



Cumberland County, ME

Coastal Counties Workforce, Inc.



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Report Parameters

1 County

23005 Cumberland County, ME

Class of Worker

QCEW Employees, Non-QCEW Employees, and Self-Employed

The information in this report pertains to the chosen geographical area.

Economy Overview

313,809

Population (2024)

Population **grew by 17,757** over the last 5 years and is projected to **grow by 15,227** over the next 5 years.

217,025

Total Regional Employment

Jobs **grew by 5,646** over the last 5 years and are projected to **grow by 1,437** over the next 5 years.

\$93.0K

Median Household Income (2023)

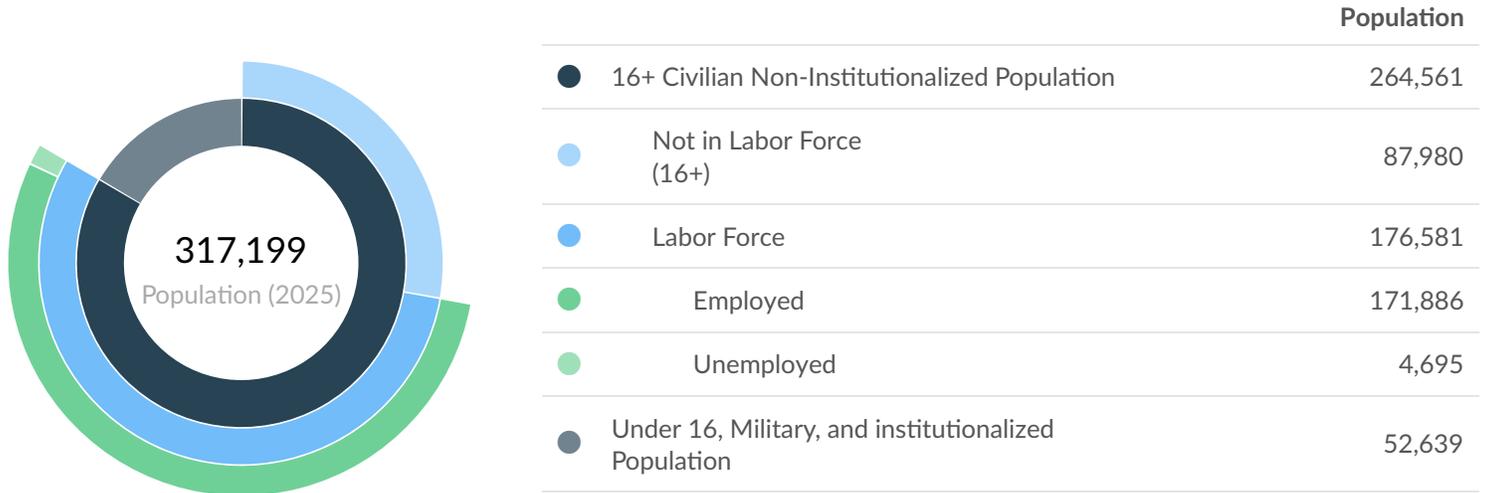
Median household income is **\$14.4K above** the national median household income of \$78.5K.

Takeaways

- As of 2024 the region's population **increased by 6.0%** since 2019, growing by 17,757. Population is expected to **increase by 4.9%** between 2024 and 2029, adding 15,227.
- From 2019 to 2024, jobs **increased by 2.7%** in Cumberland County, ME from 211,380 to **217,025**. This change **fell short of the national growth rate of 4.4% by 1.7%**. As the number of jobs increased, the **labor force participation rate decreased from 68.3% to 67.3% between 2019 and 2024**.
- Concerning educational attainment, **31.8% of Cumberland County, ME residents possess a Bachelor's Degree** (10.3% above the national average), and **8.4% hold an Associate's Degree** (0.4% below the national average).
- The top three industries in 2024 are Restaurants and Other Eating Places, General Medical and Surgical Hospitals, and Education and Hospitals (Local Government).

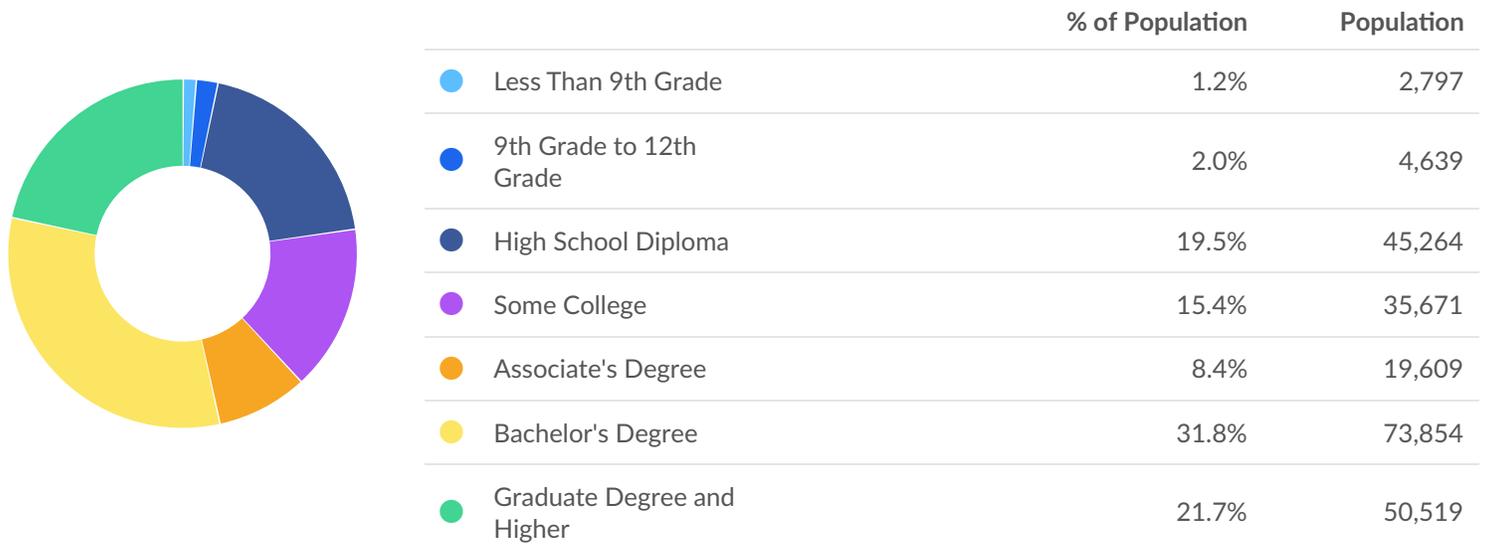
	Population (2025)	Labor Force (Sep 2025)	Jobs (2024)	Cost of Living	GRP	Imports	Exports
Region	317,199	176,581	217,025	123.3	\$34.38B	\$23.79B	\$26.96B
State	1,418,649	705,977	746,173	116.8	\$98.99B	\$96.79B	\$108.90B

Sep 2025 Labor Force Breakdown



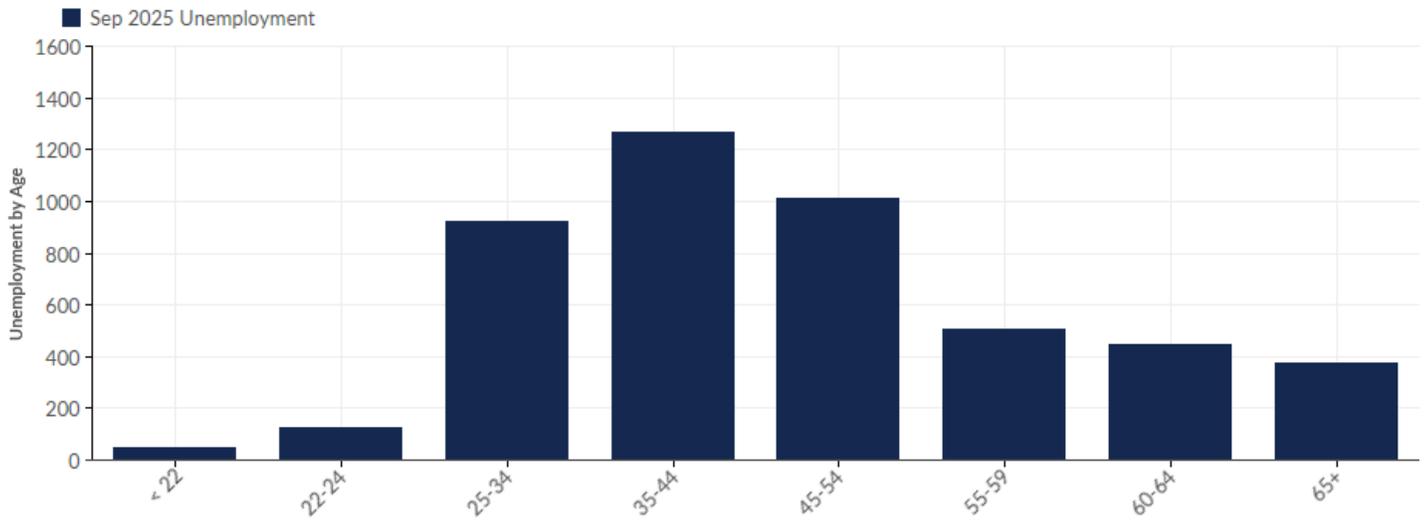
Educational Attainment

Concerning educational attainment, **31.8% of Cumberland County, ME residents possess a Bachelor's Degree** (10.3% above the national average), and **8.4% hold an Associate's Degree** (0.4% below the national average).



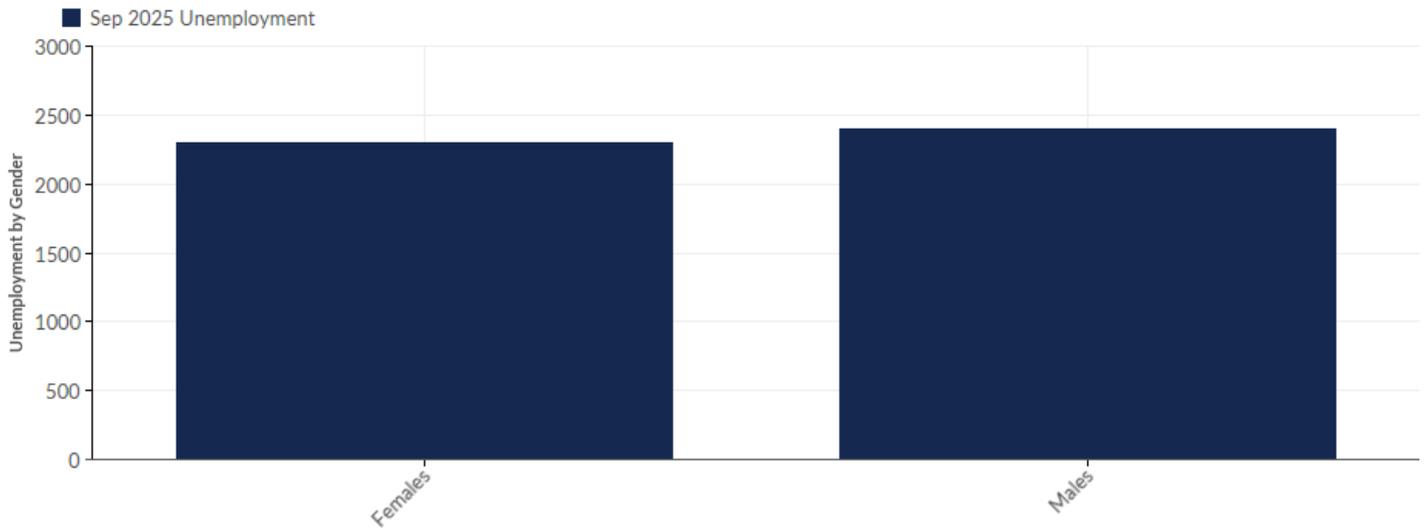
Unemployment by Demographics

Unemployment by Age



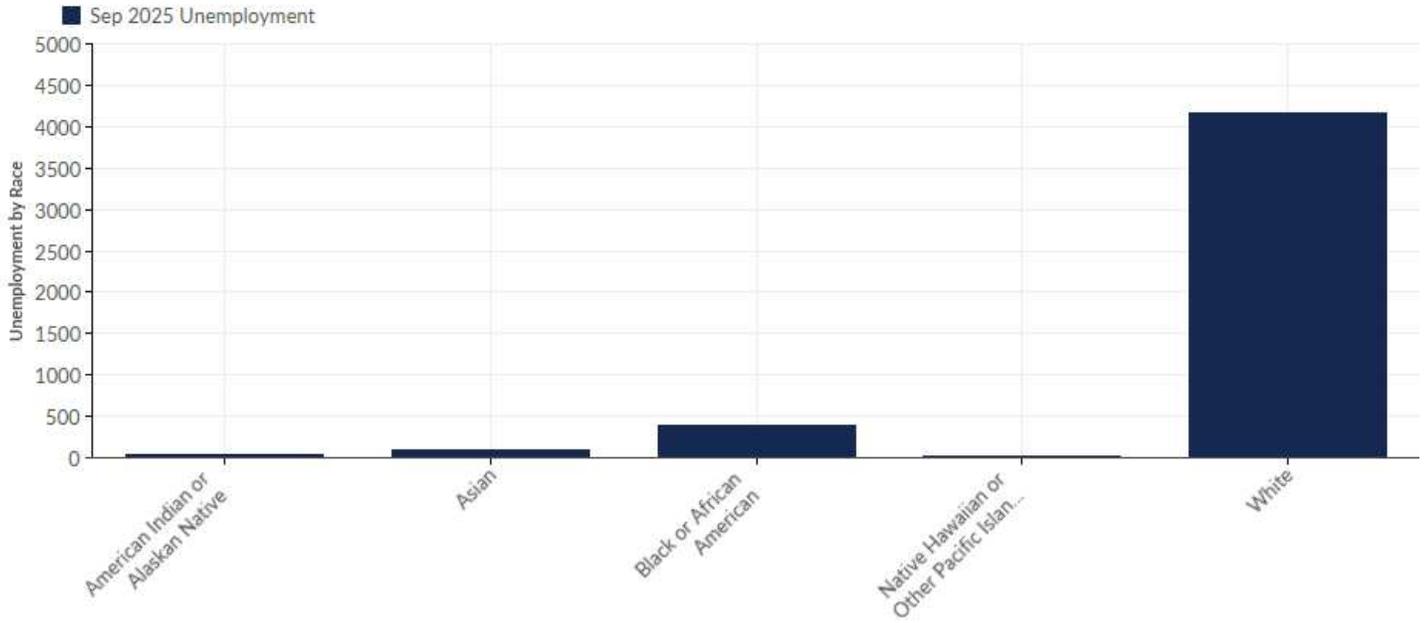
Age	Unemployment (Sep 2025)	% of Unemployed
< 22	49	1.04%
22-24	124	2.64%
25-34	922	19.64%
35-44	1,266	26.96%
45-54	1,008	21.47%
55-59	505	10.76%
60-64	448	9.54%
65+	373	7.94%
Total	4,695	100.00%

Unemployment by Gender



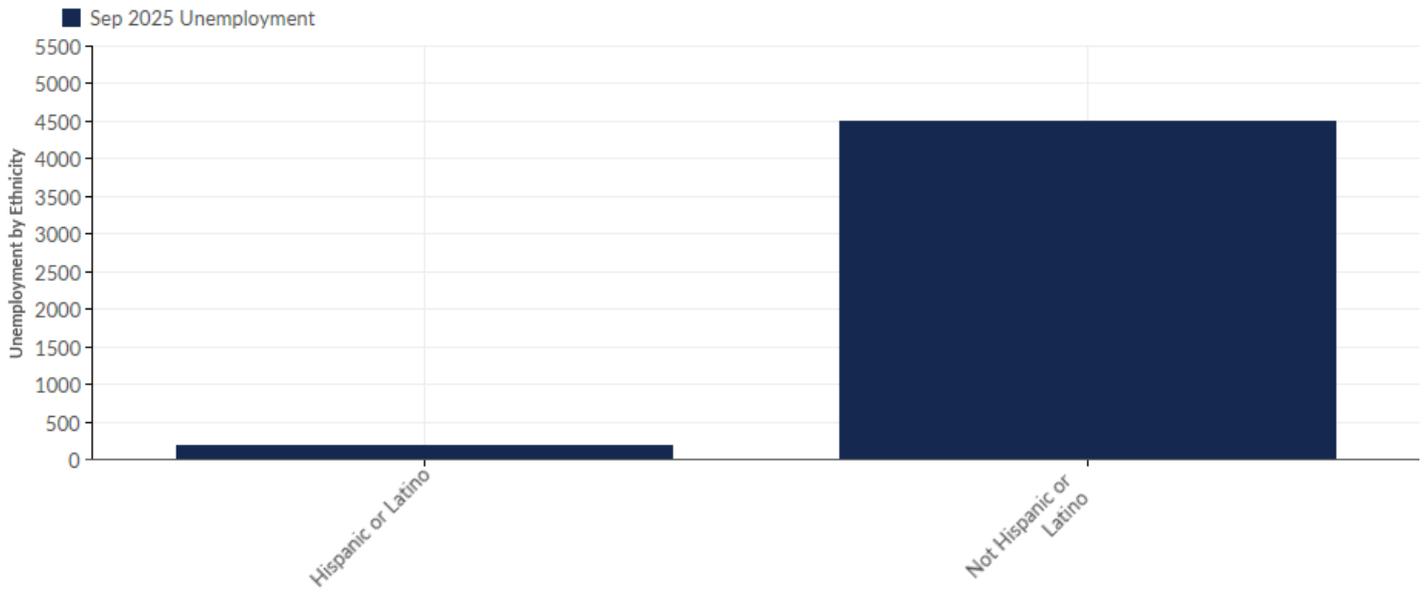
Gender	Unemployment (Sep 2025)	% of Unemployed
Females	2,296	48.90%
Males	2,399	51.10%
Total	4,695	100.00%

Unemployment by Race



Race	Unemployment (Sep 2025)	% of Unemployed
American Indian or Alaskan Native	39	0.83%
Asian	98	2.09%
Black or African American	386	8.22%
Native Hawaiian or Other Pacific Islander	14	0.30%
White	4,157	88.54%
Total	4,695	100.00%

Unemployment by Ethnicity

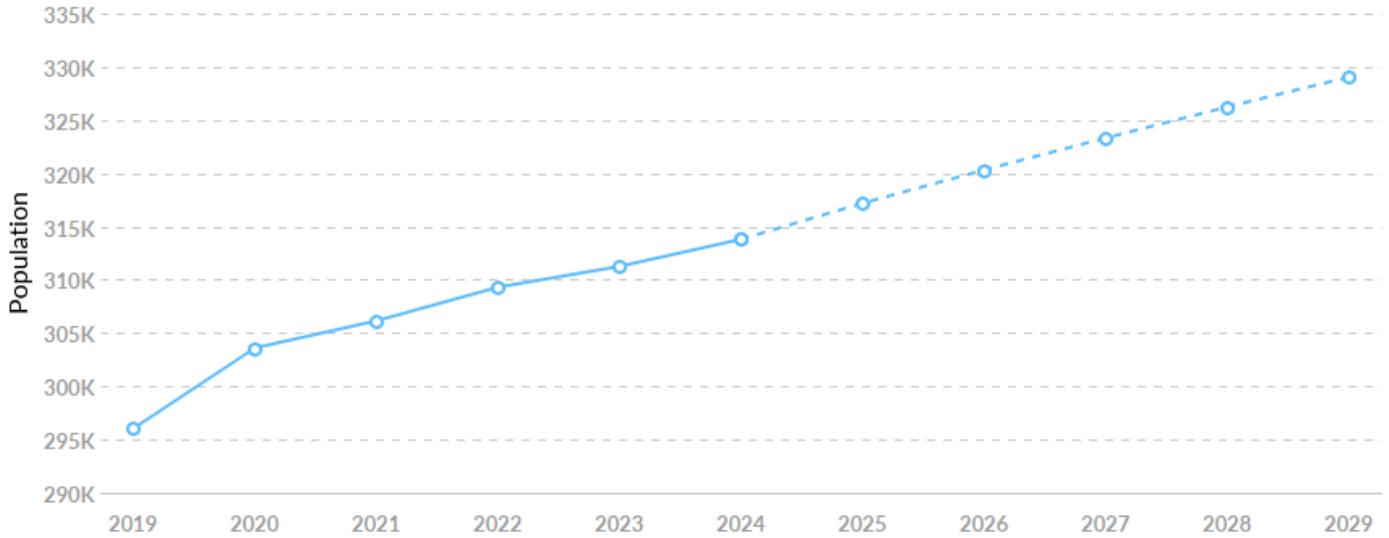


Ethnicity	Unemployment (Sep 2025)	% of Unemployed
Hispanic or Latino	187	3.98%
Not Hispanic or Latino	4,508	96.02%
Total	4,695	100.00%

Historic & Projected Trends

Population Trends

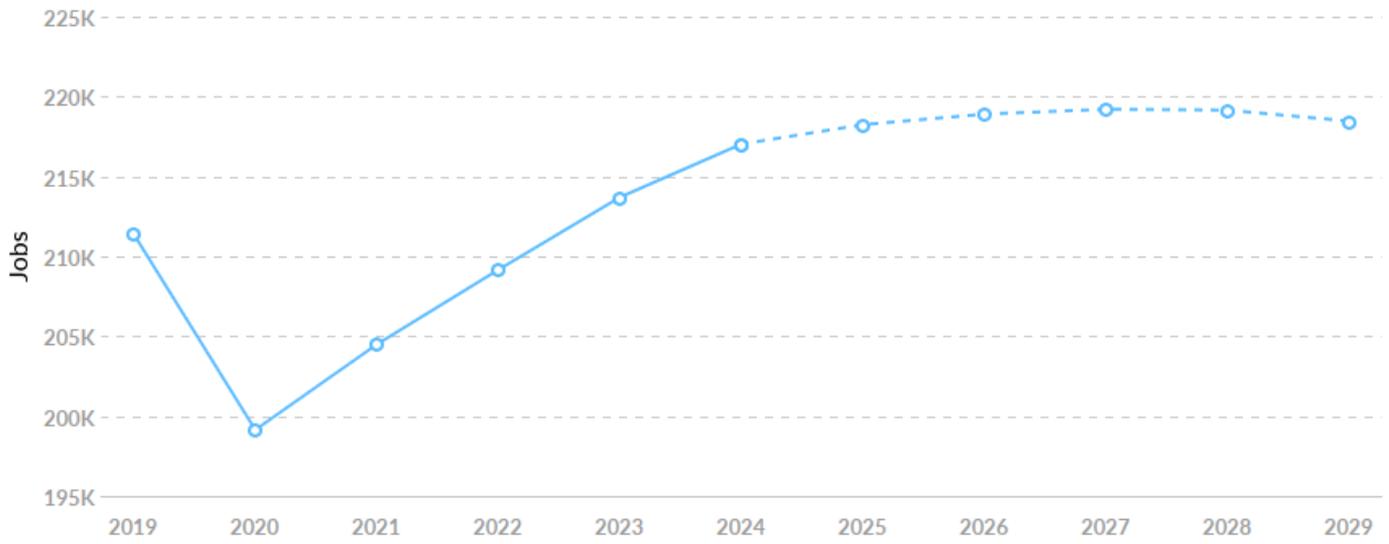
As of 2024 the region's population increased by 6.0% since 2019, growing by 17,757. Population is expected to increase by 4.9% between 2024 and 2029, adding 15,227.



Timeframe	Population
2019	296,052
2020	303,606
2021	306,152
2022	309,309
2023	311,258
2024	313,809
2025	317,199
2026	320,319
2027	323,320
2028	326,234
2029	329,036

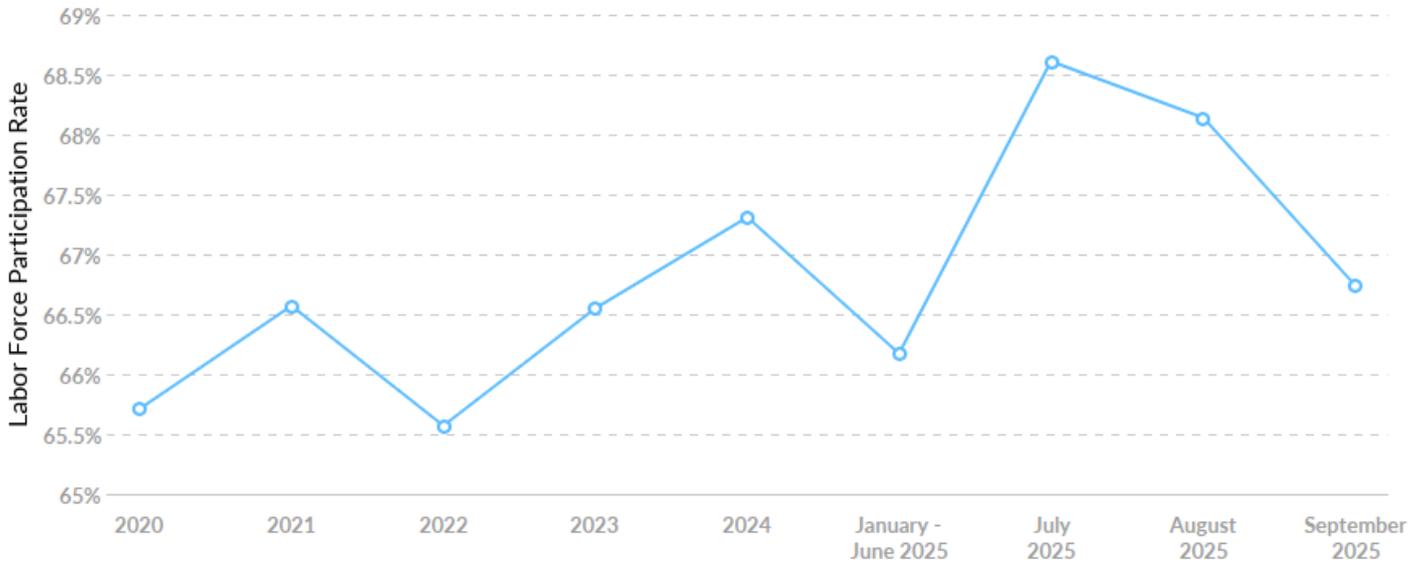
Job Trends

From 2019 to 2024, jobs increased by 2.7% in Cumberland County, ME from 211,380 to 217,025. This change fell short of the national growth rate of 4.4% by 1.7%.



Timeframe	Jobs
2019	211,380
2020	199,131
2021	204,482
2022	209,156
2023	213,694
2024	217,025
2025	218,239
2026	218,904
2027	219,204
2028	219,150
2029	218,462

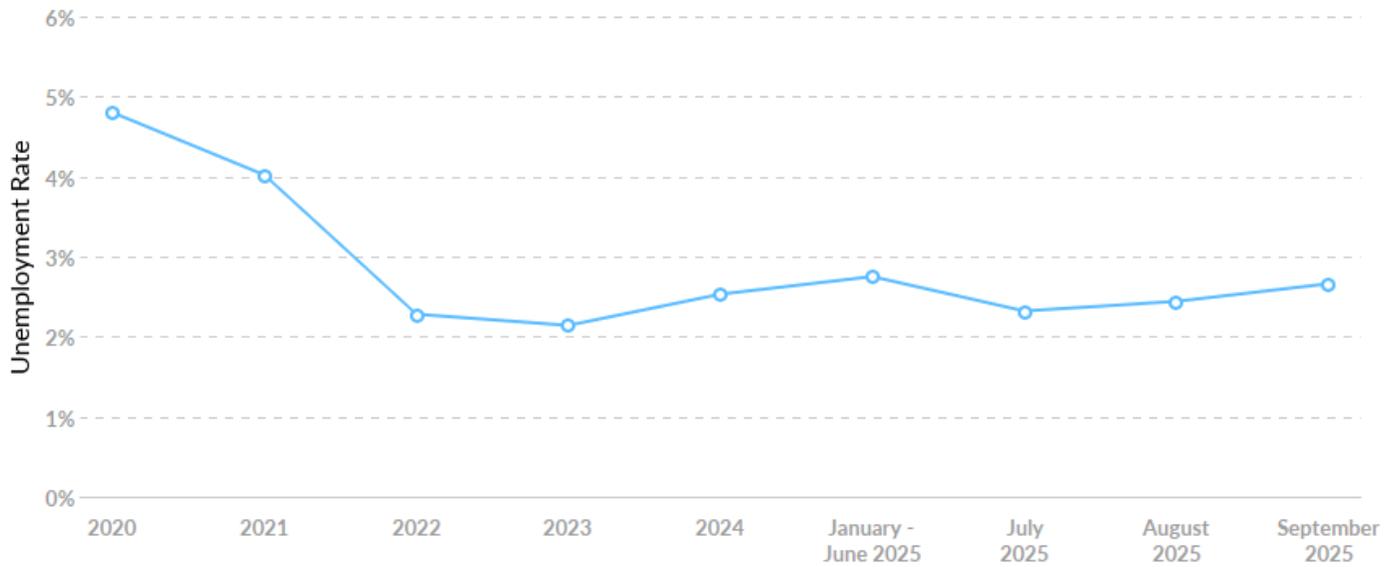
Labor Force Participation Rate Trends



Timeframe	Labor Force Participation Rate
2020	65.71%
2021	66.57%
2022	65.57%
2023	66.55%
2024	67.31%
January - June 2025	66.17%
July 2025	68.61%
August 2025	68.14%
September 2025	66.74%

Unemployment Rate Trends

Cumberland County, ME had a September 2025 unemployment rate of 2.66%, **decreasing from 4.80%** 5 years before.



Timeframe	Unemployment Rate
2020	4.80%
2021	4.02%
2022	2.28%
2023	2.14%
2024	2.53%
January - June 2025	2.75%
July 2025	2.32%
August 2025	2.44%
September 2025	2.66%

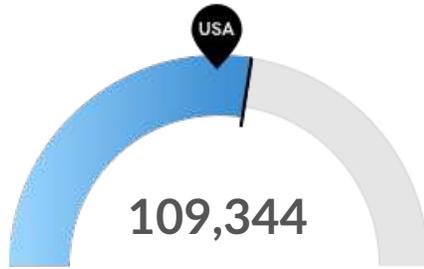
Population Characteristics



64,941

Millennials

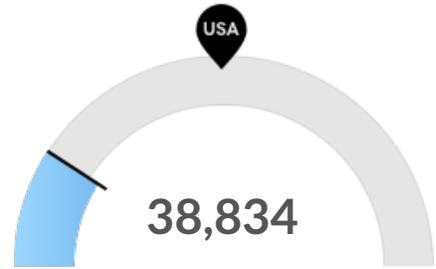
Cumberland County, ME has 64,941 millennials (ages 25-39). The national average for an area this size is 64,240.



109,344

Retiring Soon

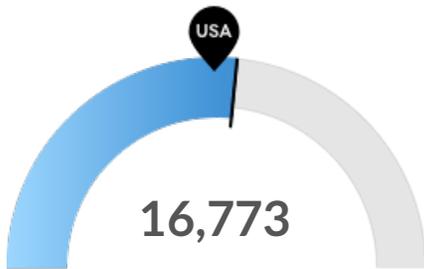
Retirement risk is high in Cumberland County, ME. The national average for an area this size is 94,889 people 55 or older, while there are 109,344 here.



38,834

Racial Diversity

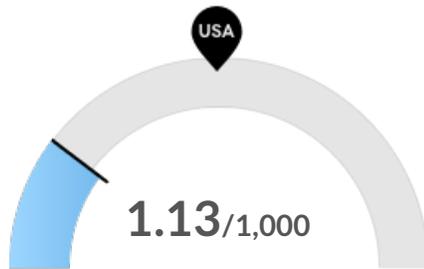
Racial diversity is low in Cumberland County, ME. The national average for an area this size is 133,489 racially diverse people, while there are 38,834 here.



16,773

Veterans

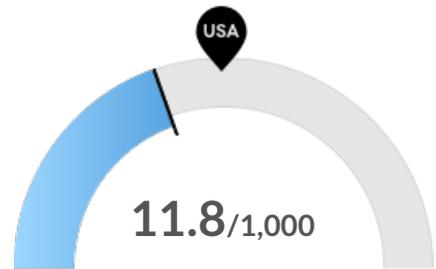
Cumberland County, ME has 16,773 veterans. The national average for an area this size is 15,312.



1.13/1,000

Violent Crime

Cumberland County, ME has 1.13 violent crimes per 1,000 people. The national rate is 3.38 per 1,000 people.



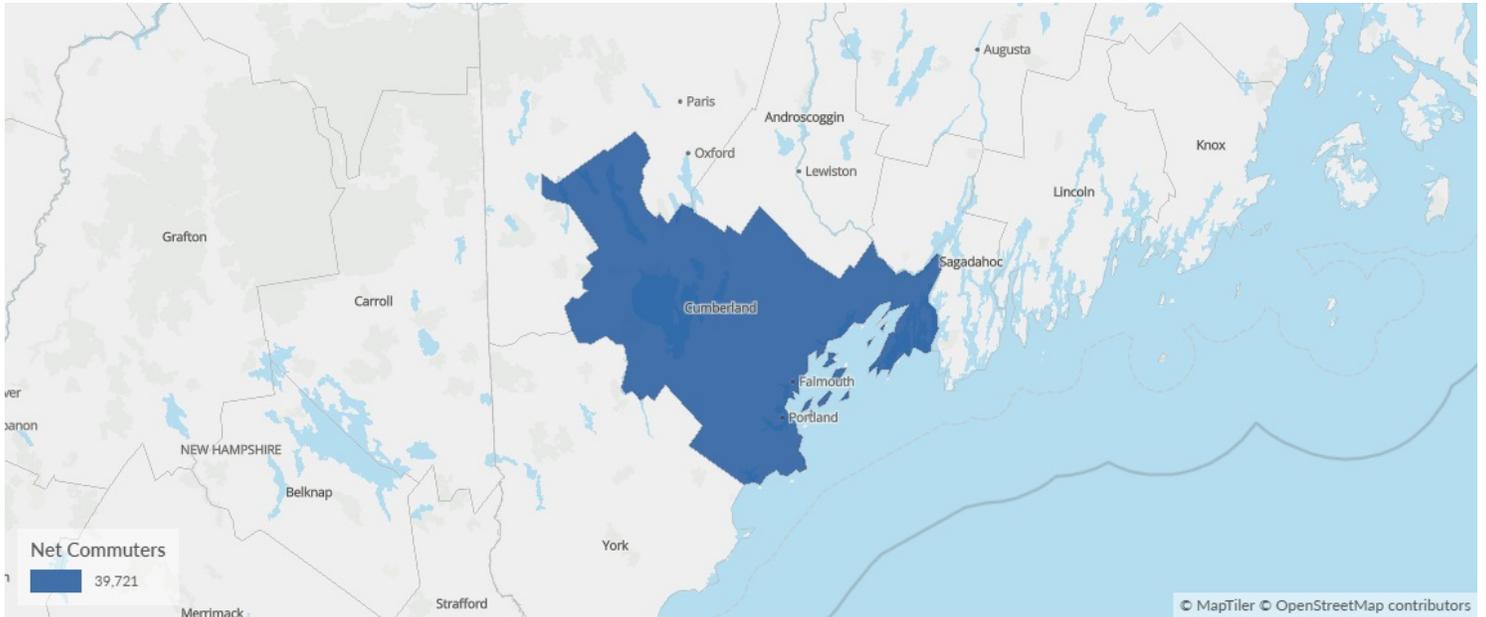
11.8/1,000

Property Crime

Cumberland County, ME has 11.8 property crimes per 1,000 people. The national rate is 16.44 per 1,000 people.

Place of Work vs Place of Residence

Understanding where talent in Cumberland County, ME currently works compared to where talent lives can help you optimize site decisions.



Where Talent Works

County	Name	2024 Employment
23005	Cumberland County, ME	217,025

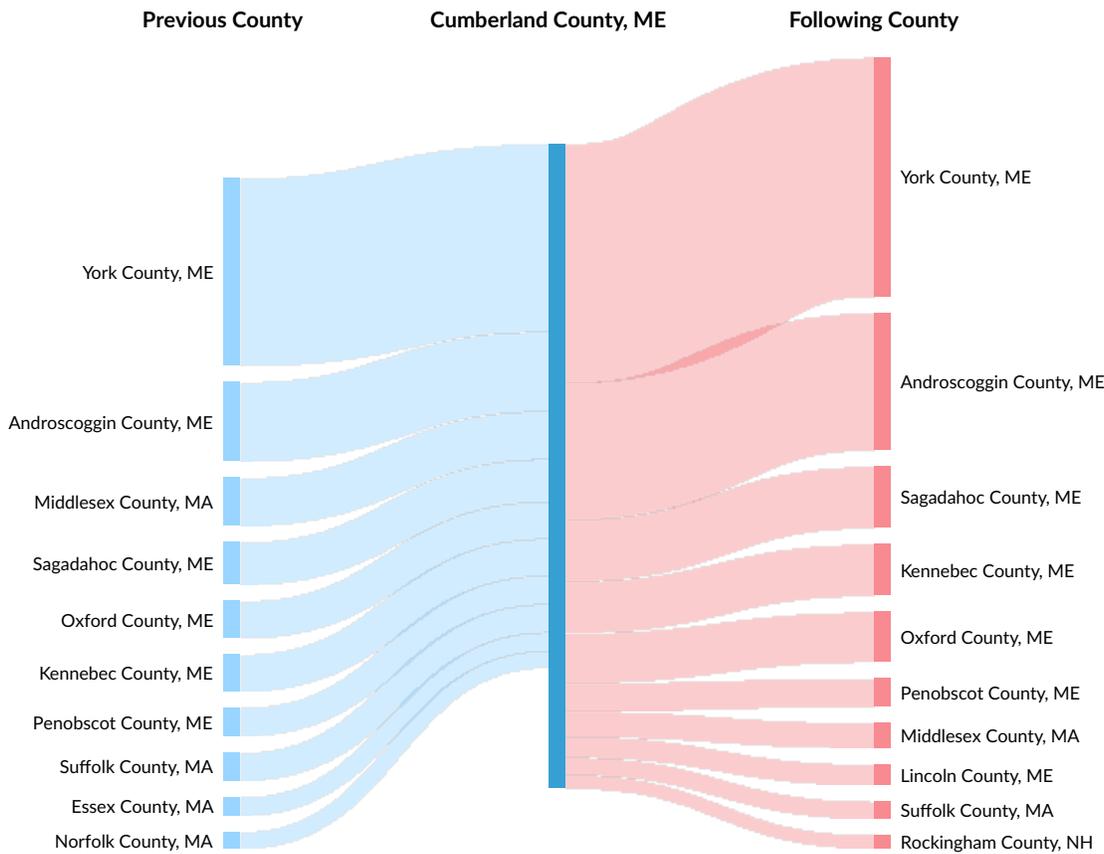
Where Talent Lives

County	Name	2024 Workers
23005	Cumberland County, ME	177,304

Inbound and Outbound Migration

The table below analyzes past and current residents of Cumberland County, ME. The left column shows residents of other counties migrating to Cumberland County, ME. The right column shows residents migrating from Cumberland County, ME to other counties.

As of 2022, **1,817** people have migrated from York County, ME to Cumberland County, ME. In the same year, **2,317** people left Cumberland County, ME migrating to York County, ME. The total Net Migration for Cumberland County, ME in 2022 was **276**.



Top Previous Counties	Migrations
York County, ME	1,817
Androscoggin County, ME	769
Middlesex County, MA	465
Sagadahoc County, ME	413
Oxford County, ME	359

Top Previous Counties	Migrations
Kennebec County, ME	357
Penobscot County, ME	276
Suffolk County, MA	273
Essex County, MA	179
Norfolk County, MA	162
Rockingham County, NH	151
Lincoln County, ME	139
Hillsborough County, NH	136
Kings County, NY	132
Worcester County, MA	124
Top Following Counties	Migrations
York County, ME	2,317
Androscoggin County, ME	1,328
Sagadahoc County, ME	594
Kennebec County, ME	500
Oxford County, ME	483
Penobscot County, ME	273
Middlesex County, MA	244
Lincoln County, ME	200
Suffolk County, MA	168
Rockingham County, NH	132
Franklin County, ME	126
Essex County, MA	124
Somerset County, ME	116
Hancock County, ME	106

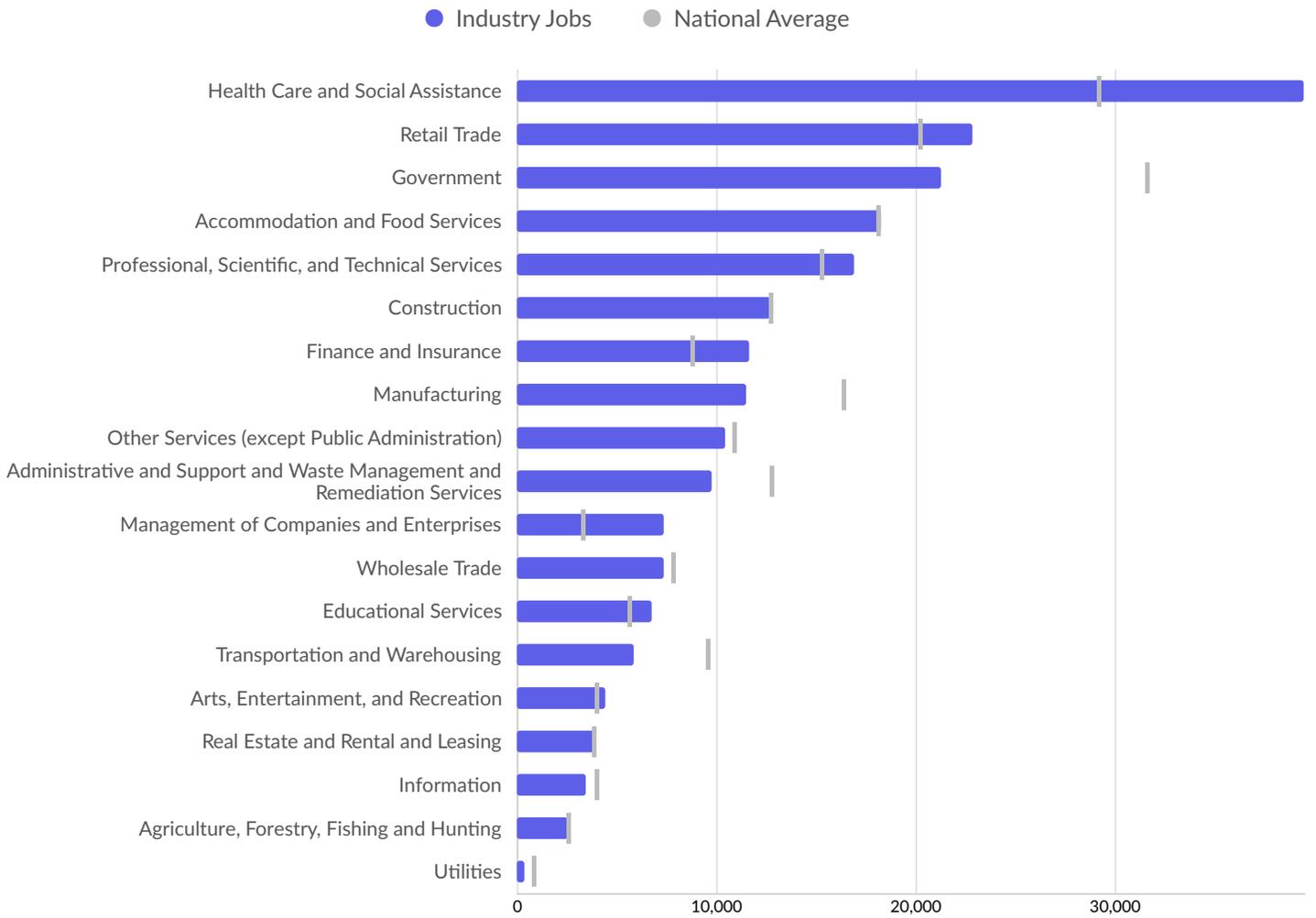
Top Following Counties**Migrations**

Knox County, ME

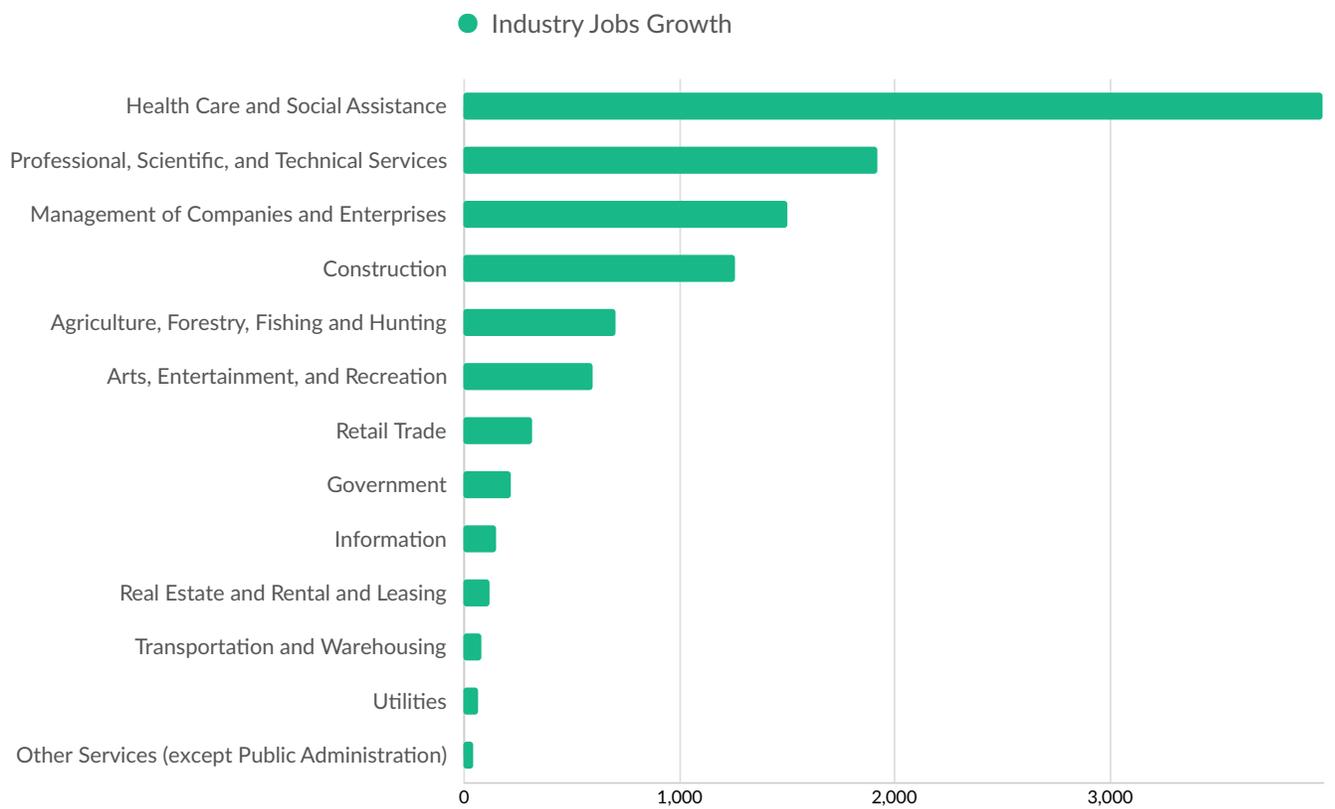
99

Industry Characteristics

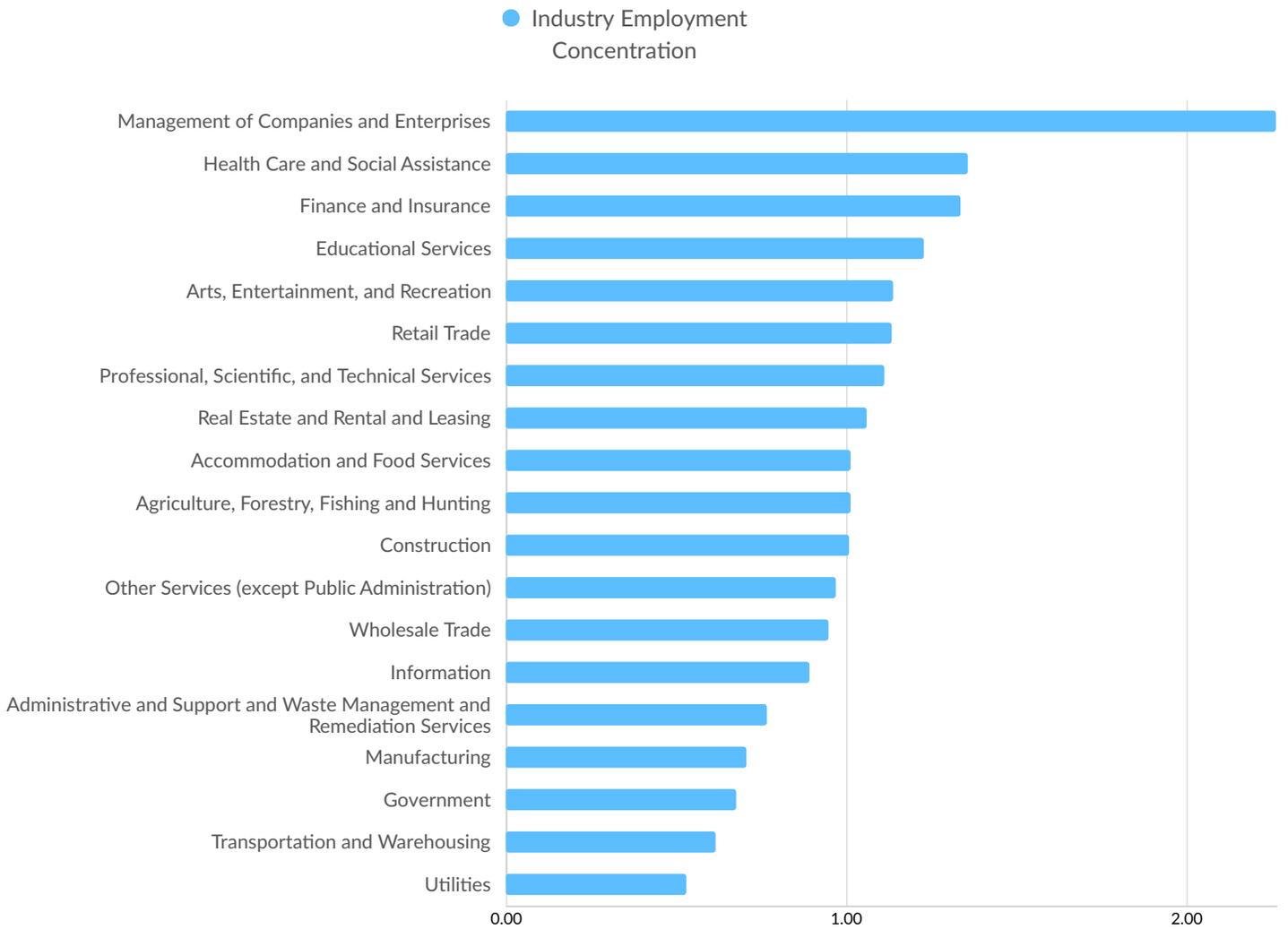
Largest Industries



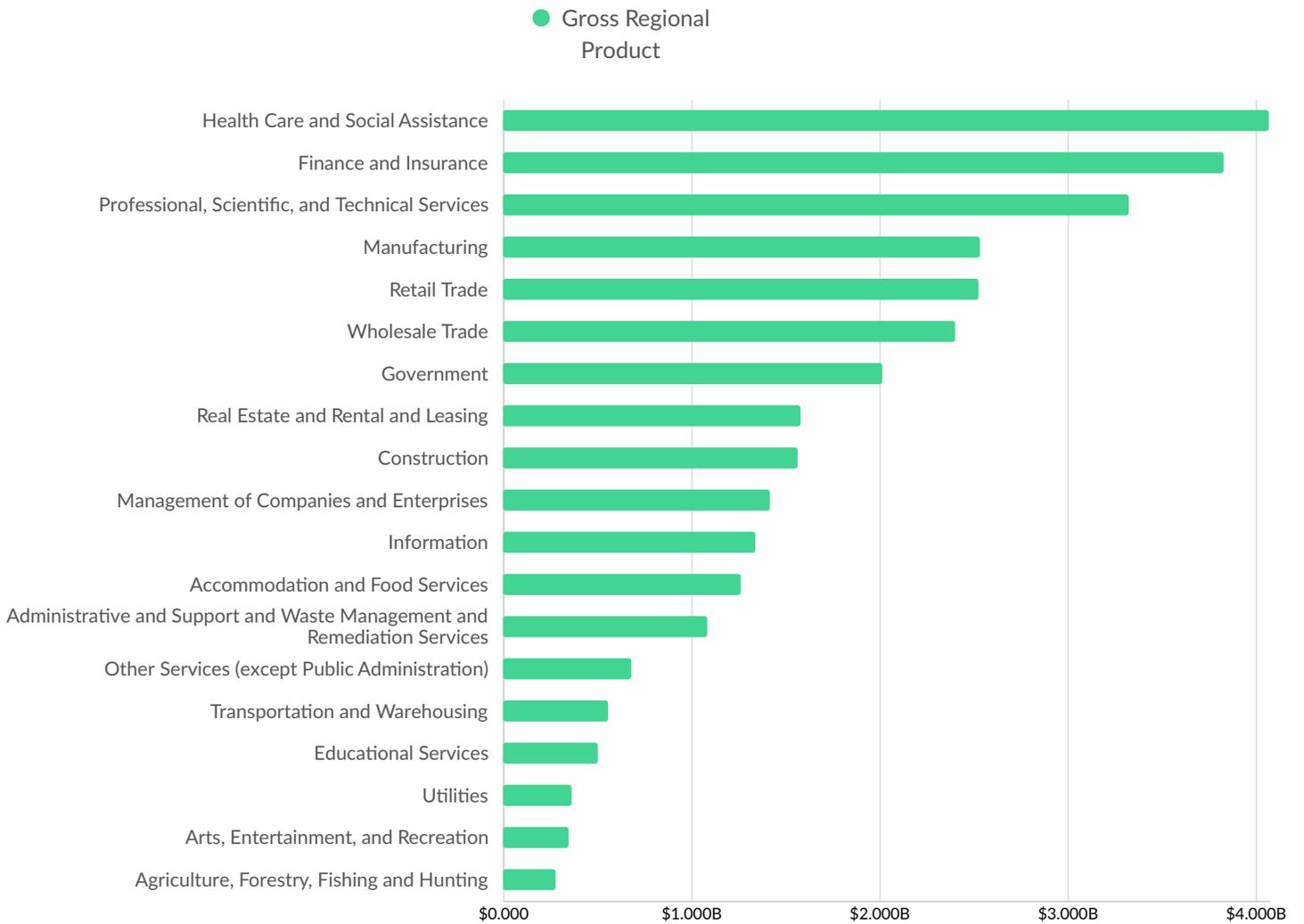
Top Growing Industries



Top Industry Employment Concentration



Top Industry GRP



Top Industry Earnings



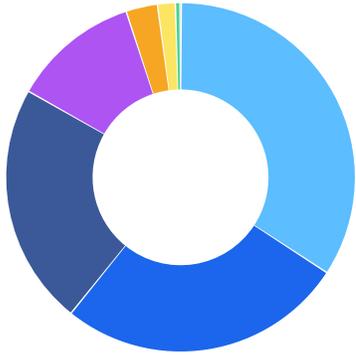
Business Characteristics

35,614 Companies Employ Your Workers

Online profiles for your workers mention 35,614 companies as employers, with the top 10 appearing below. In the last 12 months, 4,840 companies in Cumberland County, ME posted job postings, with the top 10 appearing below.

Top Companies	Profiles	Top Companies Posting	Unique Postings
Maine Medical Center	5,130 	Maine Medical Center	4,707 
Unum	2,174 	Hannaford Brothers Company	1,067 
IDEXX	1,793 	TD Bank	746 
L.L. Bean	1,408 	WEX	474 
University of Southern Maine	1,186 	Unum	459 
TD Bank	930 	Northern Light Health	425 
Bowdoin College	925 	Soliant Health	423 
Hannaford Brothers Company	837 	Amergis	386 
WEX	808 	IDEXX Laboratories	350 
University of New England	783 	AMN Healthcare	336 

Business Size

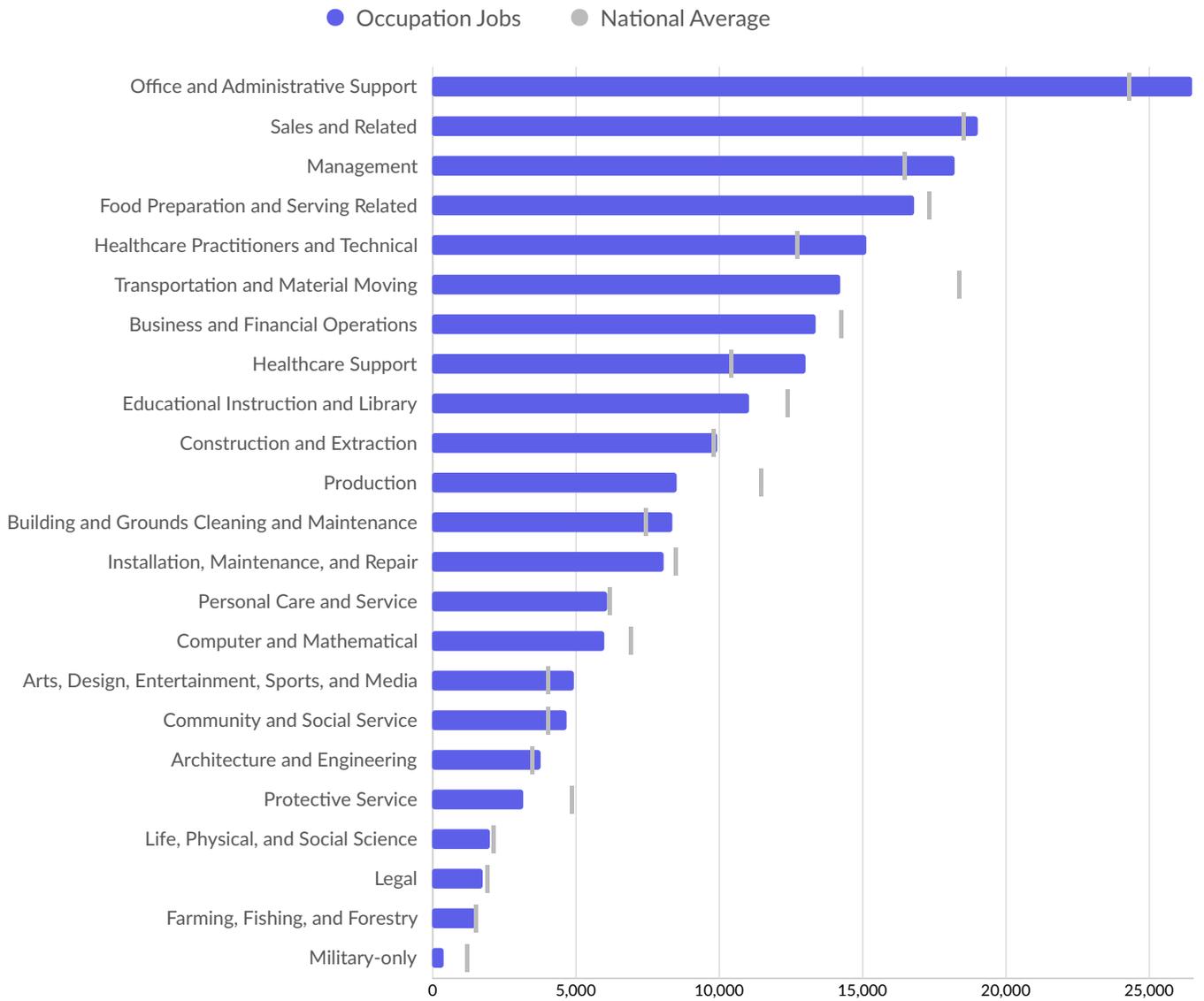


	Percentage	Business Count
● 1 to 4 employees	34.1%	5,857
● 5 to 9 employees	26.6%	4,565
● 10 to 19 employees	22.4%	3,847
● 20 to 49 employees	11.8%	2,018
● 50 to 99 employees	2.9%	502
● 100 to 249 employees	1.6%	282
● 250 to 499 employees	0.4%	72
● 500+ employees	0.1%	21

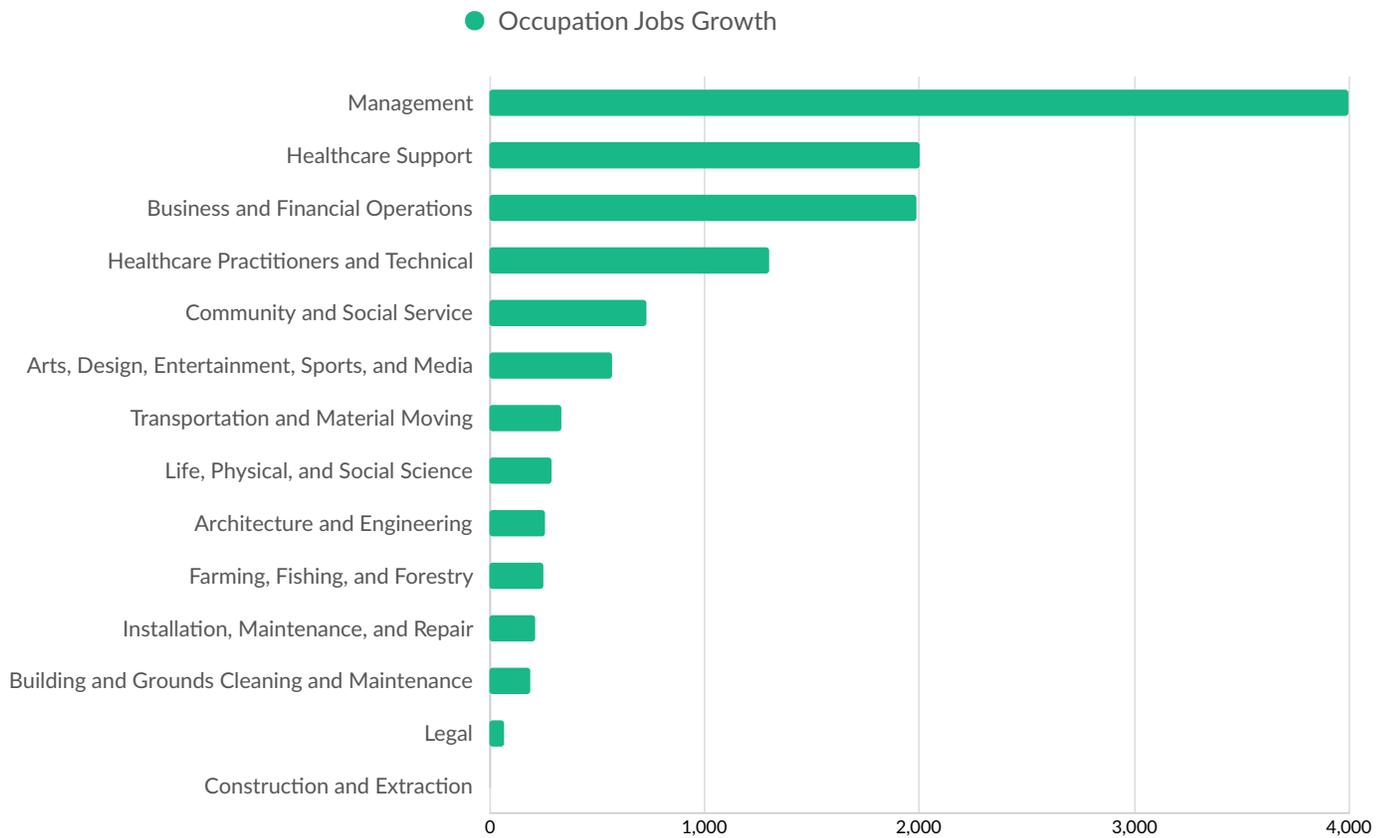
*Business Data by DatabaseUSA.com is third-party data provided by Lightcast to its customers as a convenience, and Lightcast does not endorse or warrant its accuracy or consistency with other published Lightcast data. In most cases, the Business Count will not match total companies with profiles on the summary tab.

Workforce Characteristics

Largest Occupations



Top Growing Occupations

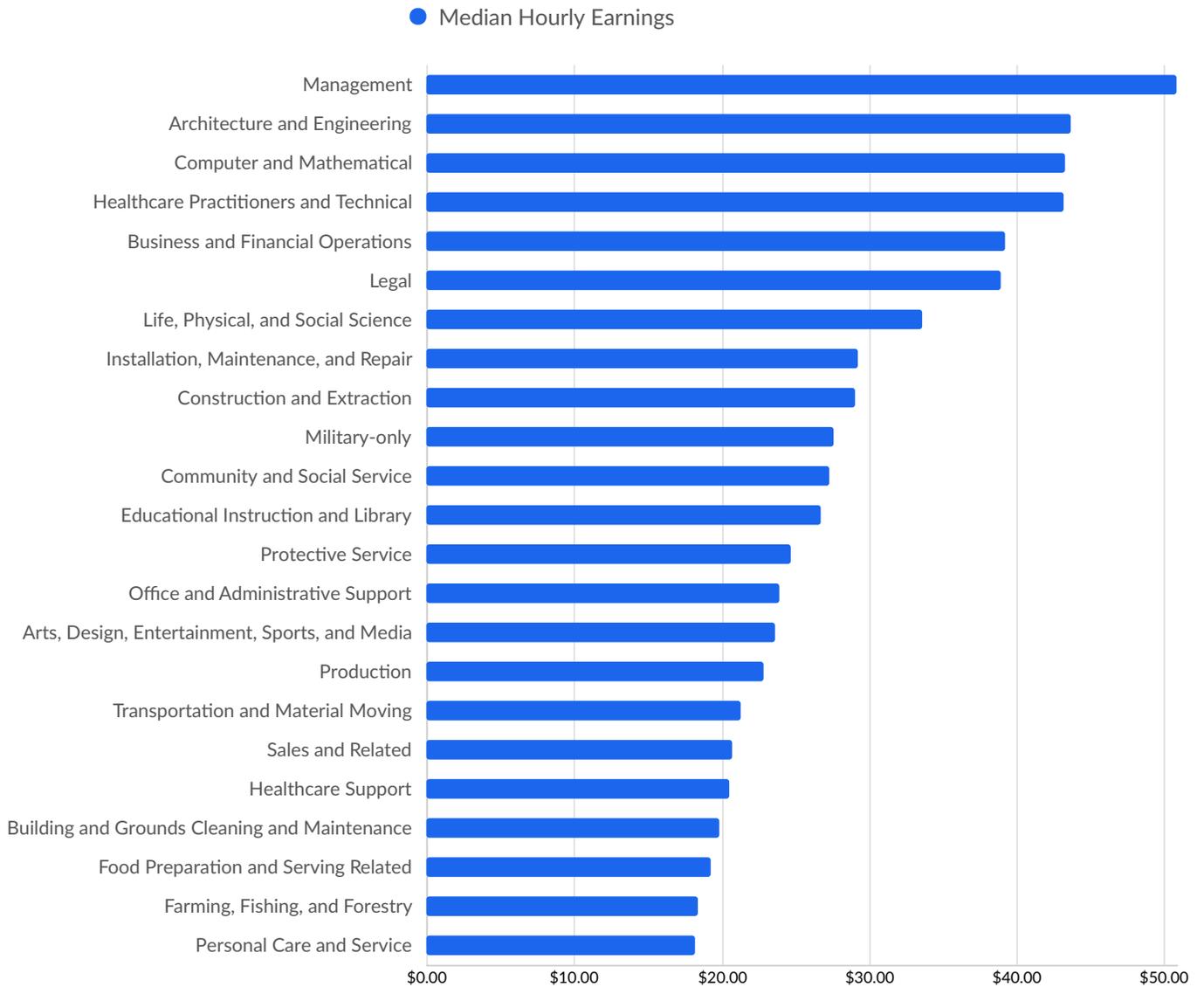


Top Occupation Employment Concentration

● Occupation Employment Concentration

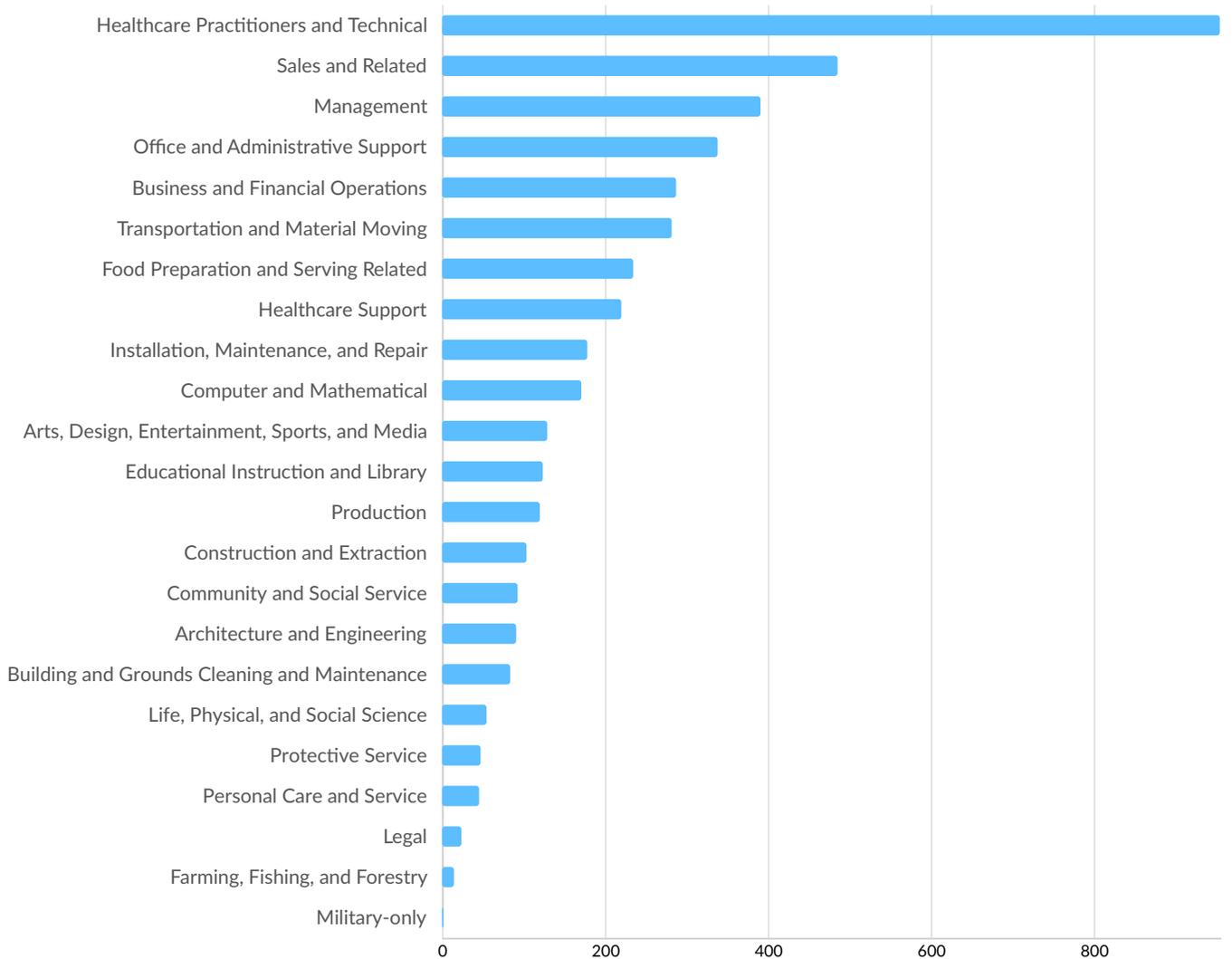


Top Occupation Earnings

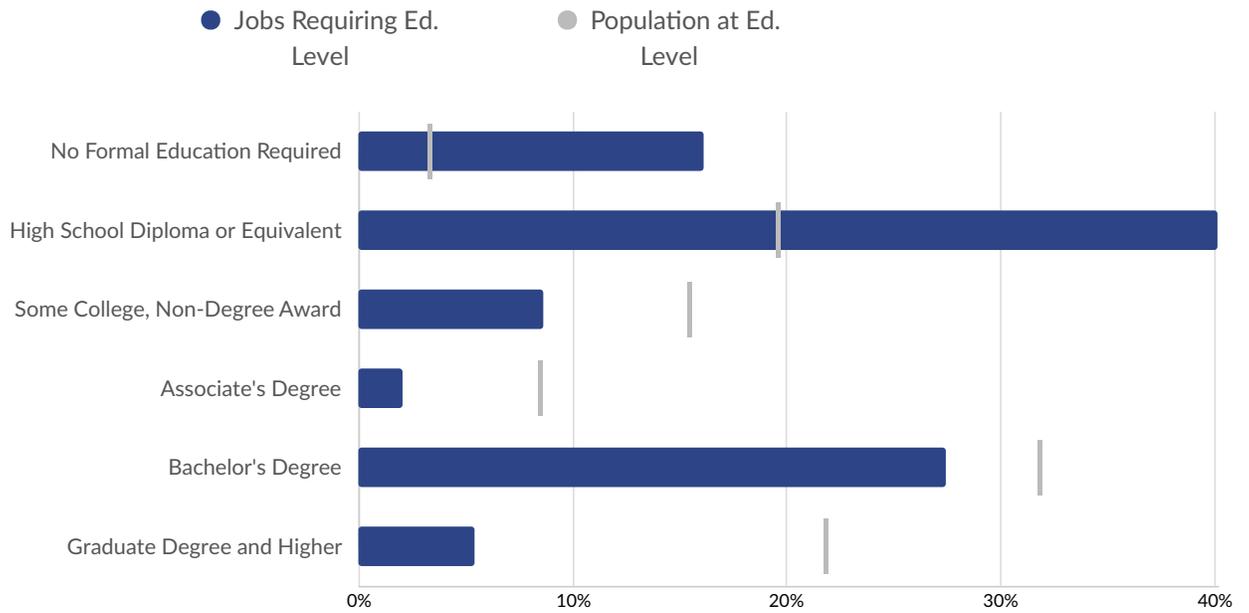


Top Posted Occupations

● Unique Average Monthly Postings



Underemployment



Educational Pipeline

In 2024, there were 4,940 graduates in Cumberland County, ME. This pipeline has grown by 14% over the last 5 years. The highest share of these graduates come from "Registered Nursing/Registered Nurse" (Bachelor's), "Liberal Arts and Sciences/Liberal Studies" (Associate's), and "Political Science and Government, General" (Bachelor's).

School	Total Graduates (2024)	Graduate Trend (2020 - 2024)
University of Southern Maine	1,681	
Southern Maine Community College	862	
Unity Environmental University	703	
Bowdoin College	666	
Saint Joseph's College of Maine	468	
Spa Tech Institute-Westbrook	248	
Northeast Technical Institute	180	
Maine College of Art & Design	109	
Institute for Doctoral Studies in the Visual Arts	23	
Birthwise Midwifery School (not current)	0	

● Certificate
 ● Associate's
 ● Bachelor's
 ● Master's or Higher

In-Demand Skills

