The Meaning of the Constitution Course—Dr. John W. Ray

The 119th United States Congress has the following sociological and demographic makeup:

Party and Seat Breakdown

- **House of Representatives:** 219 Republicans, 212 Democrats, and 4 vacancies (plus 3 Delegates, 2 Delegates, and 1 Resident Commissioner).
- **Senate:** 53 Republicans, 45 Democrats, and 2 Independents (who caucus with Democrats).

Age and Experience

- **Average Age:** 57.9 years in the House; 63.9 years in the Senate.
- **Generations:** Gen X outnumbers Baby Boomers in the House, while Baby Boomers remain a larger share of the Senate. Gen X—Born 1965 to 1980
- **Average Tenure:** 8.6 years in the House; 11.2 years in the Senate.

Education and Occupation

- **Education:** Roughly 96% of members are college graduates.
- **Occupations:** Heavily dominated by backgrounds in public service/politics, business, and law.

Race, Ethnicity, and Gender

- **Women:** Currently there are 156 women in Congress: 129 in the U.S. House of Representatives and 27 in the U.S. Senate.
- **Racial and Ethnic Minorities:** Roughly 139 voting members (26% of Congress) identify as racial or ethnic minorities, including:
    - African American / Black: 66 members
    - Hispanic / Latino: 56 members
    - Asian / Pacific Islander: 24 members
    - American Indian / Alaska Native: 4 members
- **LGBTQ+:** 13 LGBTQ+ members, including the first openly transgender legislator (Sarah McBride).

Religion, Military, and Foreign Birth

- **Religion:** Approximately 87% identify as Christian (including Catholic and Protestant denominations), alongside Jewish, Muslim, Hindu, Buddhist, Unitarian Universalist, and unaffiliated members.
- **Military Veterans:** 98 to 100 military veterans (about 18% to 19% of Congress).
- **Foreign-Born:** 19 to 32 foreign-born members.

Sources: Pew Research Center and U.S. Congress