



Ms. Ilhan Omar

Party: Democratic • **Chamber:** House
State: MN • **District:** 5
Service: 2019–2025 (including current term)
Most recent Congress: 119

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Biography

A Representative from Minnesota. Born in Mogadishu, Somalia, October 4, 1982. Graduated from Edison High School, Minneapolis, Minn. , 2001. B. A. , North Dakota State University, Fargo, N. Dak. , 2011. B. S. , North Dakota State University, Fargo, N. Dak. , 2011. Teacher. Campaign manager. Non-profit executive. Staff, Minnesota department of education, 2006-2017. Staff, Minneapolis city council, 2013-2015. Member of the Minnesota state house of representatives, 2017-2019. Elected as a Democrat to the One Hundred Sixteenth and to the three succeeding Congresses (January 3, 2019-present).

Committee Memberships (Congress 119)

- Budget Committee – Standing
- Education and Workforce Committee – Standing
- Higher Education and Workforce Development Subcommittee – Subcommittee
- Workforce Protections Subcommittee – Subcommittee

Legislative Activity (2019–2025)

Bills sponsored: 116

Bills cosponsored: 2140

Most Recent Sponsored Bills

Bill	Title	Status / Last Action
119 HR 5720	Federal Worker Childcare Protection Act of 2025	Referred to the House Committee on Oversight and Government Reform. Updated Oct 8, 2025
119 HR 5655	No Shame at School Act of 2025	Referred to the House Committee on Education and Workforce. Updated Sep 30, 2025
119 HCONRES 51	To direct the removal of United States Armed Forces from hostilities that have not been authorized by Congress.	Referred to the House Committee on Foreign Affairs. Updated Sep 23, 2025
119 HRES 669	Honoring the victims and survivors of the mass shooting at Annunciation Catholic Church and School in Minneapolis, Minnesota.	Referred to the House Committee on Oversight and Government Reform. Updated Sep 2, 2025
119 HR 4714	End Polluter Welfare Act of 2025	Referred to the Committee on Ways and Means, and in addition to the Committees on Transportation and Updated Jul 23, 2025

Most Recent Cosponsored Bills

Bill	Title	Status / Last Action
119 HR 7637	To amend the Head Start Act to improve the Act.	Referred to the House Committee on Education and Workforce. Updated Feb 20, 2026
119 HR 7608	To halt removal of certain nationals of Cambodia, Laos, and Vietnam, and for other purposes.	Referred to the House Committee on the Judiciary. Updated Feb 20, 2026
119 HR 7599	To authorize the issuance of extreme risk protection orders.	Referred to the House Committee on the Judiciary. Updated Feb 17, 2026
119 HR 7556	To require every employer to provide to their employees a retirement program with benefits equivalent to the Federal Employees Retirement System or to elect for their employees to participate in the Federal Employees Retirement System, and for other purposes.	Referred to the Committee on Ways and Means, and in addition to the Committees on Oversight and Gove Updated Feb 12, 2026
119 HR 7566	To require the Secretary of Labor to establish a pilot program to provide grants for job guarantee programs.	Referred to the Committee on Education and Workforce, and in addition to the Committee on Ways and M Updated Feb 12, 2026