Portland, Maine.

Current market data.

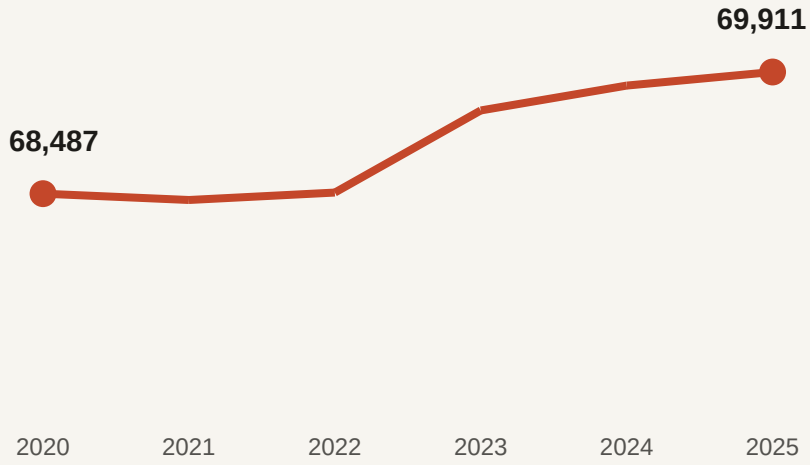
11 cards. Every number sourced and dated. Data as of Oct 30, 2026.

POPULATION

Growing. Up 2.1% since 2020.

69,911

people, the largest of Maine's cities and towns.



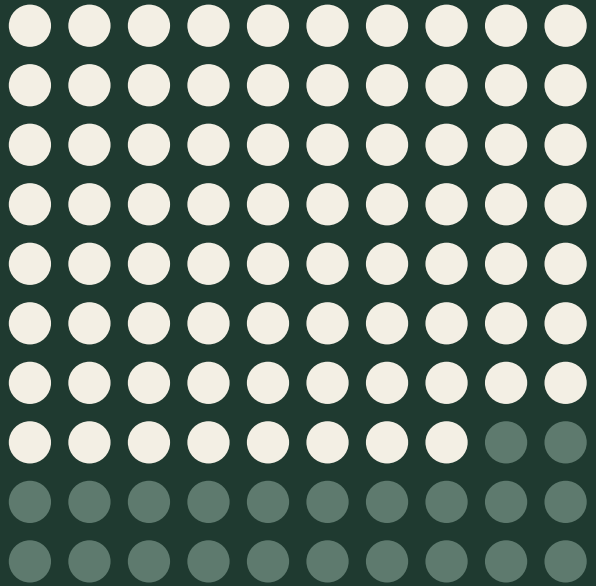
Source: Census Population Estimates, 2025

THE WORKDAY

8 in 10 jobs here go to people who live somewhere else.

78.0%

of 75,421 jobs located in Portland are filled by in-commuters.



Each dot is 1% of jobs. Filled: held by in-commuters.

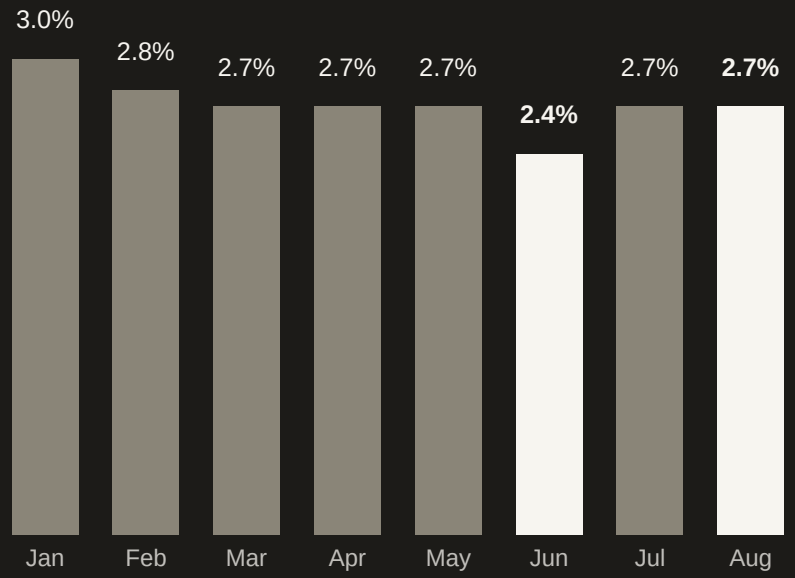
Source: Census LEHD LODES, 2023

UNEMPLOYMENT, 2026

The low came in June: 2.4%.

2.7%

in August 2026, the latest month released. A year earlier it was 2.7%.



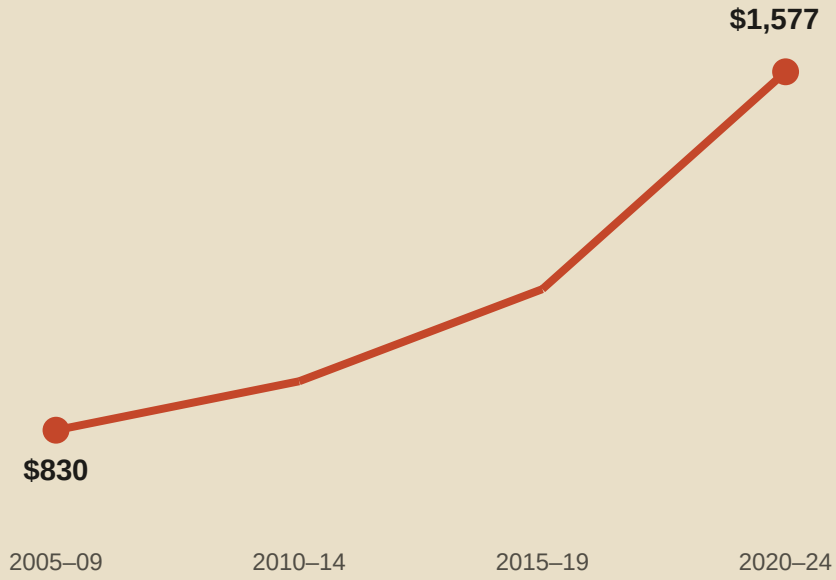
Source: BLS Local Area Unemployment Statistics, 2026-08

RENT

Median rent is up 90% since the 2005–2009 survey, before inflation.

$1,577

a month. Maine's median is $1,139.

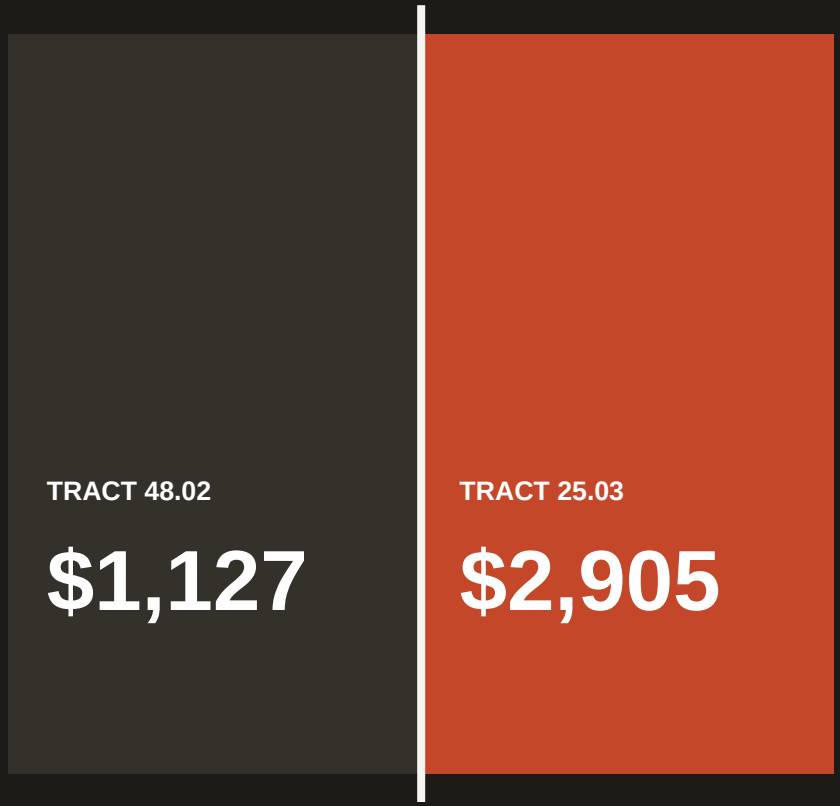


Source: Census ACS 5-year, 2020-2024

THE SEAM

Cross one tract line and median rent doubles.

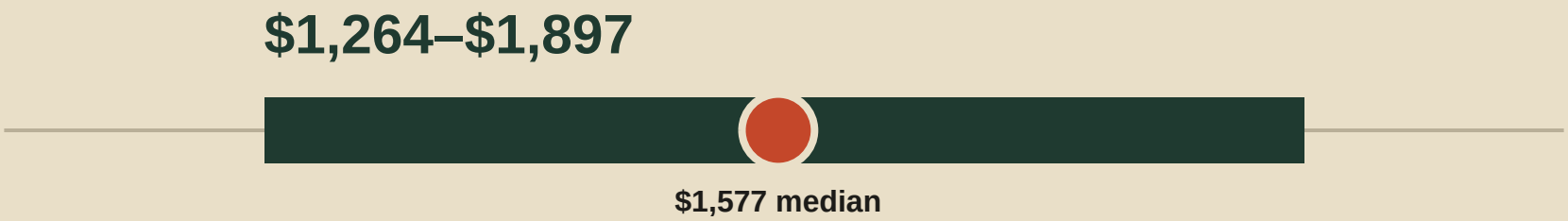
A $1,778 gap between neighbors, the sharpest rent edge between adjacent tracts in Cumberland County.



Source: Census ACS 5-year, 2020-2024

ROOM TO BUILD

The median rent sits inside what local wages can carry.



is the monthly rent range local workforce wages support.

Source: Computed by the Almanac, 2023; Census ACS 5-year, 2020-2024

BUILDING

Most of the housing here is older than 2000.

2,487

homes permitted in ten years, 2016–2025

87%

of those were in multifamily buildings

89%

of all homes were built before 2000

Source: Census Building Permits Survey, 2016-2025; Census ACS 5-year, 2020-2024

UNITS NEEDED

Closing the gap would add 0.4–2.1% to the 36,559 homes here.

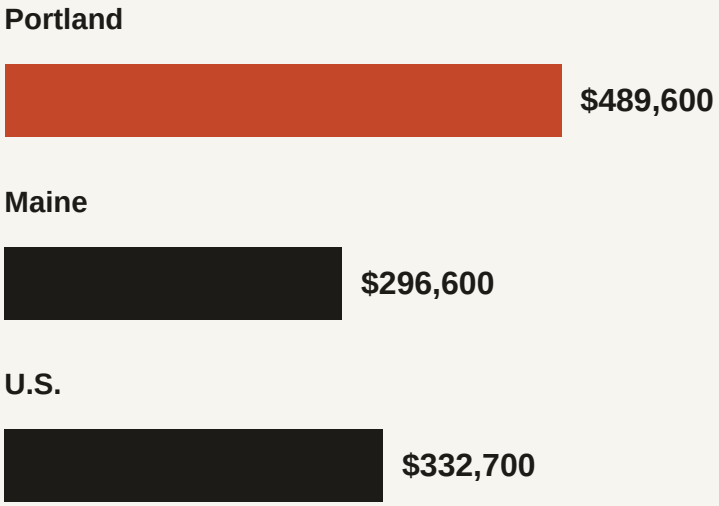
154–754

is the estimated number of missing housing units, from the lowest to the highest of three estimates.

Source: Computed by the Almanac, 2023

HOME VALUE

A median home costs 65% more than Maine's.



$489,600

median home value in Portland.

Source: Census ACS 5-year, 2020-2024

THAT WAS PORTLAND'S 2026

Every number came from a public source, with its date.

New Census data usually lands in December. The next Edition follows it.

See this Edition at **almanacdata.ai/e/me/portland/**