



## Ms. Nellie Pou

**Party:** Democratic • **Chamber:** House

**State:** NJ • **District:** 9

**Most recent Congress:** 119

**Phone:** (202) 225-5751

**Office:** 1007 Longworth House Office Building

**Website:** [pou.house.gov](https://pou.house.gov)

### Biography

A Representative from New Jersey, born in Paterson, Passaic County, N. J. , May 20, 1956. Attended Kean College of New Jersey (now Kean University), Union, N. J. Attended Rutgers University, New Brunswick, N. J. Attended University of Virginia, Charlottesville, Va. Staff, city of Paterson, N. J. , 1975-1997. Member of the New Jersey general assembly, 1997-2011, assistant minority leader, 2000-2001, deputy speaker, 2002-2005. Member of the New Jersey state senate, 2012-2025, majority caucus chair, 2022-2025. Elected as a Democrat to the One Hundred Nineteenth Congress (January 3, 2025-present).

### Committee Memberships (Congress 119)

- Aviation Subcommittee – Subcommittee
- Highways and Transit Subcommittee – Subcommittee
- Homeland Security Committee – Standing
- Transportation and Infrastructure Committee – Standing
- Water Resources and Environment Subcommittee – Subcommittee

### Legislative Activity (2025–)

**Bills sponsored:** 9

**Bills cosponsored:** 152

### Most Recent Sponsored Bills

Bill	Title	Status / Last Action
119 HR 7448	Modernizing and Improving the National Terrorism Advisory System Act of 2026	Referred to the House Committee on Homeland Security. Updated Feb 9, 2026
119 HR 7449	PLATE Act	Referred to the Committee on the Judiciary, and in addition to the Committee on Homeland Security, f Updated Feb 9, 2026
119 HR 7268	CLEAN–UP Act	Referred to the Committee on Energy and Commerce, and in addition to the Committee on Transportation Updated Jan 27, 2026
119 HR 5783	State Actions For Employing Transportation Risk Assessments and Crossing Knowledge Strategies Act	Ordered to be Reported by Voice Vote. Updated Dec 18, 2025
119 HR 6223	Crime Gun Tracing Modernization Act of 2025	Referred to the House Committee on the Judiciary. Updated Nov 20, 2025

## Most Recent Cosponsored Bills

Bill	Title	Status / Last Action
119 HR 7531	To allow Americans to earn paid sick time so that they can address their own health needs and the health needs of their families.	Referred to the Committee on Education and Workforce, and in addition to the Committees on House Adm Updated Feb 12, 2026
119 HR 5221	PART Act	Forwarded by Subcommittee to Full Committee by Voice Vote. Updated Feb 10, 2026
119 HR 1329	Smithsonian American Women's History Museum Act	Subcommittee Hearings Held Updated Feb 10, 2026
119 HR 7382	Nonprofit Security Grant Program Transparency Act	Referred to the Committee on Transportation and Infrastructure, and in addition to the Committee on Updated Feb 4, 2026
119 HRES 1035	Condemning Federal workforce reductions that undermine preparedness, response, and recovery, and expressing concern regarding proposed future staffing cuts to the Federal Emergency Management Agency.	Referred to the Committee on Transportation and Infrastructure, and in addition to the Committee on Updated Feb 3, 2026