

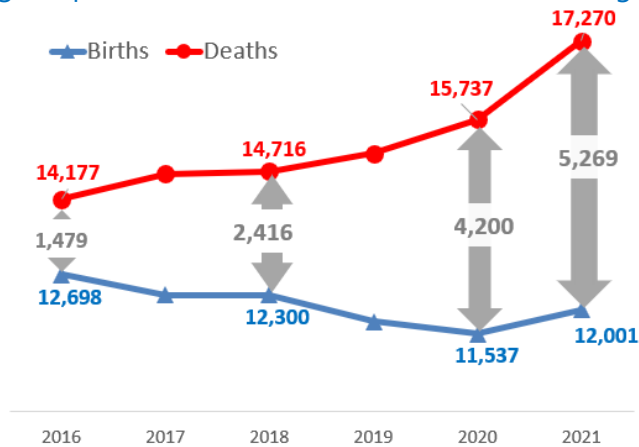
The Latest Demographic Trends Hold Promise for Maine

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 contributing to a decline in the median age, as well as younger and more diverse communities. 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 children, families, and our state.

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 1, 2020 to June 30, 2021, deaths exceeded births in 25 states, up from four states in the previous year.¹

The gap between births and deaths in Maine was already increasing and accelerated during the pandemic. It is now more than twice as large as it was in 2018.



Source: Maine Office of Vital Statistics (calendar years)

After years of decline, Maine had more births in 2021 than 2020. It is too soon to see if that positive trend will continue. The number of 17-year-old youth (15,308) is over 3,000 more than the number of children born², so the total number of children in schools will continue to decline. Fewer children in our state mean school districts face lower enrollment and potential closures, among other challenges. With just over 12,000 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.

Median age declines in Maine

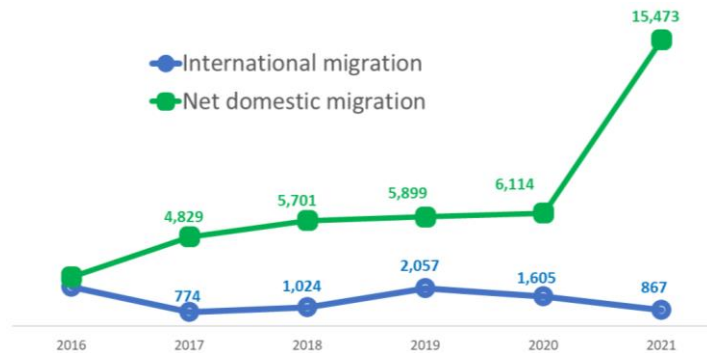
Along with an increase in the number of babies born, 2021 was notable in that the median age in [Maine declined from 45.1 years to 44.7 years](#). While Maine still has the oldest median age in the country, this is the first time since 2011 that the difference between the median age in Maine compared to the United States was less than six years. Maine's decline in median age can be attributed both to high mortality among Maine's oldest adults during the pandemic and to younger people moving to Maine.

According to the most recent 2021 estimates, there are over 47,000 more people over age 65 in Maine (~297,000) than there are children (~250,000).³ 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.

In-state migration is the source of Maine's population growth

In 2021, more people moved into Maine than into 36 other states, on a numerical, not per capita basis. This difference between people moving into Maine from other states compared to those from Maine moving out is known as net in-state, or net domestic migration. The 2021 net domestic migration of 15,473 people⁴ amounted to 11 new arrivals per 1,000 residents and represented 95% of all migration into the state.

Total in-migration to Maine exceeded 5,000 people per year from 2017-2020 and greatly increased in 2021



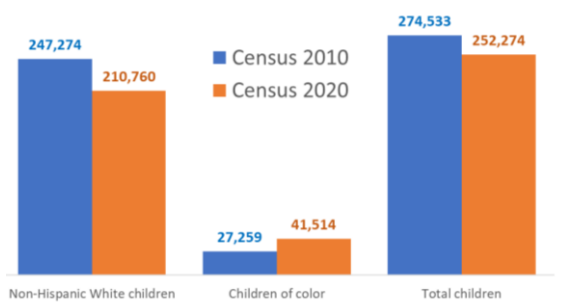
Source: US Census, Annual and Cumulative Estimates of Resident Population Change for Counties (CO-EST2021-CHG)

Notably, in 2021, more people moved to Maine than moved away in every county. In 14 of 16 Maine counties, net migration exceeded the loss of population due to deaths exceeding births. While predictably York and Cumberland had the highest numbers, Piscataquis, Lincoln, and Oxford Counties had the largest increases by percent of their populations.⁵ 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.

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. Census 2020 indicates that the total percentage of Maine's population that identify either as 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 was 10%, up from 6% from Census 2010.⁶ Still, Maine, Vermont and West Virginia have the highest percentages of people identifying as white in their total populations.⁷ 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, 41,514 of the state's 252,274 children were children of color, 16% up from 10% in 2010

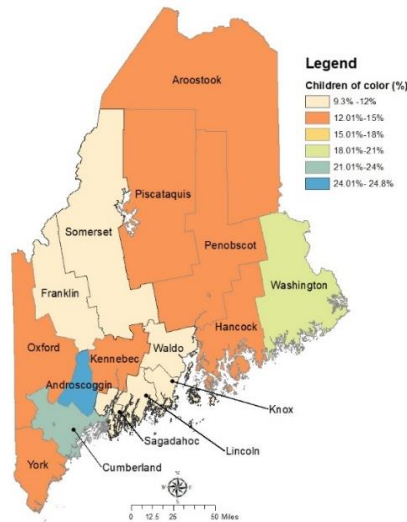


Estimated Number of Children of Color in Maine		
Ethnicity/Race	2010	2020
Hispanic or Latino	6,410	8,953
American Indian /Alaskan Native	2,131	1,690
Asian or Pacific Islander	3,737	3,407
Black or African-American	6,120	8,564
Two or More Races or Some Other Race	8,861	18,900
Total Children of Color	27,259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

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

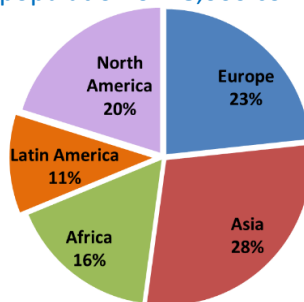


Source: [KIDS COUNT Census 2020- children-by-race-ethnicity-county](#)

Maine's foreign-born population adds to the birth rate

Notably, [one in eleven births in Maine are to foreign-born parents](#) in 2020 (1,039 out of 11,537). Without these births, Maine's birth rate would be lower.⁸ In 2021, there were approximately 19,745 children living with one or more foreign-born parents in Maine, accounting for 8.3% of all Maine children. Of these children, two-thirds were born in the United States.⁹ These new Mainers come from many different countries, with a breadth of cultural identities, heritage, and languages.

Maine's foreign-born population of 48,000 comes from all over the world

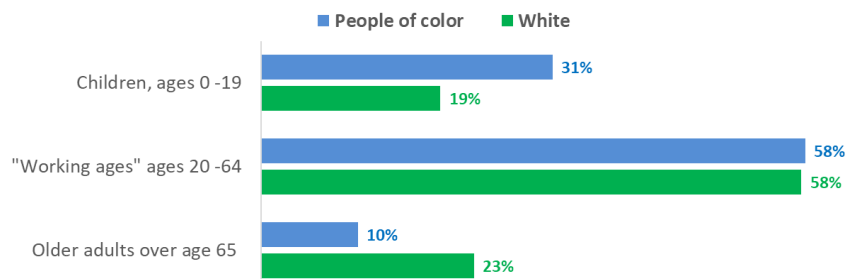


Source: [US Census 2016-2020 American Community Survey 5-yr estimates, Table B5002](#)

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 the populations of people of color and white people in Maine, the percent of their populations ages 20-64 is 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.¹⁰

People of color in Maine tend to be younger



Source: US Census American Community Survey 2021 1-yr data: Table B1001A and Table B10100

The most recent demographic data show some positive trends for Maine with increased births, the median age down, and an influx 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 reconsidered 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 to the future success of our state.

Helen Hemminger, Research and KIDS COUNT Associate, [Maine Children's Alliance](#)

¹ [Deaths Outnumbered Births in Half of All States Between 2020 and 2021 \(census.gov\)](#)

² Maine Office of Vital Statistics, Population Estimates 2020 by Single Age

³ US Census American Community Survey 2021 1-year estimates, [Table S101 Age and Sex](#)

⁴ Analysis of US Census Population Estimates by Harvard Center for Joint Housing Studies
<https://www.jchs.harvard.edu/blog/domestic-migration-drove-state-and-local-population-change-2021>

⁵ [US Census Population Estimates Tables by County 2021](#)

⁶ [Censuses 2010 and 2010 Table P3: Population Ages 18 & over](#)

⁷ 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](#)

⁸ KIDS COUNT, [one in ten births in Maine are to foreign-born parents](#)

⁹ US Census American Community Survey 2021 1-year estimates, Table B05009, [Table B05009 ACS-2021 1-yr](#)

¹⁰ [US Census American Community Survey 2021 1-year estimates](#). Note this analysis subtracts Table B01001A, (white alone) from Tables B1001 (entire population). Note that Hispanic is not included in this race compilation.