

Demographic Trends in Maine

AGA Maine Chapter

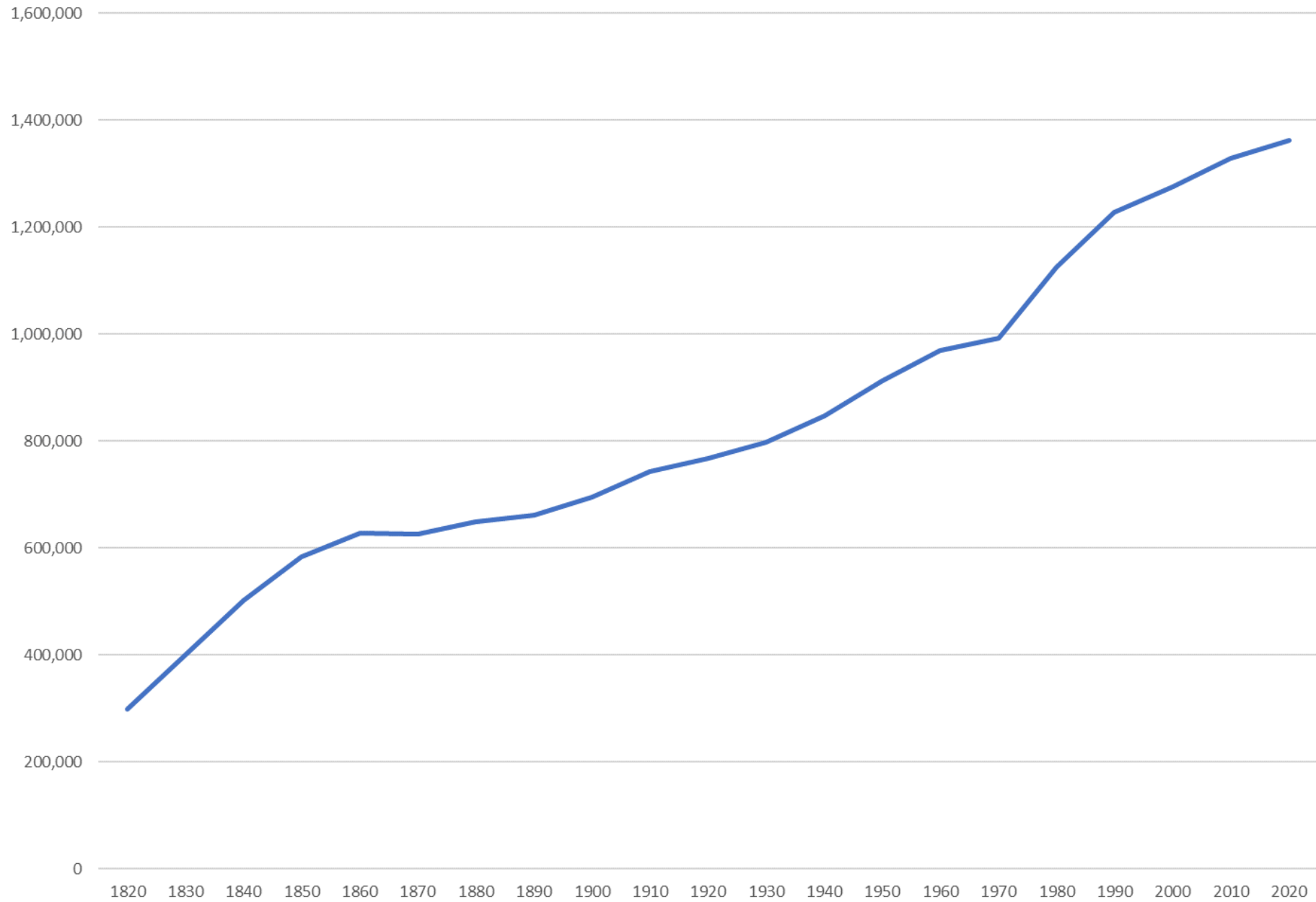
September 24, 2024

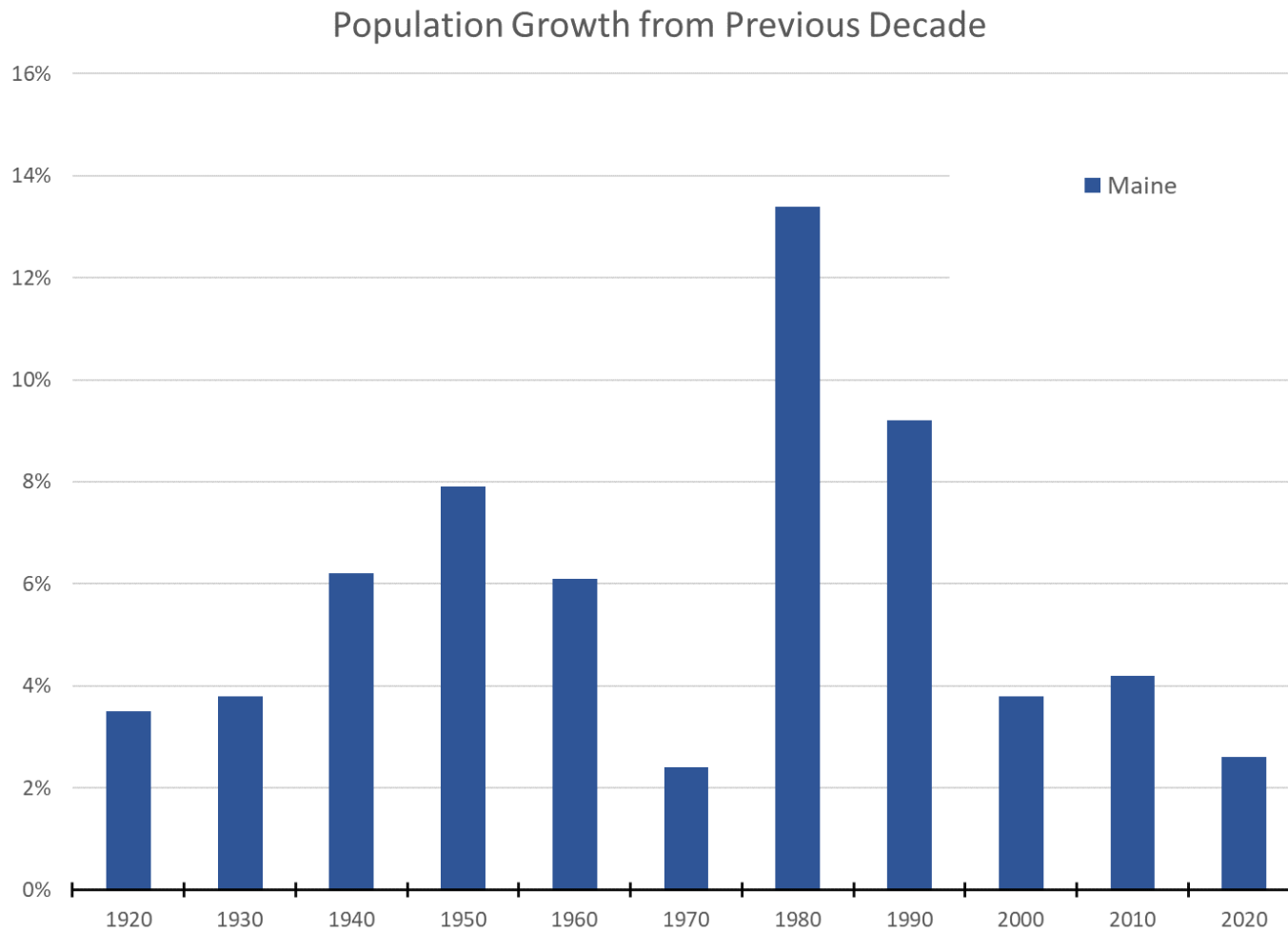
Amanda Rector

Maine State Economist

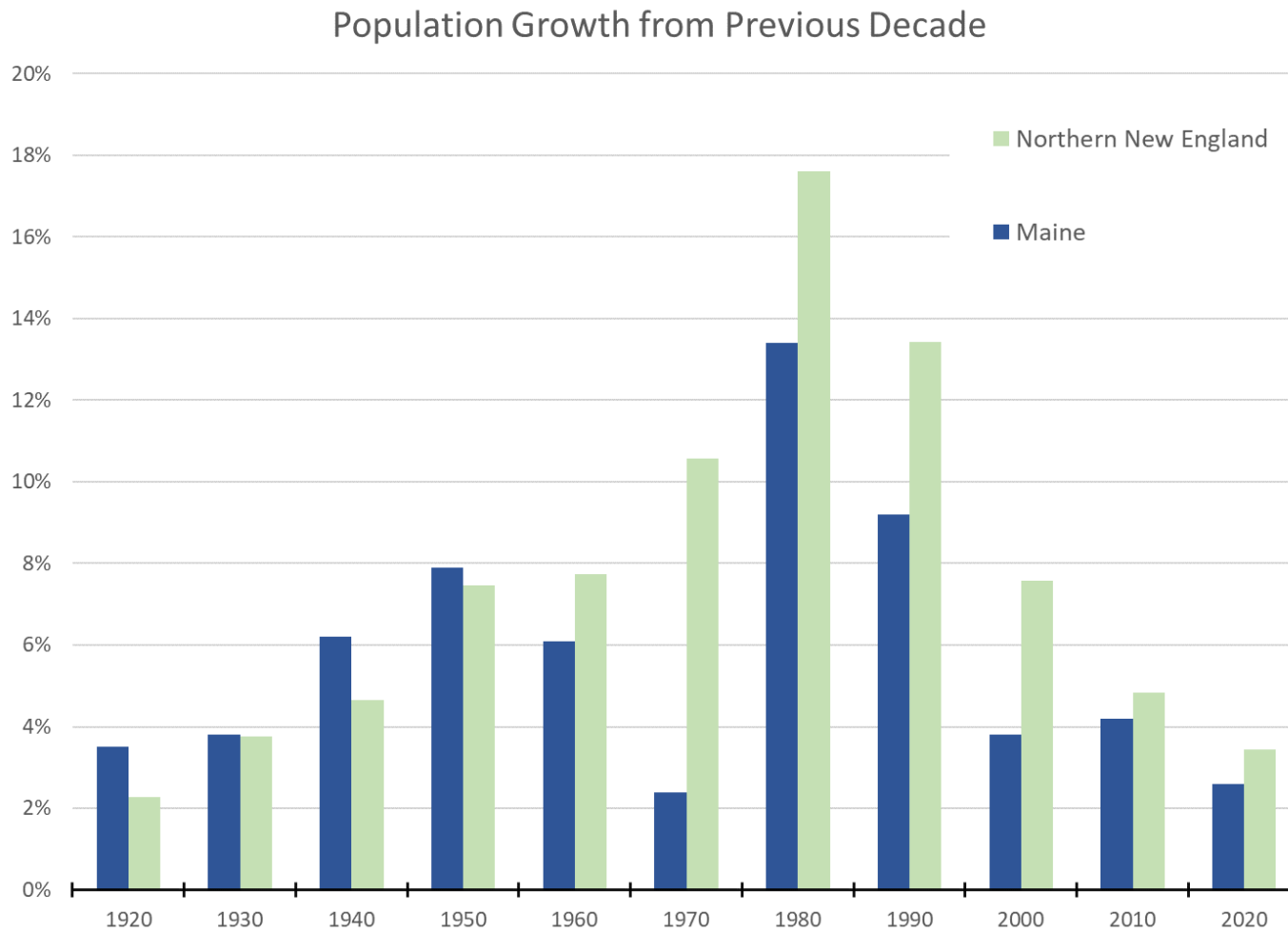
Population Change

Maine, Total Population

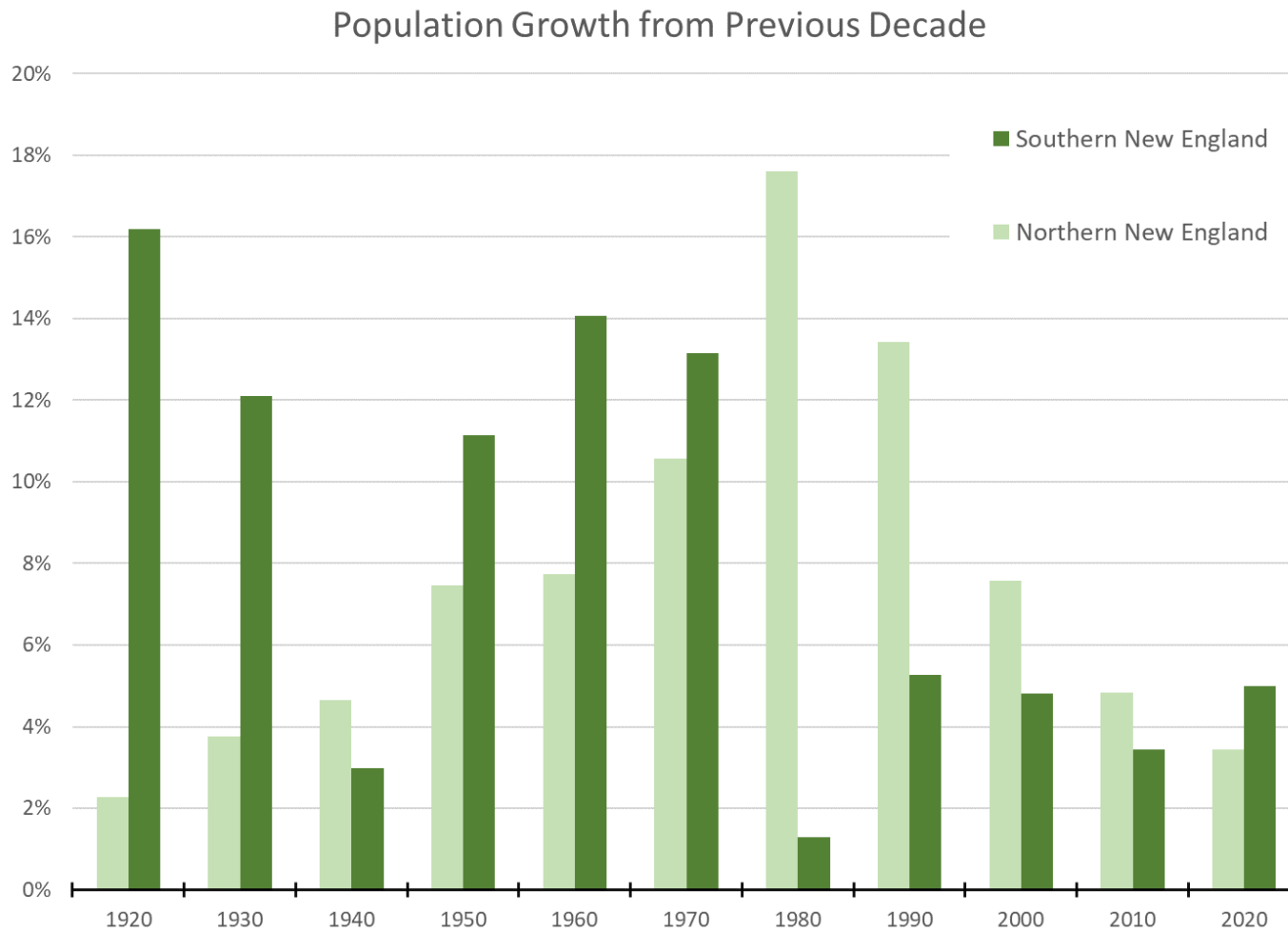




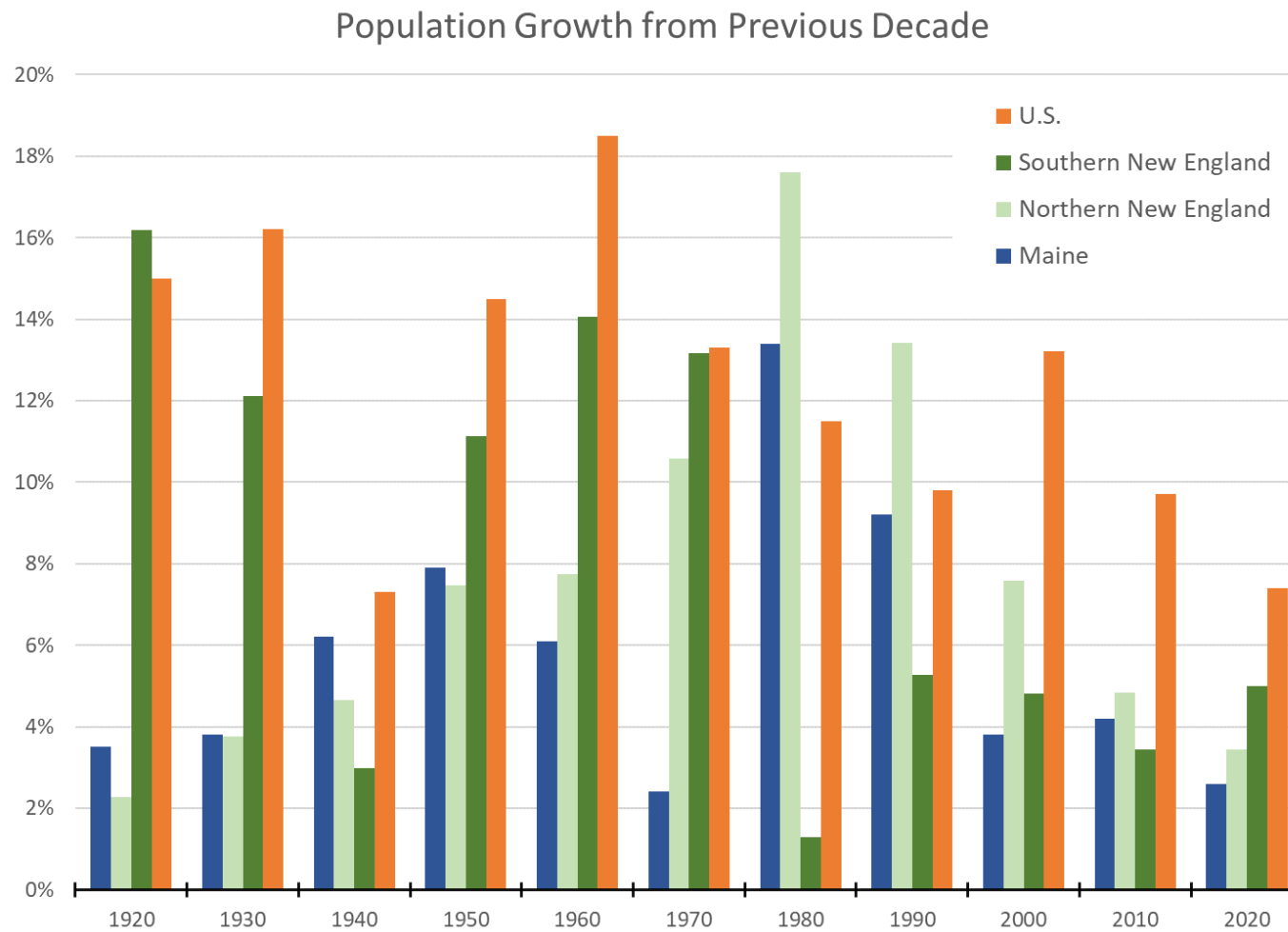
In the past hundred years, Maine population growth peaked during “back to the land” movement in the 1970s



Maine and Northern New England have similar growth patterns, but where Maine was outpacing the region in 1920-1950, it lagged after that (especially in 1960s)

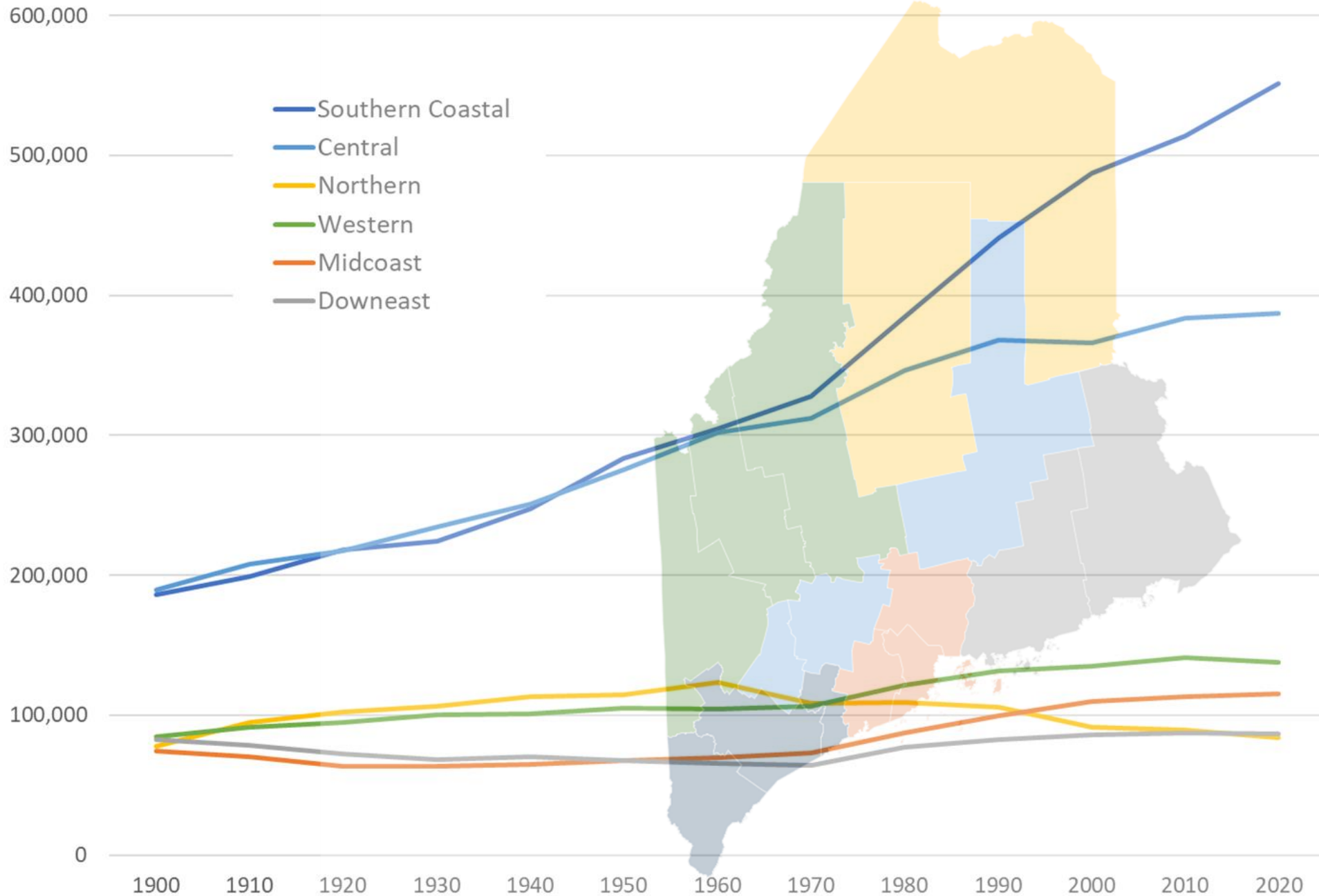


Southern New England outpaced Northern New England before 1970s – and then finally grew faster again in the 2010s, but growth rates have been much lower since 1980.



U.S. population growth has generally been faster than Northern or Southern New England, with a few exceptions. The growth in 2020, though, was the slowest since 1940.

Population by Region

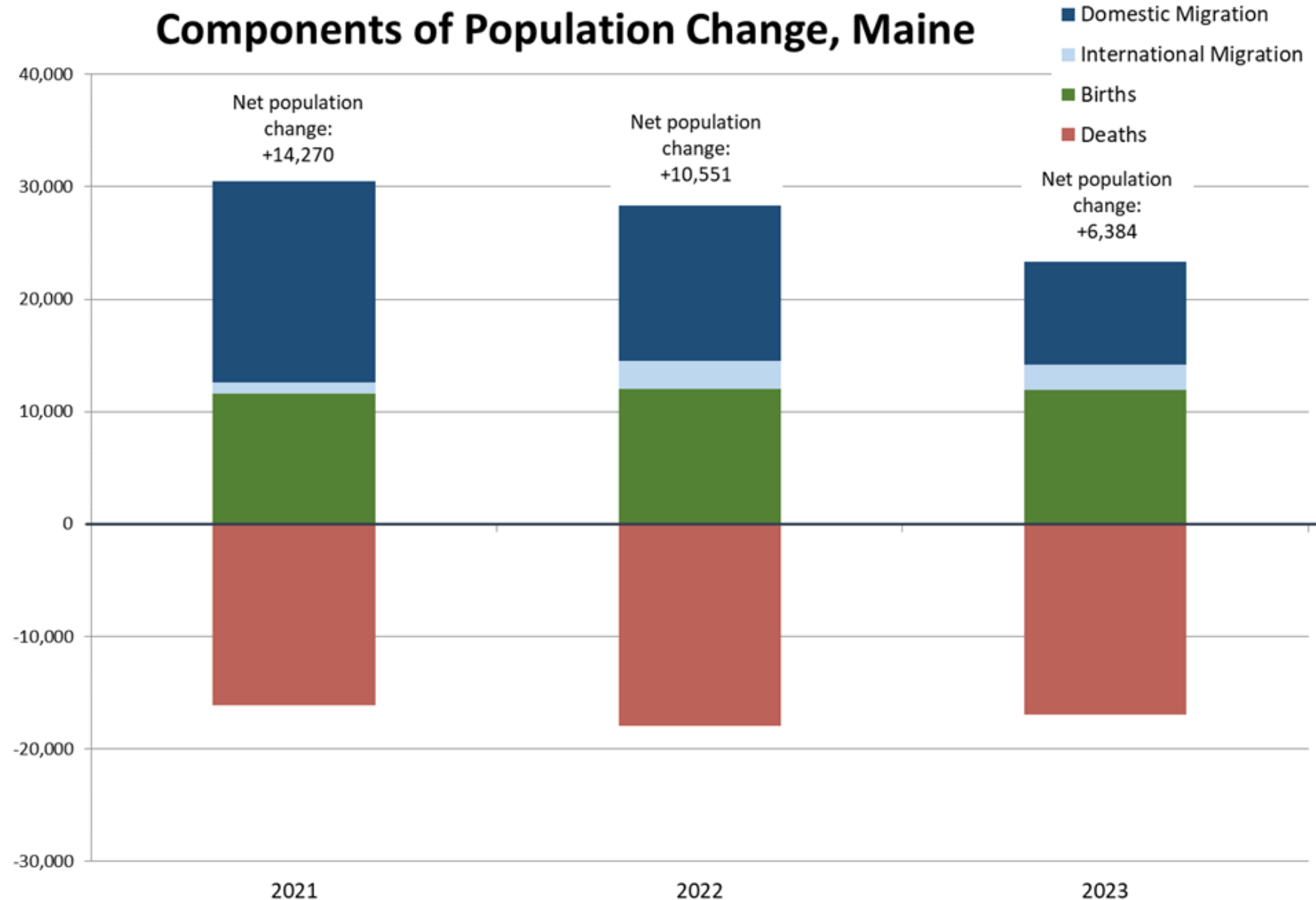


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Population increase of
2.6% from 2010-2020
(42nd in U.S.)

Population increase of
2.4% from 2020-2023
(14th in U.S.)

2023 Total Population:
1,395,722

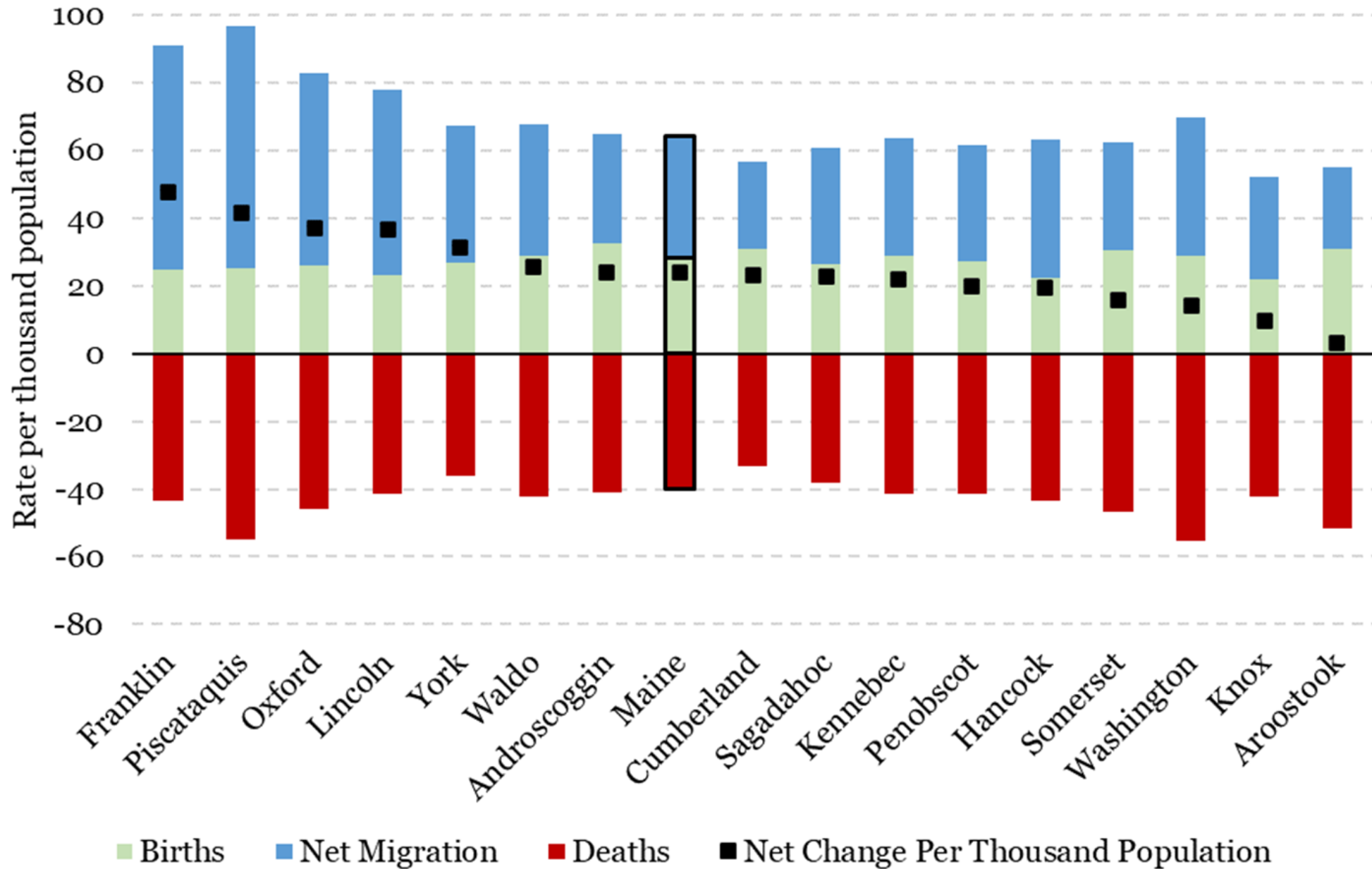


Source: U.S. Census Bureau, Population Estimates Program, 2023 vintage

Population growth patterns were different in the pre-pandemic and pandemic periods

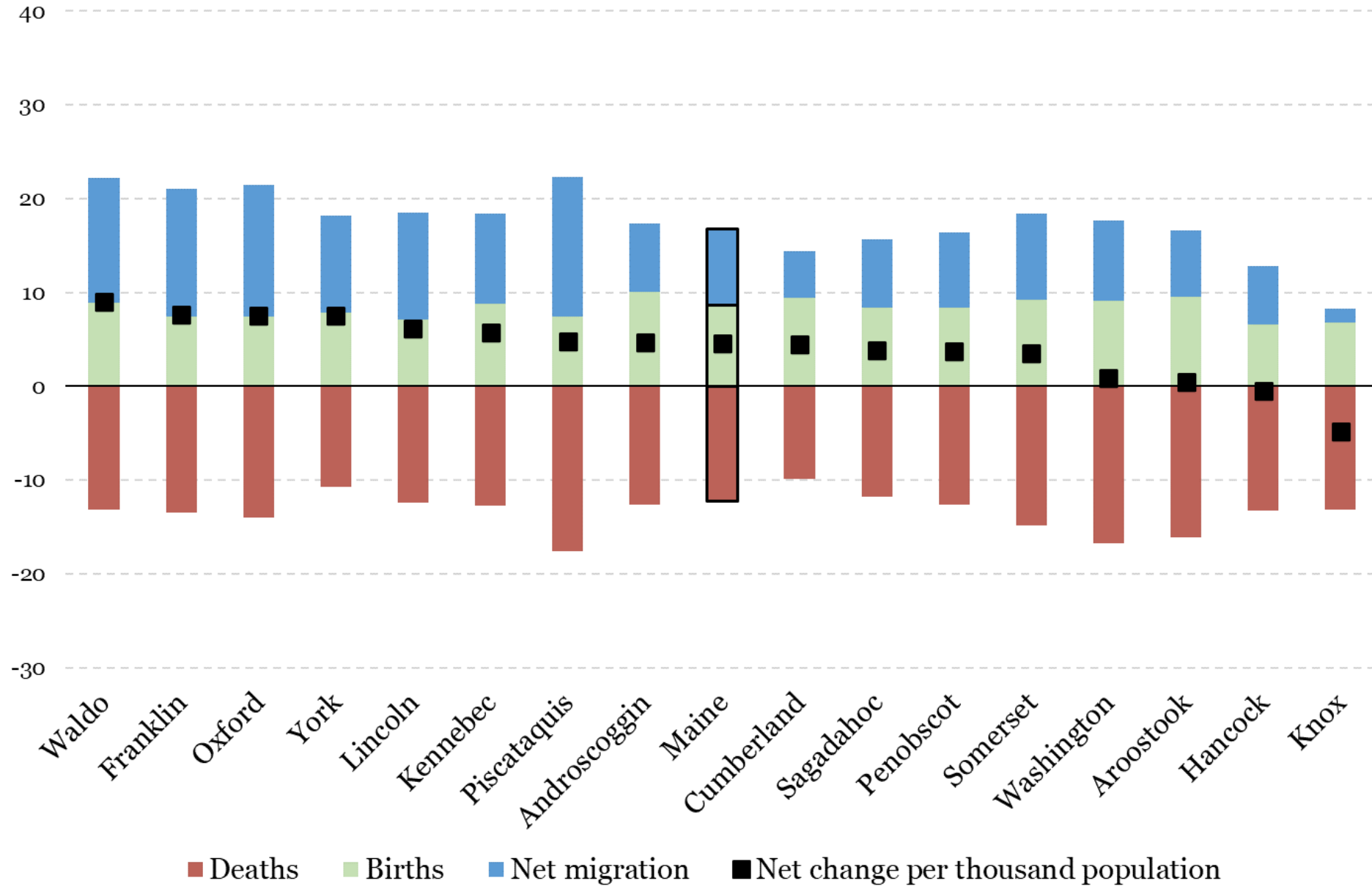
	2023 Total Population	Change from 2010-2020			Change from 2020-2023		
State		Number	Percent	% Ranking	Number	Percent	% Ranking
Connecticut	3,617,176	31,845	0.9%	47	11,264	0.3%	31
Maine	1,395,722	33,980	2.6%	42	32,545	2.4%	14
Massachusetts	7,001,399	482,320	7.4%	20	(31,534)	-0.4%	43
New Hampshire	1,402,054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

Components of Population Change in Maine, 4/2020-7/2023 Rate per thousand population



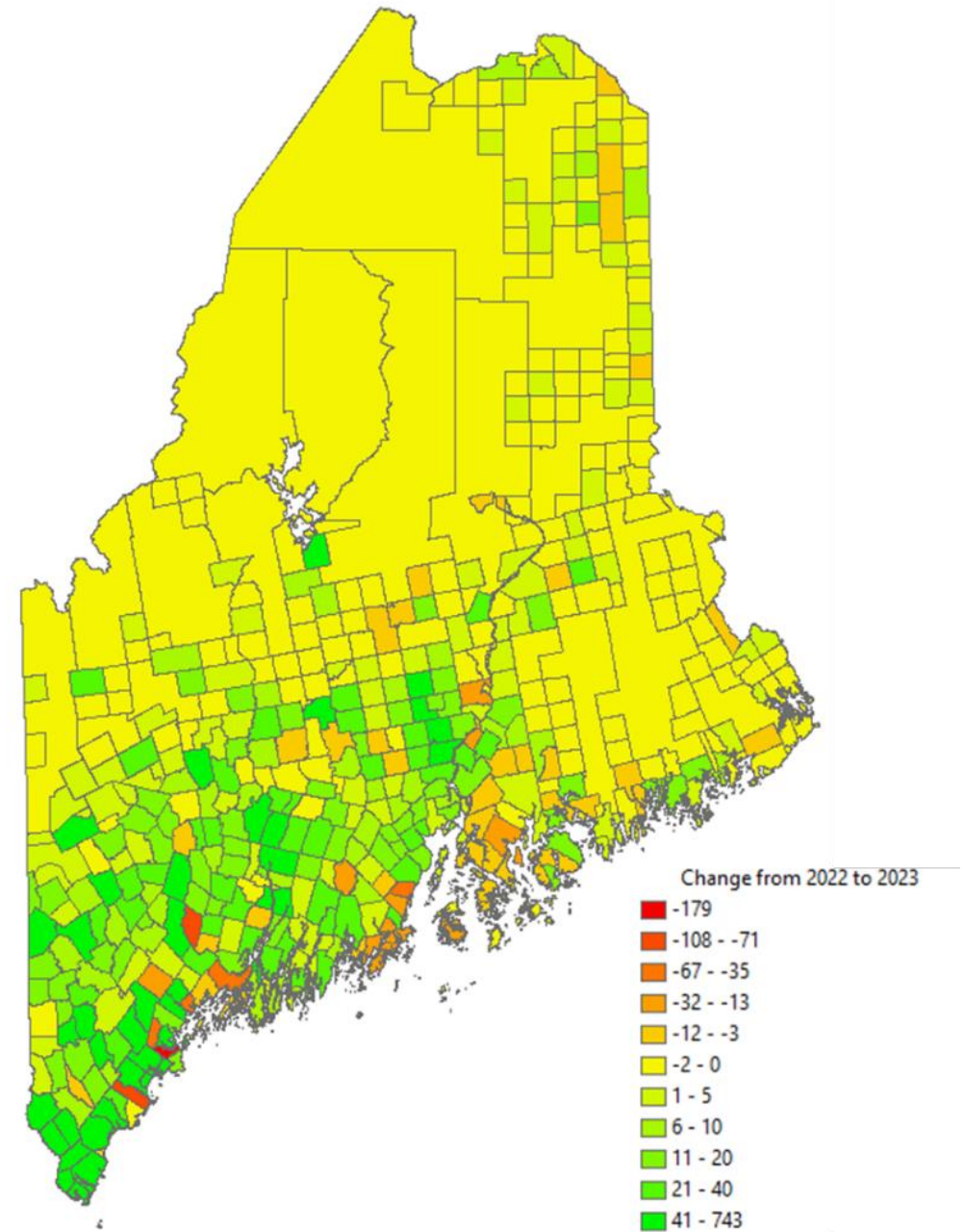
Components of Population Change in Maine, 2023

Rate per thousand population

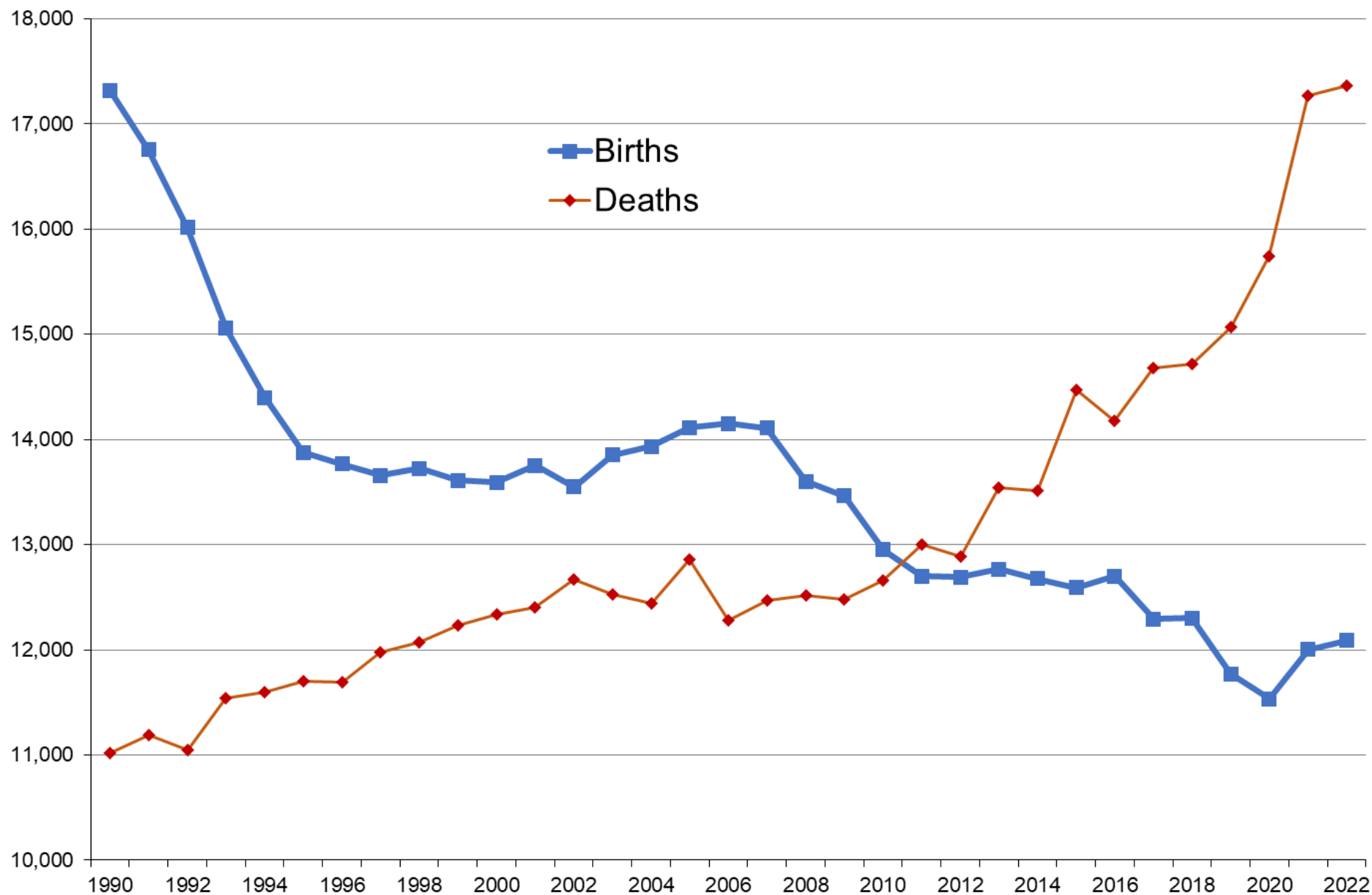


Between 2022 and 2023, percentage growth in population was **geographically dispersed**, with rural and interior regions particularly well represented

The 10 fastest growing towns were in **six different counties.**



Births and Deaths per year in Maine



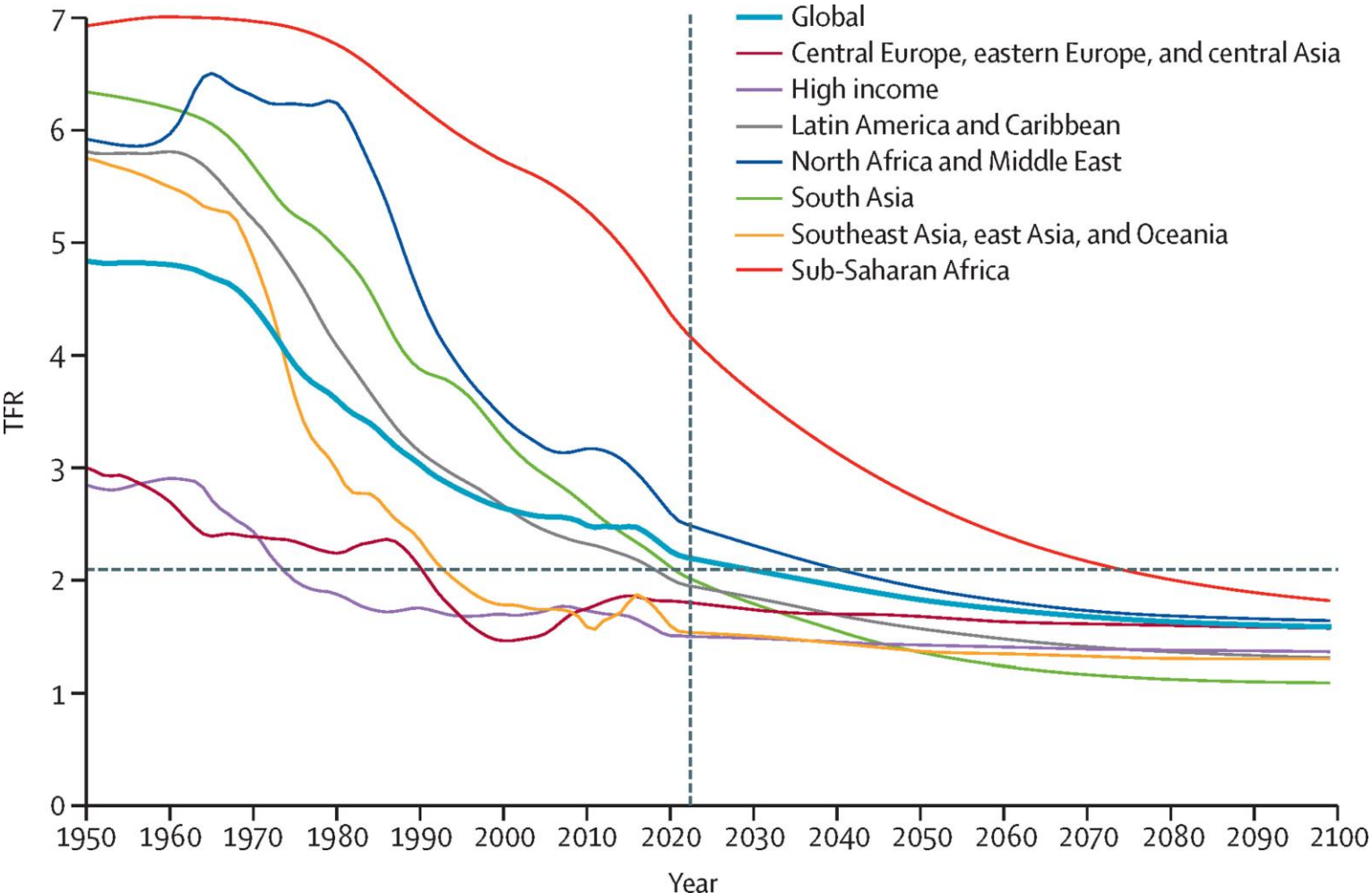
Maine is not the only state seeing natural population declines

- 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)

Race and Ethnicity

Data Definitions



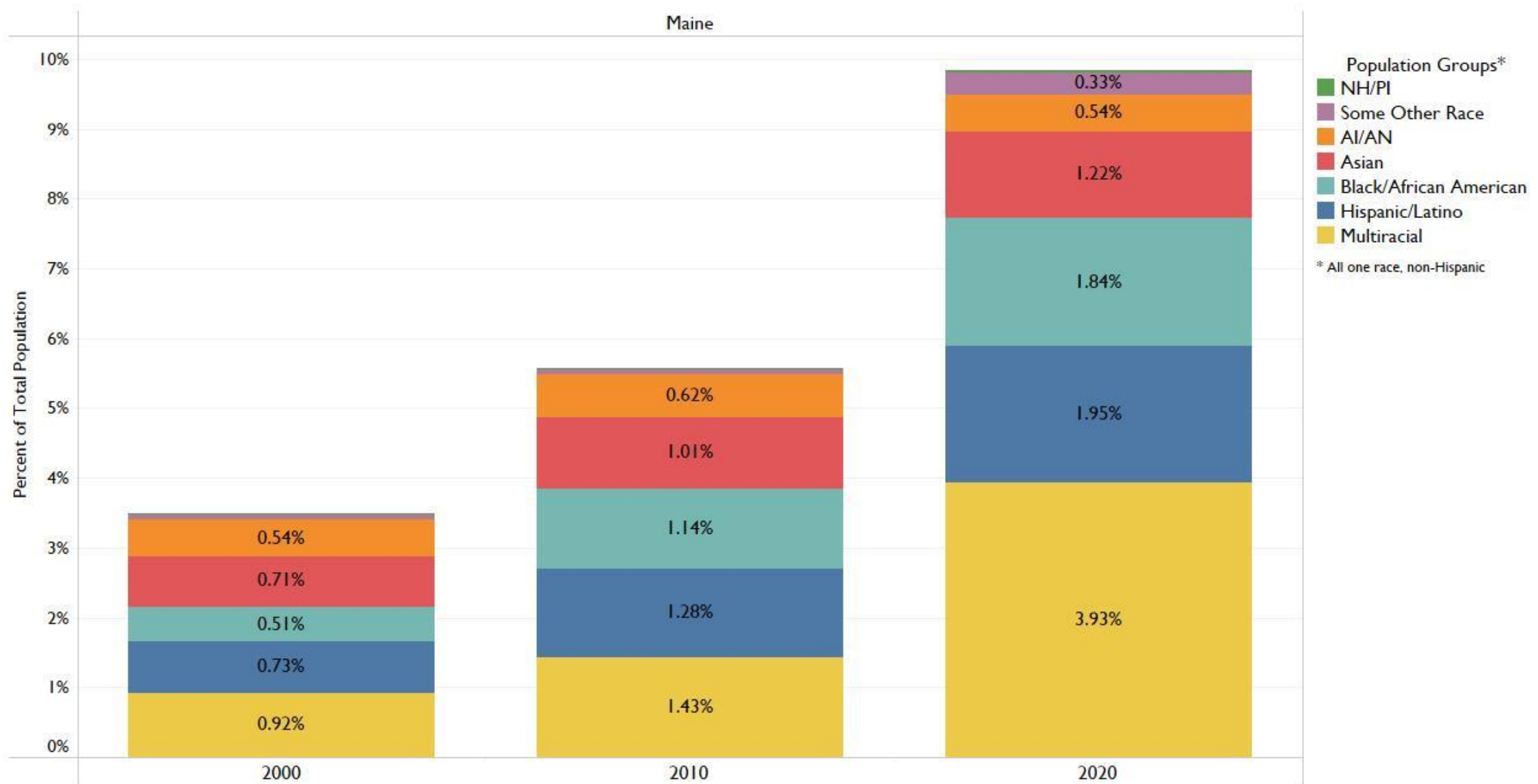
- Race and ethnicity data from the U.S. Census Bureau must adhere to 1997 Office of Management and Budget standards and are based on self-identification
- People may provide multiple responses to the race question on Census questionnaires if they identify as more than one race
 - When aggregate data are presented, frequently the categories reflect each race alone, for people who responded with a single race, and one category of "two or more races" that includes people who responded with two or more races
 - Sometimes data are given as a race "alone or in combination" - this would include people who reported a single race or that race along with at least one other race
- Hispanic origin is considered separate from race in Census data – someone of Hispanic or Latino origin can be of any race

Federal Race Guidelines

White	A person having origins in any of the original peoples of Europe, the Middle East, or North Africa
Black or African American	A person having origins in any of the Black racial groups of Africa.
American Indian or Alaska Native	A person having origins in any of the original peoples of North and South America (including Central America) and who maintains tribal affiliation or community attachment
Asian	A person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.
Native Hawaiian or Other Pacific Islander	A person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.

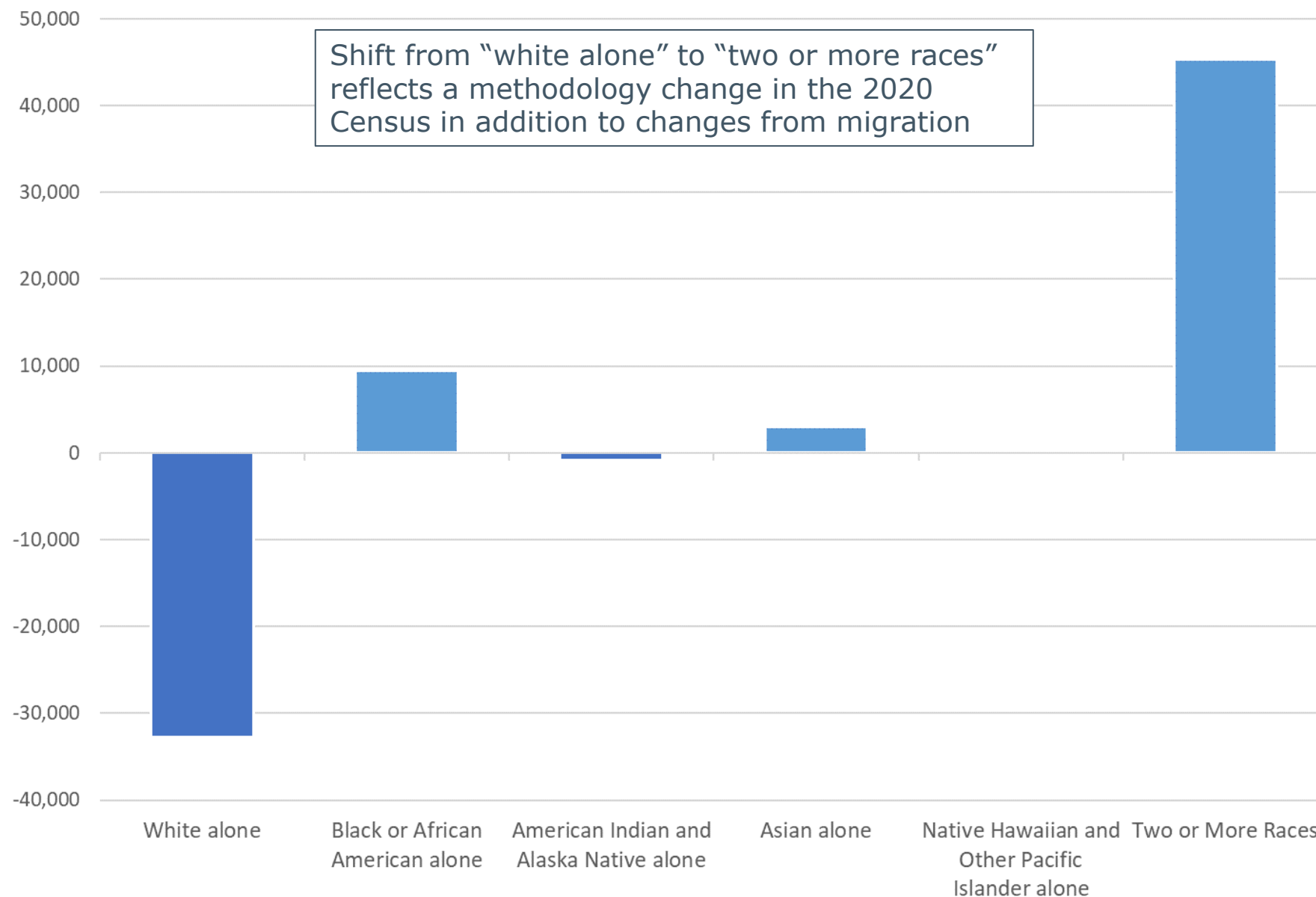
Share of Total Population by Population Group | Maine

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



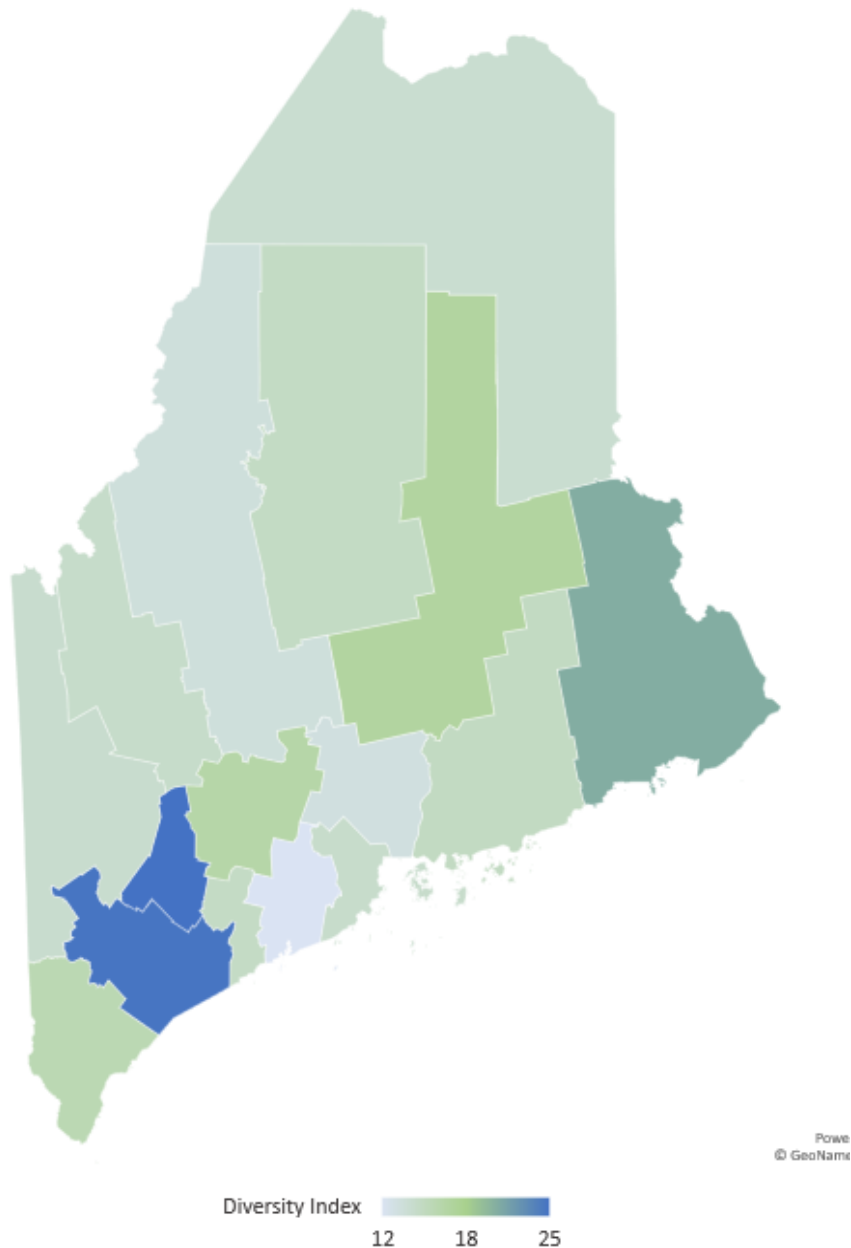
Note: Bars with less than 0.10% are not labeled for clarity and the White population is excluded from this figure because it comprises over 90% of the population.

Change in Maine Population by Race, 2010-2020



Shift from “white alone” to “two or more races” reflects a methodology change in the 2020 Census in addition to changes from migration

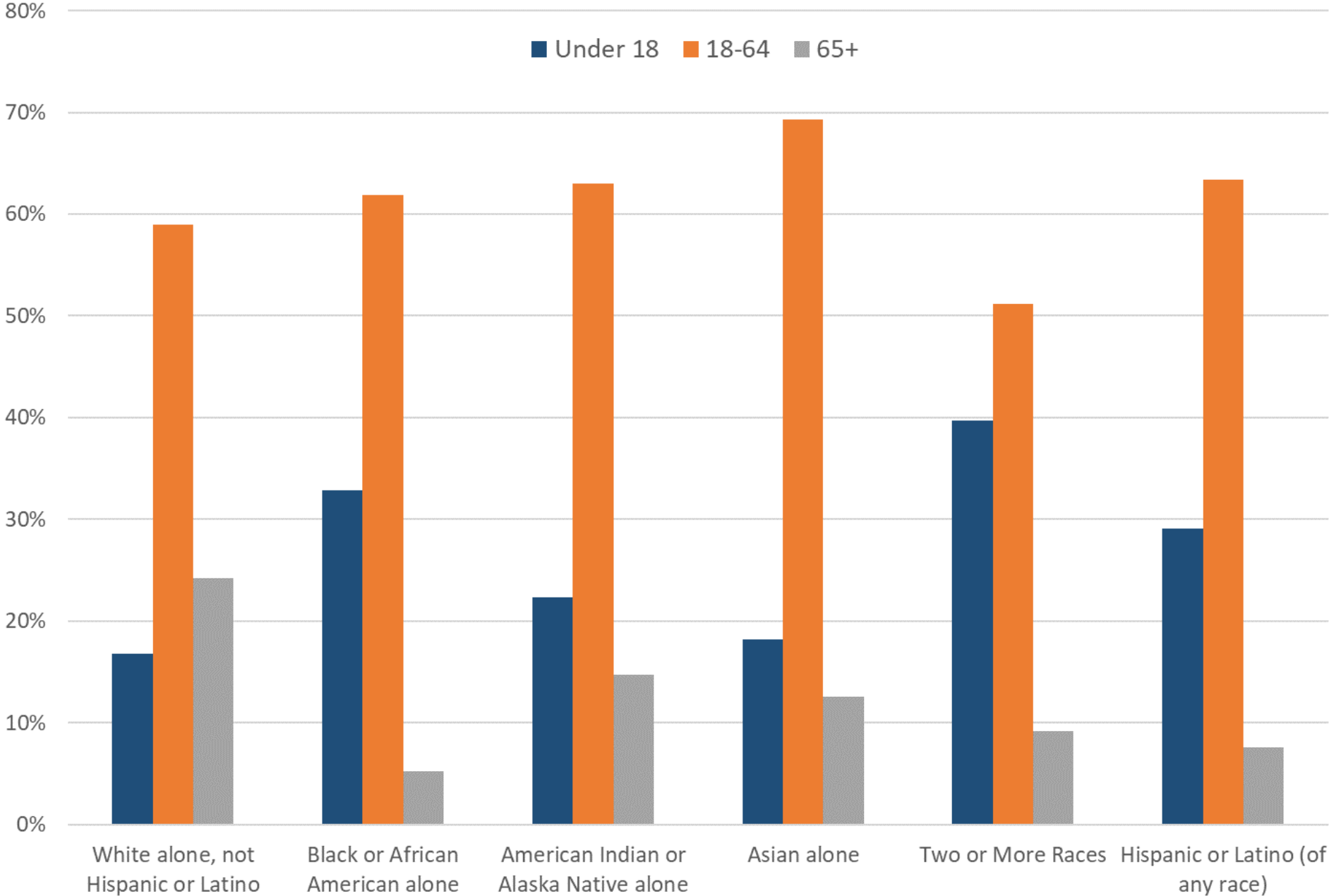
9.8% Black, Indigenous, and People of Color
Lowest percentage in U.S., but improved from 5.6% in 2010



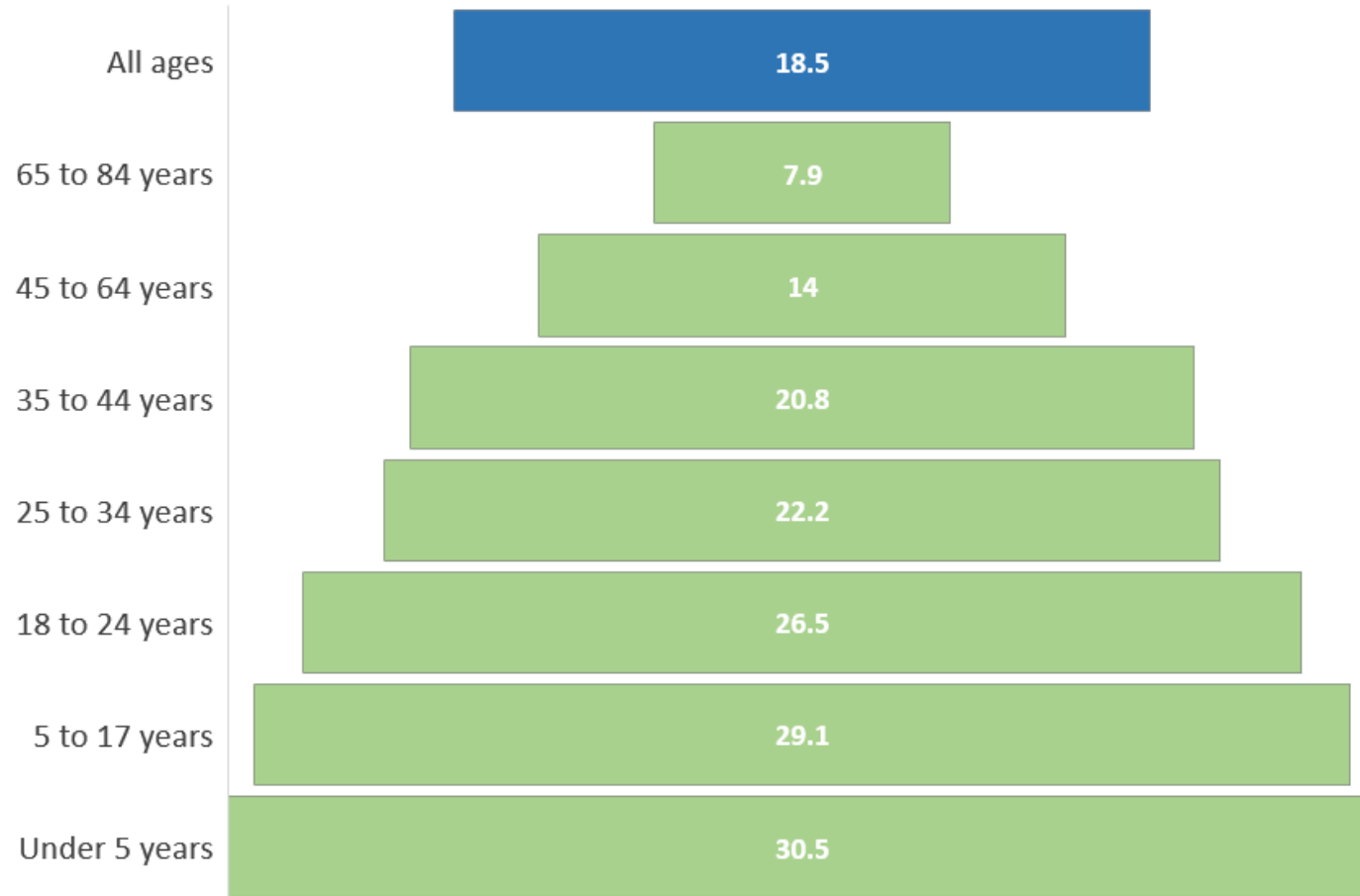
The diversity index tells us the chance that two people selected at random will be from different race or ethnicity groups

- 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

Percent of 2023 Maine Population by Age and Race/Ethnicity



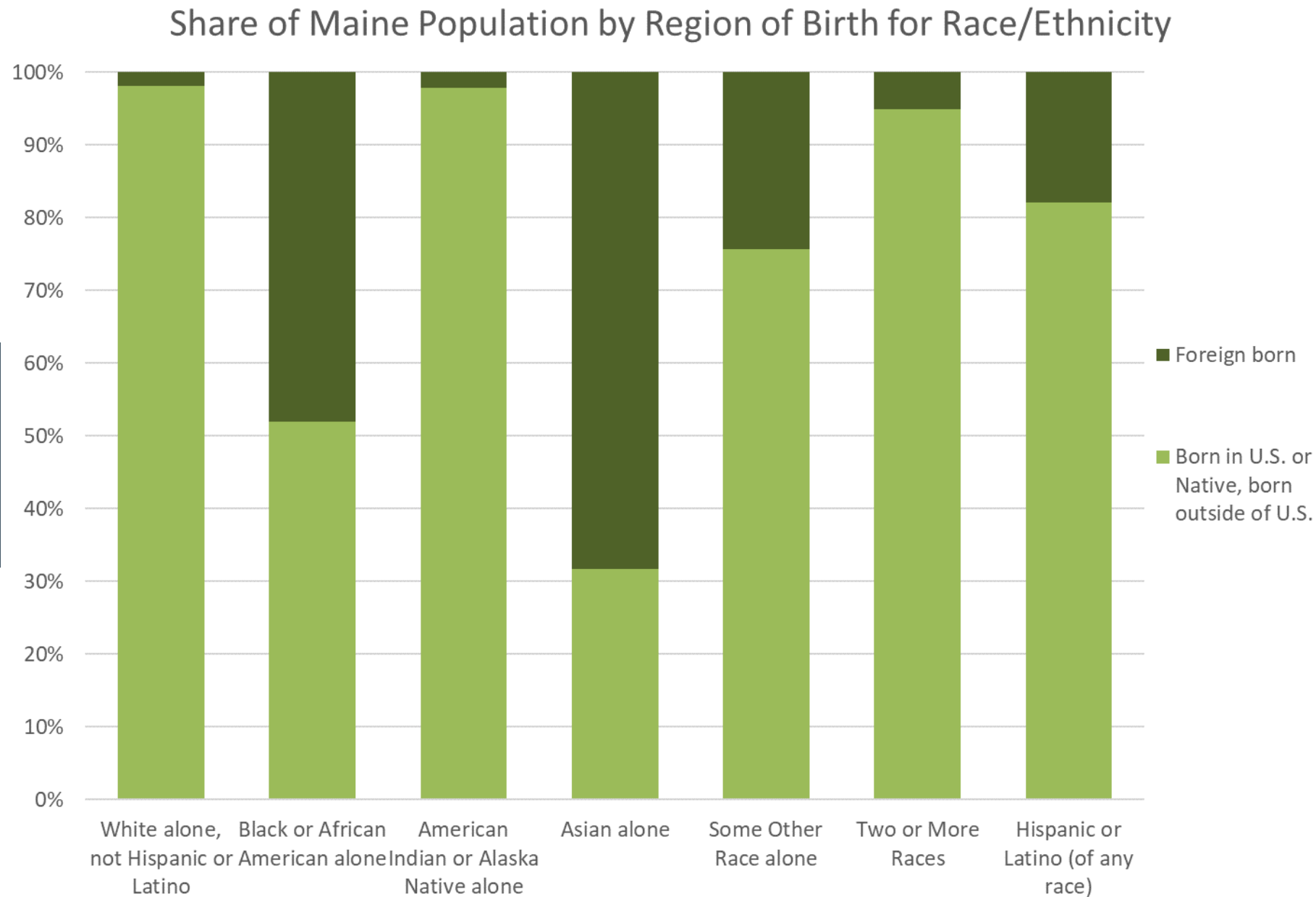
Diversity Index in Maine, 2020: Selected Age Groups



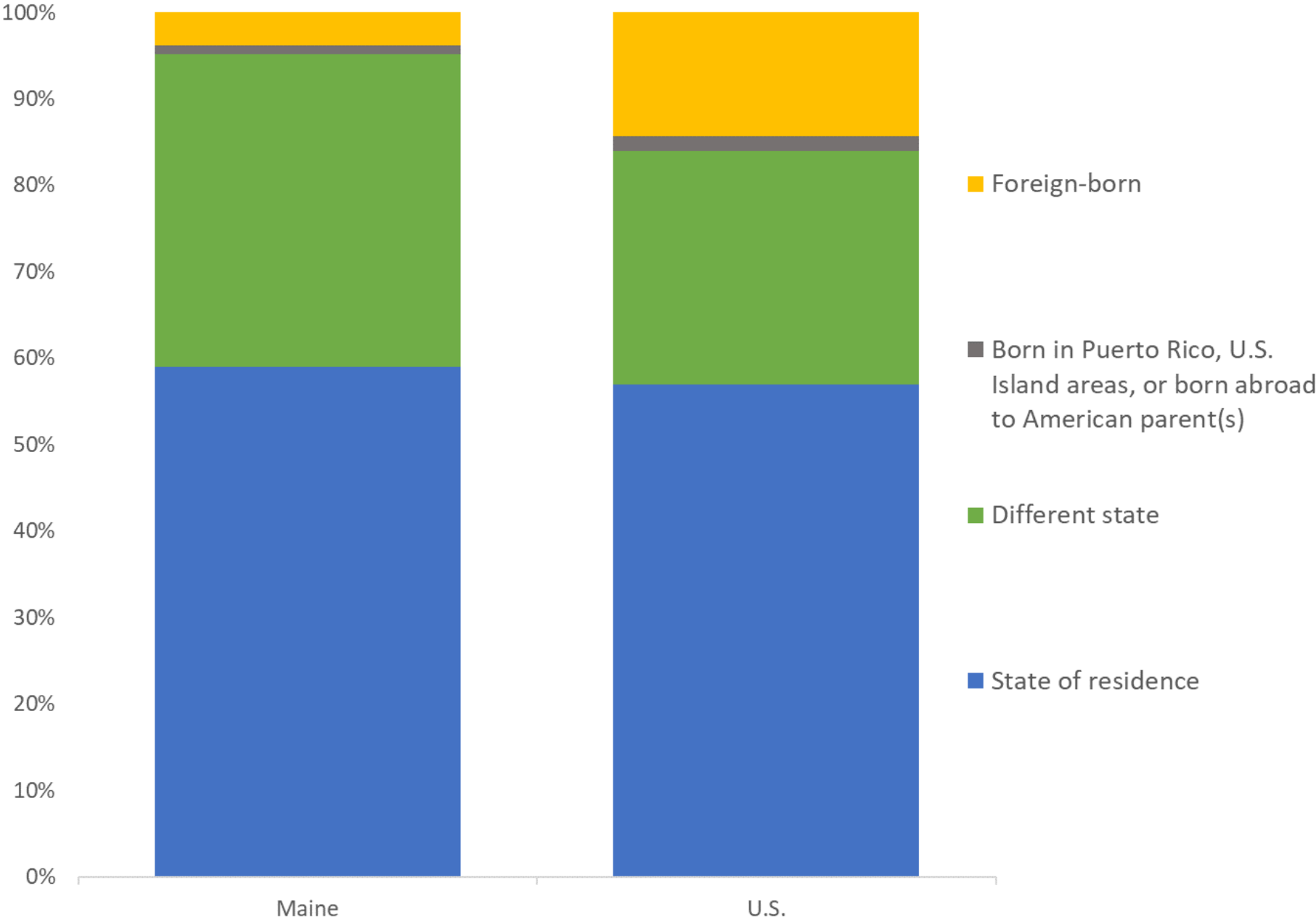
Younger generations in Maine are more diverse than older generations

Place of Birth

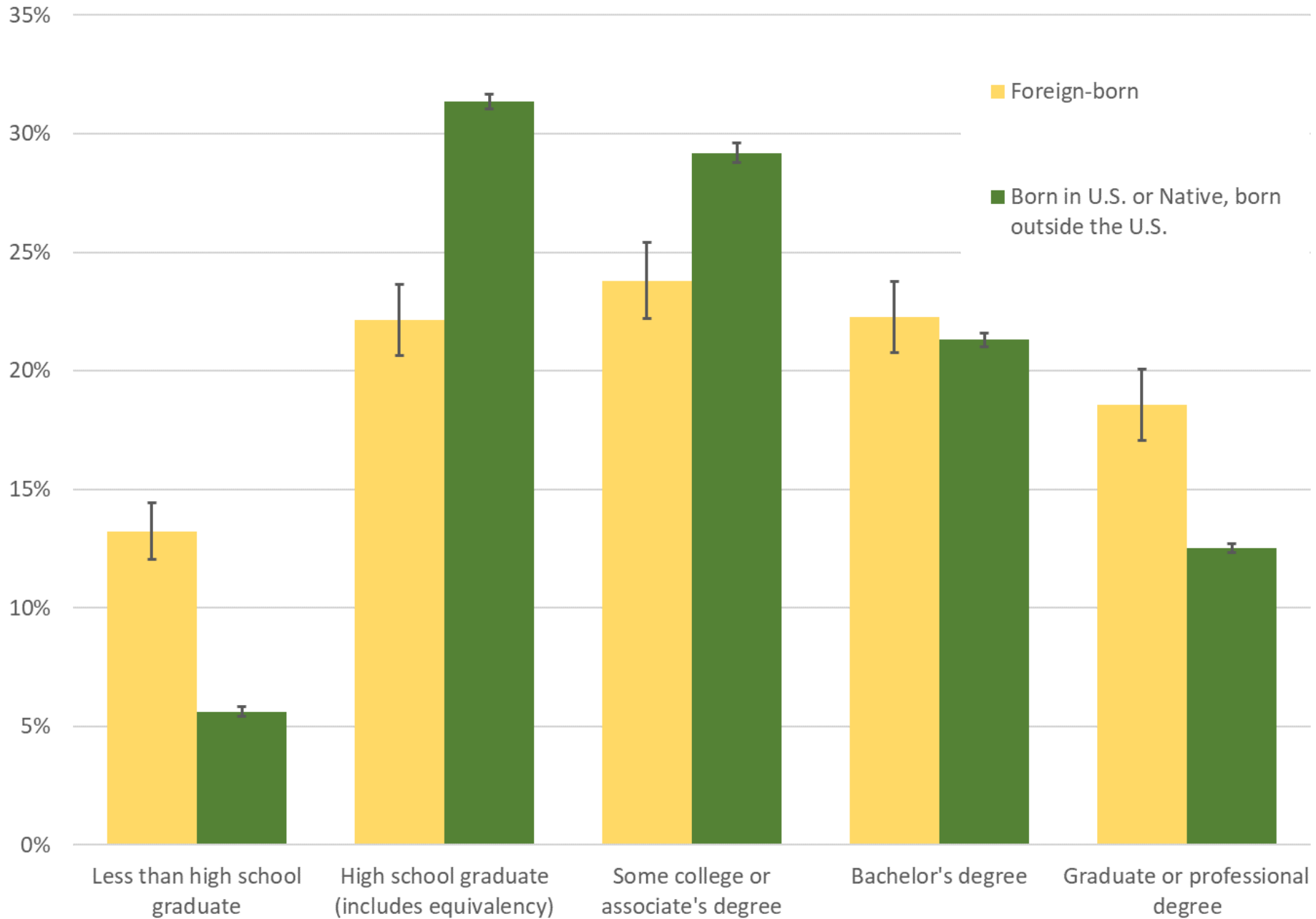
Race and/or ethnicity is not the same as place of birth



Place of Birth of Current Population, 2023



Educational Attainment of Maine Population Age 25+

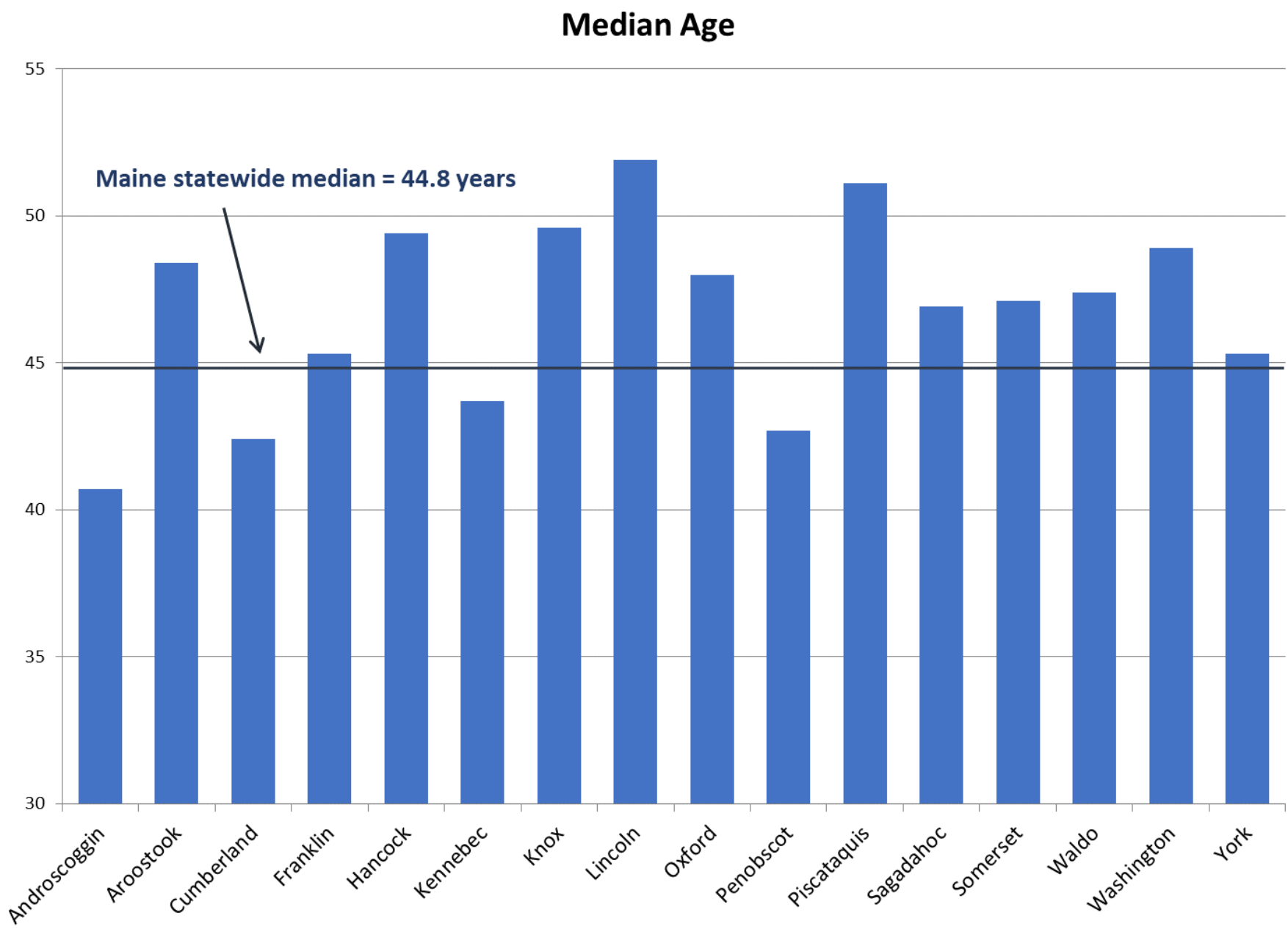


Age

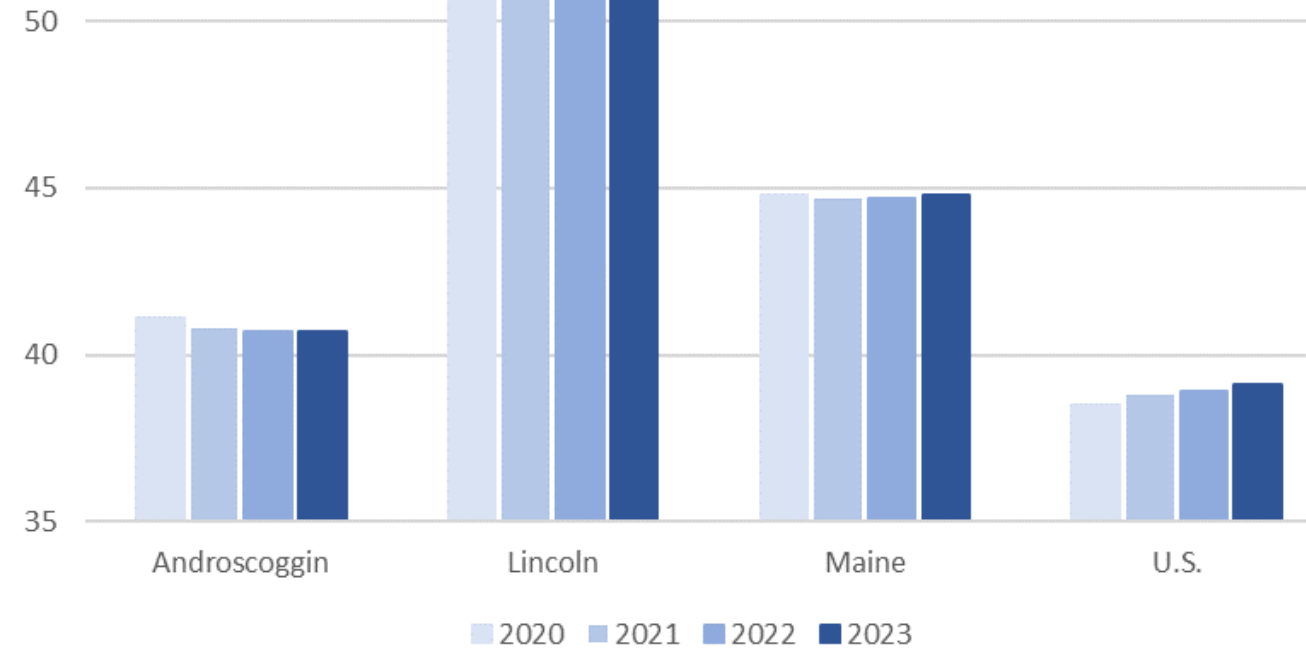
Maine has the oldest population...
...by median age
(44.8 years)
...and by % of population
age 65+ (23.0%)

But migration has made
a difference:

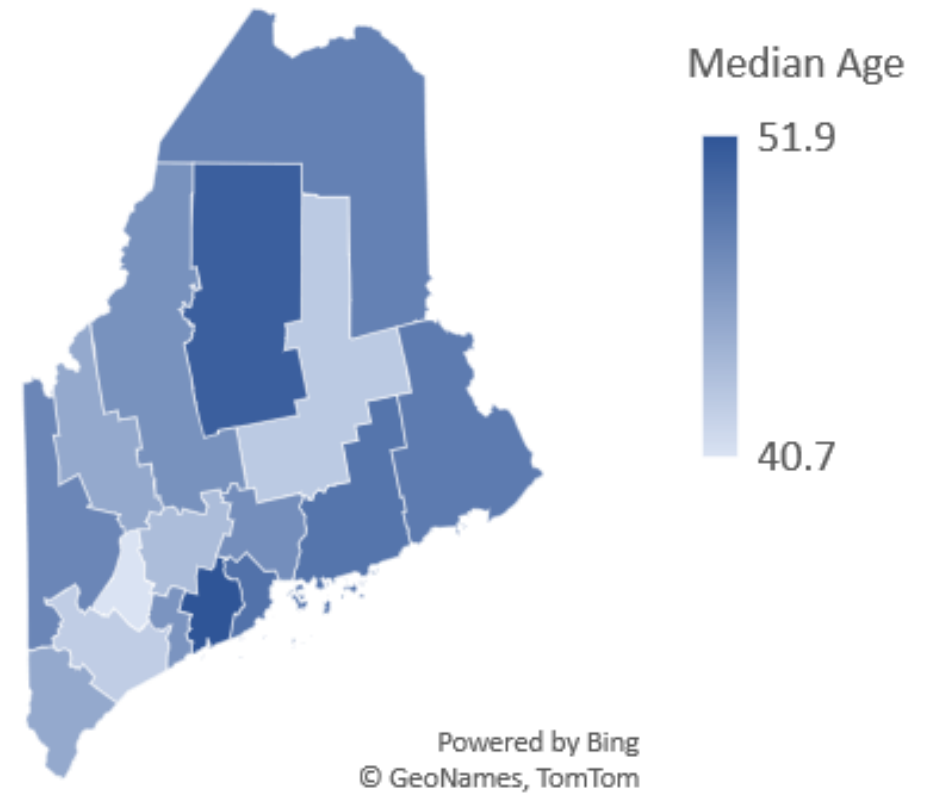
Maine's median age in
2023 is unchanged
from 2020, while the
U.S. median age has
increased 0.6 years



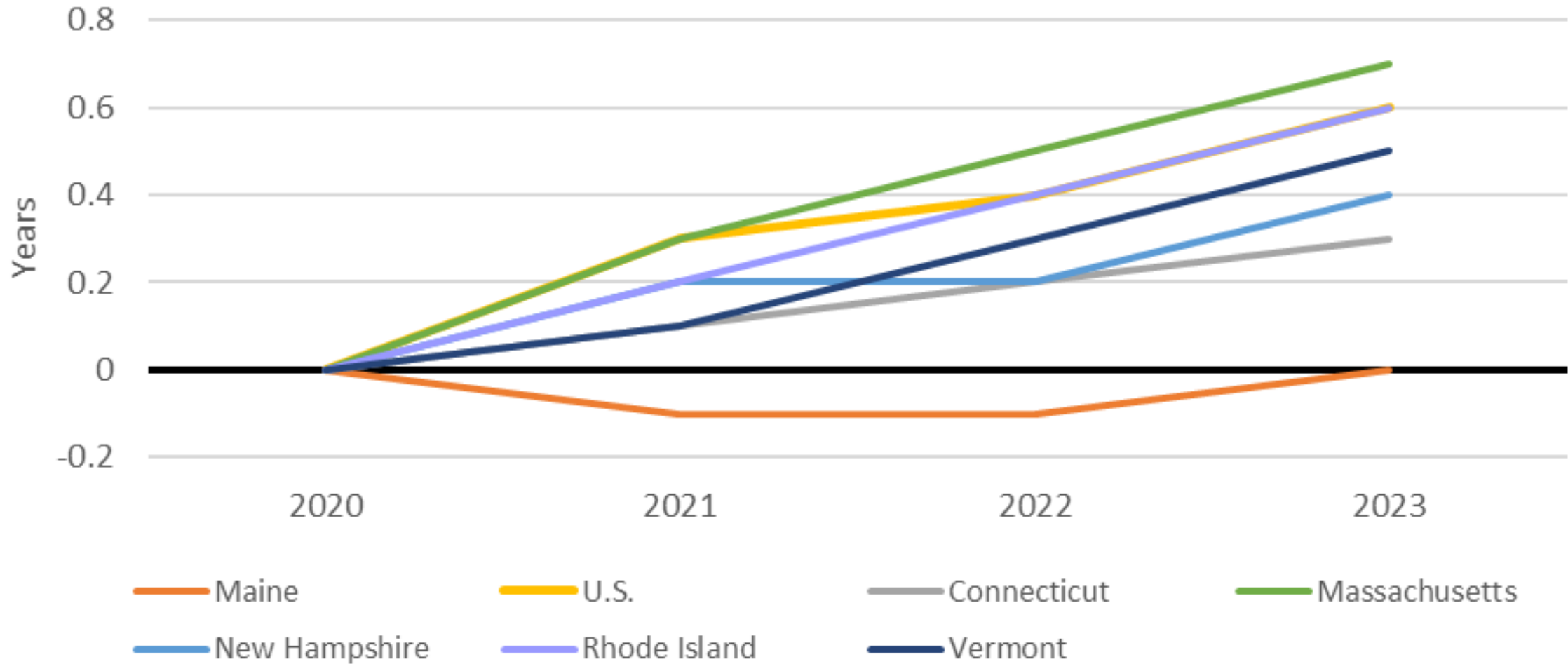
Median Age by County 2020 - 2023



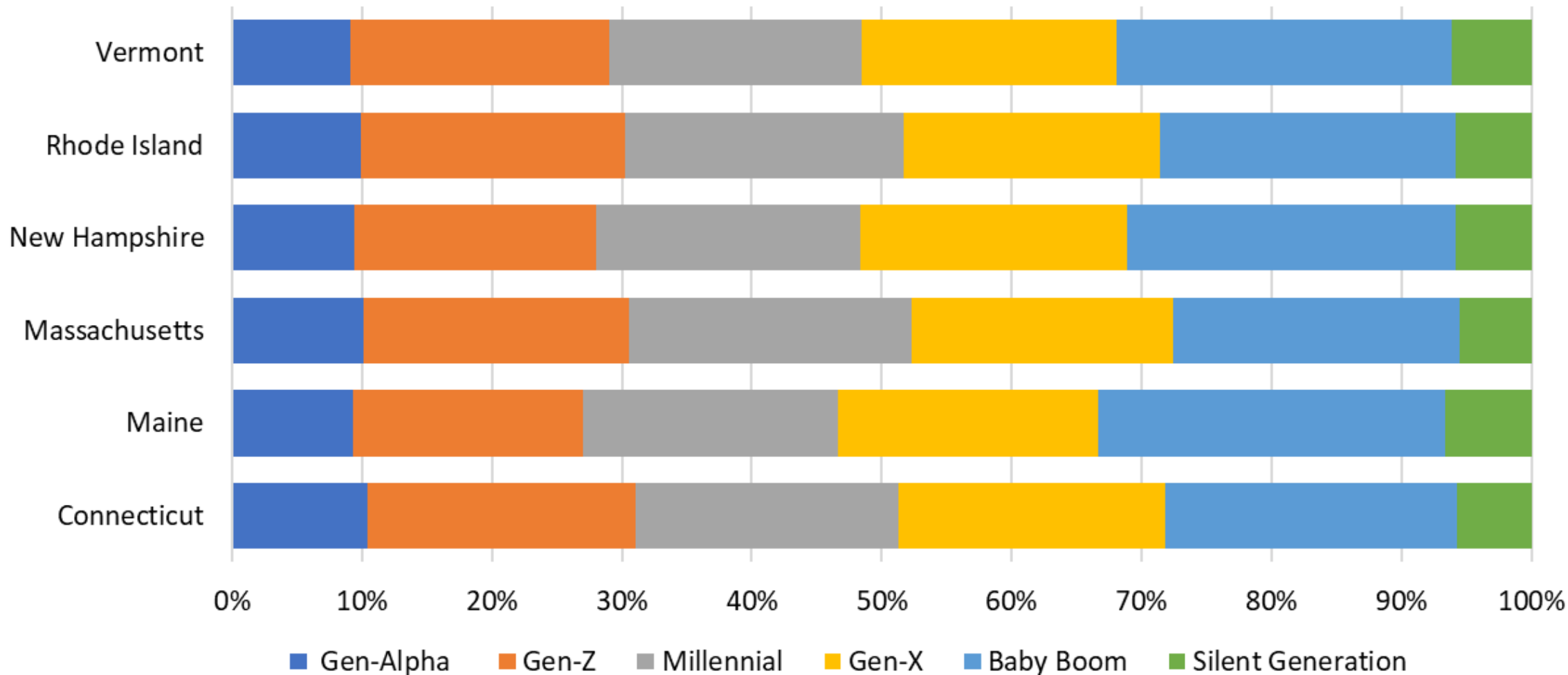
Median Age by County, 2023



Change in median age since April 2020



Generational Distribution, 2022

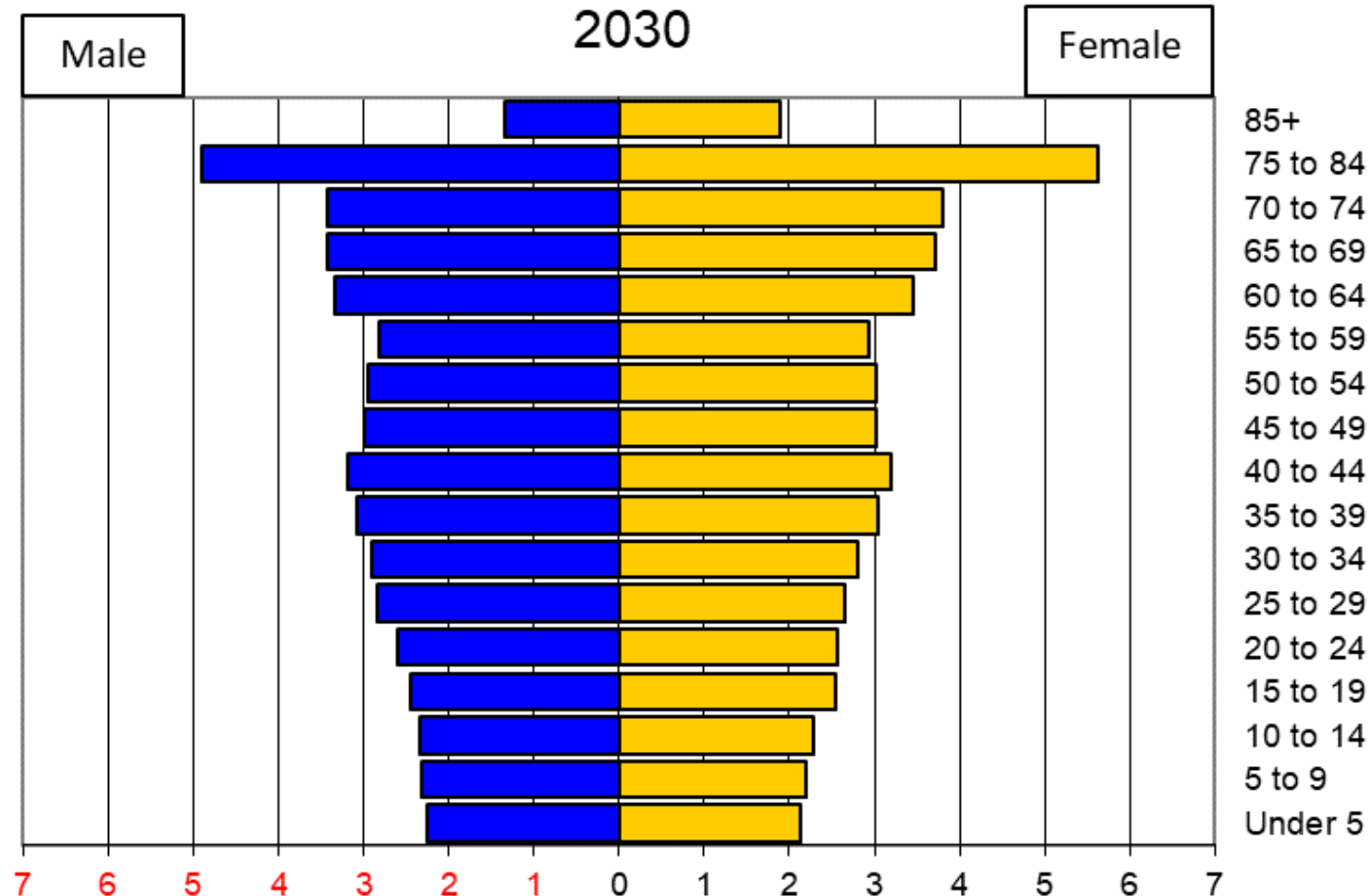


1928-1945 Silent Generation
1946-1964 Baby Boomer
1965-1980 Gen-X
1981-1996 Millennial
1997-2012 Gen-Z
2013-now Gen-Alpha

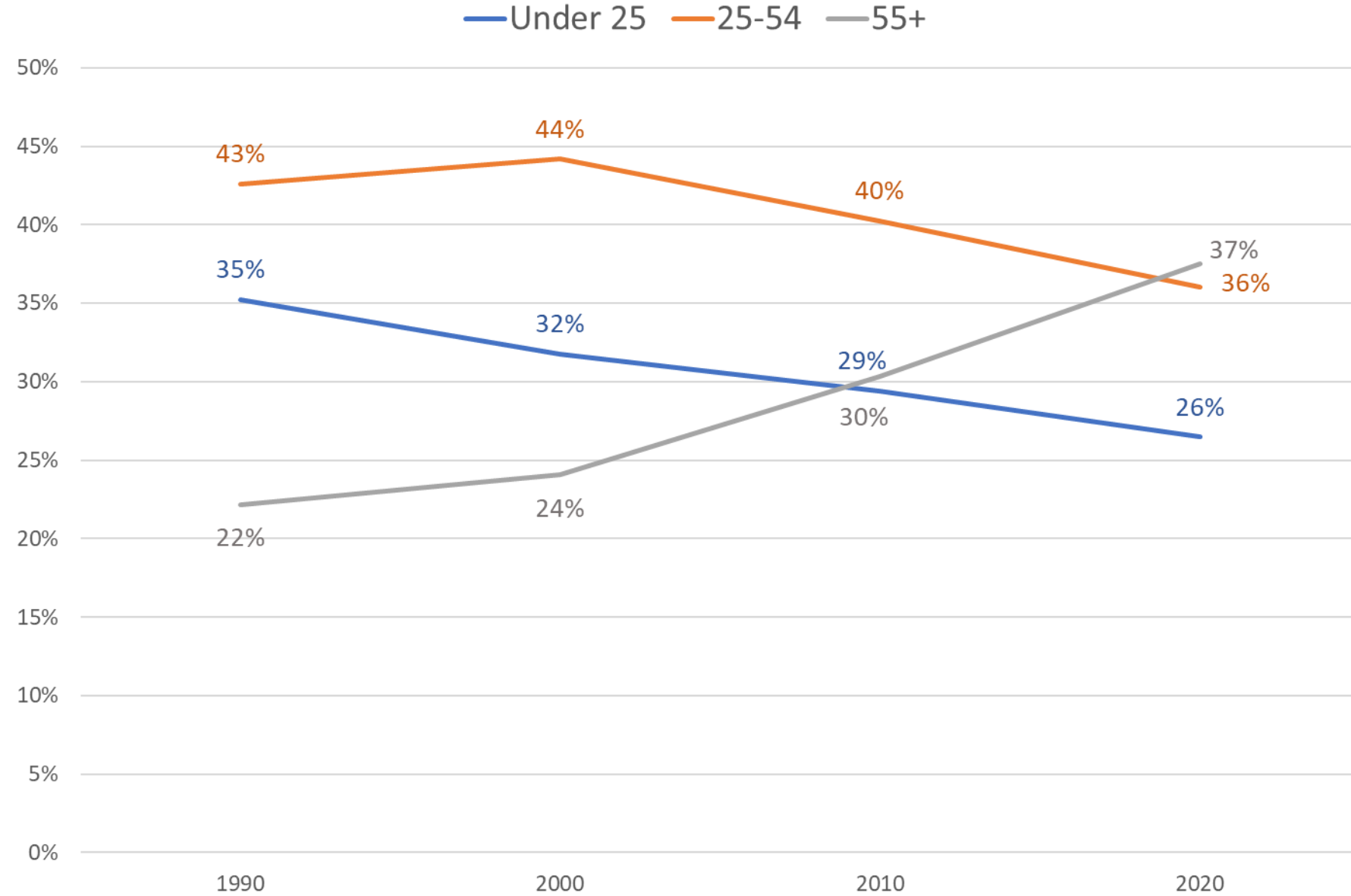
The Baby Boom: 1946-1964

Baby Boom
generation in
2030: age 66-84

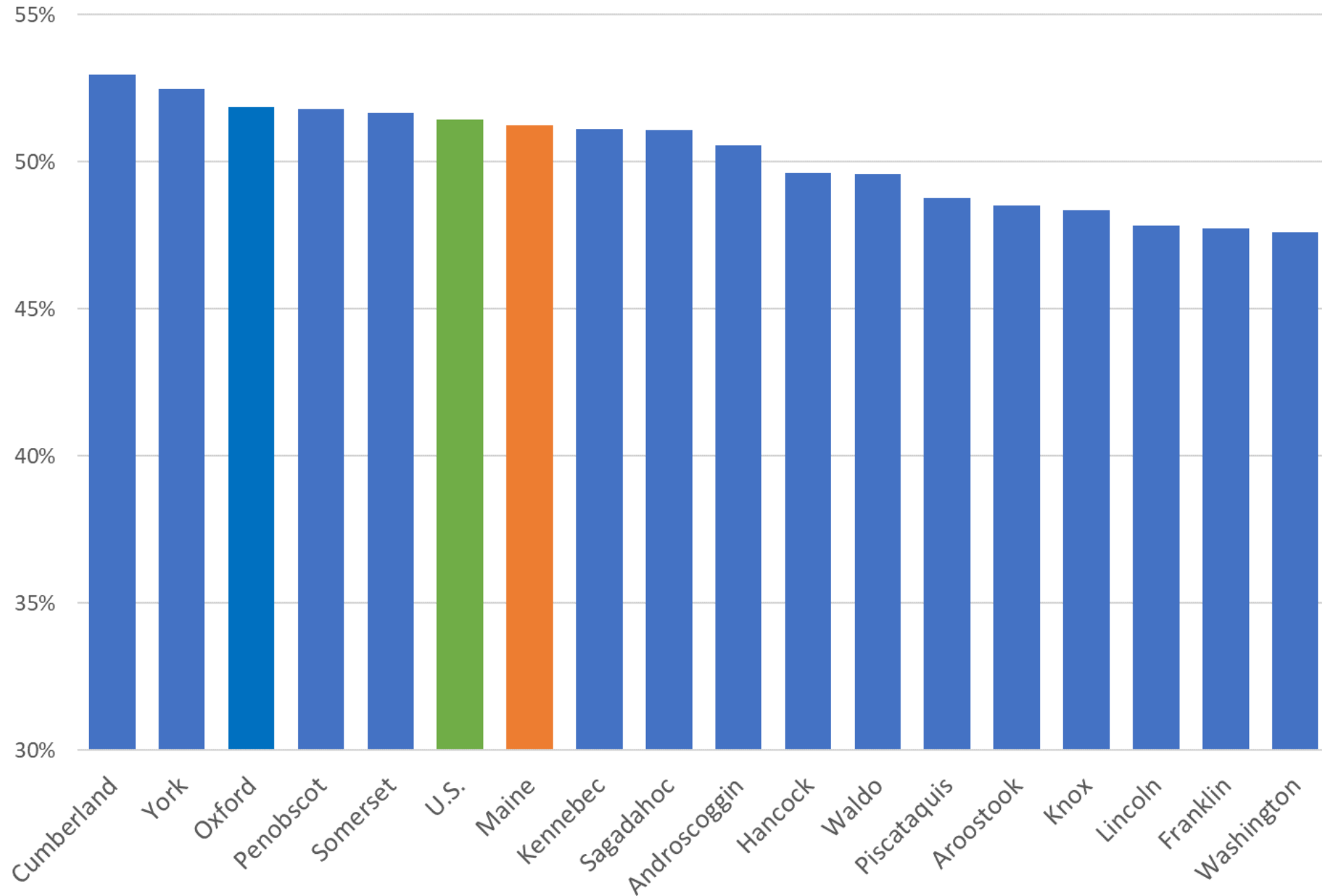
Baby Boom
generation in
2023: age 59-77



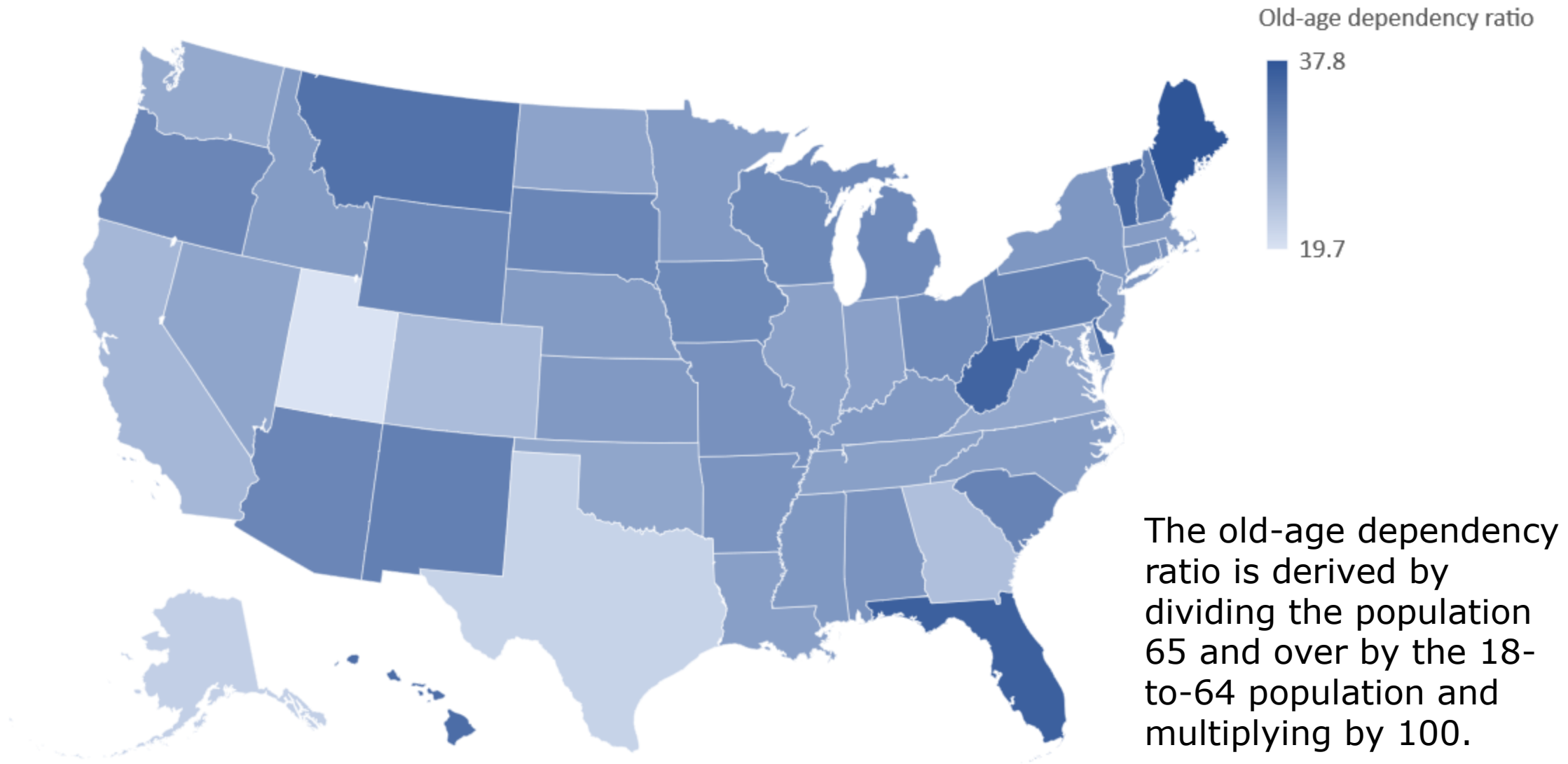
Share of Total Maine Population by Age



Percent of the population age 25 to 64 years



Old-age Dependency Ratio by State



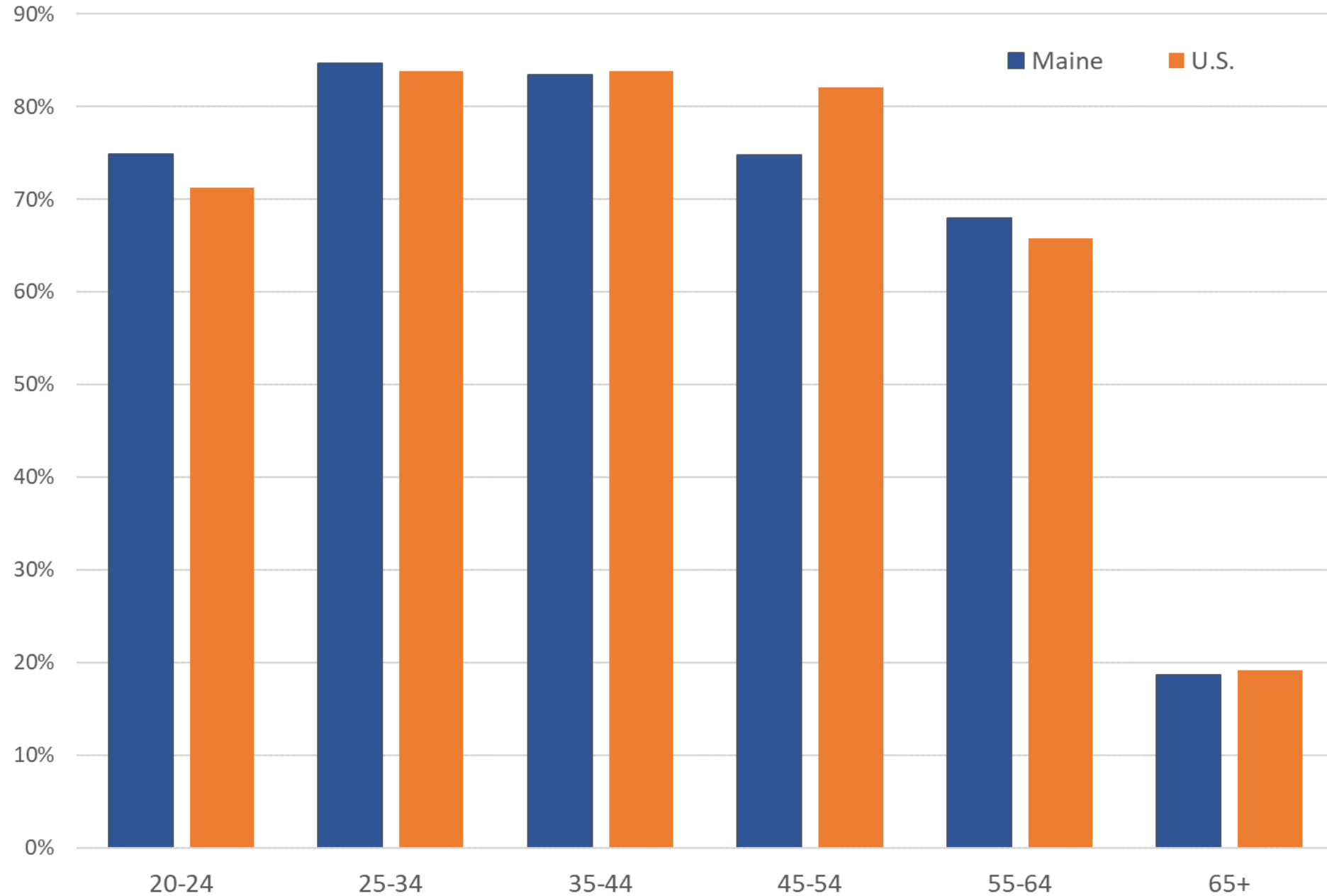
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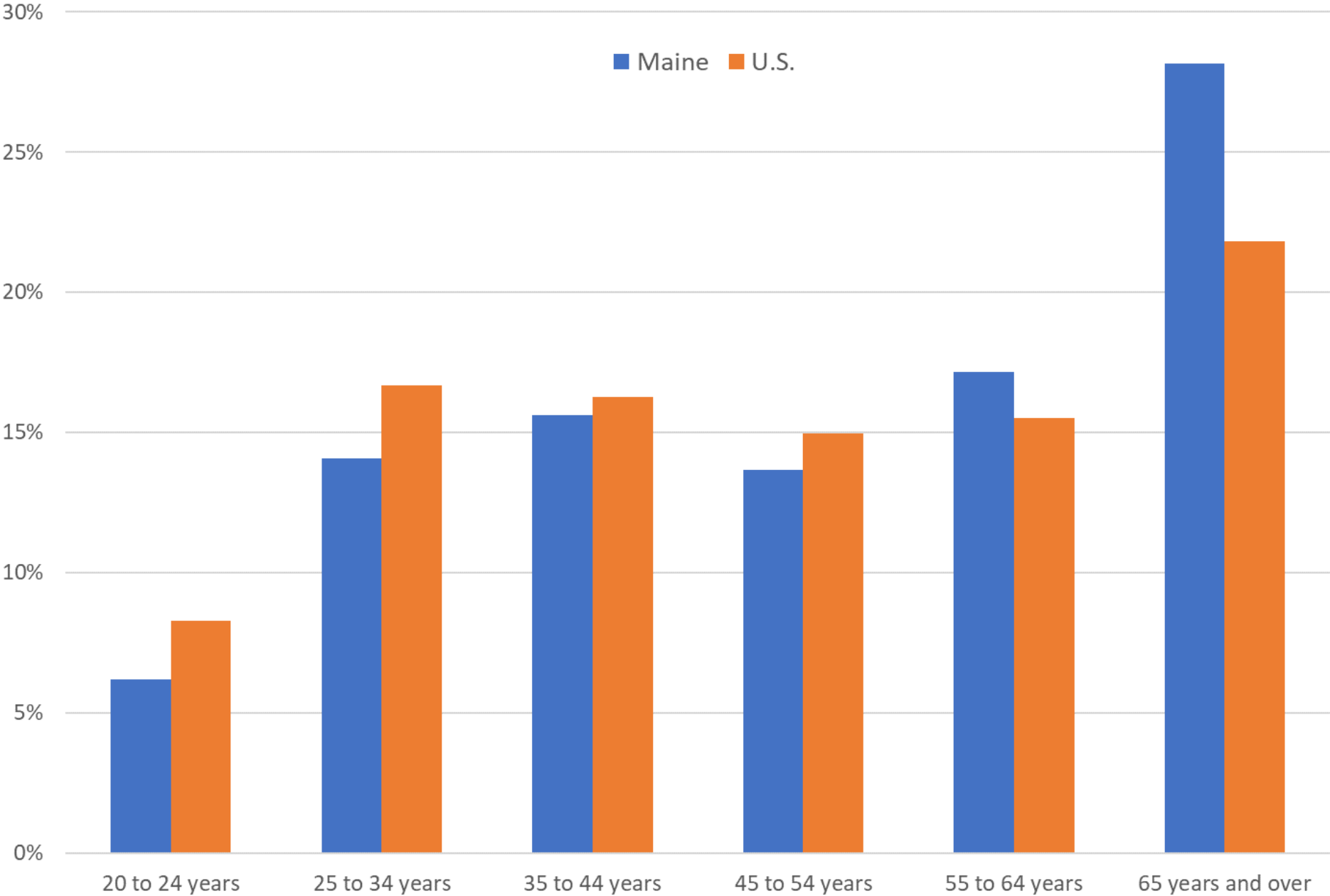
Japan: 51.2 (highest)
Canada: 29.1
U.S.: 26.4

Source: World Bank

2023 Labor Force Participation Rate



Civilian Noninstitutional Population by Age, 2023





Labor Force Participation Rate (%) | 2022 (2018-2022)



American Community Survey (ACS) 5-Year Estimates

Filter
Menu:

Variables ⓘ

Labor Force Participation Rate (%)

Population Group

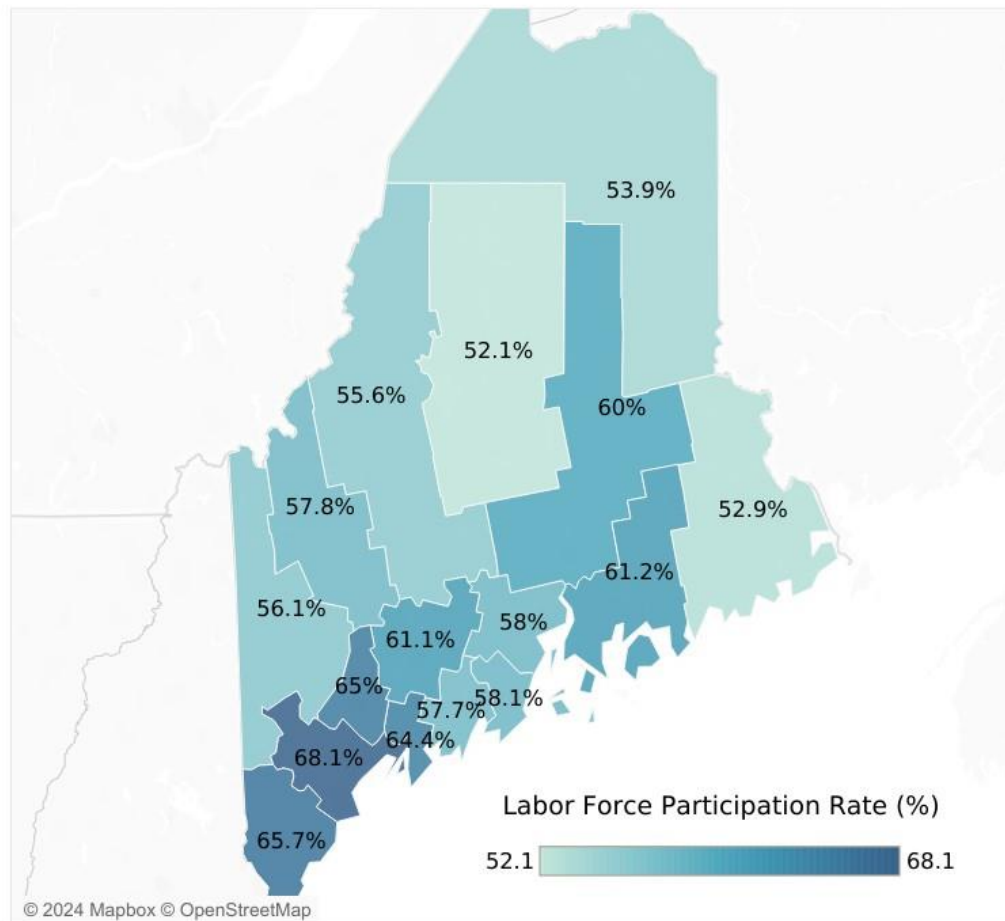
Total Population

Years

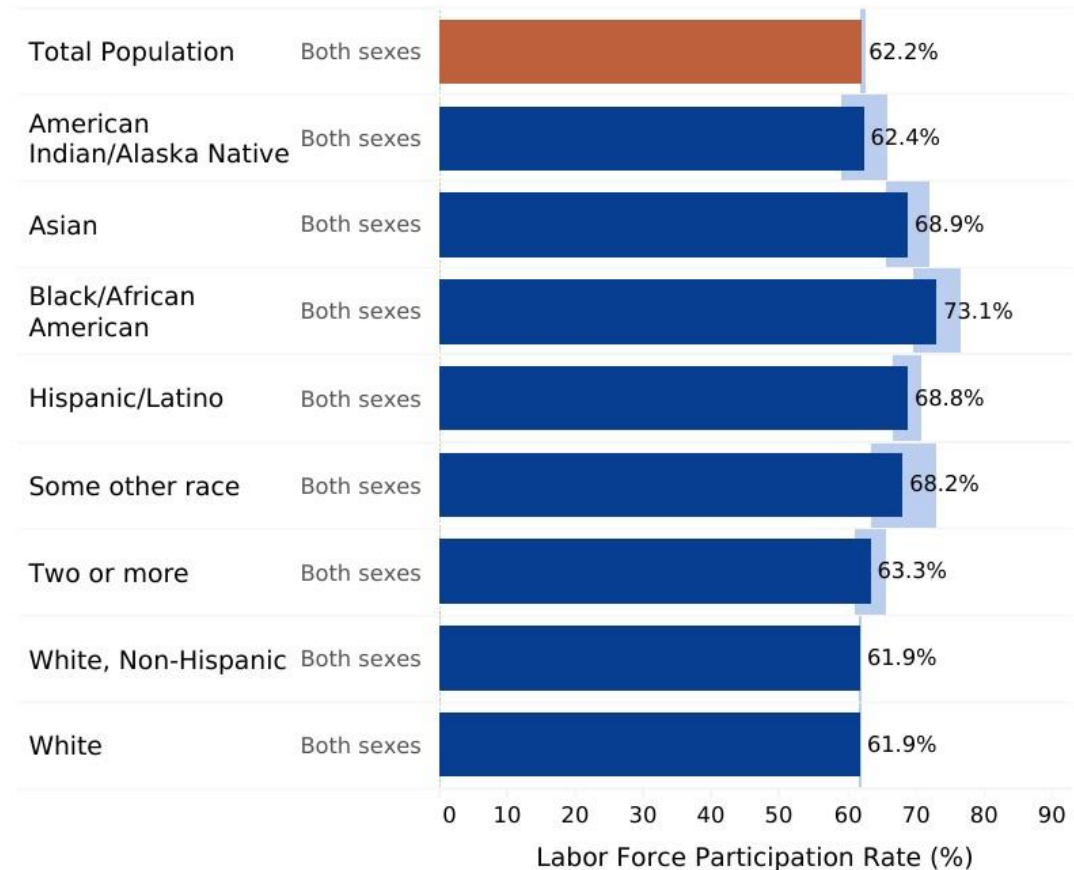
2022 (2018-2022)



Total Population | 2022 (2018-2022)



Maine | 2022 (2018-2022)



All dollars reported in 2022 inflation adjusted values.

Why is data missi..

Resources & Guida..

Time comparisons



Reference bands reflect the margin of error around ACS estimates. ?



Unemployment Rate (%) | 2022 (2018-2022)

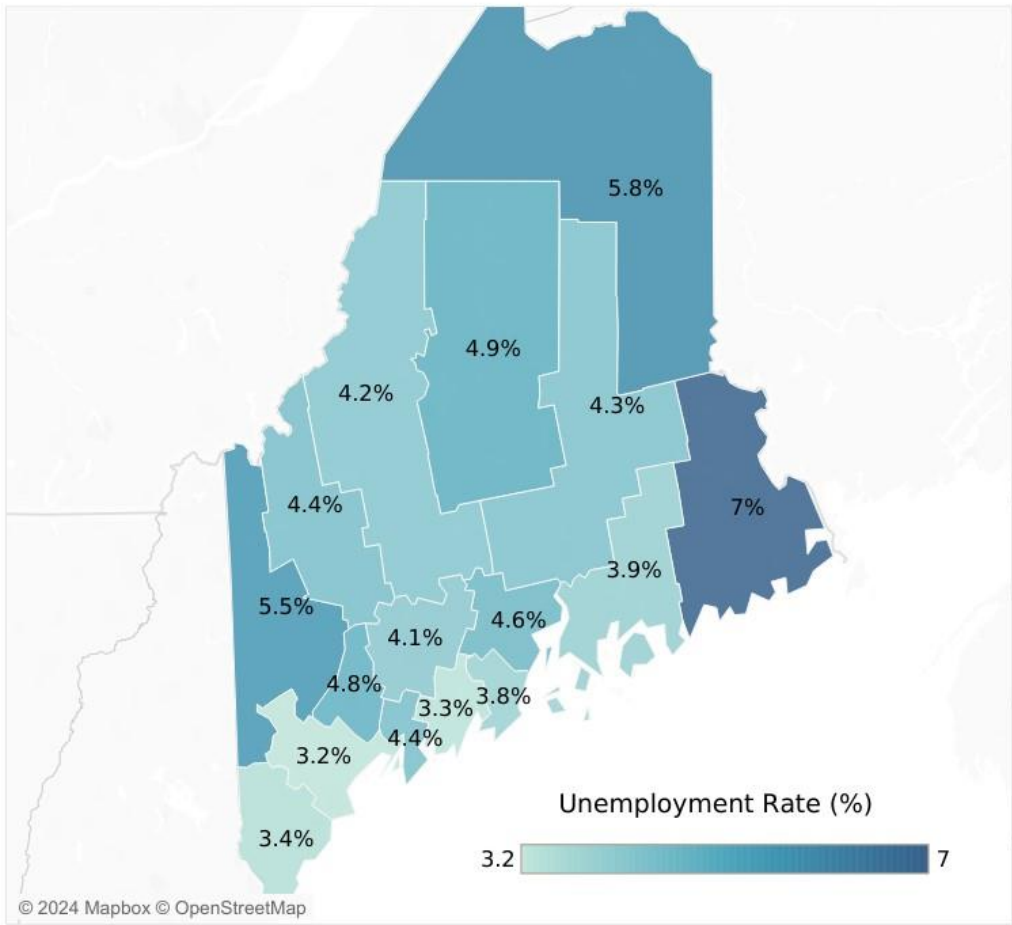


American Community Survey (ACS) 5-Year Estimates

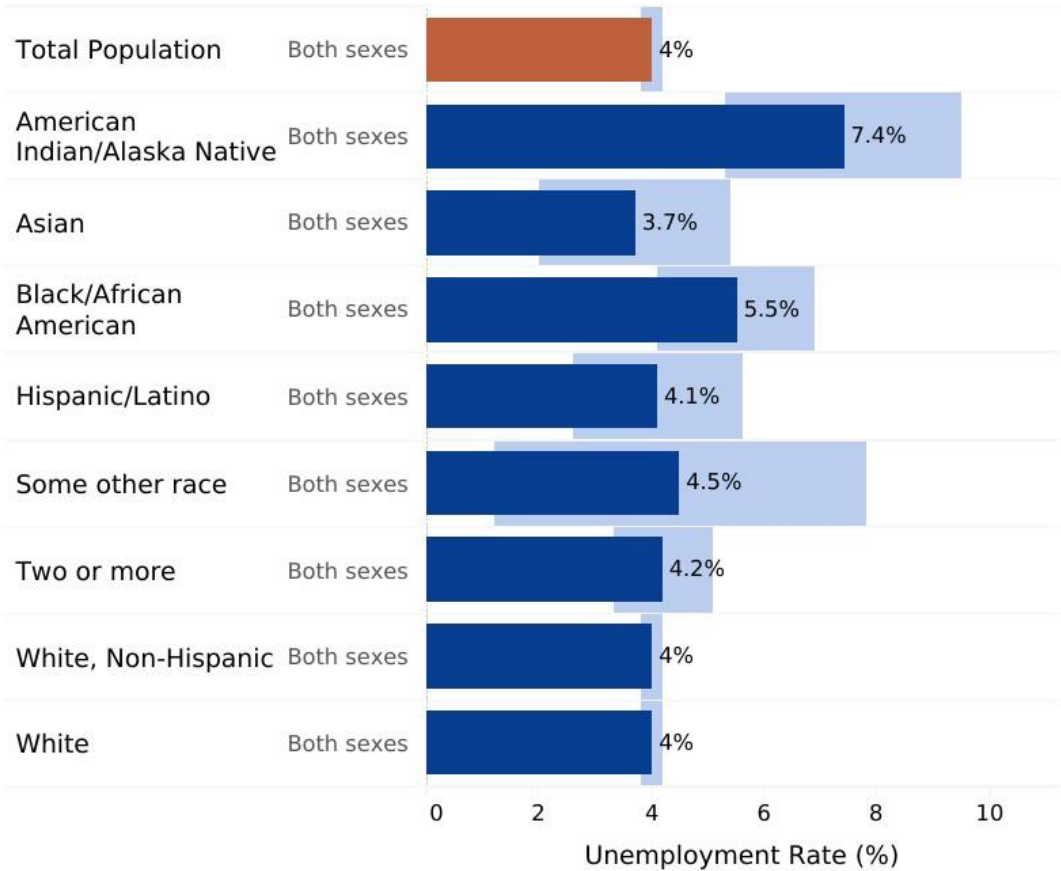
Filter Menu:	Variables ⓘ	Population Group	Years
	Unemployment Rate (%)	Total Population	2022 (2018-2022)



Total Population | 2022 (2018-2022)



Maine | 2022 (2018-2022)

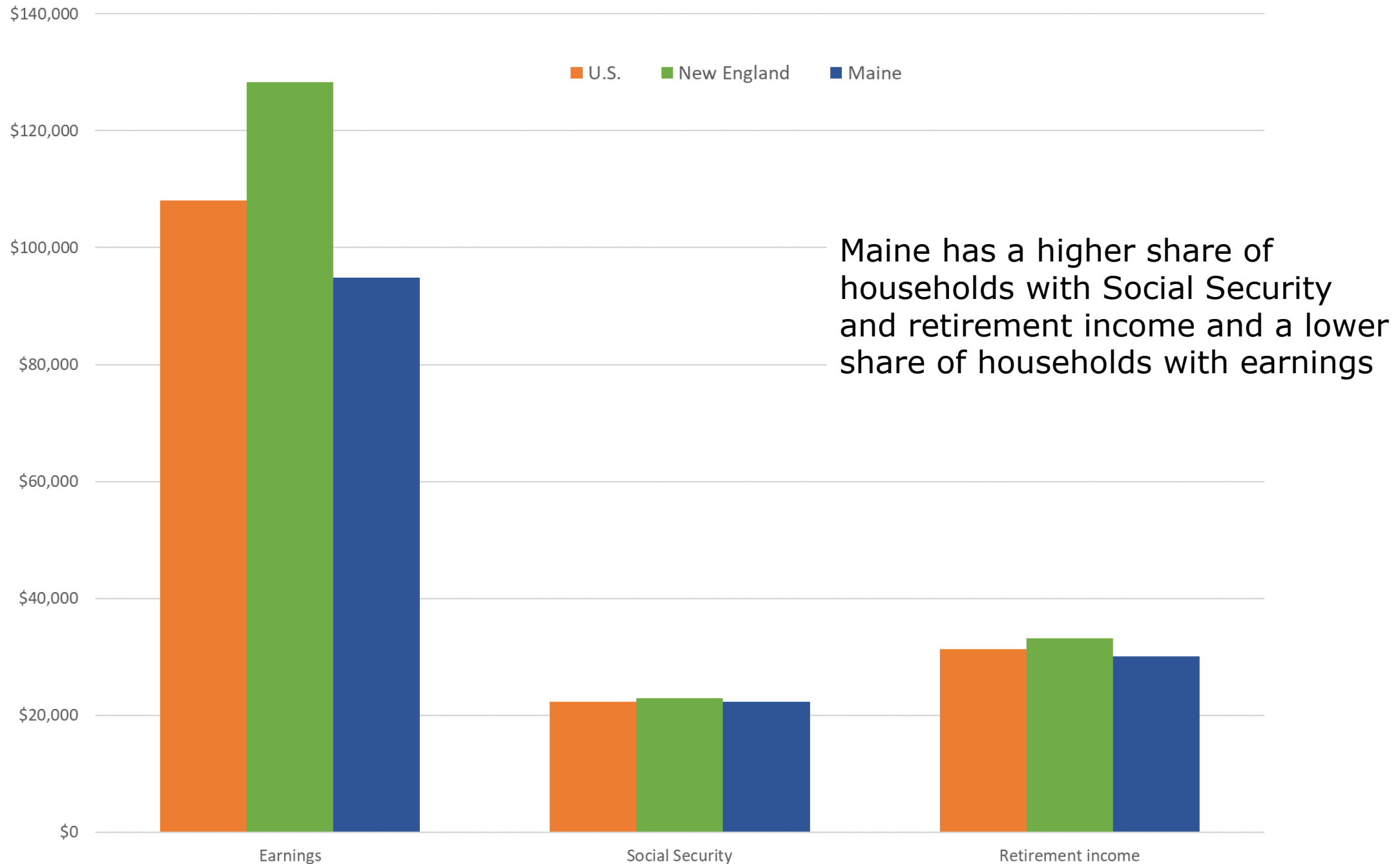


All dollars reported in 2022 inflation adjusted values.

Reference bands reflect the margin of error around ACS estimates. ?



Mean amount for households with...

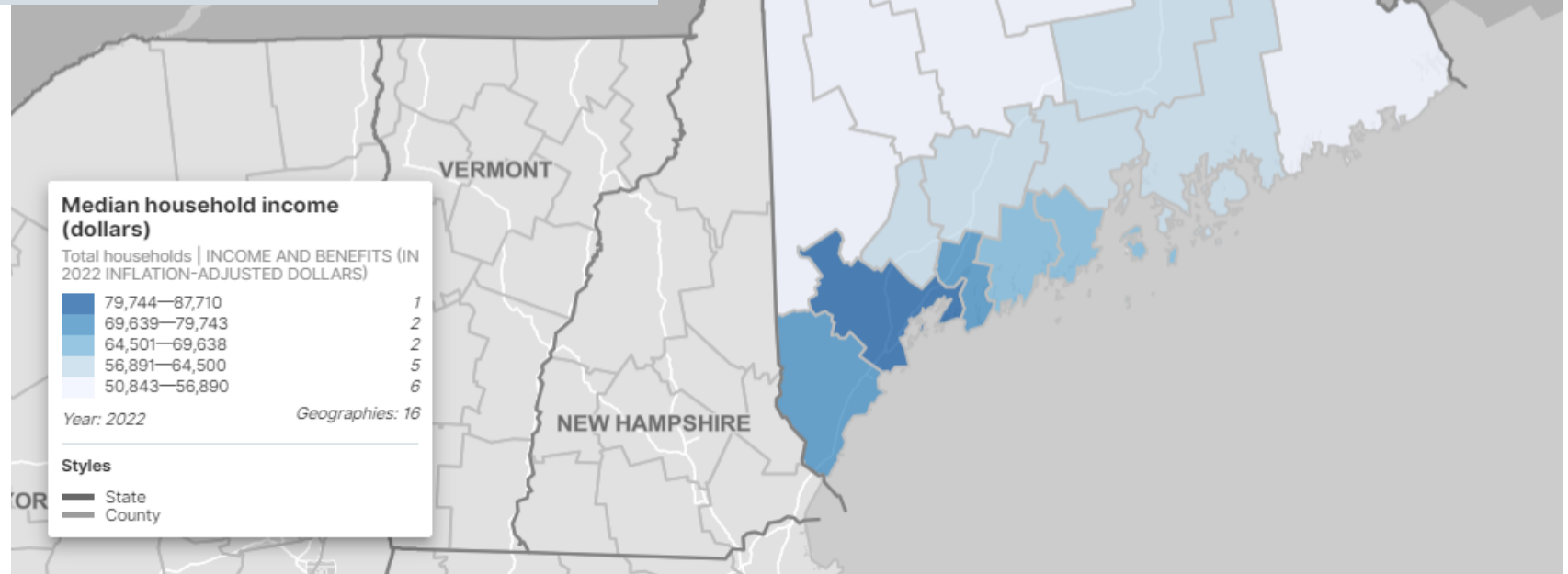


Median Household Income:

- \$68,251 (Maine)
- \$75,149 (U.S.)

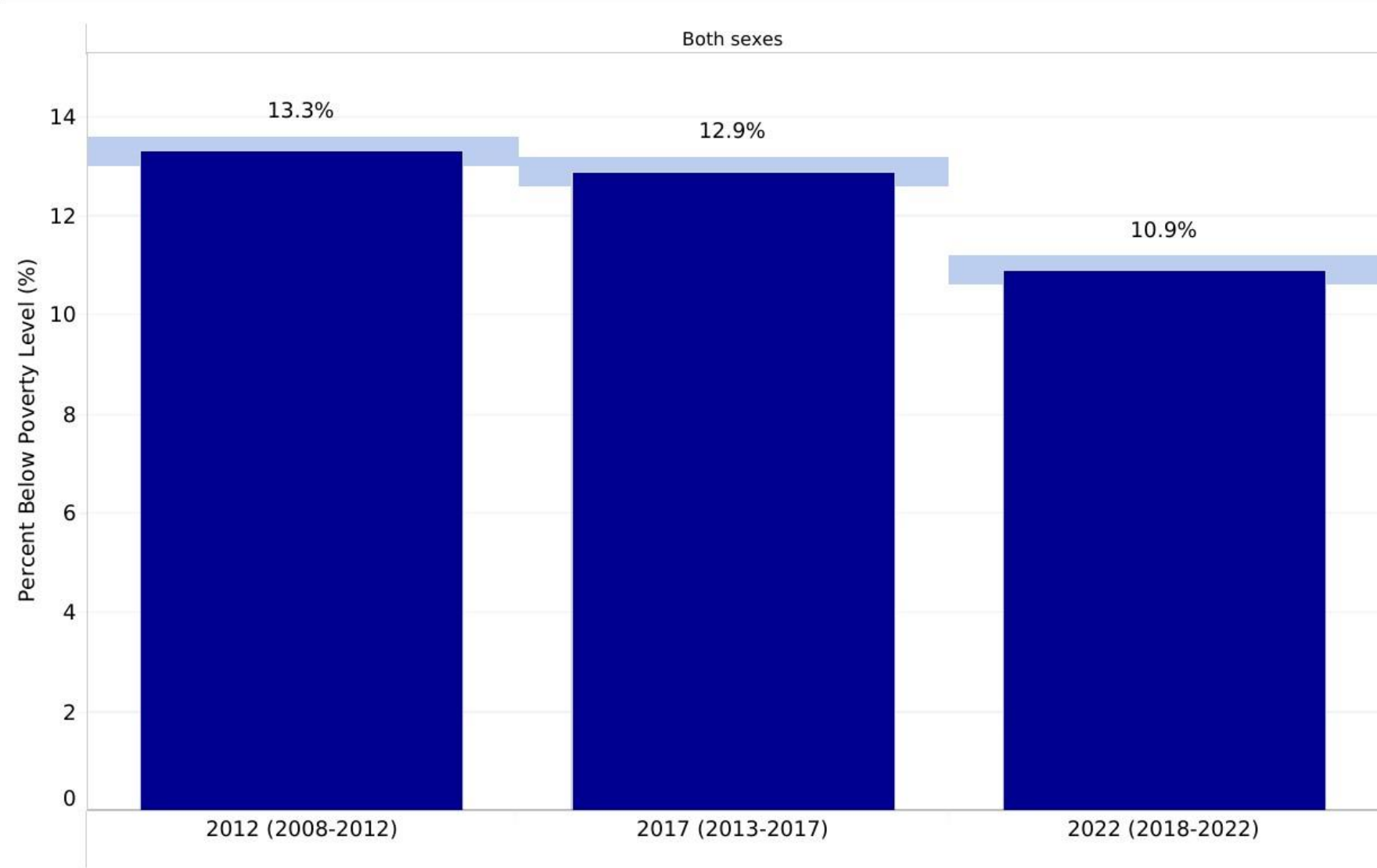
% Below Poverty:

- Maine: 10.9%
- Significantly higher for some populations (region, race/ethnicity, sex, age, birthplace, and disability)





Total Population | Maine
Percent Below Poverty Level (%) (Estimates)
American Community Survey (ACS) 5-Year Estimates



Dollars reported in 2022 inflation adjusted values.

Why is data missi..

Note: Reference bands reflect the margin of error (MOE) around ACS estimates. ?

Filter Menu:

Click on drop down
box to change selections

Place

Maine

Population Group

Total Population

Variables

Percent Below Poverty Level (%)

Estimates/Trends

Estimates

Snapshot - all
population groups



Resources/Data Reliability Gui..



Percent Below Poverty Level (%) | 2022 (2018-2022)



American Community Survey (ACS) 5-Year Estimates

Filter
Menu:

Variables ⓘ

Percent Below Poverty Level (%)

Population Group

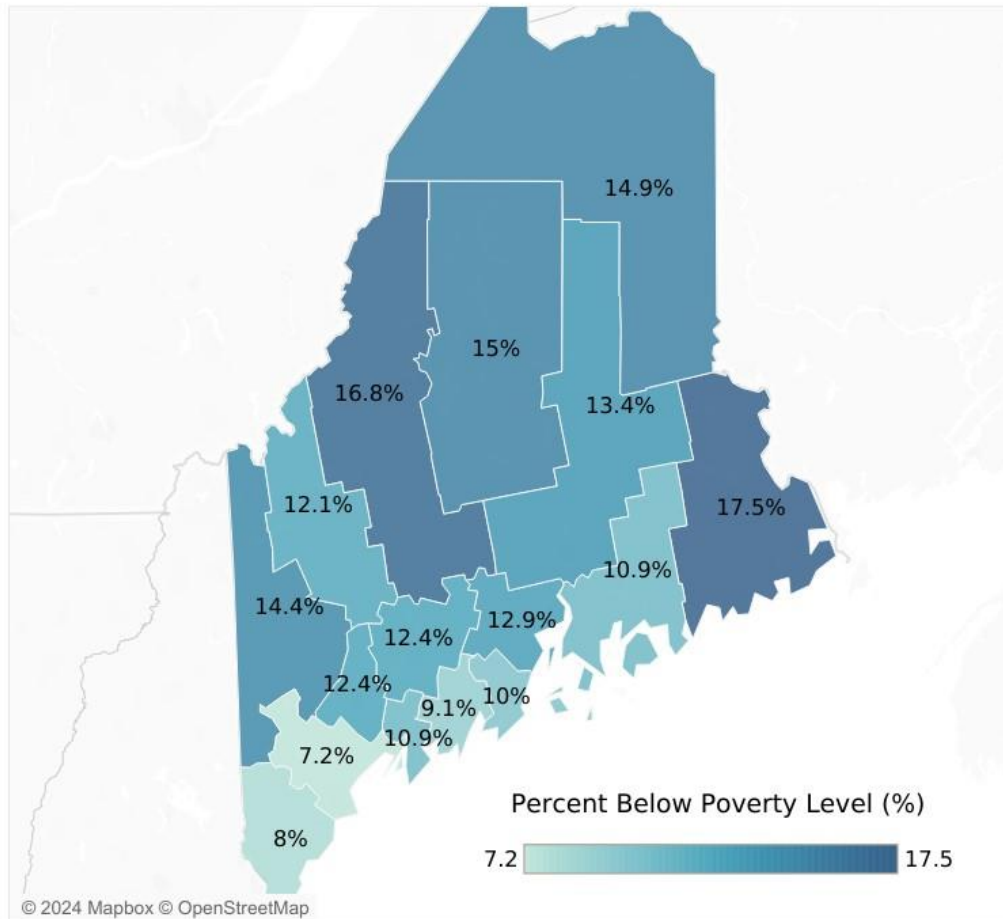
Total Population

Years

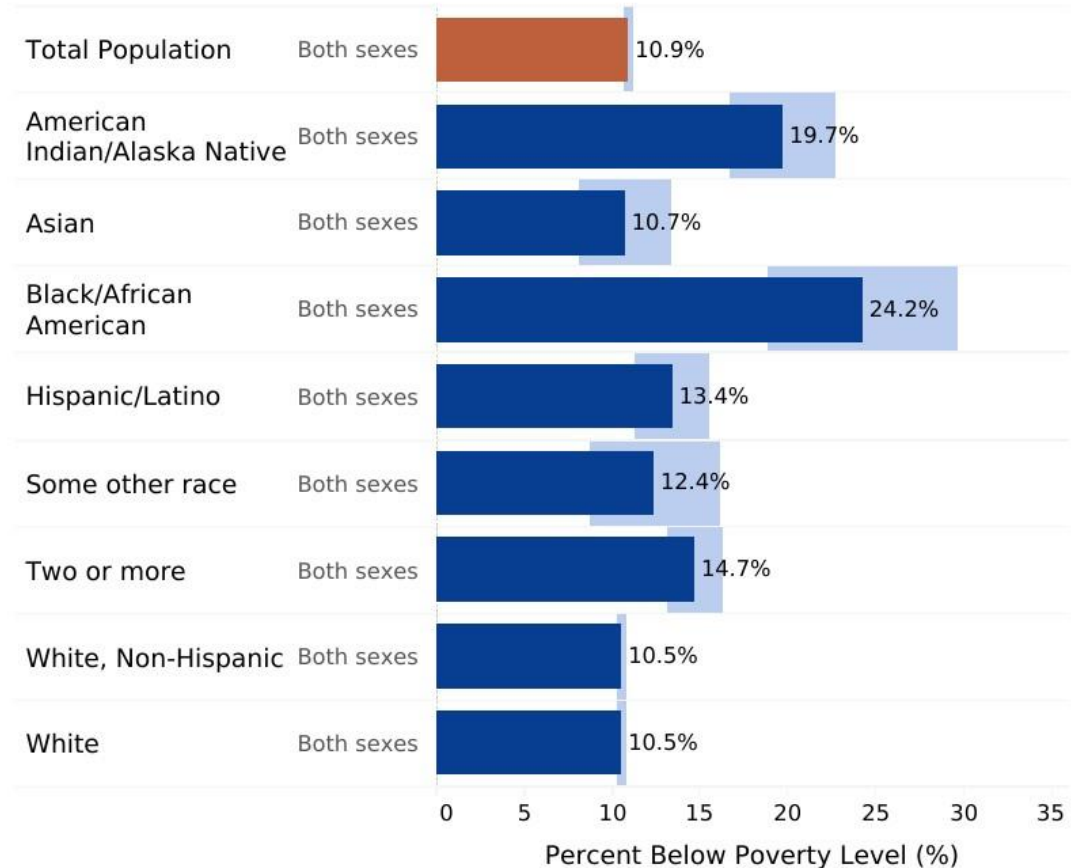
2022 (2018-2022)



Total Population | 2022 (2018-2022)



Maine | 2022 (2018-2022)



All dollars reported in 2022 inflation adjusted values.

Why is data missi..

Resources & Guida..

Time comparisons



Reference bands reflect the margin of error around ACS estimates. ?



Median Household Income (\$) | 2022 (2018-2022)



American Community Survey (ACS) 5-Year Estimates

Filter
Menu:

Variables ⓘ

Median Household Income (\$)

Population Group

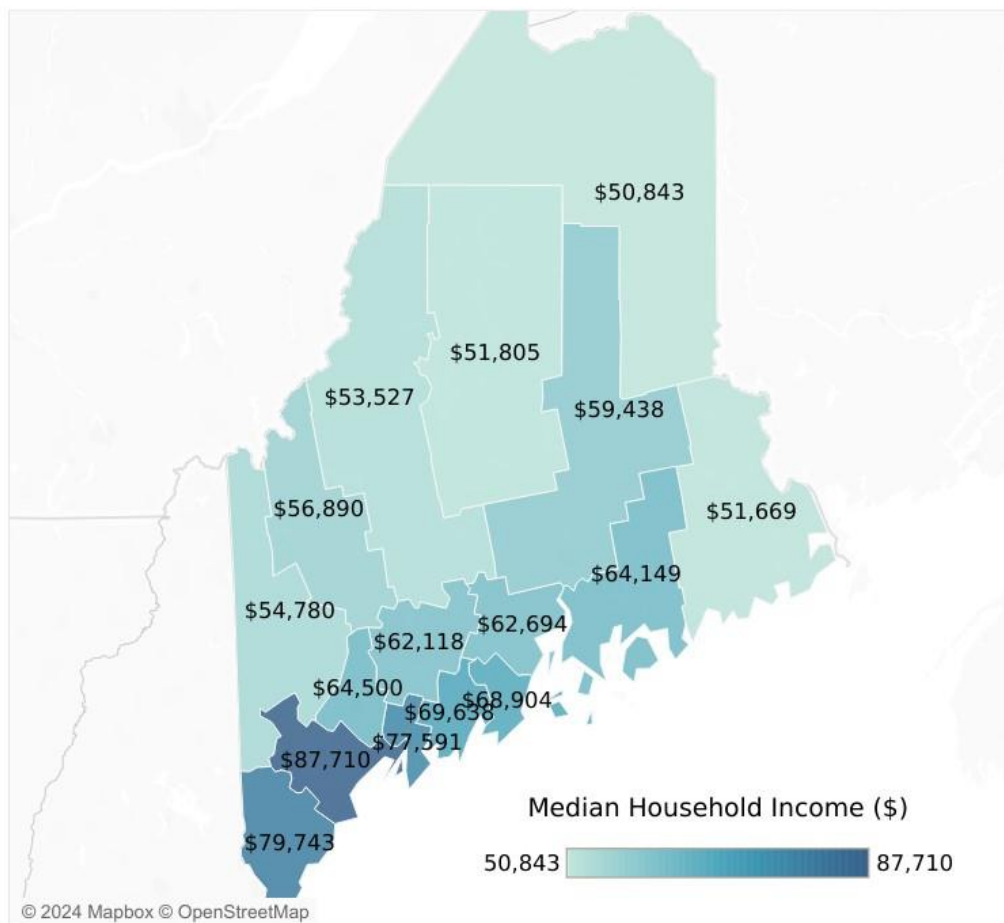
Total Population

Years

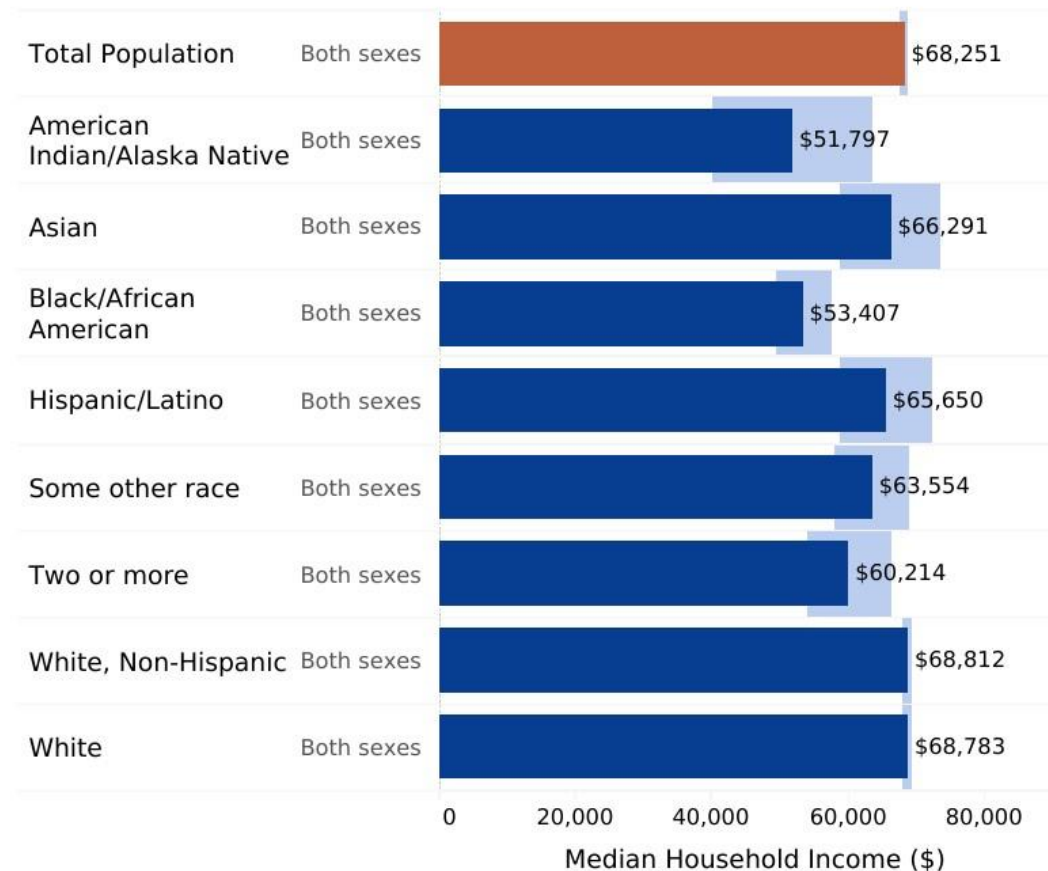
2022 (2018-2022)



Total Population | 2022 (2018-2022)



Maine | 2022 (2018-2022)



All dollars reported in 2022 inflation adjusted values.

Why is data missi..

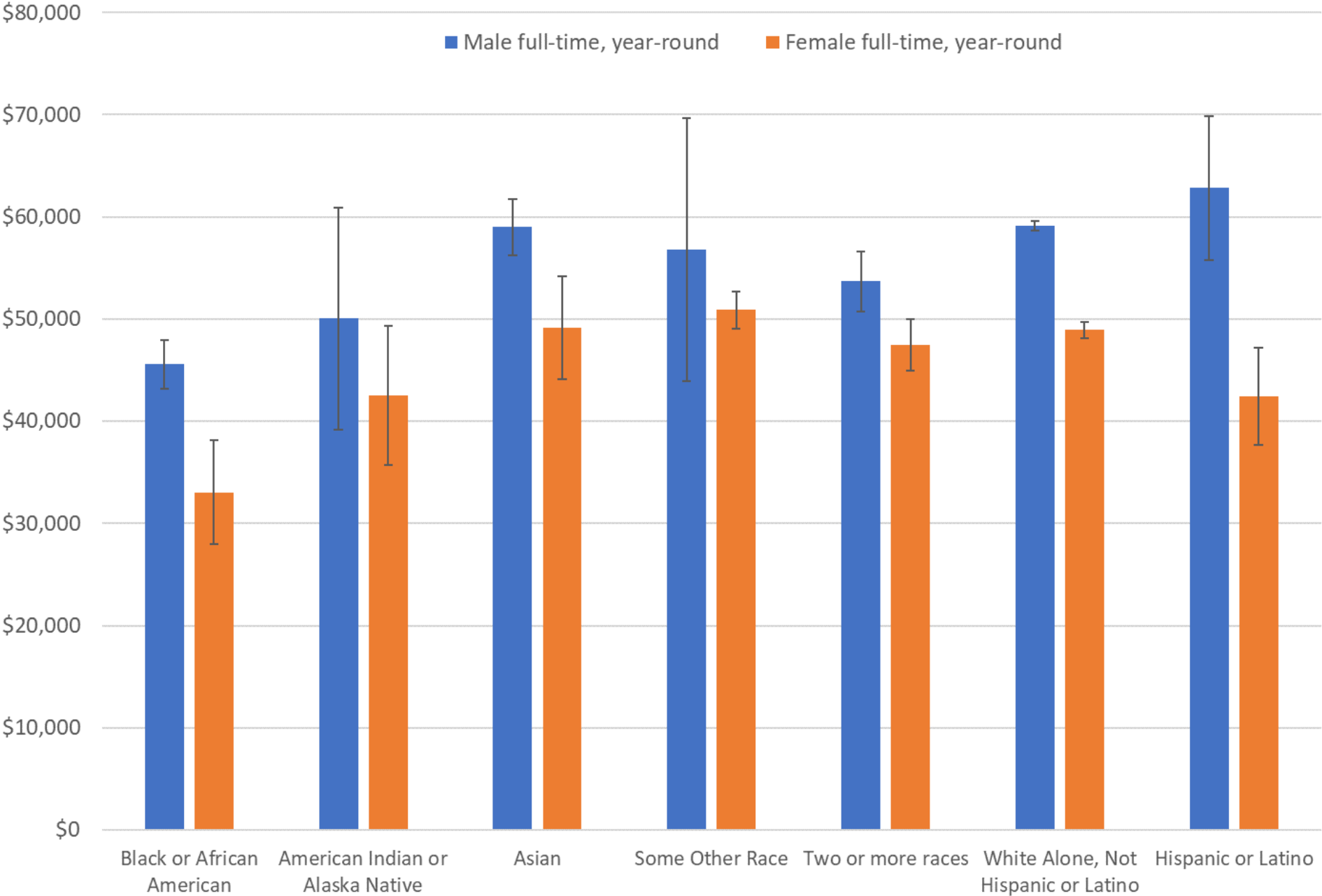
Resources & Guida..

Time comparisons



Reference bands reflect the margin of error around ACS estimates. ?

Median Earnings by Race/Ethnicity and Sex, Maine



Demographic data dashboards

<https://www.maine.gov/dafs/economist/Dashboards>

Contact Information

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