

While many men returned to the workplace, women kept telecommuting

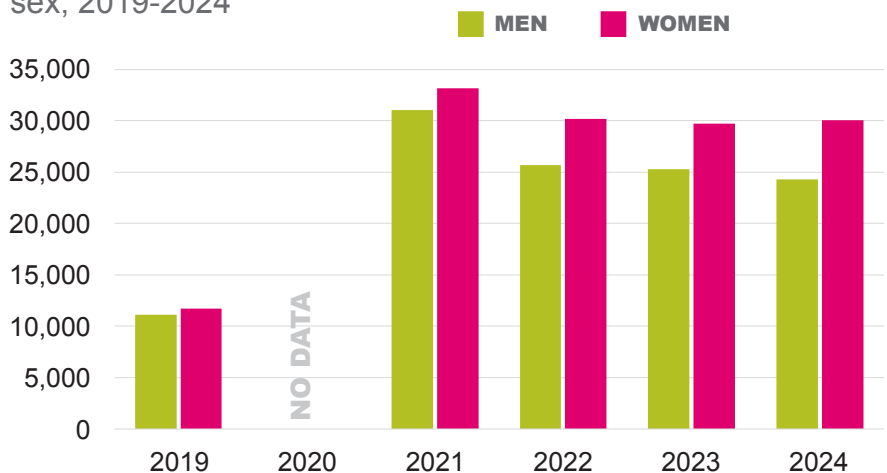
Before the Covid pandemic, the numbers of Vermont men and women working remotely were roughly the same. This is according to the U.S. Census, which asked how workers usually got to work the week prior to answering the survey. During the pandemic, the number of both men and women working from home tripled. But after Covid's peak, as telework declined a gender disparity emerged.

From 2021 to 2024, more men than women returned to the office—6,700 compared with 3,100. Still, many more workers continued to work from home than did so before the pandemic.

Overall, about 18 percent of women and 14 percent of men in the Vermont workforce telecommuted in 2024.

More women worked from home pre-, during, and post-pandemic

Vermonters working from home by sex, 2019-2024



Data source: U.S. Census Bureau, American Community Survey, 2019-2024, 1-yr estimates
 ©2026 Public Assets Institute

THIS MONTH

In March, the labor force saw the biggest monthly drop since the pandemic. Over 1,500 people exited the labor force—the fifth-largest decline in Vermont's history.

LATEST BLS DATA - MAY 6, 2026			
	MAR 2026	FEB 2026	MAR 2025
Labor Force	342,523	344,046	351,166
Employment	333,580	334,940	341,993
Unemployment	8,943	9,106	9,173
Unemployment Rate	2.6%	2.6%	2.6%

Source: U.S. Bureau of Labor Statistics