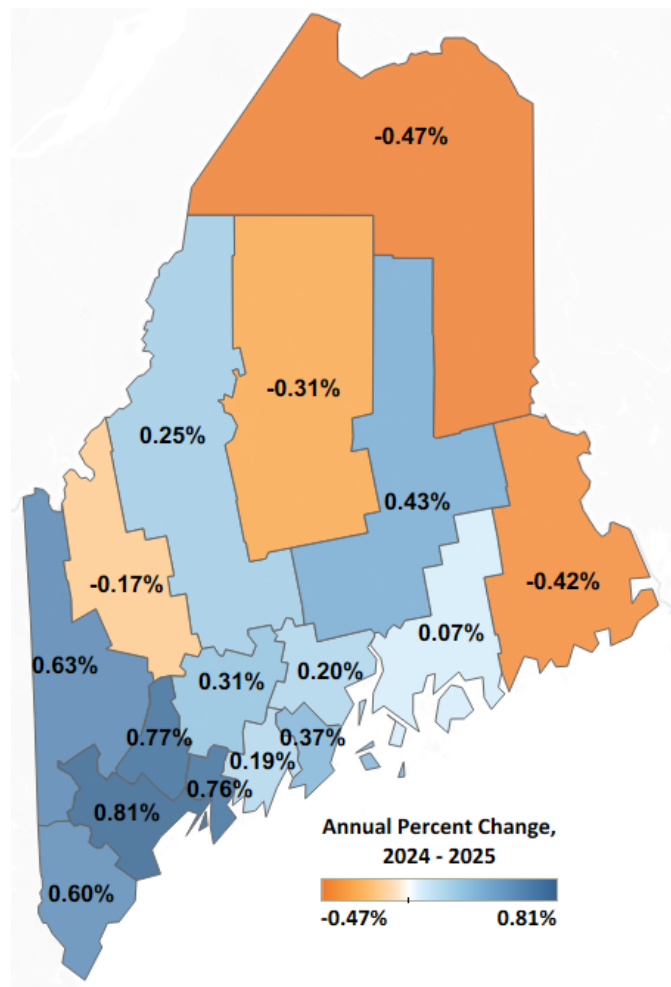


2025 County Level Population Estimates

On March 26, 2026, the U.S. Census Bureau released official population and components of change estimates for counties and metropolitan areas, reflecting changes from July 1, 2024, to July 1, 2025. State-level estimates were released at the end of January. *Each year, revisions are also made to prior years to reflect the availability of additional data and methodology updates.*

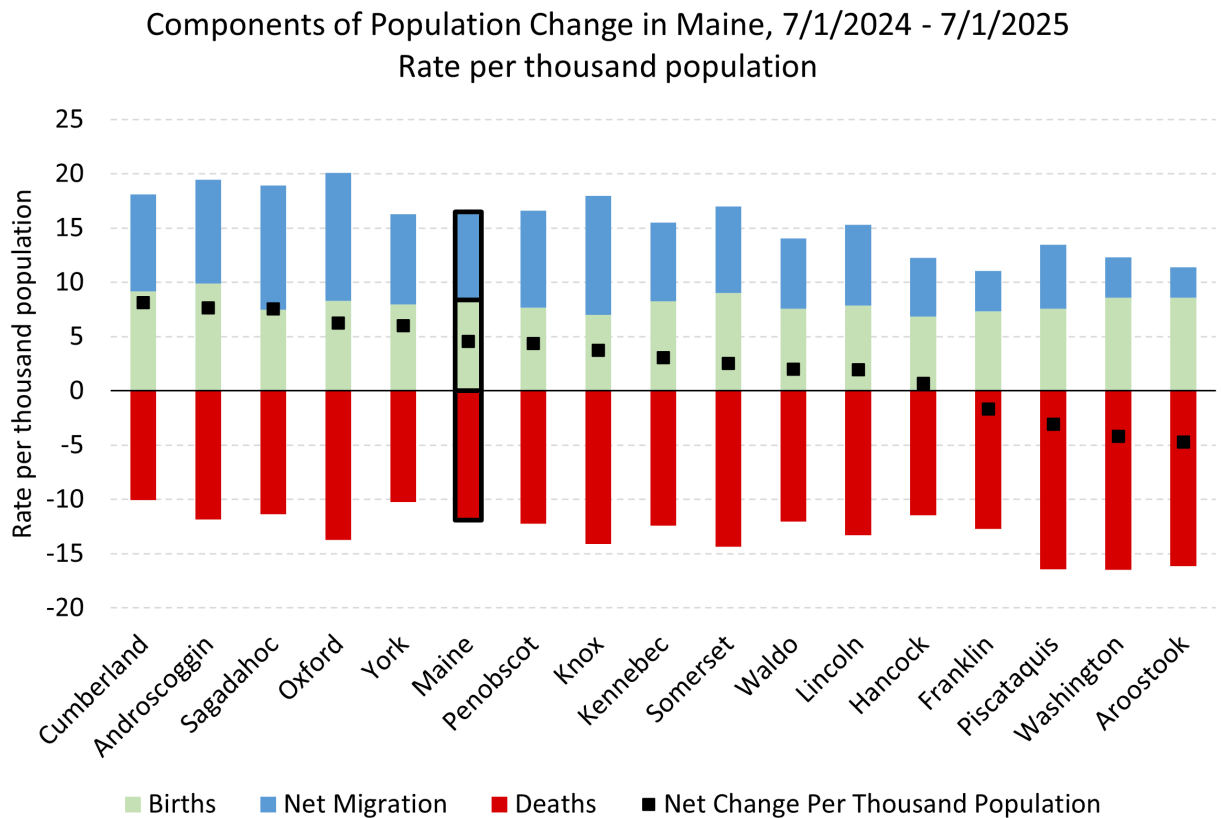
Here are some key takeaways for Maine:

- **12 counties saw their populations increase between 2024 and 2025, while 4 experienced declines.** Cumberland County had the highest overall growth rate during the year (0.81%), while Aroostook County had the highest decline (-0.47%).
- Of the counties that increased over the year, 5 had faster growth in 2025 than in 2024 and of those that declined, 1 (Aroostook) saw a smaller decline in population.



- **Every county in Maine had more people move in than move out in 2025 (i.e., net migration).** At the same time, all counties saw a *natural decrease in population*, meaning they had more *deaths* than *births*. The figure below shows how the components of population change shaped the county population from 2024 to 2025.
- **In-migration continued to offset natural population decline in most counties** (and for the

state as a whole in 2025). *Net migration rates* were highest in Oxford County (11.8 per thousand) and lowest in Aroostook County (2.8 per thousand).



Source: U.S. Census Bureau Population Estimates, Vintage 2024

- International migration made up a smaller share of net migration to Maine in 2025 (35%) compared to 2024 (56%). **International migration rates vary significantly by county.** For example, 71% of net migration to Cumberland County was from international sources, while in Waldo and Oxford counties net international migration was slightly negative.
- Across the nation, county-level population growth slowed in most counties and metro areas in 2025, largely due to lower levels of net international migration.

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. Based on the population as of July 1 each year, each new release is an entire time series of estimates beginning with the most recent Decennial Census, replacing the previous year's published figures.

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.

Upcoming Releases

- Town-level population estimates: Expected in May 2026
 - Population estimates by age, sex, race, and ethnicity: Expected in June 2026
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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 2026, respectively, which is when the 2025 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.
