A Small State, More or Less Rural
Vermont is home to nearly 625,000 people. Our land mass is small – 9,216 square miles – and averages 68 people per square mile. More than one-quarter of Vermonters live in Chittenden County. Rutland County is the next most populous, and Washington County is a close third. Caledonia, Essex and Orleans, the counties that make up the Northeast Kingdom, are the least populated and the most rural.

An Aging Population
Vermont is aging faster than other states. In 2015, our median age was 43 years, compared to the national median of 38. By the year 2020, the percentage of Vermonters age 65+ is projected to exceed the percentage of those younger than 20.

Growing Diversity
At 7% of the total, the population of people of color is growing in Vermont, but still proportionately small compared to the rest of the U.S. Not included in these numbers are the thousands of temporary Vermonters, such as students, seasonal employees and residents, and undocumented farmworkers who support the state’s agricultural industries.

Income & Education
In 2015, 91% of adults age 25 and older had a high school education or more, and 36% had at least a bachelor’s degree. Nearly half of all households have an annual income below $50,000. Median income in 2015 was $35,512.
Income of Households in Vermont
American Community Survey • 2011–2015

Percentage at or below each income level

- $200K+  - 96%
- $150K-$199K  - 92%
- $100K-$149K  - 79%
- $75K-$99K  - 65%
- $50K-$74K  - 45%
- $25K-$49K  - 21%
- $15K-$24K  - 11%

Projected Aging Trends
Vermont Agency of Commerce & Community Development • 2013

Projected decline of the younger age groups and growth of the older age groups in the Vermont population

Population, by Race & Ethnicity
Vermont Population Estimates • 2016 / American Community Survey • 2011–2015

2016 Vermont Population —

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Population</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White, non-Hispanic</td>
<td>581,225</td>
<td>93.1%</td>
</tr>
<tr>
<td>Hispanic *</td>
<td>11,651</td>
<td>1.9%</td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>11,113</td>
<td>1.8%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>7,558</td>
<td>1.2%</td>
</tr>
<tr>
<td>Native American/Alaska Native</td>
<td>2,032</td>
<td>0.3%</td>
</tr>
<tr>
<td>Multi-racial</td>
<td>11,015</td>
<td>1.8%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>624,594</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

*The racial identification of those in the ethnic Hispanic population is:

- 82.8% White
- 5.1% Black
- 3.4% Native American
- 1.9% Asian/Pacific Islander
- 6.8% Multi-racial

Educational Attainment of Vermonters
American Community Survey • 2011–2015

- Bachelor’s degree: 22%
- Graduate or professional degree: 14%
- Associate’s degree: 8%
- High School diploma: 30%
- Some college: 17%
- No High School diploma: 8%
Birth & Fertility
In 2015, Vermont had the lowest number of resident births (5,093) and the lowest fertility rate of all the states. Fertility is highest among women age 25 to 34. Fertility among teens age 15 to 19 has decreased by about half since 2000.

Infant Mortality
There were 27 infant deaths among Vermont residents in 2015. This translates to an infant mortality rate of 4.6 deaths per 1,000 live births. The greatest risk factors are low birth weight and pre-term birth. One-third of infant deaths in Vermont are among low-birth weight babies. Of resident births, 7% are low birth weight and 0.9% are very low birth weight, similar to the U.S. (8% and 1.4%), and 7% of resident births are premature, compared to 10% for the U.S.

Life Expectancy & Quality of Life
Life expectancy at birth for Vermonters is 80.5 years, slightly higher than for all U.S. residents (78.7 years). Among adults in Vermont, 11% report having poor physical health and 12% report poor mental health. This pattern is similar to U.S. adults and has changed little over time.

Causes of Death & Years of Life Lost
Years of potential life lost is a measure of premature death (before age 75). Among Vermont residents, the five most common causes of death accounted for two-thirds of the years of life lost due to premature death.
**Leading Causes of Hospitalization**
Vermont Uniform Hospital Discharge Data Set • 2015

- # of hospital and emergency department visits among Vermont residents at Vermont hospitals in 2015

- **Emergency Dept. visits**
  - Injury & Poisoning: 65,476
  - Respiratory Diseases: 28,634
  - Mental Disorders: 11,260

- **In-patient hospital visits**
  - Cancer: 4,290
  - Injury & Poisoning: 5,327
  - Respiratory Diseases: 2,911

**Vermont & U.S. Death Rates**
Vermont Vital Statistics • 2015
National Center for Health Statistics • 2015

- # deaths, per 100,000 people

- **Actual (Crude) Death Rate**
  - Vermont: 945.5
  - U.S.: 844.0

- **Age-adjusted Rate**
  - Vermont: 713.5
  - U.S.: 733.1

**The higher death rate in Vermont is due to its aging population**

**Leading Causes of Death**
Vermont Vital Statistics • 2015 / National Center for Health Statistics • 2015

- # deaths, per 100,000 people (age-adjusted)

- **Cancer**
  - Vermont: 164.9
  - U.S.: 158.5

- **Heart Disease**
  - Vermont: 168.5
  - U.S.: 152.6

- **Unintentional Injuries**
  - Vermont: 48.4
  - U.S.: 43.2

- **Chronic Lower Respiratory Disease**
  - Vermont: 42.2
  - U.S.: 41.6

- **Stroke**
  - Vermont: 36.4
  - U.S.: 37.6

**Average Age at Death**
Vermont Vital Statistics • 2015

- Average age at death for the top 10 causes

**Years of Life Lost to Premature Death**
Vermont Vital Statistics • 2015

- In 2015 there were an estimated 35,215 total years of life lost to Vermonters due to causes such as:

<table>
<thead>
<tr>
<th>Cause</th>
<th>Years lost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer</td>
<td>9,506</td>
</tr>
<tr>
<td>Unintentional injury</td>
<td>6,112</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>5,285</td>
</tr>
<tr>
<td>Suicide</td>
<td>2,641</td>
</tr>
<tr>
<td>Lower Respiratory</td>
<td>1,363</td>
</tr>
<tr>
<td>Stroke</td>
<td>809</td>
</tr>
<tr>
<td>Diabetes</td>
<td>657</td>
</tr>
<tr>
<td>Influenza and Pneumonia</td>
<td>192</td>
</tr>
</tbody>
</table>