



Knox County, ME

Coastal Counties Workforce, Inc.



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Report Parameters

1 County

23013 Knox 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

41,159

Population (2025)

Population **grew by 496** over the last 5 years and is projected to **grow by 111** over the next 5 years.

20,955

Total Regional Employment

Jobs **grew by 904** over the last 5 years but are projected to **decrease by 468** over the next 5 years.

\$74.1K

Median Household Income (2024)

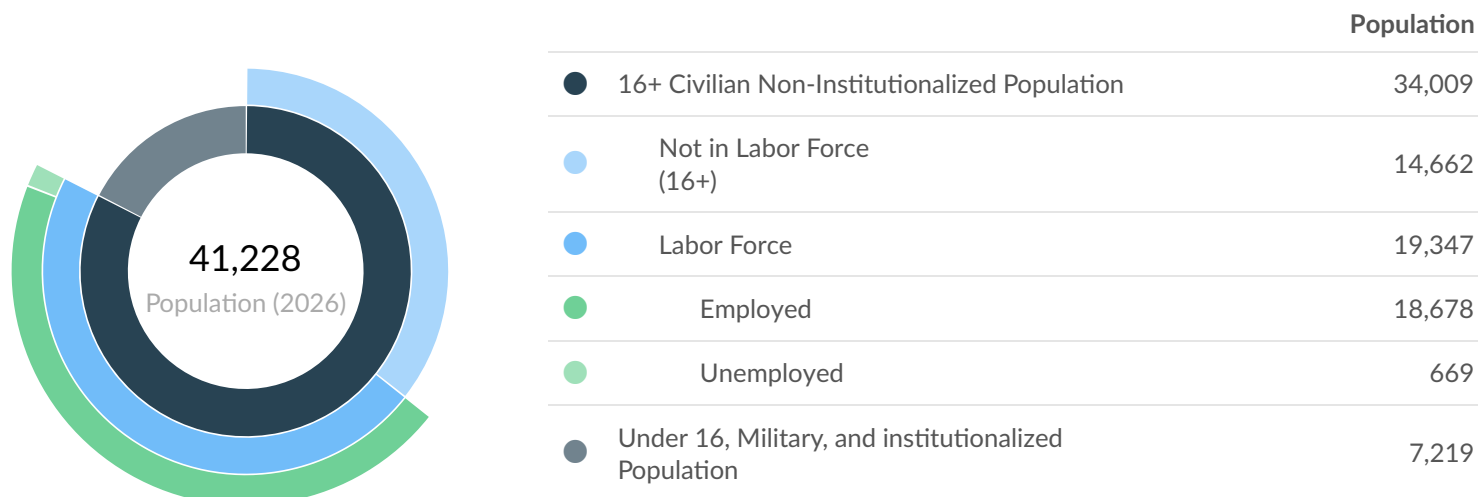
Median household income is **\$6.6K below** the national median household income of \$80.7K.

Takeaways

- As of 2025 the region's population **increased by 1.2%** since 2020, growing by 496. Population is expected to **increase by 0.3%** between 2025 and 2030, adding 111.
- From 2020 to 2025, jobs **increased by 4.5%** in Knox County, ME from 20,051 to **20,955**. This change **fell short of the national growth rate of 10.6% by 6.1%**. As the number of jobs increased, the **labor force participation rate decreased from 60.8% to 57.4% between 2020 and 2025**.
- Concerning educational attainment, **25.2% of Knox County, ME residents possess a Bachelor's Degree** (3.4% above the national average), and **7.9% hold an Associate's Degree** (1.0% below the national average).
- The top three industries in 2025 are Education and Hospitals (Local Government), Restaurants and Other Eating Places, and Fishing.

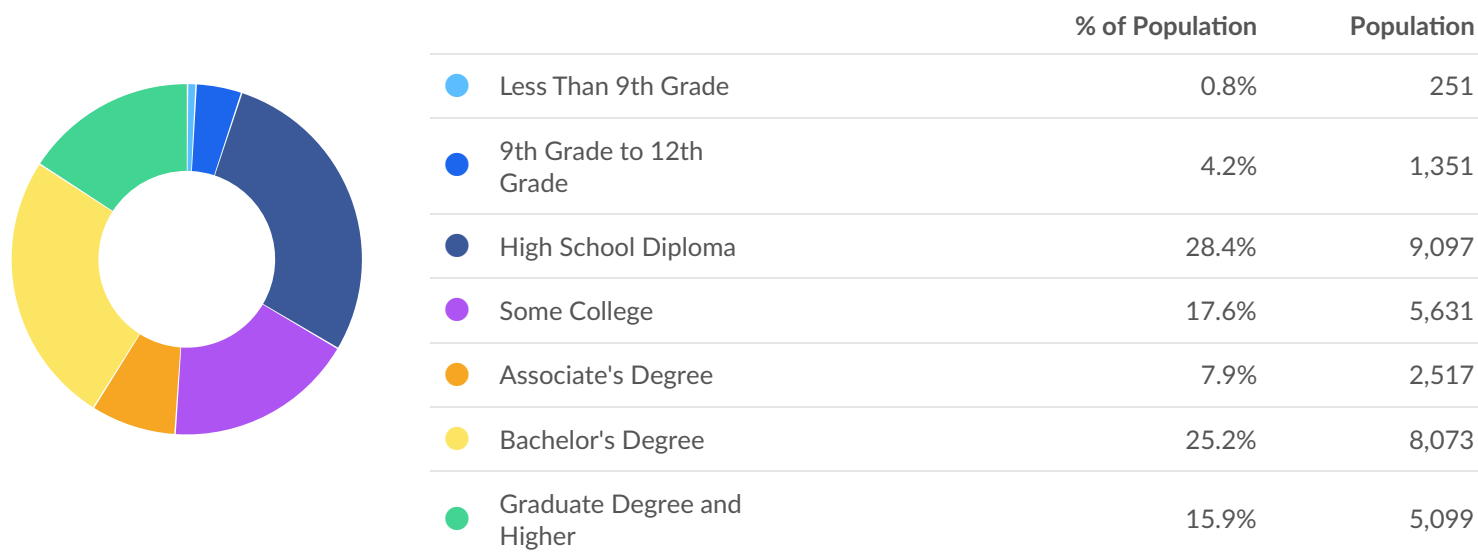
	Population (2026)	Labor Force (Mar 2026)	Jobs (2025)	Cost of Living	GRP	Imports	Exports
Region	41,228	19,347	20,955	120.9	\$2.84B	\$3.28B	\$2.94B
State	1,424,311	695,017	746,468	116.8	\$103.95B	\$99.59B	\$113.15B

Mar 2026 Labor Force Breakdown



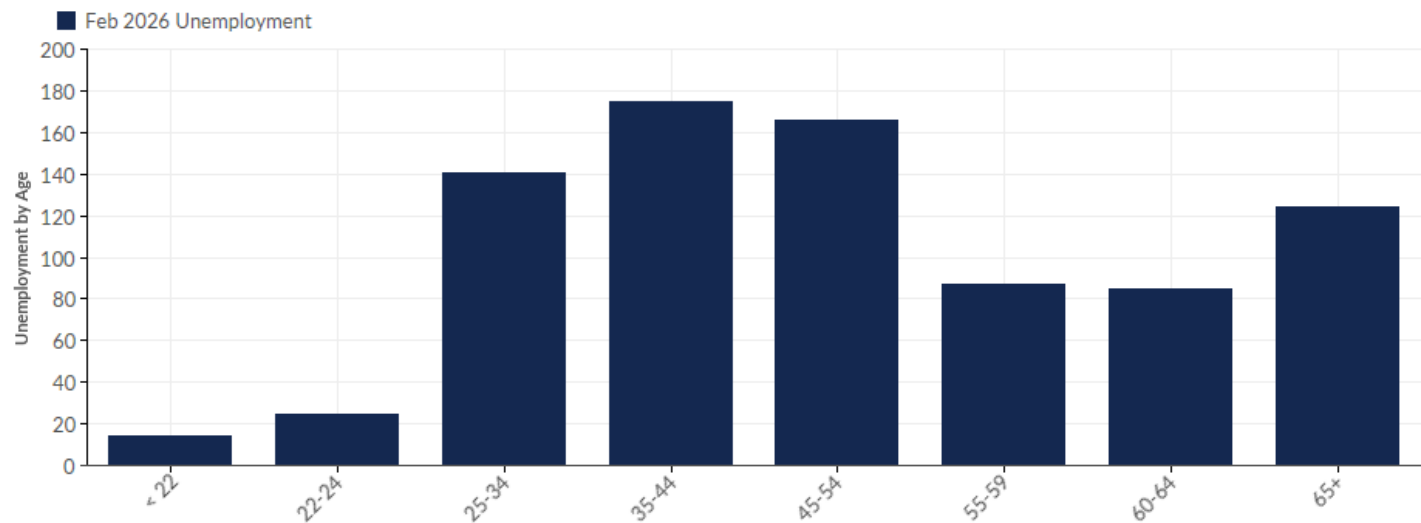
Educational Attainment

Concerning educational attainment, **25.2% of Knox County, ME residents possess a Bachelor's Degree** (3.4% above the national average), and **7.9% hold an Associate's Degree** (1.0% below the national average).



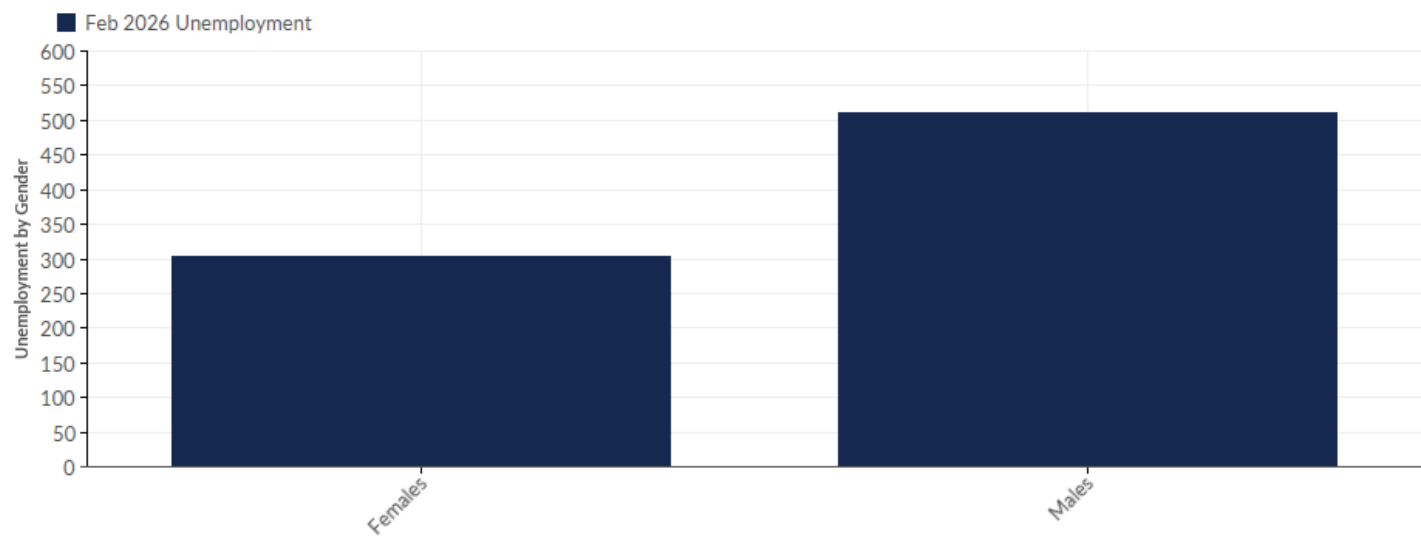
Unemployment by Demographics

Unemployment by Age



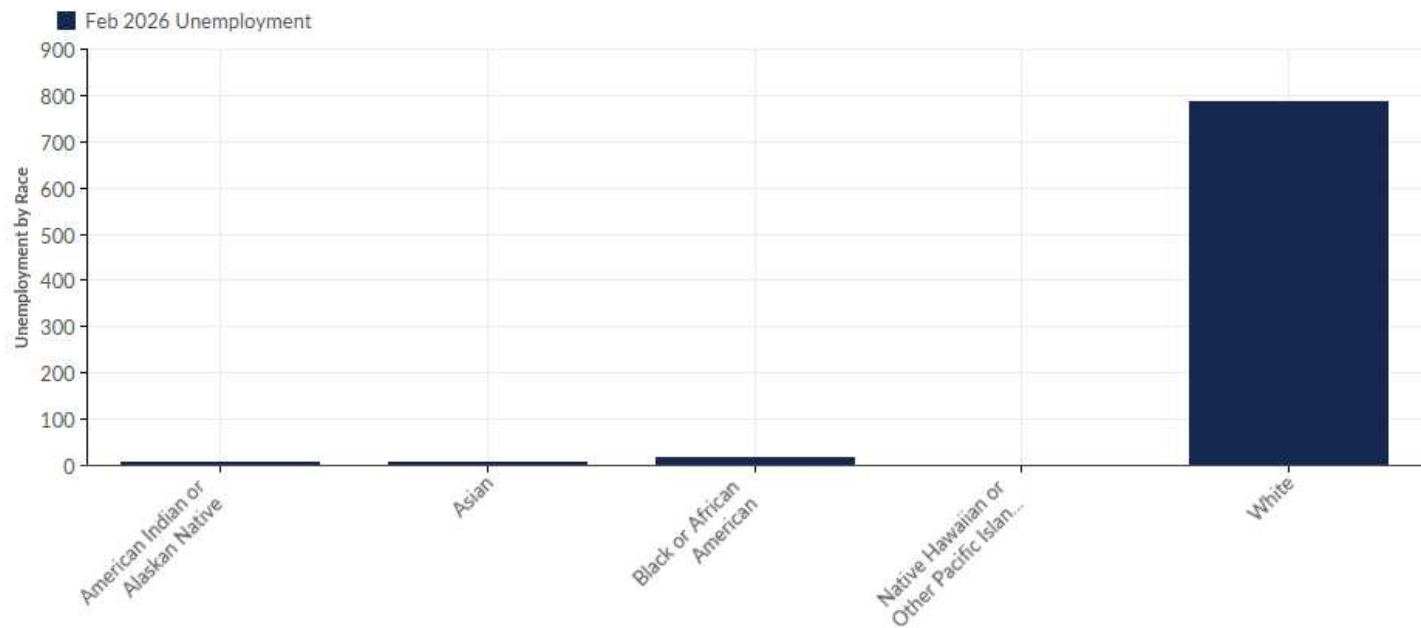
Age	Unemployment (Feb 2026)	% of Unemployed
< 22	14	1.72%
22-24	25	3.07%
25-34	140	17.18%
35-44	175	21.47%
45-54	165	20.25%
55-59	87	10.67%
60-64	85	10.43%
65+	124	15.21%
Total	815	100.00%

Unemployment by Gender



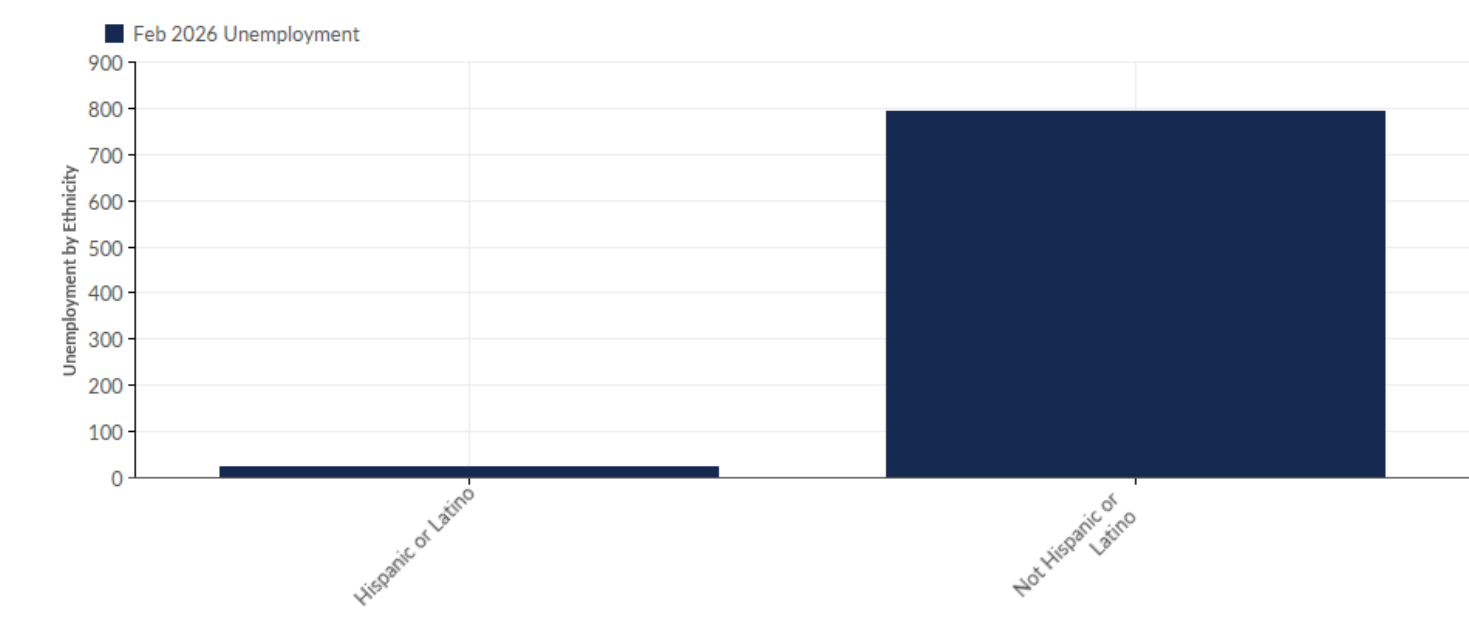
Gender	Unemployment (Feb 2026)	% of Unemployed
Females	304	37.30%
Males	511	62.70%
Total	815	100.00%

Unemployment by Race



Race	Unemployment (Feb 2026)	% of Unemployed
American Indian or Alaskan Native	7	0.86%
Asian	7	0.86%
Black or African American	15	1.84%
Native Hawaiian or Other Pacific Islander	1	0.12%
White	785	96.32%
Total	815	100.00%

Unemployment by Ethnicity

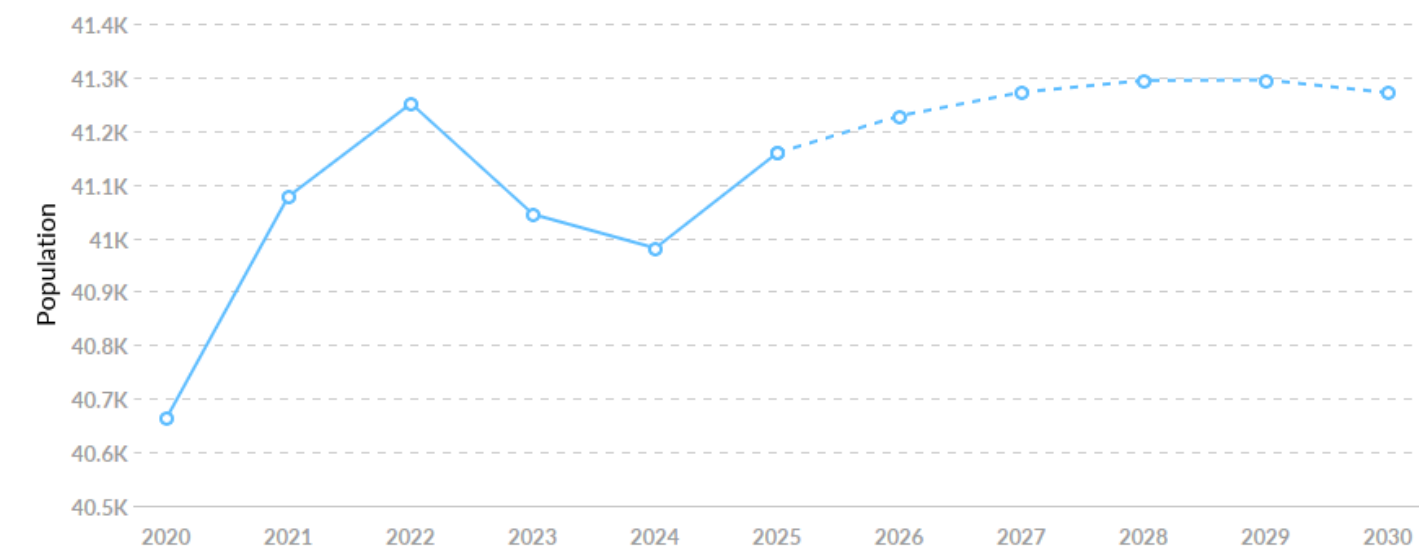


Ethnicity	Unemployment (Feb 2026)	% of Unemployed
Hispanic or Latino	24	2.94%
Not Hispanic or Latino	791	97.06%
Total	815	100.00%

Historic & Projected Trends

Population Trends

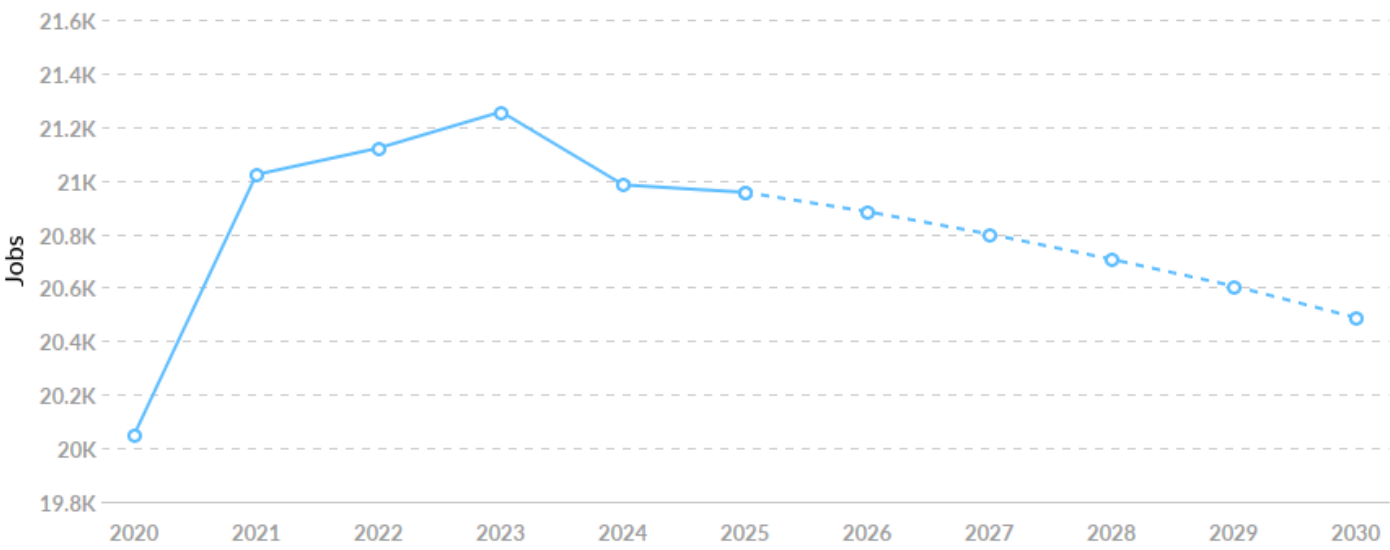
As of 2025 the region's population **increased by 1.2%** since 2020, growing by 496. Population is expected to **increase by 0.3%** between 2025 and 2030, adding 111.



Timeframe	Population
2020	40,663
2021	41,078
2022	41,251
2023	41,044
2024	40,981
2025	41,159
2026	41,228
2027	41,272
2028	41,294
2029	41,295
2030	41,271

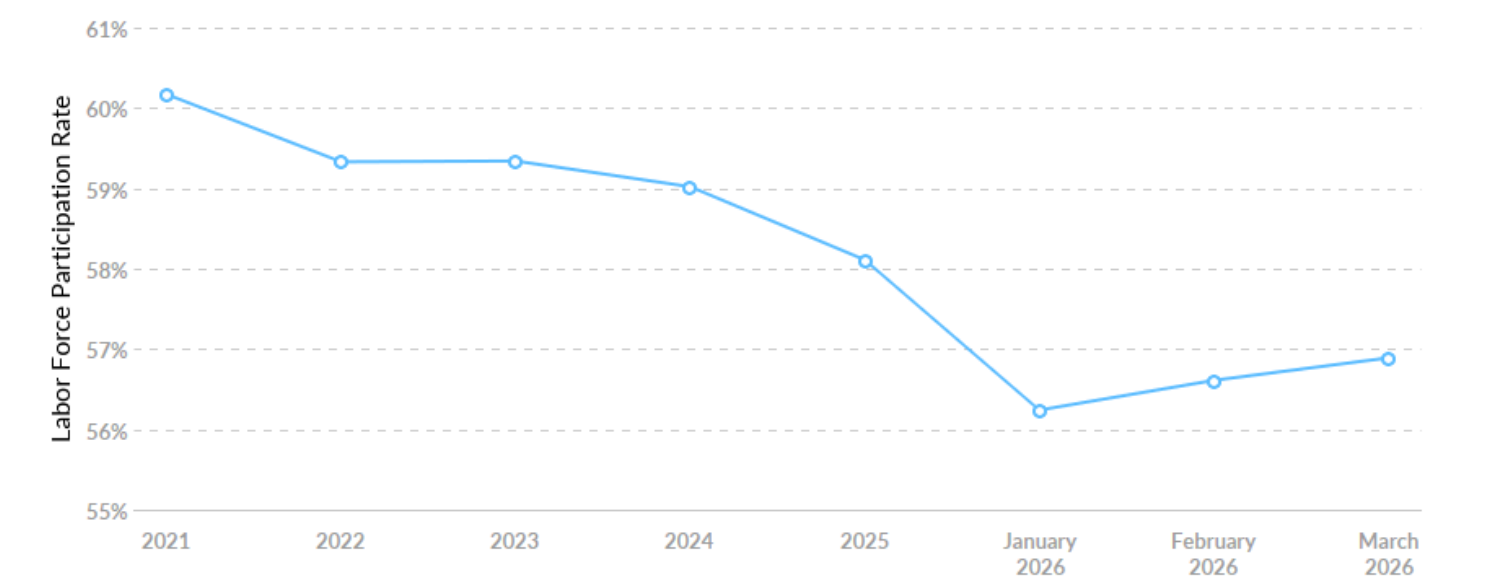
Job Trends

From 2020 to 2025, jobs increased by 4.5% in Knox County, ME from 20,051 to 20,955. This change fell short of the national growth rate of 10.6% by 6.1%.



Timeframe	Jobs
2020	20,051
2021	21,022
2022	21,121
2023	21,256
2024	20,983
2025	20,955
2026	20,883
2027	20,799
2028	20,705
2029	20,605
2030	20,487

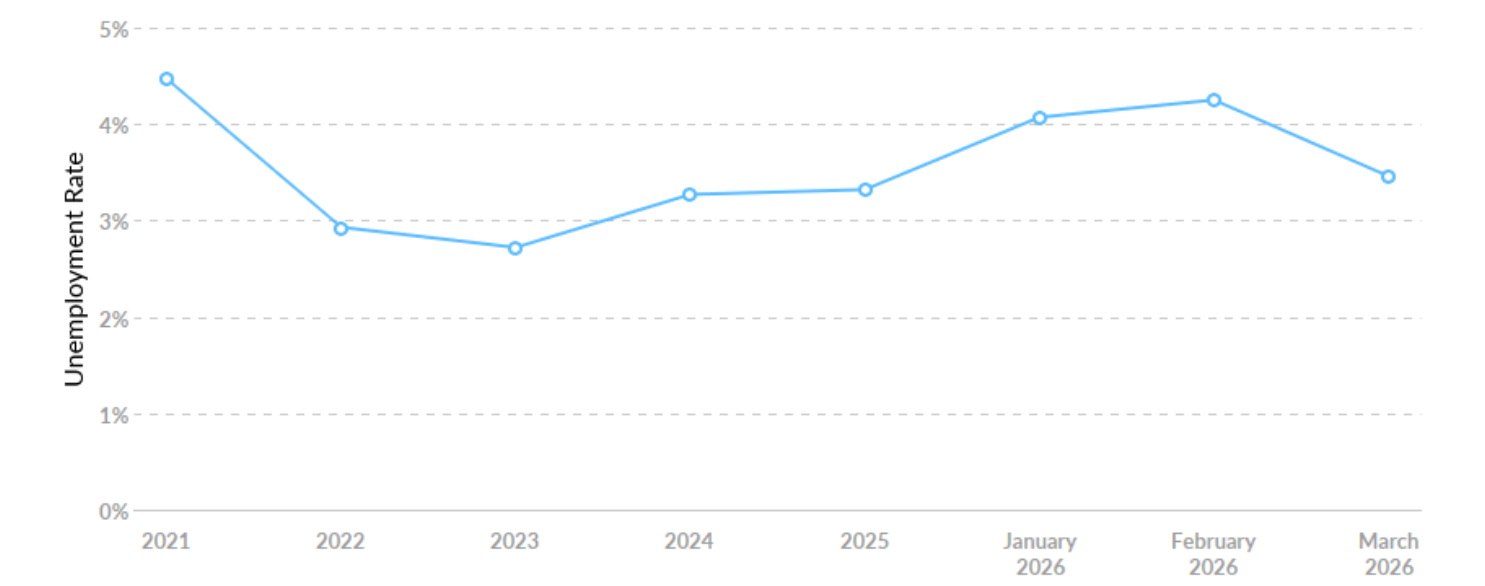
Labor Force Participation Rate Trends



Timeframe	Labor Force Participation Rate
2021	60.17%
2022	59.33%
2023	59.34%
2024	59.02%
2025	58.11%
January 2026	56.24%
February 2026	56.61%
March 2026	56.89%

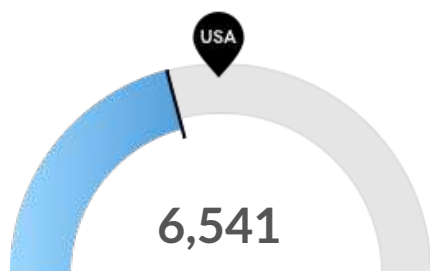
Unemployment Rate Trends

Knox County, ME had a March 2026 unemployment rate of 3.46%, **decreasing from 4.47%** 5 years before.



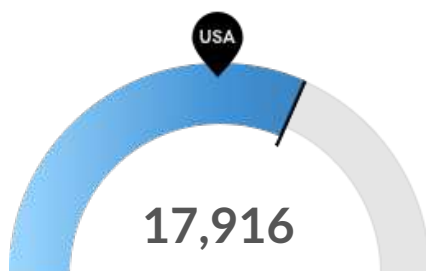
Timeframe	Unemployment Rate
2021	4.47%
2022	2.93%
2023	2.72%
2024	3.27%
2025	3.32%
January 2026	4.07%
February 2026	4.25%
March 2026	3.46%

Population Characteristics



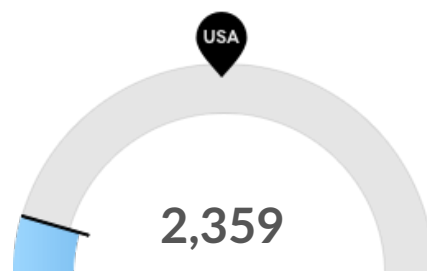
Millennials

Knox County, ME has 6,541 millennials (ages 25-39). The national average for an area this size is 8,389.



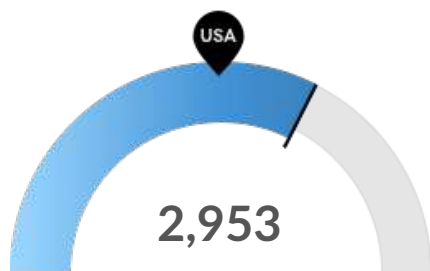
Retiring Soon

Retirement risk is high in Knox County, ME. The national average for an area this size is 12,392 people 55 or older, while there are 17,916 here.



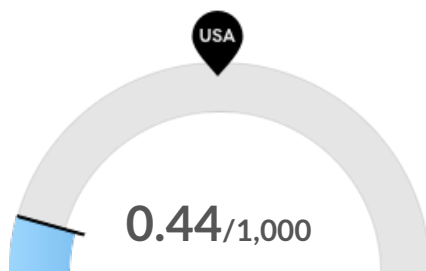
Racial Diversity

Racial diversity is low in Knox County, ME. The national average for an area this size is 17,433 racially diverse people, while there are 2,359 here.



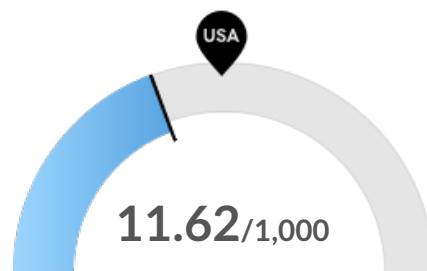
Veterans

Knox County, ME has 2,953 veterans. The national average for an area this size is 1,950.



Violent Crime

Knox County, ME has 0.44 violent crimes per 1,000 people. The national rate is 3.38 per 1,000 people.



Property Crime

Knox County, ME has 11.62 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 Knox County, ME currently works compared to where talent lives can help you optimize site decisions.



Where Talent Works

County	Name	2025 Employment
23013	Knox County, ME	20,955

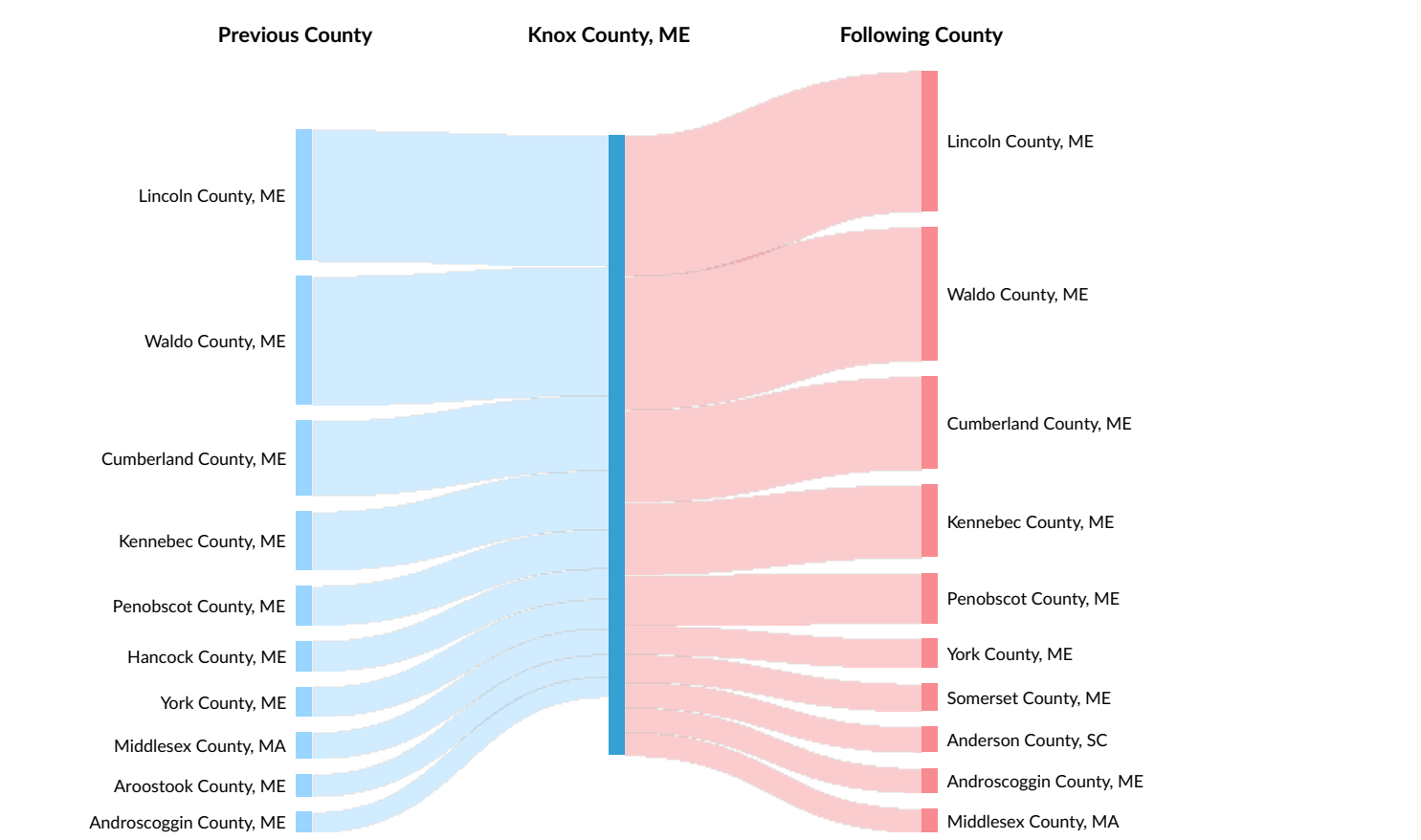
Where Talent Lives

County	Name	2025 Workers
23013	Knox County, ME	19,752

Inbound and Outbound Migration

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

As of 2023, 145 people have migrated from Lincoln County, ME to Knox County, ME. In the same year, 156 people left Knox County, ME migrating to Lincoln County, ME. The total Net Migration for Knox County, ME in 2023 was 202.

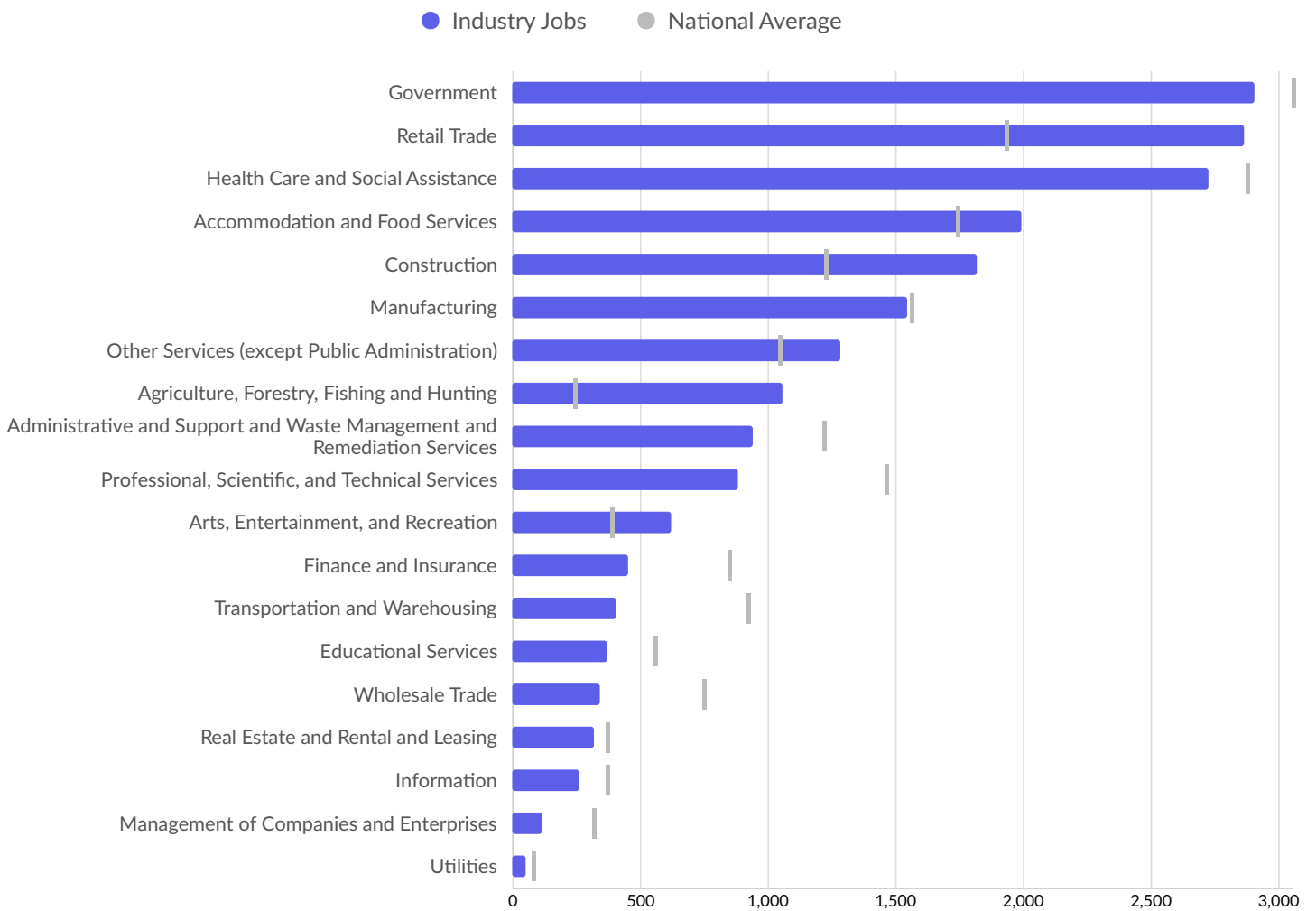


Top Previous Counties	Migrations
Lincoln County, ME	145
Waldo County, ME	144
Cumberland County, ME	83
Kennebec County, ME	65
Penobscot County, ME	44
Hancock County, ME	34

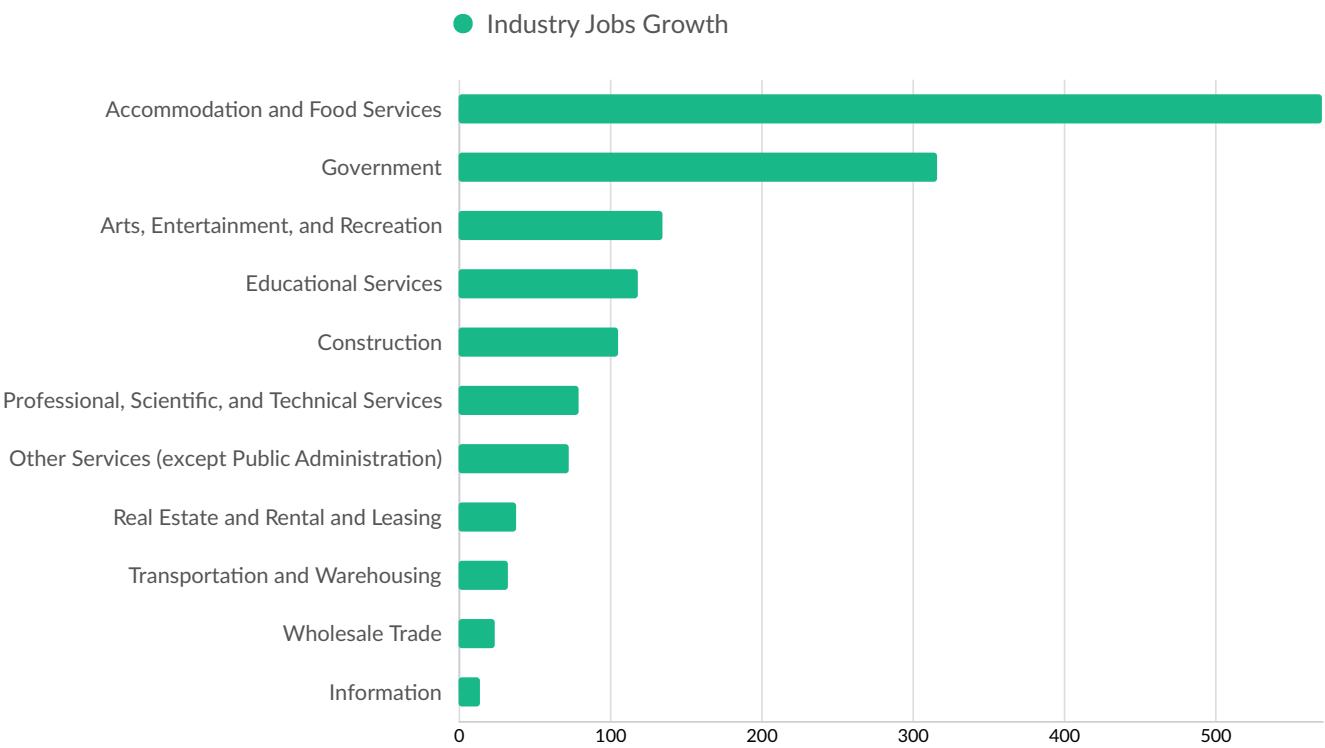
Top Previous Counties	Migrations
York County, ME	33
Middlesex County, MA	29
Aroostook County, ME	25
Androscoggin County, ME	23
Hillsborough County, NH	21
Somerset County, ME	20
Oxford County, ME	20
Washington County, ME	19
Sagadahoc County, ME	18
Top Following Counties	Migrations
Lincoln County, ME	156
Waldo County, ME	149
Cumberland County, ME	103
Kennebec County, ME	81
Penobscot County, ME	56
York County, ME	32
Somerset County, ME	31
Anderson County, SC	28
Androscoggin County, ME	27
Middlesex County, MA	26
Hancock County, ME	26
Aroostook County, ME	22
Union County, NC	22
Sagadahoc County, ME	20
Merrimack County, NH	20

Industry Characteristics

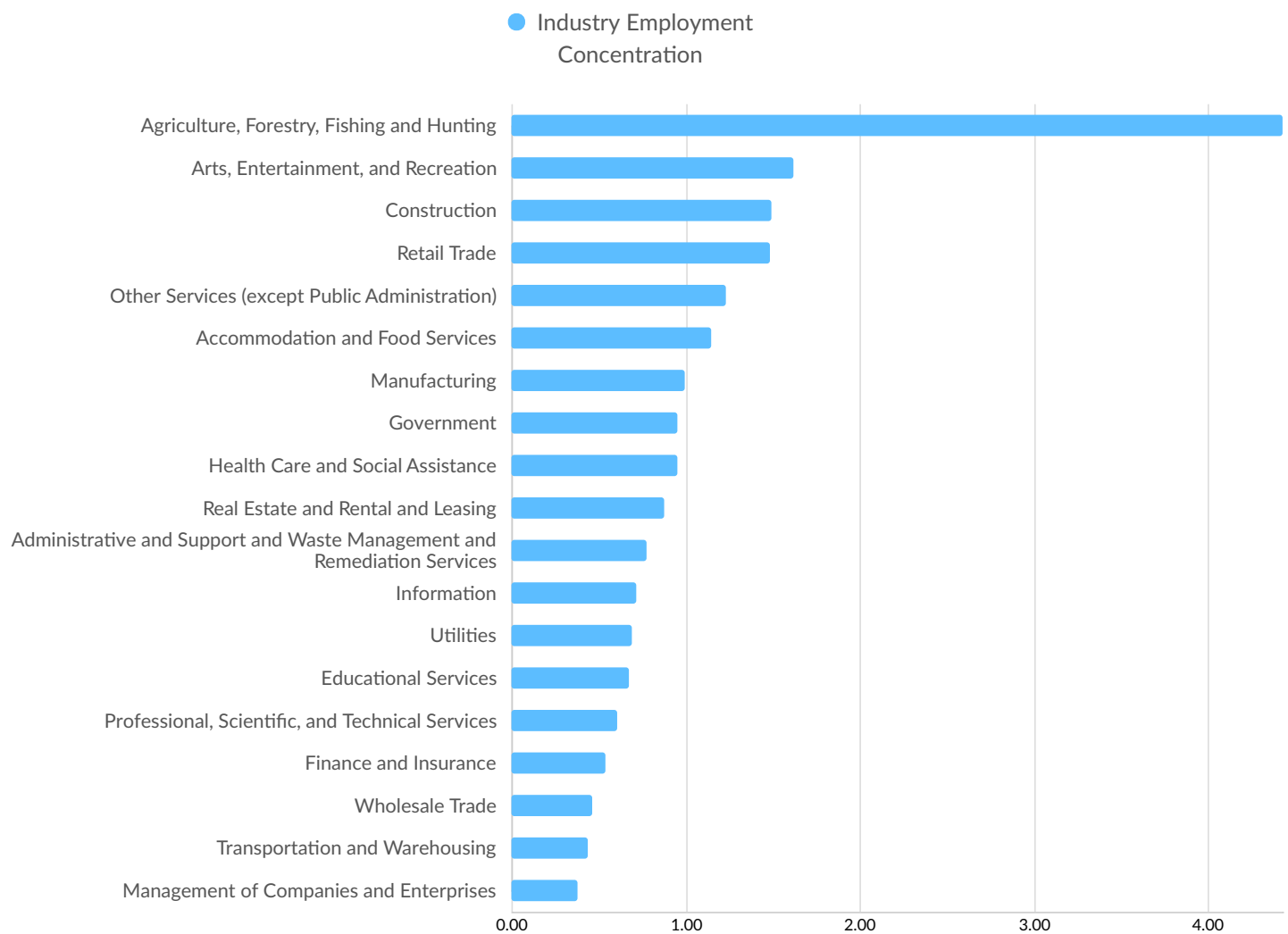
Largest Industries



Top Growing Industries

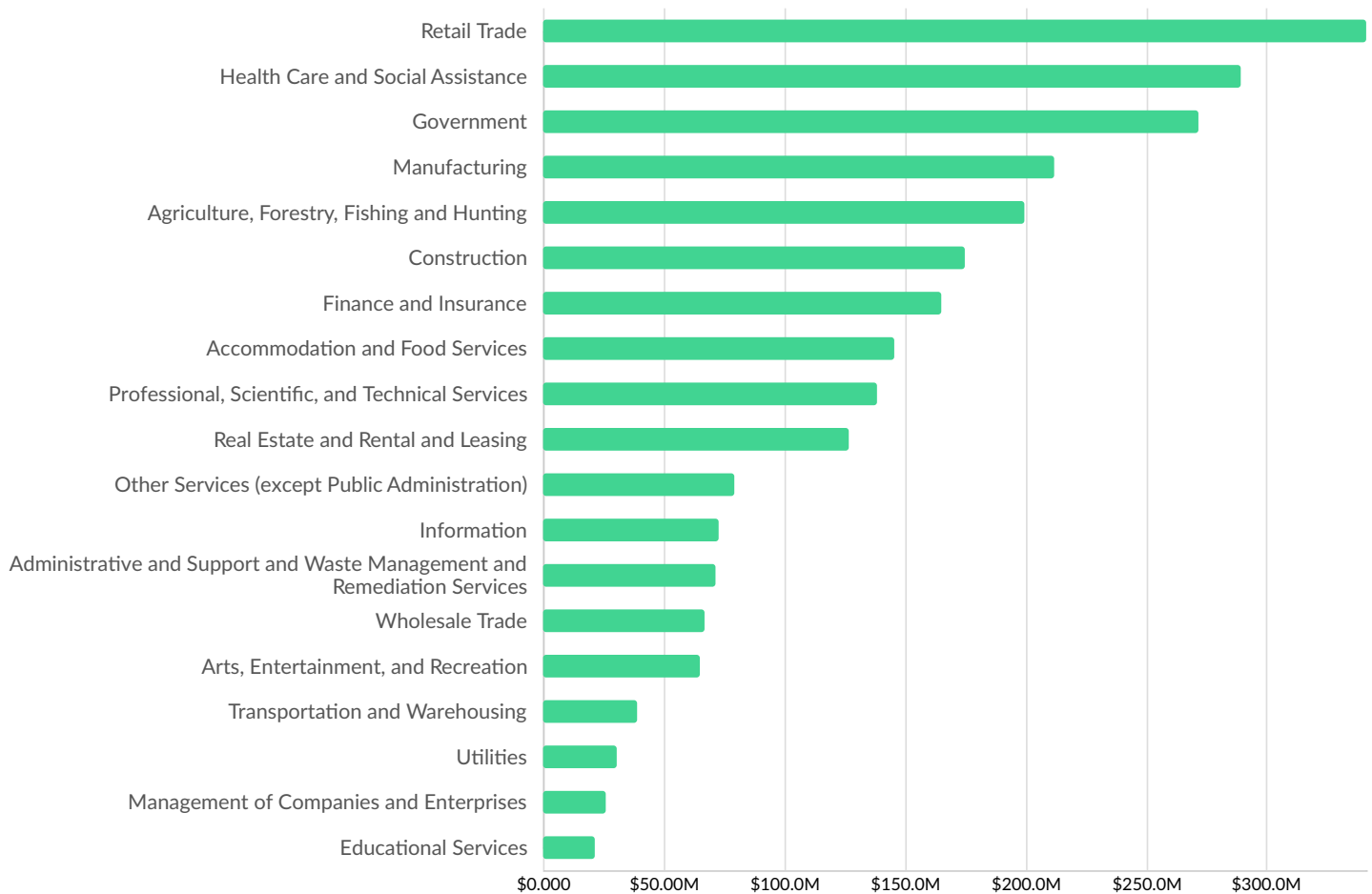


Top Industry Employment Concentration

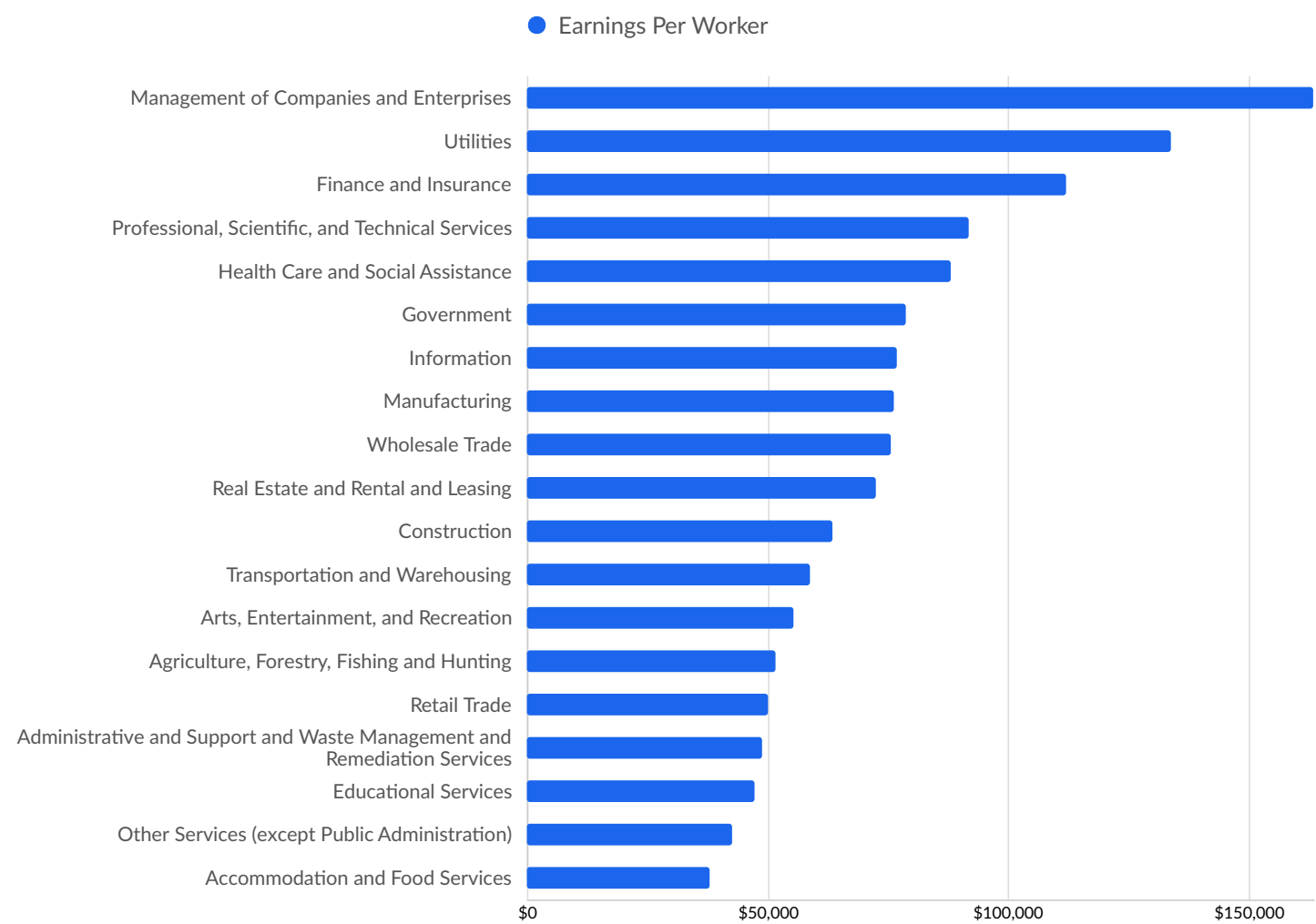


Top Industry GRP

● Gross Regional Product



Top Industry Earnings



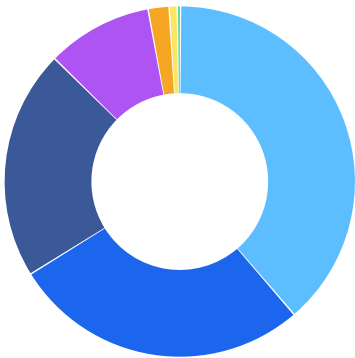
Business Characteristics

4,770 Companies Employ Your Workers

Online profiles for your workers mention 4,770 companies as employers, with the top 10 appearing below. In the last 12 months, 757 companies in Knox County, ME posted job postings, with the top 10 appearing below.

Top Companies	Profiles	Top Companies Posting	Unique Postings
Maine Medical Center	162	Maine Medical Center	753
Camden National Bank	126	Hannaford Brothers Company	127
State Of Maine	105	Soliant Health	108
Athenahealth	71	MAS Medical	92
Hannaford Brothers Company	51	State Of Maine	83
University of Maine	49	Windward Gardens	71
Lyman Morse Boatbuilding	47	AMN Healthcare	67
Bank of America	46	Genesis HealthCare	67
Douglas Dynamics	46	Albertsons	65
Lonza	38	United States Department of Ho...	64

Business Size

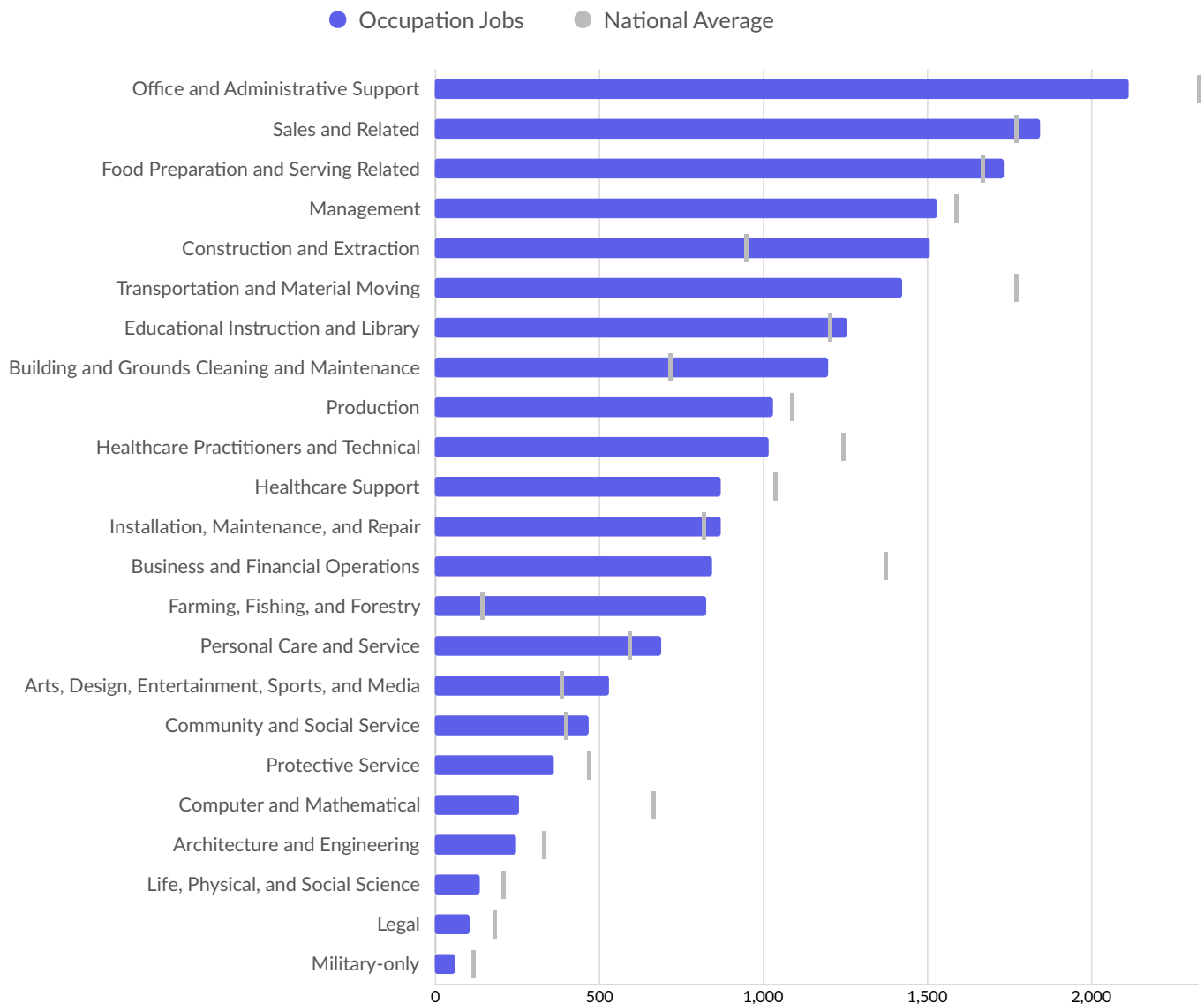


	Percentage	Business Count
1 to 4 employees	38.6%	1,039
5 to 9 employees	27.5%	739
10 to 19 employees	21.2%	570
20 to 49 employees	9.7%	262
50 to 99 employees	1.9%	52
100 to 249 employees	0.7%	20
250 to 499 employees	0.3%	8

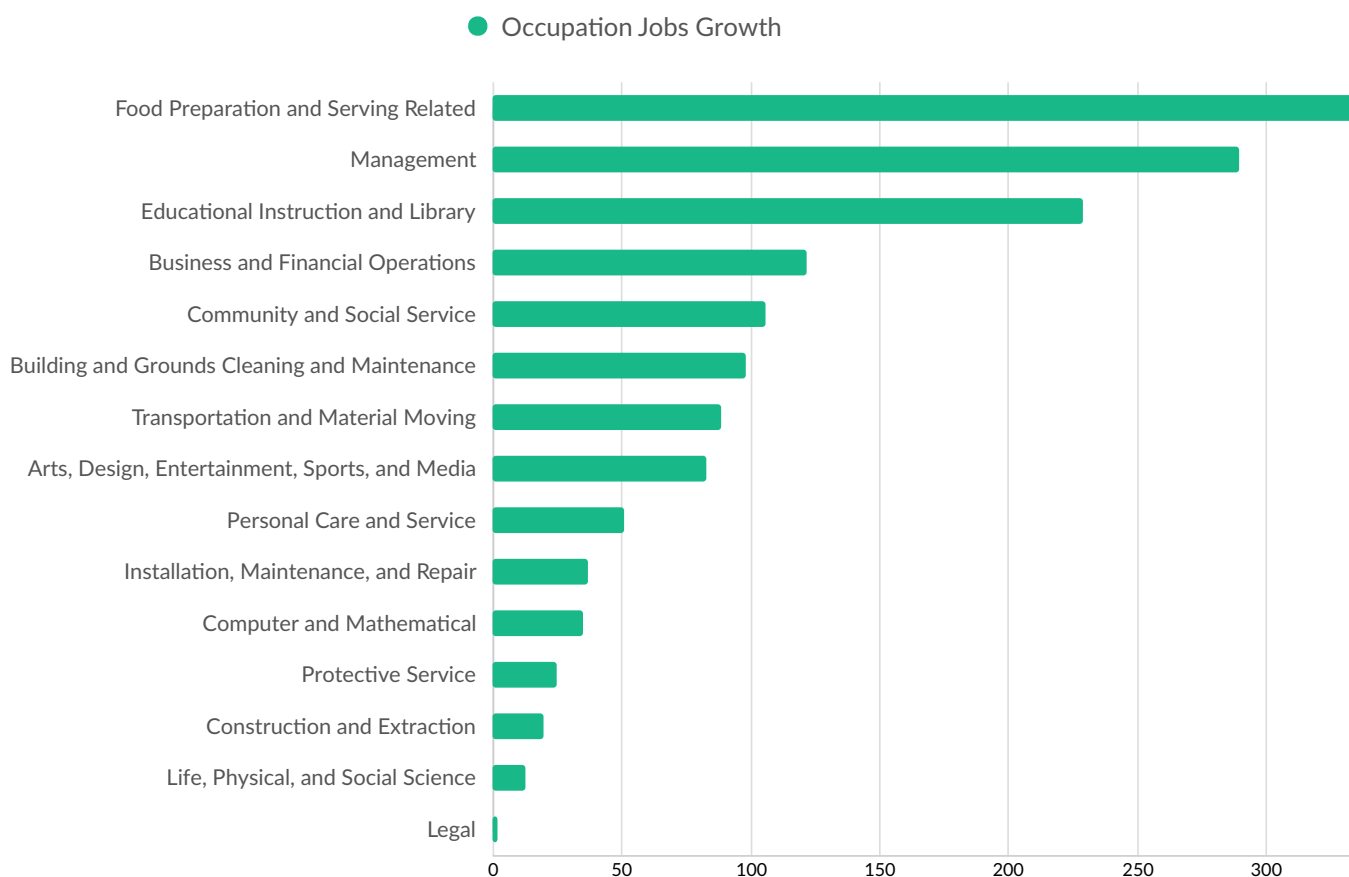
**Business Data by DatabaseUSA.com is third-party data provided by Lightcast to its customers as a convenience, and Lightcast does not endorse or warrant its accuracy or consistency with other published Lightcast data. In most cases, the Business Count will not match total companies with profiles on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

Workforce Characteristics

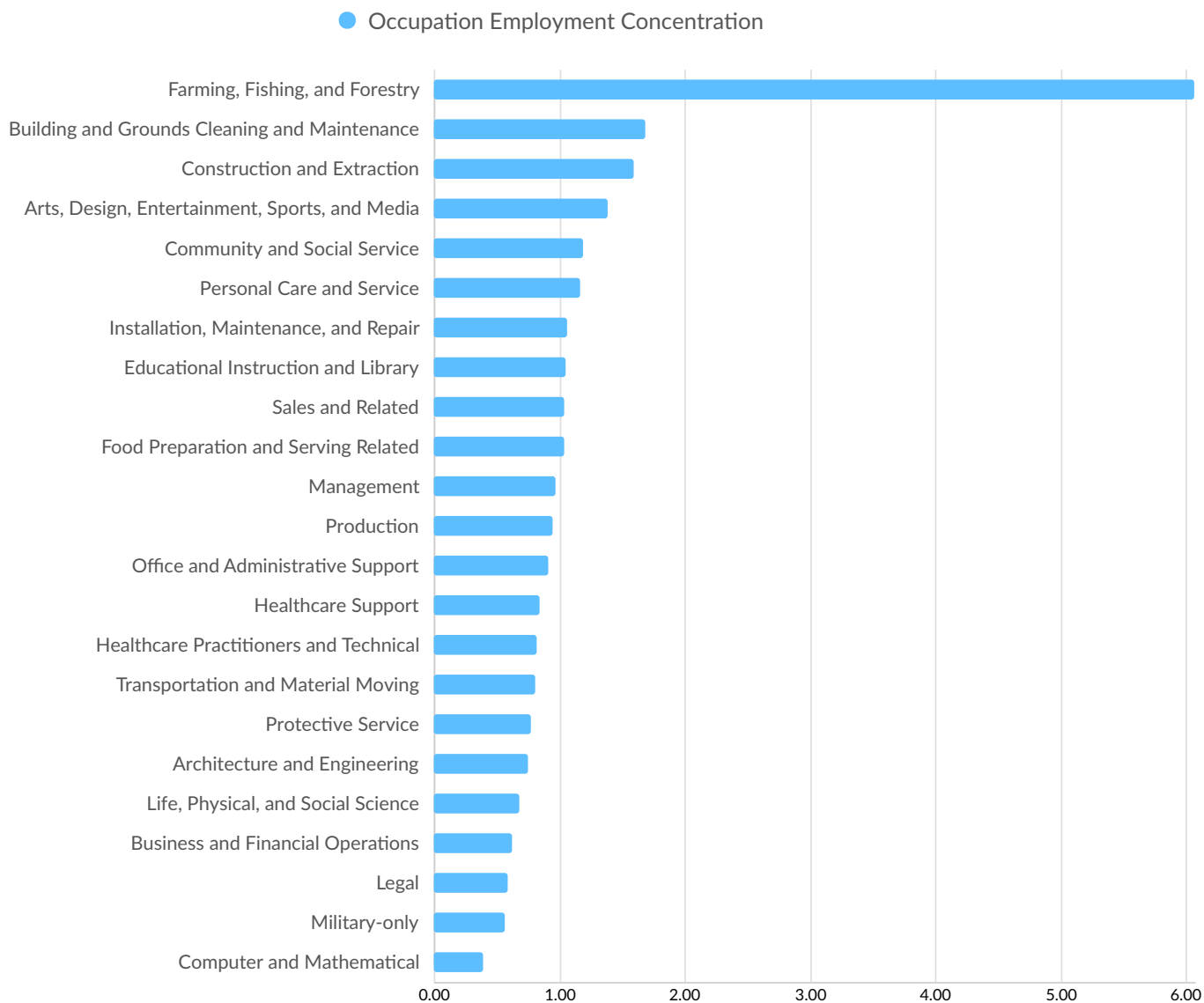
Largest Occupations



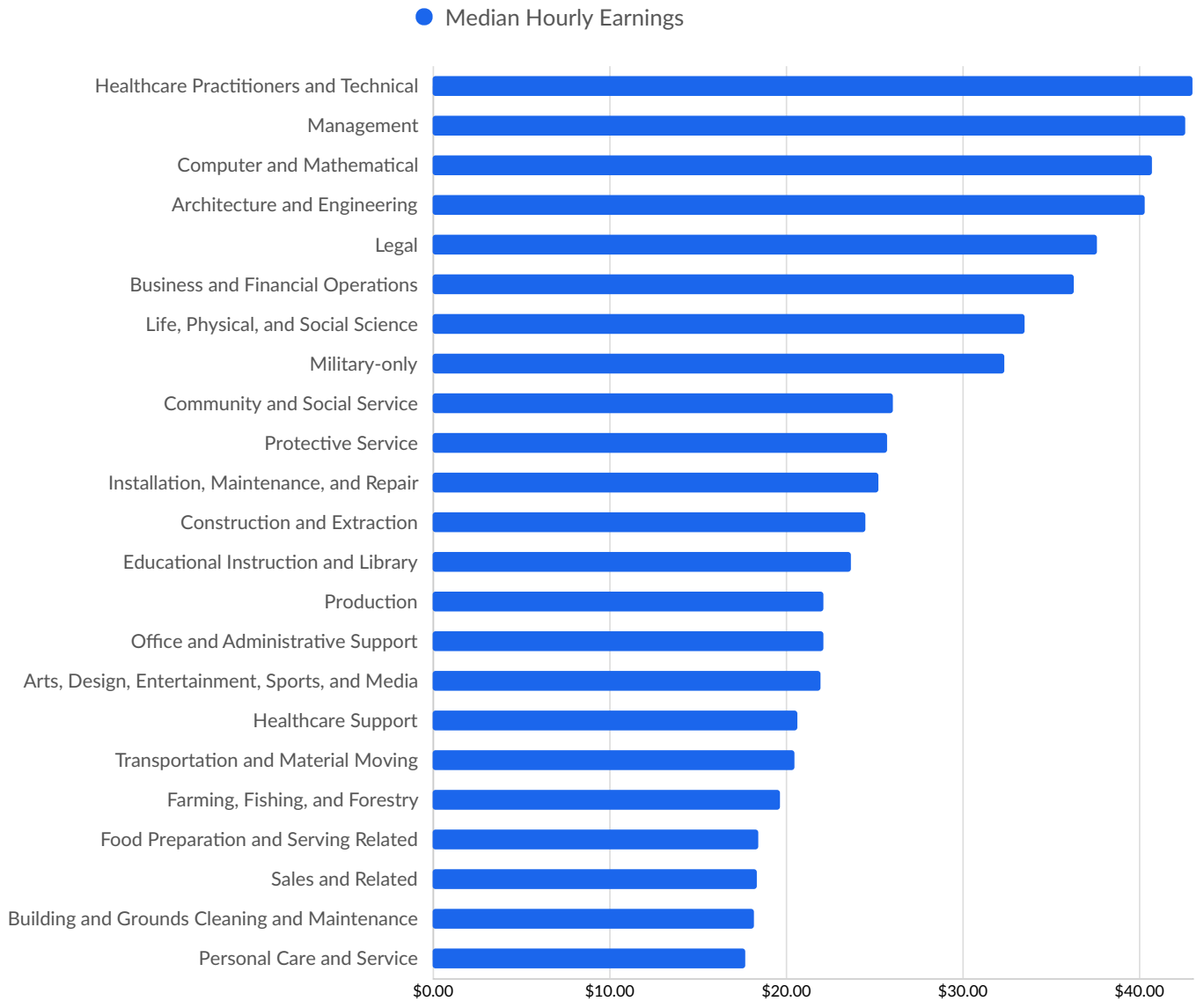
Top Growing Occupations



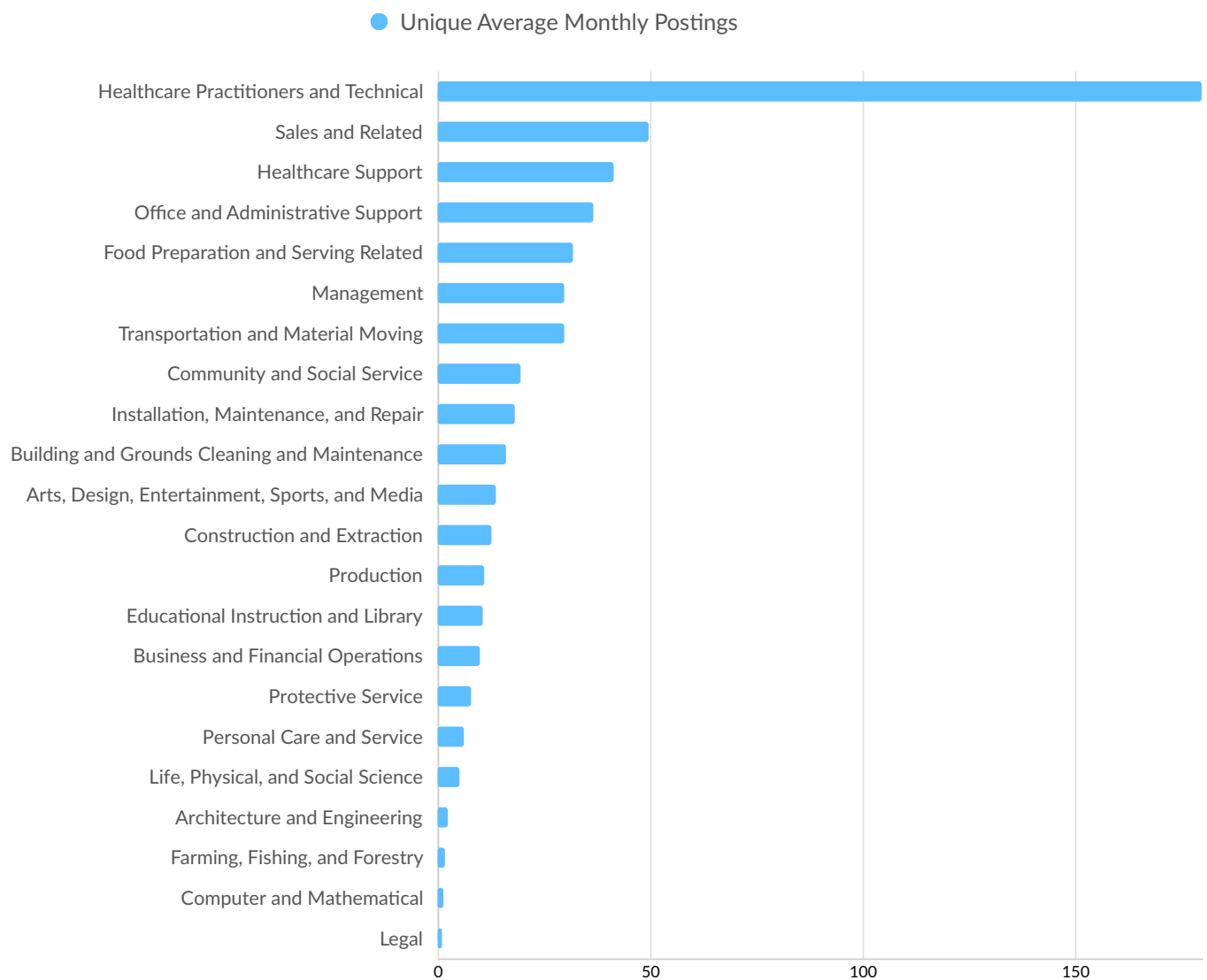
Top Occupation Employment Concentration



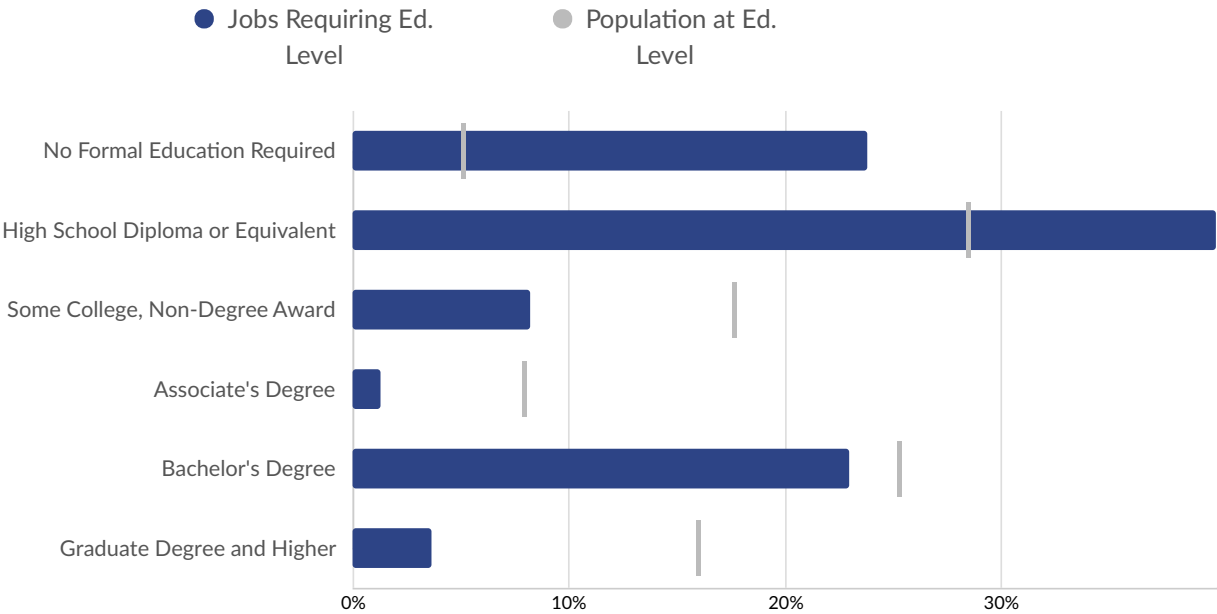
Top Occupation Earnings



Top Posted Occupations

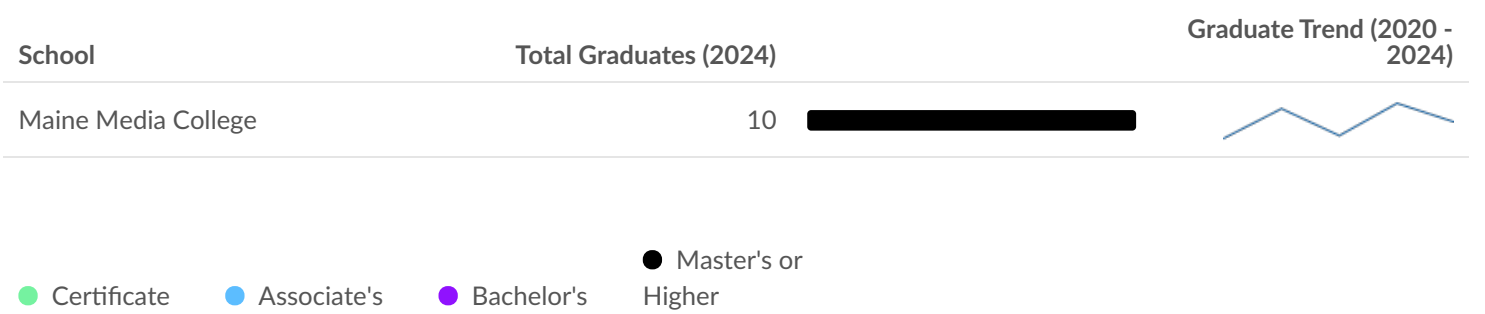


Underemployment



Educational Pipeline

In 2024, there were 10 graduates in Knox County, ME. This pipeline has grown by 150% over the last 5 years. The highest share of these graduates come from "Fine/Studio Arts, General" (Master's or Higher), "Fine/Studio Arts, General" (Certificate), and "Film/Cinema/Media Studies" (Certificate).



In-Demand Skills

