



Ms. Alma S. Adams

Party: Democratic • **Chamber:** House
State: NC • **District:** 12
Service: 2014–2025 (including current term)
Most recent Congress: 119

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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: 2338

Most Recent Sponsored Bills

Bill	Title	Status / Last Action
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 8211	Army Security Agency Monument Act	Referred to the Committee on Veterans' Affairs, and in addition to the Committee on Armed Services, Updated Apr 9, 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 HR 8521	Protect Moms From Domestic Violence Act	Referred to the House Committee on Energy and Commerce. Updated Apr 27, 2026
119 HR 1329	Smithsonian American Women's History Museum Act	Placed on the Union Calendar, Calendar No. 538. Updated Apr 23, 2026
119 HR 8397	Protecting Moms and Babies Against Climate Change Act	Referred to the House Committee on Energy and Commerce. Updated Apr 21, 2026
119 HR 8351	Clean Slate through Repayment Act of 2026	Referred to the House Committee on Education and Workforce. Updated Apr 16, 2026
119 HR 8356	Clean Slate through Consolidation Act	Referred to the House Committee on Education and Workforce. Updated Apr 16, 2026