

Demographic and Economic Conditions in Maine

Maine Association of REALTORS® Lunch and Learn
March 4, 2025

AMANDA RECTOR

MAINE STATE ECONOMIST

DEPARTMENT OF ADMINISTRATIVE AND FINANCIAL SERVICES

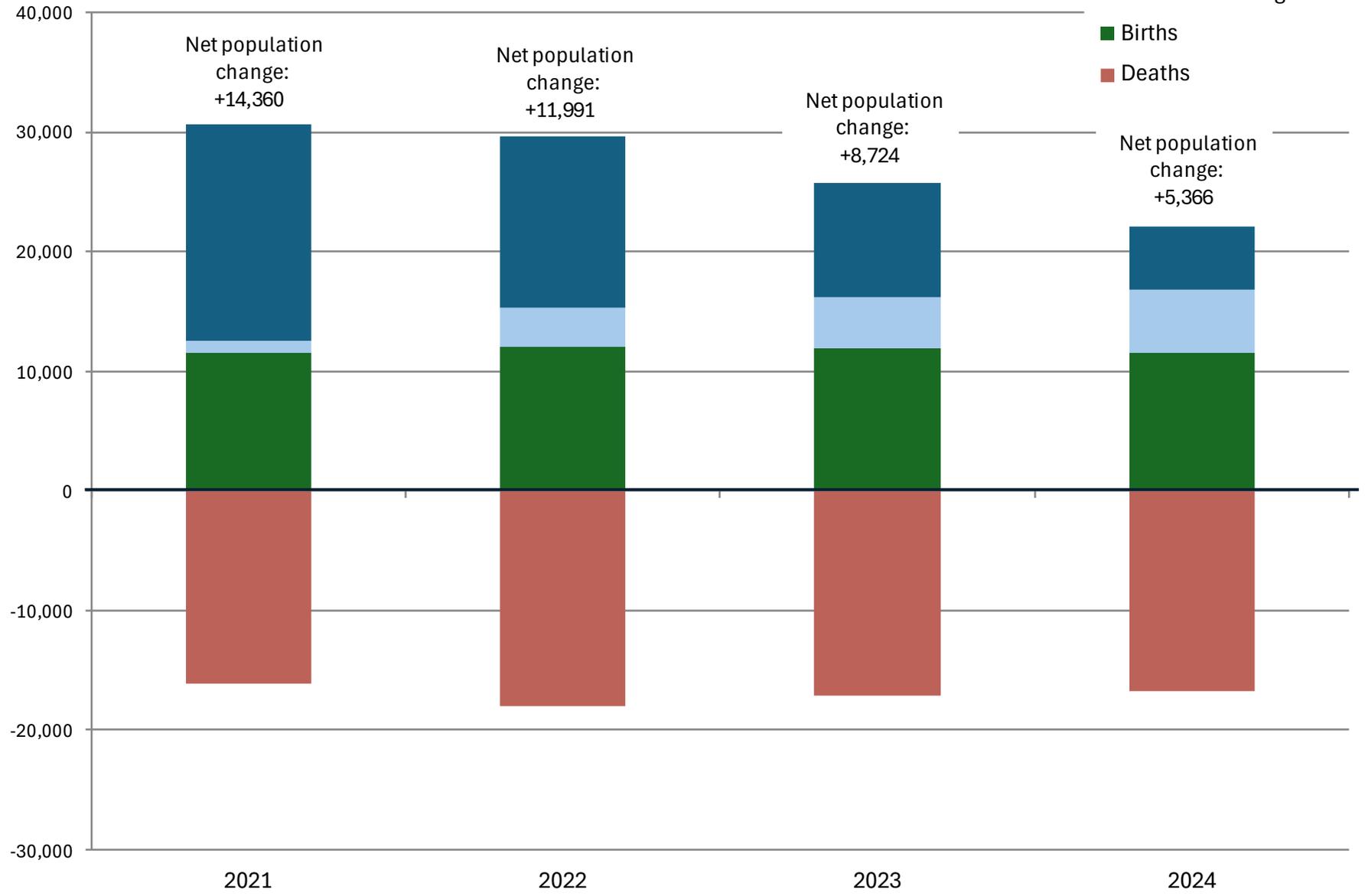




Demographics

Components of Population Change, Maine

- Domestic Migration
- International Migration
- Births
- Deaths



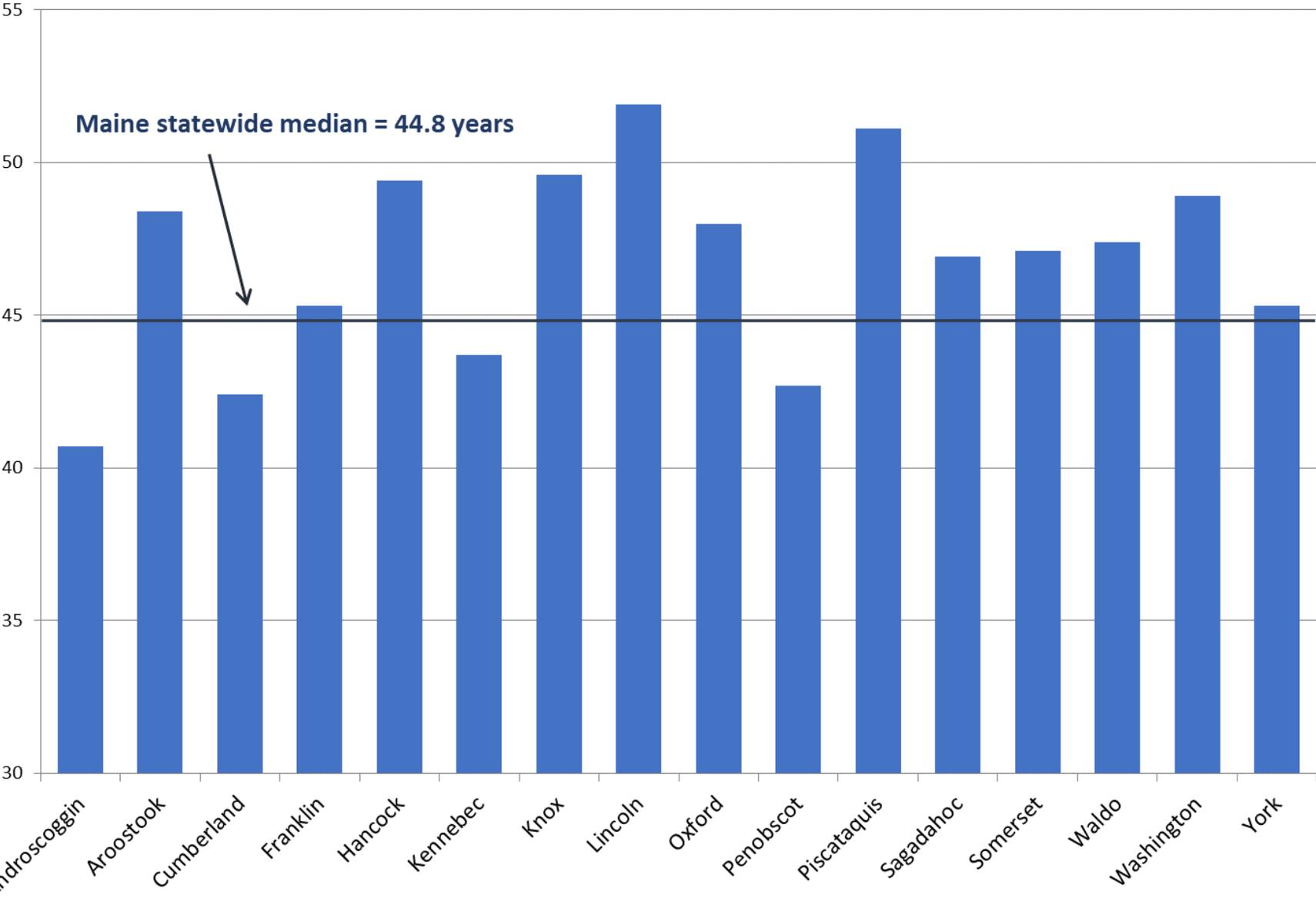
Population increase of 2.6%
from 2010-2020
(42nd in U.S.)

Population increase of 3.1%
from 2020-2024
(17th in U.S.)

2024 net migration =
7.5 per thousand
(20th in U.S.)

2024 Total Population =
1,405,012

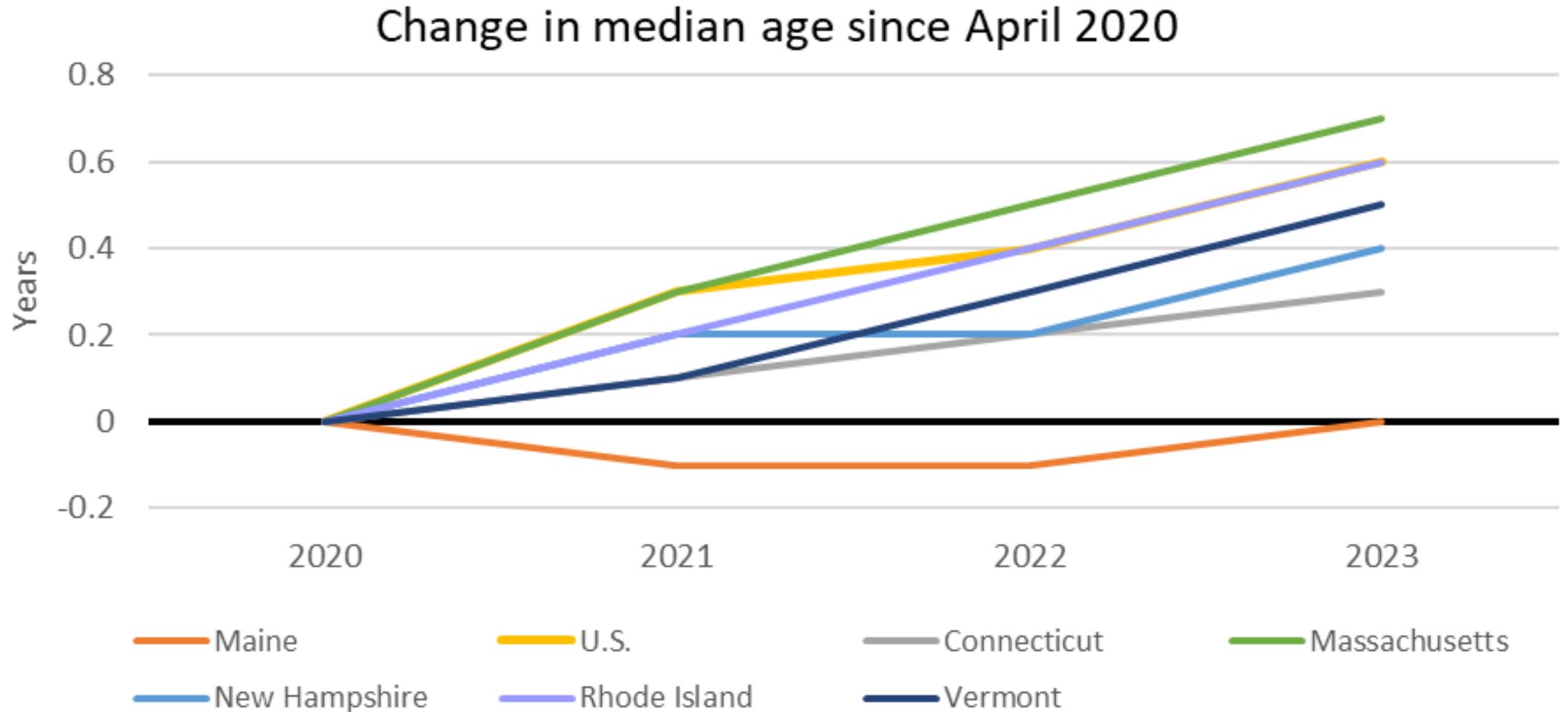
Median Age

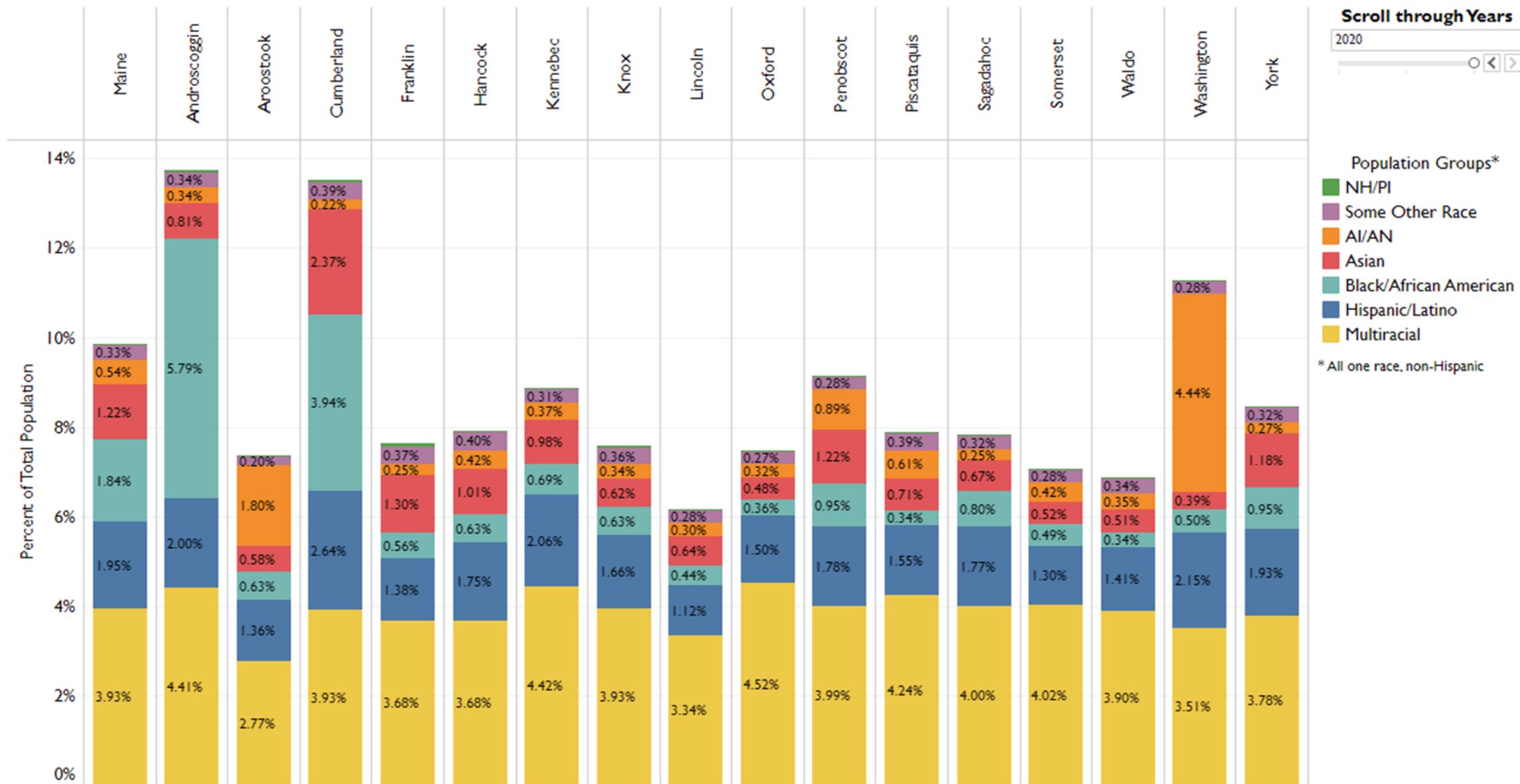


Maine has the highest...
...median age
(44.8 years)
...and % of population age
65+ (23.0%)

Migration has made a difference

Maine's median age in 2023 is unchanged from 2020, while the U.S. median age has increased 0.6 years



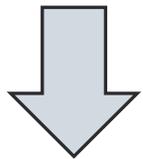


Workforce and Employment

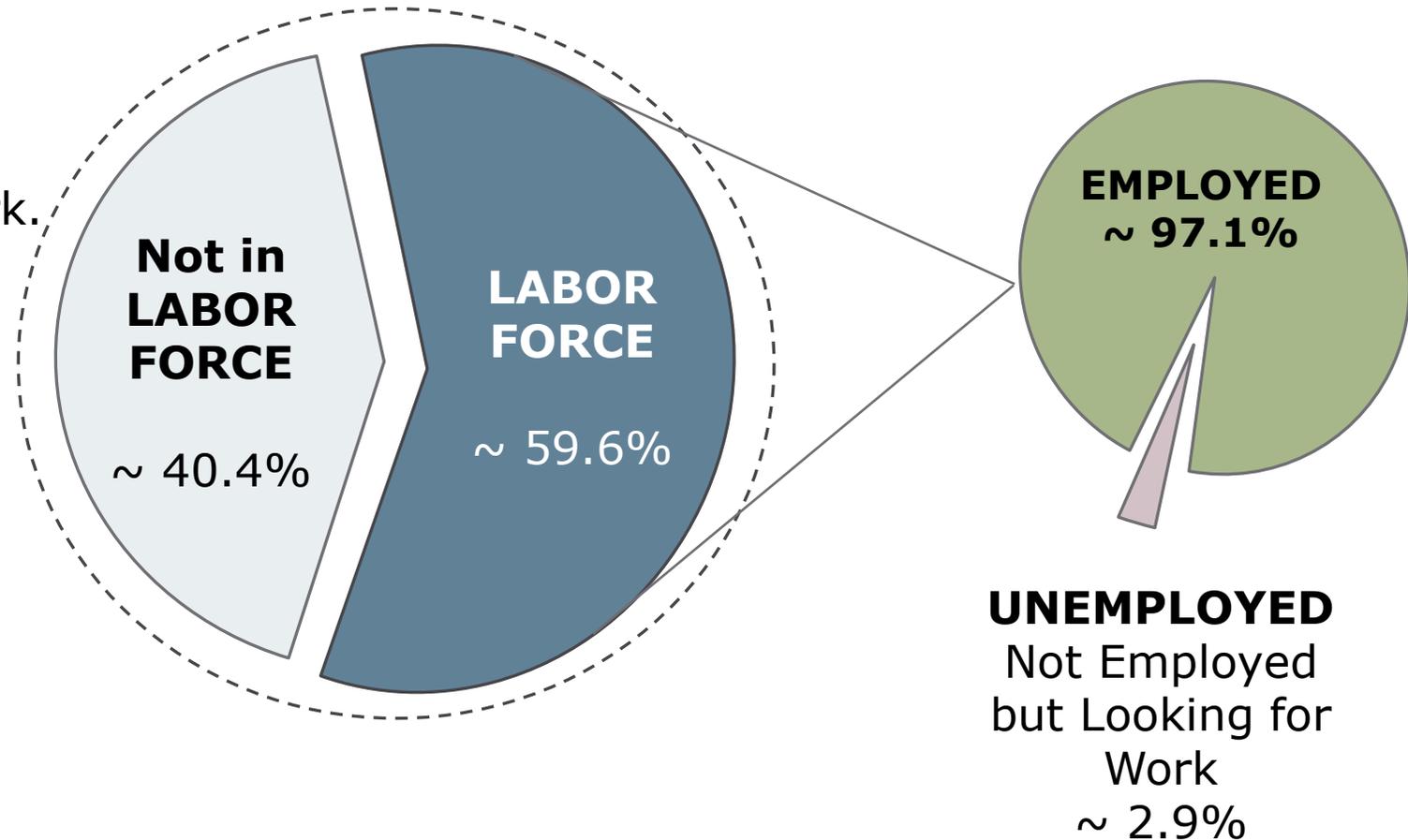
Who is in the labor force?

Civilian population, age 16+

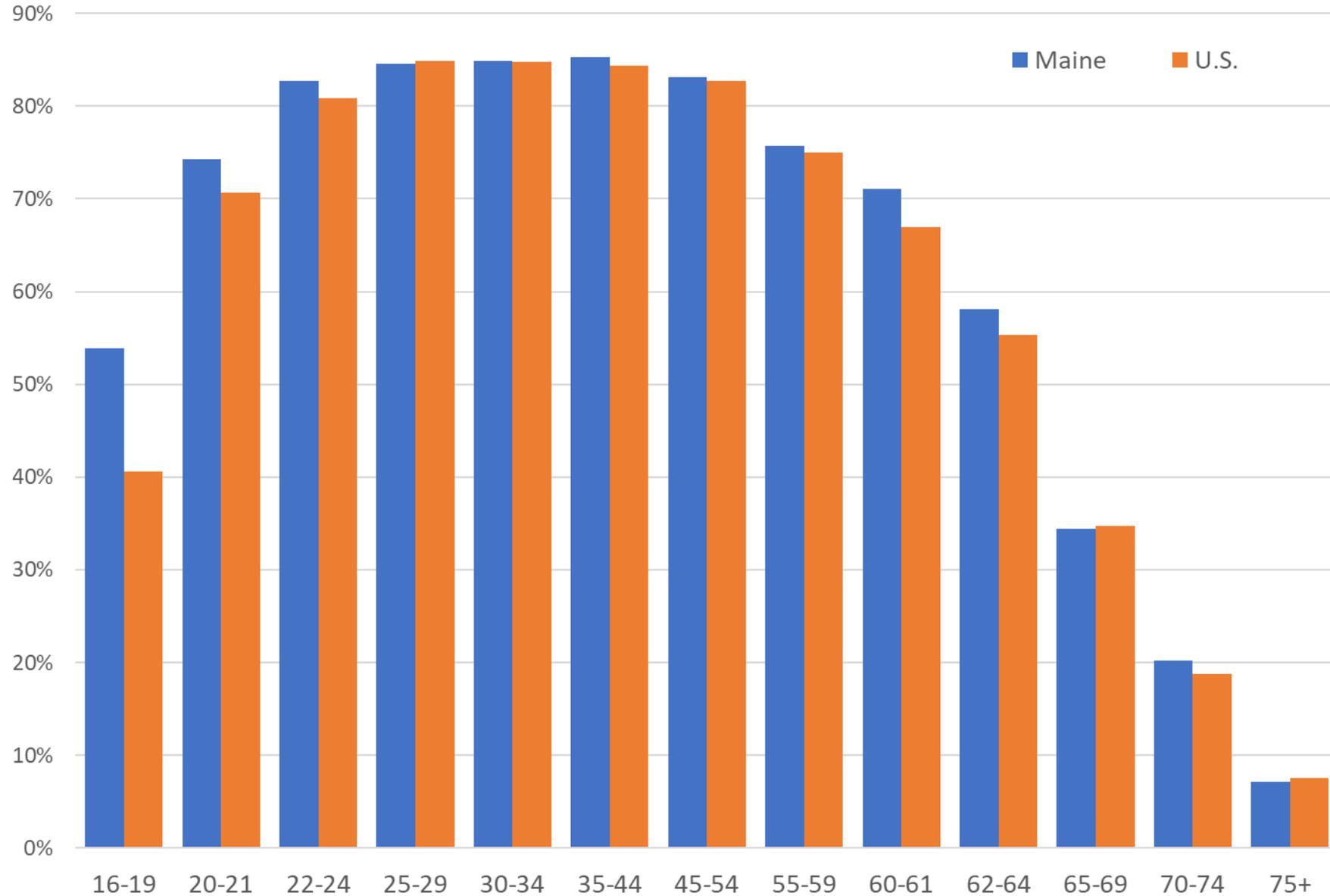
Not available and not looking for work. This could include people who are retired, full-time students, full-time caregivers, etc.



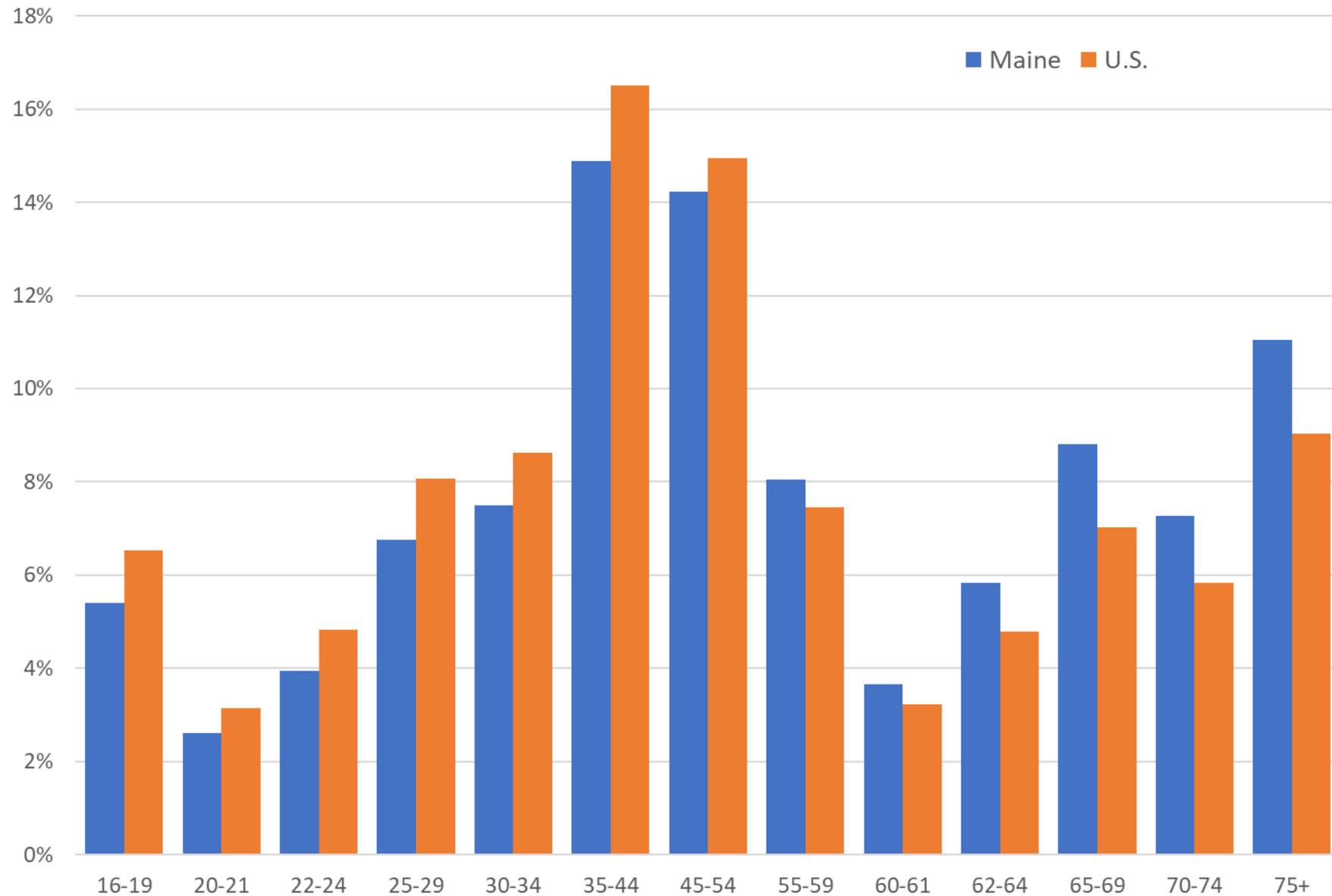
Nationally, over half of the people not in the labor force are retired



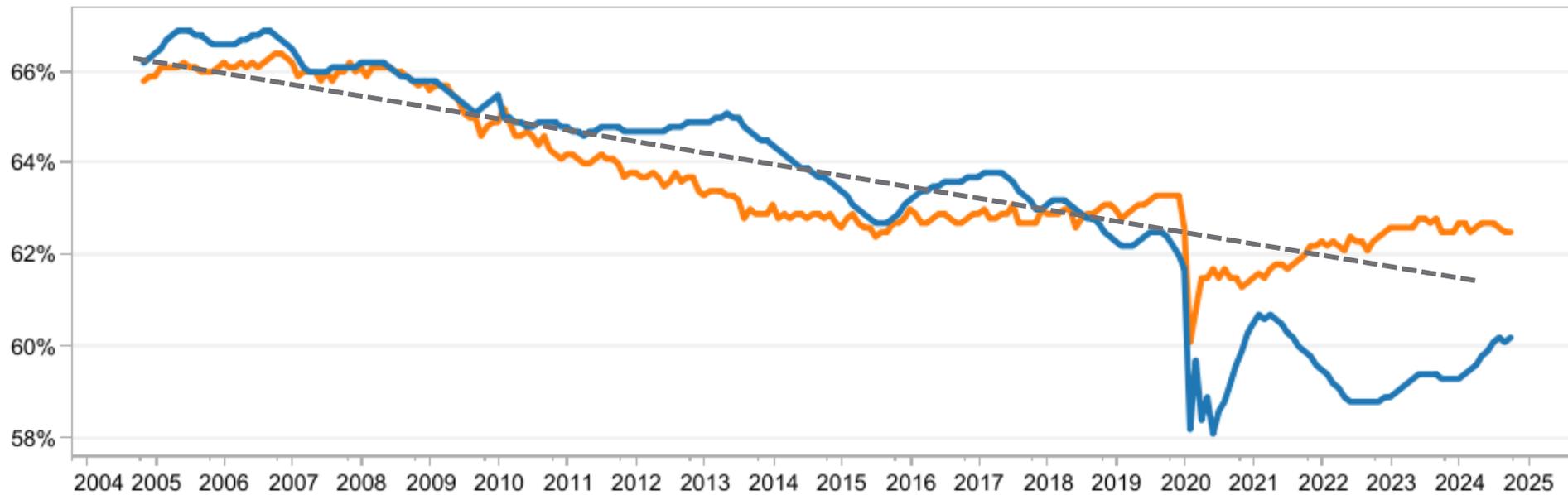
2023 Labor Force Participation Rate



Share of 16+ Population by Age, 2023



Labor Force Participation Rate (seasonally adjusted)



Dec, 2004 to Dec, 2024

- Unemployment Rate
 - Labor Force & Employment
 - Unemployment
 - Labor Force Participation Rate
 - Employment to Population Ratio
- Maine
■ United States

Maine's seasonally-adjusted 3.2% unemployment rate in December 2024 was below the U.S. and New England rates

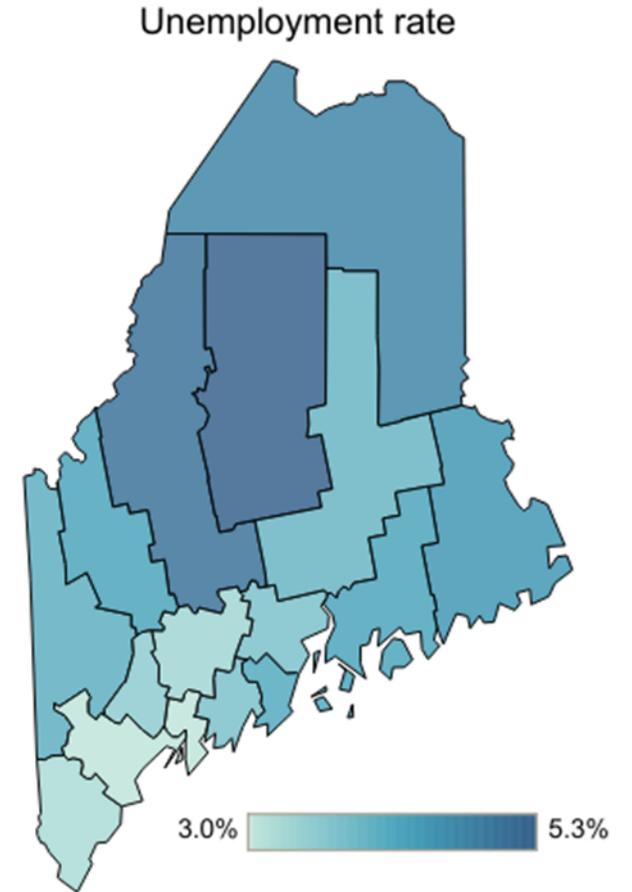
County Rates (not seasonally adjusted)

December, 2024

Table
 Graph

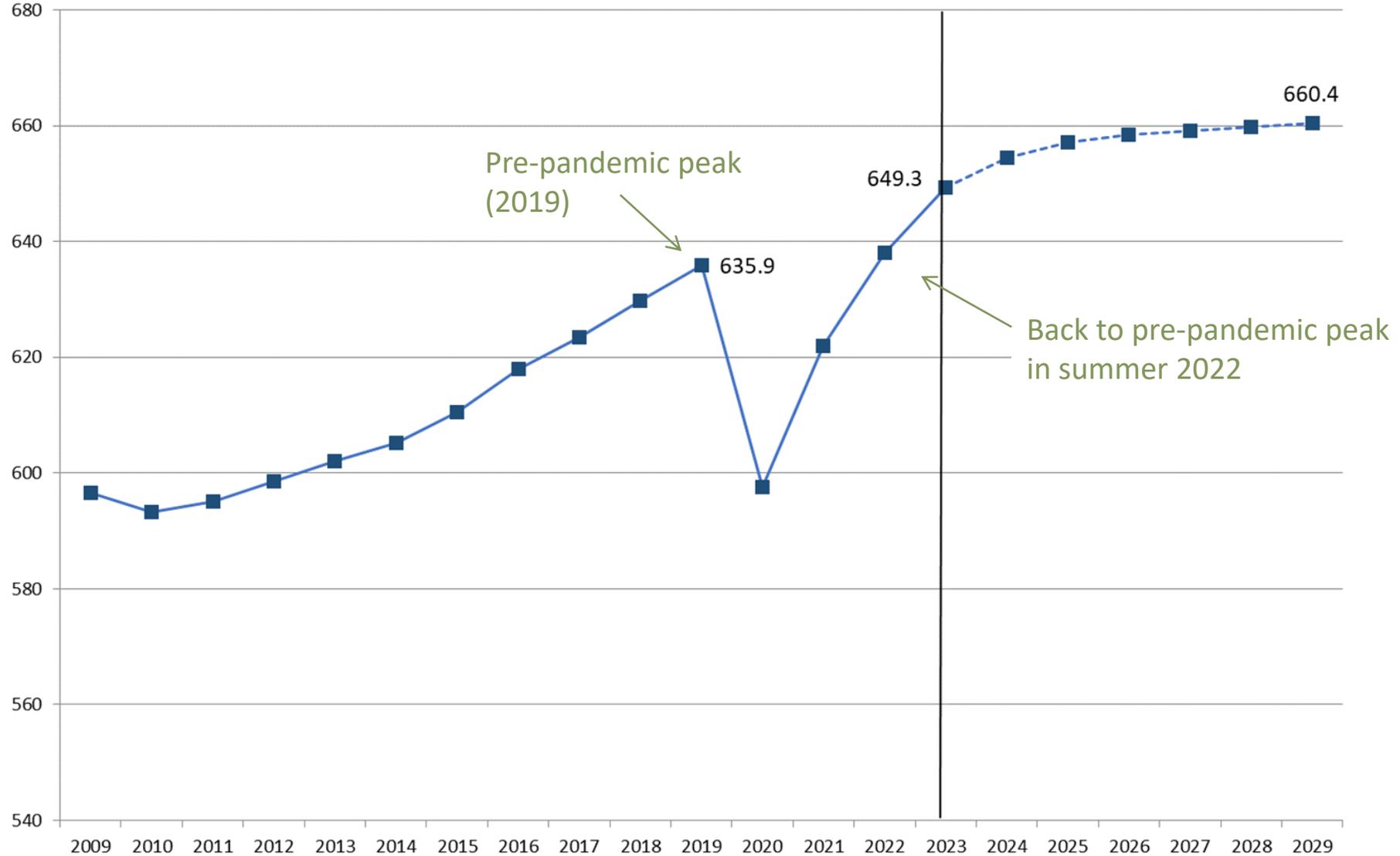
Map/Graph Display
 Unemployment rate
 One-year change

County	Rate	Year ago	One-yr change
Maine	3.6%	3.5%	0.1 ↑
Androscoggin	3.5%	3.5%	0.0 —
Aroostook	4.7%	4.9%	-0.2 ↓
Cumberland	3.0%	2.9%	0.1 ↑
Franklin	4.2%	4.3%	-0.1 ↓
Hancock	4.2%	4.6%	-0.4 ↓
Kennebec	3.3%	3.2%	0.1 ↑
Knox	4.1%	3.8%	0.3 ↑
Lincoln	3.7%	3.7%	0.0 —
Oxford	4.0%	3.8%	0.2 ↑
Penobscot	3.9%	3.8%	0.1 ↑
Piscataquis	5.3%	5.1%	0.2 ↑
Sagadahoc	3.0%	2.8%	0.2 ↑
Somerset	5.0%	5.0%	0.0 —
Waldo	3.7%	3.8%	-0.1 ↓
Washington	4.4%	4.8%	-0.4 ↓
York	3.2%	3.2%	0.0 —



Maine Department of Labor, Center for Workforce Research and Information

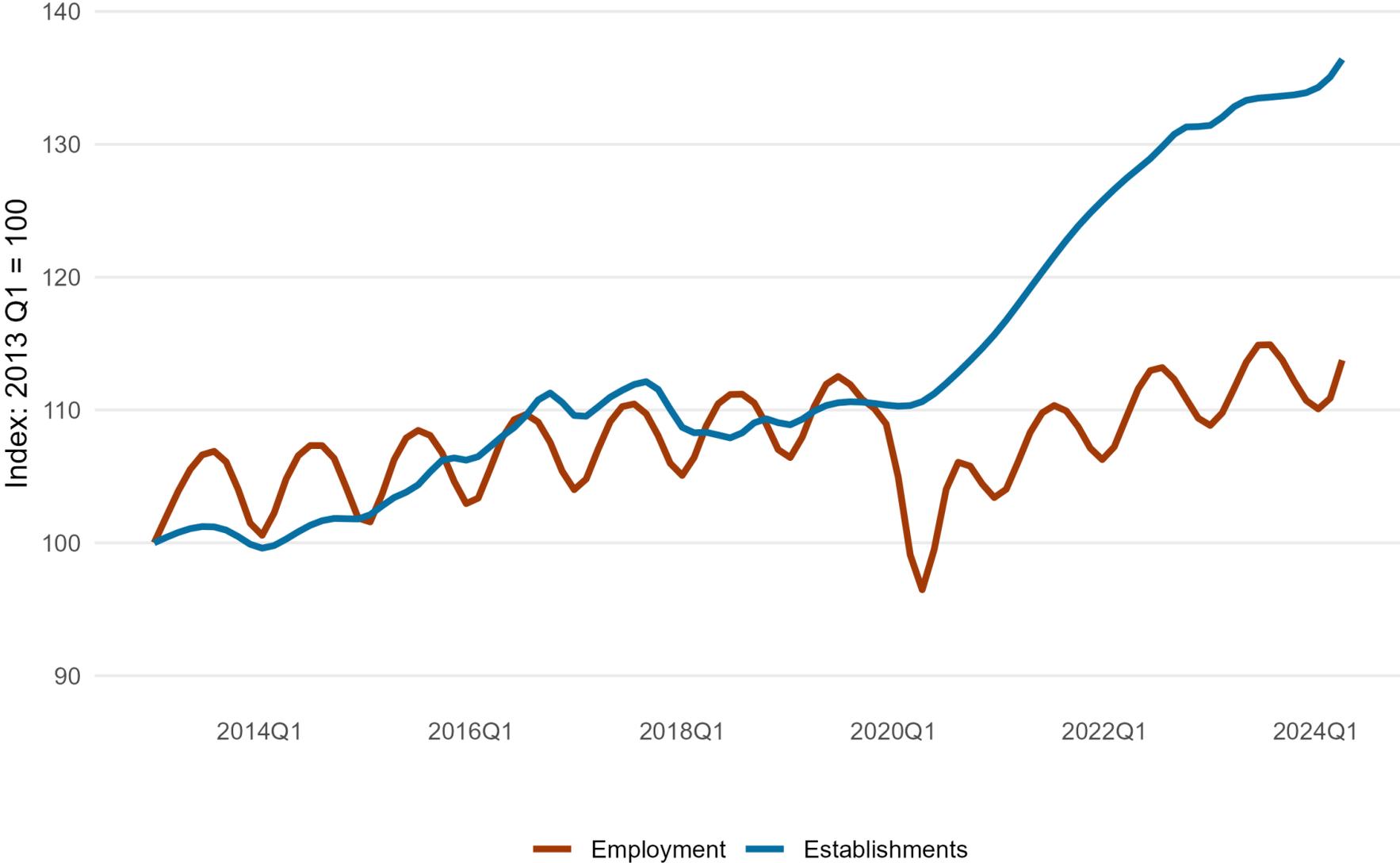
Total Nonfarm Employment (in thousands) History and Consensus Economic Forecasting Commission forecast



Wage and Salary Employment & Private Employer Establishments | Maine

Ability to work remotely was cited as a somewhat or extremely strong influence by 24% of recent movers to Maine

43% of employed migrants reported working for an employer with no physical location in Maine



How do we find enough workforce in the future?

Migration: continue to attract workers to Maine; housing is currently a constraint

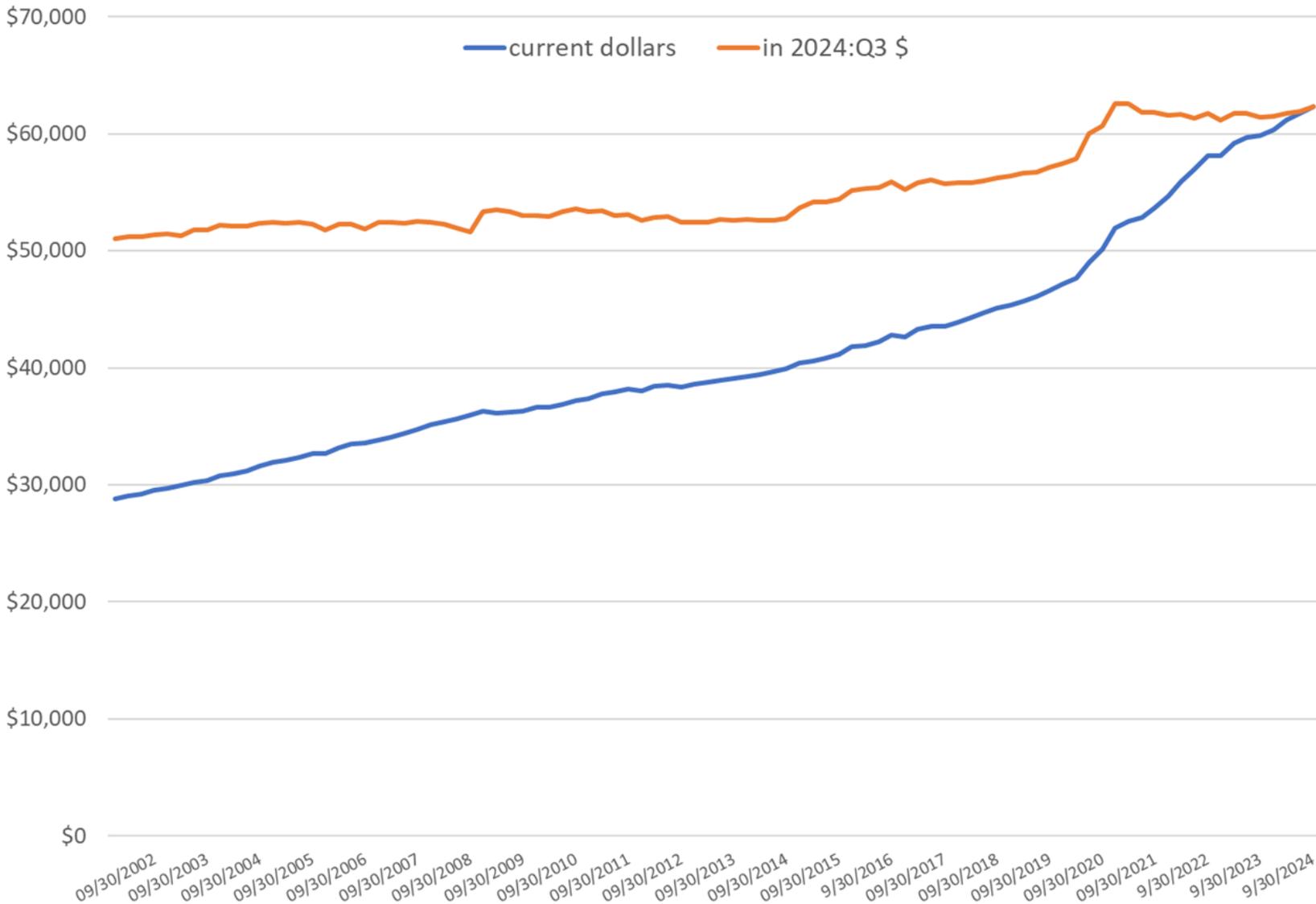
Retirements: find creative ways to keep older adults engaged in the workforce

Labor Force Participation: remove roadblocks for historically underemployed populations

Automation: use technology to substitute for and/or supplement labor

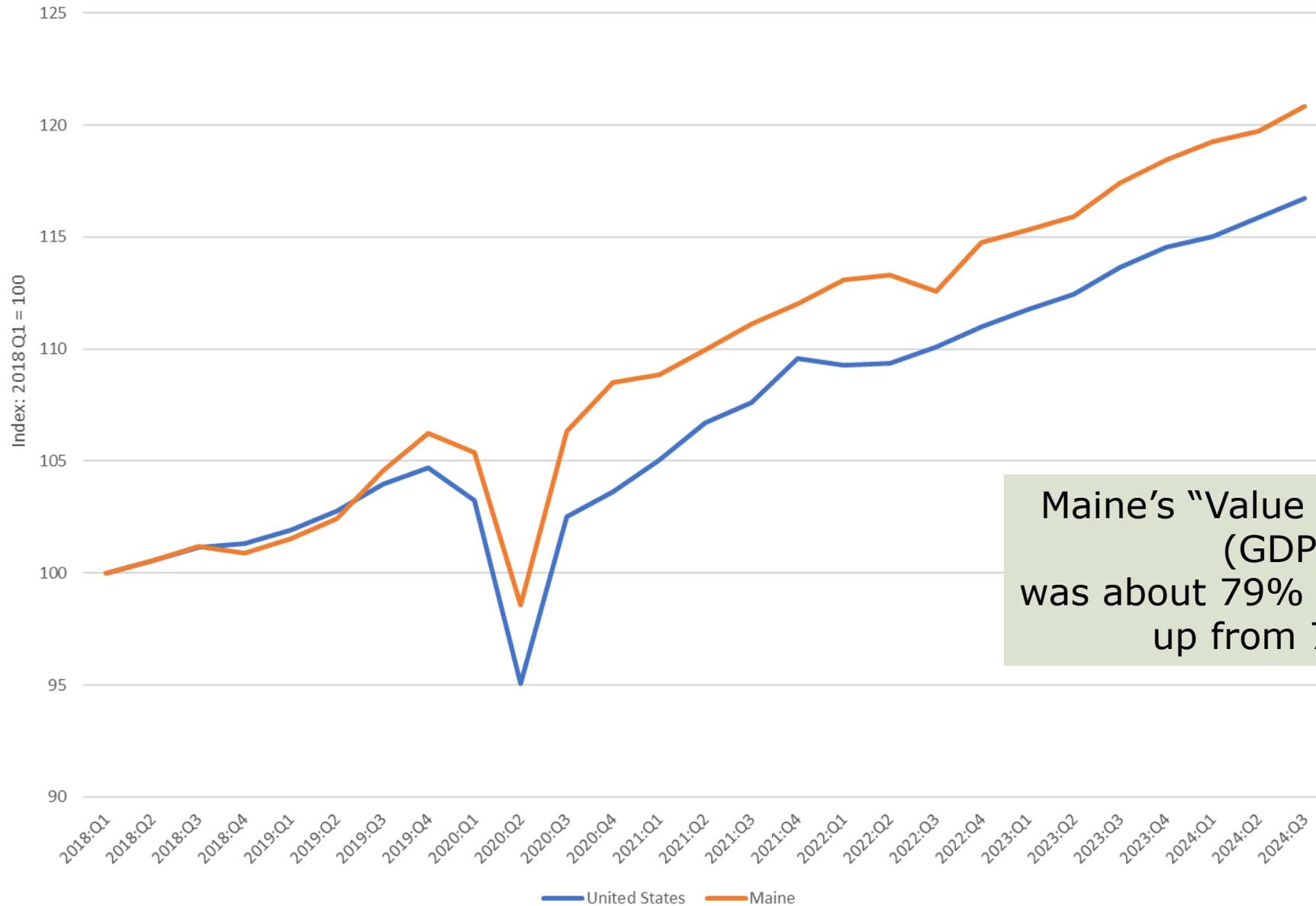
Wages and GDP

Moving Four Quarter Average Wage Per Job



Wages increased sharply during the first part of the pandemic; when inflation picked up, wage gains just kept pace

Quarterly Real GDP (in millions of chained 2017 dollars)



Maine's "Value added per worker" (GDP per job) was about 79% of the U.S. in 2023, up from 76% in 2018

Things to keep in mind:

- Migration picked up during the pandemic, but the continuation of this trend has been challenged by housing availability/affordability - additional supply and lower prices/mortgage rates will be key
- Employment growth is limited by labor force availability; increased labor force participation, continued in-migration of younger populations, and increased productivity can help
- Economic uncertainty is high, but Maine has a robust Budget Stabilization Fund (around \$900 million), which will help Maine weather any potential slowdown

Contact Information

Amanda Rector

Maine State Economist

Department of Administrative and Financial Services

www.maine.gov/dafs/economist

amanda.rector@maine.gov