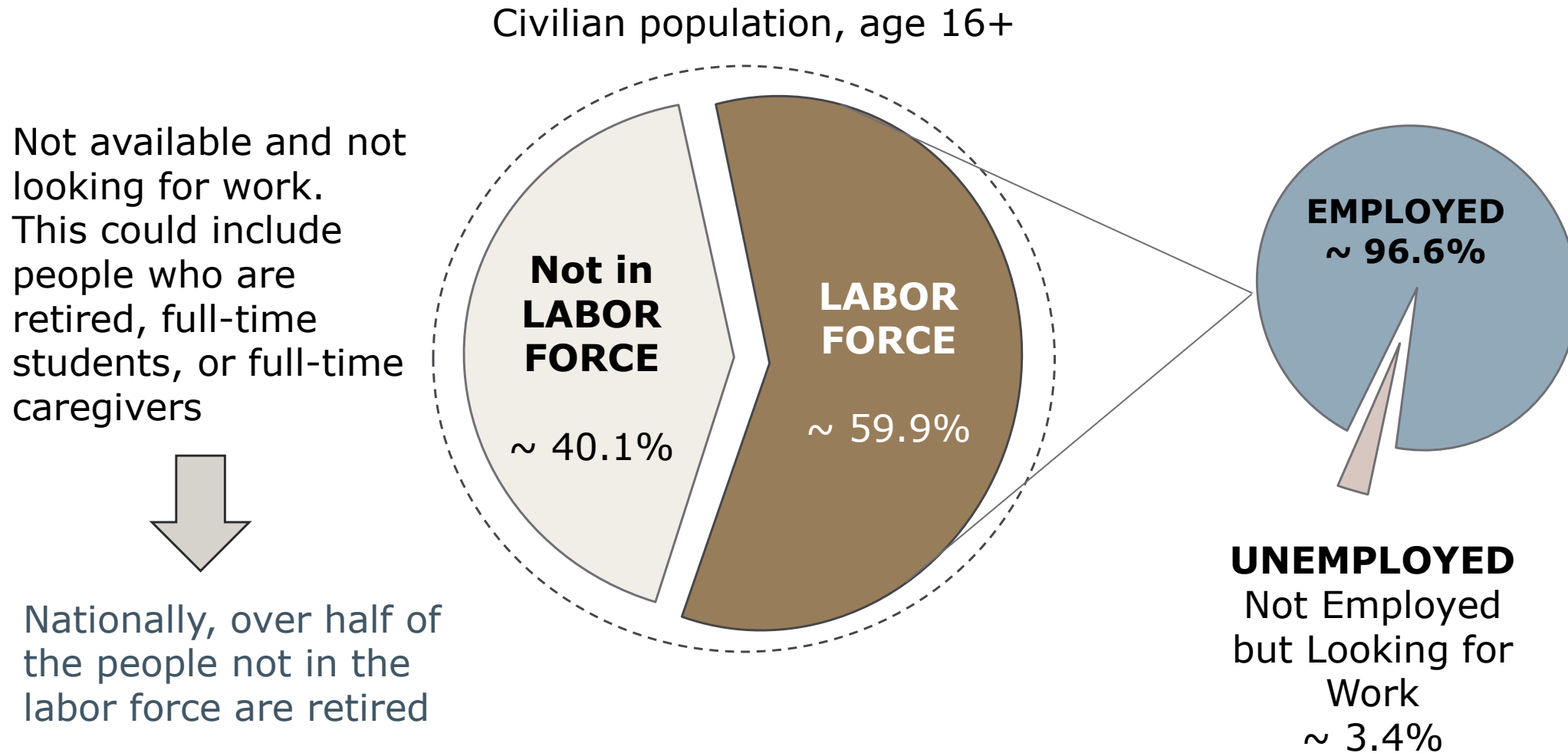
Baby Boom generation in 2032: age 68-86

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

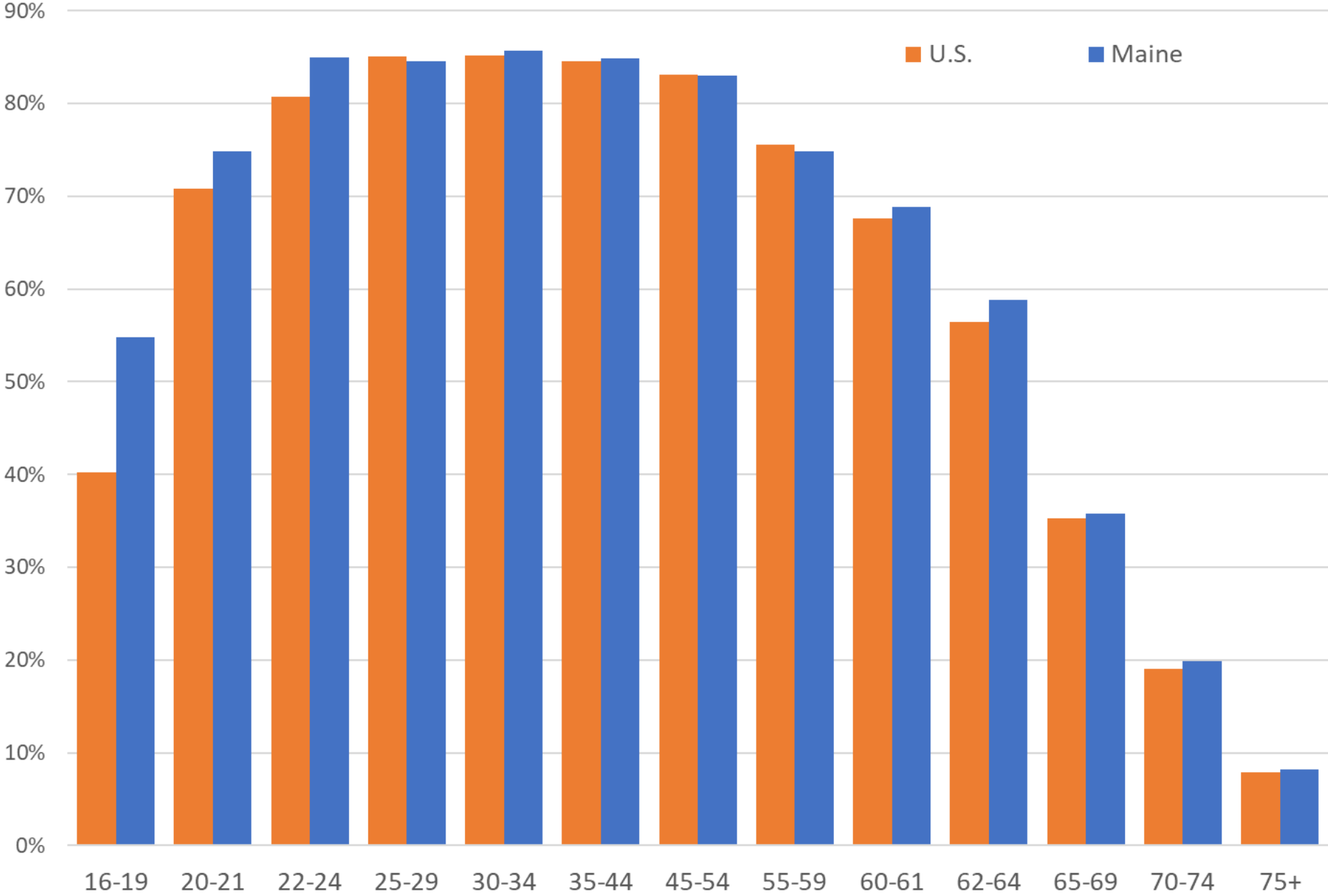


Workforce and Employment

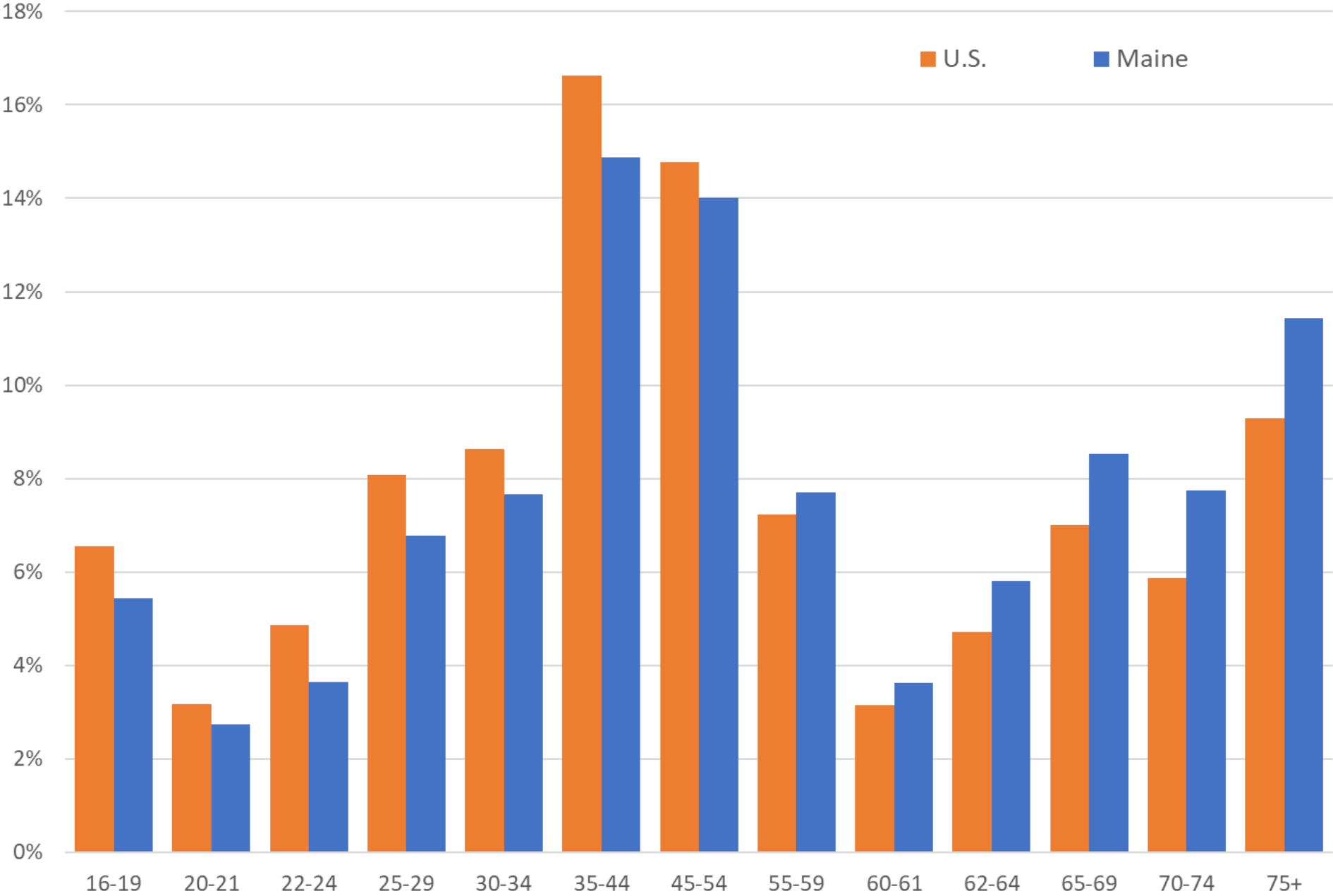
Who is in the labor force?



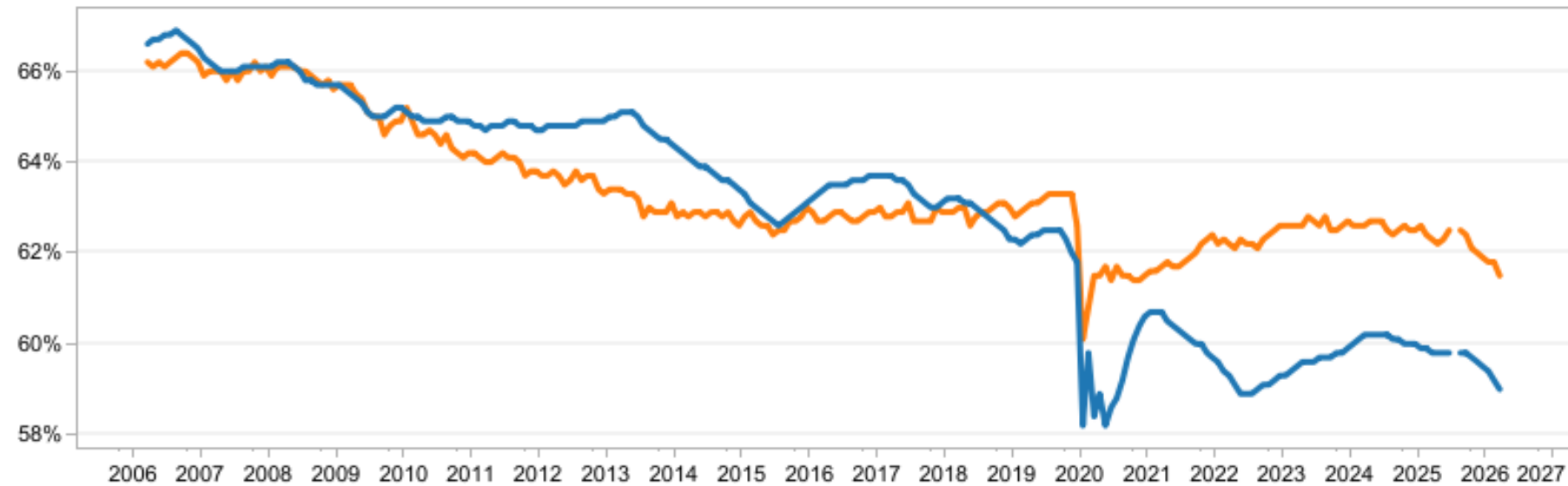
2024 Labor Force Participation Rate



Share of 16+ Population by Age, 2024



Labor Force Participation Rate (seasonally adjusted)



Jun, 2006 to Jun, 2026

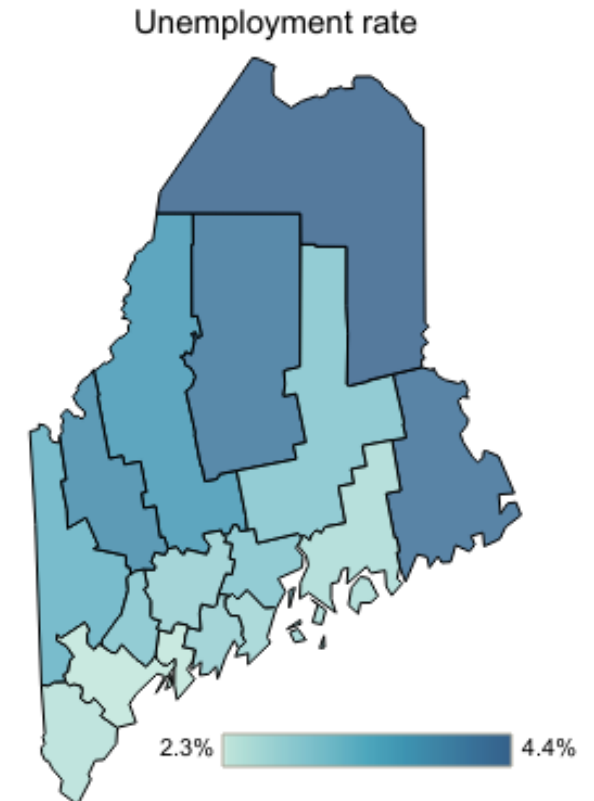
- Unemployment Rate
- Labor Force & Employment
- Unemployment
- Labor Force Participation Rate
- Employment to Population Ratio

■ Maine
■ United States

Maine's unemployment rate has been below 4.0% for 54 months as of June 2026 (3.1%), the longest stretch on record

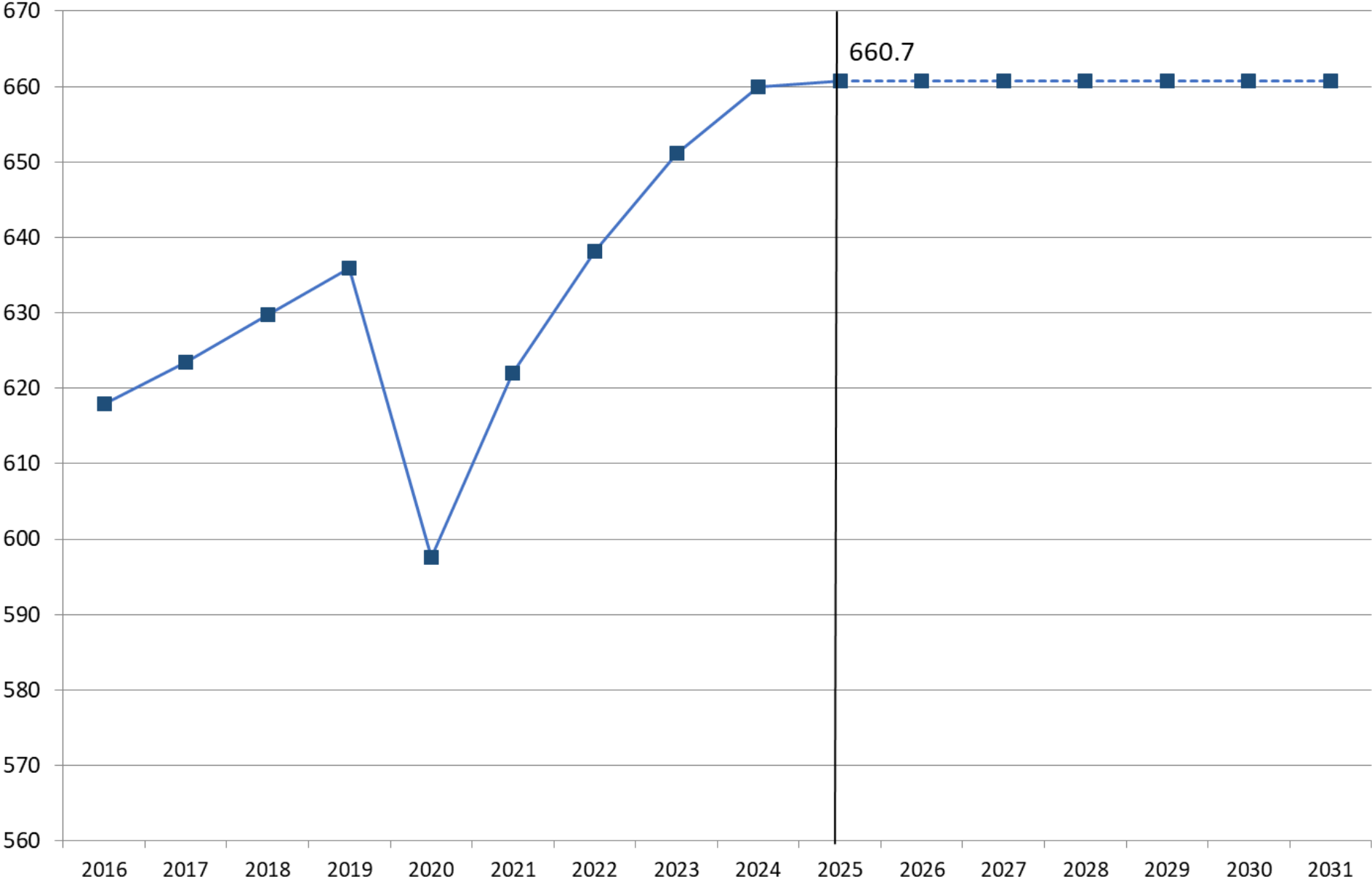
County Rates (not seasonally adjusted)

June, 2026					
● Table					
○ Graph					
Map/Graph Display					
● Unemployment rate					
○ One-year change					
County	Rate	Year ago	One-yr change		
Maine	2.7%	2.8%	-0.1	↓	
Androscoggin	2.9%	3.2%	-0.3	↓	
Aroostook	4.4%	4.3%	0.1	↑	
Cumberland	2.3%	2.4%	-0.1	↓	
Franklin	3.8%	3.8%	0.0	—	
Hancock	2.5%	2.5%	0.0	—	
Kennebec	2.7%	2.8%	-0.1	↓	
Knox	2.6%	2.6%	0.0	—	
Lincoln	2.7%	2.5%	0.2	↑	
Oxford	3.2%	3.3%	-0.1	↓	
Penobscot	2.9%	3.3%	-0.4	↓	
Piscataquis	4.1%	3.9%	0.2	↑	
Sagadahoc	2.3%	2.3%	0.0	—	
Somerset	3.6%	3.6%	0.0	—	
Waldo	2.9%	2.9%	0.0	—	
Washington	4.2%	4.3%	-0.1	↓	
York	2.4%	2.5%	-0.1	↓	



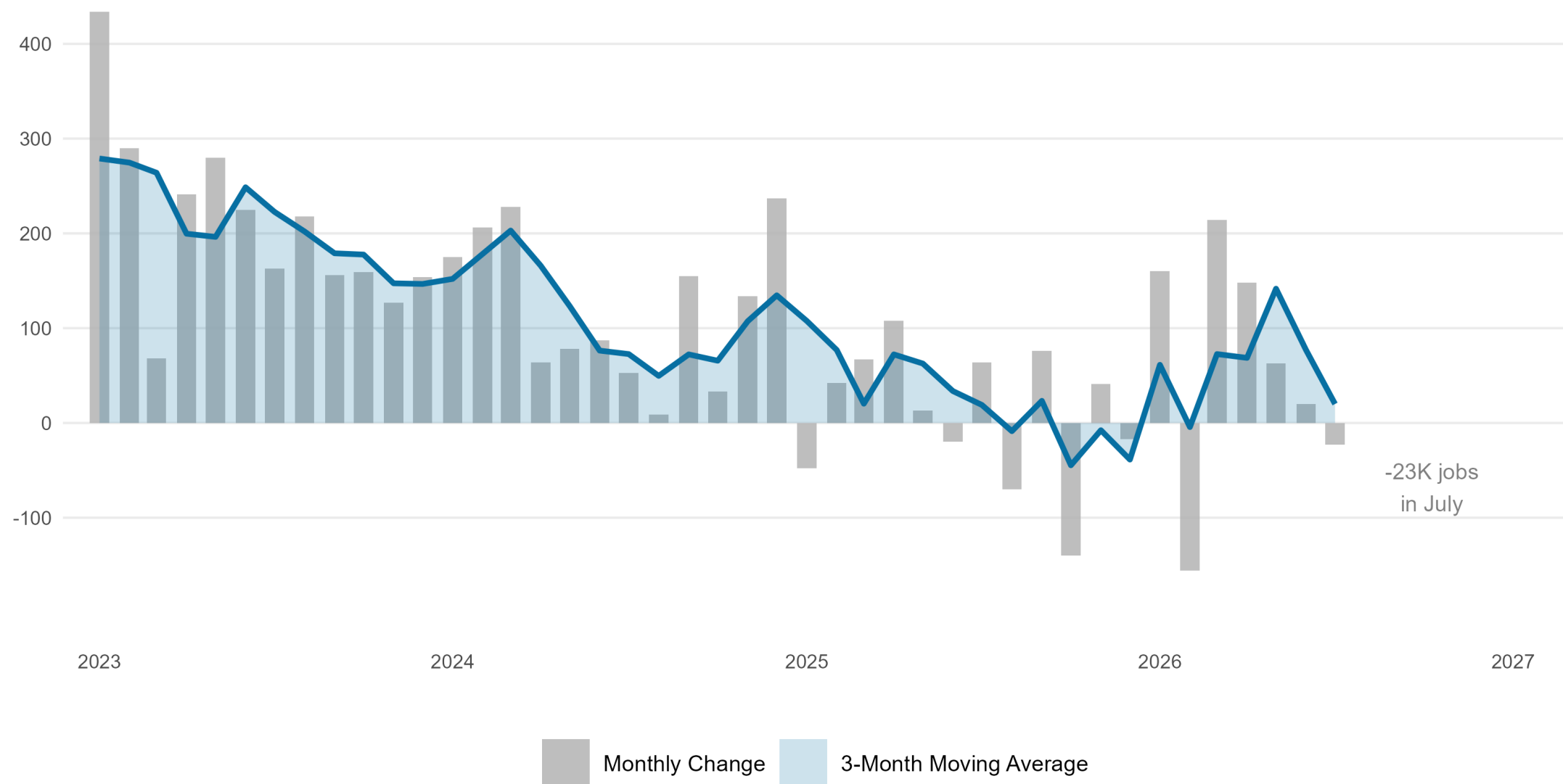
Total Nonfarm Employment (in thousands)

History and Consensus Economic Forecasting Commission forecast



US Nonfarm Payroll Employment (Seasonally Adjusted)

Monthly Change in Jobs (in thousands)



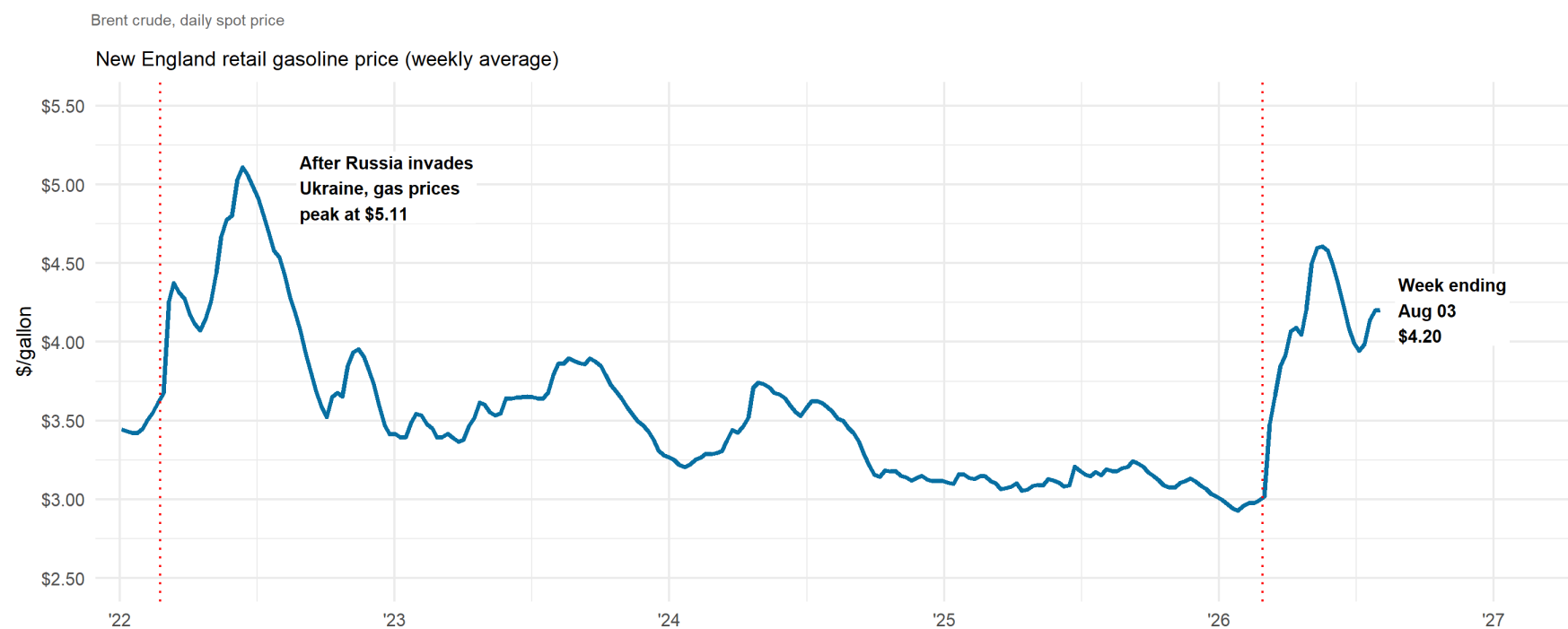
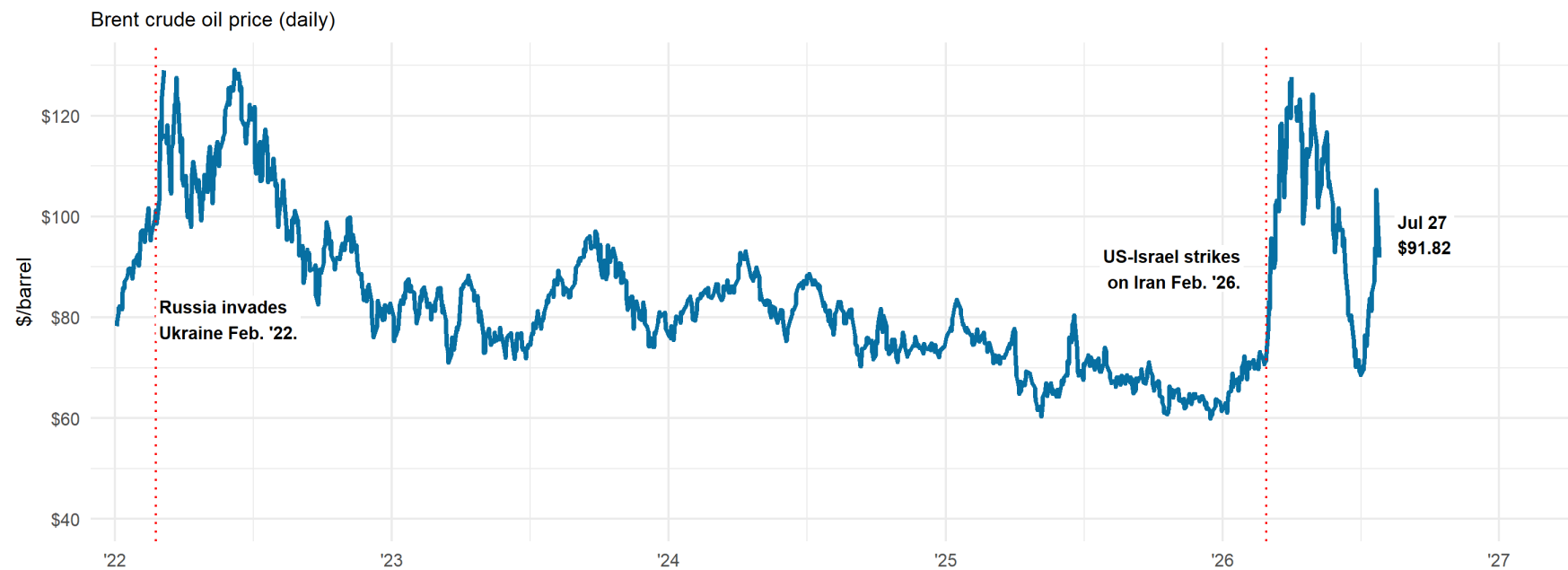
Source: U.S. Bureau of Labor Statistics

Macroeconomic Outlook

Summary of key assumptions in February 2026 CEFC report

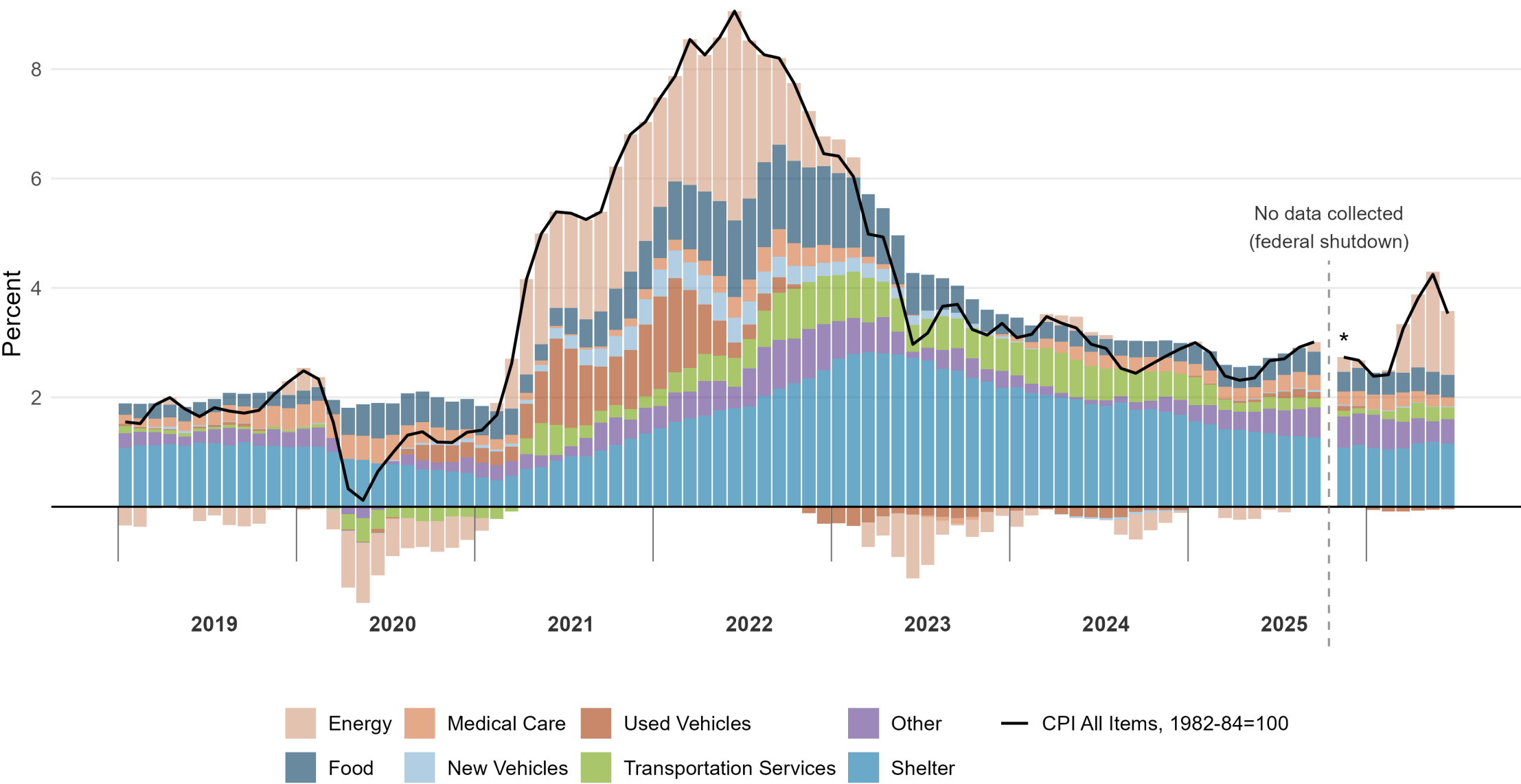
- Maine is navigating a period of significant uncertainty around economic policy, government spending, geopolitical tensions, and consumer sentiment.
- The federal government has entered into a period of significant fiscal re-prioritization.
- Inflation remains elevated above target levels while consumer sentiment has weakened.
- Because of our state's demographics and close relationship with Canada, Maine may be particularly vulnerable to changes in federal funding and tariff policy.
- In the short term, net migration will be hampered by federal immigration policies and the housing market.

Daily Brent Crude and Weekly New England Gasoline Prices



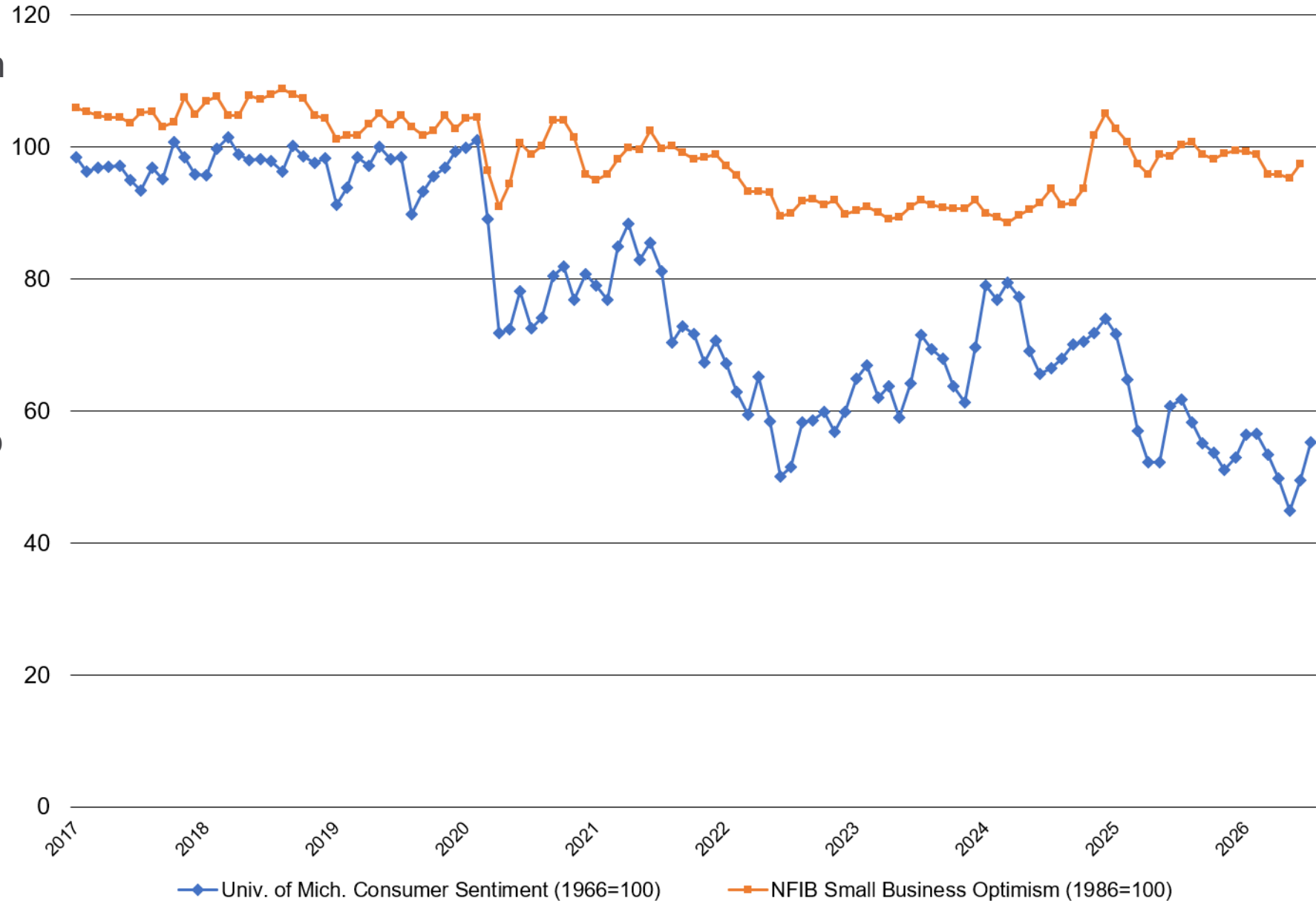
EIA weekly New England retail gasoline price
Weekly data shown; retail prices update more slowly than crude oil

Percentage Point Contribution to Year-Over-Year Percent Change in CPI



Source: US Bureau of Labor Statistics & Calculations by OSE Staff
*November 2025: Shutdown not resolved until Nov 12; BLS operated on truncated schedule. Second half of November (Black Friday, holiday shopping) may have distorting effect

Consumer Sentiment and Small Business Optimism Indexes



Small business optimism was below its historical average for four consecutive months through June 2026, but expectations for better business conditions improved substantially

Consumer sentiment was highly responsive to inflation expectations in 2025; while sentiment has recovered from record low in May 2026, index remains 11% below year-ago level

Federal data availability challenges

- Policy and staffing changes
 - Some surveys eliminated (e.g. Food Security Supplement to CPS)
 - Commerce DAO 216-26: Disclosure Avoidance for Statistical Products
- Geographic detail or categorical detail may be limited
- Some data may be delayed (e.g. 1-year American Community Survey)

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 largely limited by labor force availability
- Maine's economy is impacted both by its demographics and by larger national and global trends

Contact Information

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