

| | South Portland | | Cumberland County | | Maine | | Sources | South Portland | | Cumberland County | | Maine | | Sources |
|--|----------------|-------|-------------------|-------|-----------|-------|-------------------------------------|----------------|-------|-------------------|-------|-----------|-------|-------------------------------------|
| | 5/1/23 | | 5/1/23 | | 5/1/23 | | | 5/1/22 | | 5/1/22 | | 5/1/22 | | |
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| Population Ages | | | | | | | | | | | | | | |
| Total Population | 26,428 | | 300,776 | | 1,357,046 | | S0101 ACS 2021 5-year estimates | 25,665 | | 294,520 | | 1,340,825 | | S0101 ACS 2020 5-year estimates |
| In 2010 | 24,804 | | 279,994 | | 1,327,665 | | S0101 ACS 2010 5-year estimates | 24,804 | | 279,994 | | 1,327,665 | | S0101 ACS 2010 5-year estimates |
| Total Households | 11,672 | | 125,986 | | 571,064 | | S1101 ACS 2021 5-year estimates | 11,242 | | 123,384 | | 569,551 | | S1101 ACS 2020 5-year estimates |
| Households with one or more people age 60+ | 5,052 | 43% | 51,924 | 41% | 262,711 | 46% | B11006 ACS 2021 5-year estimates | 4,590 | 40.8% | 49,834 | 40.4% | 257,093 | 45% | B11006 ACS 2020 5-year estimates |
| Householders over 65 | 3,661 | | 35,284 | | 176,884 | | B19037 ACS 2021 5-year estimates | 3,302 | | 34,128 | | 173,696 | | B19037 ACS 2020 5-year estimates |
| Median Age | 43.2 | | 41.9 | | 44.7 | | S0101 ACS 2021 5-year estimates | 42.2 | | 42.1 | | 44.8 | | S0101 ACS 2020 5-year estimates |
| Under 18 | 4,025 | 15.2% | 55,983 | 18.6% | 254,585 | 18.8% | S0101 ACS 2021 5-year estimates | 4,248 | 16.6% | 54,904 | 18.6% | 250,967 | 18.7% | S0101 ACS 2020 5-year estimates |
| In 2010 | 5,283 | 21.3% | 59,919 | 21.4% | 281,465 | 21.2% | S0101 ACS 2010 5-year estimates | 5,283 | 21.3% | 59,919 | 21.4% | 281,465 | 21.2% | S0101 ACS 2010 5-year estimates |
| 18-64 | 17,003 | 64.3% | 189,012 | 62.8% | 821,640 | 60.5% | S0101 ACS 2021 5-year estimates | 16,609 | 64.7% | 185,260 | 62.9% | 813,291 | 60.7% | S0101 ACS 2020 5-year estimates |
| Men | 8,319 | 48.9% | 93,238 | 49.3% | 408,107 | 49.7% | S0101 ACS 2021 5-year estimates | 7,932 | 47.8% | 90,907 | 49.1% | 401,573 | 49.4% | S0101 ACS 2020 5-year estimates |
| Women | 8,684 | 51.1% | 95,774 | 50.7% | 413,533 | 50.3% | S0101 ACS 2021 5-year estimates | 8,677 | 52.2% | 94,353 | 50.9% | 411,718 | 50.6% | S0101 ACS 2020 5-year estimates |
| 18-64 in 2010 | 16,048 | 64.7% | 181,436 | 64.8% | 843,067 | 63.5% | S0101 ACS 2010 5-year estimates | 16,048 | 64.7% | 181,436 | 64.8% | 843,067 | 63.5% | S0101 ACS 2010 5-year estimates |
| 20-49 | 10,654 | 40.3% | 116,555 | 38.8% | 479,842 | 35.4% | S0101 ACS 2021 5-year estimates | 10,232 | 39.9% | 114,312 | 38.8% | 475,301 | 35.4% | S0101 ACS 2020 5-year estimates |
| 50-64 | 5,594 | 21.2% | 64,413 | 21.4% | 309,012 | 22.8% | S0101 ACS 2021 5-year estimates | 5,554 | 21.6% | 63,605 | 21.6% | 305,634 | 22.8% | S0101 ACS 2020 5-year estimates |
| 60+ | 7,106 | 26.9% | 76,621 | 25.5% | 388,470 | 28.6% | S0101 ACS 2021 5-year estimates | 6,381 | 24.9% | 73,736 | 25.0% | 380,642 | 28.4% | S0101 ACS 2020 5-year estimates |

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| In 2010 | 4,812 | 19.4% | 54,599 | 19.5% | 285,448 | 21.5% | S0101 ACS 2010 5-year estimates | 4,812 | 19.4% | 54,599 | 19.5% | 285,448 | 21.5% | S0101 ACS 2010 5-year estimates |
| 65+ | 5,400 | 20.4% | 55,781 | 18.5% | 280,821 | 20.7% | S0101 ACS 2021 5-year estimates | 4,808 | 18.7% | 54,356 | 18.5% | 276,567 | 20.6% | S0101 ACS 2020 5-year estimates |
| Men | 2,380 | 44.1% | 24,846 | 44.5% | 129,191 | 46.0% | S0101 ACS 2021 5-year estimates | 2,023 | 42.1% | 23,873 | 43.9% | 125,893 | 45.5% | S0101 ACS 2020 5-year estimates |
| Women | 3,020 | 55.9% | 30,935 | 55.5% | 151,630 | 54.0% | S0101 ACS 2021 5-year estimates | 2,785 | 57.9% | 30,483 | 56.1% | 150,674 | 54.5% | S0101 ACS 2020 5-year estimates |
| 65+ in 2010 | 3,473 | 14.0% | 38,639 | 13.8% | 203,133 | 15.3% | S0101 ACS 2010 5-year estimates | 3,473 | 14.0% | 38,639 | 13.8% | 203,133 | 15.3% | S0101 ACS 2010 5-year estimates |
| 60-69 year old | 3,844 | 14.5% | 40,261 | 13.4% | 202,839 | 14.9% | S0101 ACS 2021 5-year estimates | 3,360 | 13.1% | 38,353 | 13.0% | 198,384 | 14.8% | S0101 ACS 2020 5-year estimates |
| In 2010 | 2,183 | 8.8% | 26,879 | 9.6% | 142,060 | 10.7% | S0101 ACS 2010 5-year estimates | 2,183 | 8.8% | 26,879 | 9.6% | 142,060 | 10.7% | S0101 ACS 2010 5-year estimates |
| 70-79 year old | 2,239 | 8.5% | 23,867 | 7.9% | 122,842 | 9.1% | S0101 ACS 2021 5-year estimates | 1,948 | 7.6% | 22,178 | 7.5% | 116,418 | 8.7% | S0101 ACS 2020 5-year estimates |
| In 2010 | 1,538 | 6.2% | 16,240 | 5.8% | 86,298 | 6.5% | S0101 ACS 2010 5-year estimates | 1,538 | 6.2% | 16,240 | 5.8% | 86,298 | 6.5% | S0101 ACS 2010 5-year estimates |
| 80+ | 1,023 | 3.9% | 12,493 | 4.2% | 62,789 | 4.6% | S0101 ACS 2021 5-year estimates | 1,073 | 4.2% | 13,205 | 4.5% | 65,840 | 4.9% | S0101 ACS 2020 5-year estimates |
| In 2010 | 1,091 | 4.4% | 11,480 | 4.1% | 57,090 | 4.3% | S0101 ACS 2010 5-year estimates | 1,091 | 4.4% | 11,480 | 4.1% | 57,090 | 4.3% | S0101 ACS 2010 5-year estimates |
| Ratio of working age to older adults | 3.15 | | 3.39 | | 2.93 | | For every older adult, there are X.XX working age adults (18- 64/65+) | 3.45 | | 3.41 | | 2.94 | | For every older adult, there are X.XX working age adults (18- 64/65+) |
| Men | 3.50 | | 3.75 | | 3.16 | | For every older man, there are X.XX working age men (18-64/65+) | 3.92 | | 3.81 | | 3.19 | | For every older man, there are X.XX working age men (18-64/65+) |
| Women | 2.88 | | 3.10 | | 2.73 | | For every older woman, there are X.XX working age women (18- 64/65+) | 3.12 | | 3.10 | | 2.73 | | For every older woman, there are X.XX working age women (18- 64/65+) |

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| Veterans 65+ | 952 | 17.6% | 9,229 | 16.5% | 53,615 | 19.1% | S2101 ACS 2021 5-year estimates, universe is 65+ | 935 | 19.4% | 9,630 | 17.7% | 55,499 | 20.1% | S2101 ACS 2020 5-year estimates, universe is 65+ |
| White alone | 23,338 | 88.3% | 270,232 | 89.8% | 1,261,097 | 92.9% | B02001 ACS 2021 5-year estimates | 22,768 | 88.7% | 267,110 | 90.7% | 1,256,030 | 93.7% | B02001 ACS 2020 5-year estimates |
| Black/African American alone | 1,371 | 5.2% | 9,590 | 3.2% | 19,525 | 1.4% | B02001 ACS 2021 5-year estimates | 1,313 | 5.1% | 9,192 | 3.1% | 18,635 | 1.4% | B02001 ACS 2020 5-year estimates |
| American Indian/Alaskan Native alone | 92 | 0.3% | 512 | 0.2% | 7,578 | 0.6% | B02001 ACS 2021 5-year estimates | 139 | 0.5% | 827 | 0.3% | 8,894 | 0.7% | B02001 ACS 2020 5-year estimates |
| Asian alone | 546 | 2.1% | 6,649 | 2.2% | 14,917 | 1.1% | B02001 ACS 2021 5-year estimates | 631 | 2.5% | 6,665 | 2.3% | 15,270 | 1.1% | B02001 ACS 2020 5-year estimates |
| Hawaiian Pacific Islander alone | 0 | 0.0% | 69 | 0.0% | 228 | 0.0% | B02001 ACS 2021 5-year estimates | 0 | 0.0% | 28 | 0.0% | 190 | 0.0% | B02001 ACS 2020 5-year estimates |
| Some other race alone | 167 | 0.6% | 1,857 | 0.6% | 6,800 | 0.5% | B02001 ACS 2021 5-year estimates | 172 | 0.7% | 1,615 | 0.5% | 4,846 | 0.4% | B02001 ACS 2020 5-year estimates |
| Two or more races | 914 | 3.5% | 11,867 | 3.9% | 46,901 | 3.5% | B02001 ACS 2021 5-year estimates | 642 | 2.5% | 9,083 | 3.1% | 36,960 | 2.8% | B02001 ACS 2020 5-year estimates |

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| Income | | | | | | | | | | | | | | |
| Median Household Income | \$73,899 | | \$80,679 | | \$63,182 | | DP03 ACS 2021 5-year estimates | \$67,198 | | \$76,014 | | \$59,489 | | DP03 ACS 2020 5-year estimates |
| Median Household Income 2010 | \$51,066 | | | | | | https://www.the-mainemonitor.org/median-household-income-jumped-in-many-maine-communities/ | \$51,066 | | | | | | https://www.the-mainemonitor.org/median-household-income-jumped-in-many-maine-communities/ |
| Median Household Income percent change 2010 to 2020 | +32% | | | | | | https://www.the-mainemonitor.org/median-household-income-jumped-in-many-maine-communities/ | +32% | | | | | | https://www.the-mainemonitor.org/median-household-income-jumped-in-many-maine-communities/ |
| 65+ householder <50% median | 1,346 | 36.8% | 12,518 | 35.5% | 78,832 | 44.6% | B19037 ACS 2021 5-year estimates, universe is 65+ householders | 1,265 | 38.3% | 12,938 | 37.9% | 60,730 | 35.0% | B19037 ACS 2020 5-year estimates, universe is 65+ householders |
| 65+ householder <25% median | 693 | 18.9% | 5,186 | 14.7% | 34,176 | 19.3% | B19037 ACS 2021 5-year estimates, universe is 65+ householders | 719 | 21.8% | 5,633 | 16.5% | 22,341 | 12.9% | B19037 ACS 2020 5-year estimates, universe is 65+ householders |
| Mean Household Income | \$93,893 | | \$106,756 | | \$83,914 | | DP03 ACS 2021 5-year estimates | \$86,888 | | \$98,132 | | \$78,301 | | DP03 ACS 2020 5-year estimates |
| Mean Social Security Income | \$20,114 | | \$21,327 | | \$20,058 | | DP03 ACS 2021 5-year estimates | \$18,642 | | \$20,190 | | \$19,174 | | DP03 ACS 2020 5-year estimates |

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| Mean Retirement Income | \$33,509 | | \$30,057 | | \$27,050 | | DP03 ACS 2021 5-year estimates | \$34,215 | | \$28,347 | | \$25,545 | | DP03 ACS 2020 5-year estimates |
| 65+ below 100% FPL | 461 | 8.5% | 3,798 | 6.8% | 23,669 | 8.4% | S1701 ACS 2021 5-year estimates, universe is 65+ | 369 | 7.7% | 3,836 | 7.1% | 22,889 | 8.3% | S1701 ACS 2020 5-year estimates, universe is 65+ |
| Men | 80 | 17.4% | 1,228 | 32.3% | 8,455 | 35.7% | B17001 ACS 2021 5-year estimates | 46 | 12.5% | 1,138 | 29.7% | 7,691 | 33.6% | B17001 ACS 2020 5-year estimates |
| Women | 381 | 82.6% | 2,570 | 67.7% | 15,214 | 64.3% | B17001 ACS 2021 5-year estimates | 323 | 87.5% | 2,698 | 70.3% | 15,198 | 66.4% | B17001 ACS 2020 5-year estimates |
| 65+ with Medicaid | 1,028 | 19.0% | 6,925 | 12.4% | 43,885 | 15.6% | C27007 ACS 2021 5-year estimates, universe is 65+ | 1,042 | 21.7% | 6,948 | 12.8% | 44,038 | 15.9% | C27007 ACS 2020 5-year estimates, universe is 65+ |
| Labor Force Participation Rate 60-64 | | 69.7% | | 70.3% | | 61.5% | S2301 ACS 2021 5-year estimates | | 67.6% | | 68.7% | | 60.9% | S2301 ACS 2020 5-year estimates |
| Labor Force Participation Rate 65-74 | | 34.6% | | 31.7% | | 28.7% | S2301 ACS 2021 5-year estimates | | 33.5% | | 31.9% | | 28.8% | S2301 ACS 2020 5-year estimates |
| Labor Force Participation Rate 75+ | | 6.8% | | 7.3% | | 6.7% | S2301 ACS 2021 5-year estimates | | 7.2% | | 8.1% | | 6.7% | S2301 ACS 2020 5-year estimates |
| Elder Economic Security Index - single renter in good health | \$30,684 | | \$32,136 | | \$27,984 | | The income older adults need to live independently | | | \$29,064 | | \$26,664 | | The income older adults need to live independently |
| Elder Economic Security Index - single homeowner with no mortgage in good health | \$24,936 | | \$25,200 | | \$23,892 | | The income older adults need to live independently | | | \$24,144 | | \$23,160 | | The income older adults need to live independently |

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| Elder Economic Security Index - single homeowner with mortgage in good health | \$37,536 | | \$37,644 | | \$33,744 | | The income older adults need to live independently | | | \$34,908 | | \$32,292 | | The income older adults need to live independently |
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| Housing | | | | | | | | | | | | | | |
| 65+ living alone | 2,020 | 37.4% | 16,312 | 29.2% | 79,707 | 28.4% | B09020 ACS 2021 5-year estimates, universe is 65+ | 1,823 | 37.9% | 15,482 | 28.5% | 76,989 | 27.8% | B09020 ACS 2020 5-year estimates, universe is 65+ |
| Men | 651 | 32.2% | 4,931 | 30.2% | 26,924 | 33.8% | B09020 ACS 2021 5-year estimates, universe is 65+ living alone | 527 | 28.9% | 4,506 | 29.1% | 25,251 | 32.8% | B09020 ACS 2020 5-year estimates, universe is 65+ living alone |
| Women | 1,369 | 67.8% | 11,381 | 69.8% | 52,783 | 66.2% | B09020 ACS 2021 5-year estimates, universe is 65+ living alone | 1,296 | 71.1% | 10,976 | 70.9% | 51,738 | 67.2% | B09020 ACS 2020 5-year estimates, universe is 65+ living alone |
| Median Income of 65+ men living alone | \$45,151 | | \$36,572 | | \$29,353 | | B19215 ACS 2021 5-year estimates | \$41,641 | | \$34,853 | | \$27,327 | | B19215 ACS 2020 5-year estimates |
| Median Income of 65+ women living alone | \$26,159 | | \$30,976 | | \$24,328 | | B19215 ACS 2021 5-year estimates | \$24,837 | | \$29,631 | | \$22,536 | | B19215 ACS 2020 5-year estimates |
| 65+ living with spouse | 1,239 | 22.9% | 14,646 | 26.3% | 74,475 | 26.5% | B09020 ACS 2021 5-year estimates, universe is 65+ | 1,063 | 22.1% | 14,192 | 26.1% | 73,662 | 26.6% | B09020 ACS 2020 5-year estimates, universe is 65+ |
| 65+ living with other relatives | 114 | 2.1% | 837 | 1.5% | 3,572 | 1.3% | B09020 ACS 2021 5-year estimates, universe is 65+ | 98 | 2.0% | 790 | 1.5% | 3,154 | 1.1% | B09020 ACS 2020 5-year estimates, universe is 65+ |

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| 65+ living with Parents/Parents-in-Law | 145 | 2.7% | 1,720 | 3.1% | 8,935 | 3.2% | B09020 ACS 2021 5-year estimates, universe is 65+ | 133 | 2.8% | 1,588 | 2.9% | 8,562 | 3.1% | B09020 ACS 2020 5-year estimates, universe is 65+ |
| 65+ living with non-relatives | 139 | 2.6% | 1,530 | 2.7% | 8,073 | 2.9% | B09020 ACS 2021 5-year estimates, universe is 65+ | 103 | 2.1% | 1,670 | 3.1% | 8,022 | 2.9% | B09020 ACS 2020 5-year estimates, universe is 65+ |
| 65+ living in group quarters | 102 | 1.9% | 1,764 | 3.2% | 8,882 | 3.2% | B09020 ACS 2021 5-year estimates, universe is 65+ | 109 | 2.3% | 1,988 | 3.7% | 9,471 | 3.4% | B09020 ACS 2020 5-year estimates, universe is 65+ |
| Grandparent 60+ responsible for grandchild <18 | 14 | 0.2% | 322 | 0.4% | 2,551 | 0.7% | B10052 ACS 2021 5-year estimates, universe is 60+ | 13 | 0.2% | 439 | 0.6% | 2,566 | 0.7% | B10052 ACS 2020 5-year estimates, universe is 60+ |
| 65+ own home | 2,669 | 72.9% | 27,297 | 77.4% | 141,136 | 79.8% | B25007 ACS 2021 5-year estimates, universe is 65+ householders | 2,327 | 70.5% | 26,252 | 76.9% | 137,614 | 79.2% | B25007 ACS 2020 5-year estimates, universe is 65+ householders |
| 65+ own home with mortgage | 1,199 | 44.9% | 10,834 | 39.7% | 51,346 | 36.4% | B25027 ACS 2021 5-year estimates | 1,024 | 44.0% | 10,574 | 40.3% | 50,164 | 36.5% | B25027 ACS 2020 5-year estimates |
| 65+ own home with no mortgage | 1,470 | 55.1% | 16,463 | 60.3% | 89,790 | 63.6% | B25027 ACS 2021 5-year estimates | 1,303 | 56.0% | 15,678 | 59.7% | 87,450 | 63.5% | B25027 ACS 2020 5-year estimates |
| 65+ renting | 992 | 27.1% | 7,987 | 22.6% | 35,748 | 20.2% | B25007 ACS 2021 5-year estimates, universe is 65+ householders | 975 | 29.5% | 7,876 | 23.1% | 36,082 | 20.8% | B25007 ACS 2020 5-year estimates, universe is 65+ householders |
| 65+ renters spending 30% or more of household income for rent | 594 | 59.9% | 3,977 | 49.8% | 16,414 | 45.9% | B25072 ACS 2021 5-year estimates | 614 | 63.0% | 3,946 | 50.1% | 16,591 | 46.0% | B25072 ACS 2020 5-year estimates |

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| Median home value of owner-occupied units | \$293,700 | | \$314,700 | | \$212,100 | | DP04 ACS 2021 5-year estimates | \$276,100 | | \$288,800 | | \$198,000 | | DP04 ACS 2020 5-year estimates |
| 60+ Median monthly owner costs with mortgage | \$1,488 | | \$1,626 | | \$1,339 | | S0102 ACS 2021 5-year estimates | | | \$1,577 | | \$1,282 | | S0102 ACS 2020 5-year estimates |
| 60+ Median monthly owner costs with no mortgage | \$581 | | \$696 | | \$538 | | S0102 ACS 2021 5-year estimates | | | \$648 | | \$509 | | S0102 ACS 2020 5-year estimates |
| 60+ Owner Occupied Housing, spending 30% or more on housing | 23.6% | | 27.4% | | 24.6% | | S0102 ACS 2021 5-year estimates | | | 26.7% | | 24.5% | | S0102 ACS 2020 5-year estimates |
| 60+ Renter Occupied Housing, spending 30% or more on housing | 62% | | 48.7% | | 45.8% | | S0102 ACS 2021 5-year estimates | | | 48.1% | | 45.7% | | S0102 ACS 2020 5-year estimates |
| 65+ hhld, Age of home, 30+ years (owner or renter occ) | 3,278 | 89.5% | 29,247 | 82.9% | 148,655 | 84.0% | B25126 ACS 2021 5-year estimates, universe is 65+ householder | 3,006 | 91.0% | 28,558 | 83.7% | 147,947 | 85.2% | B25126 ACS 2020 5-year estimates, universe is 65+ householder |
| 65+ hhld, Age of home, 50+ years (owner or renter occ) | 2,370 | 64.7% | 19,681 | 55.8% | 104,269 | 58.9% | B25126 ACS 2021 5-year estimates, universe is 65+ householder | 2,167 | 65.6% | 19,142 | 56.1% | 103,345 | 59.5% | B25126 ACS 2020 5-year estimates, universe is 65+ householder |
| Vacant housing units for seasonal, recreational, or | | | 15,289 | | 120,604 | | B25004 ACS 2021 5-year estimates | 146 | | 15,216 | | 127,565 | | B25004 ACS 2020 5-year estimates |
| Electricity-Dependent Medicare Beneficiaries (town estimates based on zip codes) | 274 out of 12,867 | 2.13% | 1,777 out of 70,959 | 2.50% | 13,114 out of 363,478 | 3.61% | https://empowerprogram.hhs.gov/empowermap | 257 out of 12,789 | 2.01% | 1,685 out of 69,703 | 2.42% | 12,210 out of 359,096 | 3.40% | https://empowerprogram.hhs.gov/empowermap |
| Average amount spent per person per year on residential energy | | | | | \$1,250 | | https://www.islandinstitute.org/stories/waypoints/waypoints-community-indicators/ | | | | | \$1,250 | | https://www.islandinstitute.org/stories/waypoints/waypoints-community-indicators/ |

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| Average annual energy cost | \$2,414 | | \$3,178 | | \$3,372 | | https://www.energy.gov/eere/slc/maps/lead-tool | \$2,414 | | \$3,178 | | \$3,372 | | https://www.energy.gov/eere/slc/maps/lead-tool |
| Maine Low-Income household average home energy burden (home energy burden percent) | | | \$3,043 | 18% | | | https://www.maine.gov/meopa/sites/maine.gov/meopa/files/inline-files/Maine%20Low%20Income%20Energy%20Burden%20Study%20June%202019.pdf | | | \$3,043 | 18% | | | https://www.maine.gov/meopa/sites/maine.gov/meopa/files/inline-files/Maine%20Low%20Income%20Energy%20Burden%20Study%20June%202019.pdf |
| Primary heating fuel prevalence in low-income households in 2019 (most recent year available) | | | | | | | | | | | | | | |
| Natural Gas | | | | 26% | | | | | | | 26% | | | |
| Propane | | | | 8% | | | | | | | 8% | | | |
| Electricity | | | | 11% | | | | | | | 11% | | | |
| Fuel Oil | | | | 50% | | | | | | | 50% | | | |
| Wood | | | | 4% | | | | | | | 4% | | | |
| Other | | | | 2% | | | | | | | 2% | | | |
| None | | | | 1% | | | | | | | 1% | | | |

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| Food | | | | | | | | | | | | | | |
| Households with one or more people age 60+ receiving food stamps | 353 | 7.0% | 3,707 | 7.1% | 28,962 | 11.0% | S2201 ACS 2021 5-year estimates, universe is households with one or more people 60+ | 389 | 8.5% | 3,776 | 7.6% | 29,303 | 11.4% | S2201 ACS 2020 5-year estimates, universe is households with one or more people 60+ |
| State-level estimate of food insecurity for 60+ in 2020, all numbers extrapolated except statewide percentage | 306 | | 3,295 | | 16,704 | 4.3% | Sub-state level data not available due to research methodology limitations. Percentage from Feeding America: The State of Senior Hunger in America 2021 (2023 Release) | 332 | | 3,834 | | 19,793 | 5.2% | Sub-state level data not available due to research methodology limitations. Percentage from Feeding America: The State of Senior Hunger in America 2020 (2022 Release) |
| SNAP participation rate for people 60+ who are eligible | | | | | | 60% | SNAP Participation Rates by State, Elderly People (USDA) | | | | | | 54.0% | NCOA 2020: State Trends in SNAP Eligibility and Participation Among Elder Individuals |
| Older Americans Act food programs number of people served (congregate + home-delivered) | | | | | 13,597 | 3.5% | Meals on Wheels America Feb. 2022 Maine report, universe is 60+ | | | | | 13,597 | 3.6% | Meals on Wheels America Feb. 2022 Maine report, universe is 60+ |

| | | | | | | | | | | | | | | |
|--|--------|-------|--------|-------|-----------------|-------|---|--------|-------|--------|-------|-----------------|-------|---|
| CSFP total participation | | | | | FFY22: 5,988 | | USDA Food Distribution Program Table, universe is 60+ | | | | | FFY21: 7,815 | | USDA Food Distribution Program Table, universe is 60+ |
| Health | | | | | | | | | | | | | | |
| Medicare Beneficiaries* (data does not match 65+ population from Census) | 12,867 | | 70,959 | | 363,478 | | https://empower program.hhs.gov /empowermap | 12,789 | | 69,703 | | 359,096 | | https://empower program.hhs.gov /empowermap |
| 65+ Living with at least one disability (hearing, vision, cognitive, ambulatory, self-care, or independent living) | 996 | 18.4% | 7,741 | 13.9% | 45,529 | 16.2% | C18108 ACS 2021 5-year estimates, universe is 65+ | 924 | 19.2% | 7,942 | 14.6% | 45,899 | 16.6% | C18108 ACS 2020 5-year estimates, universe is 65+ |
| 65+ Cognitive Difficulty | 297 | 5.5% | 3,522 | 6.3% | 20,916 | 7.4% | S1810 ACS 2021 5-year estimates, universe is 65+ | 256 | 5.3% | 3,479 | 6.4% | 20,815 | 7.5% | S1810 ACS 2020 5-year estimates, universe is 65+ |
| 65+ Ambulatory Difficulty | 1,279 | 23.7% | 8,465 | 15.2% | 49,895 | 17.8% | S1810 ACS 2021 5-year estimates, universe is 65+ | 1,255 | 26.1% | 8,347 | 15.4% | 49,874 | 18.0% | S1810 ACS 2020 5-year estimates, universe is 65+ |
| 65+ Self-Care Difficulty | 386 | 7.1% | 2,907 | 5.2% | 15,496 | 5.5% | S1810 ACS 2021 5-year estimates, universe is 65+ | 385 | 8.0% | 2,800 | 5.2% | 15,575 | 5.6% | S1810 ACS 2020 5-year estimates, universe is 65+ |
| 65+ Independent Living Difficulty | 401 | 7.4% | 4,789 | 8.6% | 29,334 | 10.4% | S1810 ACS 2021 5-year estimates, universe is 65+ | 444 | 9.2% | 5,038 | 9.3% | 29,689 | 10.7% | S1810 ACS 2020 5-year estimates, universe is 65+ |
| 65+ Living with two or more disabilities | 749 | 13.9% | 7,134 | 12.8% | 42,900 | 15.3% | C18108 ACS 2021 5-year estimates, universe is 65+ | 732 | 15.2% | 7,196 | 13.2% | 42,672 | 15.4% | C18108 ACS 2021 5-year estimates, universe is 65+ |

| | South Portland | | Cumberland County | | Maine | | Sources | South Portland | | Cumberland County | | Maine | | Sources |
|--|----------------|-------|-------------------|---|-------|---|--|----------------|-------|-------------------|---|-------|---|--|
| | # | % | # | % | # | % | | # | % | # | % | # | % | |
| Falls | | | | | | | | | | | | | | |
| Total EMS Calls | 4,745 | | | | | | EMS Data 2022 | 4,517 | | | | | | EMS Data 2021 |
| EMS Calls for people over 60 | 2,391 | 50.4% | | | | | EMS Data | 2,113 | 46.8% | | | | | EMS Data |
| Individual EMS calls for a fall* (private residences only) | 806 | 33.7% | | | | | Could contain duplicate entries or duplicate people (same patient calling more than once). | 628 | 29.7% | | | | | Could contain duplicate entries or duplicate people (same patient calling more than once). |
| Individual people who called for a fall | 598 | 25.0% | | | | | Someone calling more than once has been removed | 493 | 23.3% | | | | | Someone calling more than once has been removed |
| Lift Assist only, without a fall | 52 | 2.2% | | | | | EMS Data, may contain duplicates | 20 | 0.9% | | | | | EMS Data, may contain duplicates |
| By Transport Status | | | | | | | | | | | | | | |
| Transport | 446 | 55.3% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 385 | 61.3% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| No Transport | 171 | 21.2% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 123 | 19.6% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |

| | | | | | | | | | | | | | | |
|--------------------------|-----|-------|--|--|--|--|---|-----|-------|--|--|--|--|---|
| Public and Agency Assist | 164 | 20.3% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 120 | 19.1% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| By Age | | | | | | | | | | | | | | |
| 60-69 | 198 | 24.6% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 202 | 32.2% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| 70-79 | 232 | 28.8% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 207 | 33.0% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| 80-89 | 271 | 33.6% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 152 | 24.2% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| 90-99 | 96 | 11.9% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 61 | 9.7% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| 100+ | 9 | 1.1% | | | | | Universe is individual EMS calls for a fall, may contain duplicates | 6 | 1.0% | | | | | Universe is individual EMS calls for a fall, may contain duplicates |
| By Cause if Listed | | | | | | | | | | | | | | |
| Bed | 29 | | | | | | EMS Data | 16 | | | | | | EMS Data |
| Chair | 10 | | | | | | EMS Data | 7 | | | | | | EMS Data |
| Other Furniture | 0 | | | | | | EMS Data | 3 | | | | | | EMS Data |

| | | | | | | | | | | | | | | |
|----------------------|-----|--|--|--|--|--|----------|-----|--|--|--|--|--|----------|
| Cliff | 0 | | | | | | EMS Data | 0 | | | | | | EMS Data |
| Stairs | 13 | | | | | | EMS Data | 33 | | | | | | EMS Data |
| Ice/Snow | 4 | | | | | | EMS Data | 7 | | | | | | EMS Data |
| Ladder | 0 | | | | | | EMS Data | 3 | | | | | | EMS Data |
| One Level to Another | 2 | | | | | | EMS Data | 4 | | | | | | EMS Data |
| Shower/Tub | 2 | | | | | | EMS Data | 1 | | | | | | EMS Data |
| Toilet | 1 | | | | | | EMS Data | 3 | | | | | | EMS Data |
| Slip/Trip/Stumble | 191 | | | | | | EMS Data | 126 | | | | | | EMS Data |
| Other | 100 | | | | | | EMS Data | 102 | | | | | | EMS Data |

| | South Portland | | Cumberland County | | Maine | | Sources | South Portland | | Cumberland County | | Maine | | Sources |
|---|----------------|-------|-------------------|-------|-----------|-------|---|----------------|-------|-------------------|-------|---------|-------|---|
| | # | % | # | % | # | % | | # | % | # | % | # | % | |
| Transportation | | | | | | | | | | | | | | |
| 65+ householder with no vehicle available | 422 | 11.5% | 3,461 | 9.8% | 16,575 | 9.4% | B25045 ACS 2021 5-year estimates, universe is 65+ householders | 448 | 13.6% | 3,429 | 10.0% | 16,830 | 9.7% | B25045 ACS 2020 5-year estimates, universe is 65+ householders |
| Automobile Crashes involving driver 60+ | 229 | 33.9% | 2,492 | 32.1% | 10,847 | 32.0% | Maine DOT public crash query tool | 240 | 33.7% | 2,276 | 31.0% | 9,970 | 30.5% | Maine DOT public crash query tool |
| Class C Driver's License Holders | | | | | 1,000,344 | | https://www.maine.gov/sos/bmv/stats/Lic%2022.pdf | | | | | 991,626 | | https://www.maine.gov/sos/bmv/stats/Lic%2021.pdf |
| 60+ | | | | | 360,171 | 92.7% | Universe is 60+ | | | | | 351,282 | 92.3% | Universe is 60+ |
| Men | | | | | 160,557 | | | | | | | 156,826 | | |
| Women | | | | | 199,614 | | | | | | | 194,456 | | |
| 65+ | | | | | 265,814 | 94.7% | Universe is 65+ | | | | | 256,834 | 92.9% | Universe is 65+ |
| Men | | | | | 118,760 | | | | | | | 115,046 | | |
| Women | | | | | 147,054 | | | | | | | 141,788 | | |
| 80+ | | | | | 50,106 | 79.8% | Universe is 80+ | | | | | 47,620 | 72.3% | Universe is 80+ |
| Men | | | | | 22,454 | | | | | | | 21,337 | | |
| Women | | | | | 27,652 | | | | | | | 26,283 | | |
| 60-64 | | | | | 94,357 | | | | | | | 94,448 | | |
| Men | | | | | 41,797 | | | | | | | 41,780 | | |
| Women | | | | | 52,560 | | | | | | | 52,668 | | |
| 65-69 | | | | | 88,971 | | | | | | | 87,377 | | |
| Men | | | | | 39,291 | | | | | | | 38,733 | | |
| Women | | | | | 49,680 | | | | | | | 48,644 | | |
| 70-74 | | | | | 74,293 | | | | | | | 73,461 | | |
| Men | | | | | 33,185 | | | | | | | 33,018 | | |
| Women | | | | | 41,108 | | | | | | | 40,443 | | |
| 75-79 | | | | | 52,444 | | | | | | | 48,376 | | |

| | | | | | | | | | | | | | | | |
|--|-------|-------|--------|-------|---------|-------|--|-------|-------|--------|-------|---------|--------|--|--|
| Men | | | | | 23,830 | | | | | | | | 21,958 | | |
| Women | | | | | 28,614 | | | | | | | | 26,418 | | |
| 80-84 | | | | | 29,835 | | | | | | | | 27,657 | | |
| Men | | | | | 13,213 | | | | | | | | 12,202 | | |
| Women | | | | | 16,622 | | | | | | | | 15,455 | | |
| 85+ | | | | | 20,271 | | | | | | | | 19,963 | | |
| Men | | | | | 9,241 | | | | | | | | 9,135 | | |
| Women | | | | | 11,030 | | | | | | | | 10,828 | | |
| Internet Access | | | | | | | | | | | | | | | |
| Population not using the internet | | | | | | 14.6% | US Census Digital Equity Act population | | | | | | | 14.6% | US Census Digital Equity Act population viewer |
| Percentage 60+ covered by federal Digital Equity Act | 2,089 | 29.4% | 22,527 | 29.4% | 114,210 | 29.4% | US Census Digital Equity Act population viewer, everything except statewide percentage is extrapolated | 1,876 | 29.4% | 21,678 | 29.4% | 111,909 | 29.4% | US Census Digital Equity Act population viewer, everything except statewide percentage is extrapolated | |