

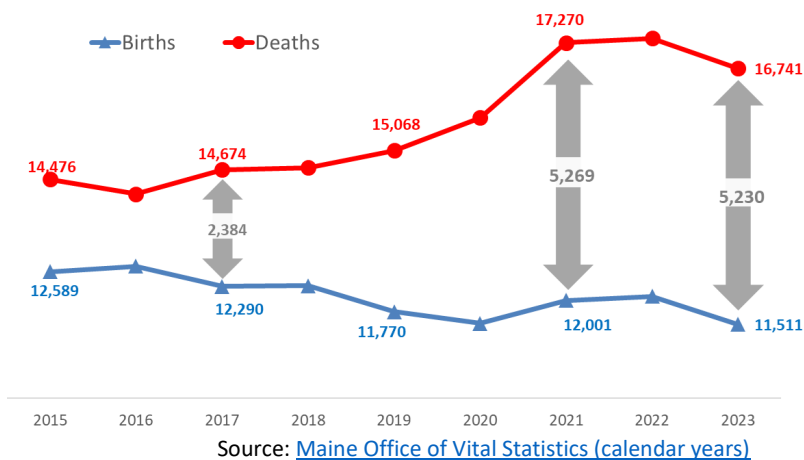
The Latest Demographic Trends Continue to Hold Promise for Maine

Trends in demographic data represent both challenges and opportunities for Maine to achieve the goal of being a thriving place for all to live, work, and raise a family. With the oldest population in the nation, Maine faces the challenges of caring for older adults and meeting its current and future workforce needs. On the positive side, migration to Maine by people from out-of-state and shifts in racial representation are making Maine more diverse. By recognizing the trends in our population, we can better plan for the programs, services, and systems that will ensure greater long-term social and economic prosperity for all children, families, and our state in general.

Deaths exceed births

Since 2012, the number of deaths has exceeded the number of births in Maine. COVID-19 increased the gap between births and deaths. Nationally, the Census reports that for the period July 2020 to June 2021, deaths exceeded births in 25 states, up from four states in the previous year.¹ Two years later, 19 states continued to have more deaths than births.² Even though Maine has a relatively small population, in 2023, only Maine, Pennsylvania and Florida had 5,000 or more deaths than births. Maine is one of five states with the largest gaps between its birth rate and death rate.³

In Maine, the gap between births and deaths has been 5,000 or more for the last 3 years



Recently, Maine had two years in a row with the number of births rising, but that trend did not continue into 2023, and the number of births was as low as it was in 2020. In 2022, the number of 17-year-olds (15,710) was over 6,000 more than the number of children born⁴, resulting in the total number of children in schools continuing to decline. Fewer children means that school districts face lower enrollment and potential closures, among other challenges. With approximately 11,500-12,500 babies born each year, it is critical that we invest in early care and public education systems, so every child is set up for success.

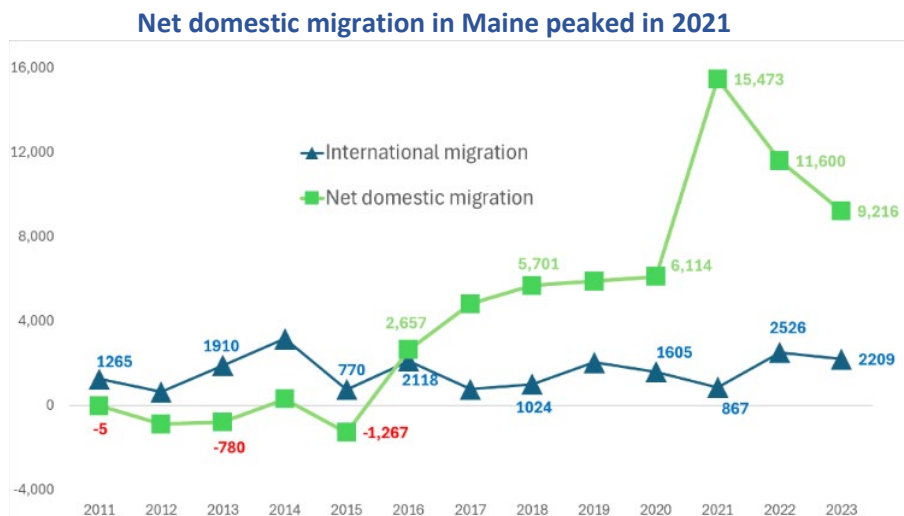
Maine continues to be the oldest state in the country

Maine is the oldest state in the nation, as measured by the median age of its population. The decline in the median age in Maine in 2021 to 44.7 years, turned out to be a single year phenomenon. The latest data for 2022 had Maine at 45.1 years for the median age, the same as in 2019.⁵

According to the most recent 2022 estimates, there are approximately 53,000 more people over age 65 in Maine (~302,000) than there are children (~249,000). Between 2021 and 2022, the estimated number of children decreased by 2,600 and the number of older adults increased by 5,200.⁶ With an increasing number of older adults, Maine's future economic security will depend on more working age adults choosing to live, work, and raise their children here in our state. Fortunately, families are moving to Maine from other states and countries, adding to our current and future workforce.

Migration into Maine from other states is the source of Maine's population growth

Within the United States, from 2011 to 2015, more people moved out of Maine than in. But since 2016, there has been a trend of more people moving to Maine from other states. In 2023, more people moved into Maine than into 26 other states.⁷ In New England, only Massachusetts had more people move to their state. This difference between people moving into Maine from other states, compared to those from Maine moving out, is known as net domestic migration. The 2023 net domestic migration of 11,425 people into Maine was significantly less than in 2022 and 2021, but still amounted to five new arrivals per 1,000 residents. Between 2020 and 2021, Maine was the only state in the country where every county gained taxable income from the influx of new residents.⁸

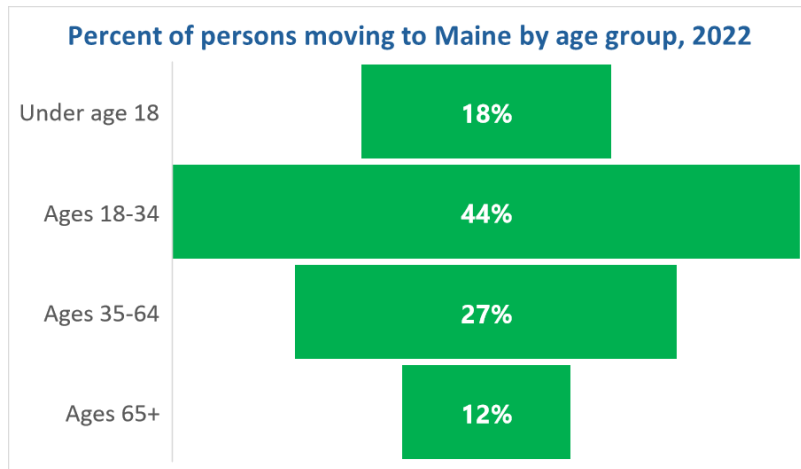


Source: [US Census, 2023 National and State Population Estimates](#)

In 2023, more people moved to Maine than moved away in every county. In fact, net migration exceeded the loss of population due to deaths exceeding births in all but two counties, Hancock and Knox. While York and Cumberland had the highest numbers of people moving into their counties, Waldo, Oxford and Franklin had the largest increases by percent of their populations.⁹ Maine has an opportunity to reverse previous declines in population by implementing policies that make Maine an attractive place to work, live, and raise a family.

Young adults are the age group most likely to move to Maine

The Maine state economist has observed that the COVID-19 pandemic brought younger individuals and families to Maine.¹⁰



Source: [Maine Economic Data Visualization](#), a project of the Maine State Economist, Maine Labor Audit.

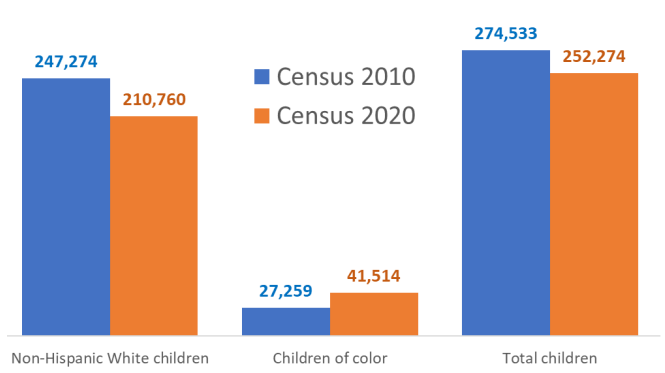
When looking at where people who moved to Maine last resided, 58% came from either Massachusetts, New Hampshire, California, Florida or New York and 11% came from another country.¹¹

Children are driving greater diversity in every county in Maine

In the ten years between the 2010 and 2020 Censuses, Maine's adult population grew by 5%, or 56,000 people.¹² Census 2020 data indicates that the total percentage of Maine's population that identify as something other than Non-Hispanic white was 10%, up from 6% from Census 2010. These races and ethnicities included the ethnicity of Hispanic or one of the races of American Indian and Alaskan Native; Asian; Native Hawaiian and Other Pacific Islander; Black or African American, Some Other Race; or Two or More Races.¹³ Maine, Vermont and West Virginia have the highest percentages of people identifying as white in their total populations.¹⁴

Maine's child population is growing more diverse than its adult population. The reasons for this are two-fold. Between the 2010 and 2020 Censuses, Maine's population of white children declined 17%, while the population of children of color increased 52%. This means that Maine's child care programs, schools, and pediatric medical practices are at the forefront of ensuring their systems are working well for diverse populations.

In 2020, Maine's percentage of children of color increased to 16% up from 10% in 2010

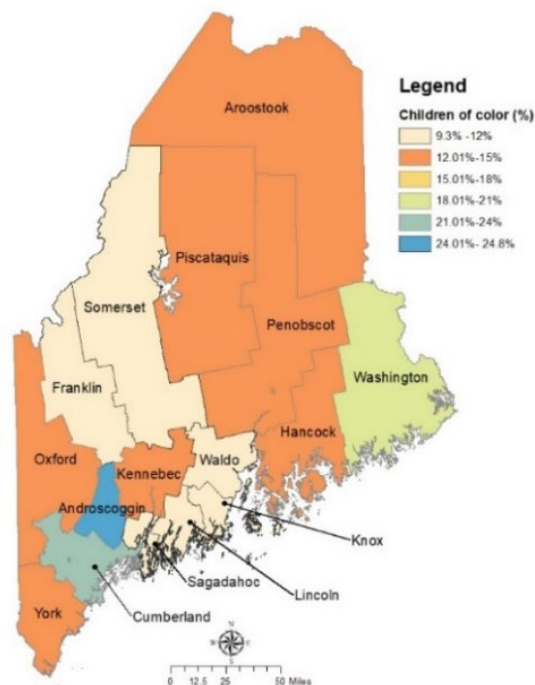


| Ethnicity/Race | 2010 | 2020 |
|--------------------------------------|---------------|---------------|
| Hispanic or Latino | 6,410 | 8,953 |
| American Indian /Alaskan Native | 2,131 | 1,690 |
| Asian or Pacific Islander | 3,737 | 3,407 |
| Black or African-American | 6,120 | 8,564 |
| Two or More Races or Some Other Race | 8,861 | 18,900 |
| Total Children of Color | 27,259 | 41,514 |

Source: [KIDS COUNT Census 2020-census-children-by-race-ethnicity](#)

Comparing 2010 Census to 2020 Census data, the child population in every county in Maine grew more diverse. In both Androscoggin and Cumberland counties, children of color make up more than 20% of the population of children. Maine was one of three states with more than a 50% increase in children of color between the 2010 and 2020 Census.¹⁵

The percentage of children of color varied by county from 9.2% to 24.8%

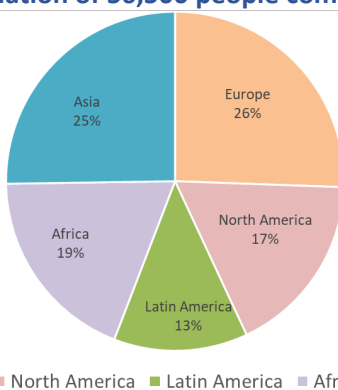


Source: [KIDS COUNT Census 2020- children-by-race-ethnicity-county](#)

Foreign-born parents are raising children in Maine

Approximately 11% of births in Maine were to foreign-born mothers in 2023 (1,307 out of 11,618¹⁶). In 2022, approximately 19,000 Maine children were living with one or more foreign-born parents in Maine, accounting for approximately 8% of all Maine children.¹⁷ Among children with foreign-born parents, 70% were born in the United States.¹⁸ These new Mainers come from many different countries, with a breadth of cultural identities, heritage, and languages.

Maine's foreign-born population of 56,500 people comes from all over the world

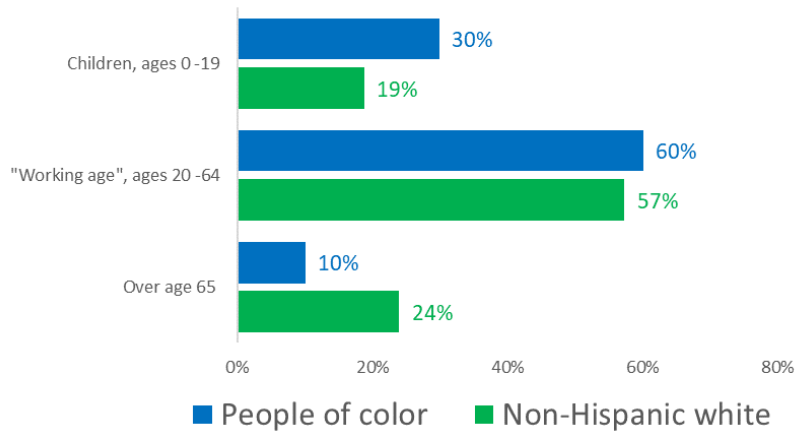


Source: [US Census 2022 American Community Survey 1-yr estimates, Table B5002](#)

Maine's diverse communities are key to addressing workforce shortages

Maine's racially diverse and foreign-born communities tend to be younger, which has important implications for meeting the state's workforce needs. For people of color and white people in Maine, the percent of their populations ages 20-64 is nearly the same; yet people of color have a higher percentage under age 19 and a lower percentage over age 65, compared to the white population.¹⁹

**People of color in Maine tend to be younger:
30% of people of color are under age 19 compared to 19% of the white population**



Source: [US Census American Community Survey 2022 1-year Age and race/ethnicity](#) Tables B1001B-B1001I compared to Table B01001

The [National Equity Atlas](#) states that one possible explanation why the white population is older than people of color in the United States is due to systemic racism in the 1950's, including stricter immigration policies for non-white immigrants. That wave of immigrants is now increasingly over age 65. Another contributing factor may be that the birth rate in states that are more diverse and have more recent immigrants tends to be higher than in less diverse states.²⁰

The most recent demographic data show some positive trends for Maine with a continued trend of people moving to Maine from other states. Our state needs more young adults to participate in our economy now, and to raise children who will become the workforce of tomorrow. We should consider how Maine can be an increasingly attractive place to work, live, and raise a family. One way to do that, is to ensure the systems that support child health, early care and public education, and family well-being, are robust,²¹ and that they are planned with changing demographics in mind. By adapting these various systems that support children and working families – and ensuring they are equitable – we can maximize and leverage the potential they represent for the future success of our state.

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- ¹ US Census News, [Deaths Outnumbered Births in Half of All States Between 2020 and 2021 \(census.gov\)](#)
- ² US Census News, [State-population-estimates.2023](#)
- ³ [US Census, December 2023 Continued Decrease in Mortality Brings Natural Increase Closer to Pre-Pandemic Levels](#)
- ⁴ Maine Office of Vital Statistics, Population Estimates 2022 by Single Age
- ⁵ [US Census 1-year American Community Survey, median age](#)
- ⁶ [KIDS COUNT children-by-age-group](#) with data from the Maine Office of Vital Stats. Note: Children ages birth to 17 was 249,306 children in 2022 compared to 251,909 children 2021 and for persons ages over age 65, there were 302,420 older adults in 2022 and 297,165 in 2021. [KIDS COUNT population-ages-65-and-over](#)
- ⁷ [US Census Vintage 2023 state population estimates](#)
- ⁸ Axios, August 2023, [How the pandemic shifted America's geography of income](#)
- ⁹ [US Census Population Estimates Tables by County 2023](#)
- ¹⁰ [Maine State Economist January 24 Presentation](#), slide 23.
- ¹¹ [US Census, 2022 American Community Survey, 1-year data, State of residence by place of birth](#)
- ¹² [KIDS COUNT: Child population by race and ethnicity and county based on Census 2020](#) Note that Census 2020 is still a usable estimate for race and ethnicity for Maine children, as the most recent estimates released in December 2023 for race by sex and age were for the 5-year period 2018-2022.
- ¹³ [Censuses 2010 and 2010 Table P3: Population Ages 18 & over](#)
- ¹⁴ Maine, Vermont, and, West Virginia residents reported on the decennial Census 2020 that their race was “white alone” and not Hispanic at rates of 89.8% - 90.8% according to the 2020 Census, [Decennial Census 2020 Race By State](#)
- ¹⁵ [The Changing Child Population of the United States, First Data From the 2020 Census, by the Annie E. Casey Foundation,](#)
- ¹⁶ Maine Office of Vital Statistics. This total includes infants born to mothers in a country born other than the United States.
- ¹⁷ [US Census American Community Survey 2022 1-year estimates, Table B05009](#)
- ¹⁸ Ibid
- ¹⁹ [US Census American Community Survey 2022 1-year Age and race/ethnicity](#) Note this analysis subtracts Table B01001H, White and not Hispanic from Table B1001 (entire population) to compare age groups for Non-Hispanic whites in Maine to People of color.
- ²⁰ [National Equity Atlas](#) describes why the median age is important as well as policies that support families to raise children.
- ²¹ [Inside Japan's miracle town, where the birth rate is soaring amid a demographic crisis](#) describes how family-friendly policies including free medical care and subsidizing child care and education costs has led to an increased birth rate.