



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

316,753

Population (2025)

Population **grew by 13,147** over the last 5 years and is projected to **grow by 11,949** over the next 5 years.

218,307

Total Regional Employment

Jobs **grew by 19,285** over the last 5 years and are projected to **grow by 1,919** over the next 5 years.

\$95.7K

Median Household Income (2024)

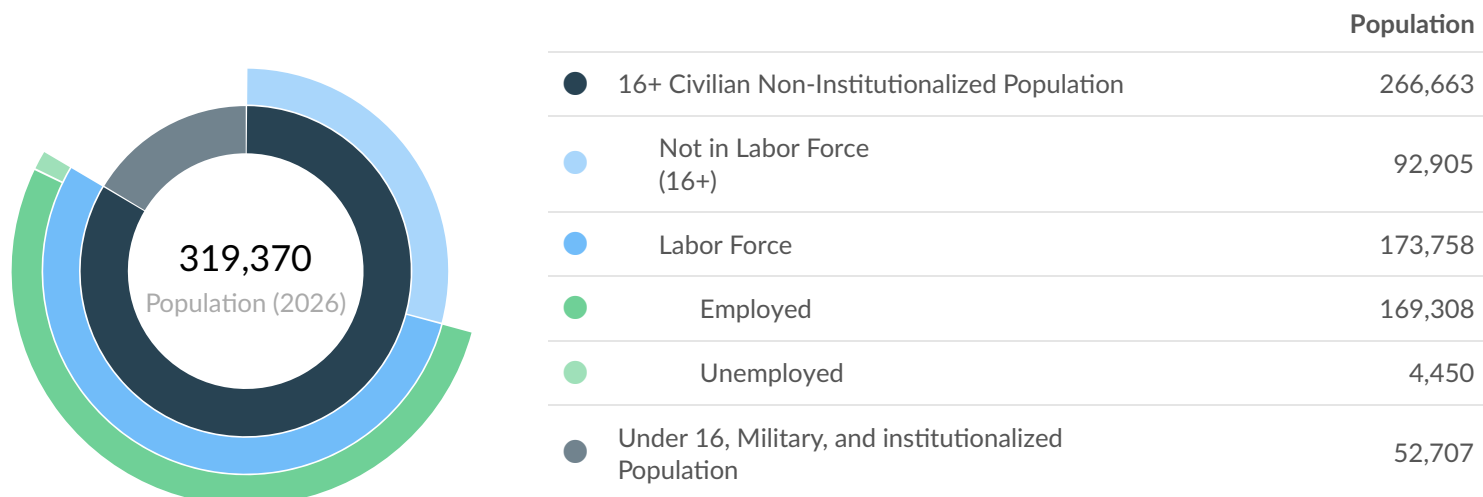
Median household income is **\$14.9K above** the national median household income of \$80.7K.

Takeaways

- As of 2025 the region's population **increased by 4.3%** since 2020, growing by 13,147. Population is expected to **increase by 3.8%** between 2025 and 2030, adding 11,949.
- From 2020 to 2025, jobs **increased by 9.7%** in Cumberland County, ME from 199,022 to **218,307**. This change **fell short of the national growth rate of 10.6% by 0.9%**. As the number of jobs increased, the **labor force participation rate decreased from 67.5% to 67.1% between 2020 and 2025**.
- Concerning educational attainment, **32.2% of Cumberland County, ME residents possess a Bachelor's Degree** (10.3% above the national average), and **8.5% hold an Associate's Degree** (0.4% below the national average).
- The top three industries in 2025 are Restaurants and Other Eating Places, General Medical and Surgical Hospitals, and Education and Hospitals (Local Government).

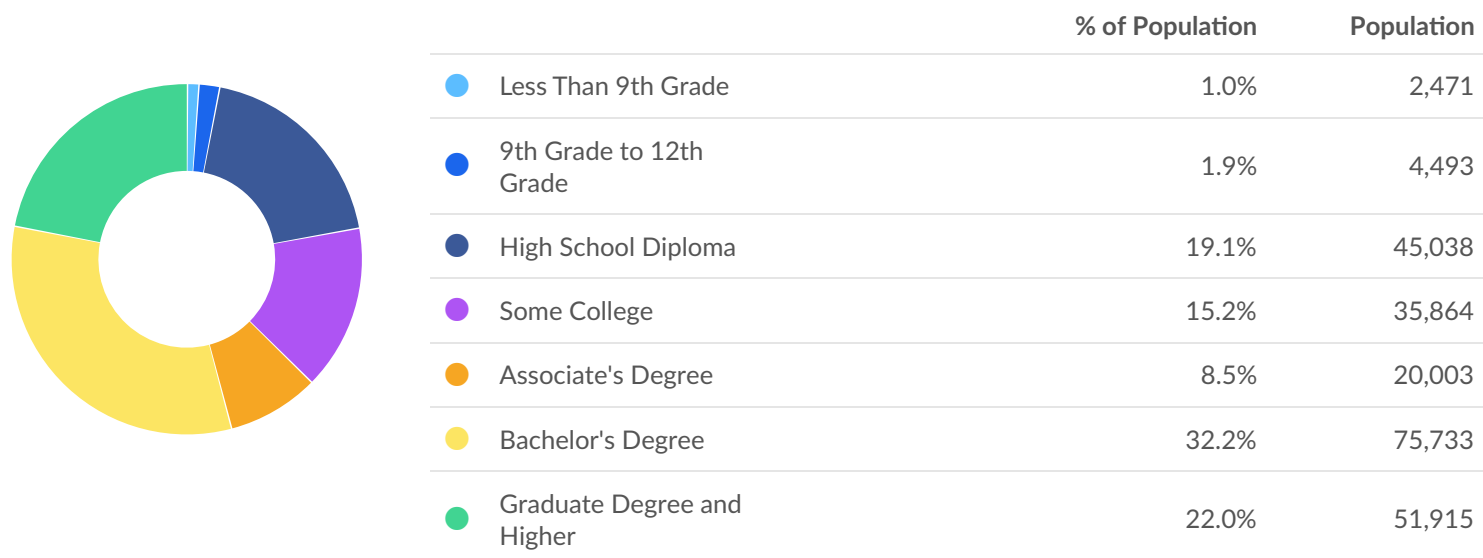
	Population (2026)	Labor Force (Mar 2026)	Jobs (2025)	Cost of Living	GRP	Imports	Exports
Region	319,370	173,758	218,307	123.3	\$36.53B	\$24.24B	\$28.41B
State	1,424,311	695,017	746,468	116.8	\$103.95B	\$99.59B	\$113.15B

Mar 2026 Labor Force Breakdown



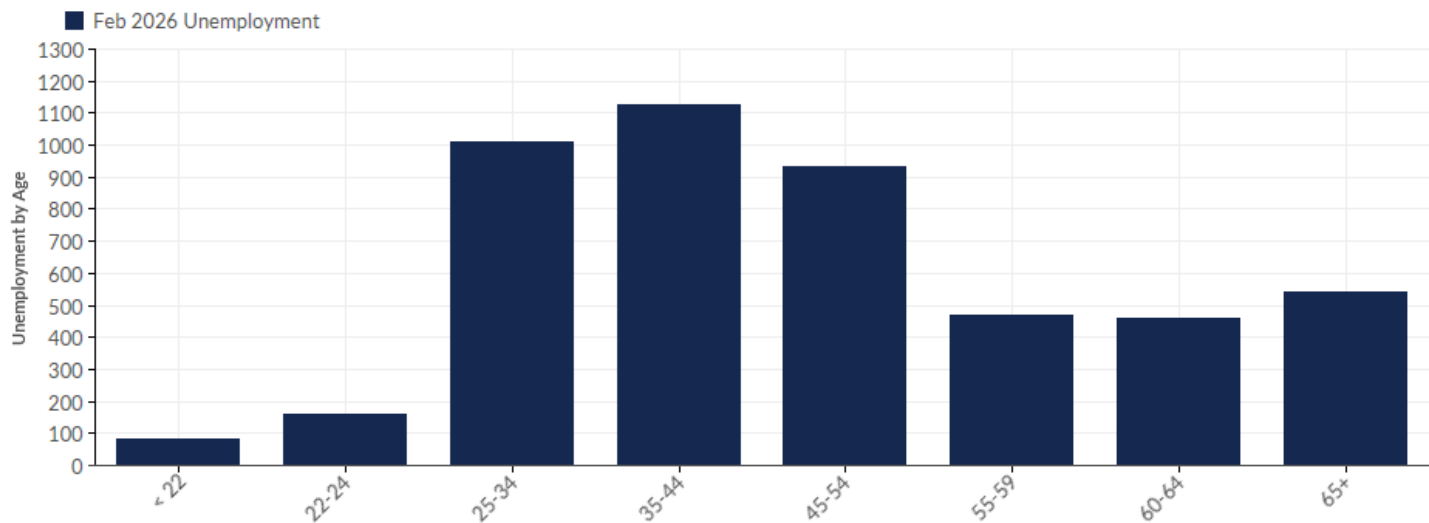
Educational Attainment

Concerning educational attainment, **32.2% of Cumberland County, ME residents possess a Bachelor's Degree** (10.3% above the national average), and **8.5% hold an Associate's Degree** (0.4% below the national average).



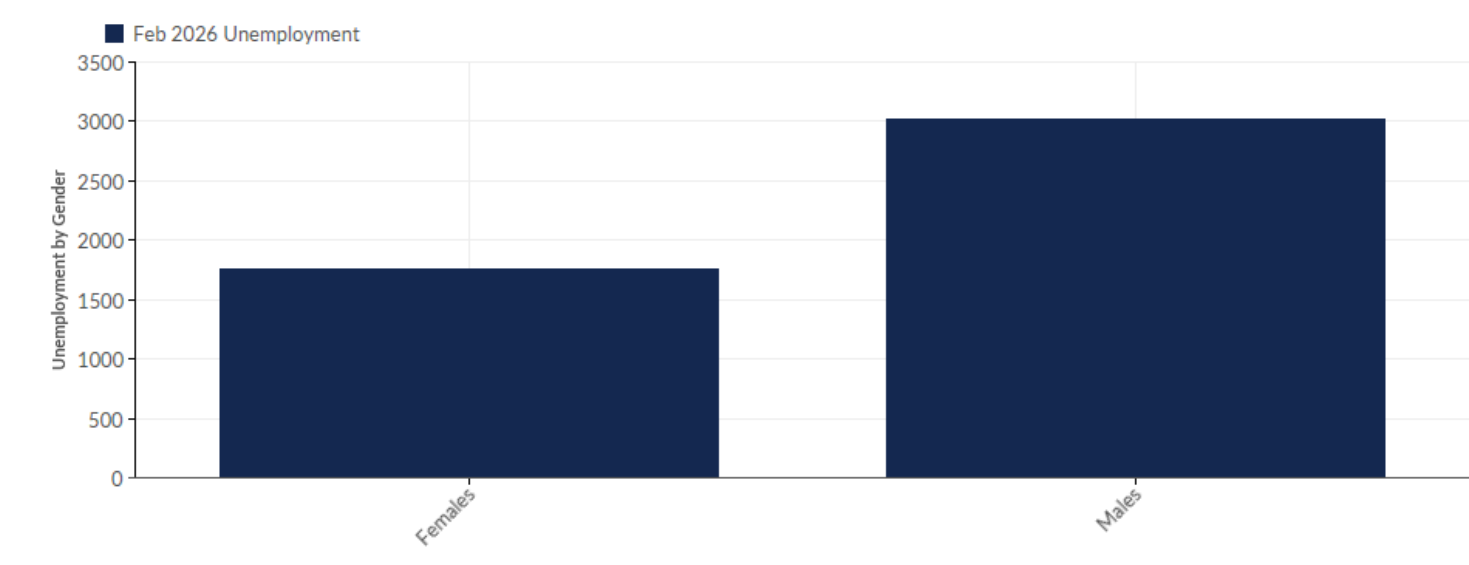
Unemployment by Demographics

Unemployment by Age



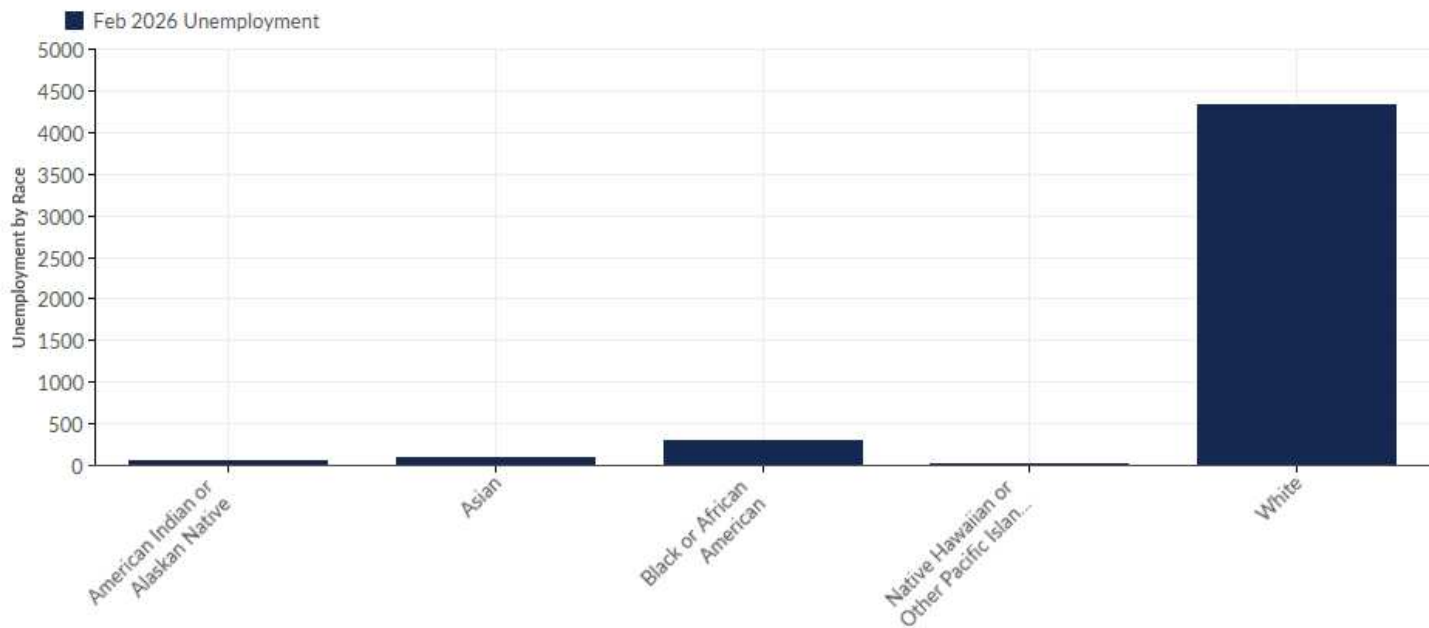
Age	Unemployment (Feb 2026)	% of Unemployed
< 22	82	1.72%
22-24	159	3.33%
25-34	1,008	21.10%
35-44	1,128	23.61%
45-54	932	19.51%
55-59	470	9.84%
60-64	459	9.61%
65+	541	11.32%
Total	4,778	100.00%

Unemployment by Gender



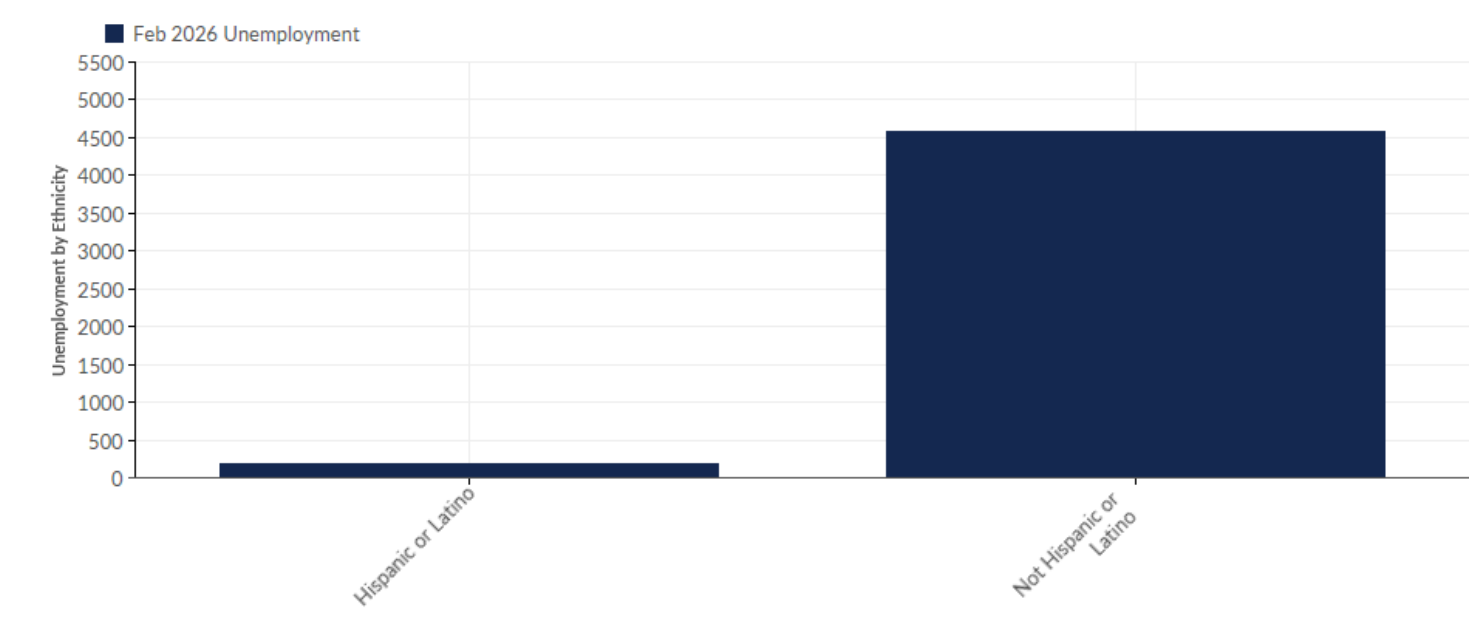
Gender	Unemployment (Feb 2026)	% of Unemployed
Females	1,755	36.73%
Males	3,023	63.27%
Total	4,778	100.00%

Unemployment by Race



Race	Unemployment (Feb 2026)	% of Unemployed
American Indian or Alaskan Native	48	1.00%
Asian	93	1.95%
Black or African American	294	6.15%
Native Hawaiian or Other Pacific Islander	9	0.19%
White	4,333	90.69%
Total	4,778	100.00%

Unemployment by Ethnicity

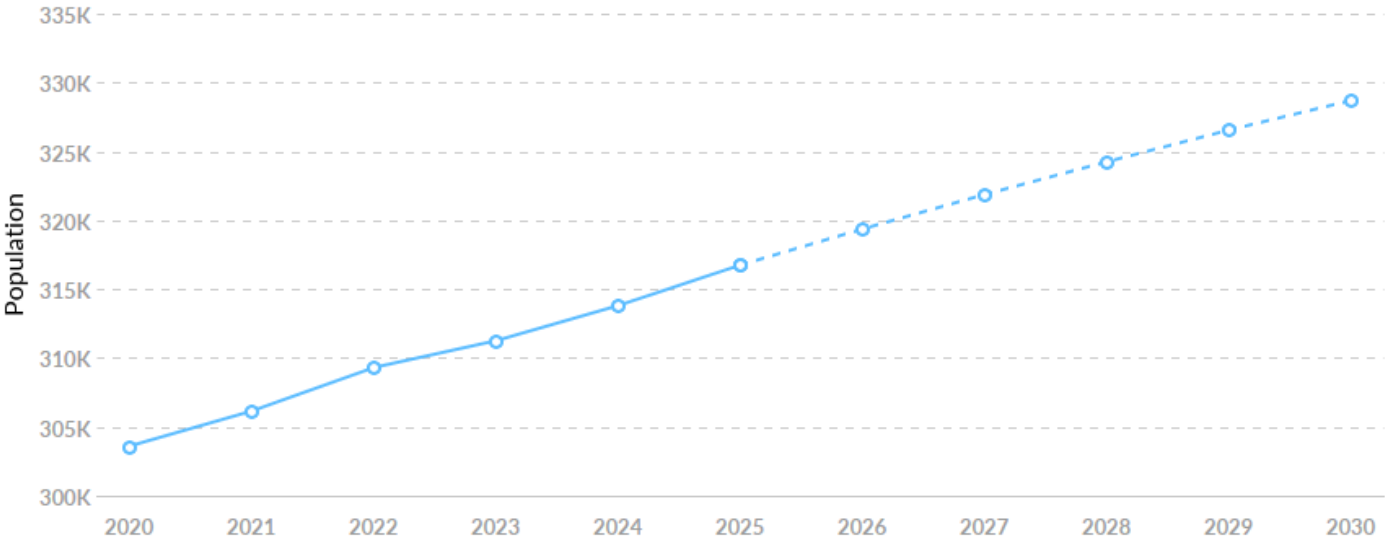


Ethnicity	Unemployment (Feb 2026)	% of Unemployed
Hispanic or Latino	193	4.04%
Not Hispanic or Latino	4,585	95.96%
Total	4,778	100.00%

Historic & Projected Trends

Population Trends

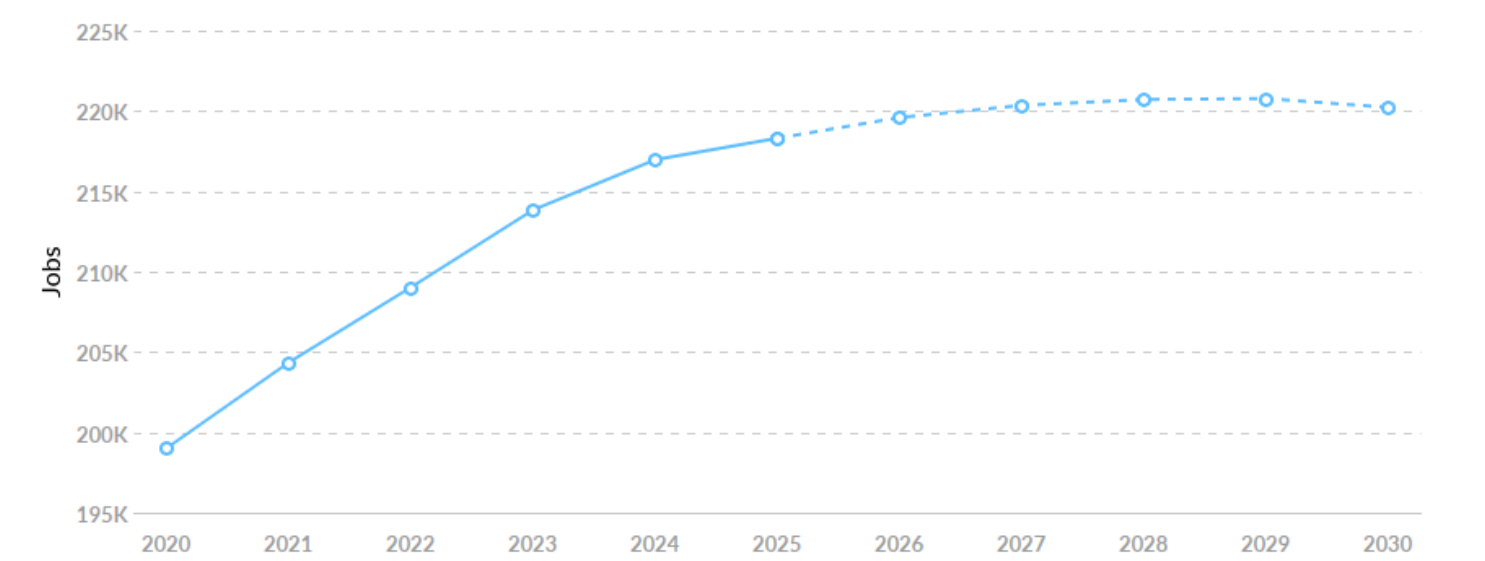
As of 2025 the region's population **increased by 4.3%** since 2020, growing by 13,147. Population is expected to **increase by 3.8%** between 2025 and 2030, adding 11,949.



Timeframe	Population
2020	303,606
2021	306,152
2022	309,309
2023	311,258
2024	313,809
2025	316,753
2026	319,370
2027	321,874
2028	324,250
2029	326,553
2030	328,702

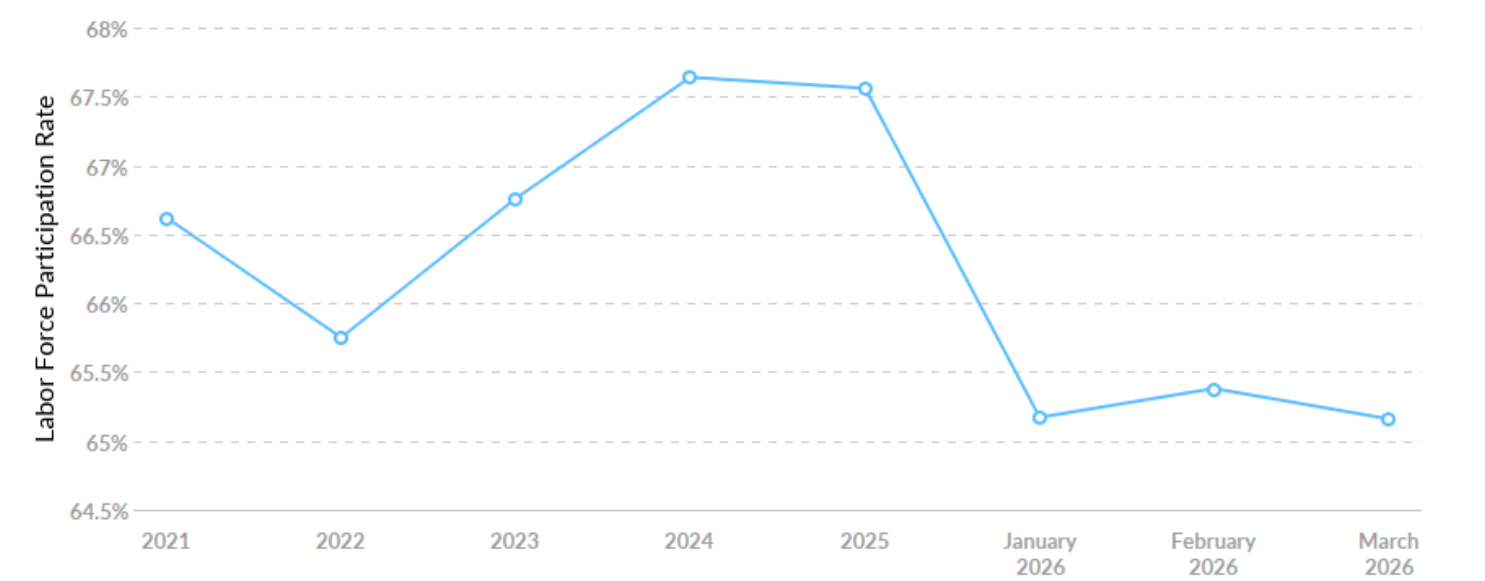
Job Trends

From 2020 to 2025, jobs increased by 9.7% in Cumberland County, ME from 199,022 to **218,307**. This change **fell short of the national growth rate of 10.6% by 0.9%**.



Timeframe	Jobs
2020	199,022
2021	204,356
2022	209,032
2023	213,845
2024	216,971
2025	218,307
2026	219,596
2027	220,352
2028	220,715
2029	220,776
2030	220,226

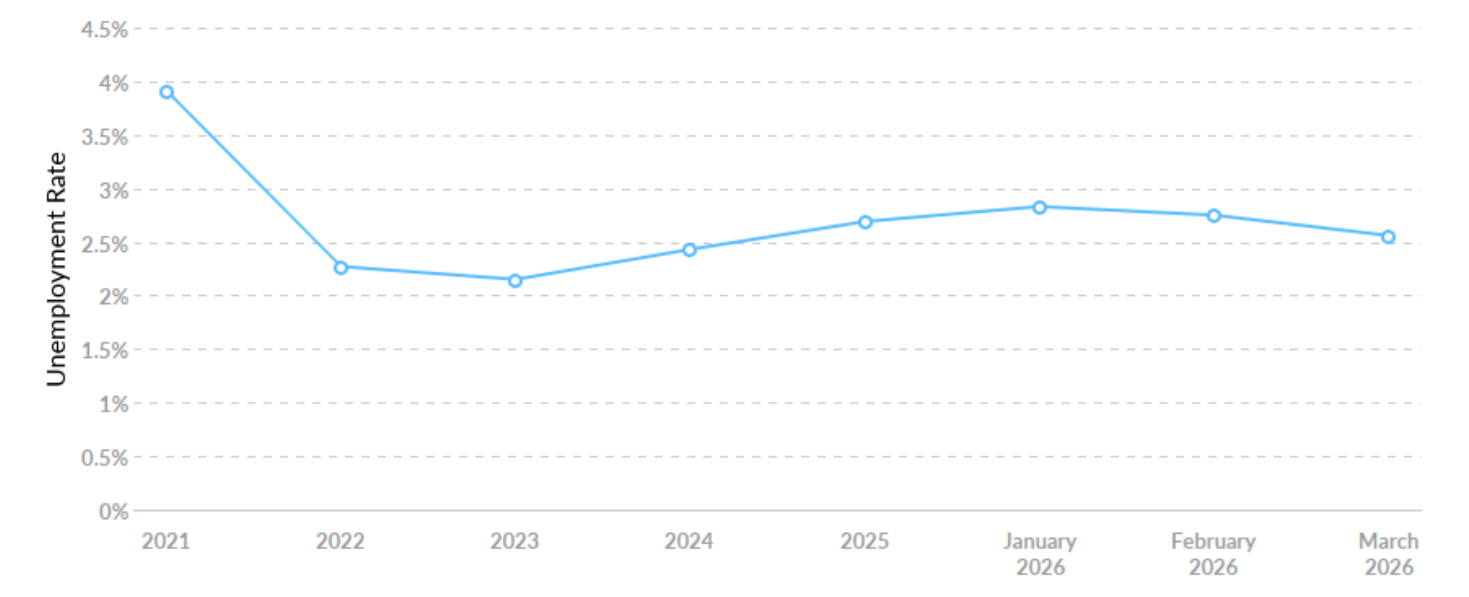
Labor Force Participation Rate Trends



Timeframe	Labor Force Participation Rate
2021	66.62%
2022	65.75%
2023	66.76%
2024	67.64%
2025	67.56%
January 2026	65.17%
February 2026	65.38%
March 2026	65.16%

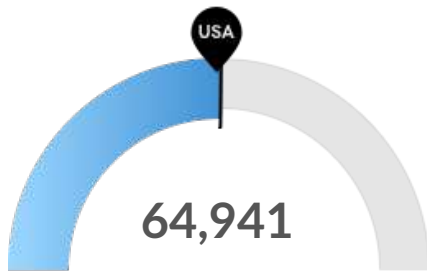
Unemployment Rate Trends

Cumberland County, ME had a March 2026 unemployment rate of 2.56%, **decreasing from 3.91%** 5 years before.



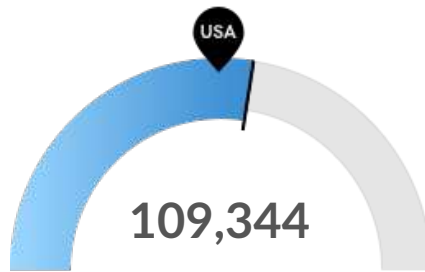
Timeframe	Unemployment Rate
2021	3.91%
2022	2.27%
2023	2.15%
2024	2.43%
2025	2.69%
January 2026	2.83%
February 2026	2.75%
March 2026	2.56%

Population Characteristics



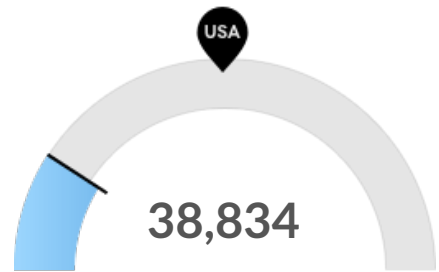
Millennials

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



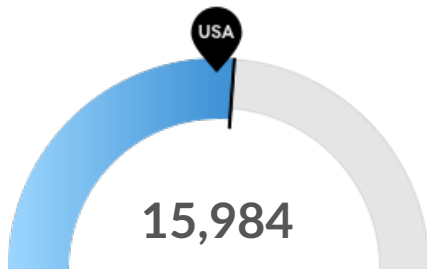
Retiring Soon

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.



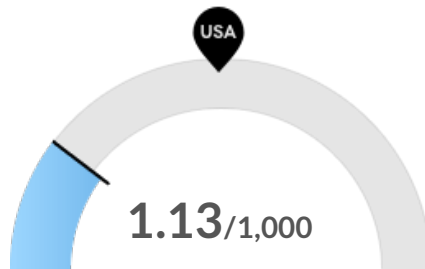
Racial Diversity

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.



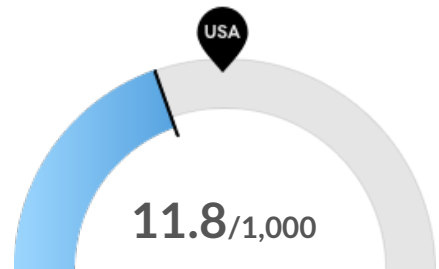
Veterans

Cumberland County, ME has 15,984 veterans. The national average for an area this size is 14,934.



Violent Crime

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

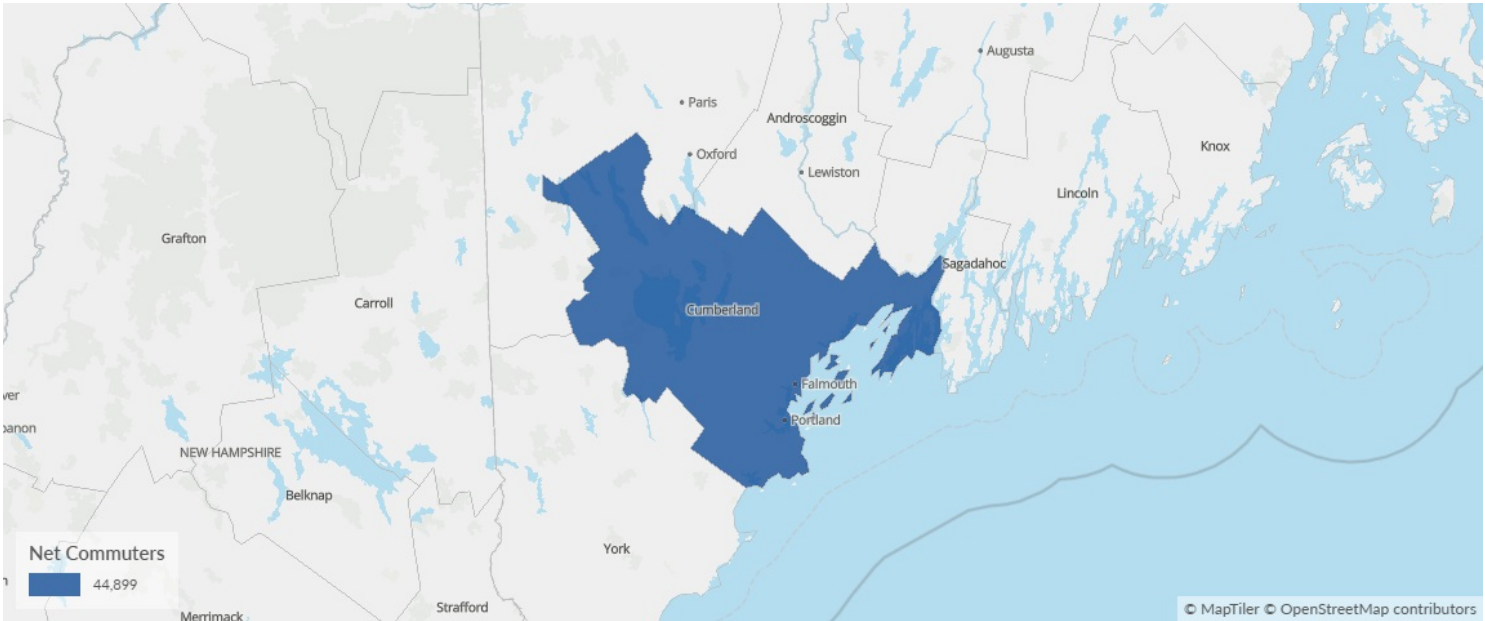


Property Crime

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	2025 Employment
23005	Cumberland County, ME	218,307

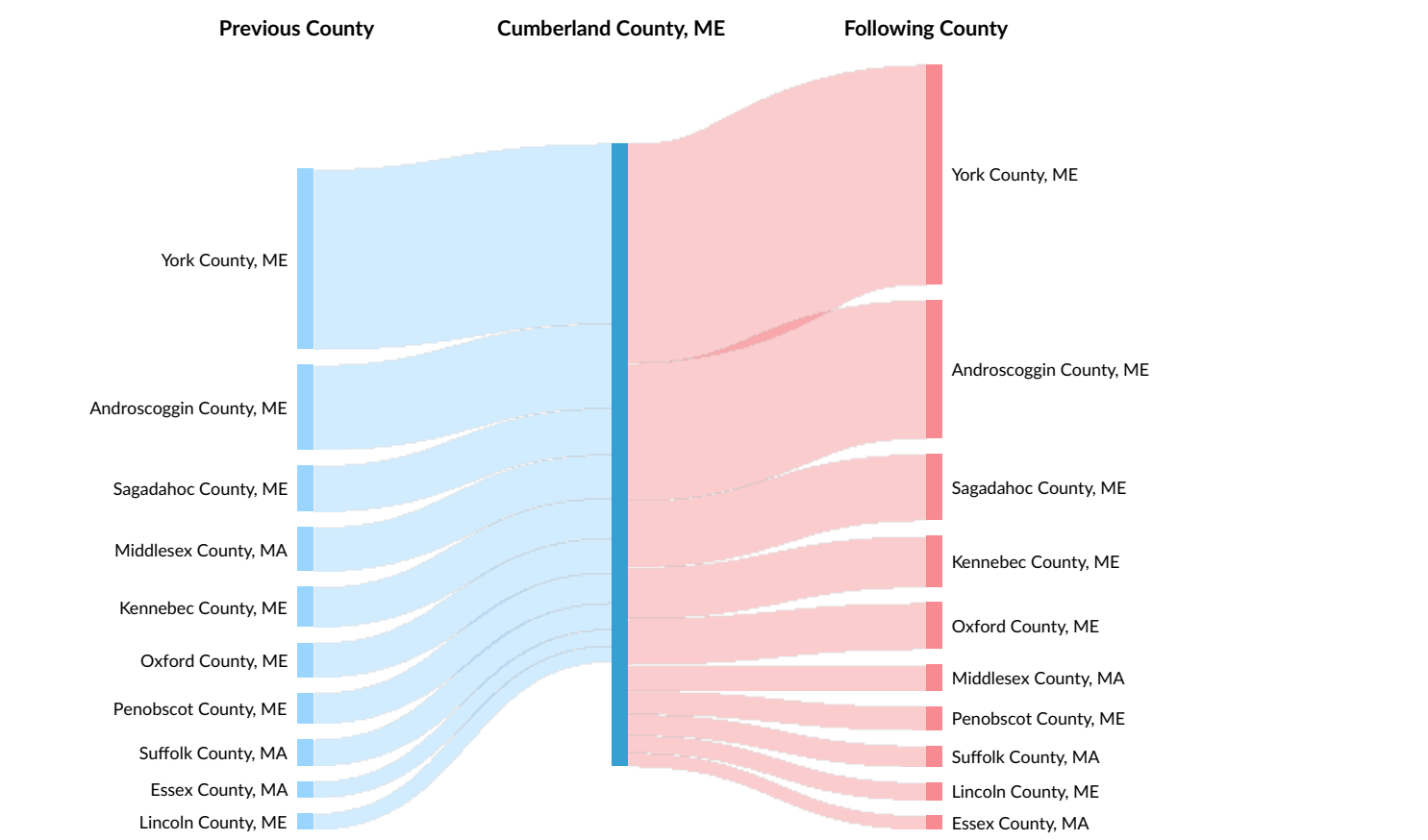
Where Talent Lives

County	Name	2025 Workers
23005	Cumberland County, ME	173,408

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 2023, 1,686 people have migrated from York County, ME to Cumberland County, ME. In the same year, 2,057 people left Cumberland County, ME migrating to York County, ME. The total Net Migration for Cumberland County, ME in 2023 was 33.



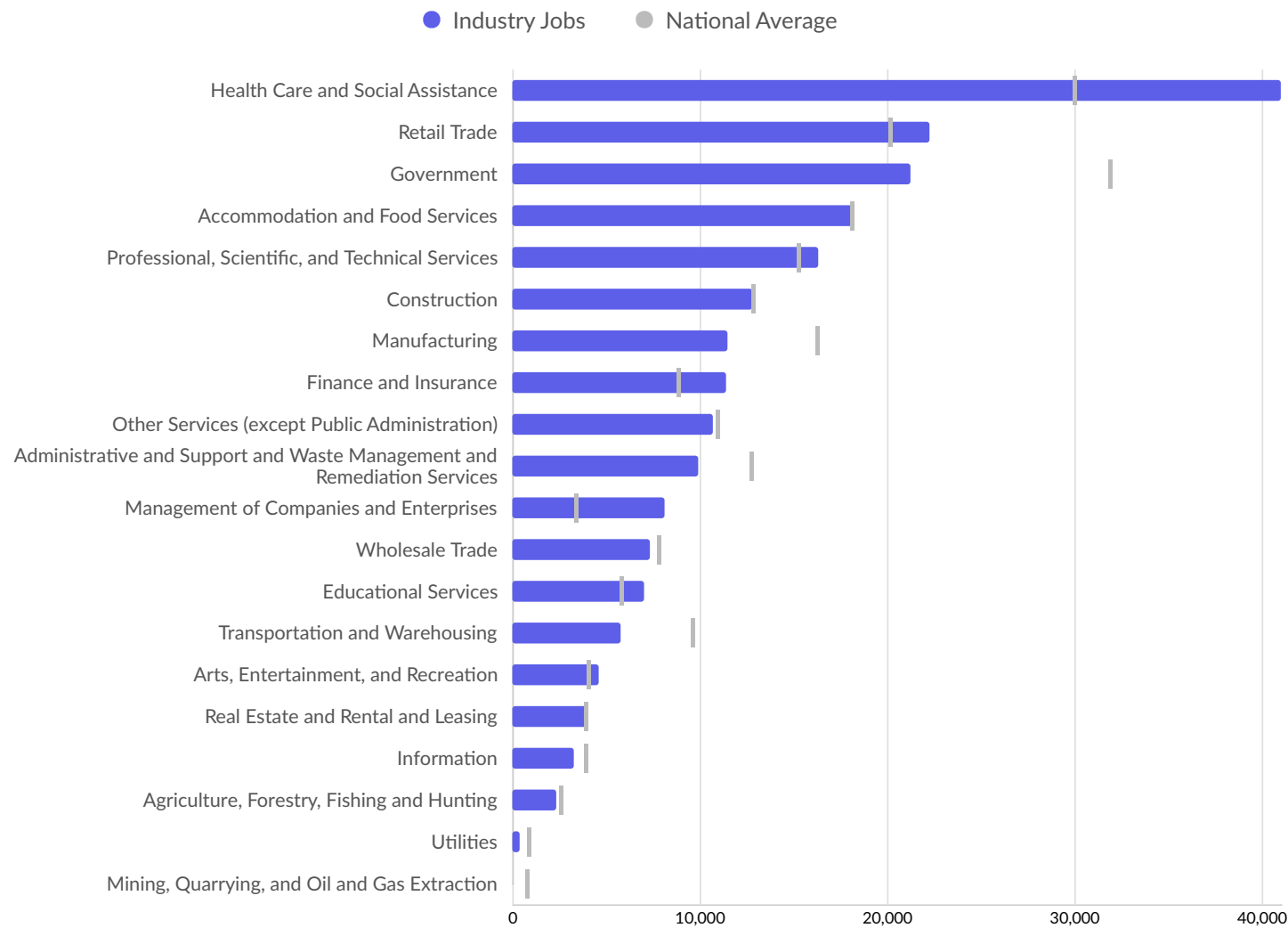
Top Previous Counties	Migrations
York County, ME	1,686
Androscoggin County, ME	794
Sagadahoc County, ME	432
Middlesex County, MA	411
Kennebec County, ME	374

Top Previous Counties	Migrations
Oxford County, ME	322
Penobscot County, ME	286
Suffolk County, MA	245
Essex County, MA	152
Lincoln County, ME	150
Rockingham County, NH	141
Kings County, NY	141
Worcester County, MA	124
Norfolk County, MA	115
Hillsborough County, NH	111
Top Following Counties	Migrations
York County, ME	2,057
Androscoggin County, ME	1,293
Sagadahoc County, ME	621
Kennebec County, ME	478
Oxford County, ME	432
Middlesex County, MA	245
Penobscot County, ME	218
Suffolk County, MA	197
Lincoln County, ME	164
Essex County, MA	127
Somerset County, ME	126
Kings County, NY	106
Rockingham County, NH	104
Maricopa County, AZ	93

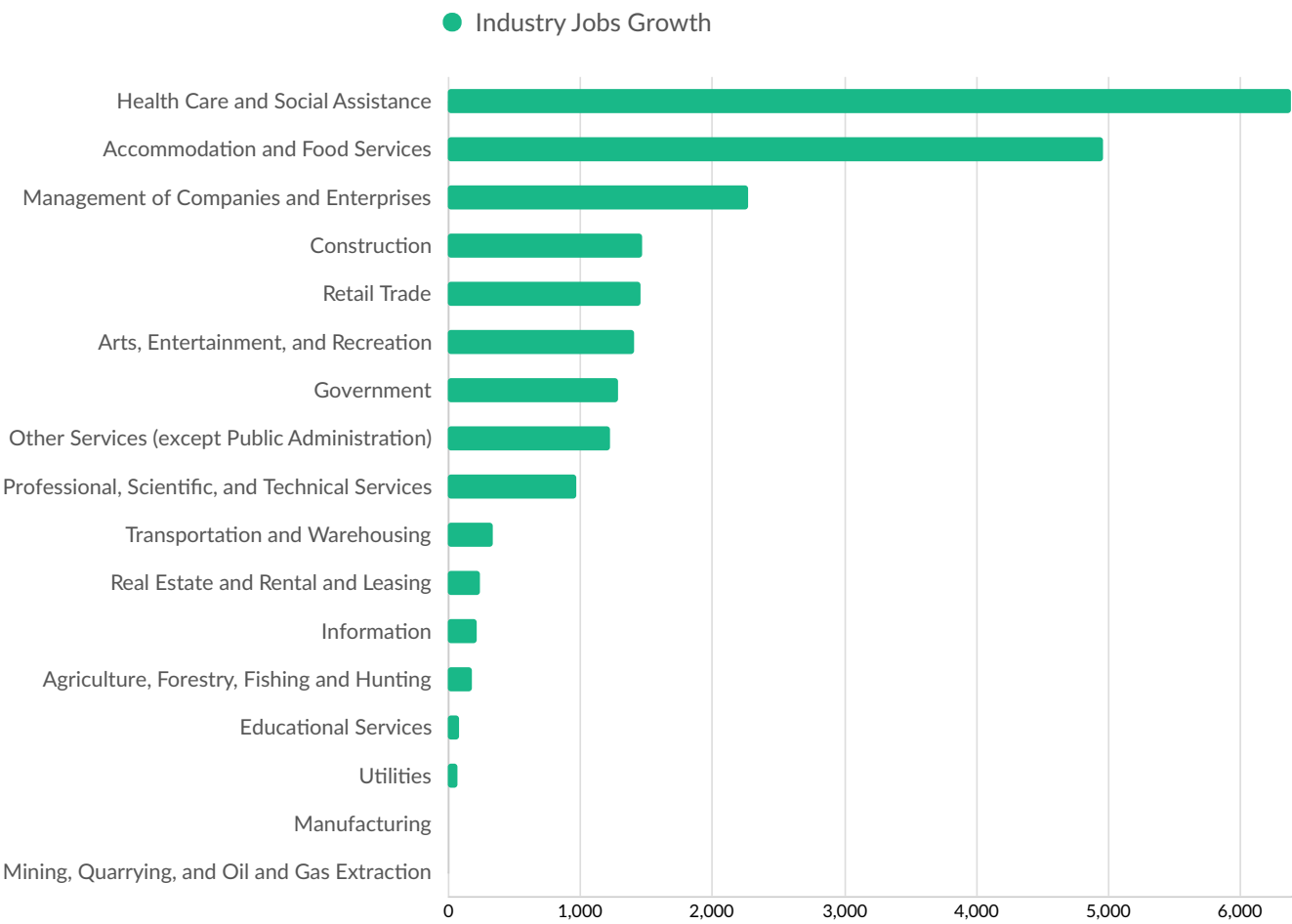
Top Following Counties	Migrations
Franklin County, ME	92

Industry Characteristics

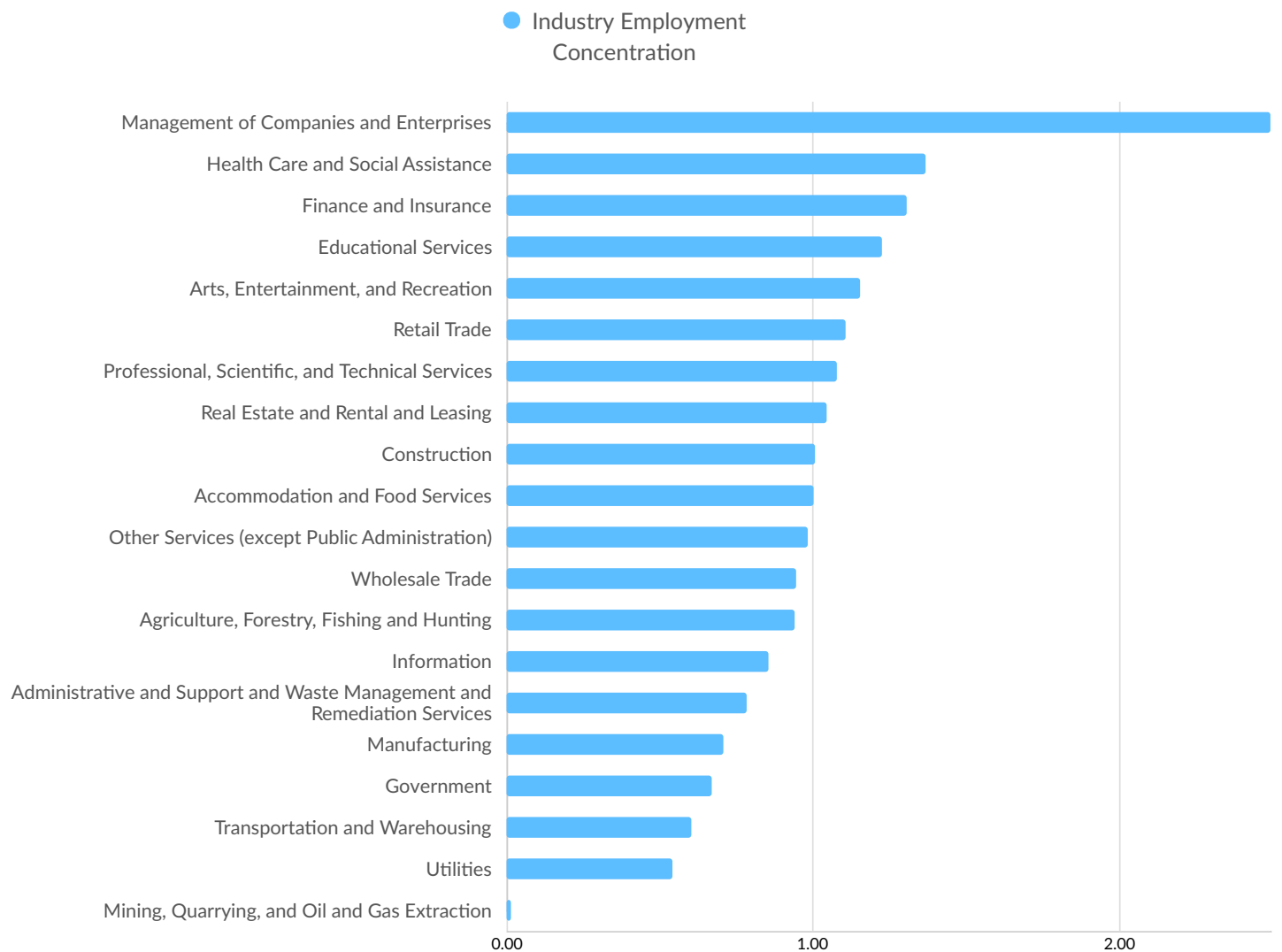
Largest Industries



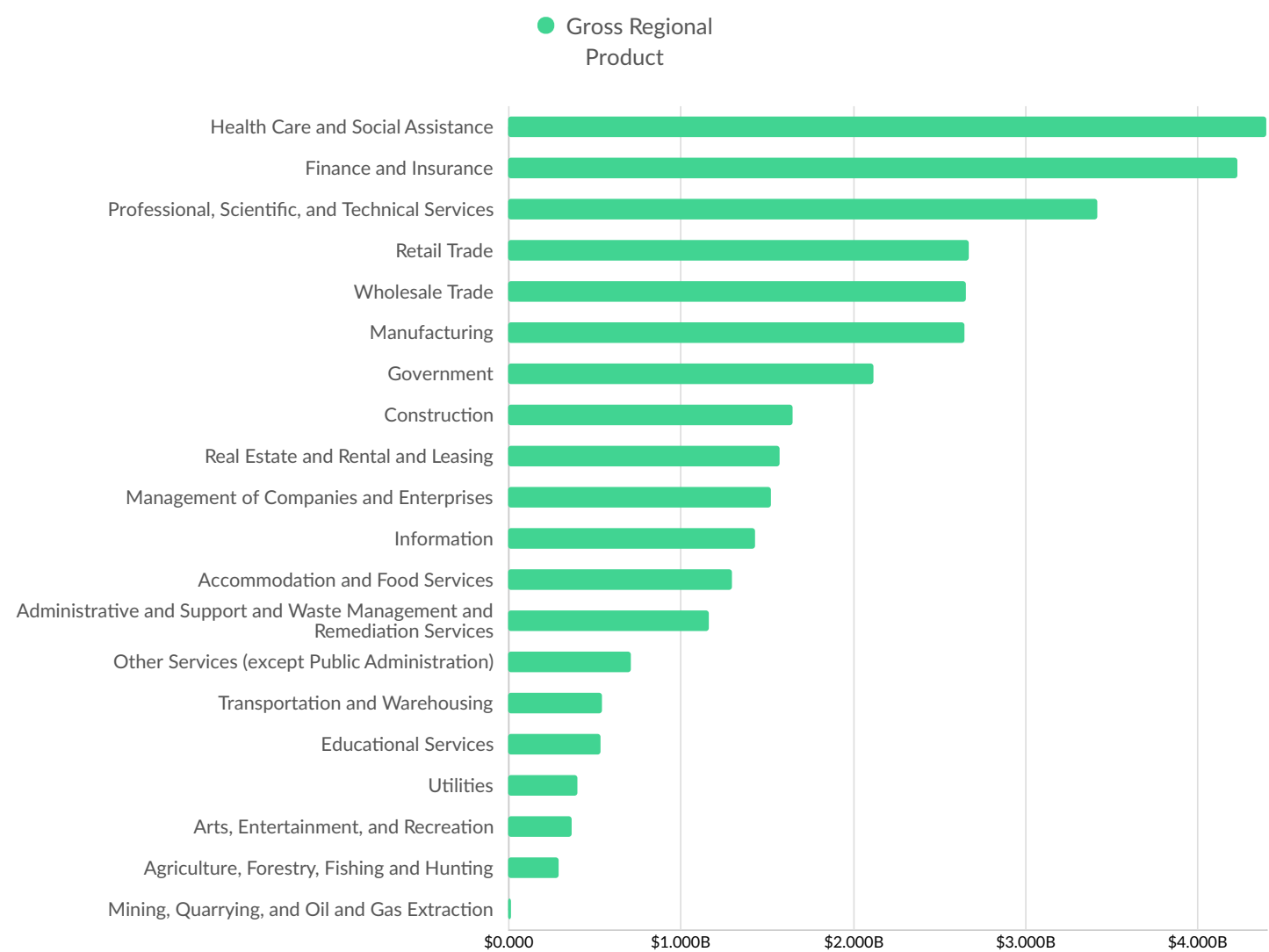
Top Growing Industries



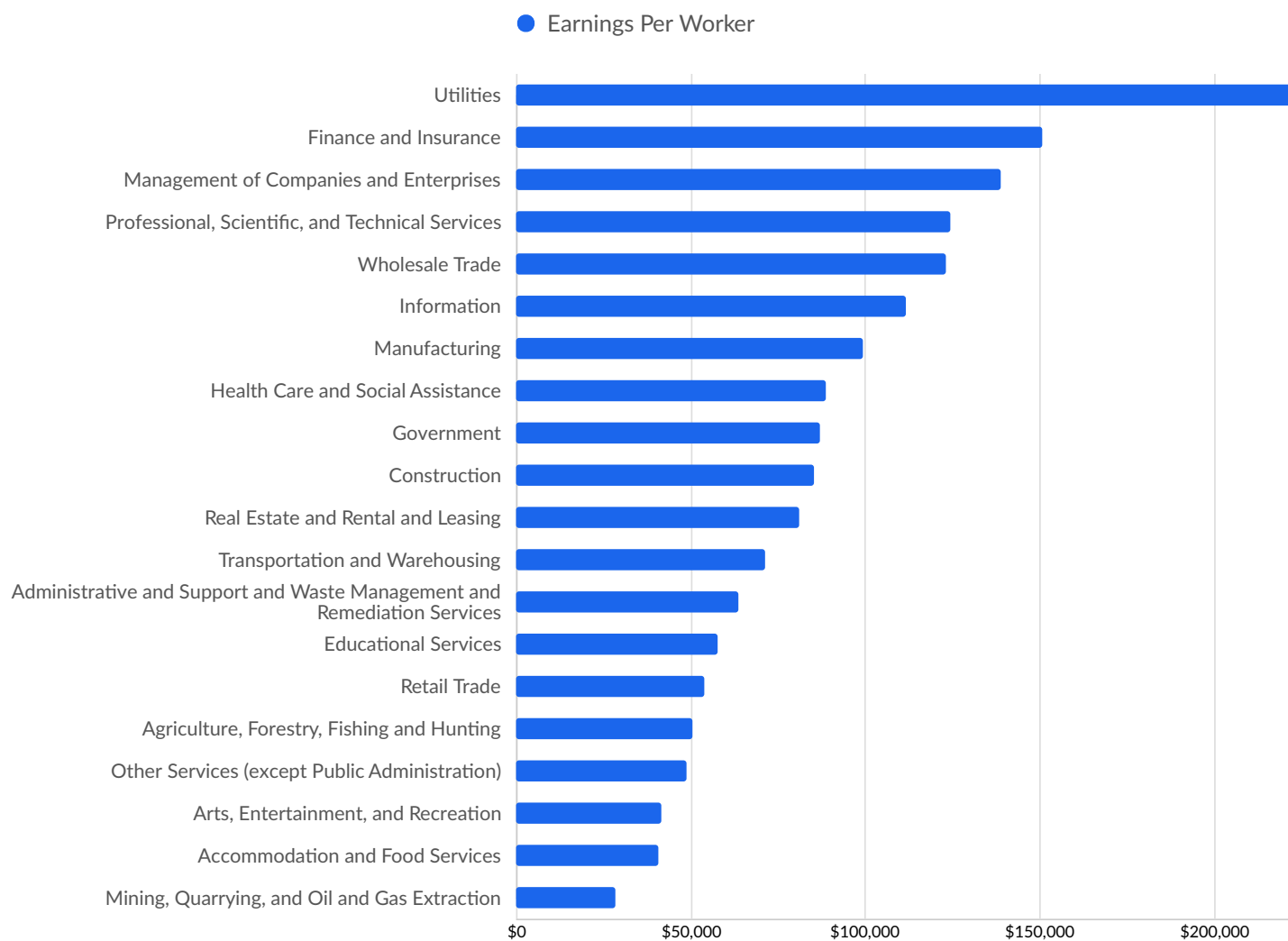
Top Industry Employment Concentration



Top Industry GRP



Top Industry Earnings



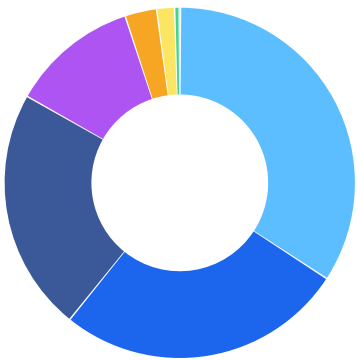
Business Characteristics

35,284 Companies Employ Your Workers

Online profiles for your workers mention 35,284 companies as employers, with the top 10 appearing below. In the last 12 months, 4,888 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	5,729 	Maine Medical Center	4,532 
Unum	2,263 	Hannaford Brothers Company	1,139 
IDEXX	2,087 	TD Bank	696 
L.L. Bean	1,521 	Soliant Health	637 
University of Southern Maine	1,304 	Unum	437 
Bowdoin College	1,049 	Northern Light Health	433 
TD Bank	949 	WEX	426 
Hannaford Brothers Company	939 	Amergis	419 
WEX	881 	IDEXX Laboratories	389 
University of New England	837 	Albertsons	328 

Business Size

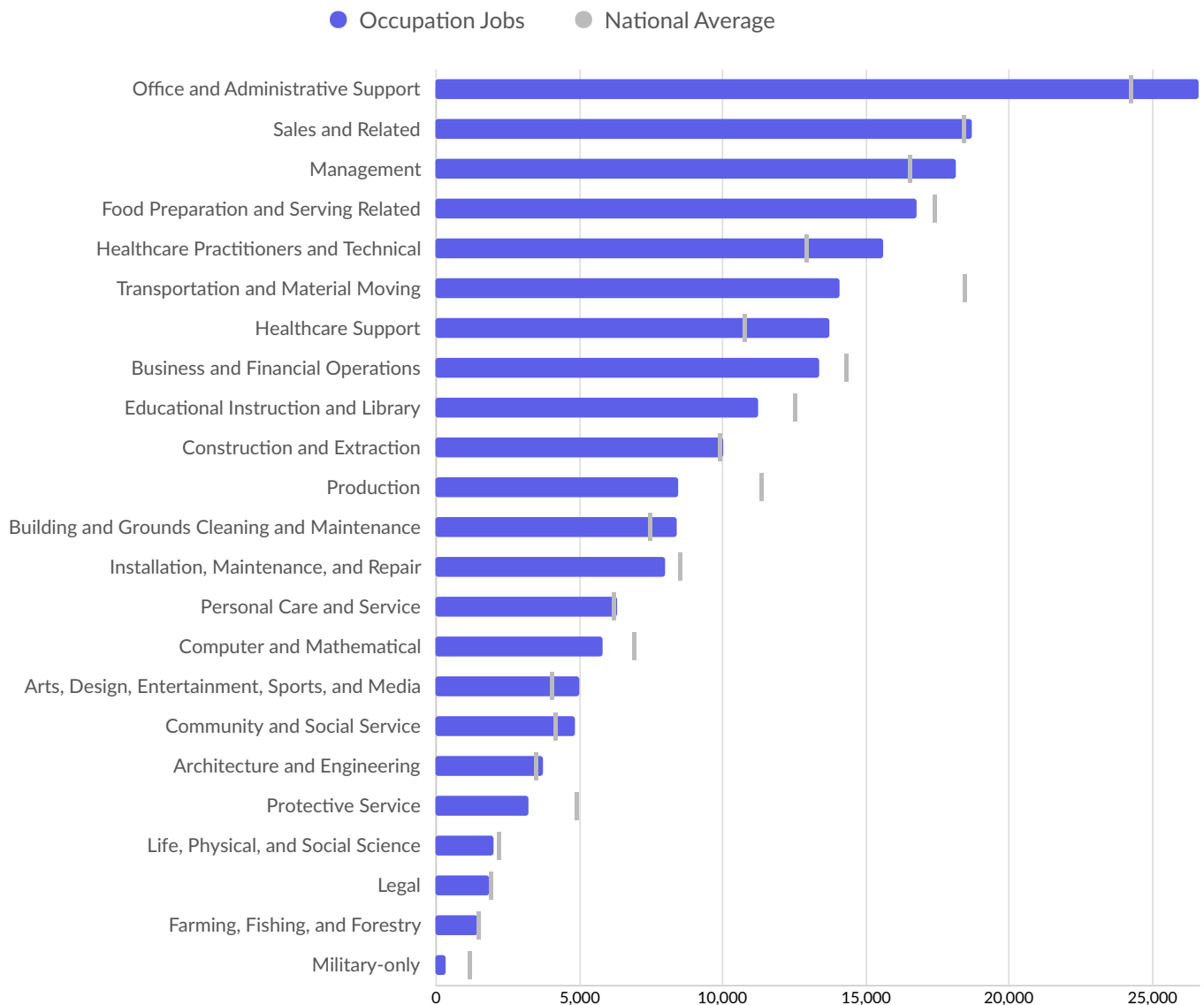


	Percentage	Business Count
1 to 4 employees	34.1%	5,857
5 to 9 employees	26.6%	4,565
10 to 19 employees	22.4%	3,847
20 to 49 employees	11.8%	2,018
50 to 99 employees	2.9%	502
100 to 249 employees	1.6%	282
250 to 499 employees	0.4%	72
500+ employees	0.1%	21

**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

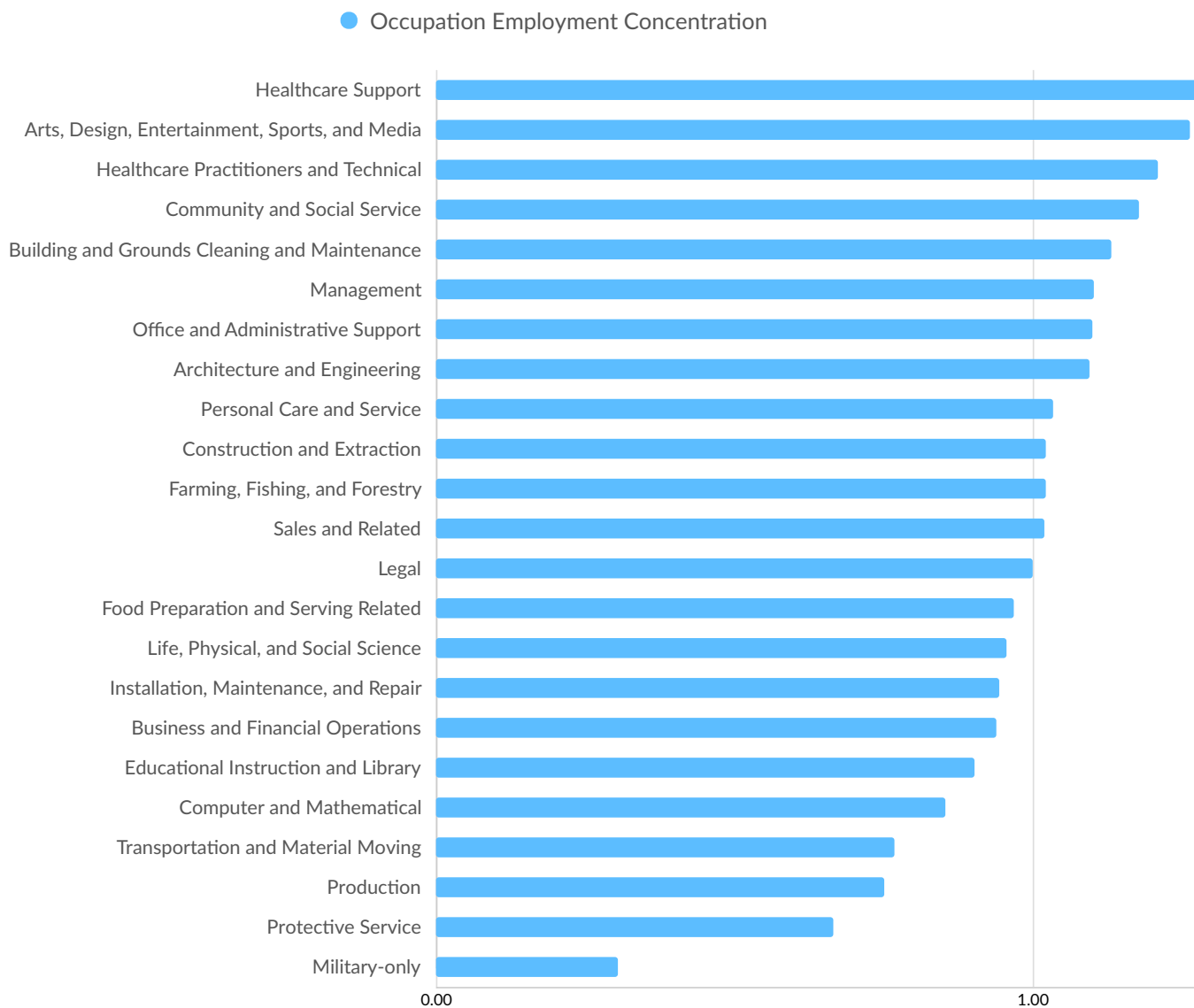
Largest Occupations



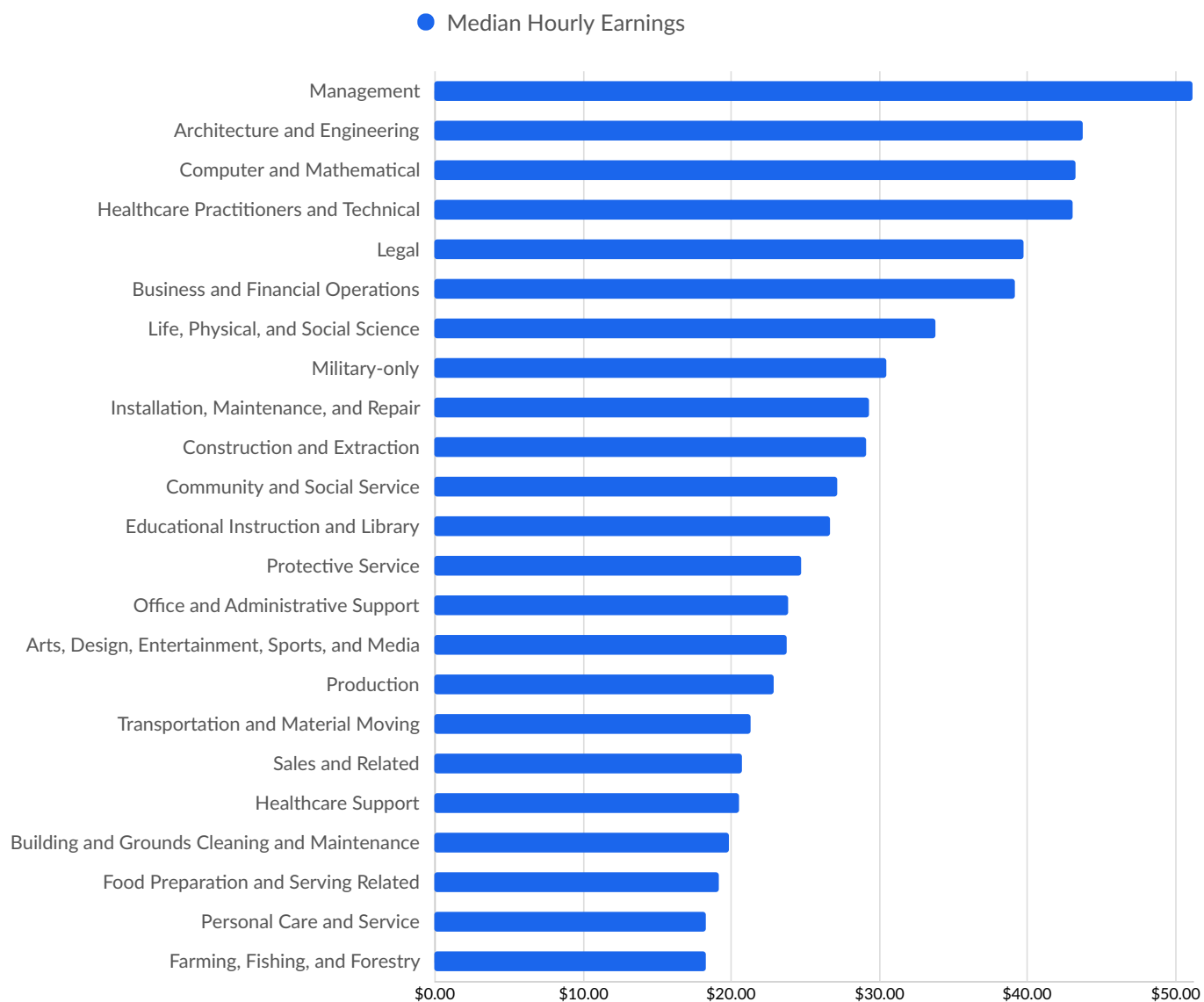
Top Growing Occupations



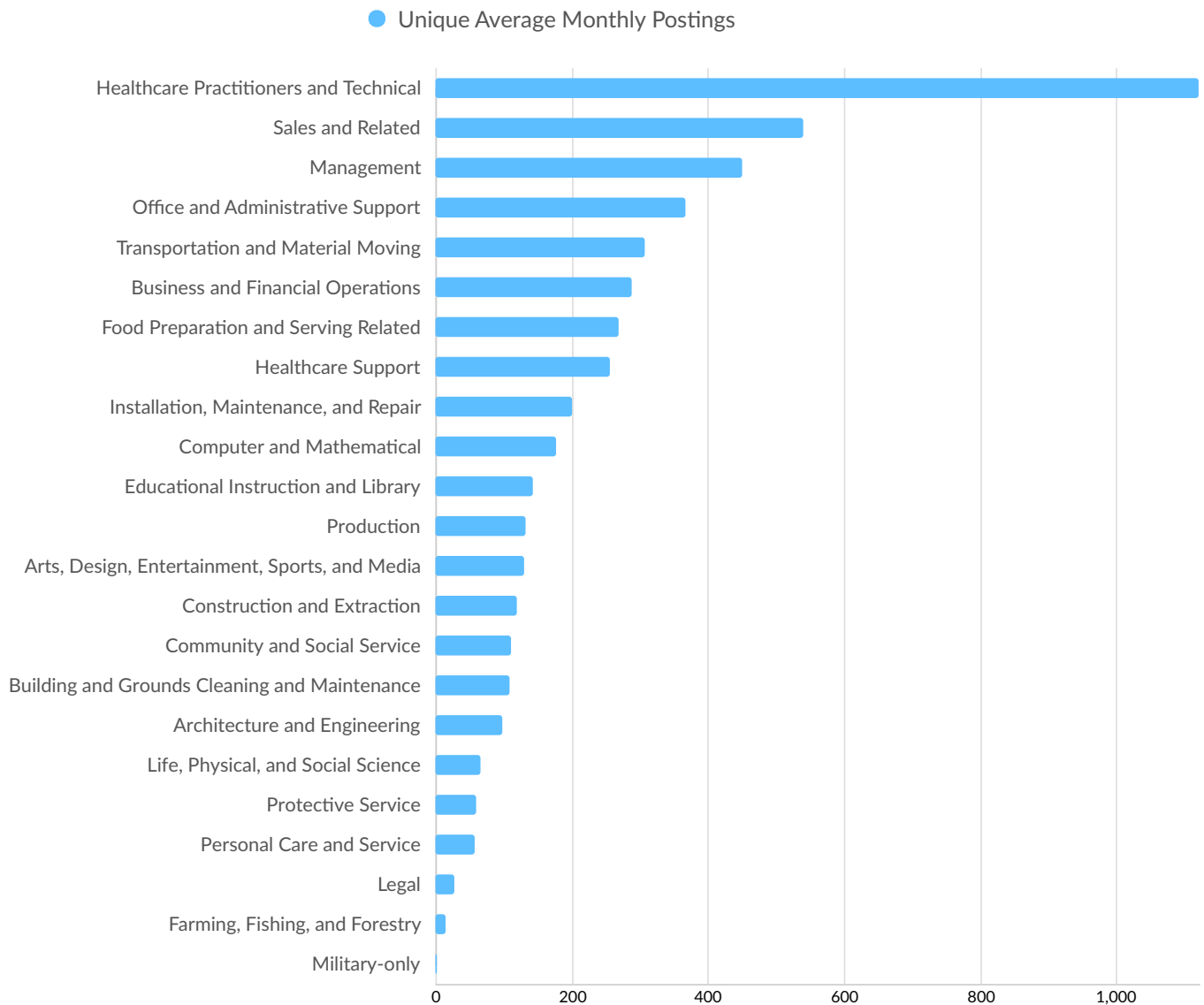
Top Occupation Employment Concentration



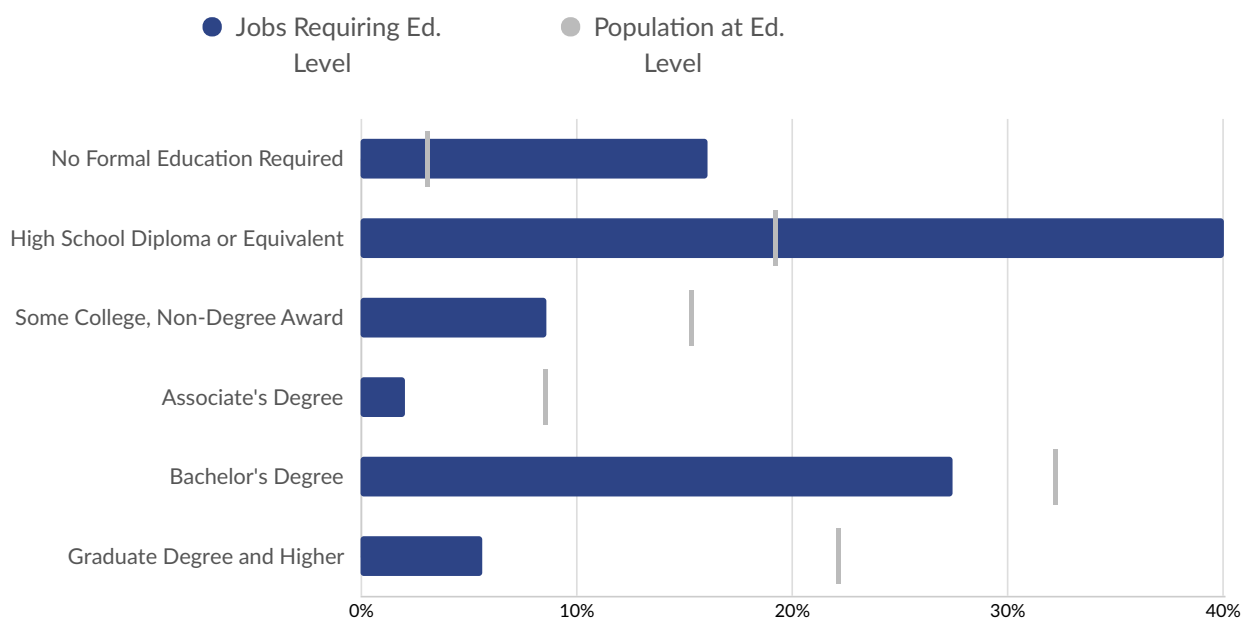
Top Occupation Earnings



Top Posted Occupations



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

