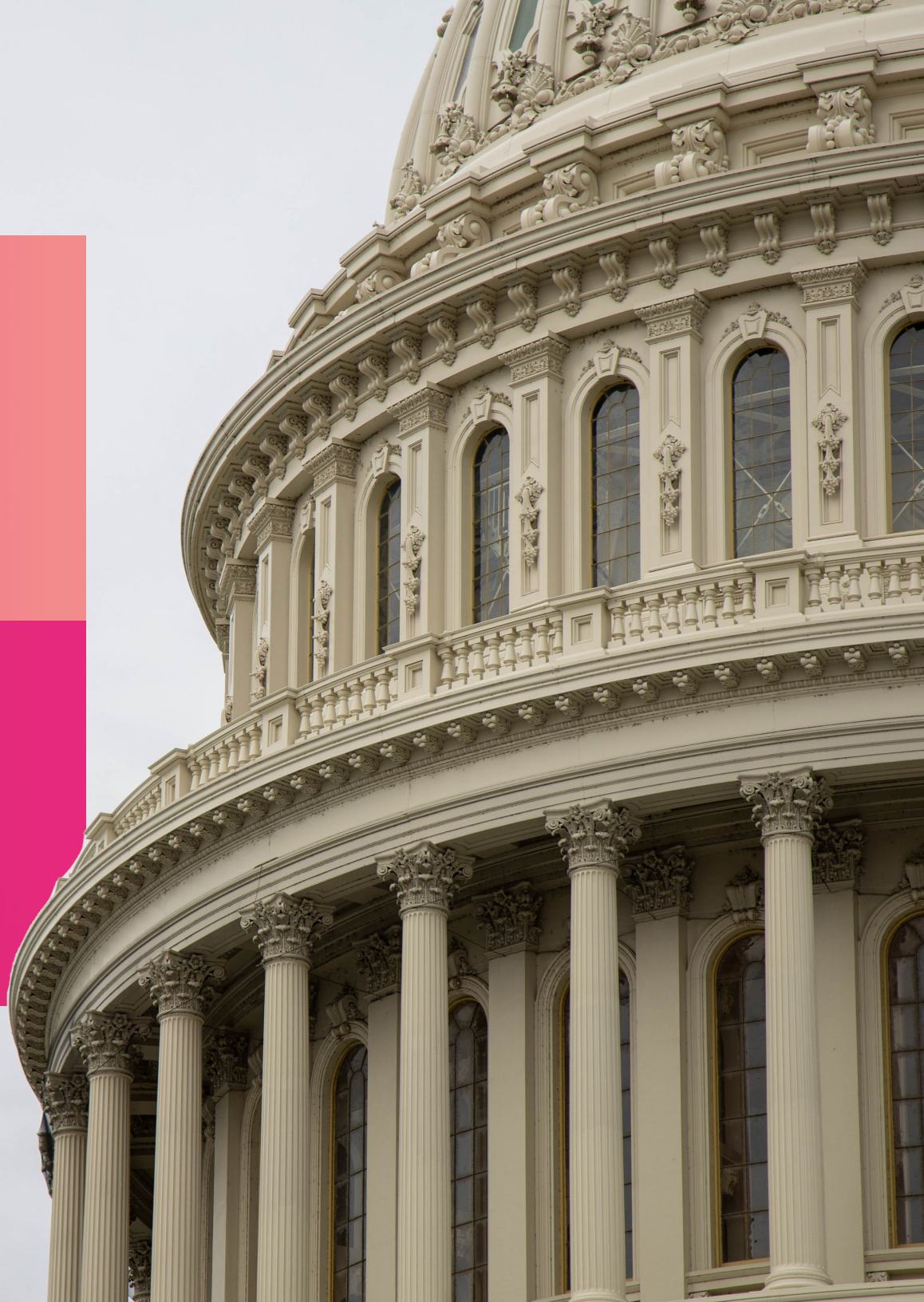




# UNITED IN DIVERSITY

A demographic report  
on the 119<sup>th</sup> U.S. Congress



# Overview

This report provides member analysis on the incoming Congress with data points to inform both internal and external discussions.

Understanding the Diversity, Equity, and Inclusion (DEI) demographics of the 119th Congress presents a valuable opportunity to reflect on the evolution of our nation's leadership and how it compares to the diversity of our society.

Leveraging this knowledge in decision-making will help you navigate potential challenges and opportunities, effectively communicate with stakeholders, and engage meaningfully with policymakers who align with your strategic objectives.

\*Information in this report updated as of 1/17/25  
\*\*New Members are the candidates elected in 2024 to a congressional office they did not hold prior to the 2024 election.

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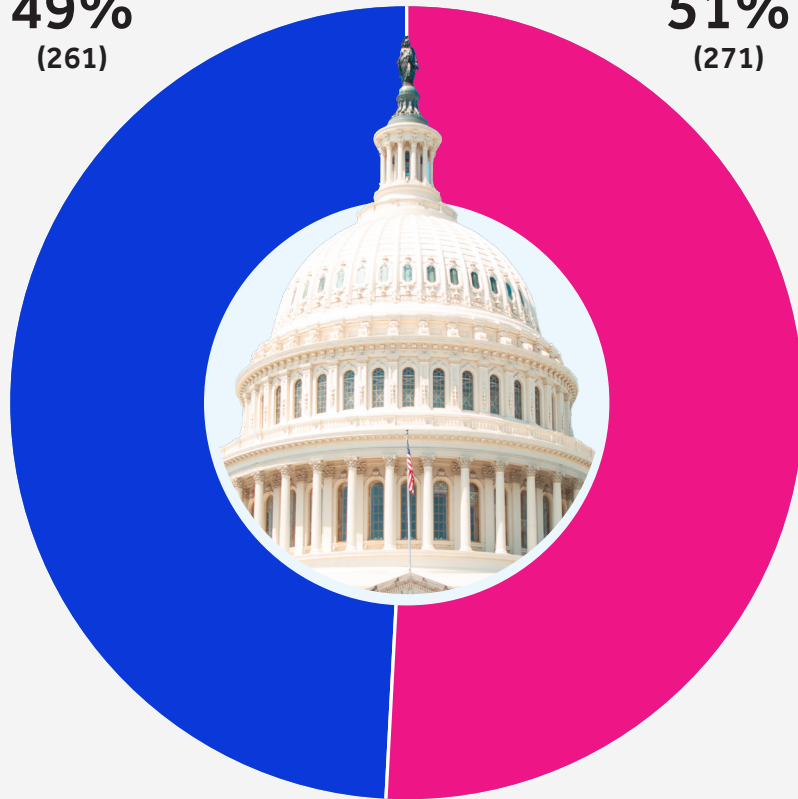
- 3** 119<sup>th</sup> Congress Overview
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# 119<sup>th</sup> Congress Overview

## Overall

DEMOCRAT  
**49%**  
(261)

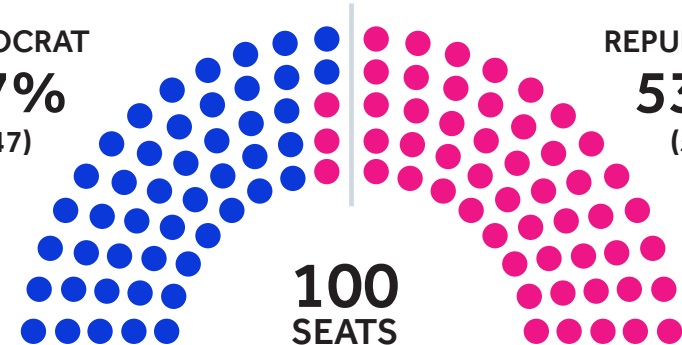
REPUBLICAN  
**51%**  
(271)



## Senate

DEMOCRAT  
**47%**  
(47)

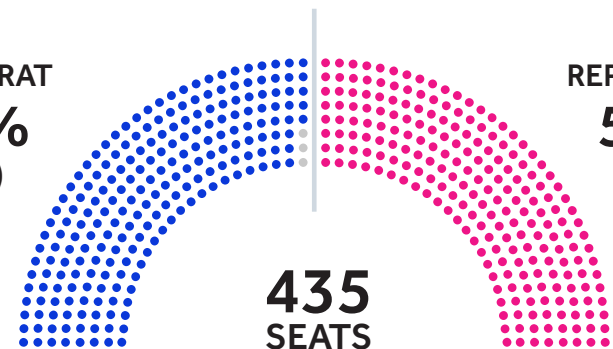
REPUBLICAN  
**53%**  
(53)



## House

DEMOCRAT  
**49%**  
(214)

REPUBLICAN  
**51%**  
(218)

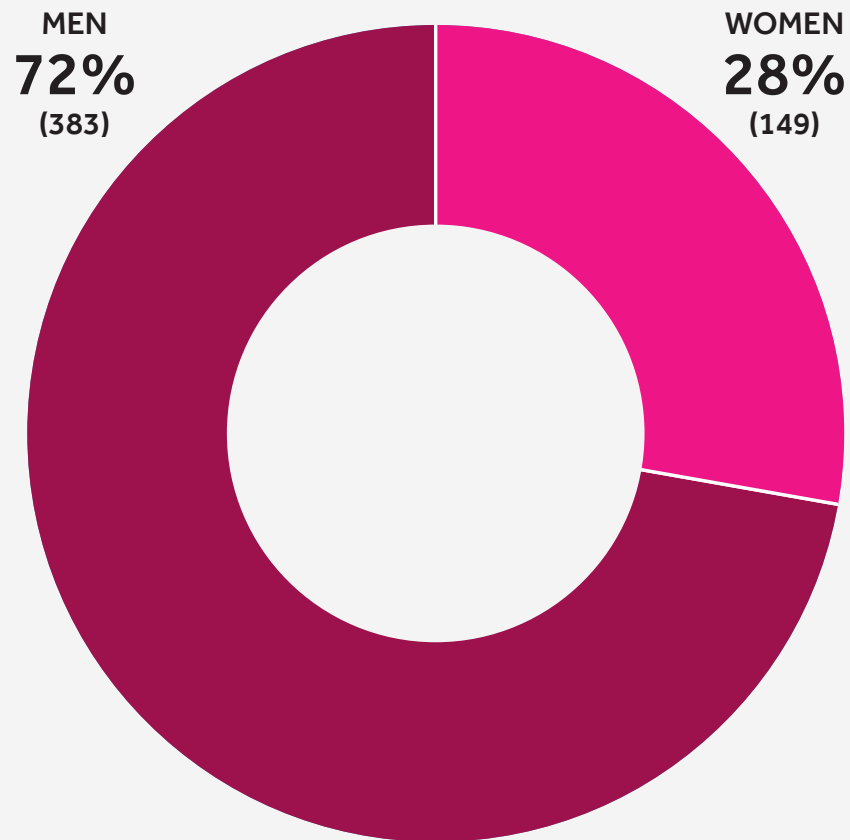


This is the **sixth time** the Senate has flipped since 2000 (The Senate flipped just ten times from 1900-2000).

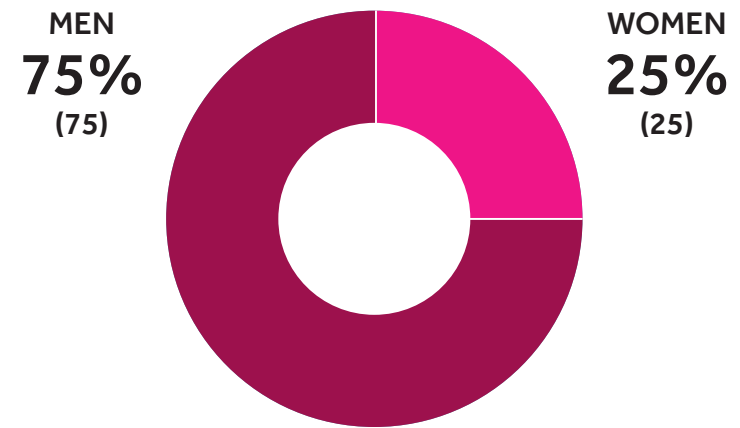
\*Stats do NOT include Rep. Matt Gaetz, Rep. Elise Stefanik, and Rep. Michael Waltz. Rep. Gaetz resigned to seek appointment from President-Elect Trump's nomination to Attorney General but has since withdrawn his consideration. Rep. Stefanik has been nominated to serve as ambassador to the United Nations and Rep. Waltz has been tapped as a National Security Advisor for the President-Elect.

# Gender

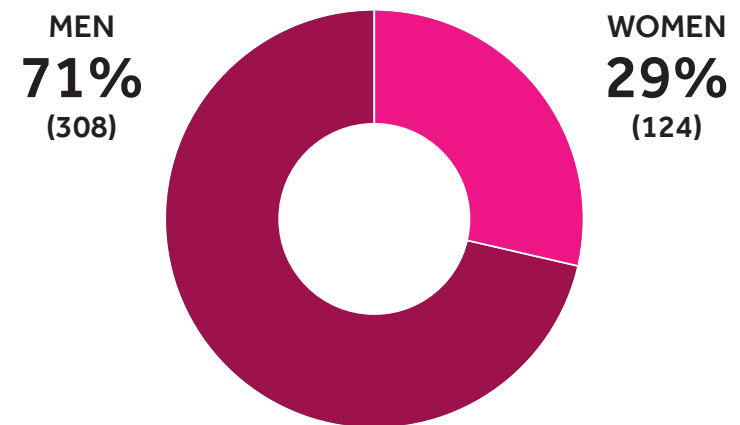
## Overall



## Senate



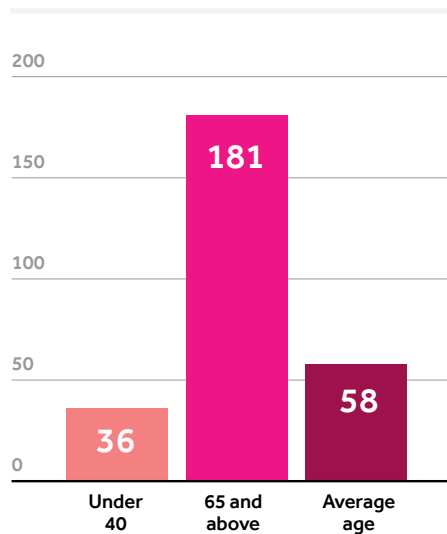
## House



**First time since 1979** the number of Women in Congress has not increased.

# Age

## Overall

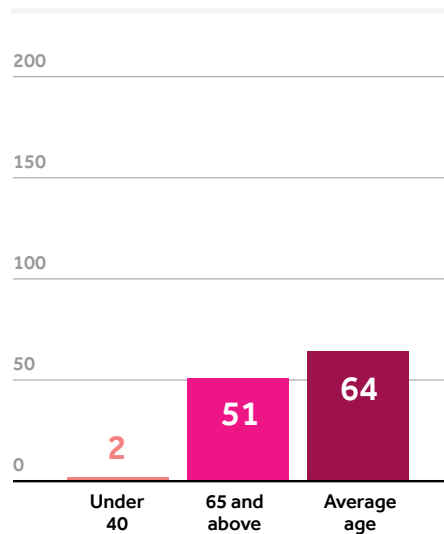


### Oldest Member

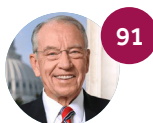


Sen. Chuck Grassley  
(IA – R)

## Senate

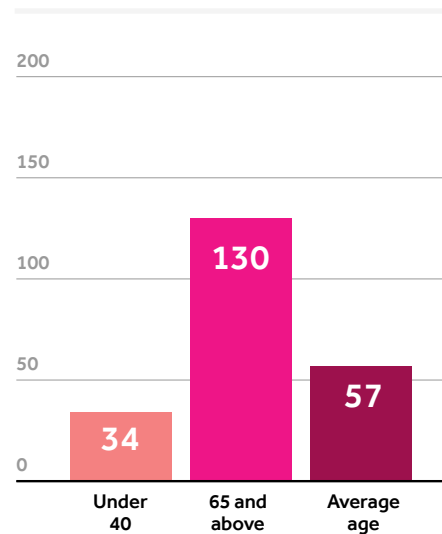


### Oldest Senator



Sen. Chuck Grassley  
(IA – R)

## House



### Oldest Representative



Hal Rodgers  
(KY-05-R)

### Youngest Member



Rep. Maxwell Frost  
(FL-10-D)

### Youngest Senator

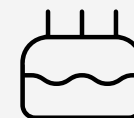


Sen. John Ossoff  
(GA – D)

### Youngest Representative

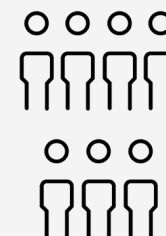


Rep. Maxwell Frost  
(FL-10-D)



### 58 Years old

Average age of the 119<sup>th</sup> Congress and the third oldest since 1789.

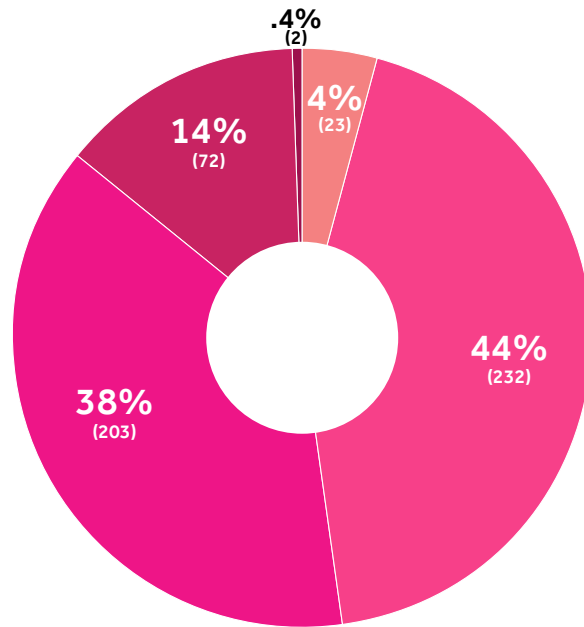


**7 Members**  
under 35 years old  
(**2 Generation Z** and  
**5 Millennials**)

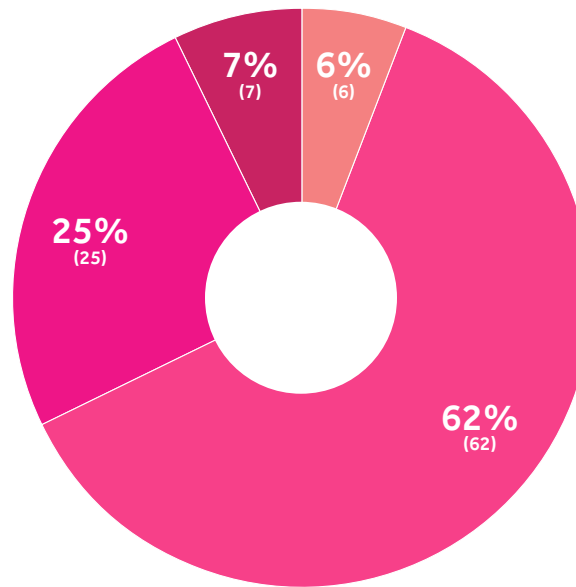


# Generation

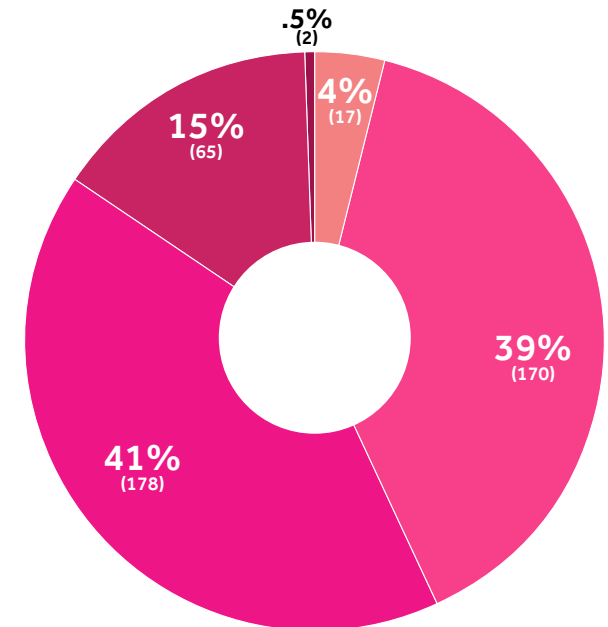
Overall



Senate



House



## KEY

● Silent Generation (born 1928-1945)

● Baby Boomer (born 1946-1964)

● Gen X (born 1965-1980)

● Millennial (born 1981-1996)

● Gen Z (born 1997-2012)

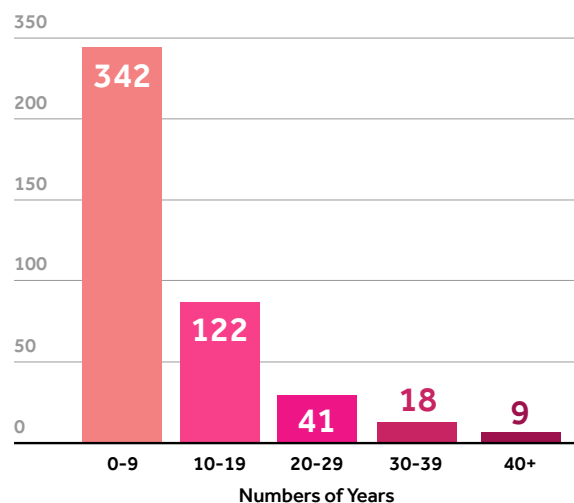


**Baby Boomers** have the highest percentage of representation in Congress (43%).

# Tenure

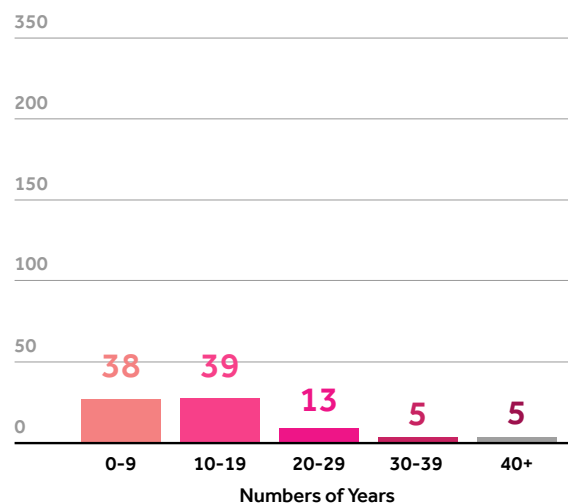
## Overall

Average tenure: 10 years



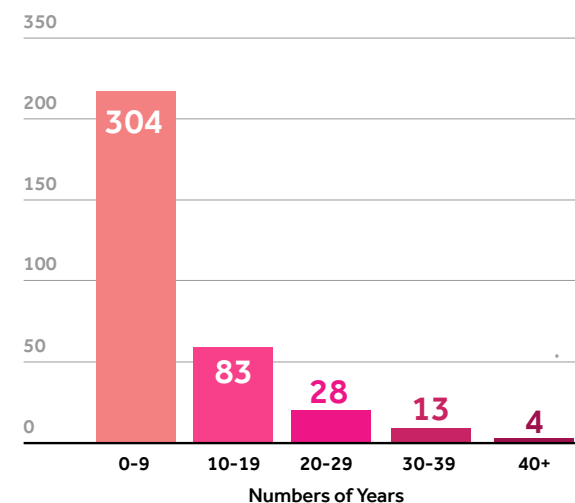
## Senate

Average tenure: 15 years



## House

Average tenure: 9 years



## Longest Serving Active Members

### Combined Service



Sen. Chuck Grassley  
(IA – R)

### Senate



Sen. Chuck Grassley  
(IA – R)

### House



Rep. Hal Rodgers  
(KY-05-R)



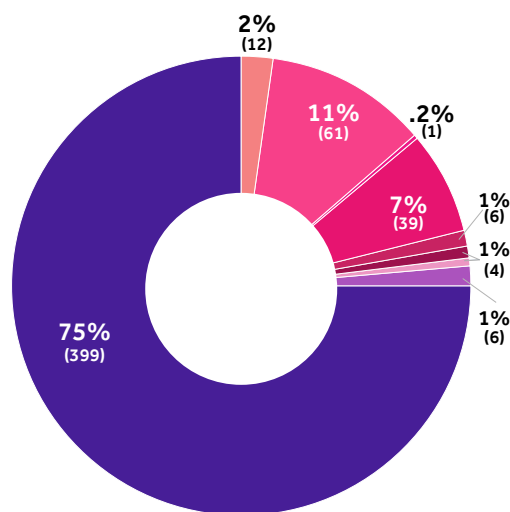
Rep. Steny Hoyer  
(MD-05-D)



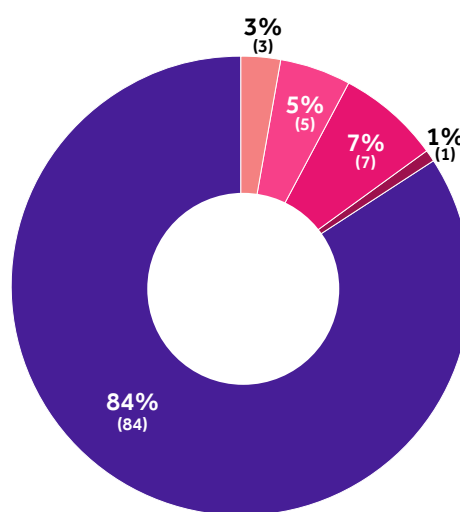
Rep. Chris Smith  
(NJ-04-R)

# Race & Ethnicity

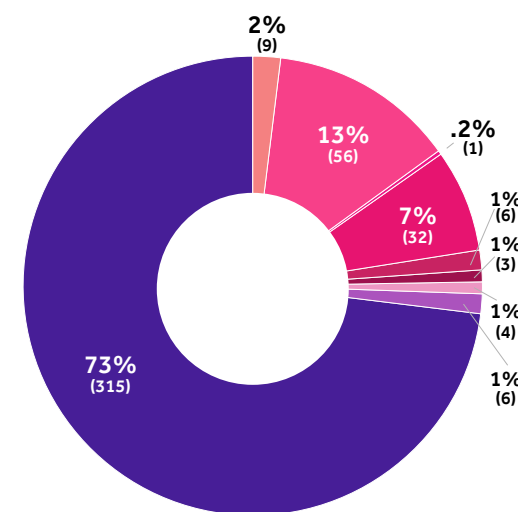
## Overall



## Senate

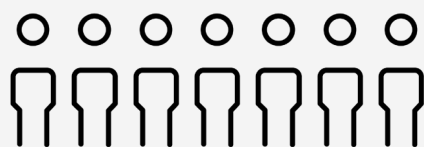


## House



### KEY

● Asian
 ● Black
 ● Hawaiian
 ● Hispanic
 ● Indian
 ● Native American
 ● Other
 ● Two or More Ethnicities
 ● White



### 7 Members

Largest number of Hispanic members in the Senate



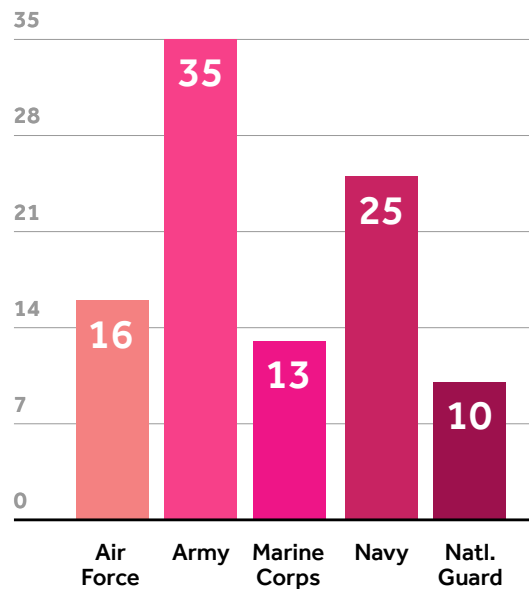
### Yassamin Ansari (AZ-03-D)

First Iranian-American Democrat elected to Congress

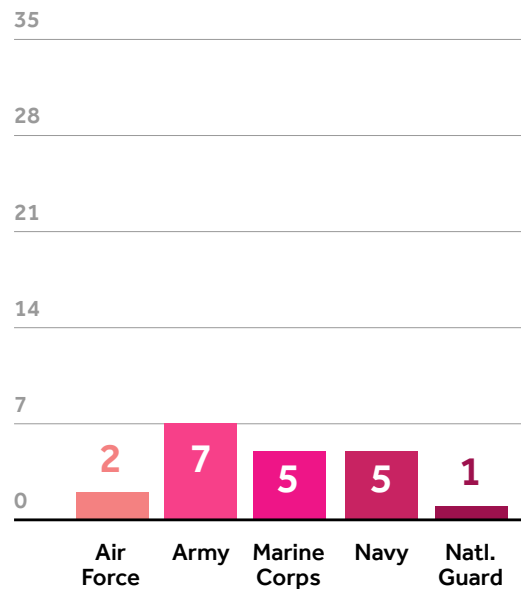


# Military Service • Veterans

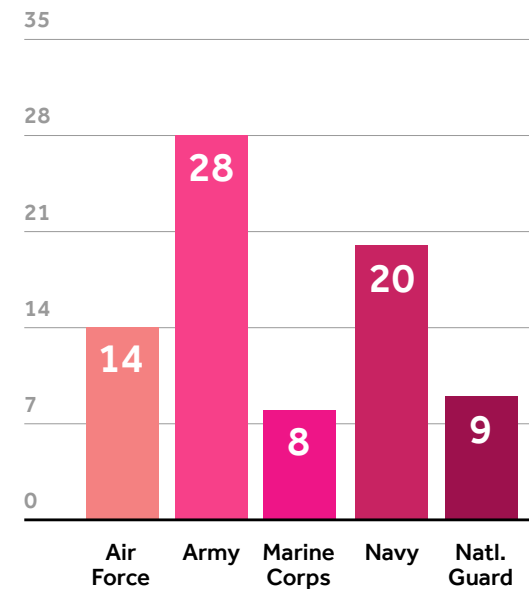
Overall



Senate



House



## Newly Elected Veteran Members



**Army**  
5 members



**Navy**  
5 members



**National Guard**  
3 members



**U.S. Air Force**  
2 members



**Marine Corps**  
1 member

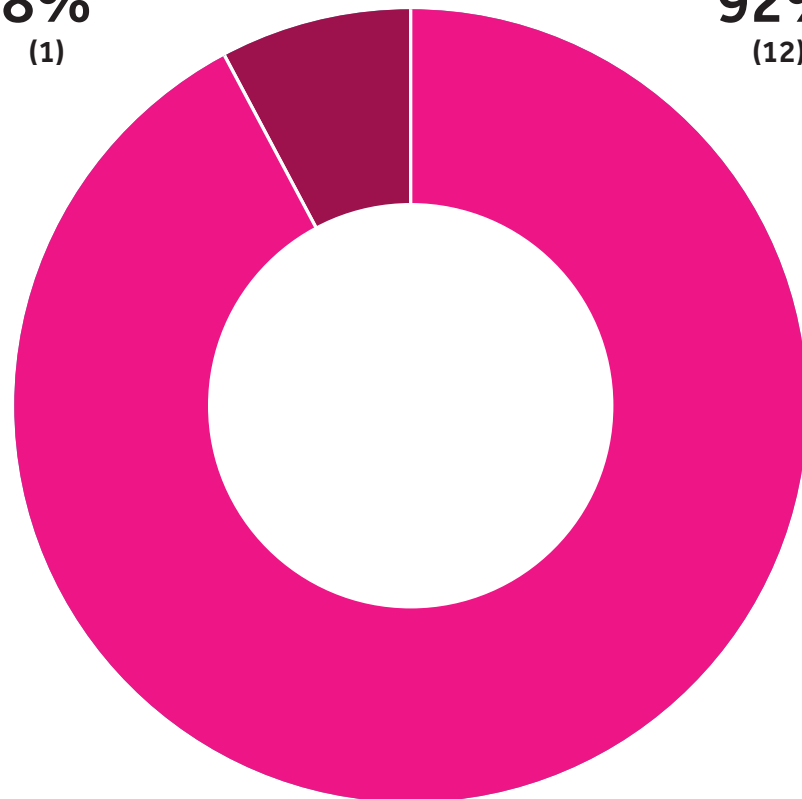
# Sexual Orientation

## Openly LGBTQ+ Members

Congressional members who openly identify as members of the LGBTQ+ community.

SENATE  
**8%**  
(1)

HOUSE  
**92%**  
(12)



### 3 New Members



**Rep. Julie Johnson**  
(D-TX-32)



**Rep. Emily Randall**  
(D-WA-06)



**Rep. Sarah McBride**  
(D-DE-03)

First openly transgender  
person elected to Congress

nrg<sup>®</sup>  
pac

