

Maine Demographic Trends

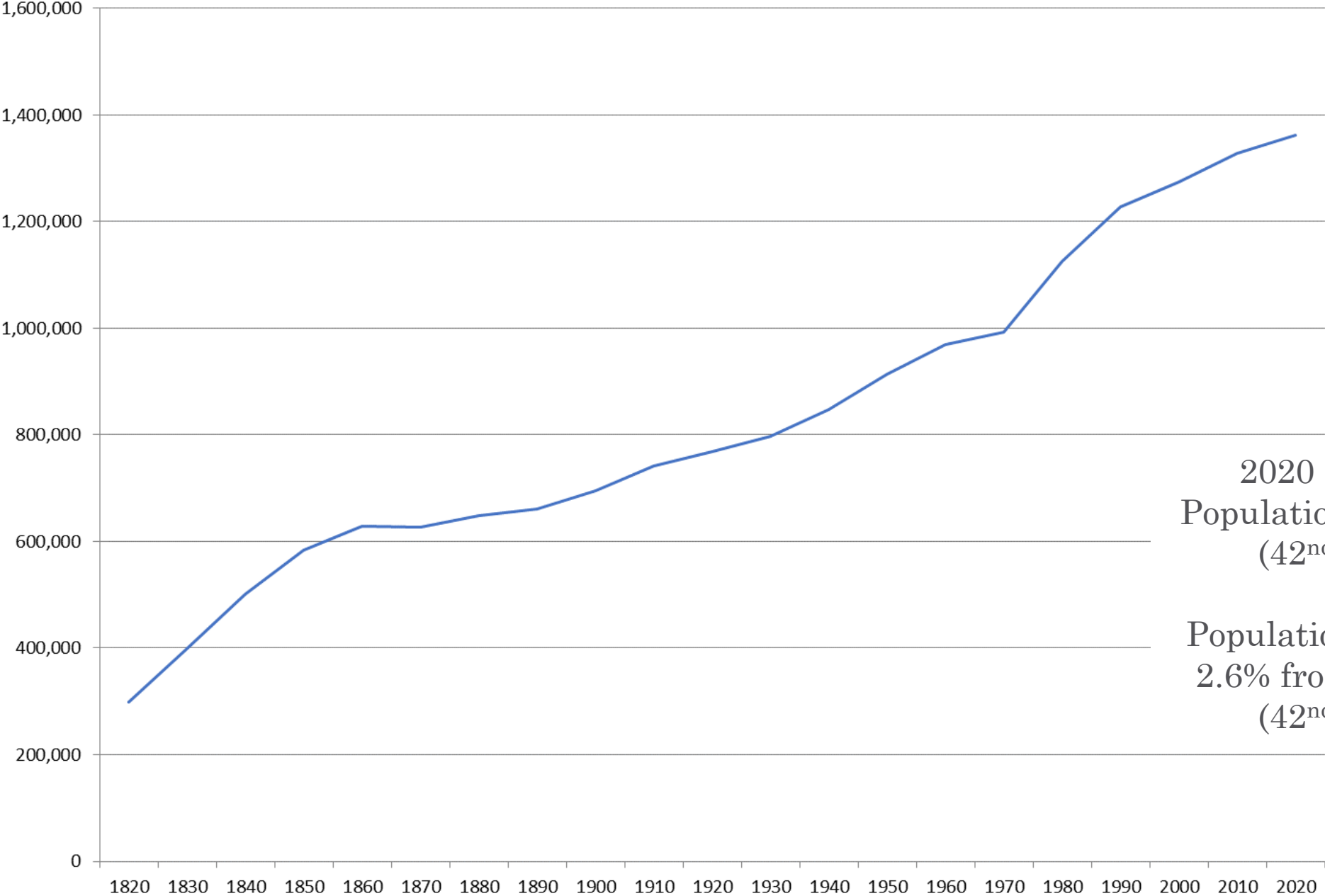
EDCM Annual Meeting

June 2, 2023

Amanda Rector

Maine State Economist

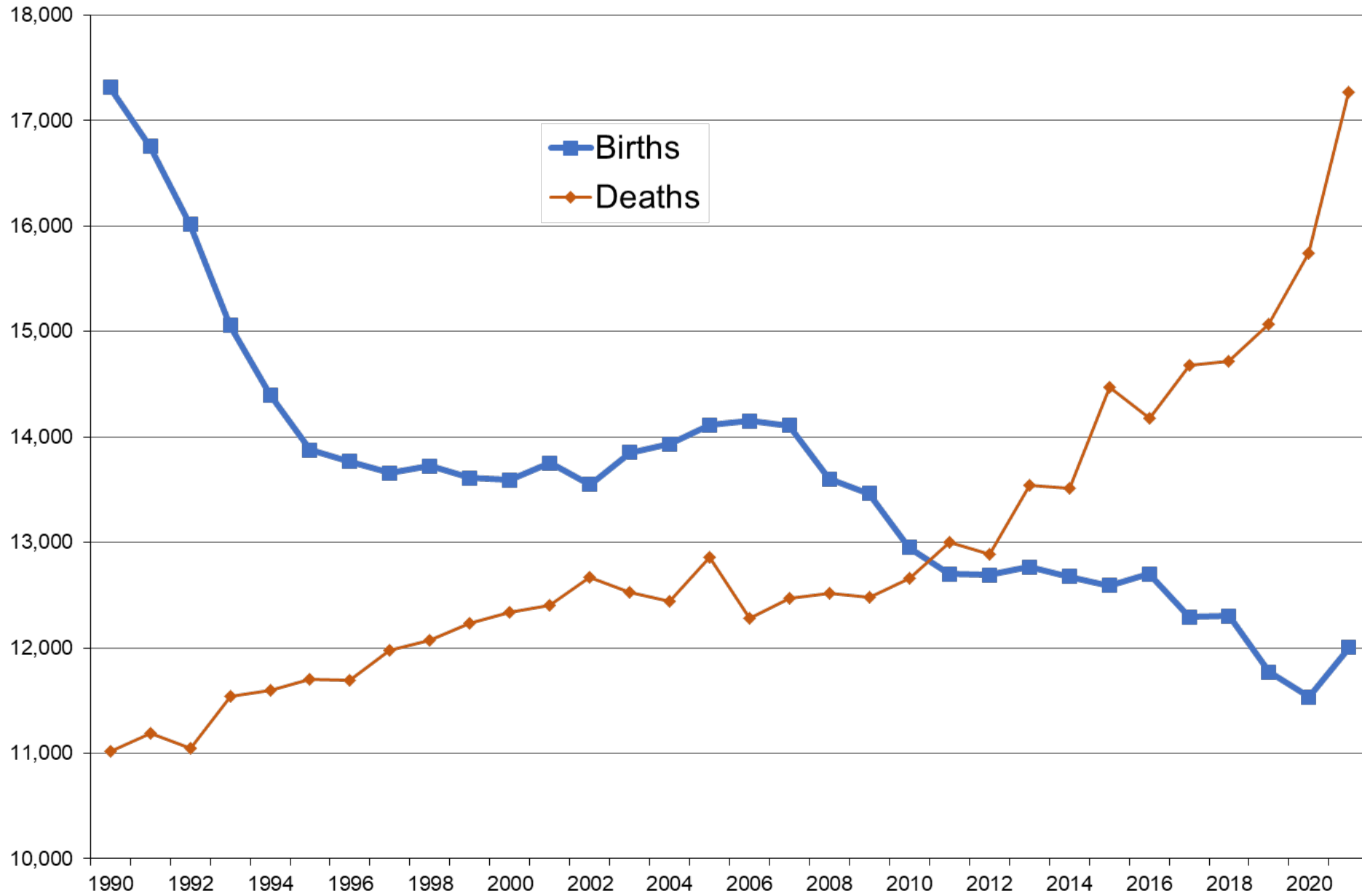
Total Population, Maine



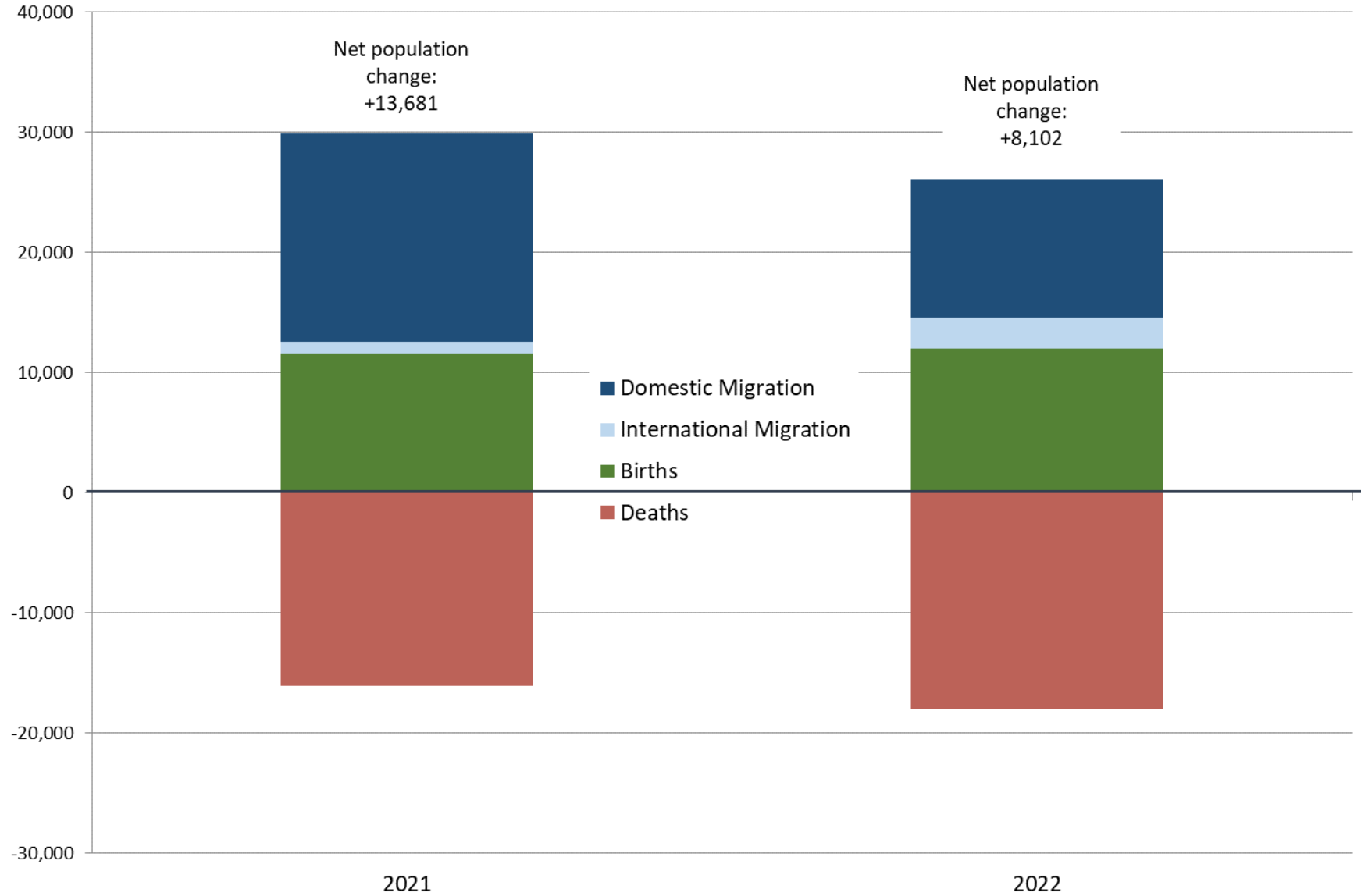
2020 Decennial
Population = 1,362,359
(42nd in U.S.)

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

Births and Deaths per year in Maine



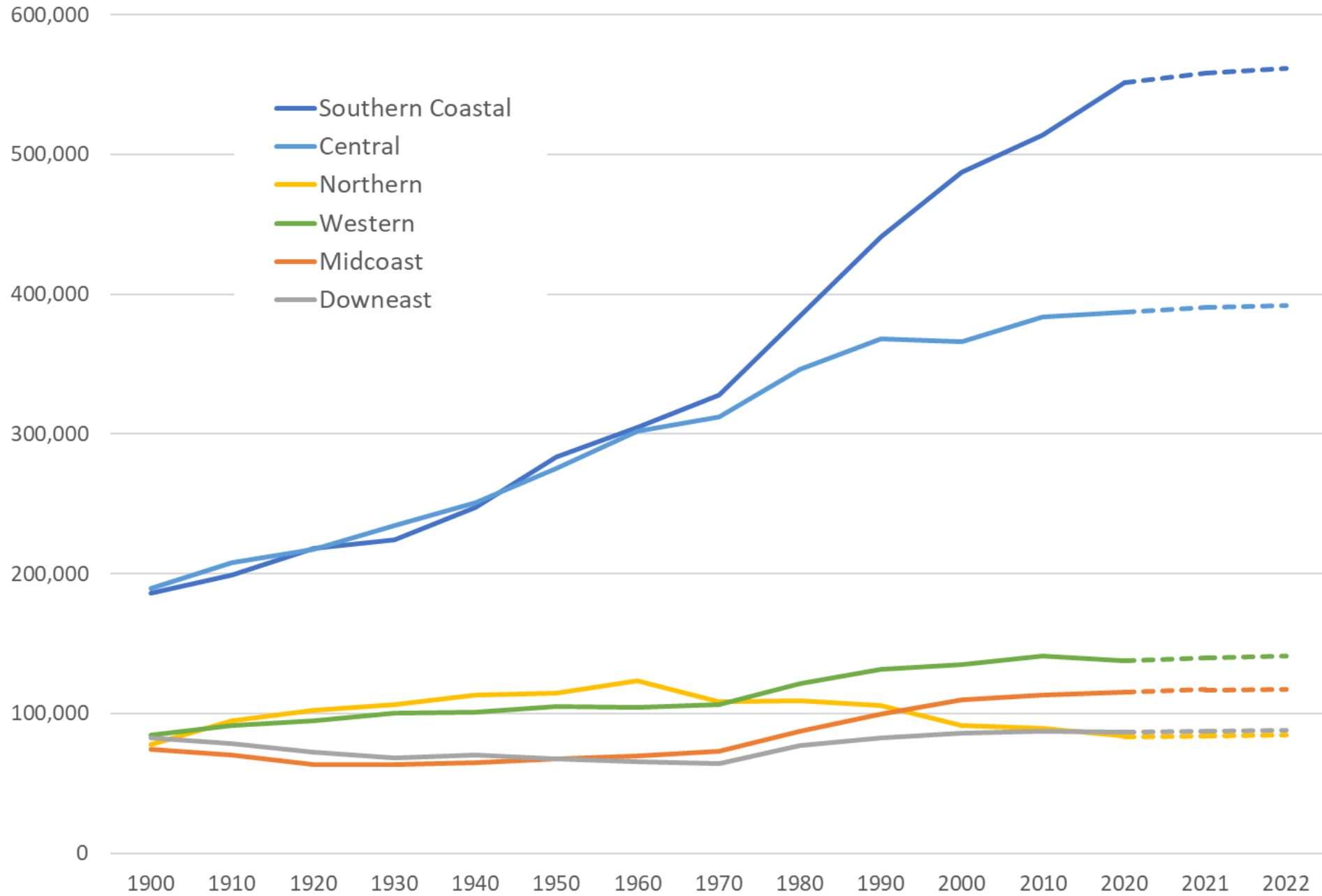
Components of Population Change, Maine



Population increase of 1.7% from 2020-2022 (14th in U.S.)

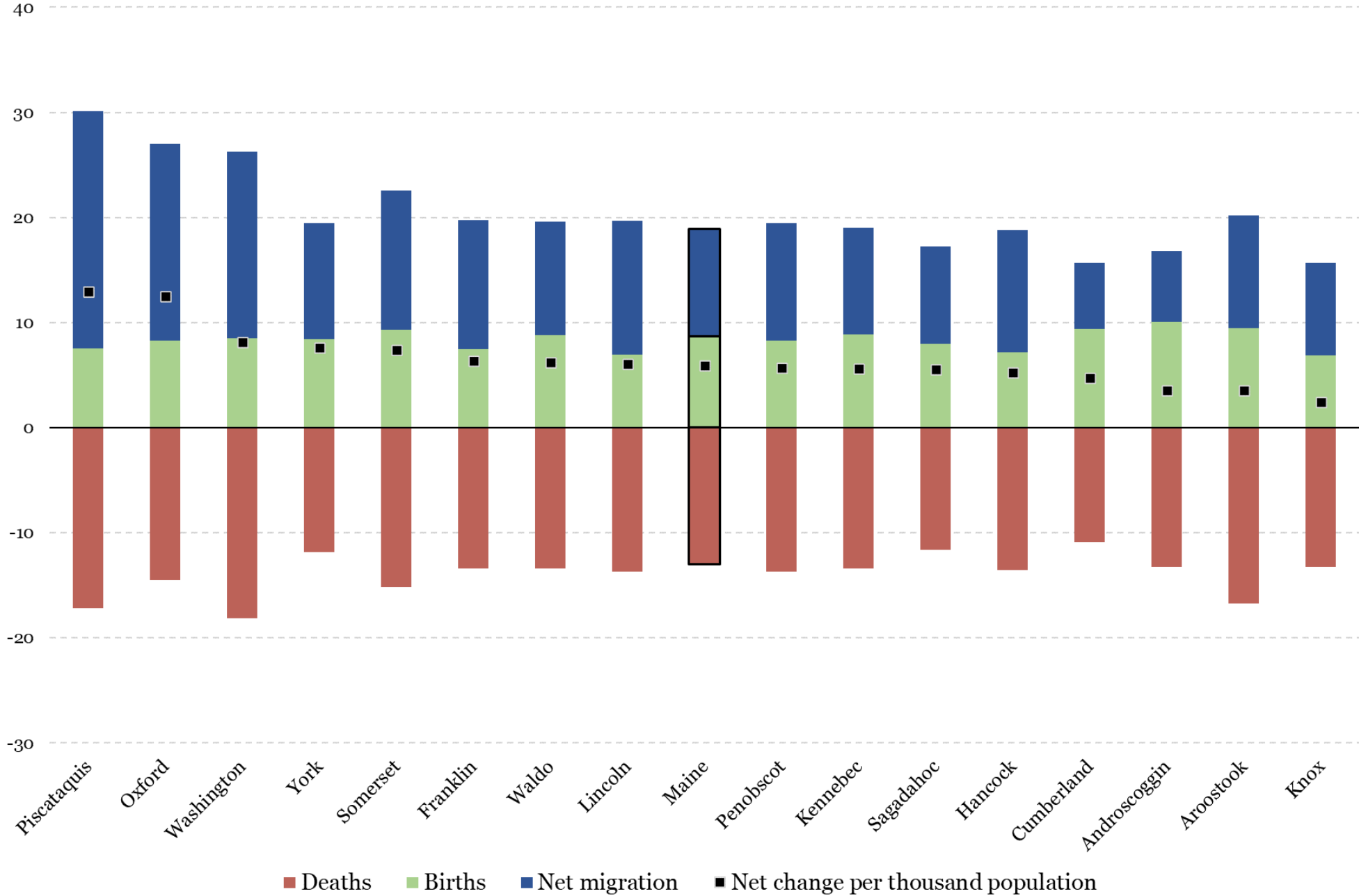
2022 net migration = 10.2 per thousand (11th in U.S.)

Population by Region

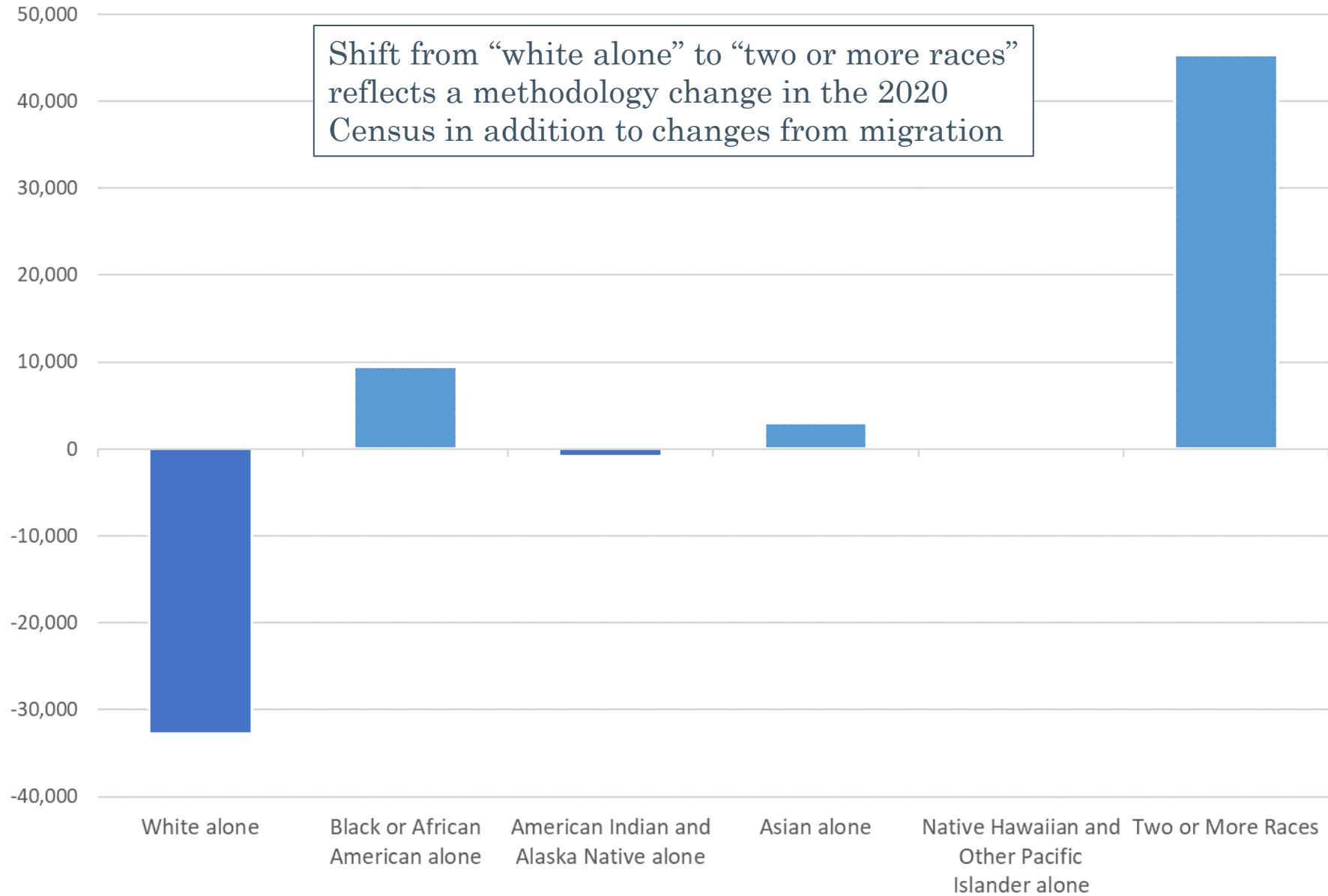


Components of Population Change in Maine, 2022

Rate per thousand population



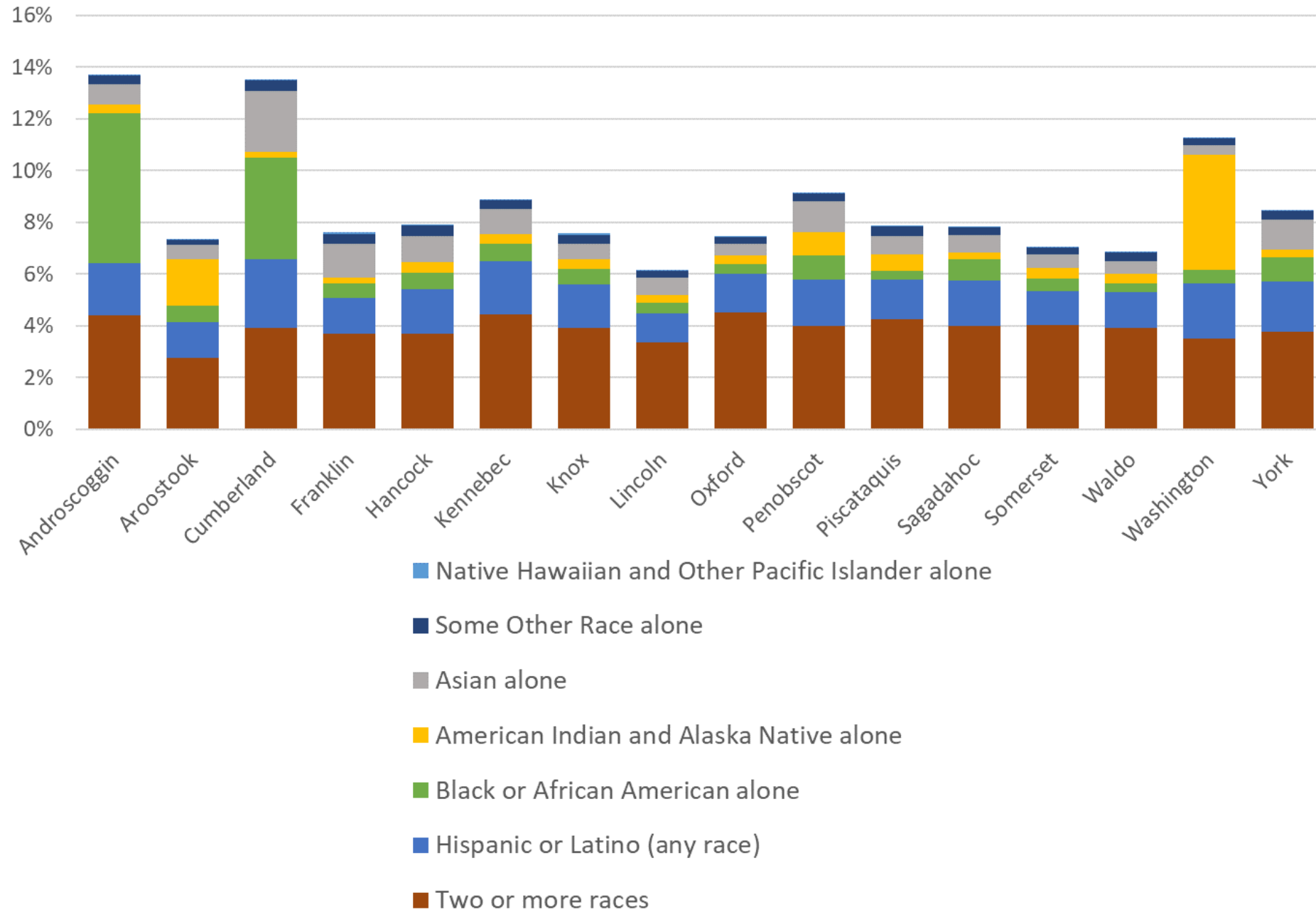
Change in Maine Population by Race, 2010-2020



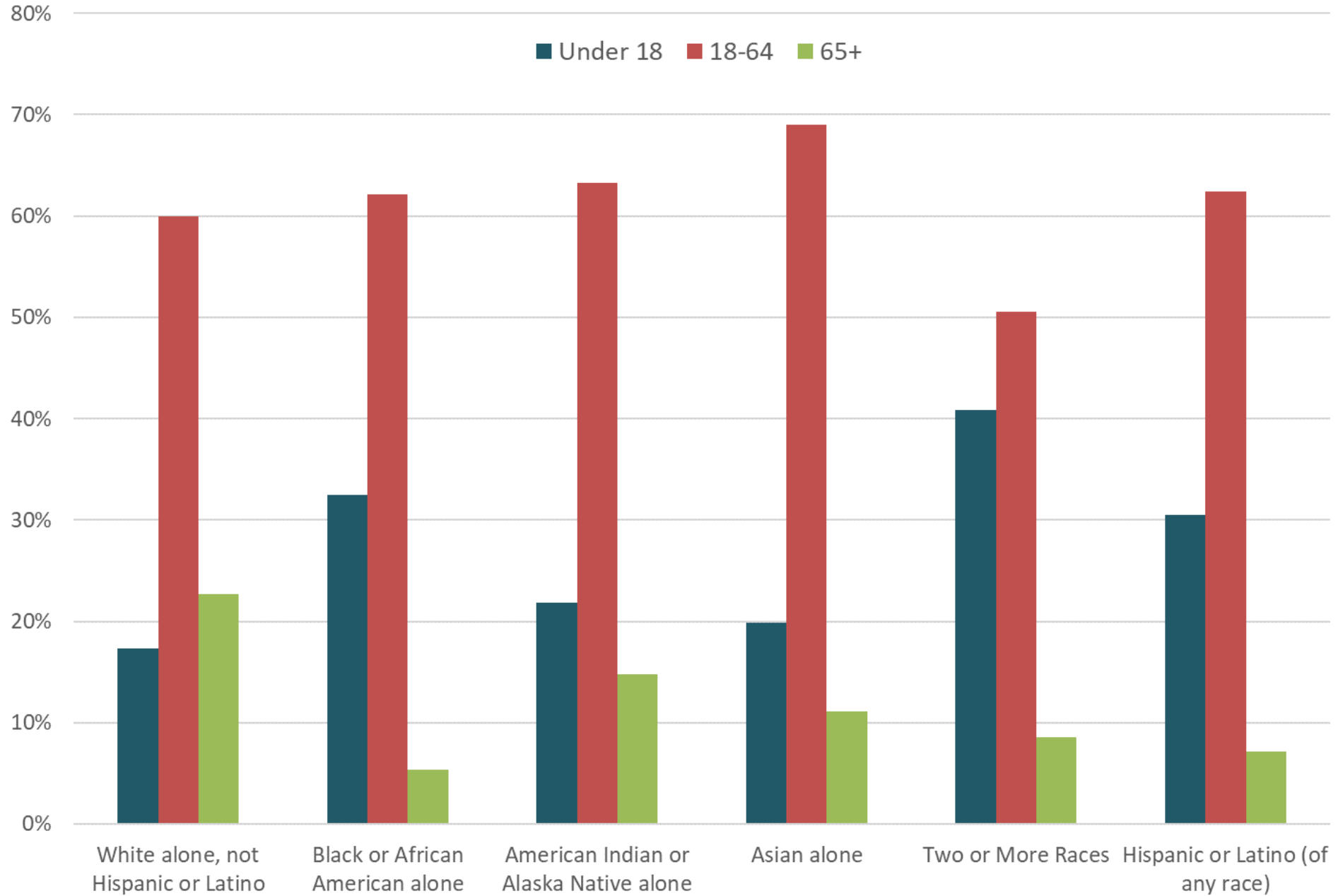
Shift from “white alone” to “two or more races” reflects a methodology change in the 2020 Census in addition to changes from migration

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

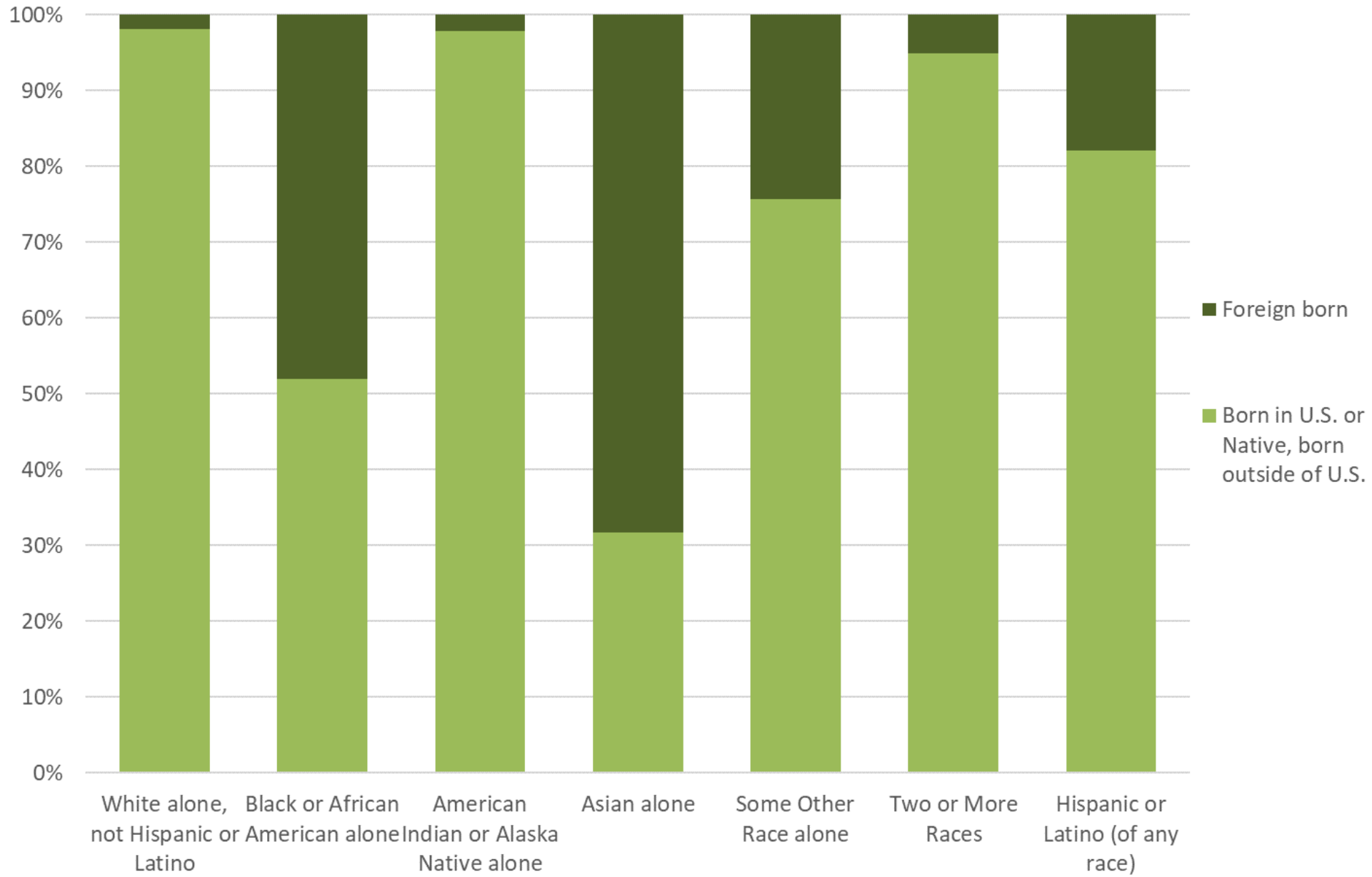
Share of 2020 Population by Race/Ethnicity Excluding White Alone



Percent of 2021 Maine Population by Age and Race/Ethnicity



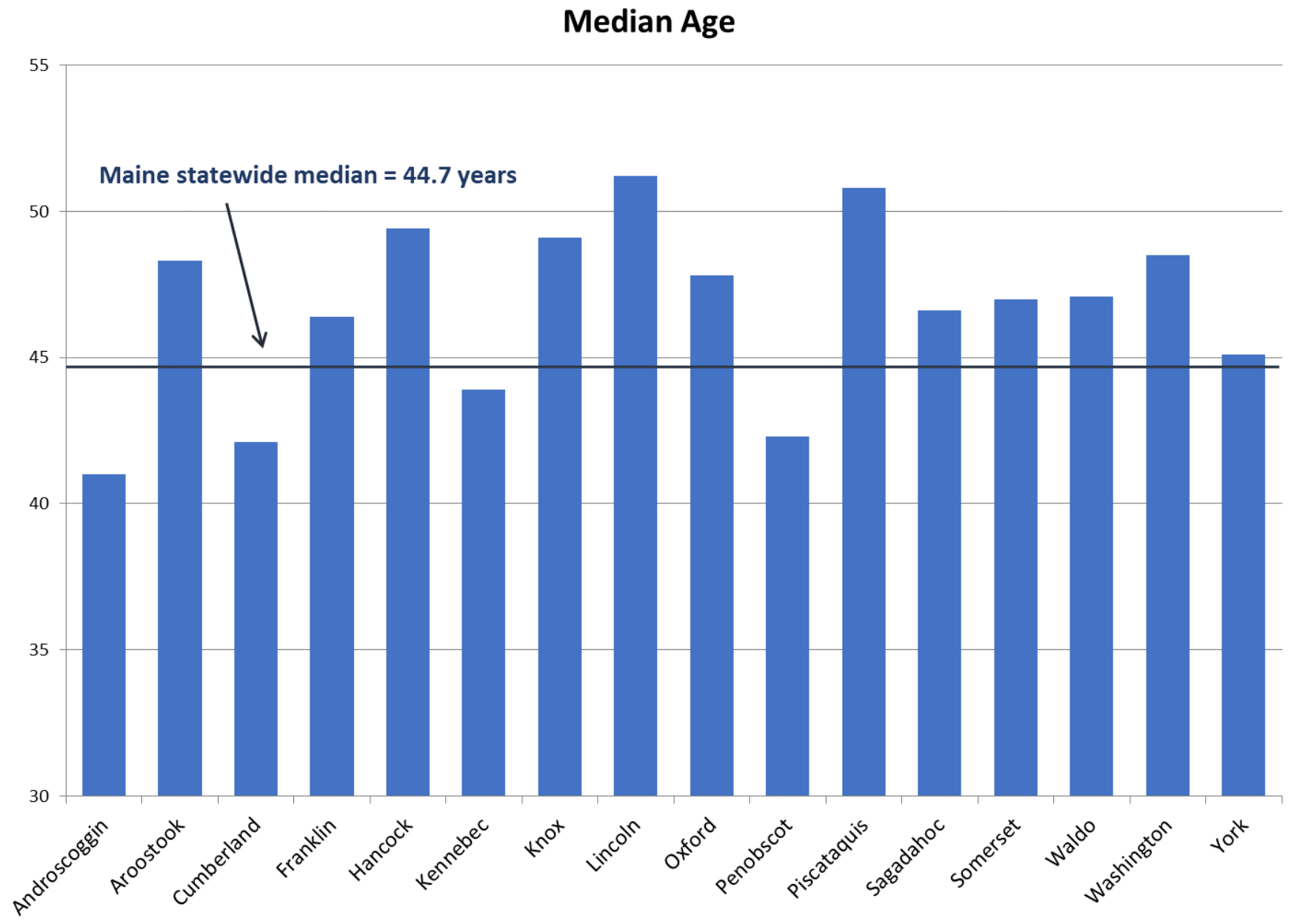
Share of Maine Population by Region of Birth for Race/Ethnicity



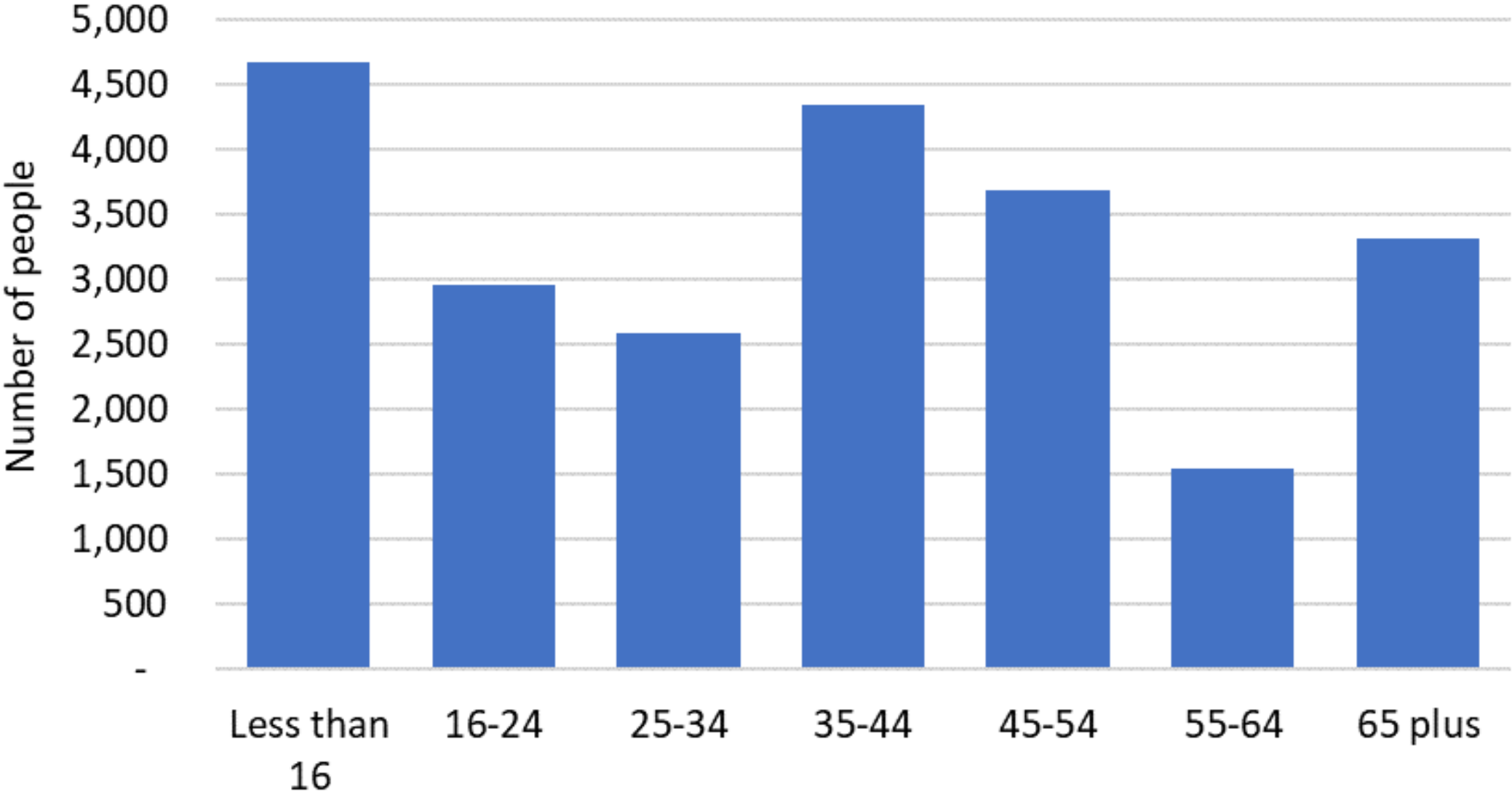
Maine has the oldest population...
...by median age (44.7 years)
...and by % of population age 65+ (21.7%)

BUT!

Maine was the **ONLY** state in the U.S. to see a decrease in median age from 2020 to 2021

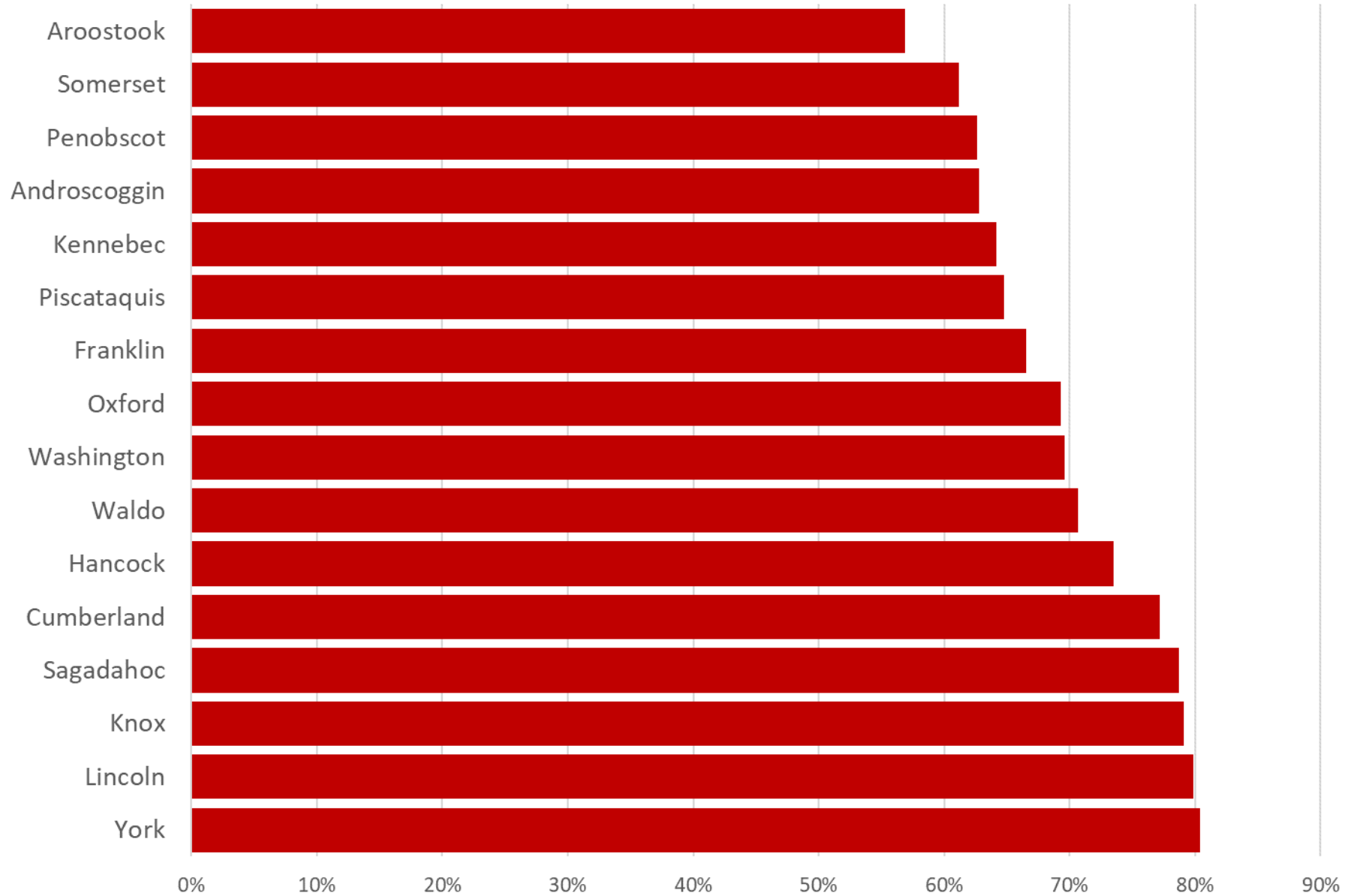


Net Migration by Age Cohort



Source: U.S. Census Bureau; American Community Survey 1-year estimates

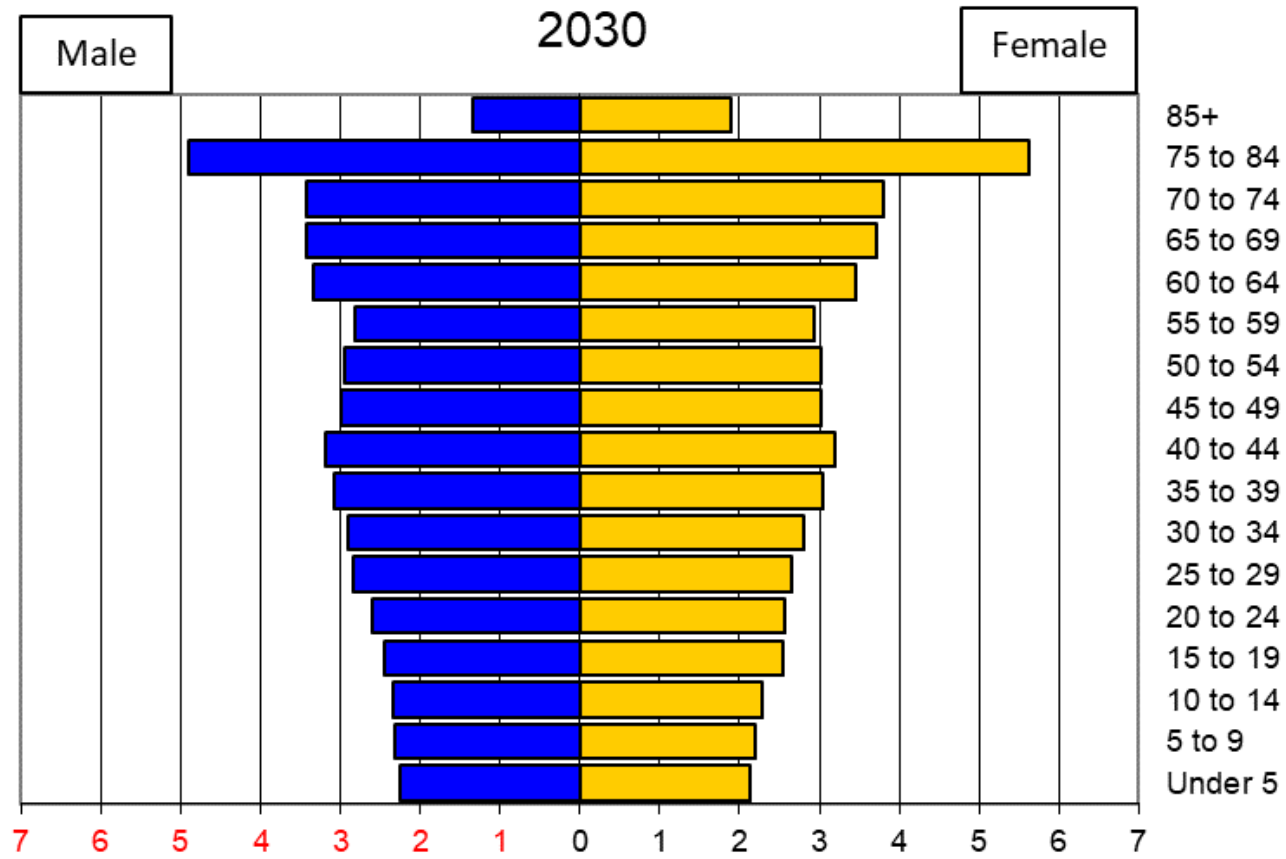
Percent of Households Unable to Afford Median Home, 2022



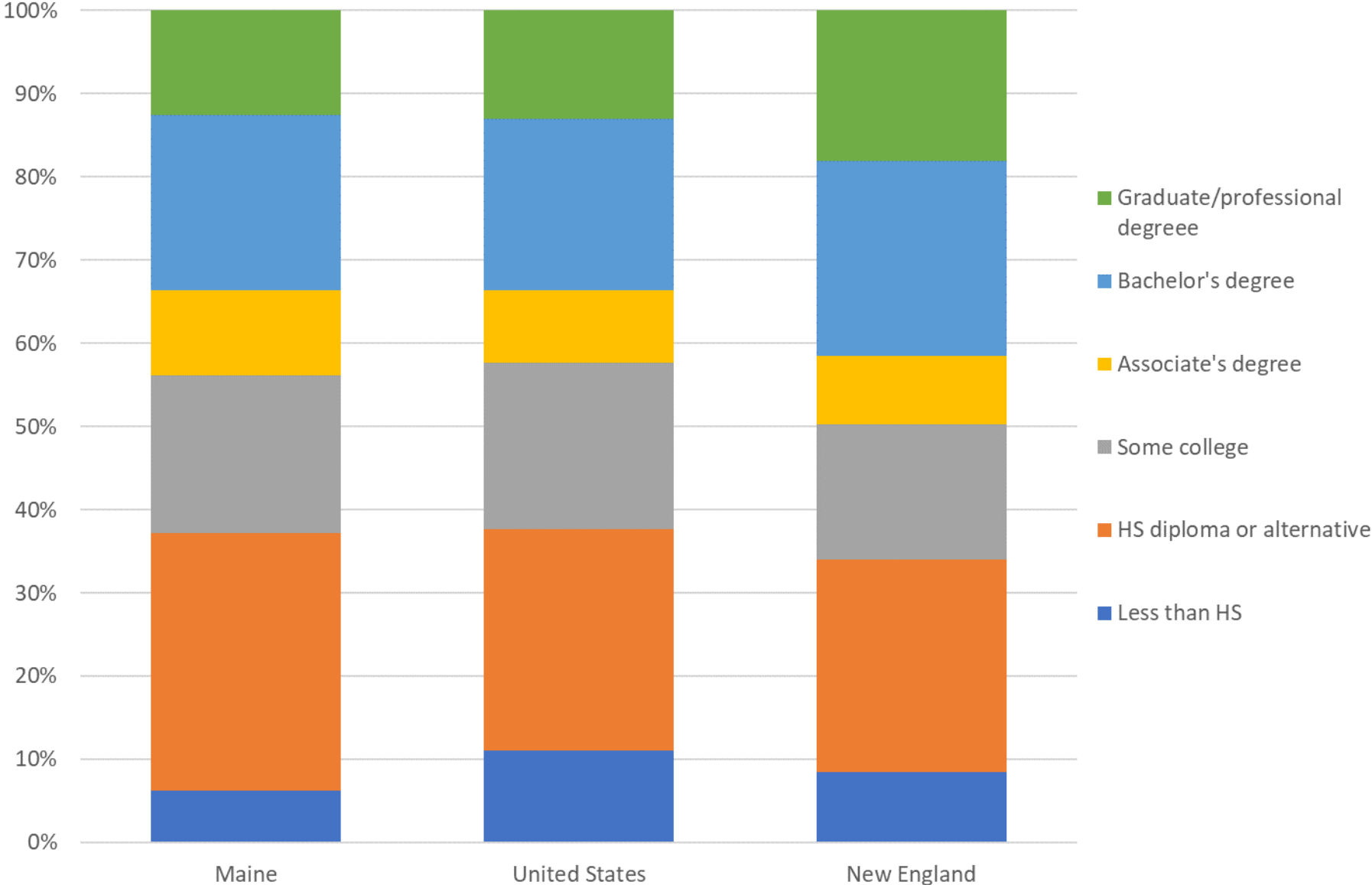
The Baby Boom: 1946-1964

Baby Boom generation in 2030: age 66-84

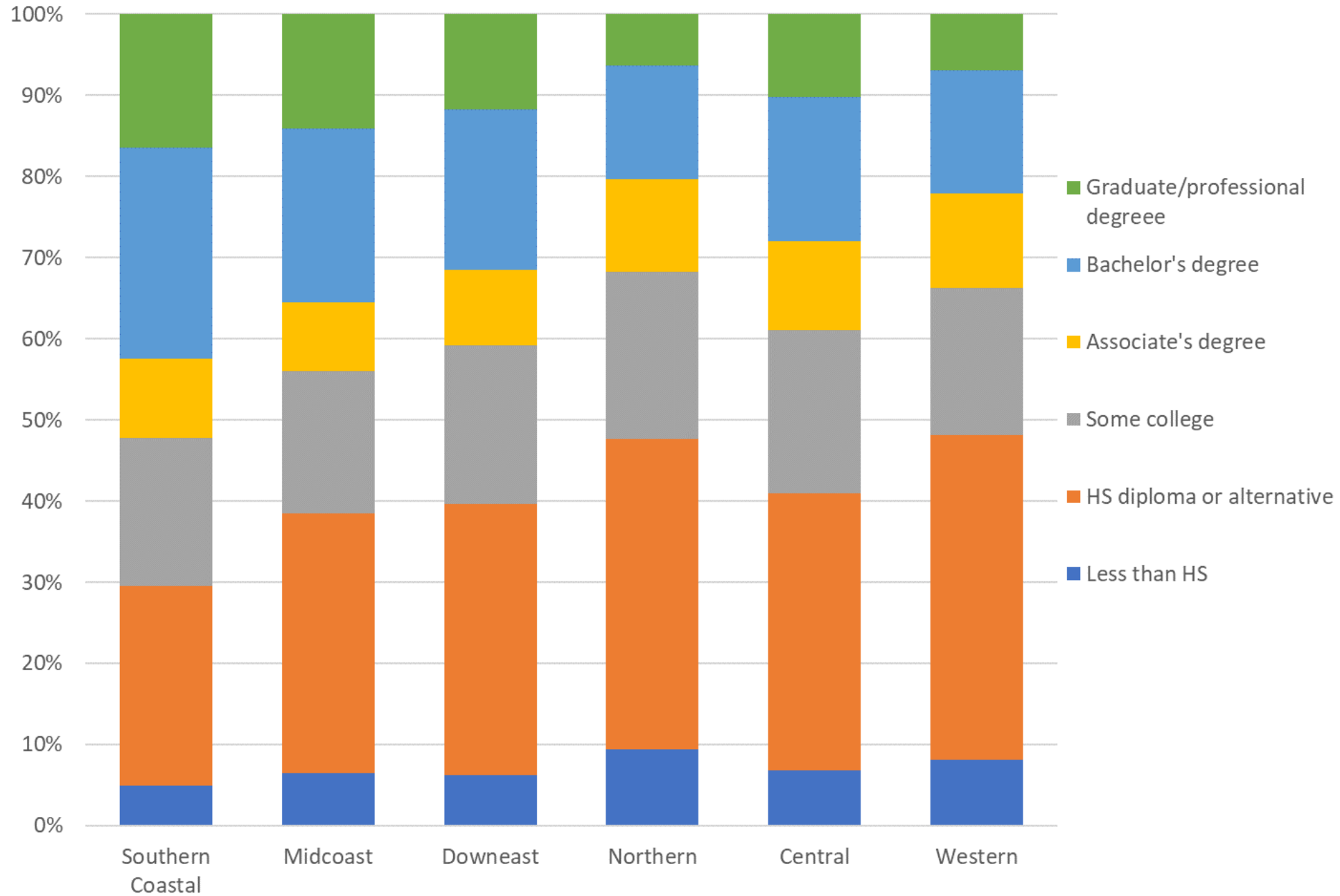
Baby Boom generation in 2021: age 57-75



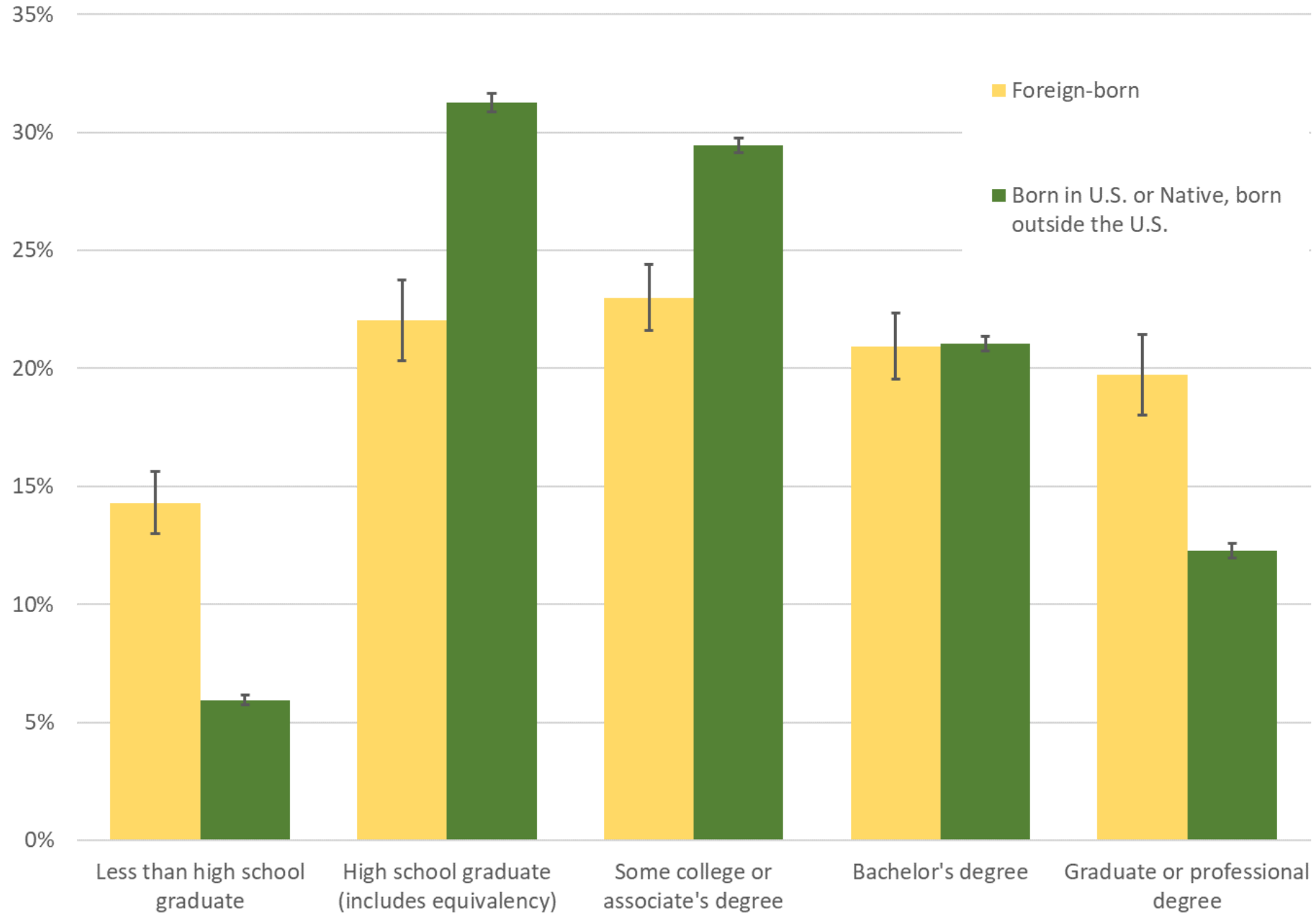
Educational Attainment of Population Age 25+



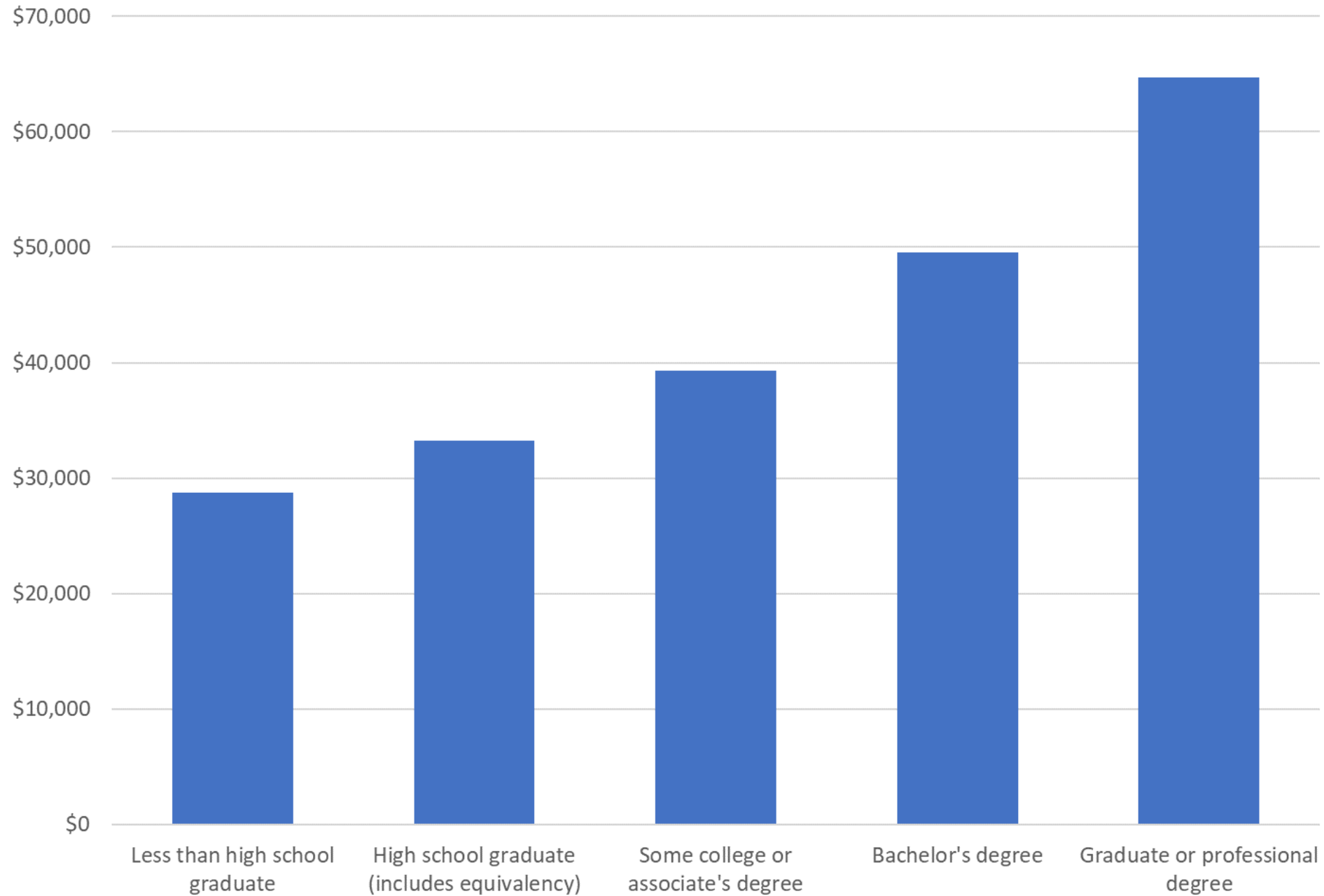
Educational Attainment of Population Age 25+ by Region



Educational Attainment of Maine Population Age 25+



Median Earnings by Educational Attainment for the Maine Population Age 25+



Key assumption from April 2023 Consensus Economic Forecasting Commission report (emphasis added)

There is an unequal distribution of supply and demand in the labor market. Demand for labor is high, supply is low, and unemployment rates are near historic lows in Maine and nationwide. Workers are experiencing higher wage growth, particularly for lower wage jobs. Some demographic trends, including a growing share of the population reaching retirement age, will continue to constrain labor supply. However, the Commission is optimistic that Maine will continue to see higher in-migration of working-age people in the coming years that will be more than sufficient to offset retirements in the forecast period.

Contact Information

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