



Ms. Alma S. Adams

Party: Democratic • **Chamber:** House
State: NC • **District:** 12
Service: 2014–2025 (including current term)
Most recent Congress: 119
Phone: (202) 225-1510
Office: 2436 Rayburn House Office Building
Website: adams.house.gov

Biography

A Representative from North Carolina. Born in High Point, Guilford County, N. C. , May 27, 1946. Graduated from West Side High School, Newark, N. J. , 1964. B. S. , North Carolina Agricultural and Technical State University, Greensboro, N. C. , 1968. M. S. , North Carolina Agricultural and Technical State University, Greensboro, N. C. , 1972. Ph. D. , Ohio State University, Columbus, Ohio, 1981. Artist. Faculty, Bennett College, Greensboro, N. C. , 1972-2012. Member of the Greensboro, N. C. , school board, 1984-1986. Member of the Greensboro, N. C. , city council, 1987-1994. Member of the North Carolina state house of representatives, 1994-2014. Elected simultaneously as a Democrat to the One Hundred Thirteenth and One Hundred Fourteenth Congresses, by special election, to fill the vacancy caused by the resignation of United States Representative Melvin L. Watt, and reelected to the five succeeding Congresses (November 4, 2014-present).

Committee Memberships (Congress 119)

- Agriculture Committee – Standing
- Conservation, Research, and Biotechnology Subcommittee – Subcommittee
- Early Childhood, Elementary, and Secondary Education Subcommittee – Subcommittee
- Education and Workforce Committee – Standing
- Higher Education and Workforce Development Subcommittee – Subcommittee
- Nutrition and Foreign Agriculture Subcommittee – Subcommittee

Legislative Activity (2014–2025)

Bills sponsored: 173

Bills cosponsored: 2365

Most Recent Sponsored Bills

Bill	Title	Status / Last Action
119 HR 8211	Army Security Agency Monument Act	Referred to the Subcommittee on Disability Assistance and Memorial Affairs. Updated Apr 27, 2026
119 HR 8399	STAR Act	Referred to the House Committee on Transportation and Infrastructure. Updated Apr 21, 2026
119 HRES 1183	Supporting the designation of the week of April 11 through April 17, 2026, as "Black Maternal Health Week", founded by Black Mamas Matter Alliance, Inc. (BMMA), to bring national attention to the maternal and reproductive health crisis in the United States and the importance of reducing maternal mortality and morbidity among Black women and birthing people.	Referred to the House Committee on Energy and Commerce. Updated Apr 16, 2026
119 HR 8074	Kira Johnson Act	Referred to the House Committee on Energy and Commerce. Updated Mar 25, 2026
119 HR 7522	Improving Access to Nutrition Act of 2026	Referred to the House Committee on Agriculture. Updated Feb 12, 2026

Most Recent Cosponsored Bills

Bill	Title	Status / Last Action
119 HRES 1410	Congratulating the Carolina Hurricanes on winning the 2026 Stanley Cup Championship, the team's first Stanley Cup win in 20 years.	Referred to the House Committee on Oversight and Government Reform. Updated Jun 30, 2026
119 HR 3514	Improving Seniors' Timely Access to Care Act of 2025	Forwarded by Subcommittee to Full Committee by Voice Vote. Updated Jun 25, 2026
119 HR 2555	Freedom of Association in Higher Education Act of 2025	Ordered to be Reported (Amended) by the Yeas and Nays: 18 - 15. Updated Jun 25, 2026
119 HR 9432	LIFT the BAR Act	Referred to the Committee on Ways and Means, and in addition to the Committees on Agriculture, Educa Updated Jun 24, 2026
119 HR 9414	Pell Grant Preservation and Expansion Act of 2026	Referred to the Committee on Education and Workforce, and in addition to the Committee on the Budget Updated Jun 23, 2026

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