

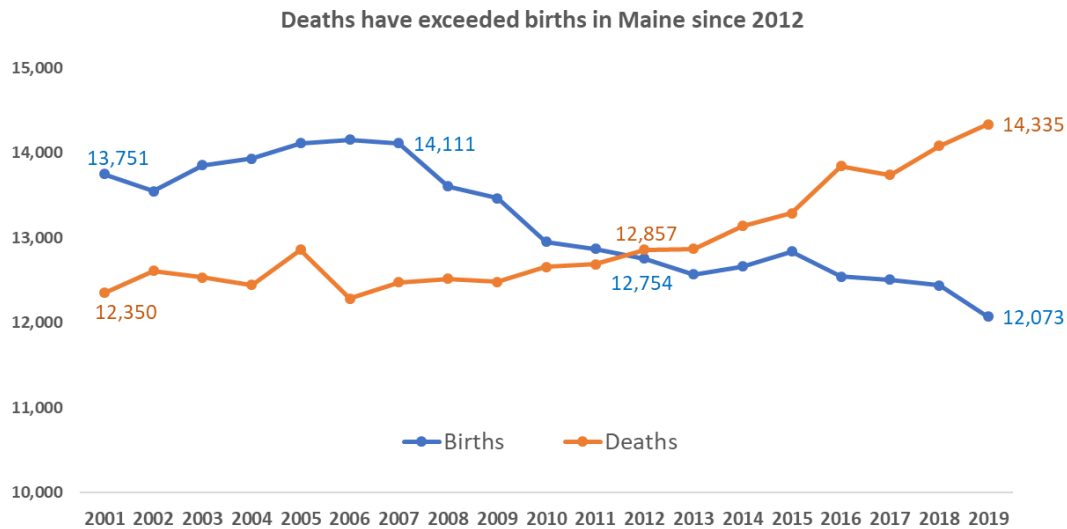
# Maine Children's Alliance

## Maine Demographics: Recent Shifts and Opportunities for the Future

**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 play. As the oldest population in the nation, Maine faces the challenges of caring for older adults and meeting its future workforce needs. On the positive side, migration to Maine and shifts in racial representation are contributing to younger communities. By recognizing the trends in our population, we can better plan for the programs, services, and systems – from early childhood education to senior housing - that will ensure greater long-term social and economic prosperity for all of us.

### Deaths exceed births

Since 2012, the number of deaths has exceeded the number of births in Maine. Our state is just one of four states where annual deaths outnumber births. And the [number of births in Maine continues to drop](#).<sup>1</sup> 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 so every child is set up for success.



Source: [Maine public-health-systems data](#)

[Maine also has the highest median age in the nation, at 45.1 years.](#)<sup>2</sup> [As of 2018, there are more people over age 65 in our state \(275,000\) than there are children \(250,000\).](#)<sup>3</sup> With a decreasing number of adults in the working-age population, Maine's future economic security will depend on more adults choosing to live, work, and raise their children here in our state. Fortunately, families are moving to Maine from other countries and states and countries, helping to stabilize our younger population.

<sup>1</sup> Maine Historical Vital Statistics Data <https://www.maine.gov/dhhs/mecdc/public-health-systems/data-research/data/documents/pdf/vs-h1r.pdf>

<sup>2</sup> American Community Survey, 2019: ACS 1-Year Estimates Subject Table S0101 <https://data.census.gov/cedsci/table?q=median%20age&g=0100000US.04000.001&tid=ACSST1Y2019.S0101&hidePreview=true>

<sup>3</sup> KIDS COUNT Data Center, Children by Age Group <https://datacenter.kidscount.org/data/tables/5237-children-by-age-group-2000-2007-2012-2018>

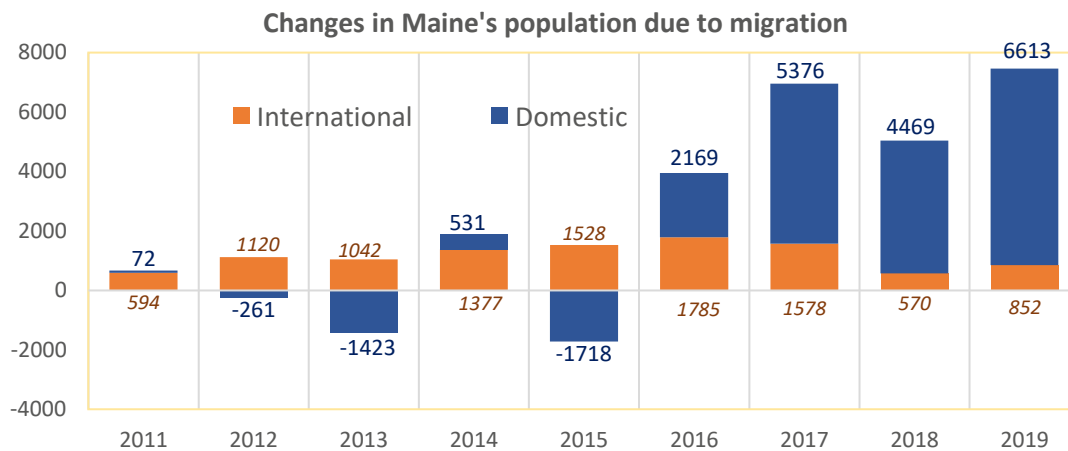
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## Maine Demographics: Recent Shifts and Opportunities for the Future

### Maine's population is growing

Maine has managed to avoid a decline in population due to international and in-state migration. Between 2011-2015, Maine's population increased due to international migration. Since 2015, however, [following a similar national trend](#),<sup>4</sup> Maine has seen the number of international migrants fall, from 1,528 in 2015 to 852 in 2019 – a 44% reduction.

Meanwhile, the difference between people moving into Maine from other states compared to those from Maine moving out (known as net inter-state or “domestic” migration) has been increasing since 2016. [The net increase of 6,613 people who moved to Maine from other states in 2019](#) alone represents 5 newcomers per 1,000 residents, a rate that put Maine 16<sup>th</sup> out of 50 states and highest in New England.<sup>5</sup> In 2019, this inter-state movement into Maine represented 89% of all migration into our state.



Source: [US Census Migration 2019](#)

This story is not restricted to southern Maine. In 2019, every county in Maine except Aroostook saw more people move into the county than moved out.<sup>6</sup> By attracting and adapting to the families making Maine home, we have an opportunity to increase and strengthen our local workforce and tax base, resulting in stronger schools and communities.

[While one researcher estimated](#) that only 2% of the population moving into Maine from other states was comprised of Black individuals,<sup>7</sup> the number of international immigrants and their children moving into Maine has impacted the racial demography of our state.

<sup>4</sup> US Census Bureau, Net Migration Projected to Fall to Lowest Levels this Decade  
<https://www.census.gov/library/stories/2019/12/net-international-migration-projected-to-fall-lowest-levels-this-decade.html>

<sup>5</sup> US Census Bureau, State Population Totals and Components of Change: 2010-2019  
<https://www.census.gov/data/tables/time-series/demo/popest/2010s-state-total.html>

<sup>6</sup> Ibid

<sup>7</sup> Maine Policy Review, Attracting New Maine Residents: The Effects of Educational and Age on Interstate Mobility  
<https://digitalcommons.library.umaine.edu/cgi/viewcontent.cgi?article=1839&context=mpr>

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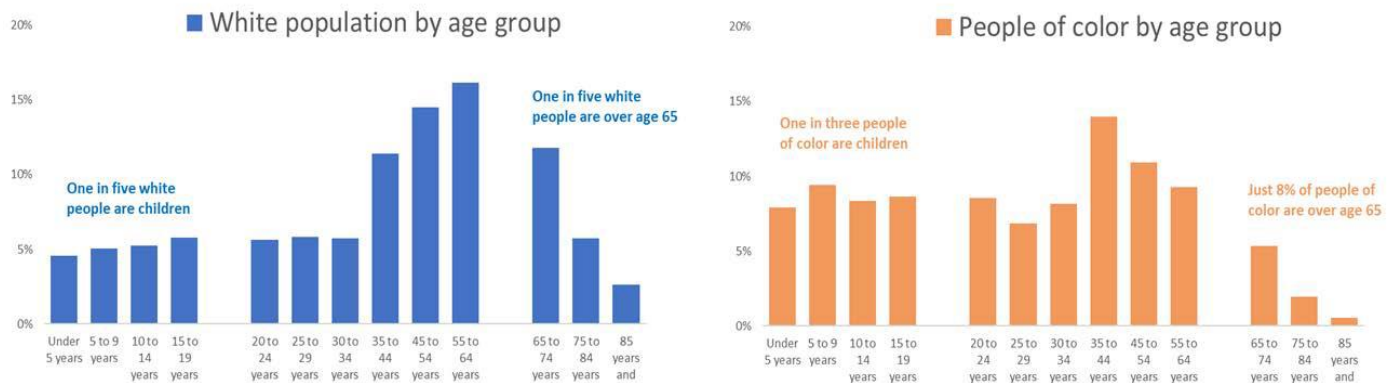
## Maine Demographics: Recent Shifts and Opportunities for the Future

### People of color in Maine tend to be younger

All Maine's counties are becoming more diverse. According to US Census population estimates from 2010 to 2019, Washington, Piscataquis, and Waldo counties had the largest increases to the Black and Hispanic populations: with 2019 rates of 3.7% for Washington and 2.7% for the other two counties. Meanwhile, Androscoggin and Cumberland counties had 2019 rates for Black and Hispanic populations of 7.6% and 6.1% respectively. Statewide, Black and Hispanic races combined represent around 4.1% of Maine's population.

Our racially diverse communities tend to be younger, which is important for meeting the state's workforce needs. For white people in Maine, the age group with the largest population is 55-64 years, while for people of color, it is 35-44 years.<sup>8</sup>

### In Maine, the white population is older than the Black & Hispanic populations



Source: [US Census 5 yr ACS 2014-2018](#) Note: Black, Hispanic and white are included here, Asian, Native American, and Two or More Races are not.

### Maine children are becoming more racially diverse

Notably, [one in twelve births in Maine are to foreign-born parents](#); without these births, Maine's birth rate would be even lower.<sup>9</sup> In 2018, there were approximately 19,200 children living with one or more foreign-born parents in Maine, accounting for 8% of all Maine children.<sup>10</sup> [These new Mainers come from many different countries](#), with a breadth of cultural identities, heritage, and languages.<sup>11</sup>

<sup>8</sup> US Census Bureau, American Community Survey, Table B01001A

<https://data.census.gov/cedsci/table?q=Race%20and%20Ethnicity&g=0400000US23&tid=ACSDT5Y2018.B01001A&tp=false&hidePreview=true>

<sup>9</sup> KIDS COUNT Data Center, Births to Foreign-Born Mothers in Maine <https://datacenter.kidscount.org/data/tables/14-births-to-foreign-born-mothers>

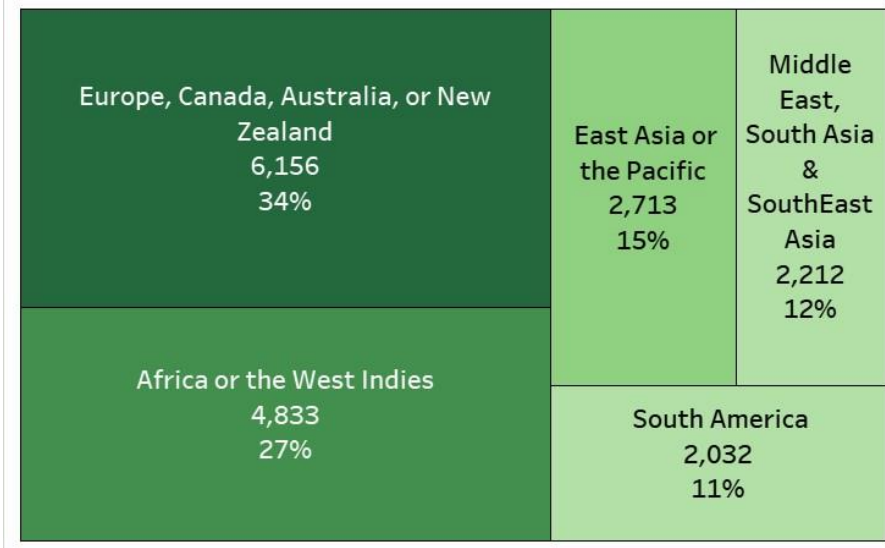
<sup>10</sup> US Census Bureau, Population Research Bureau analysis of 2014-2018 ACS PUMS

<sup>11</sup> Migration Policy Institute, State Immigration Data Profiles <https://www.migrationpolicy.org/data/state-profiles/state/demographics/US/ME/FL>

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## Maine Demographics: Recent Shifts and Opportunities for the Future

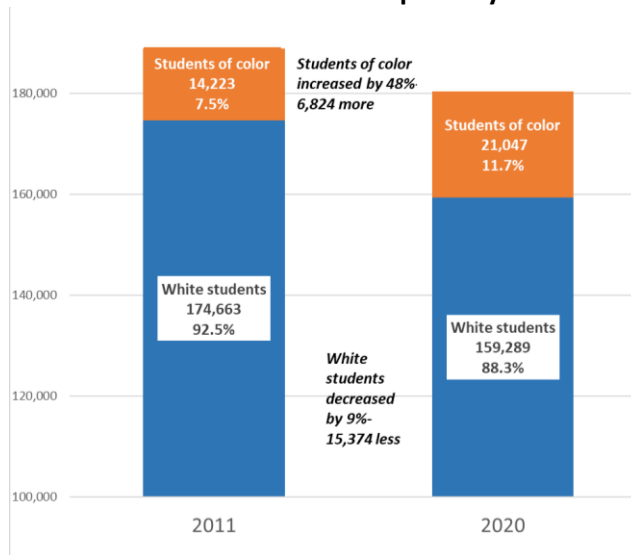
Country of origin of foreign-born parents



Source : <https://www.migrationpolicy.org/data/state-profiles/state/demographics/US/ME/FL>

This increase in the racial diversity of Maine's children is evident in our school systems. While the number of white children enrolled in Maine schools has been declining each year, the number of children of color enrolled has been increasing. Were it not for this, Maine schools would have seen even sharper declines in overall enrollment.

An increase in students of color partially offset a decrease in white students



Source: [Maine Dept. of Education Student Enrollment](#)

With an aging and older population, Maine has been facing an uncertain future. Our state needs more young people 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, education, and well-being, are reconsidered with changing demographics in mind. By adapting these various systems that support children and their families – and ensuring they are equitable – we can maximize and leverage the potential they represent to the future success of our state.