



# Green Mountain Economic Development Corporation

Fostering economic vitality in East Central Vermont

# AREA PROFILE

The GMEDC Jurisdiction, which includes 30 towns in East Central Vermont, combines with areas of New Hampshire to form the Upper Valley. The Upper Valley reflects Vermont's great quality of life. Vermont is the ...

**2<sup>nd</sup> Healthiest** State (2013 United Health Foundation)

**5<sup>th</sup> Smartest** State (2011 CNN Money)

**6<sup>th</sup> Happiest** State (2013 Gallup-Healthways Well-Being Index)

## Recreation

Situated near the Appalachian Trail, the Upper Valley is known for **premier skiing, hiking, canoeing, and kayaking**. King Arthur Flour Bakery + Café, Harpoon and Long Trail Breweries, and year-round farmers' markets are among the many contributors to the **fresh local cuisine**. Performing arts venues include Northern Stage, Chandler Musical Hall, the Lebanon Opera House, and the Hopkins Center for the Arts. The AVA Gallery, the Hood Museum of Art, and the galleries and Cartoon School in the village of White River Junction support the **vibrant arts scene**.

## Education

The Vermont high school graduation rate is about **90%**, one of the highest rates in America. Several of the best public high schools in the nation as ranked by *US News & World Report* educate students in East Central Vermont, including Randolph Union High School, Blue Mountain Union School, and Hanover High School, which also serves the Vermont town of Norwich. World-class higher education resources are locally available. Higher education providers include **Dartmouth College, Vermont Law School, Vermont Technical College, Granite State College**, and the **Community College of Vermont**.

## Health Care

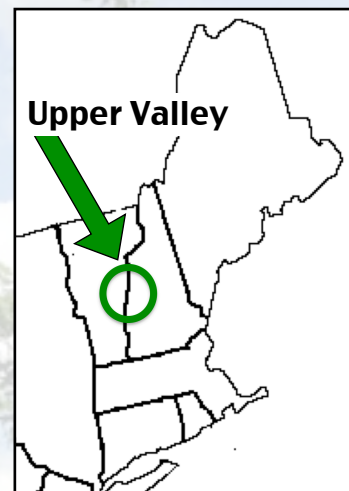
**Dartmouth-Hitchcock Medical Center**, a 350-bed research hospital in neighboring Lebanon, New Hampshire, is ranked among the nation's top hospitals by *US News & World Report*. The **White River Junction VA Medical Center**, a 74-bed acute care facility, is responsible for delivering health care services to 75,000 veterans in Vermont and New Hampshire. Other area health care providers include Gifford Medical Center in Randolph, Mt. Ascutney Hospital and Health Center in Windsor, the Ottauquechee Health Center in Woodstock, and Alice Peck Day Memorial Hospital in Lebanon.

## Economy

The population of the core of the Upper Valley region, referred to as the Lebanon, NH-VT Micropolitan NECTA, is approximately 80,000. The 29 Vermont and New Hampshire towns that comprise the core lie within 30 miles of Hartford, Vermont. The largest towns in the core by population are Hartford, Hanover, and Lebanon; the three towns are also the employment centers. The core contains nearly 45,000 jobs and 35,000 working residents, indicating that many jobs are filled by residents of the extended Upper Valley region. The population of the extended Upper Valley region, referred to as the Lebanon, NH-VT Micropolitan Area, is approximately 175,000. The extended Upper Valley region includes all 79 towns in Windsor and Orange Counties, Vermont and Grafton County, New Hampshire. The towns that comprise the extended Upper Valley region lie within 60 miles of Hartford. **The median age is 43.4 years. The median household income is \$53,353. The unemployment rate is less than 4%.**

The largest sectors by total employment are **Health Care and Social Assistance, Educational Services, Retail Trade, and Manufacturing**.

Sources: OnTheMap, U.S. Census Bureau 2013; 2008-12 American Community Survey.



## Labor Market Areas

Bradford, VT  
Hartford, VT  
Randolph, VT  
Woodstock, VT  
Lebanon-Hanover, NH

## Transportation

**23 Minutes**

Average Commute

**2 Hours**

Driving time to Boston

**3 Hours**

Driving time to Montreal

**5 Hours**

Driving time to New York City

The region is served by the 89 and 91 interstates, the Lebanon Municipal Airport, Amtrak, and Dartmouth Coach bus service.

## Major Employers

Dartmouth College  
Dartmouth-Hitchcock  
VA Medical Center  
Hypertherm  
GW Plastics  
King Arthur Flour