

Introduction

This edition of Kevin's Corner reviews the past decade of Vermont's state to state migration data from the United States Census Bureau's American Community Survey.

Background

Population changes are driven by three factors: resident births, resident deaths and the migration of residents to and from a location. In this Kevin's Corner we explore the latter, the migration of people to and from the state of Vermont between 2014 and 2023.

Data for this analysis comes from single-year estimates of the US Census Bureau's American Community Survey (ACS), an annual survey of approximately 3.7 million US households and people living in group quarters. The Vermont sample includes approximately 7,240 households and 544 people living in group quarters. The small Vermont sample and the relatively small number of people who migrate states on an annual basis leads to this data having large margins of error. When available those margins will be included in the data tables here. We do not attempt to calculate the margin of error for summations done by Economic & Labor Market Information Division staff.

We will first review data related to people migrating out of Vermont, followed by people moving into Vermont. Finally, we will discuss net migration (the number of people entering the state minus the number of people leaving).

One important note: No ACS migration data is available for the year 2020.



People Migrating From Vermont, 2014 – 2023

In the period from 2014 to 2023 (excluding 2020), the American Community Survey reports that an average of 21,139 migrated out of Vermont on an annual basis. The figure ranged from a minimum of 17,261 in 2021 to a maximum of 23,693 in 2016. In the six years prior to the pandemic out-migration from Vermont averaged 21,778 while in the three-year period from 2021 to 2023 it averaged 19,861. See Table 1

Table 1: Migrants Departing Vermont, 2014 – 2023

Year	Departures	MoE
2014	20,424	+/- 3,203
2015	22,135	+/- 3,420
2016	23,693	+/- 3,631
2017	20,872	+/- 2,550
2018	20,832	+/- 3,139
2019	22,714	+/- 3,771
2020	<i>Data not available</i>	
2021	17,261	+/- 3,152
2022	23,170	+/- 3,470
2023	19,151	+/- 3,360
<i>Total</i>	<i>190,252</i>	

The most common receiving states were those that border Vermont. New York gained an average of 3,157 former Vermonters each year. Massachusetts received an average of 2,495 each year. New Hampshire received an average of 2,164.

The most common receiver among states that do not border Vermont was Florida with an average of 2,015 each year. California

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was second with an average of 947 per year. Third largest was Pennsylvania with an average of 917 annually. See Table 2.

Table 2: Largest out-migrant receiving states, 2014-2023

Recipient State	Total	Annual Average
New York	28,415	3,157
Massachusetts	22,455	2,495
New Hampshire	19,476	2,164
Florida	18,133	2,015
California	8,523	947
Pennsylvania	8,254	917

People Migrating to Vermont, 2014 – 2023

In the period between 2014 and 2023 (excluding 2020), the American Community Survey reports that an average of 24,358 people migrated into Vermont annually. This ranged from a minimum of 21,212 in 2019 to a maximum of 31,809 in 2021.

Table 3: Migrants arriving in Vermont, 2014 – 2023

Year	Arrivals	MoE
2014	22,635	+/- 2,419
2015	21,232	+/- 2,519
2016	21,262	+/- 2,769
2017	21,868	+/- 3,314
2018	26,306	+/- 3,523
2019	21,212	+/- 2,444
2020	Data not available	
2021	31,809	+/- 3,854
2022	26,151	+/- 3,458
2023	26,743	+/- 3,113

The post-pandemic annual average (28,234) is 5,815 above the pre-pandemic average of 22,419, confirming other data points that indicate greater in-migration since 2020. See Table 3.

The largest number of in-bound migrants came from bordering states. An average of 3,925 people from Massachusetts migrated to Vermont each year over the period; this includes a maximum of 6,890 in 2021. The next highest was New York with 3,219. New Hampshire was third highest with 2,471. Migrants from foreign countries accounted for 2,308 people.

Among states that do not border Vermont, the largest number of in-migrants came from New Jersey (1,175 annually) and Florida (1,113 annually). See table 4.

Table 4: Largest sending states, 2014-2023

Sending State	Total	Annual Average
Massachusetts	35,321	3,925
New York	28,974	3,219
New Hampshire	22,241	2,471
Abroad	20,776	2,308
New Jersey	10,578	1,175
Florida	10,008	1,113

Net Migration

Between 2014 and 2023 (excluding 2020), ACS data indicates that 219,218 people migrated to Vermont while 190,252 migrated from Vermont. This equals a net migration over the period of 28,966 individuals into Vermont, an annual average of +3,218 people.

The net migration figures, however, vary widely. In 2016, 2,431 more people moved out of Vermont than into it. In 2019, 1,502 more people moved out than in. At the other end of the spectrum, 14,548 more people moved into Vermont than out in 2021. 2023 saw 7,592 more people move into Vermont than out.

The three-year period since the pandemic has averaged 8,374 more in-migrants than out-migrants, well above the pre-pandemic average of 641. See table 5.

Note of Caution

As discussed in the introduction migration is one part of the total change to the state's population. It is not the full picture; Births and deaths of Vermonters are important factors as well. The small sample size for this data makes the error ranges for each estimate very large. We urge caution when making use of any of the figures cited here.

Table 5: Net Vermont Migration by Year, 2014 – 2023

Year	To Vermont Inbound	From Vermont Outbound	Net Migration
2014	22,635	20,424	2,211
2015	21,232	22,135	-903
2016	21,262	23,693	-2,431
2017	21,868	20,872	996
2018	26,306	20,832	5,474
2019	21,212	22,714	-1,502
2020*	Data not available		
2021	31,809	17,261	14,548
2022	26,151	23,170	2,981
2023	26,743	19,151	7,592
Total	219,218	190,252	28,966