

# 2025 State Level Population Estimates

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On January 27, 2026, the U.S. Census Bureau released annual population estimates for the nation and states, which are a snapshot of the population as of July 1, 2025.

## Key highlights include:

- **Maine's population reached a record high of 1,414,874 in 2025**, growing 0.5% from 2024 to 2025 and ranking 2nd in New England after New Hampshire and 25th nationally for growth rates, and 42nd for total population size.
- **National population growth slowed to 0.5% from 2024 to 2025**, the slowest rate since early in the COVID-19 pandemic, primarily driven by a historic decline in international migration.
- **Maine ranked 7th nationally for net migration rates at 8.1 per thousand in 2025**, the highest in New England and well above the national rate of 3.7 per thousand, with domestic migration (7th nationally at 5.2 per thousand) outpacing international migration (25th nationally at 2.9 per thousand).
- After several years of increases, **international migration to Maine slowed in 2025**, mirroring national trends, but domestic migration to Maine rose to offset that decline

*Read the full summary below.*

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## Population Growth in Context

Maine's population grew 0.5% from 2024 to 2025, bringing the population total to a new record high of **1,414,874**. This ranks Maine 25th for percent growth in 2025 and 42nd for total population nationally. Since April 2020, Maine's population has increased 3.8%, ranking 17th in the nation for growth.

Nationally, the population grew by 0.5%, significantly slower than growth of 1.0% in 2024 and the slowest growth since early in the COVID-19 pandemic. **The slowdown in growth was primarily driven by a historic decline in international migration.** Births and deaths were little changed from the prior year.

All states except Montana and West Virginia saw slower growth or a faster decline in 2025. In New England, Vermont was the only state to lose population.

## National and Regional Rankings

Five states saw their populations fall from 2024 to 2025: California, Hawaii, New Mexico, Vermont, and West Virginia. South Carolina (+1.5%), Idaho (+1.4%), and North Carolina (+1.3%) had the highest rates of population growth.

Maine's 2025 annual population growth rate was second among New England states:

- New Hampshire: +0.5%, ranking 24th nationally
- **Maine: +0.5%, ranking 25th nationally**
- Connecticut: +0.4%, ranking 30th nationally
- Rhode Island: +0.4%, ranking 31st nationally
- Massachusetts: +0.2%, ranking 39th nationally
- Vermont: -0.3%, ranking 51st nationally

## Components of Population Change

Maine's total population gain was 6,436, reflecting a natural decline of -5,019 (more deaths than births), a gain of +4,040 from net international migration, and a gain of +7,406 from net domestic migration.

### Total Net Migration

In 2025, Maine had the **7th highest rate of total net migration, at 8.1 per thousand**. Maine had the highest net migration rate in New England and was well above the national rate of 3.7 per thousand. From 2021-2025, Maine's total net migration has ranked in the top ten nationally for four out of five years. The exception was 2024, where Maine ranked 21st.

### Domestic and International Migration

Domestic migration made up the largest share of net migration to Maine in 2025. **Maine had the 7th highest rate of net domestic migration (5.2 per thousand) and the 25th highest rate of net international migration (2.9 per thousand)**. Cumulatively from April 2020 to July 2025, Maine has seen total net migration to the state of 77,918 people.

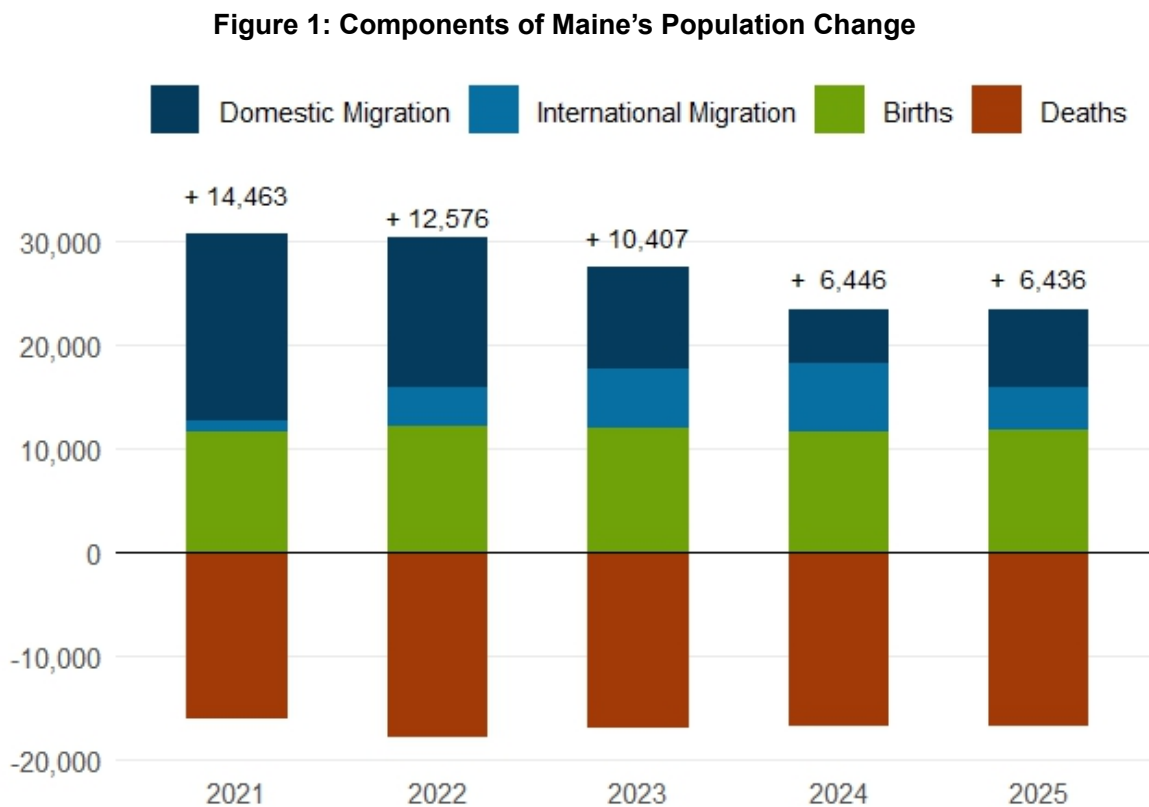
In recent years, domestic migration has made up the largest share of net migration to Maine. However, Maine had been seeing an increase in international migration up until 2024. International migration to Maine slowed in 2025, mirroring national trends. A rise in domestic migration to Maine in 2025 essentially offset the decline in international migration.

### Natural Change

Maine was one of 17 states that experienced natural decline, or more deaths than births, in 2025. In New England, only Connecticut and Massachusetts had positive natural change (more births than deaths).

The number of deaths was little changed in 2025, and there were 168 more births (+1.4%).

A chart showing the components of population change in Maine from 2020-2025 is provided below.



Data label = net population change

Source: U.S. Census Bureau, Population Estimates, Vintage 2025

## Voting-Age Population

The estimated voting-age (18+) resident population for Maine in 2025 was **1,170,629**, meaning 82.7% of Maine's population is estimated to be age 18 or older. This percentage ranks **2nd nationally**, behind Vermont (83.0%) and just ahead of New Hampshire (82.7%). At the national level, 78.9% of the population is age 18 or older.

## 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.

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*

- County-level population estimates: Expected in March 2026
  - Town-level population estimates: Anticipated 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 counties, 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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