

Maine Economic Indicators

March 2025



Maine Department of Administrative and Financial Services

Office of the State Economist

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Maine Economic Indicators is a monthly report assembled by the Office of the State Economist that provides a synopsis of current economic trends and indicators for the state in comparison to New England and the United States. The intent of this report is to provide the public with a single document containing data aggregated from different sources typically used to track current economic and demographic conditions in the state.

The appendix provides comprehensive information related to the data presented herein. Data included in this report are assembled from various sources, subject to frequent revision, and provided in this report “as is” at the time of publication. Therefore, data presented in this report are subject to change over time.

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1 Snapshot

Indicators in this section provide a summary of Maine’s current economic status. Figures for Maine are compared to New England and the United States. Sources are given in the appendix.

Reference Period		Maine	New England	United States
2024	Total population	1,405,012	15,386,085	340,110,988
2023-2024	Annual population percent change	0.4%	0.8%	1.0%
2020-2024	Cumulative population percent change	3.1%	1.7%	2.6%
2023	Average earnings per job	\$64,310	\$83,918	\$74,499
2022-2023	Average earnings per job percent change	3.0%	1.8%	2.5%
February 2025	Unemployment rate	3.5%	3.8%	4.1%
February 2025	Total private nonfarm employment	556,400	6,609,200	135,603,000
February 2025	Labor Force	709,600	8,324,200	170,359,000
February 2025	Labor Force Participation Rate	60.3%	N/A	62.4%

Annualized Percent Change from the previous quarter and Compound Annual Growth Rate (CAGR)

Real GDP	2024:Q1	2024:Q2	2024:Q3	2024:Q4	2024:Q1-2024:Q4
Maine	2.8	1.7	3.6	2.2	2.5
New England	3.6	2.2	2.9	1.9	2.3
United States	1.6	3.0	3.1	2.5	2.8
Total Personal Income	2024:Q1	2024:Q2	2024:Q3	2024:Q4	2024:Q1-2024:Q4
Maine	11.4	2.0	2.4	4.6	3.0
New England	11.3	2.7	1.6	4.3	2.9
United States	9.3	3.8	2.3	4.6	3.6
Per Capita Personal Income	2024:Q1	2024:Q2	2024:Q3	2024:Q4	2024:Q1-2024:Q4
Maine	11.1	1.6	2.0	4.3	2.6
New England	10.5	1.9	0.9	3.9	2.3
United States	8.3	2.8	1.5	4.0	2.8
Wages & Salaries	2024:Q1	2024:Q2	2024:Q3	2024:Q4	2024:Q1-2024:Q4
Maine	12.5	-1.0	2.2	4.3	1.8
New England	14.7	1.5	0.6	4.5	2.2
United States	10.3	3.1	2.0	5.1	3.4

2 Annual Indicators

Indicators summarized below are updated annually on various release dates and provide a general summary of Maine's demographic and economic status.

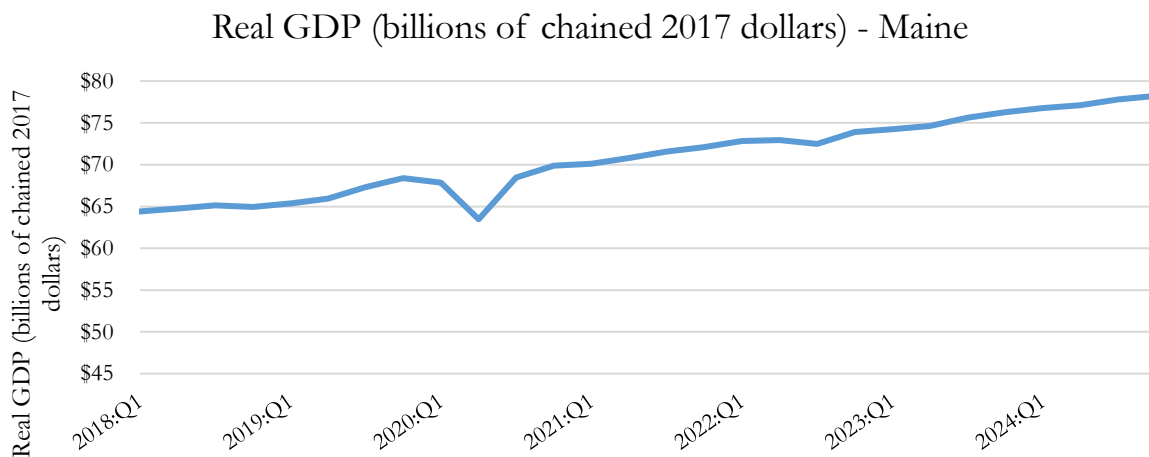
Reference Period		Maine	New England	United States
2024	Total population	1,405,012	15,386,085	340,110,988
2023-2024	Annual population percent change	0.4%	0.8%	1.0%
2020-2024	Cumulative population percent change	3.1%	1.7%	2.6%
2024	Births	11,609	140,809	3,605,563
2024	Deaths	16,766	141,865	3,086,925
2024	Net migration	10,525	123,328	2,786,119
2023-2024	Annual rate of total net migration, per thousand (Maine ranks 20 th in the U.S.)	7.5	8.0	8.2
2023	Median age, years (American Community Survey)	44.9	41.4	39.2
2023	Associate degree: percent of population age 25 and above	10.5%	8.0%	8.8%
2023	Bachelor's degree: percent of population age 25 and above	23.2%	24.4%	21.8%
2023	Graduate or professional degree: percent of population age 25 and above	13.7%	19.7%	14.3%
2023	Percent of population below poverty level	10.4%	10.1%	12.5%
2023	Median family income	\$91,546	\$115,746	\$96,401
2023	Median household income	\$73,733	\$92,017	\$77,719
2023	Per capita personal consumption expenditures	\$60,250	\$65,660	\$56,202
2023	Per capita disposable personal income	\$58,110	\$71,982	\$61,291

3 Quarterly and Monthly Indicators

3.1 Gross Domestic Product (GDP)

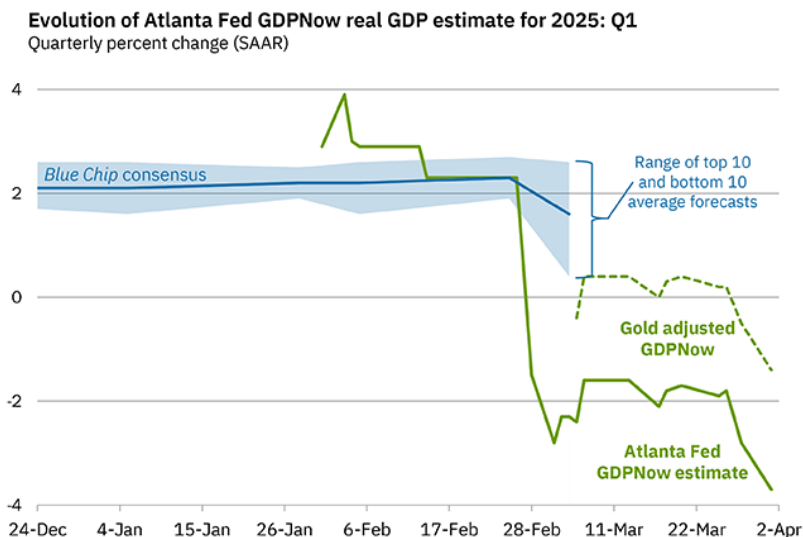
Maine's real GDP grew 2.2% at an annualized rate in the fourth quarter of 2024, ranking 30th in the U.S. (growth of 2.4%) and second in New England (growth of 1.9%). The industry sectors that contributed most to Maine's fourth quarter growth were real estate and rental and leasing (+0.59 percentage points); professional, scientific, and technical services (+0.47 percentage points); nondurable goods manufacturing (+0.29 percentage points); and retail trade (+0.29 percentage points). These gains were partially offset by declines in other industries including wholesale trade (-0.28 percentage points) and durable goods manufacturing (-0.23 percentage points).

2024:Q4	Maine	United States
Nominal GDP (Current dollars)	\$100.5 billion	\$29.7 trillion
Real GDP (Chained 2017 Dollars)	\$78.2 billion	\$23.5 trillion



3.1.1 GDPNow from the Federal Reserve Bank of Atlanta

GDPNow, which is reported by the Atlanta Fed, is “a running estimate of real GDP growth based on available data for the current quarter.” This model uses a similar methodology to the one used by the U.S. Bureau of Economic Analysis in their official GDP estimates and is revised each time the monthly source data is updated. On March 6, the Atlanta Fed added an alternative model forecast, the “Gold adjusted GDPNow,” which [adjusts for imports and exports of gold](#) and is a better reflection of real economic activity. The nowcast estimate for 2025:Q1 as of April 1, is that U.S. real GDP will **decrease by 3.7%** at an annual rate.

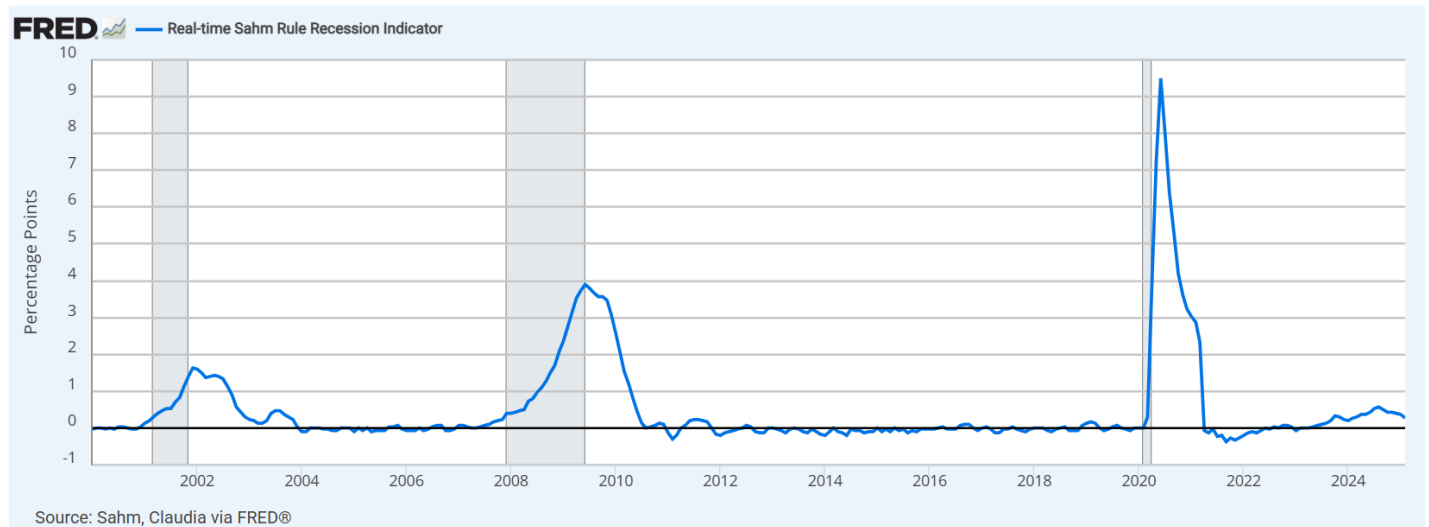


3.2 Recession Indicators

NBER is the primary source in the United States that declares when recessions begin and end and defines a recession as a significant decline in economic activity that is spread across the economy and lasts more than a few months. Other recession indicators are used to estimate business cycles in real time but are not official sources for when recessions begin and end.

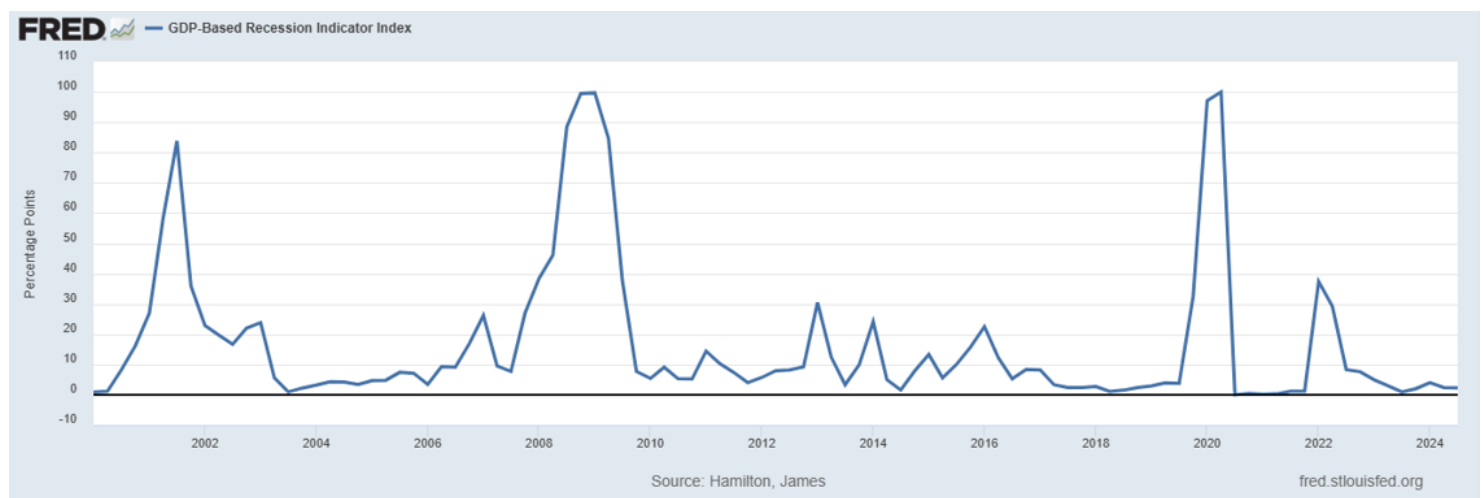
3.2.1 Real-time Sahm Rule Recession Indicator

The Real-time Sahm Rule Recession Indicator¹ signals a recession when the 3-month moving average of the national unemployment rate (U3) rises by at least 0.5 percentage points relative to its low in the previous 12 months. In February 2025, this indicator showed that the three-month average of national U3 was **0.27 percentage points above its 12-month low**.



3.2.2 GDP-Based Recession Indicator Index

The GDP-Based Recession Indicator Index² is 2.3 percentage points (2024:Q3), down from 2.4 in the second quarter of 2024. The index ranges from 0 to 100, and values above 67 provide a historically reliable indicator that the economy is in recession. This index is calculated with a one quarter lag, which allows for extra insight and accounts for data revisions to make dependable inference. Therefore, the index does not get revised once it is published.



¹ Created by Dr. Claudia Sahm, Federal Reserve Board of Governors

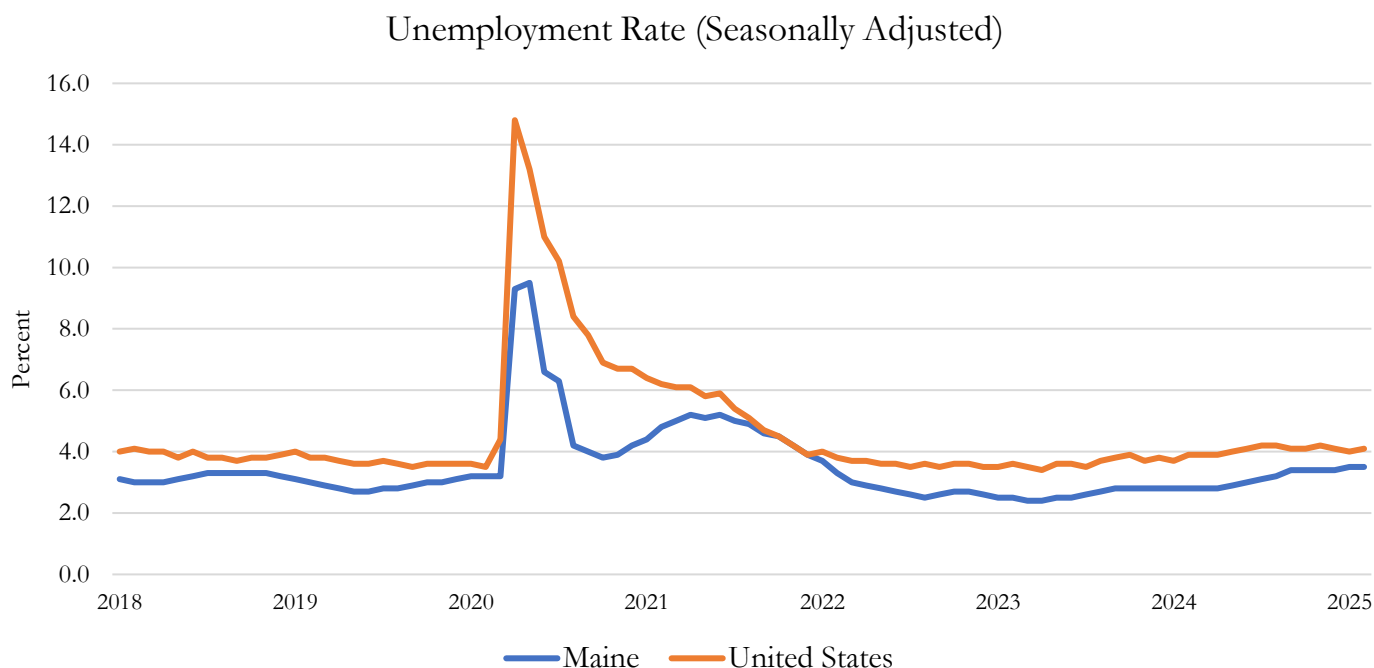
² Created by Dr. James Hamilton, University of California San Diego

3.3 Labor Markets³

Each March, monthly estimates of state employment data are revised for previous years. This year's [revisions](#) indicate that Maine's unemployment rate was lower than previously estimated for 2023 and early 2024 and higher in late 2024. Revised jobs estimates showed an average of 1,600 more total jobs during 2023 and an average of 1,000 more total jobs during 2024. Labor force participation rates were also revised up for both years. The revisions are reflected in the February employment data and charts below.

3.3.1 Unemployment Rate **February 2025: 3.5%**

Maine's seasonally adjusted unemployment rate was 3.5% in February, unchanged from January. Maine's 3-month average unemployment rate from December to February was 3.5%, up slightly from 3.4% for the three months prior. Maine's unemployment rate has been trending below the U.S. unemployment rate since early 2022 and was below the New England rate of 3.8% in February.



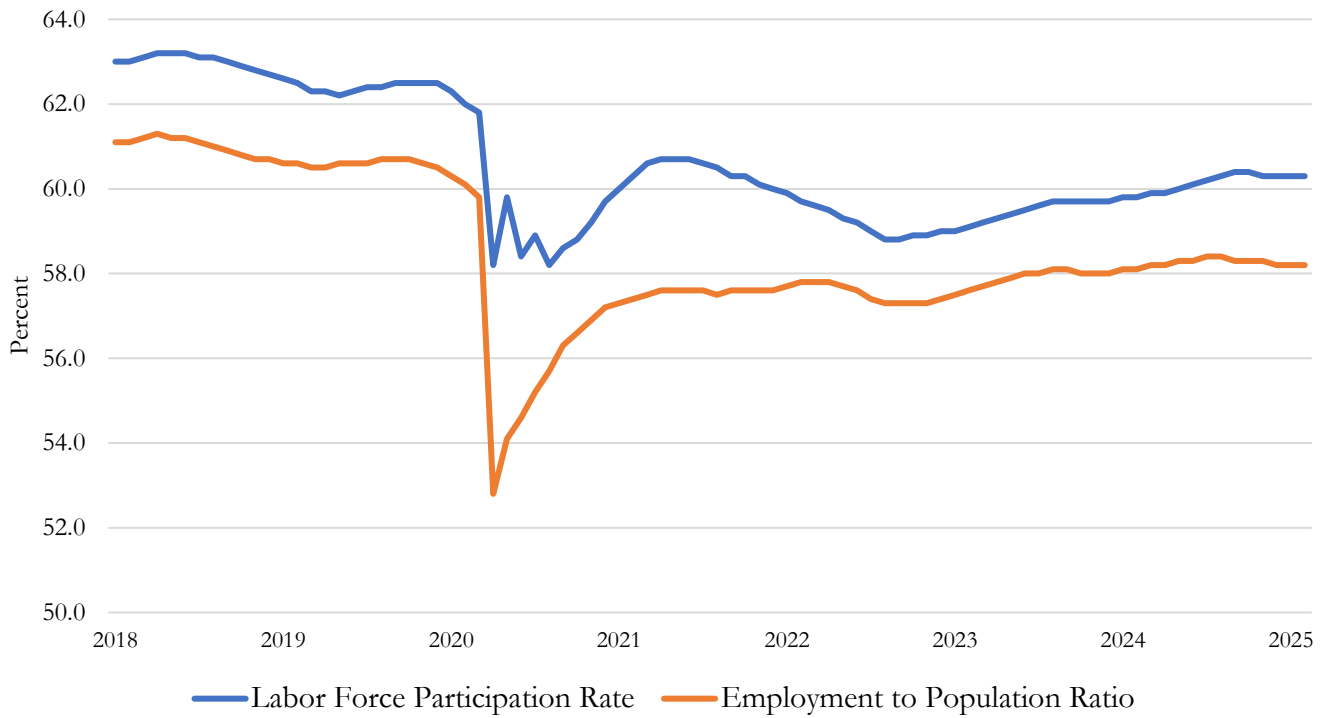
3.3.2 Labor Force Participation Rate **February 2025: 60.3%**

Labor force participation (LFP) was 60.3% in February, unchanged from January.

The employment to population ratio (EPOP), an alternative measure of labor market activity which measures the total number of employed working-age adults divided by the total working-age population, was 58.2% in February, also unchanged from January.

³ The data for unemployment rates and labor force are derived from the Local Area Unemployment Statistics (LAUS) program and data for nonfarm payroll jobs are derived from the Current Employment Statistics (CES) program. The numbers presented below are estimates which vary month to month in either direction and are subject to substantial revision. The Maine Department of Labor cautions users to analyze general trends over several months as opposed to making conclusions based on changes month to month.

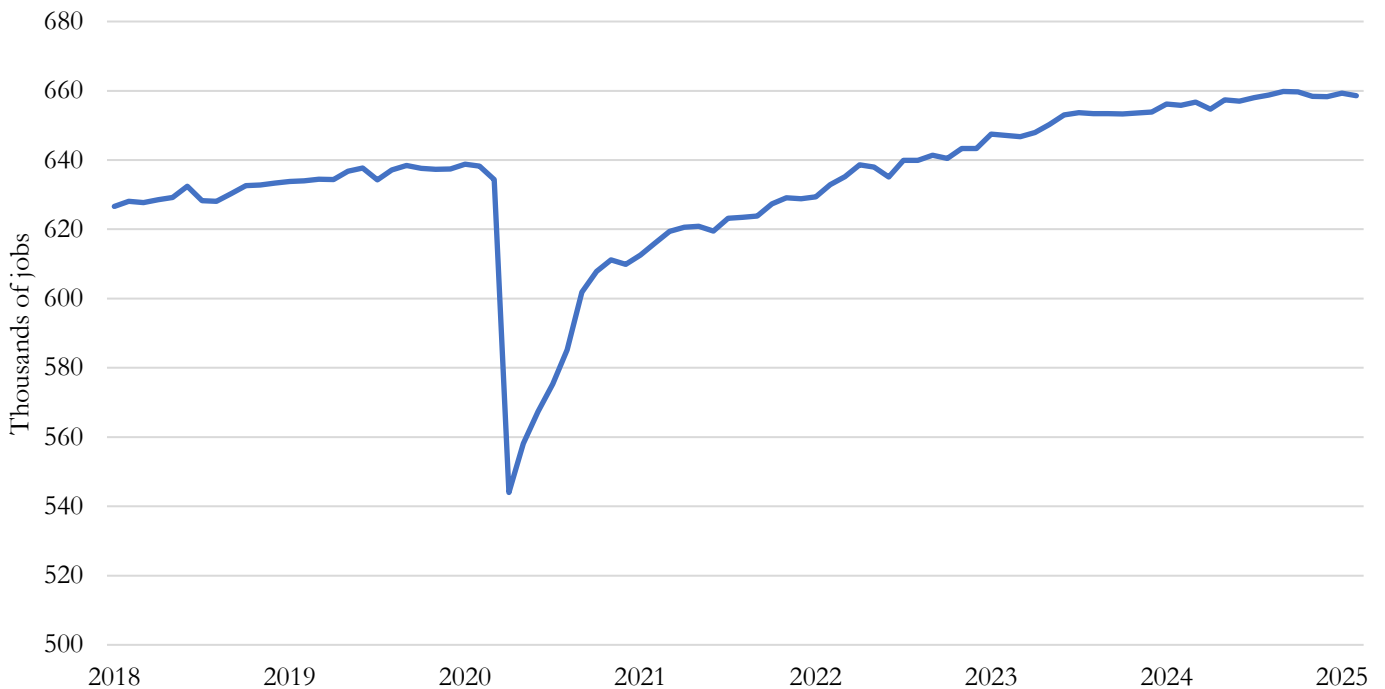
Labor Force Participation & Employment-Population Ratio (Maine)



3.3.3 Total Nonfarm Payroll Job Estimates February 2025: 658,600

Seasonally adjusted nonfarm jobs decreased by 700 to 658,600 in February. On an annual basis, nonfarm jobs are up 2,800 from February 2024. Leisure and hospitality, retail trade, and healthcare and social assistance have had the most gains over the year.

Total Nonfarm Employment Maine (seasonally adjusted)



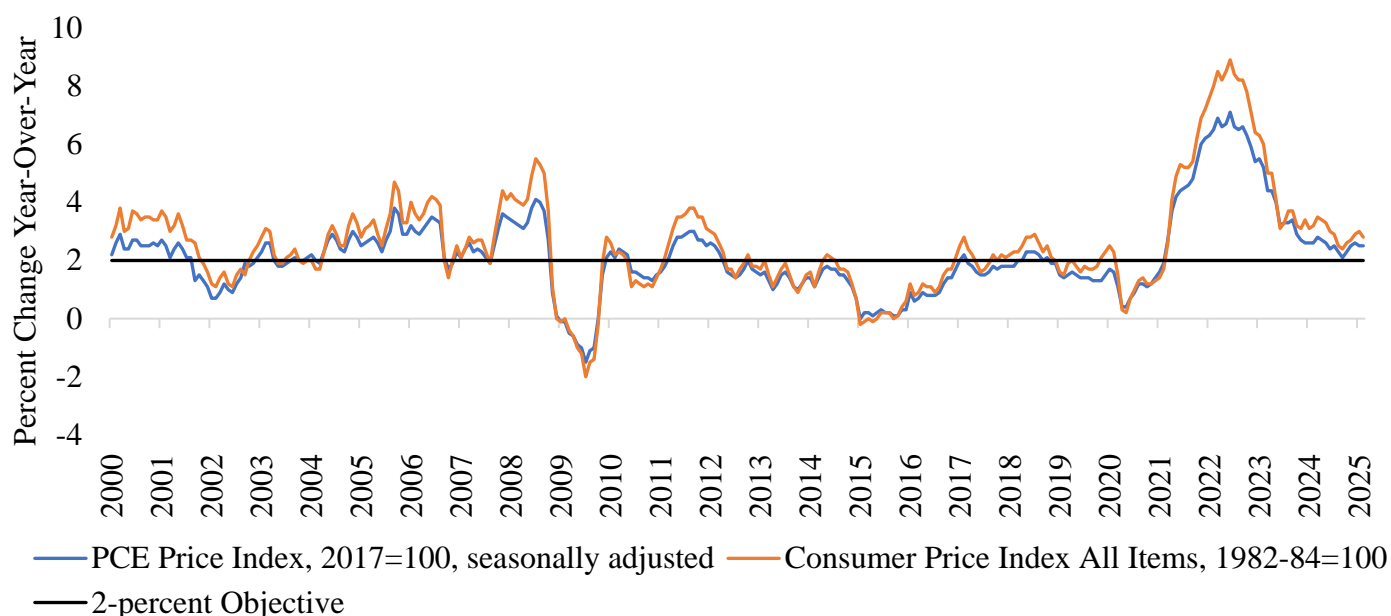
3.4 National inflation measures

3.4.1 Consumer Price Index vs. Personal Consumption Expenditures

There are two measures of inflation in the United States. The Consumer Price Index is released by the Bureau of Labor Statistics and is based on surveys of urban consumers, while Personal Consumption Expenditures price index is calculated by the Bureau of Economic Analysis and based on surveys of what businesses are selling. Both are used officially for various federal purposes, although the Federal Reserve focuses on PCE in monetary policy decisions.

In February the PCE price index grew by 2.5% year-over-year (unchanged from the 2.5% year-over-year change in January). On a monthly basis, it grew by 0.3%. The CPI all-items index grew by 2.8% in February before seasonal adjustment. Growth in both indexes has decelerated since June 2022 but inflation remains elevated above the 2% Federal Reserve target.

Measures of inflation, Year-Over-Year Percent Change



3.4.2 Expenditure categories of the CPI

The CPI for all urban consumers increased 2.8% year-over-year in February, down from 3.0% in January. On a seasonally-adjusted monthly basis, the all-items index was up 0.2% from the month before.

The shelter index was up 0.3% in February and accounted for almost half of the monthly increase. Shelter is up 4.2% year-over-year.

The energy index was up 0.2% in February and is down 0.2% year-over year. The food index increased 0.2% in February and is up 2.6% year-over-year. The core index, which excludes volatile food and energy prices, increased 0.2% from the prior month and is up 3.1% year-over-year.

Table 1. Percent Change in Consumer Price Index by Expenditure Category	Year-Over-Year (not seasonally adjusted)		Month-Over-Month (seasonally adjusted)	
	Jan-25	Feb-25	Jan-25	Feb-25
All items	3.0	2.8	0.5	0.2
Food	2.5	2.6	0.4	0.2
Energy	1.0	-2.0	1.1	0.2
<i>All items less food and energy</i>	3.3	3.1	0.4	0.2
Commodities (less food and energy)	-0.1	-0.1	0.3	0.2
Household furnishings and supplies	-0.9	-0.4	-0.2	0.2
Apparel	0.4	0.6	-1.4	0.6
Transportation commodities (less motor fuel)	0.2	0.1	0.8	0.2
Medical care commodities	2.3	2.3	1.2	0.1
Recreation commodities	-1.9	-2.4	0.3	-0.7
Education and communication commodities	-6.6	-6.9	0.1	-0.2
Alcoholic beverages	1.4	1.7	0.3	0.5
Other goods	2.6	2.7	0.2	0.8
Services (less energy)	4.3	4.1	0.5	0.3
Shelter	4.4	4.2	0.4	0.3
Water and sewer and trash collection	4.4	4.9	0.7	1.0
Medical care services	2.7	3.0	0.0	0.3
Transportation services	8.0	6.0	1.8	-0.8
Recreation services	3.8	4.3	1.4	0.8
Education and communication services	1.7	1.6	0.3	0.3
Other personal services	2.3	3.8	-0.5	0.9

3.5 Energy

3.5.1 Gasoline

The average price of a gallon of gasoline in New England was \$3.08 on March 31, \$0.06 lower than the month prior and \$0.34 lower than the same week last year. The average price of gasoline in the month of March was down \$0.05 from February. Prices have been very stable over the last six months.

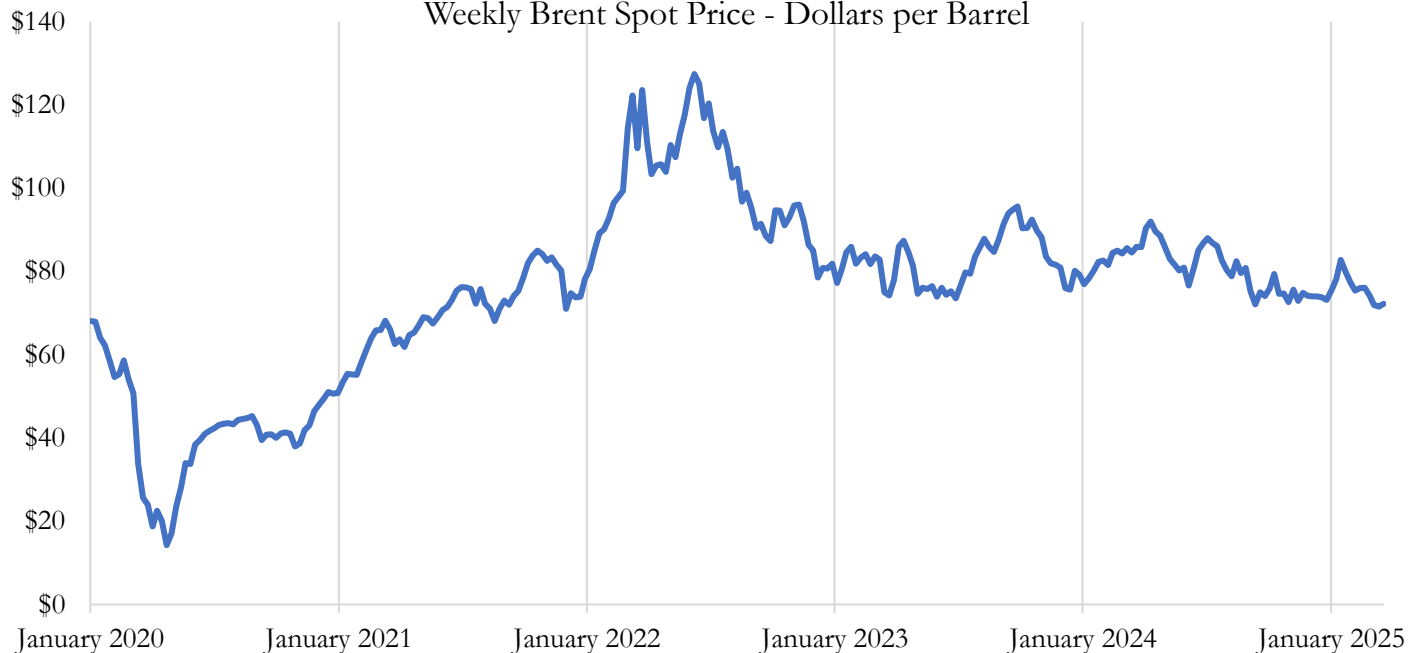
New England - All Grades and Formulations Gasoline Price Per Gallon



3.5.2 Brent Spot Prices

The weekly Brent spot price averaged \$72.21 for the month of March to date and was at \$72.21 for the week ending March 21, 2025. The spot price has decreased by \$2.04 since the week ending February 28, 2025.

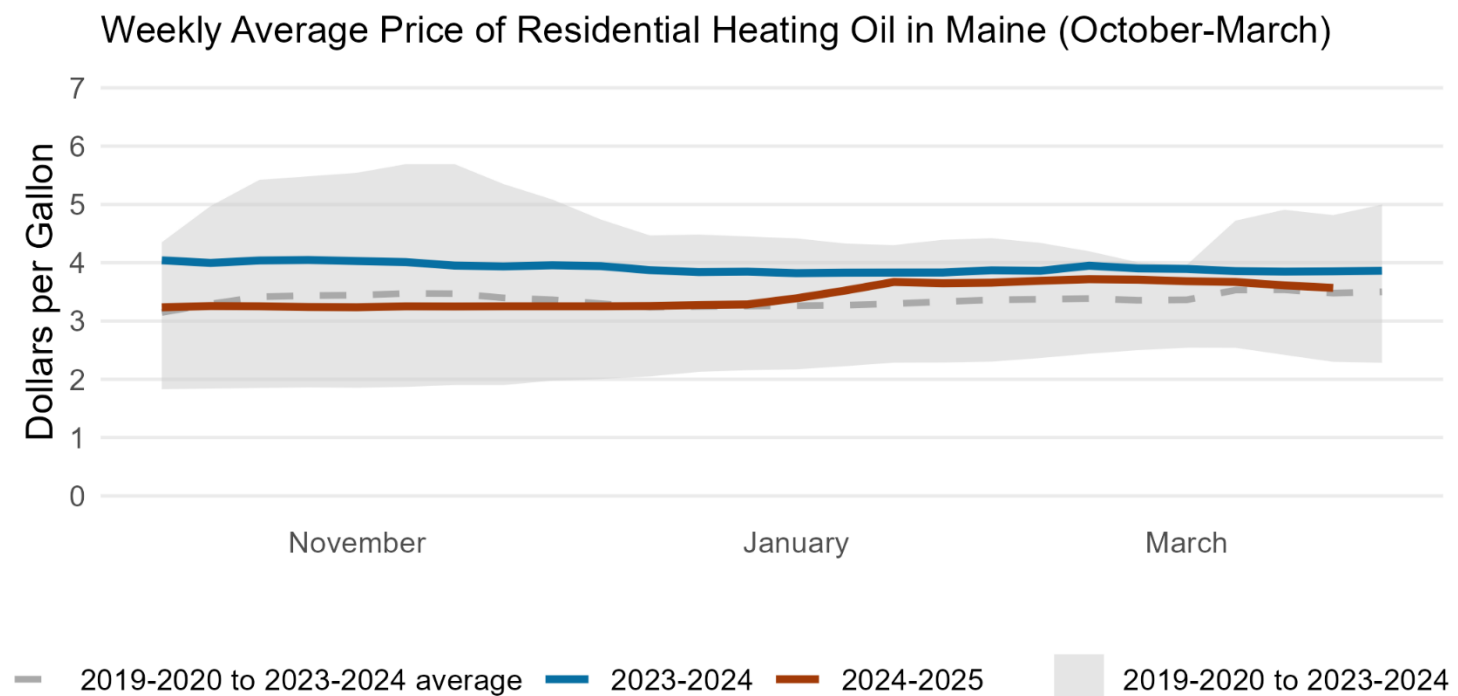
Weekly Brent Spot Price - Dollars per Barrel



3.5.3 Heating Oil

The price of a gallon of heating oil in Maine averaged \$3.57 in the week ending March 24, according to the U.S. Department of Energy. Prices are down \$0.26 from the same week last year and \$0.09 above the five-year average for that week in 2020-2024.

According to a weekly survey of heating fuel prices from the Governor's Energy Office, prices on the most recent date measured (March 31) were highest in the Southeast/Greater Portland region of the state, at \$3.71 per gallon on average, and lowest in the East/Downeast region of the state, at \$3.59 per gallon on average.

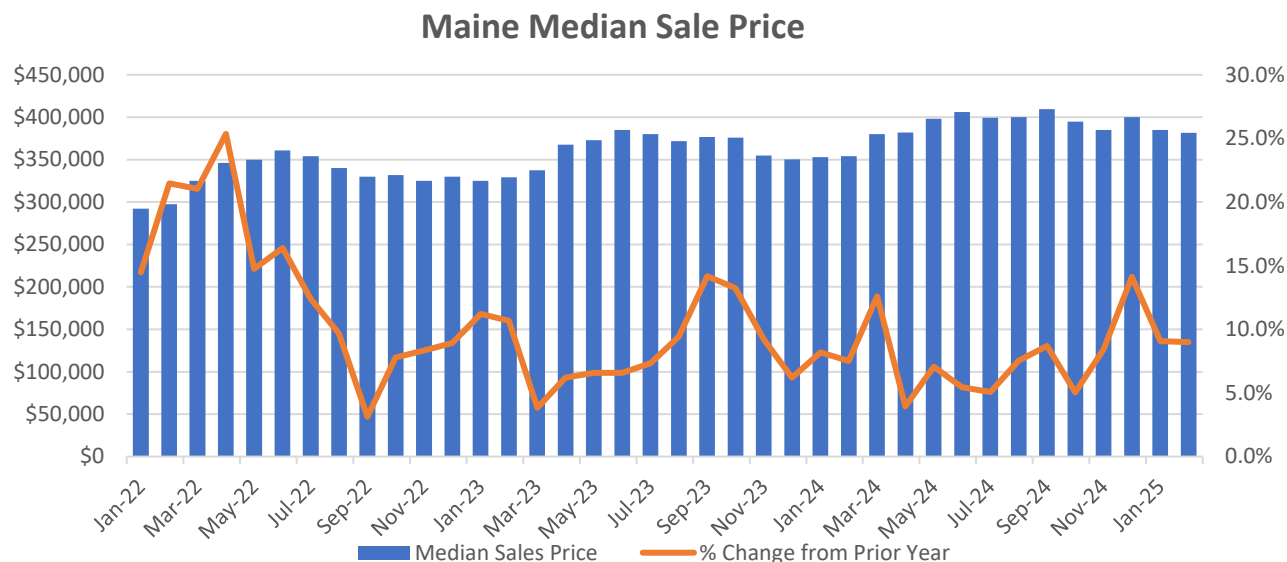


Source: U.S. Energy Information Agency

3.6 Housing

3.6.1 Sales

The number of home sales in Maine increased by 6.5% in February 2025 compared to February 2024. The median sale price in Maine was \$381,500, a decrease of 0.9% from January and an increase of 9.0% year-over-year.



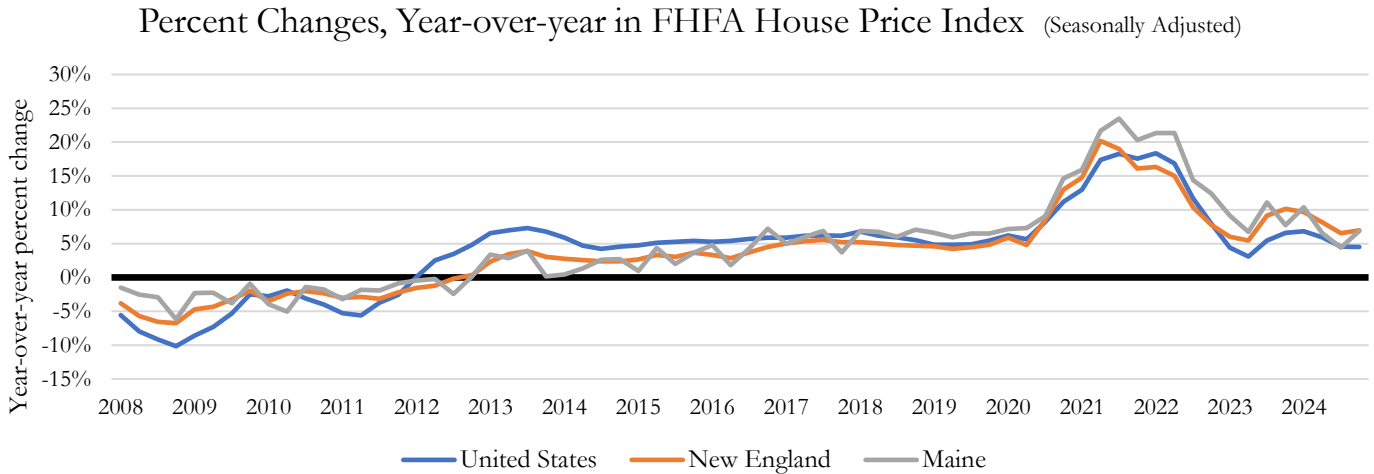
In the past three months, ten counties had increases in homes sold compared to a year ago and six had decreases. Twelve counties had increases in median home prices, three had little change, and Somerset saw a decrease. Hancock County had the largest percent change in median sale price (+17.9%).

December 1, 2024 – February 28, 2025 Home Sales				
Geography	No. of Units Sold	One Year Change (Units)	Median Sale Price	One Year Change (Price)
Androscoggin	172	-11.8%	\$322,250	6.4%
Aroostook	135	18.4%	\$152,000	4.8%
Cumberland	566	19.7%	\$565,000	9.9%
Franklin	64	-7.3%	\$318,500	15.8%
Hancock	135	27.4%	\$442,000	17.9%
Kennebec	246	10.3%	\$306,850	6.9%
Knox	106	37.7%	\$440,000	0.0%
Lincoln	91	12.4%	\$430,000	0.9%
Oxford	137	-1.4%	\$315,000	8.7%
Penobscot	313	23.2%	\$290,000	16.0%
Piscataquis	54	8.0%	\$183,500	-0.8%
Sagadahoc	64	-4.5%	\$425,000	11.8%
Somerset	88	-19.3%	\$194,500	-6.4%
Waldo	95	53.3%	\$350,000	2.9%
Washington	68	-9.3%	\$220,000	2.3%
York	461	16.1%	\$500,000	7.5%
Maine	2795	12.2%	\$393,000	12.0%

3.6.2 House Price Index

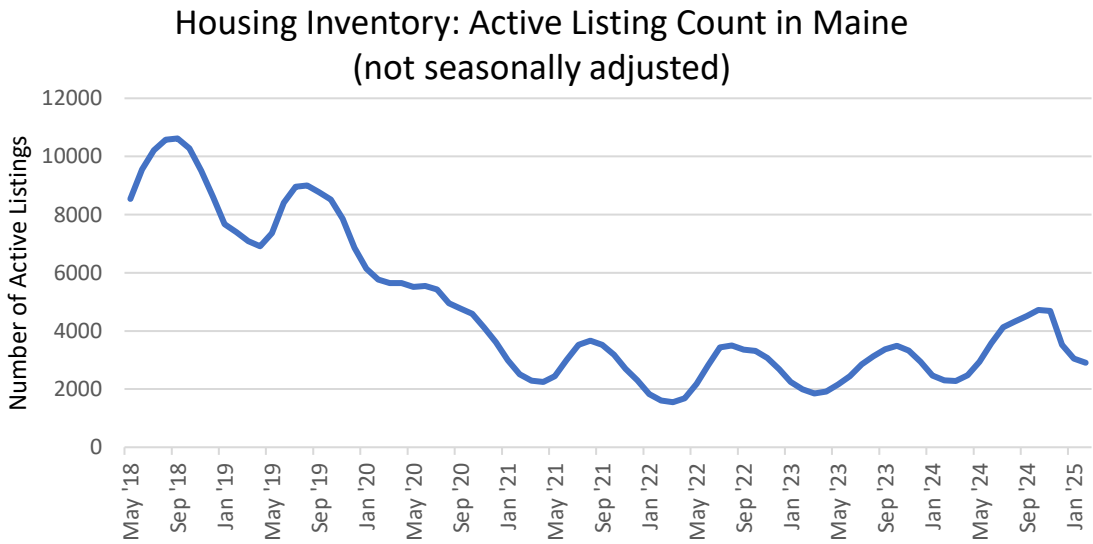
In the fourth quarter of 2024, Maine’s year-over-year growth in the house price index (HPI)⁴ was 6.9% (seasonally adjusted), 9th highest in the nation for year-over-year growth and fifth in New England. (Connecticut, Vermont, and Rhode Island were all in the top 5 nationwide). Maine’s year-over-year growth was higher than the U.S. (4.5%) and just below New England growth of 7.0%. On a seasonally adjusted quarterly basis, Maine’s HPI increased 1.5% from the third quarter of 2024 compared to growth of 2.0% in New England and 1.4% in the U.S.

Reference Period		Maine	New England	United States
2023:Q4-2024:Q4	HPI percent change from previous year	6.9%	7.0%	4.5%



3.6.3 Inventory

There were 2,902 active listings of single-family and condo homes in Maine in February. Inventory is increasing, but it remains low compared to five years ago. The number of active listings in February 2025 was up 26% from February 2024, but down 50% from February 2020. Since inventory levels have a defined seasonal pattern, it is most useful to look at changes year-over-year.

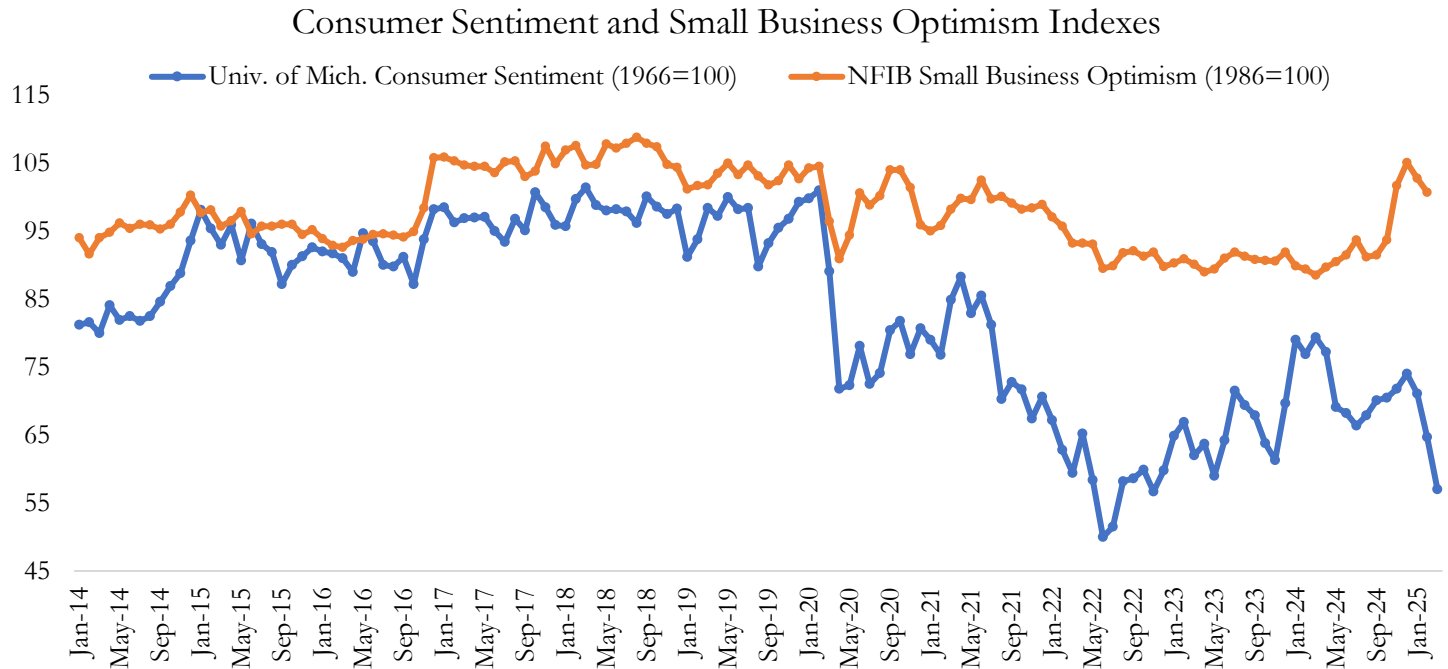


⁴ According to the Federal Housing Finance Agency (FHFA), the HPI “measures average price changes in repeat sales or refinancing on the same properties.”

3.7 Sentiment

The **Index of Consumer Sentiment** from the University of Michigan was down 12% in March and is down 28% year-over-year. All demographic and political affiliation groups anticipate worsening personal finances, business conditions, unemployment, and inflation. Two-thirds of consumers expect a rise in unemployment over the next year, the highest reading since 2009.

The **Small Business Optimism Index**, as measured by the National Federation of Independent Businesses (NFIB), declined for the second consecutive month in February. It remains high compared to the last three years. The index was down 2% in February from the month before but was up 13% from a year ago. Small business owners reported higher levels of uncertainty and the net percentage of owners raising average selling prices increased 10 points from January, the largest monthly increase since April 2021.



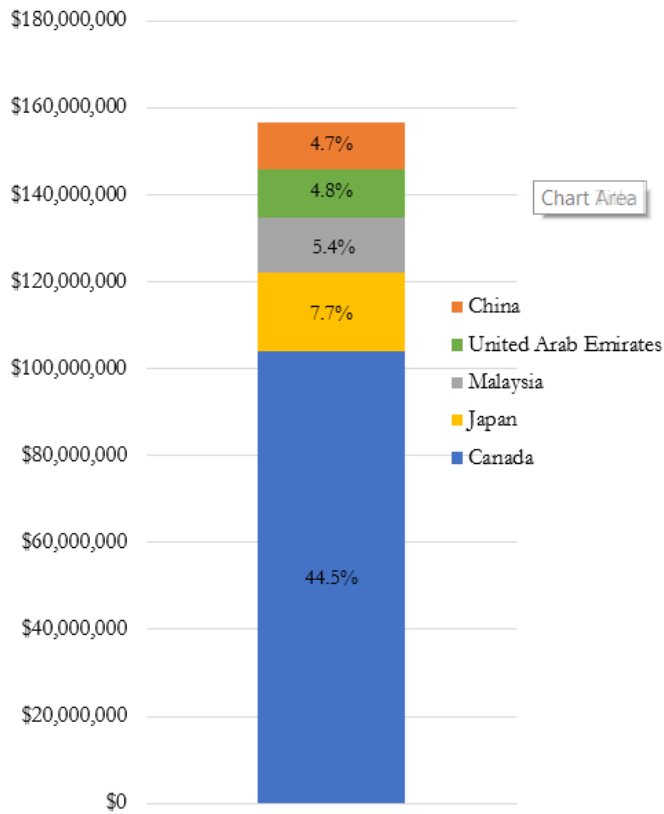
3.8 Trade Outlook⁵

3.8.1 Exports and trade partners

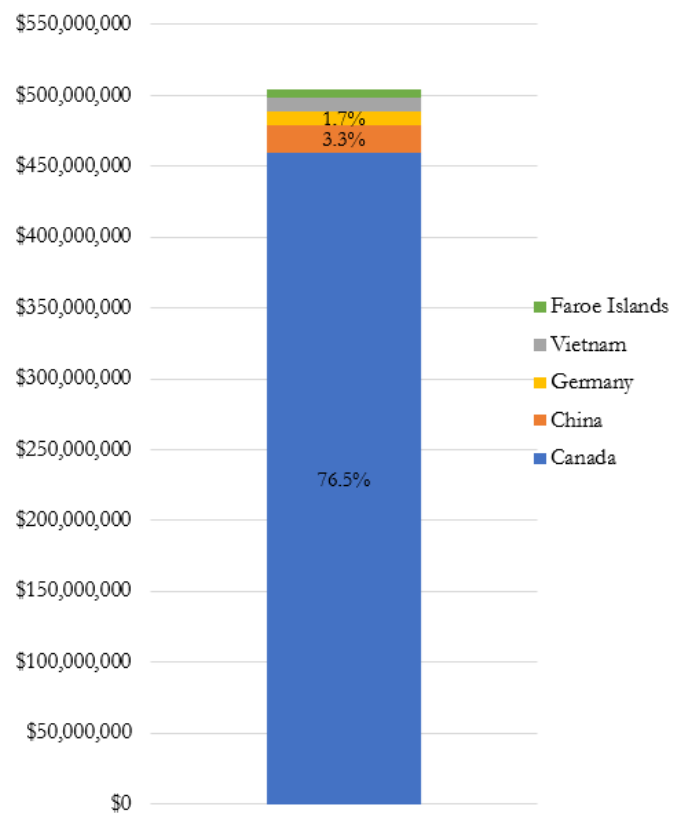
In January 2025, total exports were down 23.4% in Maine, up 4.8% in New England, and up 2.1% nationwide compared to January 2024. Year-over-year exports have been volatile since early 2021. Maine's top trade partner was Canada, which accounted for 77% of imports and 45% of exports.

⁵ The data reported here reflect conditions in January 2025. Any impacts of trade-related policy changes in February and March are not yet captured in this data.

Value of exports to top 5 export partners

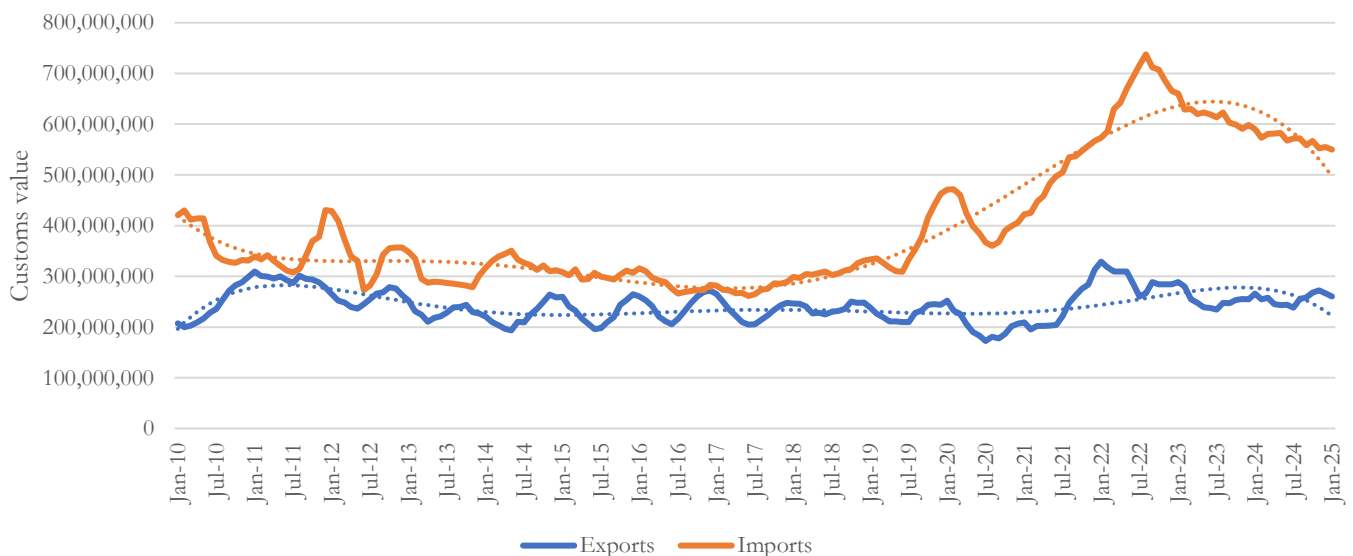


Value of imports from top 5 import partners



Similar to the nation, Maine's trade deficit has grown in recent years as the U.S. dollar has strengthened relative to foreign currencies, which makes imports from other countries cheaper and more attractive. Conversely, a strong U.S. dollar can lead to decreasing exports, as goods and services from the U.S. are more expensive for international consumers. These dynamics contribute to a large trade deficit, both in Maine and the U.S. After peaking in August 2022 at -\$471 million, Maine's six-month average trade deficit was -\$289 million as of January 2025.

Maine exports vs. imports, 6-month moving average



4 Appendix

4.1.1 Data Sources

Indicator	Source	Reference Period	Release Date
Population: estimates and percent change	Census Bureau – Pop. Ests.	2024	December 19, 2024
Net migration: total and percent change	Census Bureau – Pop. Ests.	2024	December 19, 2024
Median age	Census Bureau – ACS 1-year	2023	September 12, 2024
Educational attainment	Census Bureau – ACS 1-year	2023	September 12, 2024
Poverty level	Census Bureau – ACS 1-year	2023	September 12, 2024
Income	Census Bureau – ACS 1-year	2023	September 12, 2024
Per capita personal consumption expenditure	U.S. Bureau of Economic Analysis	2023	October 3, 2024
Per capita disposable personal income	U.S. Bureau of Economic Analysis	2023	September 27, 2024
Average earnings per job	U.S. Bureau of Economic Analysis	2023	September 27, 2024
Gross domestic product	U.S. Bureau of Economic Analysis	2024:Q4	March 28, 2025
GDPNow	Atlanta Fed	2025:Q1	April 1, 2025
Real-time Sahm Rule Recession Indicator	Sahm, Claudia/FRED	February 2025	March 7, 2025
GDP-Based Recession Indicator Index	Hamilton, James/FRED	2024:Q3	January 30, 2025
Personal income: total, per capita, and wages and salaries	U.S. Bureau of Economic Analysis	2024: Q4	March 28, 2025
Unemployment rate	U.S. Bureau of Labor Statistics	February 2025	March 28, 2025
Labor force participation	U.S. Bureau of Labor Statistics	February 2025	March 28, 2025
Nonfarm payroll job estimates	U.S. Bureau of Labor Statistics	February 2025	March 28, 2025
Consumer Price Index	U.S. Bureau of Labor Statistics	February 2025	March 12, 2025
PCE Price Index	U.S. Bureau of Economic Analysis/FRED	February 2025	March 28, 2025
Brent Spot Prices	Energy Information Administration	March 21, 2025	March 26, 2025
Gasoline	Energy Information Administration	March 31, 2025	March 31, 2025
Heating Oil Prices	Energy Information Administration	March 24, 2025	March 26, 2025
House price index	Federal Housing Finance Agency	2024:Q4	February 25, 2025
Housing: Units and Median Sale Price	Maine Association of REALTORS®	December 2024-February 2025	March 20, 2025
Housing Inventory – Active Listing Count in Maine	Realtor.com via FRED	February 2025	February 27, 2025
Index of Consumer Sentiment	University of Michigan Survey of Consumers	March 2025	March 28, 2025
Small Business Optimism Index	National Federation of Independent Businesses	February 2025	March 11, 2025
Imports & Exports	USA Trade Online	January 2025	March 6, 2025

5. Glossary

Average earnings per job: Total earnings, which is the sum of wages and salaries, supplements to wages and salaries, and proprietors' income, divided by total full-time and part-time employment.

$$\text{Compound Annual Growth Rate:} = \left(\frac{\text{Final Value}}{\text{Initial Value}} \right)^{\frac{1}{\text{No. of Periods}}} - 1$$

Gross Domestic Product: The measure of the market value of all final goods and services produced within a state in a particular period of time. GDP by state differs from national GDP for the following reasons: GDP by state excludes and national GDP includes the compensation of federal civilian and military personnel stationed abroad and government consumption of fixed capital for military structures located abroad and for military equipment, except office equipment. **Real GDP:** Real GDP by state is an inflation-adjusted measure of each state's gross product that is based on national prices for the goods and services produced within the state. The real estimates of gross domestic product (GDP) by state are measured in chained (2017) dollars.

Housing Price Index: A weighted, repeat-sales index, meaning that it measures average price changes in repeat sales or refinancing on the same properties.

Labor Force Participation Rate: The labor force as a percent of the civilian noninstitutional population ages 16 years and older.

Net Migration Rate: The U.S. Census Bureau defines the net migration rate as the difference between the number of migrants entering and those leaving an area in a year, per 1,000 midyear population. May also be expressed in percent. A positive figure is known as a net immigration rate and a negative figure as a net emigration rate.

Personal Consumption Expenditures by State: A measure of spending on goods and services purchased by, and on behalf of, households based on households' state of residence divided by the resident population of the area.

Personal Income: Income that persons residing in the area receive in return for their provision of labor, land, and capital used in current production as well as other income, such as personal current transfer receipts. *Per capita personal income:* The personal income of a given area divided by the resident population of the area. *Per capita disposable personal income:* The income available to persons for spending or saving (personal income less personal current taxes) of a given area divided by the resident population of the area.

Poverty Level: The U.S. Census Bureau uses a set of money income thresholds that vary by family size and composition to determine who is in poverty. If a family's total income is less than the family's threshold, then that family and every individual in it is considered in poverty.

Total merchandise exports: Total exports are calculated by adding domestic exports (goods that are grown, produced, or manufactured in the United States) to foreign exports (foreign-origin goods that have previously entered the United States, Puerto Rico, or the U.S. Virgin Islands for consumption, entry into a CBP bonded warehouse, or a U.S. Foreign Trade Zone (FTZ), and at the time of exportation, have undergone no change in form or condition or enhancement in value by further manufacturing).

Total Private nonfarm employment: Each month Current Employment Statistics (CES) surveys a sample of about 2,700 nonfarm private employers (plus federal, state, and local government employers) in Maine asking them to report the number of jobs, hours, and earnings of workers on their payroll during the week including the 12th day of each month. The sample accounts for just 7% of employers, but 34% of nonfarm jobs in the state because a high share of large employers are surveyed.

Unemployment Rate: Number of unemployed as a percent of the labor force. To be classified as unemployed, persons must be aged 16 years and older with no employment during the reference week, were available for work, except for temporary illness, and had made specific efforts to find employment sometime during the 4-week period ending with the reference week.

Wages and Salaries: Remuneration receivable by employees (including corporate officers) from employers for the provision of labor services, measured before deductions such as social security contributions, union dues, and voluntary employee contributions to defined contribution pension plans.