

Demographic and Economic Trends in Maine

PPM 630

October 20, 2026

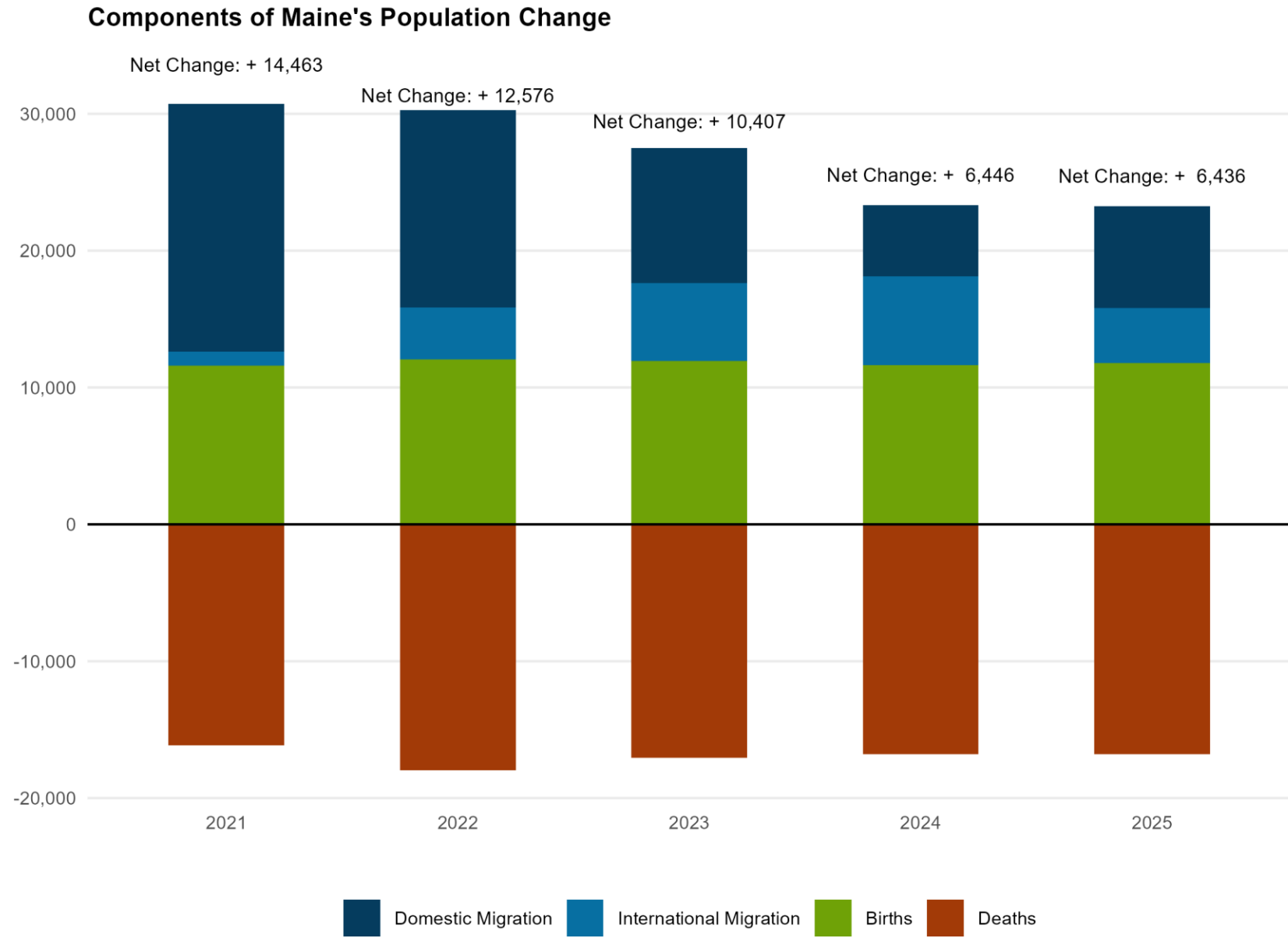
Amanda Rector

Maine State Economist

2025 Total Population:
1,414,874

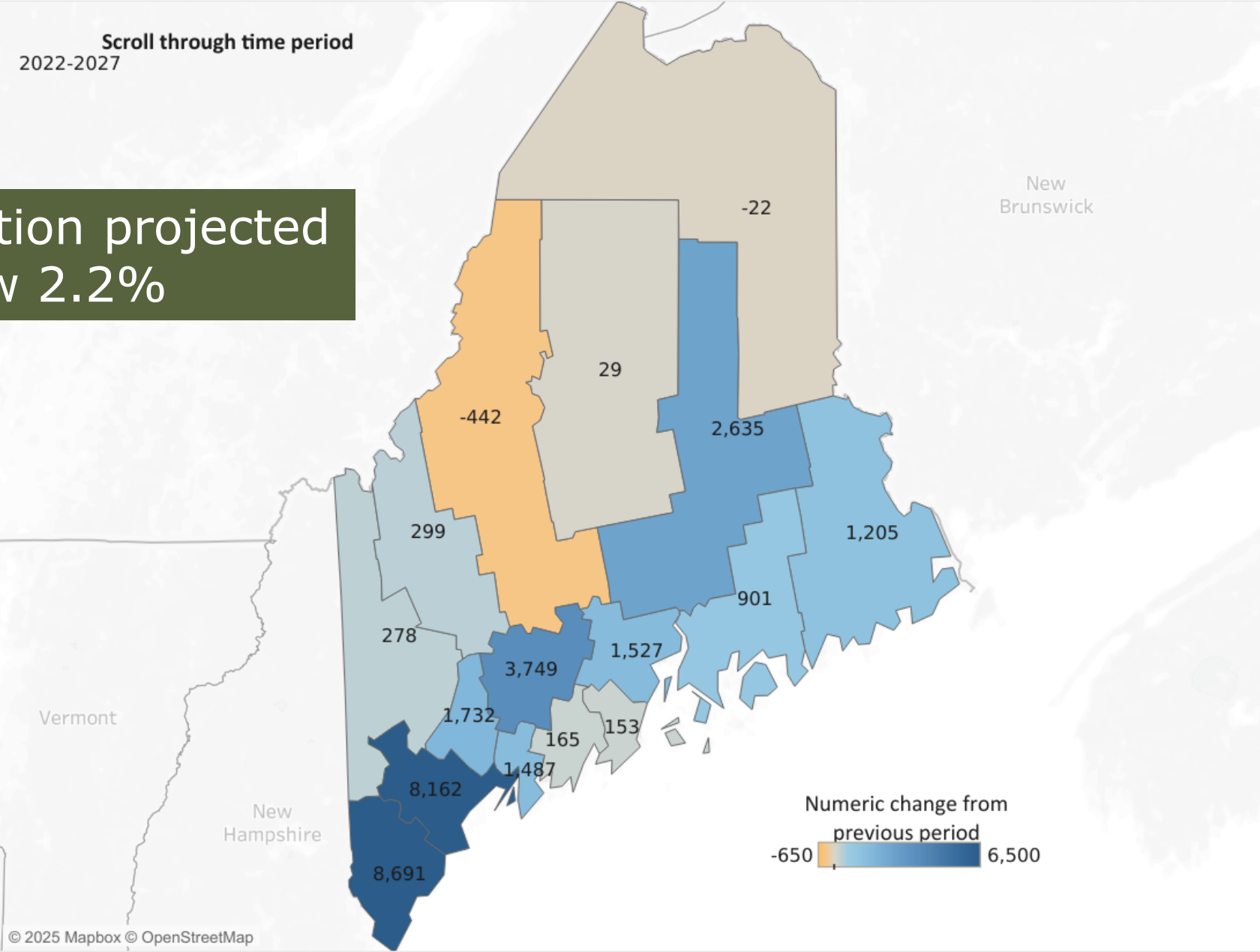
Population increase of
3.8% from 2020-2025
(17th in U.S.);
0.5% from 2024-2025
(25th in U.S.)

7th for total net
migration and net
domestic migration
and 25th for net
international migration
in 2025

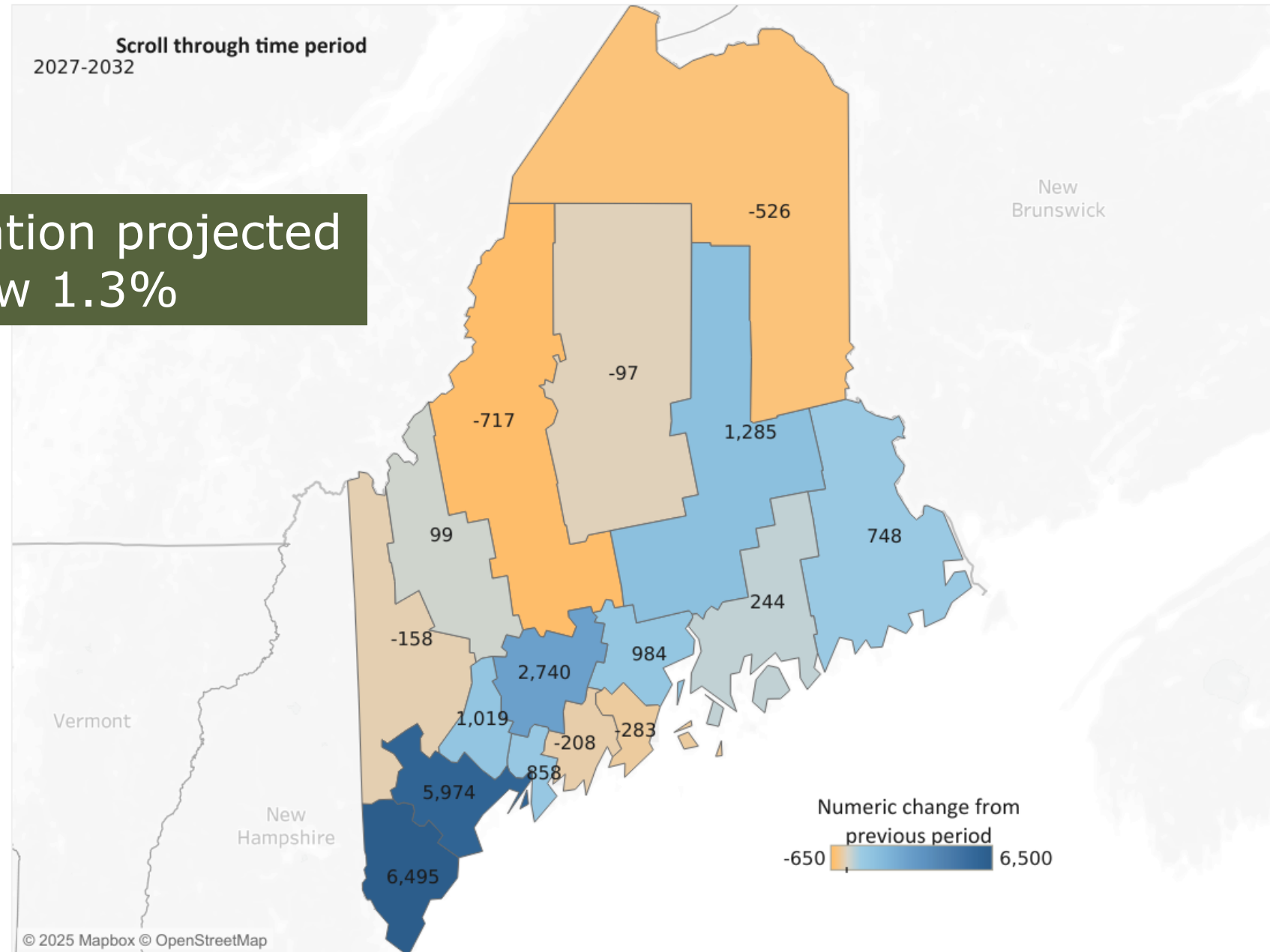


Source: US Census Bureau, Population Estimates Program, 2025 Vintage

Maine population projected to grow 2.2%



Maine population projected to grow 1.3%

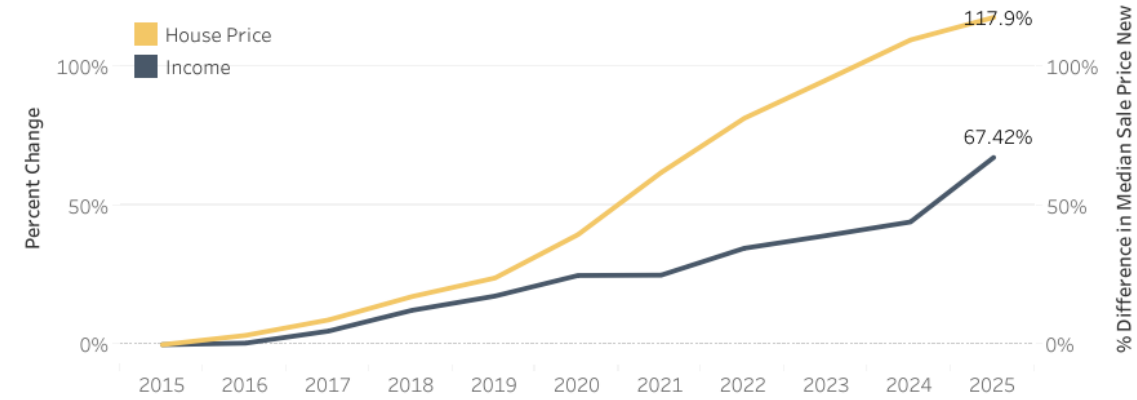


Historical Trends in Homeownership Affordability

Year
All

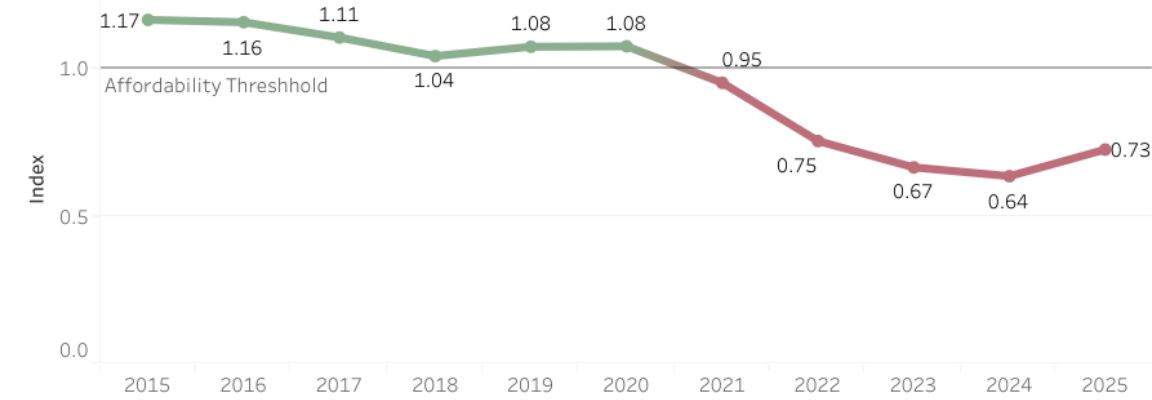
County
All

Relative Change in Income and House Price

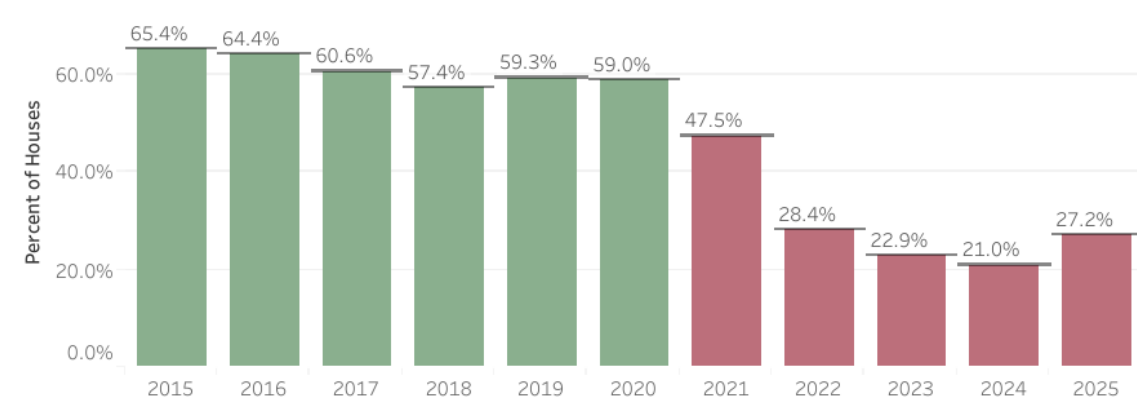


Town
All

Ratio of Affordable House Price to Median House Price



Affordable Houses Sold

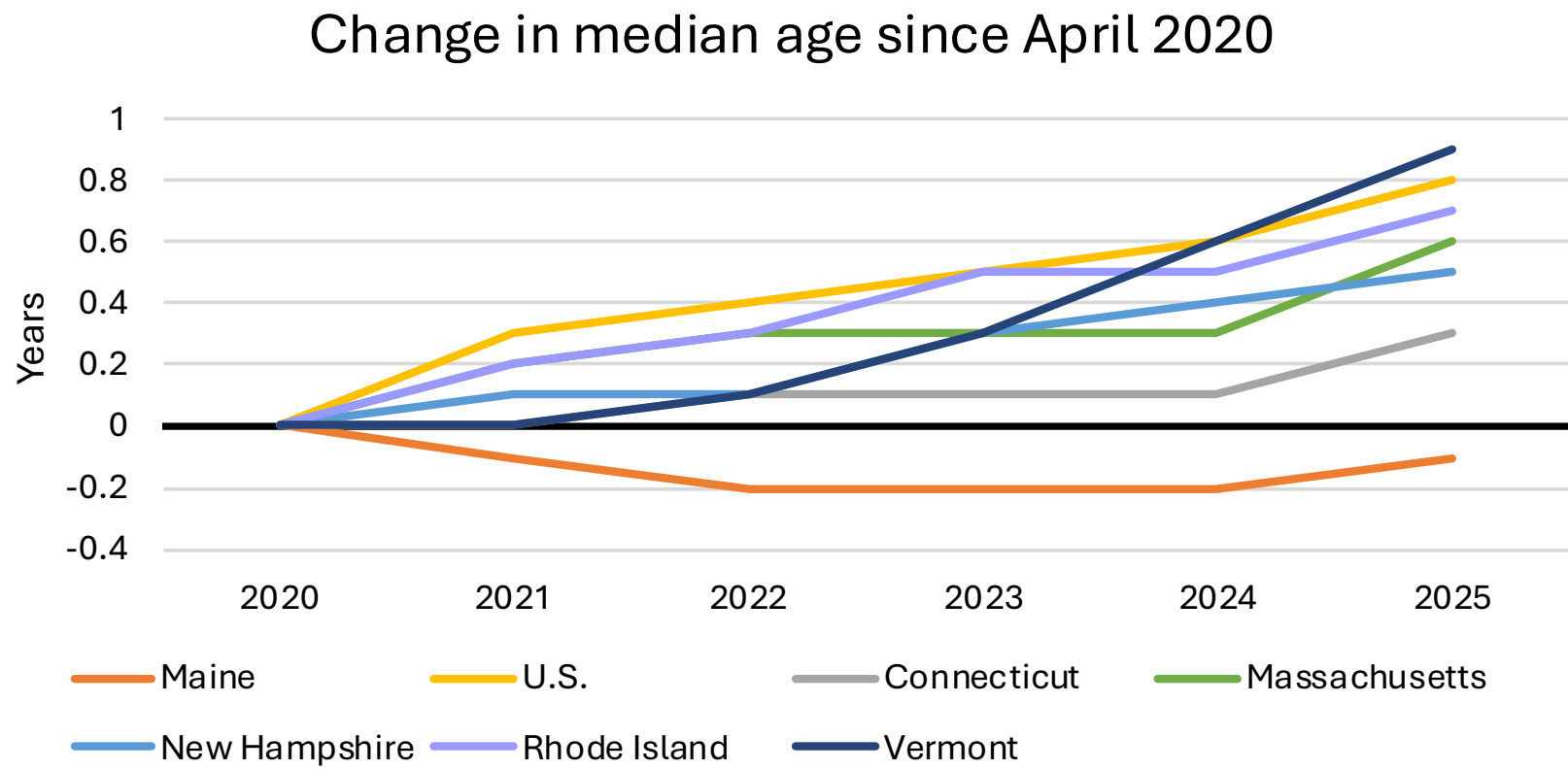


Households Able to Afford the Median House Price



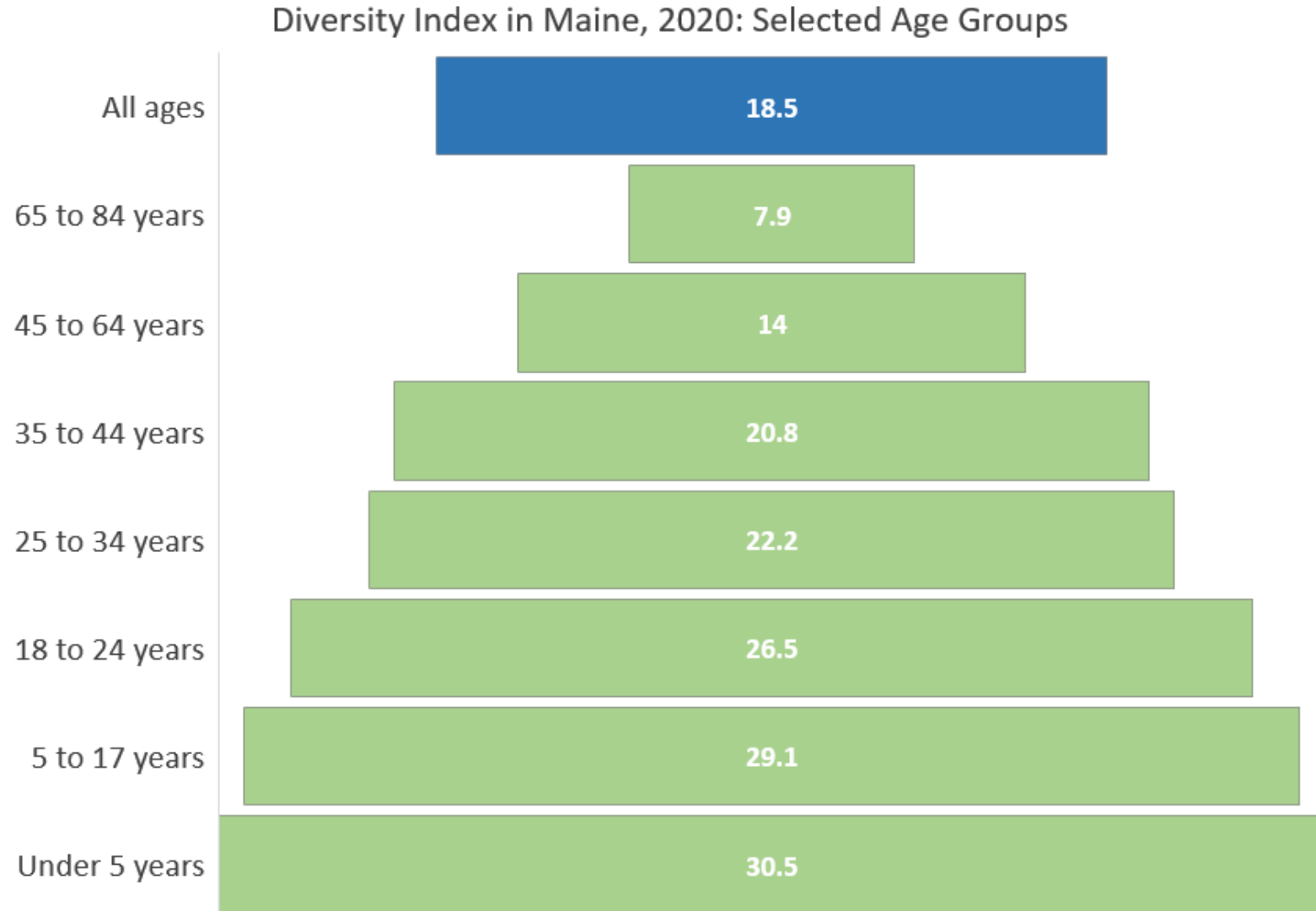
Maine's median age in 2025 is 0.1 years younger than 2020, while the U.S. median age has increased 0.8 years

Maine still has the highest median age in the nation at 44.9 years; Vermont is second at 44.4 years

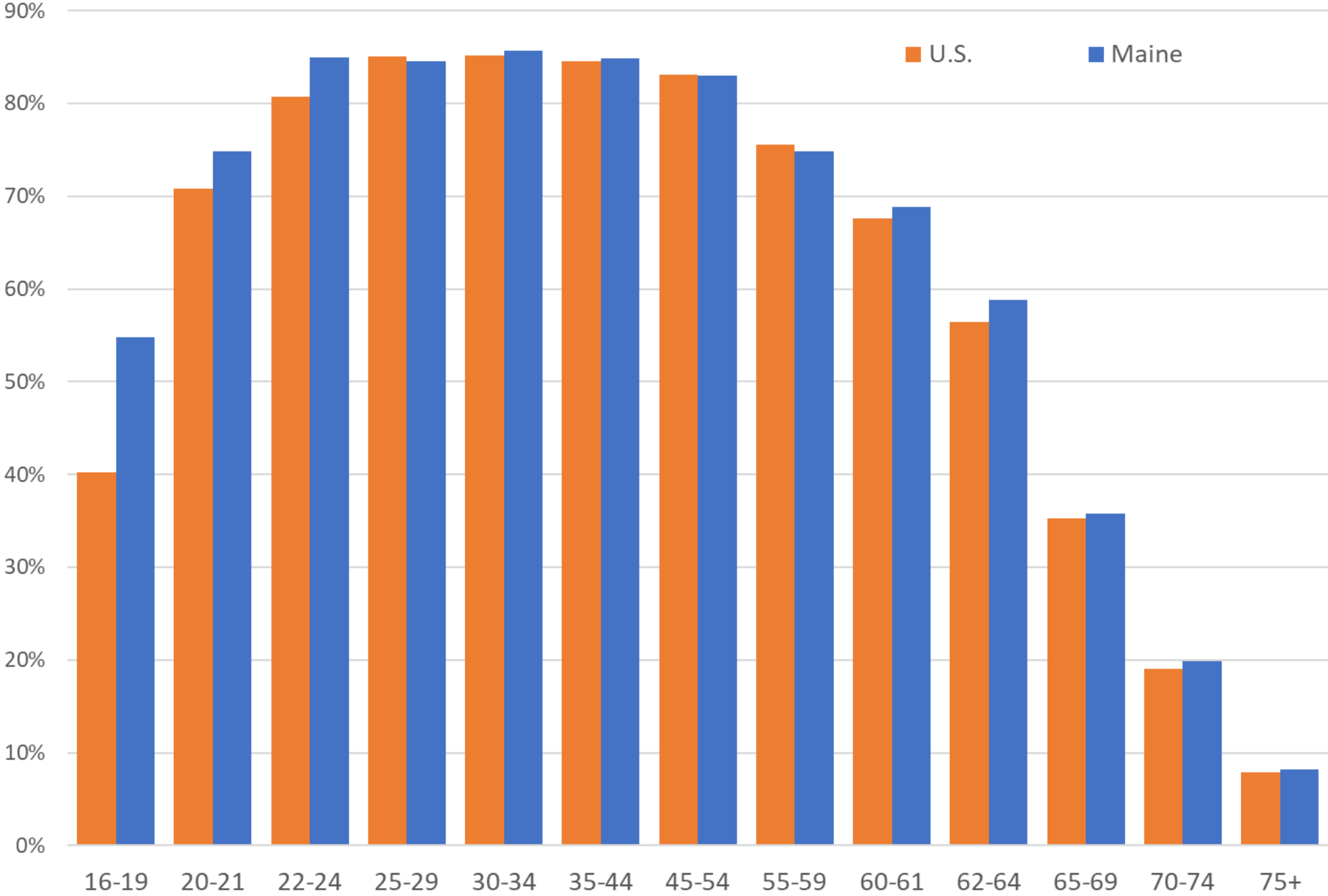


Median age of recent movers to Maine is 33 (domestic) and 29 (international)

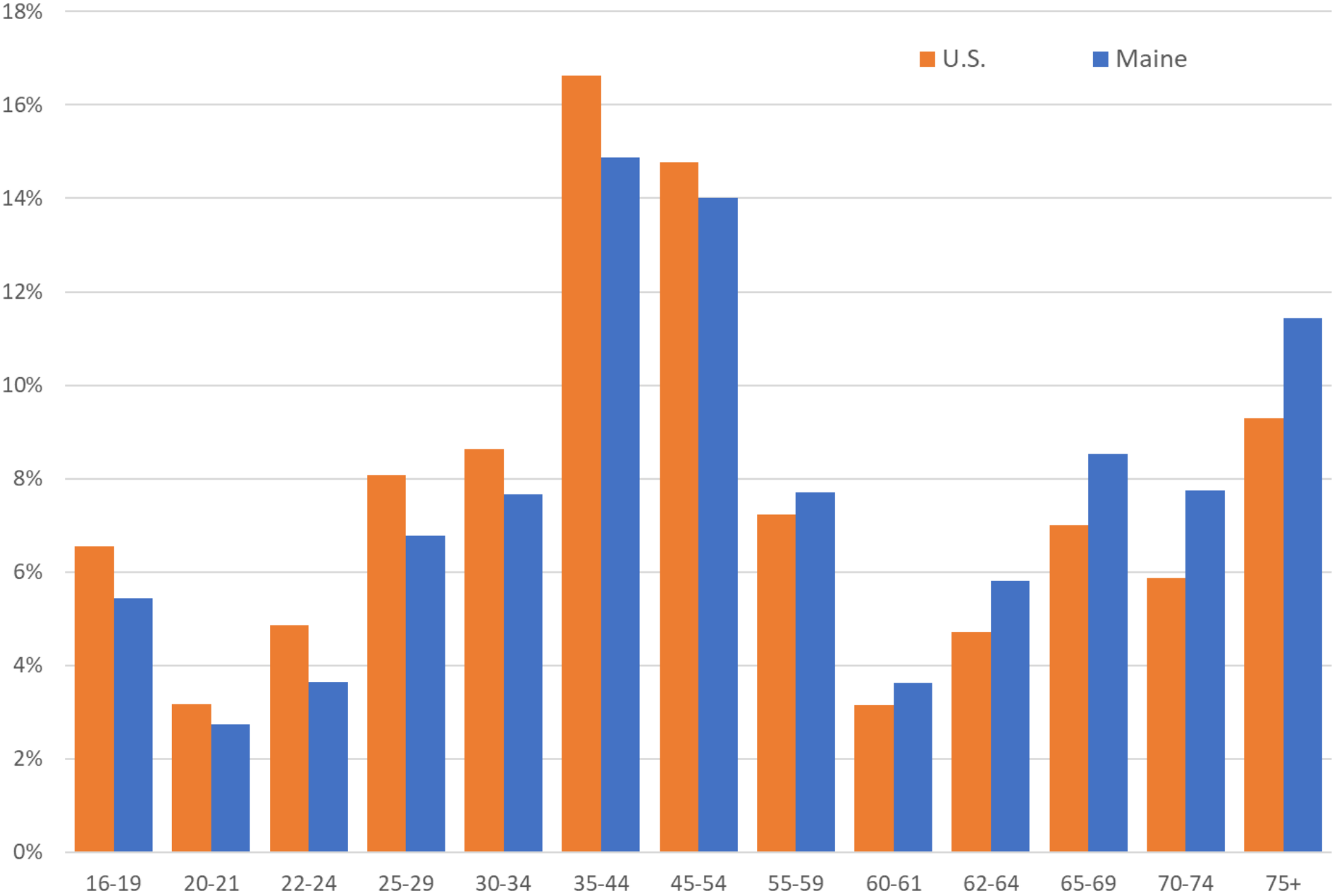
Younger generations in Maine are more diverse than older generations



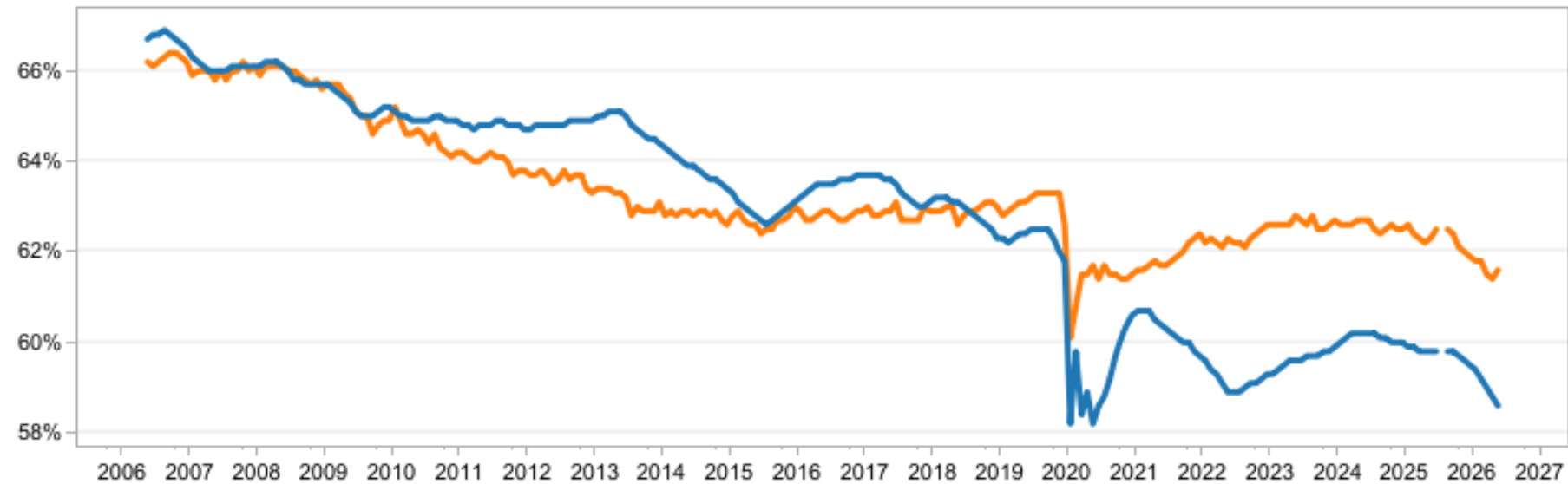
2024 Labor Force Participation Rate



Share of 16+ Population by Age, 2024



Labor Force Participation Rate (seasonally adjusted)

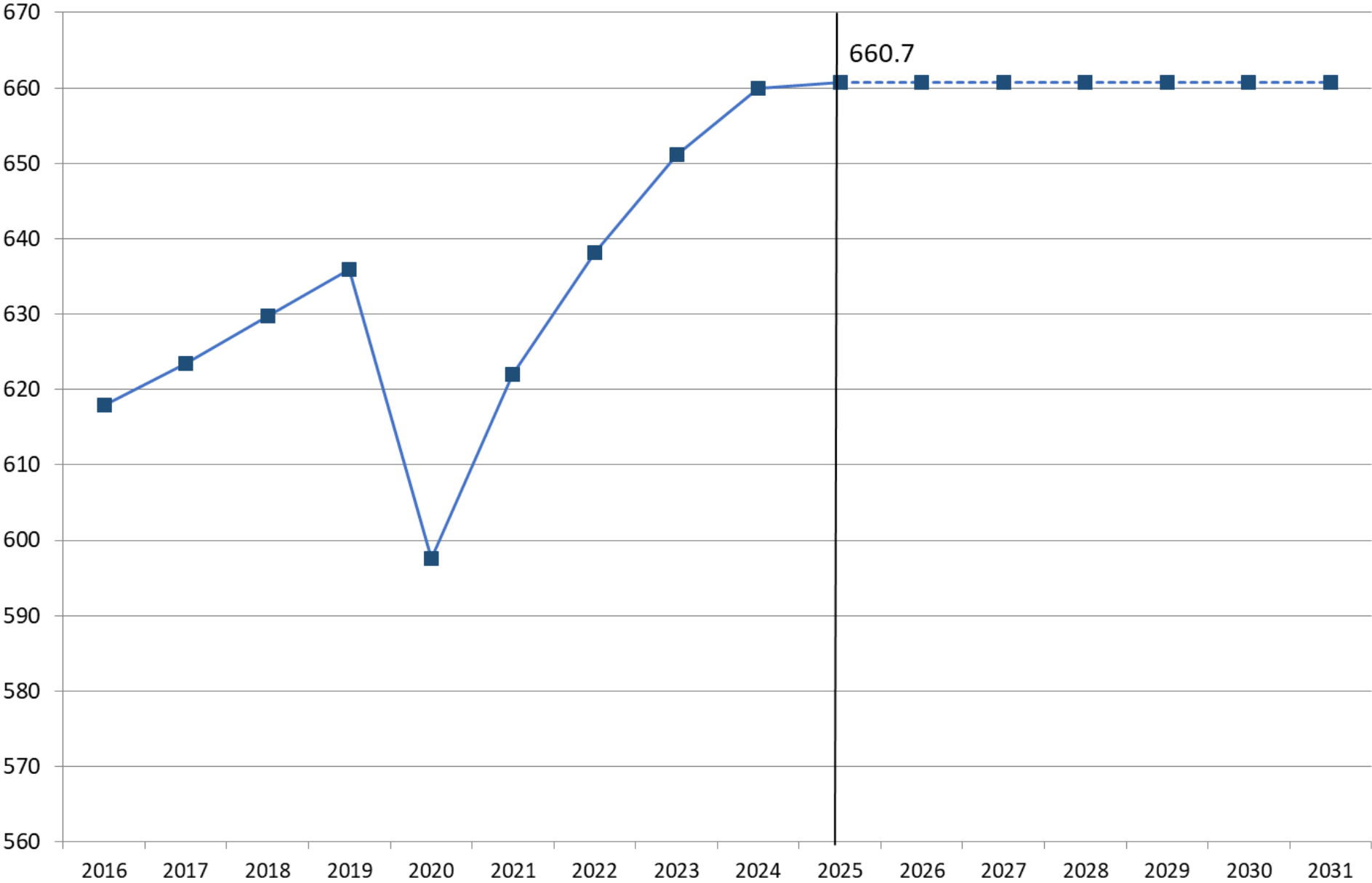


Aug, 2006 to Aug, 2026

- Unemployment Rate
- Labor Force & Employment
- Unemployment
- Labor Force Participation Rate
- Employment to Population Ratio

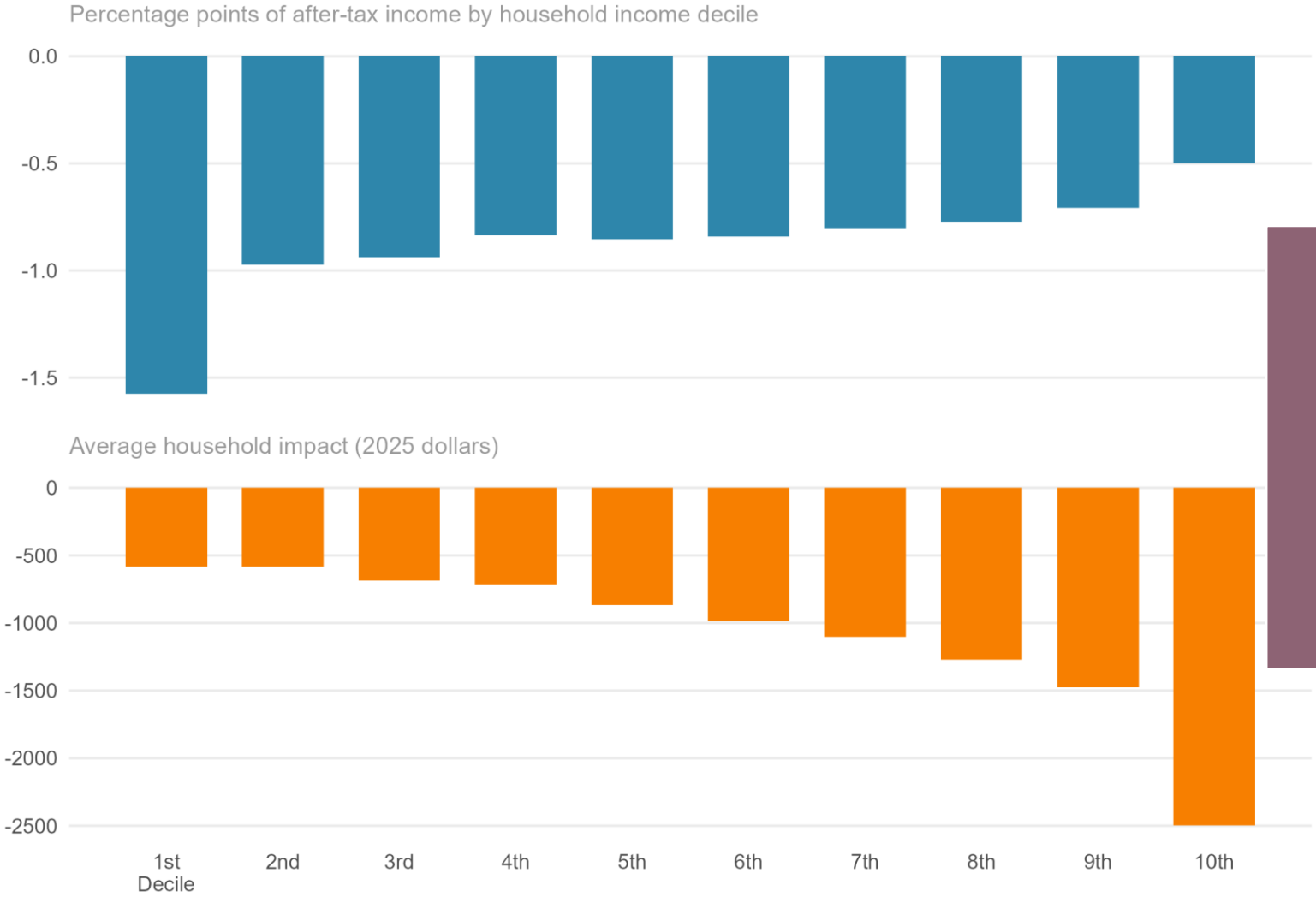
■ Maine
■ United States

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



Short-Run Distributional Impact of Current Tariffs

As of 2026-08-12



As of August 24, the Yale Budget Lab estimates average cost to households due to tariffs is \$1,100 annually

Crude Oil and New England Gasoline Prices

Daily Brent crude spot price



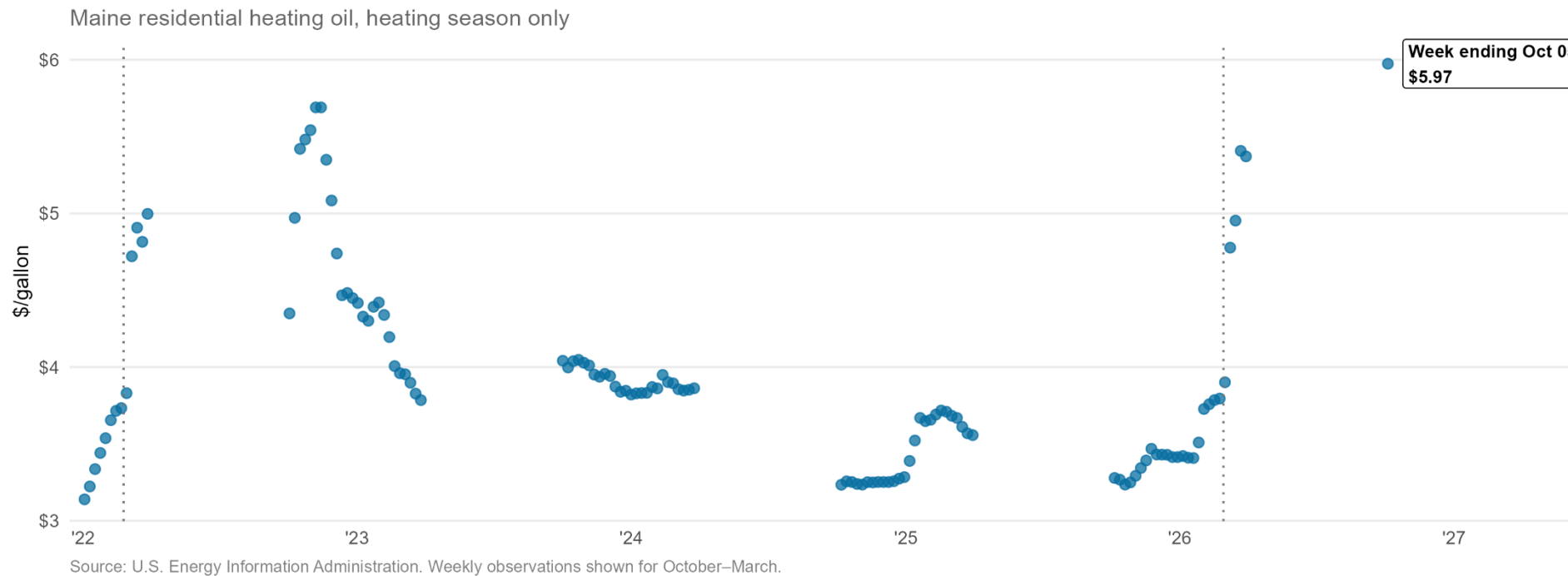
Source: U.S. Energy Information Administration.

New England retail gasoline, weekly average

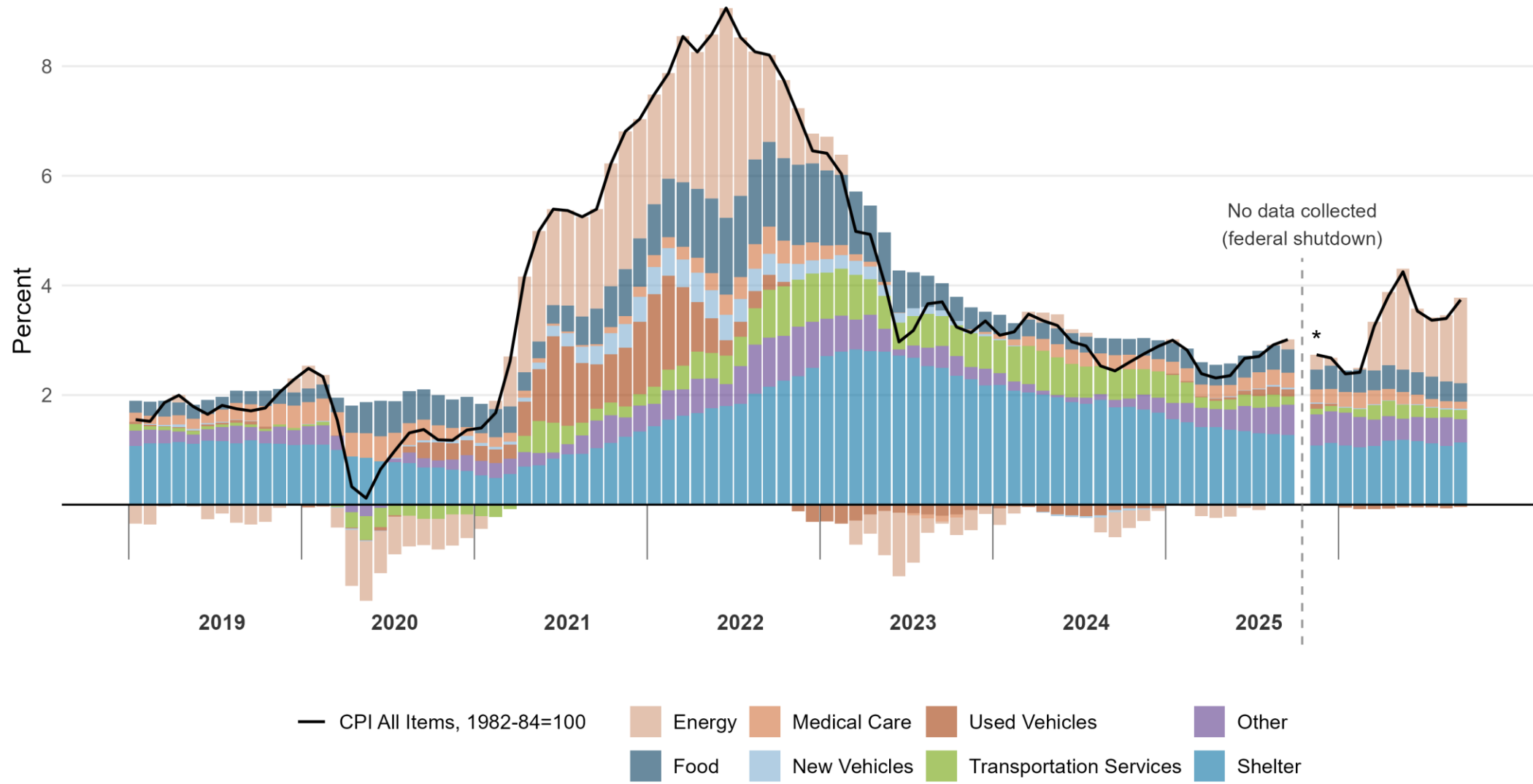


Source: U.S. Energy Information Administration.

Brent Crude and Maine Heating Oil Prices



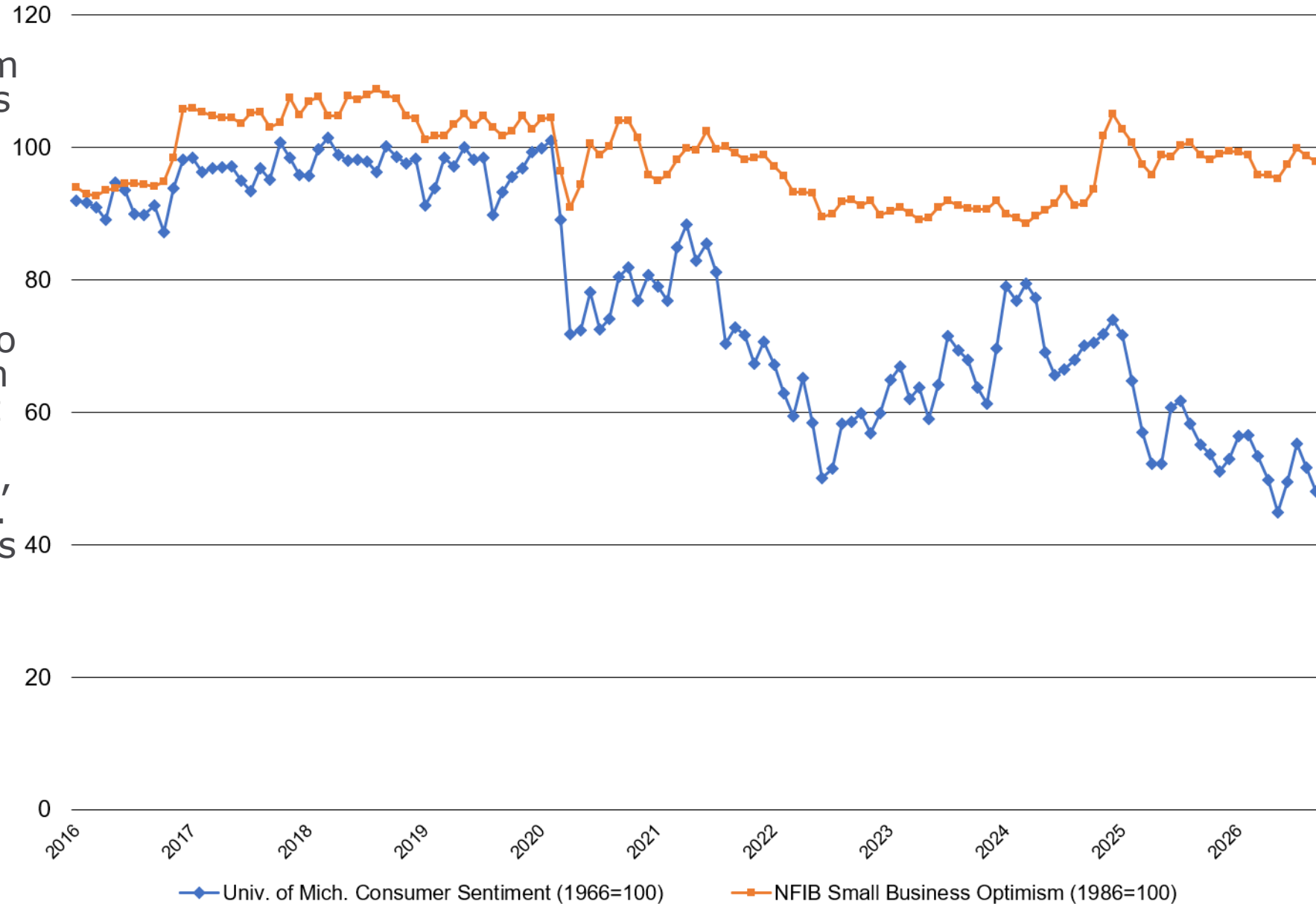
Percentage Point Contribution to Year-Over-Year Percent Change in CPI



Source: US Bureau of Labor Statistics & Calculations by OSE Staff

*November 2025: Shutdown not resolved until Nov 12; BLS operated on truncated schedule. Second half of November (Black Friday, holiday shopping) may have distorting effect

Consumer Sentiment and Small Business Optimism Indexes



Small business optimism dipped in Sept. 2026 as uncertainty about business conditions increased

Consumer sentiment was highly responsive to inflation expectations in 2025; while sentiment has recovered from record low in May 2020, index fell again in Sept. 2026 based on concerns about inflation and the cost of living

Sources: University of Michigan Survey of Consumers and NFIB Small Business Optimism Index

Contact Information

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