

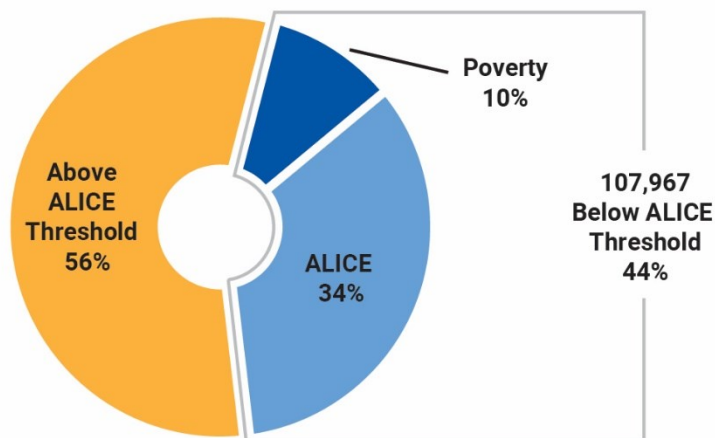
CHILDREN IN FINANCIAL HARDSHIP: MAINE

The number of children living in financially insecure households in Maine continues to be systematically undercounted. According to the outdated Federal Poverty Level (FPL), 10% of children in Maine (25,027) lived in poverty in 2022. Yet [United For ALICE](#) data shows that another 34% (82,940) – more than three times as many – were also growing up in financial hardship. These children live in households that are **ALICE**[®]: **A**sset Limited, **I**ncome **C**onstrained, **E**mployed, earning above the FPL but not enough to afford the basics in their communities.

With poverty-level and ALICE households combined, a substantial **44% of the 242,867 children in Maine lived in a household with income below the [ALICE Threshold of Financial Survival](#) in 2022**, ranking Maine 19th among all states and the District of Columbia (with 1st representing the lowest rate of children living in financial hardship). These households don't earn enough to afford housing, child care, food, transportation, health care, technology, and taxes – the basics needed to live and work in the current economy.

Children by Household Income, Maine, 2022

Total Number of Children in Maine = 242,867



Note: This research uses the U.S. Census Bureau's American Community Survey [Public Use Microdata Sample](#) (PUMS) and focuses on children, whose ALICE status is determined by their household's income compared to local cost of living. ALICE analysis includes households regardless of work status, as employment is fluid and most households have members who are working, have worked, are out on disability, or are looking for work. This analysis does not include children who are unhoused or living in group quarters. In this Brief, percentages are rounded to whole numbers for ease of reading, which may result in percentages totaling 99% or 101%. All numbers are presented in the [ALICE Children Data Dashboard](#).

Sources: ALICE Threshold, 2022; U.S. Census Bureau, American Community Survey, PUMS, 2022



KEY FINDINGS 2022

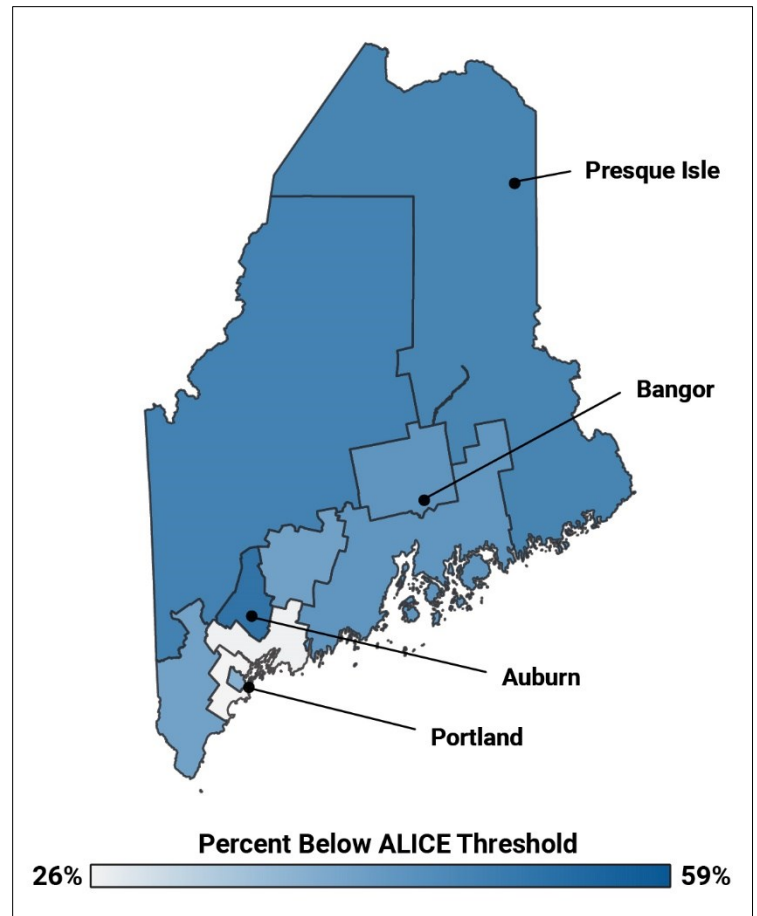
- Forty-four percent of children in Maine lived in households experiencing financial hardship. While 10% were below the FPL, an additional 34% were ALICE.
- There were disparities by race/ethnicity due to systemic barriers to financial stability. For example, 62% of Black children and 59% of Hispanic children in Maine lived in households with income below the ALICE Threshold, compared to 43% of White children.
- Having working adults in the household did not guarantee financial stability: 32% of Maine children in households with two adults in the labor force were still below the ALICE Threshold.
- Children below the ALICE Threshold often lacked access to crucial resources. More than 71,300 children below the Threshold in Maine did not participate in SNAP, and nearly 18,400 had no high-speed internet access at home.

Since the first *ALICE in Focus: Children* brief (2019 data), the conflicting economic and social forces of the COVID-19 pandemic — inflation, wage growth, and the expansion and expiration of [pandemic public assistance](#) (especially relevant for households with children) — have impacted children and their families in various ways. As shown in our 2023 [ALICE in the Crosscurrents](#) Report, the situation for households below the ALICE Threshold improved in some respects and worsened in others, over the course of the pandemic and during its aftermath.

Amid these shifts, at the national level, the share of children living in financially insecure households remained largely unchanged. Yet in Maine, the number and percentage of children below the ALICE Threshold decreased, from 48% (117,567) in 2019 to 44% (107,967) in 2022.

There are children below the ALICE Threshold in [communities across the state](#) ([Public Use Microdata Areas](#), or PUMAs), at rates ranging from 59% in Androscoggin County to 26% in Cumberland (Outside Portland) & York (East) Counties, including Biddeford and Saco cities. [Visit the ALICE Children Data Dashboard](#) to see additional data (for 2019 and 2022) and an interactive version of the state map.

Percentage of Children Below ALICE Threshold by PUMA, Maine, 2022



Sources: ALICE Threshold, 2022; U.S. Census Bureau, American Community Survey, PUMS, 2022

TERMS AND DEFINITIONS

- **ALICE: Asset Limited, Income Constrained, Employed** — households that earn above the Federal Poverty Level (FPL) but cannot afford the basic cost of living in their county. Despite struggling to make ends meet, ALICE families often do not qualify for public assistance.
- **ALICE Household Survival Budget:** The minimum cost of household necessities (housing, child care, food, transportation, health care, and technology), plus taxes, adjusted for different counties and household types. While the FPL for a family of four in Maine in 2022 was \$27,750, the average bare-minimum cost of living for that family was \$86,040.
- **ALICE Threshold:** Derived from the Household Survival Budget, the minimum average income that a household needs to afford basic costs. Children **below the ALICE Threshold** include those in poverty-level and ALICE households combined.

WHO ARE CHILDREN BELOW THE ALICE THRESHOLD?

A child's start in life impacts their long-term health, wellness, education, and career. Family financial stability is one of the strongest [predictors of current and future well-being](#). Financial instability not only contributes to daily experiences of [stress, trauma, and hardship](#) in the present, but it impedes a child's opportunity for [future success](#), including higher education, a higher income, and long-term asset building.

Maine children below the ALICE Threshold are those under age 18 living in households with income below the basic cost of living for their community. Children in Maine's financially insecure households are from all locations and demographic groups; are of all ages; are born in the U.S. or abroad; are of all abilities; are of all races/ethnicities; and live with parents or guardians who are married or single, working or not working, and English-speaking or non-English-speaking.

Demographics

The largest numbers of children below the ALICE Threshold were found in the state's largest demographic groups. Yet the rate of hardship ranged substantially across groups. **In Maine in 2022:**

Age: There were 16,983 infants/toddlers (age 0–2 years), 12,311 preschoolers (3–4 years), and 78,673 school-age children (5–17 years) living in households

below the ALICE Threshold. The rate of financial hardship was highest for preschool-age children (55%), followed by infants/toddlers (44%) and school-age children (43%).

Race/ethnicity: By number, children below the ALICE Threshold were predominantly White (89,602). Yet due to [persistent discrimination and systemic barriers to financial stability](#), the share of children below the Threshold was higher for some groups: 62% of Black children, 59% of Hispanic children, 50% of children of Two or More Races, and 43% of White children were growing up in financial hardship.

Disability status: Children with a disability were far more likely to live in households below the ALICE Threshold (63%) than those without a disability (43%). The percentage of children below the Threshold was also higher when any household member had a disability (60%) or when a parent or guardian had a disability (65%).

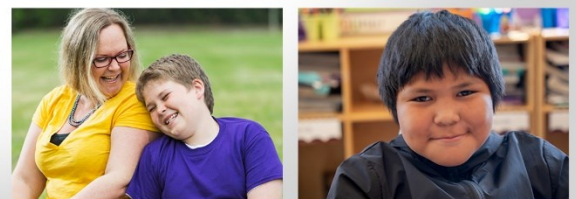
Nativity and language: Of the 6,754 children in Maine who were born outside the U.S. (3% of children in the state), 39% were below the ALICE Threshold, compared to 45% of those born in the U.S. And although they were a relatively small group (1,329 children, 1% of all children), nearly all children in families with limited English-speaking ability were below the Threshold.

ALICE CHILDREN DATA DASHBOARD

















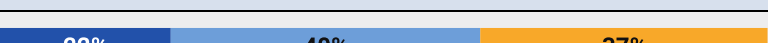
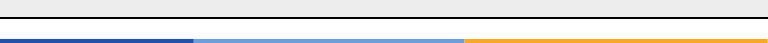
The ALICE Children Data Dashboard includes interactive data on children living in hardship by:

- State, regional, and local geographies
- Demographic categories including children's age, race/ethnicity, disability, and nativity
- Household characteristics
- Children's access to key resources
- Data year (toggle between 2019 and 2022 for all variables)

UnitedForALICE.org/Focus-Children



Children by Household Financial Status and Key Demographics, Maine, 2022

	TOTAL	BELOW ALICE THRESHOLD	 POVERTY  ALICE  ABOVE ALICE THRESHOLD
ALL CHILDREN	242,867	107,967	
AGE			
Infant (0–2 Years)	38,572	16,983	
Preschool-Age (3–4 Years)	22,358	12,311	
School-Age (5–17 Years)	181,937	78,673	
RACE/ETHNICITY			
Asian	1,937	960	
Black	6,638	4,095	
Hispanic	6,740	3,955	
Two or More Races	15,795	7,853	
White	209,374	89,602	
NATIVITY AND LANGUAGE			
Born in U.S.	236,113	105,302	
Born Outside U.S.	6,754	2,665	
English-Speaking Family	241,538	106,638	
Limited English-Speaking	1,329	1,329	
DISABILITY STATUS			
Child With a Disability	14,481	9,060	
Any Household Member With a Disability	53,877	32,586	

Note: The groups shown in this figure overlap across categories (Age, Race/Ethnicity, Nativity and Language, and Disability Status). All racial categories except Two or More Races are for one race alone. The Hispanic group may include children of any race. View more on the [ALICE Children Data Dashboard](#).

Sources: ALICE Threshold, 2022; U.S. Census Bureau, American Community Survey, PUMS, 2022

Household Characteristics

Most children in Maine live with at least one of their parents (biological or adoptive). Children may live with married or unmarried parents, single parents, grandparents, or guardians. Household composition — especially the number of working adults — has a substantial impact on children’s financial stability.

In Maine in 2022:

Living arrangements: The largest number of children below the ALICE Threshold were in married-couple households (62,496), followed by single-female-headed households (21,360). But the percentage of children below the Threshold varied by adults’ marital status and partnership type: 37% of children in married-parent households, 51% of children in unmarried-couple households, 64% of children in single-male-headed households, and 74% of children in single-female-headed households were growing up in hardship.

- **Children living with grandparents:** 9% of all Maine children (22,227) lived in a home with a grandparent, which included both multi-generational households and households where grandparents were raising

grandchildren on their own. Just over half (51%) of children in these households were below the ALICE Threshold.

Household work status: Most children (95%) lived in a household with at least one worker. As the number of workers in the family increased, the share of children below the ALICE Threshold decreased. In Maine, 73% of children living with one adult who was working were below the Threshold; for children living with two adults, one of them working, 58% were below the Threshold; and with two adults who were both working, 30% were below the Threshold. Among all families with two or more adults, two of whom were working, nearly one-third (32%) of children were still below the Threshold in 2022, demonstrating that having working adults in the household does not guarantee financial stability.

While parents and guardians work in every sector, children below the ALICE Threshold are concentrated in families where adults work in occupations with low median hourly wages. These include some of the most common occupations in the state: For example, 49% of Maine children with an adult working as a retail salesperson, earning a median wage of \$15.11 per hour, were below the Threshold in 2022.

Children by Household Financial Status and Household Characteristics, Maine, 2022

	TOTAL	BELOW ALICE THRESHOLD	POVERTY	ALICE	ABOVE ALICE THRESHOLD
ALL CHILDREN	242,867	107,967	10%	34%	56%
LIVING ARRANGEMENTS					
Grandparent Living With Grandchild	22,227	11,405	17%	34%	49%
Married-Couple Household	170,403	62,496	6%	31%	63%
Single-Female-Headed Household	28,975	21,360	22%	51%	26%
Single-Male-Headed Household	13,484	8,680	8%	56%	36%
HOUSEHOLD WORK STATUS					
One Adult, One Worker	24,193	17,667	19%	54%	27%
Two Adults, One Worker	52,433	30,620	15%	43%	42%
Two Adults, Two Workers	100,591	30,153	2%	28%	70%

Note: The groups shown in this figure overlap across categories (Living Arrangements and Household Work Status). "Grandparent Living With Grandchild" includes any arrangement where grandparents live with their grandchild, including where parents or other adults are present. For the Household Work Status category, the number of workers is defined as "workers in the family over the last 12 months" from when the survey was conducted. View more on the [ALICE Children Data Dashboard](#).

Sources: ALICE Threshold, 2022; U.S. Census Bureau, American Community Survey, PUMS, 2022

INTERCONNECTED BARRIERS TO WELL-BEING

Children below the ALICE Threshold are more likely to lack stable housing, quality child care and early education, private health insurance, high-speed home internet access, and reliable food access. When basic necessities are at risk, families have to make impossible decisions — like choosing to pay for food or quality child care, for medicine or utility bills. Decisions made in one area of the budget can have both [short- and long-term consequences](#) that ripple across all other areas.

In Maine in 2022:

Housing: Children in families without stable housing face greater risks for [poor physical health, increased family stress, social isolation, and lower academic performance](#). Among children below the ALICE Threshold in Maine, 36% were in families that rented and 64% were in families that owned their home. Below the Threshold, families of Black children had the lowest homeownership rate (15%), while families of White children had the highest (65%). Above the Threshold, the homeownership rate for families of Black children was higher (38%), but still substantially lower than for families of White children (92%). Overall, 40% of children in renter households and 19% of children in homeowner households were in families that were cost burdened, paying 30% or more of household income on housing.



Education: Of all preschool-age children in Maine, 38% were enrolled in preschool, lower than the national average (47%). Preschool-age children below the ALICE Threshold were much less likely than their peers above the Threshold to be enrolled in preschool (22% vs. 57%). However, for teens age 15–17, enrollment rates were similar, with 96% below the Threshold enrolled in school compared to 99% of their peers above the Threshold.

Health insurance: Access to health insurance is critical to both [wellness and financial stability](#) for families below the ALICE Threshold, and [especially for children](#). While most children in Maine had health insurance (96%, similar to the national rate of 95%), 7% of children below the ALICE Threshold (7,573) did not have coverage. Children in families with income below the Threshold were also more likely to have public health insurance (50% public vs. 43% private), while those above the Threshold were far more likely to have private health insurance (87% private vs. 11% public).



Home internet: The availability of internet access and devices for education has become increasingly essential for young people, yet the [digital divide](#) by income and race/ethnicity persists. Most children in Maine (98%) had home internet access. However, children below the ALICE Threshold were less likely to have high-speed internet, which is essential for work and online learning (83% vs. 90%). High-speed internet rates increased for all children in Maine through the pandemic, up from 84% in 2019 to 87% in 2022. Yet nearly 18,400 children below the Threshold in Maine still did not have high-speed internet at home in 2022.

High-speed internet rates were lower for Black children below the ALICE Threshold (51%), compared to 83% each for Hispanic and White children below the Threshold. By location, the percentage of children below the Threshold with high-speed internet access was highest in southeastern Cumberland County, including Portland, South Portland and Westbrook (98%), and lowest across Northwest Maine (Oxford, Somerset, Franklin and Somerset Counties), at 70%.

Food access: Households with children living below the ALICE Threshold were more likely to have difficulty putting food on the table. According to the [U.S. Census Household Pulse Survey](#), in 2022, 14% of Maine families below the Threshold with children reported that sometimes or often “children were not eating enough because we just couldn’t afford enough food” — nearly five times higher than the rate for those above the Threshold (3%).

Public assistance: For a [variety of reasons](#), public assistance does not reach all children in households that are struggling. While most children in poverty are eligible for assistance, ALICE children live in households that often earn too much to qualify. For example, the income eligibility threshold in Maine for the Supplemental

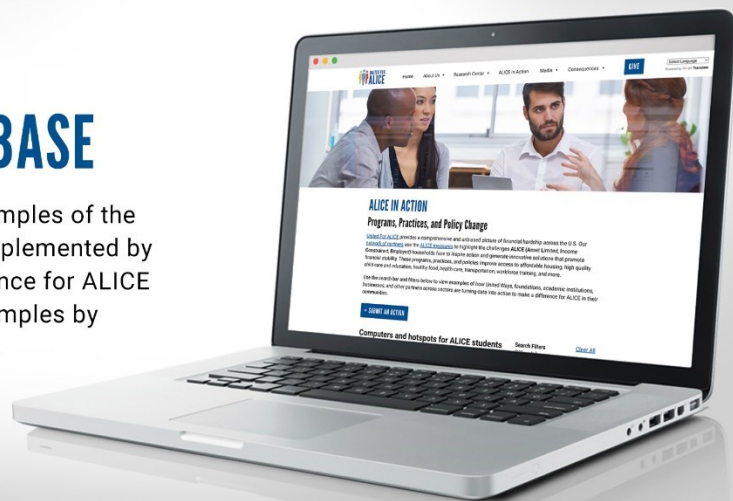
Nutrition Assistance Program (SNAP) is 185% of the FPL. Even though all children in poverty should be covered by SNAP, in Maine the program was utilized by only 66% of children in poverty (16,617) and a mere 24% of children in ALICE households (20,014) in 2022. Of all children below the ALICE Threshold in Maine, only 34% participated. This left a gap of more than 71,300 children whose families were struggling to make ends meet but not participating in SNAP.

Intersectionality: For some children, multiple intersecting forms of discrimination and limited access to resources make household financial instability more likely. For example, 62% of Black children in Maine were below the ALICE Threshold in 2022. For Black children with a disability, the rate went up to 67%.

ALICE IN ACTION DATABASE

The ALICE in Action Database includes examples of the programs, practices, and policy changes implemented by United for ALICE partners to make a difference for ALICE households in their communities. Filter examples by location, topic, target population, and more.

UnitedForALICE.org/ALICE-in-Action



Children by Household Financial Status and Key Indicators, All States, 2022

State (Rank)	Total	Household Income Status			Rent Burden	Preschool	Internet	SNAP
	Number of Children	% Poverty	% ALICE	% Below ALICE Threshold	% Below ALICE Threshold Paying 30% or More on Rent	% Preschool-Age Enrolled in School	% Below ALICE Threshold with High-Speed Internet Access	% Below ALICE Threshold Participating in SNAP
United States	72,094,339	16%	34%	50%	52%	47%	77%	39%
Alabama (42)	1,104,575	22%	32%	54%	48%	46%	72%	43%
Alaska (24)	173,285	14%	32%	46%	39%	41%	63%	32%
Arizona (37)	1,586,070	16%	37%	53%	52%	33%	77%	36%
Arkansas (40)	693,000	22%	32%	54%	44%	45%	70%	32%
California (48)	8,476,896	15%	42%	57%	58%	46%	80%	33%
Colorado (25)	1,207,812	10%	36%	46%	55%	52%	83%	29%
Connecticut (17)	728,030	12%	32%	44%	56%	64%	83%	36%
Delaware (11)	207,625	10%	31%	42%	39%	45%	82%	41%
D.C. (15)	123,619	16%	27%	43%	50%	78%	66%	64%
Florida (45)	4,285,475	17%	38%	55%	60%	49%	80%	38%
Georgia (46)	2,501,214	16%	39%	55%	50%	49%	76%	40%
Hawaii (31)	295,615	12%	37%	49%	56%	41%	82%	41%
Idaho (32)	464,228	13%	38%	51%	39%	42%	79%	23%
Illinois (16)	2,710,614	16%	27%	43%	50%	54%	76%	47%
Indiana (21)	1,562,606	15%	31%	46%	45%	42%	76%	32%
Iowa (6)	713,854	12%	28%	40%	45%	47%	77%	36%
Kansas (7)	684,065	13%	27%	41%	45%	47%	78%	24%
Kentucky (33)	1,001,572	21%	30%	51%	43%	37%	77%	42%
Louisiana (47)	1,055,445	24%	32%	56%	56%	54%	69%	49%
Maine (19)	242,867	10%	34%	44%	40%	38%	83%	34%
Maryland (27)	1,345,996	11%	35%	47%	55%	49%	79%	36%
Massachusetts (20)	1,331,435	11%	33%	45%	57%	58%	82%	45%
Michigan (28)	2,098,256	18%	29%	47%	52%	47%	78%	46%
Minnesota (5)	1,274,974	10%	29%	39%	49%	47%	80%	29%
Mississippi (50)	674,630	26%	32%	58%	49%	50%	66%	42%
Missouri (29)	1,358,979	16%	32%	48%	44%	43%	74%	36%
Montana (26)	233,024	13%	34%	46%	31%	31%	73%	23%
Nebraska (8)	472,831	12%	29%	41%	43%	45%	80%	30%
Nevada (49)	688,662	16%	41%	57%	57%	35%	75%	38%
New Hampshire (2)	248,473	6%	28%	34%	46%	55%	83%	27%
New Jersey (10)	1,986,050	13%	28%	42%	59%	67%	78%	37%
New Mexico (51)	453,284	23%	35%	58%	54%	39%	71%	55%
New York (41)	3,960,023	19%	35%	54%	55%	61%	74%	44%
North Carolina (39)	2,288,886	17%	36%	53%	47%	38%	77%	43%
North Dakota (1)	178,227	12%	21%	33%	24%	29%	71%	21%
Ohio (23)	2,550,190	18%	28%	46%	46%	43%	81%	44%
Oklahoma (44)	950,109	20%	35%	54%	45%	42%	72%	44%
Oregon (34)	830,894	13%	39%	52%	50%	46%	81%	43%
Pennsylvania (22)	2,605,028	16%	31%	46%	49%	45%	78%	45%
Rhode Island (13)	202,490	12%	31%	42%	49%	52%	80%	39%
South Carolina (38)	1,114,070	19%	34%	53%	48%	44%	76%	37%
South Dakota (4)	217,071	13%	26%	39%	30%	36%	77%	39%
Tennessee (35)	1,531,592	18%	35%	53%	46%	42%	76%	35%
Texas (36)	7,423,833	19%	34%	53%	55%	44%	73%	41%
Utah (14)	925,053	8%	34%	42%	45%	44%	84%	18%
Vermont (12)	113,366	11%	30%	42%	53%	70%	83%	30%
Virginia (30)	1,860,499	13%	36%	49%	49%	45%	76%	31%
Washington (18)	1,641,265	12%	32%	44%	52%	44%	80%	38%
West Virginia (43)	350,478	24%	30%	54%	43%	31%	78%	53%
Wisconsin (9)	1,236,815	13%	28%	41%	43%	41%	78%	42%
Wyoming (3)	129,389	13%	25%	38%	41%	45%	74%	29%

LEARN MORE AND TAKE ACTION

The challenges Maine’s ALICE families face are interconnected, and effective solutions must be, too. Working toward these solutions will require innovation and vision, both to recognize local factors and systematically address as many areas of financial struggle as possible.

Learn more with:

- The [ALICE Children Data Dashboard](#), to dig deeper into related topics, demographics, and sub-state geographies
- [Resources related to children and financial hardship](#), including the references linked in this Research Brief, as well as additional resources that offer important context and even deeper analysis
- [Household-level data on ALICE in Maine](#), including interactive maps, ALICE Household Survival Budgets, County Reports, demographics, and more
- The [ALICE Legislative District Tool](#), to see data by district, including state upper and lower chambers and congressional districts
- The [ALICE Wage Tool](#), to explore wage levels by geography and occupation
- The [ALICE Economic Viability Dashboard](#), which includes data on housing, work, and community supports for households below the ALICE Threshold
- The [ALICE Budget and Income Status Tool](#), where users can enter household details (income, household composition, and location) to see customized household costs and ALICE income status

Explore Promising Practices:

- See examples of programs, policies, and policy changes implemented by ALICE partners to support ALICE households in our interactive [ALICE in Action](#) database
- Visit the [Action Planner](#), which includes strategies related to housing, work, and community resources paired with key data on households below the ALICE Threshold

Connect with stakeholders:

- [Contact your local United Way](#) for support and volunteer opportunities
- See members of the [National ALICE Advisory Committee on Children](#)

United For ALICE is a driver of innovative research and action around financial hardship. The ALICE data and analysis are shared with United Ways, corporations, foundations, government, and nonprofits, to inform policy and promote positive change.

United For ALICE partners with [United Ways of Maine](#) to bring this research to the state, and the ALICE research in Maine is sponsored by the John T. Gorman Foundation.

The **ALICE in Focus Series** utilizes ALICE measures – the Household Survival Budget and the ALICE Threshold – to analyze the U.S. Census Bureau’s American Community Survey (ACS) Public Use Microdata Sample (PUMS). Each “Focus” in the series highlights a different demographic group. For more details about the methodology for the ALICE in Focus Series, go to UnitedForALICE.org/Methodology.

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