



Vermont Legislative Research Service

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Demographics of Incarcerated Populations in Vermont and New Hampshire

In Vermont, there are seven correctional facilities that house those who are incarcerated. Our report will focus on the demographic information of sentenced incarcerated individuals, meaning individuals who have been convicted of a crime and are currently imprisoned.¹ We will explore three demographic variables in this report: age, gender, and race. In addition, we will include a comparison of Vermont's state population demographics as well as incarcerated and state population demographics in New Hampshire owing to New Hampshire's similarity to Vermont in demographics and geographic location. This comparison will provide contextualization of Vermont's sentenced incarcerated data within a wider state and regional framework.²

Age Demographics

Vermont

The Vermont data used in this report comes from the Vermont Department of Corrections (VDC)³ and the Vermont Department of Health.⁴ The data on the sentenced incarcerated populations covers the period from March 31, 2023, to October 31, 2025 (the VDC updates incarceration data monthly, our report includes the most recent data as of October 31, 2025). The population data for the state of Vermont comes from the 2020 U.S. Census.

In Table 1 we compare the composition of the incarcerated population in Vermont to the composition of the general Vermont population. As can be seen in the table, the incarcerated population is comprised of a larger percentage of individuals between the ages of 25 to 44 than the general population.

¹ Vermont Department of Corrections, "Glossary of Terms," *Agency of Human Services*, accessed October 22, 2025. <https://outside.vermont.gov/dept/DOC/Policies/Department%20of%20Corrections%20Glossary%20of%20Terms.pdf#search=glossary>

² Comparative data referencing state and incarcerated populations in New Hampshire is accurate as of 2023.

³ Vermont Department of Corrections, "Incarcerated Population Interactive Dashboard," *Agency of Human Services*, accessed October 22, 2025. <https://doc.vermont.gov/research-and-data/population-data/pop-dashboard>

⁴ Vermont Department of Health, "Population Data," accessed December 12, 2025, <https://www.healthvermont.gov/stats/data-reporting-topic/population-data>.

Table 1: Age Demographics of Vermont Population and Vermont Incarcerated Population, March 31, 2023, to October 31, 2025		
Ages	% of Vermont Population	% of Incarcerated Population
19-24	7%	3%
25-34	12%	26%
35-44	13%	35%
45-54	12%	19%
55+	36%	17%

In Figure 1 we chart the incarceration rates in Vermont by age groups over time. As can be seen in this figure, the 35-44 age group has made up a greater portion of the incarcerated population over time.

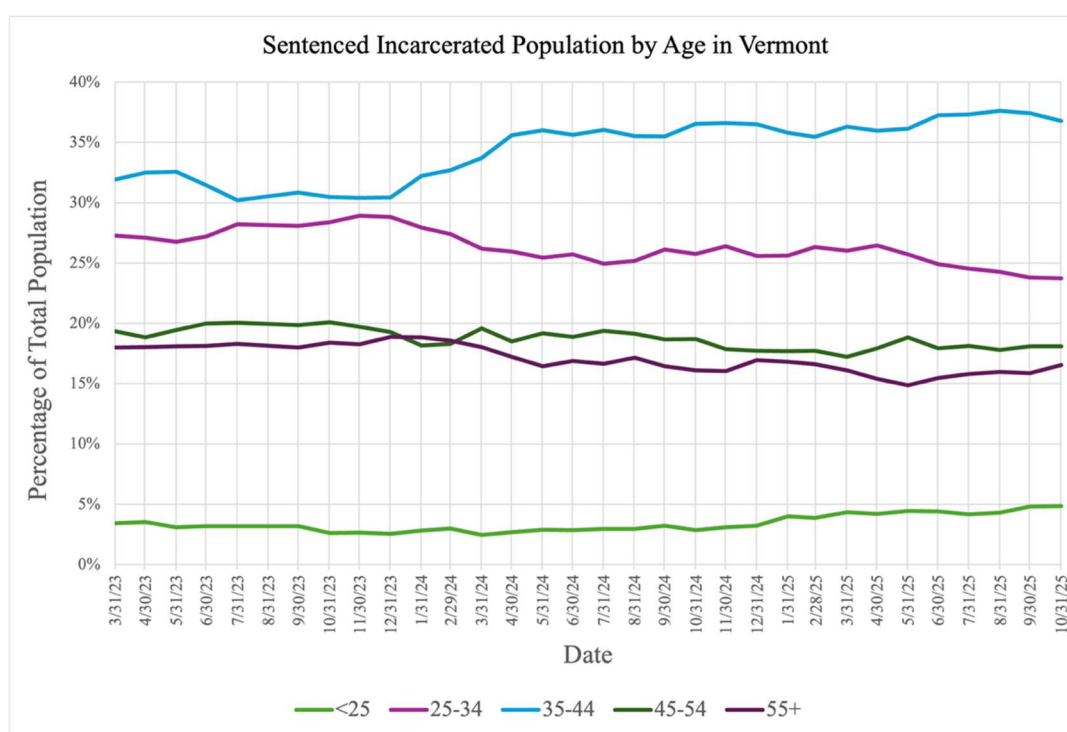


Figure 1: Sentenced Incarcerated Population by Age, Graph created by author, with data from VDC.

Source: Vermont Department of Corrections.

New Hampshire

Due to the fact that the data from New Hampshire uses different age ranges, we have separated the Vermont and New Hampshire section for age demographics. Throughout the rest of our report, comparisons will be in one section. The data on New Hampshire comes from the Economic and Labor Market Information Bureau and the New Hampshire Department of Corrections.⁵

In Table 2 we compare the composition of the incarcerated population in New Hampshire to the composition of the general New Hampshire population.

Table 2: Age Demographics of New Hampshire Population and New Hampshire Incarcerated Population, March 31, 2023, to October 31, 2025		
Ages	% of NH Population	% of Incarcerated Population
20-29	13%	15%
30-39	13%	31%
40-49	12%	23%
50+	36%	31%

Similar to Vermont, a significant portion of the incarcerated population in New Hampshire is in the middle age range, though the portion of New Hampshire's incarcerated population that is older is much larger than in Vermont.

Gender Demographics

Male Population

Between March 31, 2023, to October 31, 2025, males were approximately 92% of the sentenced, incarcerated population in Vermont compared to 50% of the state population. This is similar to New Hampshire where males were approximately 93% of the incarcerated population in New Hampshire and 50% of the population of New Hampshire overall.⁶

Figure 2 shows the incarceration rate for males in the state over Vermont over time.

⁵ Economic and Labor Market Information Bureau, "NH Community Profiles," accessed December 12, 2025, <https://www.nhes.nh.gov/elmi/products/cp/>; New Hampshire Department of Corrections, "Annual Report 2023," accessed December 12, 2025, <https://www.corrections.nh.gov/sites/g/files/ehbemt536/files/documents/final-2023-annual-report-comp.pdf>.

⁶ Economic and Labor Market Information Bureau, "NH Community Profiles"; New Hampshire Department of Corrections, "Annual Report 2023."

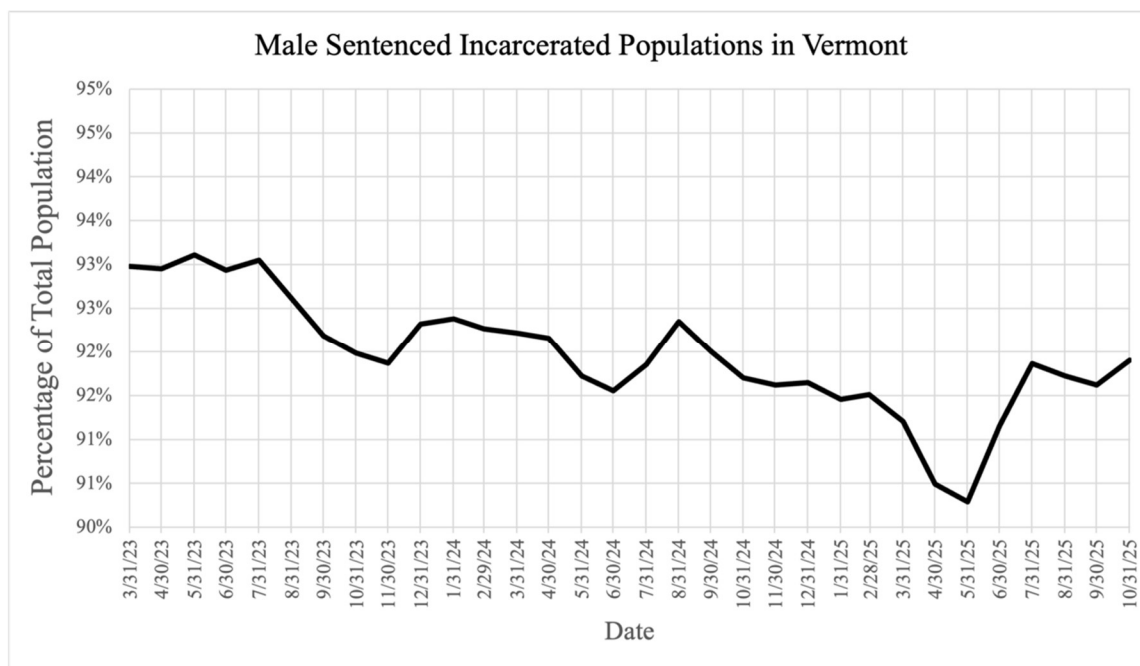


Figure 2: Male Sentenced Incarcerated Populations, Graph created by author, with data from VDC.

Source: Vermont Department of Corrections.

Female, Transgender, and Other⁷ Populations

Between March 31, 2023, to October 31, 2025, females were approximately 7% of the sentenced, incarcerated population in Vermont compared to 50% of the state population. This is similar to New Hampshire where females were approximately 7% of the incarcerated population in New Hampshire and 50% of the population of New Hampshire overall.⁸

Between March 31, 2023, to October 31, 2025, approximately 1% of the sentenced, incarcerated population in Vermont were labeled as “transgender or other.” There is no data on the population of transgender and other gender identifying individuals in the state of Vermont. There is no comparative data regarding transgender and other gender identifying individuals available for the state of New Hampshire.

Figure 3 shows the distribution of incarcerated females, and transgender & others over time.

⁷ Transgender Female, Transgender Male, Intersex and Other were combined into one category labeled “Transgender & Other” in the data provided by the Vermont Department of Corrections due to low numbers of individuals who identify with these genders.

⁸ Economic and Labor Market Information Bureau, “NH Community Profiles.”; New Hampshire Department of Corrections, “Annual Report 2023.”

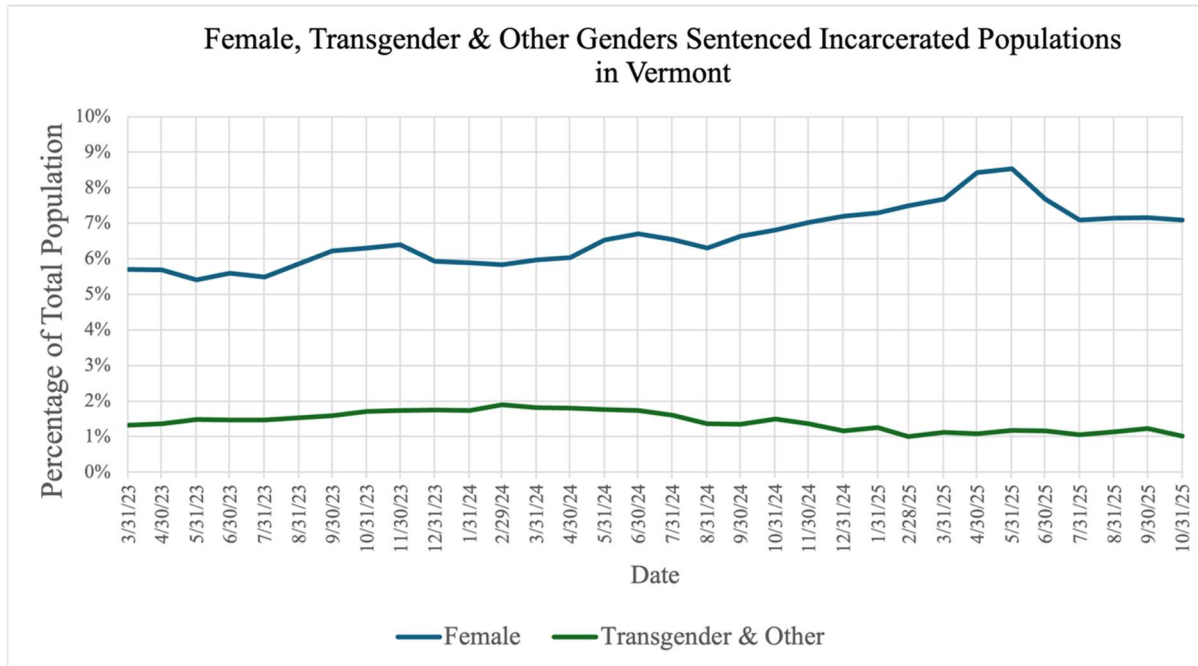


Figure 3: Female, Transgender & Other Genders Sentenced Incarcerated Populations, Graph created by author, with data from VDC.

Source: Vermont Department of Corrections.

Racial Demographics

White Populations

Between March 31, 2023, to October 31, 2025, white people made up approximately 87% of the sentenced incarcerated population in Vermont compared to 98% of the state population. In New Hampshire white people were approximately 83% of the incarcerated population, and 89% of the overall population in New Hampshire.⁹

Figure 4 shows the incarceration rates of people identified as white over time.

⁹ National Institute on Minority Health and Health Disparities, “An Ecosystem of Minority Health and Health Disparities Resources” *United States Department of Health and Human Services*, accessed November 17, 2025.; New Hampshire Department of Corrections, “Annual Report 2023.”

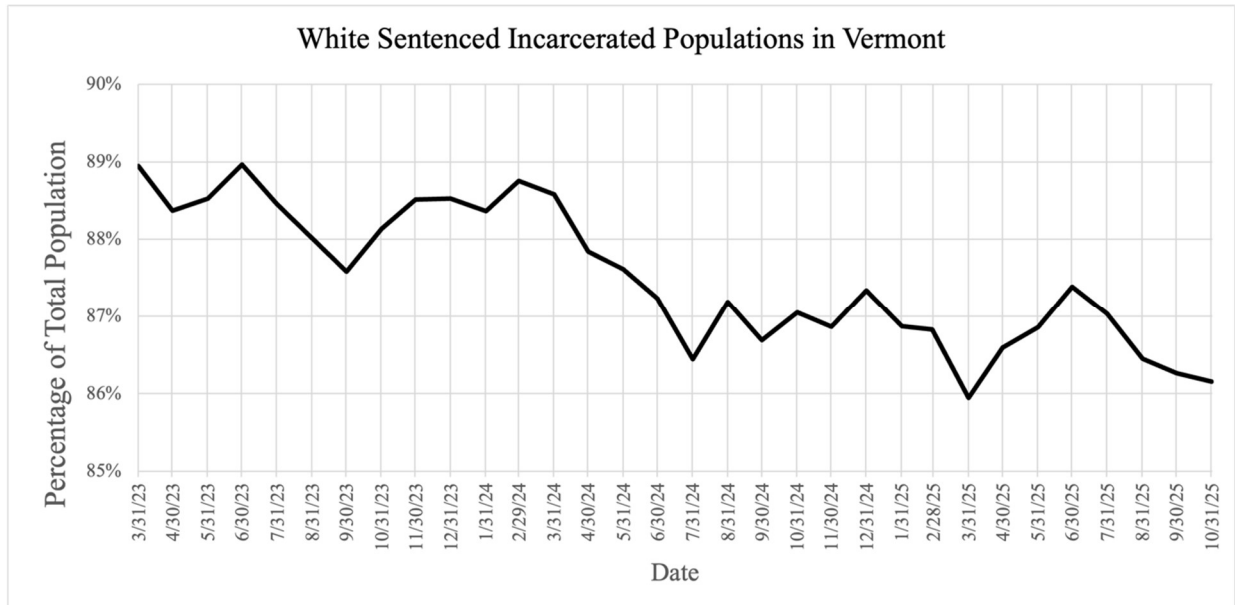


Figure 4: White Sentenced Incarcerated Populations, Graph created by author, with data from VDC.

Source: Vermont Department of Corrections.

Non-White Populations

Between March 31, 2023, to October 31, 2025, Black or African American people made up approximately 9% of the sentenced incarcerated population in Vermont compared to 2% of the overall state population. In New Hampshire Black or African American people made up approximately 8% of the incarcerated populations and 12% of the overall population in New Hampshire.¹⁰

Between March 31, 2023, to October 31, 2025, American Indian or Alaskan Native people made up approximately 2% of the sentenced incarcerated population in Vermont compared to 0.4% of the overall state population. In New Hampshire American Indian or Alaskan Native people made up approximately 0.01% of the state population and 0%¹¹ of the incarcerated population in New Hampshire.¹²

Figure 5 shows the incarceration rates of people identified as non-white over time.

¹⁰ National Institute on Minority Health and Health Disparities, “An Ecosystem of Minority Health and Health Disparities Resources” *United States Department of Health and Human Services*, accessed November 17, 2025; New Hampshire Department of Corrections, “Annual Report 2023.”

¹¹ Seven individuals out of two thousand twenty-eight total incarcerated individuals.

¹² National Institute on Minority Health and Health Disparities, “An Ecosystem of Minority Health and Health Disparities Resources” *United States Department of Health and Human Services*, accessed November 17, 2025.; New Hampshire Department of Corrections, “Annual Report 2023.”

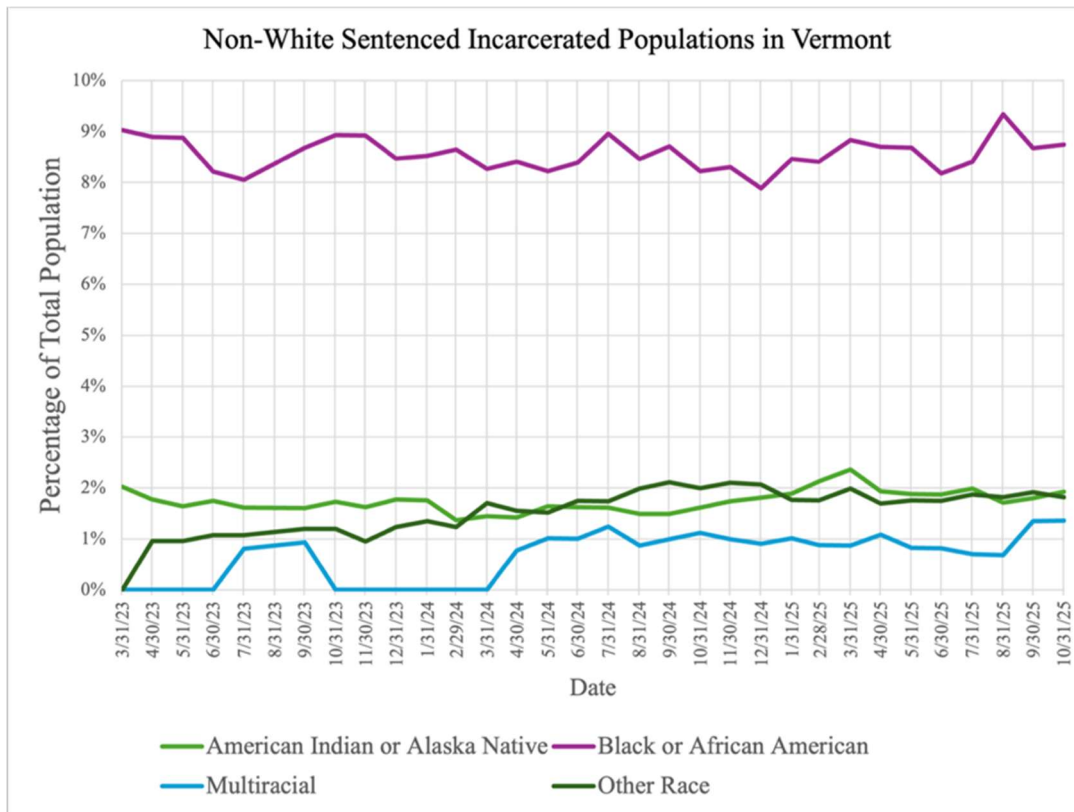


Figure 5: Non-White Sentenced Incarcerated Populations, Graph created by author, with data from VDC.

Source: Vermont Department of Corrections.

Between March 31, 2023, to October 31, 2025, there is no data on the average population of multiracial individuals in Vermont. People identifying as multiracial made up approximately 1% of the sentenced, incarcerated population in Vermont. There is no comparative data regarding multiracial individuals available for the state of New Hampshire.

Between March 31, 2023, to October 31, 2025, there is no data on the average population of individuals of other races in Vermont. People identifying as other races were approximately 2% of the sentenced, incarcerated population in Vermont. There is no comparative data regarding individuals of other races available for the state of New Hampshire.

The zero percent values shown in Figure 5 in the Multiracial and Other Race categories are due to suppressed data. The Vermont Department of Corrections has suppressed this data to “avoid disclosure of confidential information.”¹³ These are gaps in the data and do not necessarily indicate that the population of that group was zero at the time of reporting.

¹³ Vermont Department of Corrections, “Tips and Tricks for VT DOC Interactive Dashboards,” *Agency of Human Services*, Accessed October 29, 2025.

This report was completed on December 17, 2025, by Bella Scholl, Peyton Paquette, and Sophie VanOrden under the supervision of VLRS Director, Dr. Anthony “Jack” Gierzynski and VLRS Deputy Director, Dr. Jonathan “Doc” Bradley in response to a request from Representative Yacovone.

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