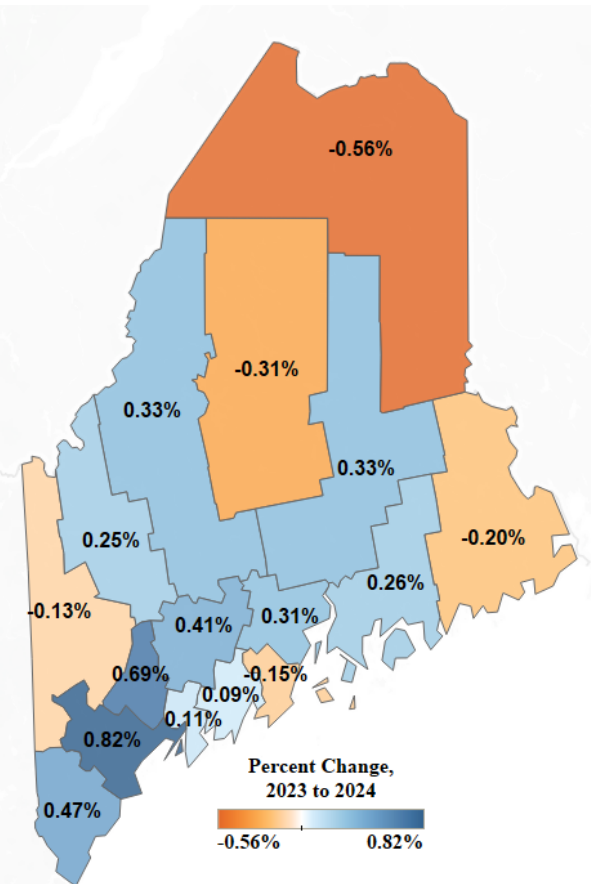


# 2024 County Level Population Estimates

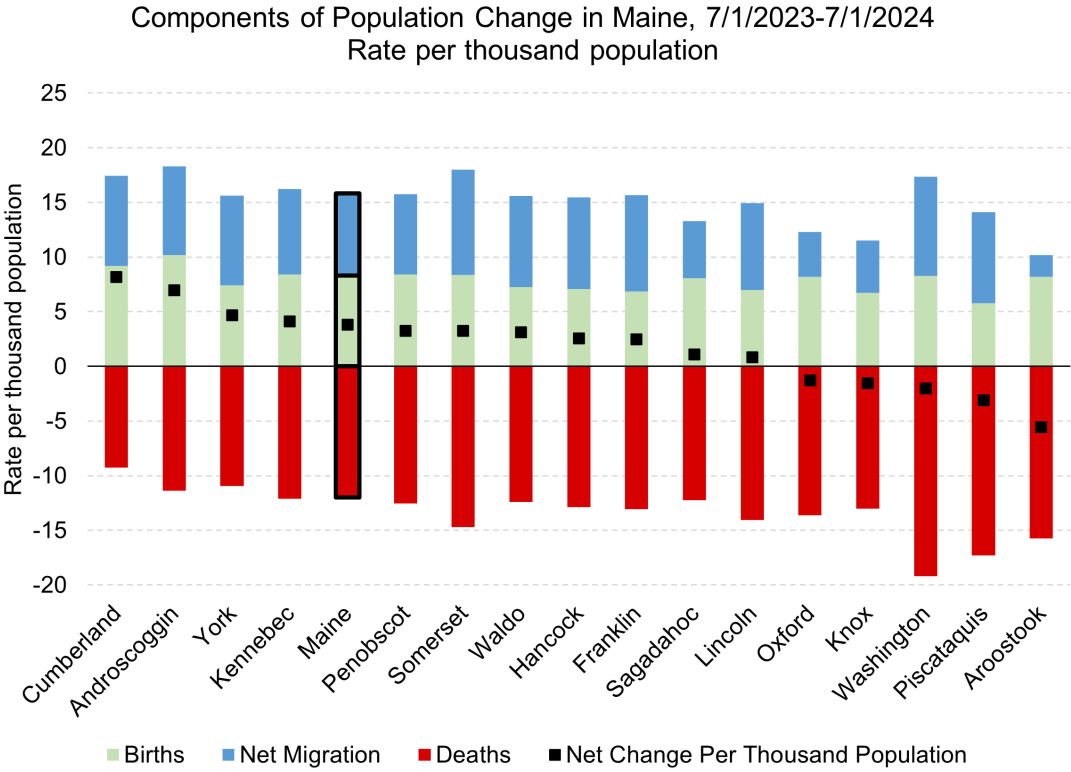
On March 13, 2025, the U.S. Census Bureau released official population estimates for counties and metropolitan areas, reflecting changes from July 1, 2023, to July 1, 2024. State-level estimates were released earlier, in December.

Here are some key takeaways for Maine:

- **Eleven counties saw their populations grow between 2023 and 2024, while five experienced declines.** Cumberland County had the fastest overall growth rate (0.82%), while Aroostook County had the largest decline (-0.56%).



- **Every county in Maine had more people move in than move out in 2024.** Movers came both from other states (domestic migration) and other countries (international migration). At the same time, all counties saw a natural decrease in population, meaning there were more deaths than births. The figure below shows how the components of population change shaped the county population from 2023 to 2024.



- **International migration is playing a bigger role in Maine’s population trends. In 2024, nearly half (49%) of net migration to Maine came from outside the U.S., but this varied by region.** For example, 93% of net migration to Cumberland County was from international sources, compared to just 4% in Piscataquis County.
- **Larger counties in Maine — and across the U.S. — grew faster in 2024.** After the pandemic, Maine’s rural counties saw a surge in new residents, but that trend is slowing. Some rural counties are now experiencing population decline as migration is no longer high enough to offset low birth rates and high death rates.

These shifting trends highlight how population change in Maine is driven by both migration and natural growth patterns, with noteworthy differences across the state.

**About the Population Estimates**

Population estimates are produced annually by the U.S. Census Bureau and are the official and most accurate source of population statistics at the national, state, county and town level. The estimates are based on the population as of July 1 each year and each year’s estimates are revised back to the last decennial census with each new year’s release.

Other population data are available from the U.S. Census Bureau, including from the Decennial (10-year) Census, and the American Community Survey. Relative to these other sources,

population estimates are most useful when having up-to-date data is more important than precision and/or when it has been several years since the last Decennial Census (2020). Population estimates are available at the nation, state, metropolitan statistical area, county, and city/town levels.

The Census Bureau made significant changes to their methodology for estimating international migration in 2024. These methodology changes are reflected in population estimates for prior years back to 2020.

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**Dashboard/Tool Updates**

Underlying data in the Build Your Own Datasheet tool and Population Estimates by Population Group dashboard will be updated in May and June 2025, respectively, which is when the 2024 annual population estimates data by cities and towns, and demographic characteristics are released. Release dates subject to change, refer to the Census Bureau's full release schedule for the most up-to-date information.

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