State of the Districts 2025:
Congressional Districts

Population			
	CD 1	**CD 2**	**Statewide**
Total population (2023)[1]	700,340	695,382	1,395,772
Population who identify as people of color (2023)[1]	11.8%	9.2%	10.5%
Foreign-born population. Just over half of this population are naturalized citizens.[2]	4.4%	3.2%	3.8%
Population over 65 (2023)[1]	22.8%	23.1%	22.9%
Population under 18 (2023)[1]	17.3%	17.9%	17.6%

Employment			
	CD 1	**CD 2**	**Statewide**
Average monthly unemployment rate in 2024[3]	2.7%	3.4%	3.1%
Adults aged 25-54 working or looking for work. Reasons for not working include poor health, lack of childcare, and lack of good jobs[4]	82%	71%	76%

Income & Taxation			
	CD 1	**CD 2**	**Statewide**
Total filers that claimed the Earned Income Tax Credit in 2022. The EITC boosts income for poor working families.[5]	35,290	45,040	80,340
Tax filers that claimed the federal Child Tax Credit in 2022. The child tax credit provides extra support to children.[5]	72,520	63,530	136,050
Children who benefited from the expanded Child Tax Credit under the American Rescue Plan in December 2021.[6]	106,000	110,000	216,000
Median Household Income[3]	$87,000	$61,700	$73,700
Income needed to be in the top 5% of households in 2022[5]	$317,000	$188,000	$236,000
Income needed to be in the top 1% of households in 2022[5]	$538,000	$448,000	$497,000

Poverty and the Safety Net

	CD 1	CD 2	Statewide
Children who live in poverty. Children in poverty have worse health and educational outcomes.[7]	10.1%	15.1%	12.6%
People who live in poverty. Mainers in poverty don't have the resources to meet their most basic needs.[7]	7.8%	13.0%	10.4%
Households that receive Social Security. The average monthly payment statewide in 2023 was $1,936 per household.[3]	35%	39%	37%
Households that received TANF each month in 2024[8]	1,931	2,928	4,861

Food Security

	CD 1	CD 2	Statewide
Households estimated to have been food insecure in 2022. Food insecure households either regularly cannot afford enough food or the right kinds of food.[9]	11.3%	14.7%	13.0%
Households that received food assistance (SNAP). The average monthly per-person payment in Maine in 2023 was $168.[10]	8.2%	16.9%	12.6%

Education

	CD 1	CD 2	Statewide
Working-age adults (age 25 - 64) who did not complete high school. Nearly three out of four jobs require a high school diploma.[11]	3.4%	5.5%	4.4%
Working-age adults who have a bachelor's degree[11]	47%	28%	38%
People with student loan debt. The average loan balance statewide is $34,428.[12]	108,625	107,842	216,467

Health Care

	CD 1	CD 2	Statewide
People enrolled in Medicaid (MaineCare)[13]	16%	27%	21%
People enrolled in expanded MaineCare as of December 2024[14]	43,218	55,234	100,654
People enrolled in Medicare[13]	23%	26%	25%
People without any health insurance coverage[15]	4.8%	7.0%	5.9%

Notes

For more information and to compare legislative districts, visit mecep.org/districtdata.

[1] US Census Bureau, American Community Survey, 2023 1-year data. Table DP05 via data.census.gov

[2] US Census Bureau, American Community Survey, 2023 1-year data. Table B05002 via data.census.gov

[3] MECEP analysis of Maine Department of Labor data, 12-month average for 2024.

[4] US Census Bureau, American Community Survey, 2023 1-year data. Table S2301 via data.census.gov

[5] US Internal Revenue Service, Statistics of Income, 2022

[6] Analysis by Joint Economic Committee Democrats for December 2021.

[7] US Census Bureau, American Community Survey, 2023 1-year data. Table S1701 via data.census.gov

[8] MECEP analysis of Maine Office of Family Independence data, 12-month average for 2024.

[9] Feeding America estimates for 2022. See https://map.feedingamerica.org/district/2022/overall/maine

[10] US Department of Agriculture data. See https://www.fns.usda.gov/data-research/data-visualization/snap-community-characteristics-congressional-district-dashboard

[11] US Census Bureau, American Community Survey, 2023 1-year data. Table S1501 via data.census.gov

[12] Student Loan Protection Center. See https://protectborrowers.org/2025-statewide-congressional-district-factsheets-of-the-student-loan-debt-crisis/

[13] US Census Bureau, American Community Survey, 2023 1-year data. Table S2704 via data.census.gov

[14] MECEP analysis of Maine Department of Health and Human Services data on enrollment by ZIP code for December 2024, obtained via Freedom of Access Act request. District numbers do not sum to statewide total as some individuals could not be assigned to a district.

[15] US Census Bureau, American Community Survey, 2023 1-year data. Table S2701 via data.census.gov