

State of the Districts 2025

1st Congressional District

Population		
Your District		Statewide
690,000	Total population	1,377,000
10.4%	Population who identify as people of color	9.4%

Employment		
Your District		Statewide
3.4%	Average monthly unemployment rate between 2019 and 2023	3.8%
86%	Adults aged 25-54 working or looking for work. Reasons for not working include poor health, lack of childcare, and lack of good jobs.	84%

Income & Taxation		
Your District		Statewide
14%	Households that claimed the Earned Income Tax Credit in 2021. The EITC boosts income for poor working families.	17%
18%	Households that claimed the federal Child Tax Credit in 2021. The child tax credit provides extra support to families with children.	19%
\$84,000	Median household income	\$72,000
93%	Share of households with incomes below \$200,000 in 2021	95%

Poverty & Safety Net		
Your District		Statewide
9.5%	Children who live in poverty. Children in poverty have worse health and educational outcomes.	13%
8.1%	People who live in poverty. Mainers in poverty don't have the resources to meet their most basic needs.	11%
36%	Households that receive Social Security. The average monthly payment statewide in 2023 was \$1,936 per household.	37%
2.1%	Households that receive some cash assistance during the year. This includes TANF and General Assistance. The average cash assistance in Maine was \$2,618 per household for the year in 2023.	2.8%

Food Security		
Your District		Statewide
11%	Households estimated to have been food insecure in 2022. Food insecure households either regularly cannot afford enough food or the right kinds of food.	12%
8%	Households that received food assistance (SNAP). The average monthly payment per SNAP recipient in Maine in 2023 was \$168.	12%

Education		
Your District		Statewide
4.2%	Working-age adults (age 25 - 64) who did not complete high school. Nearly three out of four jobs require a high school diploma.	4.9%
43%	Working-age adults who have a bachelor's degree	36%

Health Care		
Your District		Statewide
15%	People enrolled in Medicaid (MaineCare)	20%
23%	People enrolled in Medicare	24%
5.8%	People without any health insurance coverage	7.1%

Notes

Except as noted below, data is from the United States Census Bureau, American Community Survey. The figures represent five-year estimates averaging the period from 2019 through 2023.

EITC and CTC data is from the United States Internal Revenue Service, as compiled by the Center on Budget and Policy Priorities for tax year 2021. See apps.cbpp.org/program_participation.

Share of households with incomes below \$200,000 per year represents share of tax filers with federal adjusted gross income below \$200,000 in tax year 2021, compiled from IRS data by ZIP code.

Rates of food insecurity in 2022 were estimated using American Community Survey data on district demographics and economic conditions, following a methodology used by *Feeding America*. See feedingamerica.org/research/map-the-meal-gap/how-we-got-the-map-data.

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