2024 REPORT

FUTURE ▲ CAUCUS

ON THE RISE

Comprehensive data on young people running for Congress in 2024

CONTENTS

ACKNOWLEDGEMENTS

ABOUT FUTURE CAUCUS

Future Caucus is a nonpartisan, nonprofit organization with an audacious mission: activate young lawmakers to bridge the partisan divide and transform American politics. We work directly with our nation's leading young policymakers on both a federal and state level to transcend political polarization and lead a new era of collaborative governance. Future Caucus connects rising leaders across the United States with resources and support to develop and pass innovative policy solutions—and forge productive partnerships on the issues impacting Americans.

ABOUT ON THE RISE

The first edition of *On the Rise* was published in 2020 as *Millennials on the Rise*. The biannual, election-year report analyzes a wide range of demographic data—including, but not exclusive to, age group, generation, gender, and political-party affiliation—on candidates for Congress, with an emphasis on generational trends. The report is the only one of its kind and informs the work of academics, journalists, advocates, and policymakers.

LETTER FROM THE PRESIDENT

Dear Future Caucus Community,

Thanks to a rising tide of young public servants, American political leadership is poised to become more diverse, energetic, and future-focused than ever before. During eight years at Future Caucus, I've seen with my own eyes how, across the country and the political spectrum, Gen Z and millennials are putting action to their idealism as well as to their frustrations, and in doing so, they are taking on an ever-greater role in American civic life—including as elected officials.

The thing is, most of what Americans know about the next generation of elected leaders comes from anecdotes and headlines, rather than from the data and rigorous analysis required to understand a phenomenon. That's why, in 2020, a scrappy and intrepid organization then known as Millennial Action Project launched _Millennials on the Rise_, which tracked the election outcomes of 123 millennials running for Congress in the general election. Following the second edition of _Millennials on the Rise_, published in November 2022, two things happened: Maxwell Frost became the first member of Gen Z to enter Congress, where he represents Florida's 10th Congressional District, and a year later, Millennial Action Project became Future Caucus, to acknowledge and welcome the expanding slate of young changemakers across America.

This year marks the third edition of our report, now titled simply _On the Rise_. What began in 2020 as an effort to track and amplify millennials running for Congress has evolved into a comprehensive, data-driven examination—the only one of its kind—of the trends and statistics underlying Gen Z and millennials' path to political power. It is undeniably an uphill climb, given the average ages in the House of Representatives and Senate are 57.9 and 65.3, respectively. The good news is that more millennials and Gen Zers than ever are striving to climb that hill—or, in this case, _the_ Hill. Contrary to the widespread narrative of political burnout among younger Americans, they are enthusiastically aging into the pursuit of leadership: **From 2020 to 2024, the number of millennial candidates in the general election rose 79%.**

At the state level, Gen Z and millennial lawmakers have not just shown potential, but have led meaningful policy successes. In 2023, this cohort introduced 40% of all bipartisan bills signed into law, despite accounting for only 25% of all state lawmakers. Their determination to transcend toxic polarization and make positive change for voters portends significant potential benefits in Congress, where nearly half of all members once served in their state legislature. **Notably, of the 33 state legislators running for Congress in this year's general election, more than one-third are millennials.**

The data featured in *On the Rise* tell a powerful story that can equip leaders across the country to advance a more inclusive and functional democracy. This report is just one tool in our effort to construct a political environment that rejects toxic partisanship and actively includes every generation of Americans in developing the policies that affect their lives—today and for decades to come.

Thank you for taking the time to engage with the findings of *On the Rise 2024*. When we work together, America's best days are ahead, and we could not be more excited to support and engage the rising generation of lawmakers who will lead us there.

Sincerely,

LAYLA ZAIDANE
PRESIDENT & CEO

KEY FINDINGS
2024 GENERAL ELECTION

Approximately **1 in 4** candidates is a millennial or Gen Zer.

There are **21** Gen Zers

220 millennials

on the general election ballot.

79% increase compared to 123 millennials in 2020.

More than

1 in 3

state legislators on the ballot for Congress in November are millennials.

30%
of millennial candidates are women, and only

19%
of Gen Z candidates are women

Younger candidates were disproportionately eliminated from their congressional races prior to the general election.
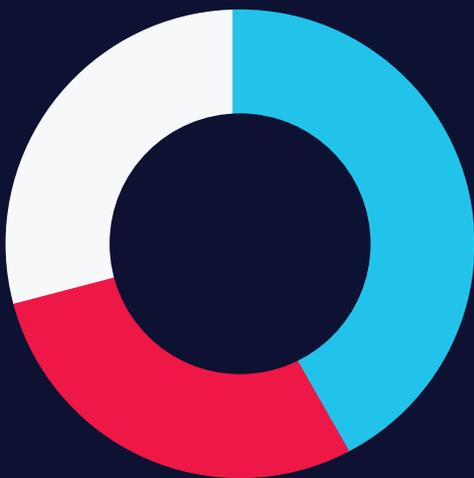
While no generation of congressional candidates is dominated by one party, younger candidates are:

42%
Democrat

29%
Republican

29%
Unaffiliated

METHODOLOGY

DATA

The *On the Rise 2024* report utilizes data collected from KnowWho Candidate Data Service, the most comprehensive dataset available on candidates running for federal and state elections. KnowWho editors have updated this dataset on a weekly basis since November 2023; updates will continue through November 5, 2024.

For *On the Rise 2024*, Future Caucus identified a total of 2,983 candidates for the U.S. House of Representatives and the U.S. Senate (hereafter "House" and "Senate," respectively). Of that total in 2024, there were 2,764 candidates for the House and 510 candidates for the Senate.

Data included in this report were last updated on September 11, 2024.

Table 1.
Count and percent of all 2024 House and Senate candidates in dataset

	Count	Percent of Candidates in Dataset
House	2,549	85.5%
Senate	434	14.5%
Both	2,983	100%

DATA COMPLETENESS

Candidates for the House were collected for all U.S. states and territories, while candidates for the Senate were collected only for states with Senate elections happening in 2024. For a full list of states and territories included in the analysis, please see *Appendix A*.

CANDIDATE AGE DATA

Exact age data can be difficult to collect, as it requires an individual's exact birthdate, which is often not available online nor required for candidate filing forms. In some cases, the team identified either only the birth month and year or only the birth year *(Table 2, Table 3, and Table 4).*

Table 2.

2024 House and Senate candidates, completeness of birthdate data

	Count	Percentage
Exact Birthdate	783	26.3%
Birth Month and Year	266	9%
Birth Year Only	1,054	35.3%
Incomplete	880	30%
Total Complete	2,103	70%
Total	2,983	100%

Table 3.

2024 House candidates, completeness of birthdate data

	Count	Percentage
Exact Birthdate	682	26.7%
Birth Month & Year	255	10%
Birth Year Only	884	34.7%
Incomplete	728	28.6%
Total Complete	1,821	71.4%
Total	2,549	100%

This information was collected using a boolean search—initially of the entire web—using data points such as candidates' names and locations. Ballotpedia and VoteSmart were the leading sources of candidates' ages. LinkedIn, news articles, and Facebook pages were used as secondary sources when information was unavailable on Ballotpedia or VoteSmart.

Table 4.

2024 Senate candidates, completeness of birthdate data

	Count	Percentage
Exact Birthdate	101	23.2%
Birth Month & Year	11	2.5%
Birth Year Only	170	39.2%
Incomplete	152	35%
Total Complete	282	65%
Total	434	100%

In some cases, Future Caucus researchers could identify a candidate's graduation year from either high school or college/university. In these cases, the team carefully read candidate biographies to determine if the candidate took a gap year before or during college/university, or served in the military. If either of these caveats were confirmed, the team would seek additional birth year identifiers. When candidate information was verified, the team subtracted 18 from high school graduation years and 22[1] from university graduation years. Where unable to confirm using additional sources, the team coded the candidate's birthdate information as 'missing,' and that candidate was not included in the dataset of candidates with age information.

Overall, the research team was able to find candidate age information for 70.5% (2,103) of all congressional candidates *(Table 2)*, 71.4% (1,821) of House candidates *(Table 3)*, and 65.0% (282) of Senate candidates *(Table 4)*.

CANDIDATE PARTY

Candidate party affiliation data were collected by KnowWho for all candidates with a 100% completion rate.

CANDIDATE GENDER

Candidate gender data were collected by KnowWho for all candidates with a 100% completion rate.

DESCRIPTIVE DETAILS OF DATA

Candidates for the 2024 U.S. congressional elections were examined across the following descriptive characteristics: generation, age group, party affiliation, and gender. Data on these descriptive characteristics have been provided for all candidates for the U.S. congressional elections, including those who exited or were eliminated from their races. In addition to analysis of all congressional candidates in 2024 *(pg. 20)*, this report also contains additional analysis for the subset of candidates who made it onto the ballot for the general election *(pg. 10)*.

Throughout the report, figure titles denote whether the data presented in the figure pertain to all candidates in 2024, of which there were 2,983, or only to those with identified age data, of which there were 2,103.

When comparing the generational, age group, candidacy status, party affiliation, and gender breakdowns of our two datasets—all 2,983 candidates, compared to the 2,103 candidates with age information—our findings show only slight variation between the two, indicating that the subset of candidates with age information are likely representative of all candidates.

By definition, all figures and analysis of generational or age group markers were drawn from the dataset of candidates with age information.

1. While many students graduate university at 21, subtracting 22 from the graduation year minimizes the risk of excluding relevant outliers from the sample.

Candidate generations were established using the Pew Research Center's description of generations *(Fig. 1)*

Figure 1.

Silent Generation	Baby Boomers	Gen X	Millennials	Gen Z
1928–1945	1946–1964	1965–1980	1981–1996	1997–2012

1930 1940 1950 1960 1970 1980 1990 2000 2010
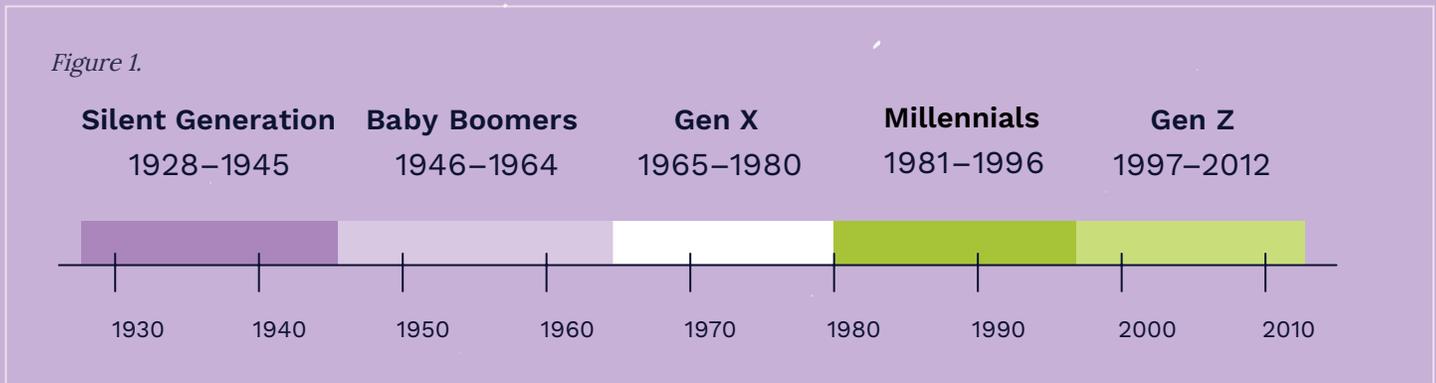
Age groups included in the report are: over 45, 45 and under, 40 and under, 35 and under, and 30 and under *(Table 5)*.

The report includes both generational and age group analysis because, while overlap exists between the two indicators, they do not map perfectly. For example, the '45 and under' age group includes some, but not all, Gen X candidates; the same is true for the '30 and under' age group and millennial candidates.

Table 5.

Generation and age group overlap

	Age Range	Over 45	45 and Under	40 and Under	35 and Under	30 and Under
Silent Generation	79-96					
Baby Boomer	60-78					
Gen X	44–59					
Millennial	28–43					
Gen Z	12-27					

This report includes three categories of party affiliation: candidates running as Democrats, candidates running as Republicans, and candidates running unaffiliated or with a third party. For purposes of this report, third-party candidates include those identified in KnowWho to be running as Independent, Libertarian, Green, or simply 'other.'

Candidate gender is based on the binary male and female categories provided in the KnowWho dataset.

GENERAL ELECTION FINDINGS

This section includes analysis of the 1,285 candidates who won their primary elections and will appear on the ballot for the 2024 general election on November 5, 2024. Future Caucus identified age information for 1,034 (80.5%) of these candidates.

+ **GENERATION**

+ **AGE GROUP**

+ **PARTY AFFILIATION**

+ **SEX/GENDER**

+ **POLITICAL EXPERIENCE**

GENERATION

In 2024, more millennials and Gen Zers are running for Congress than ever before. Nearly one in four candidates on the general election ballot are from the millennial and Gen Z generations.

Two percent of candidates in the general election are Gen Zers, 21% are millennials, 36% are Gen X, 38% are Baby Boomers, and 3% are from the Silent Generation.

Figure 2.
Percent of House and Senate candidates belonging to each generation

House

| 2.8% | 36.6% | 36.8% | 21.5% | 2.3% |

Senate

| 3.7% | 49.1% | 27.8% | 19.4% |

Both

| 2.9% | 37.9% | 35.9% | 21.3% | 2% |
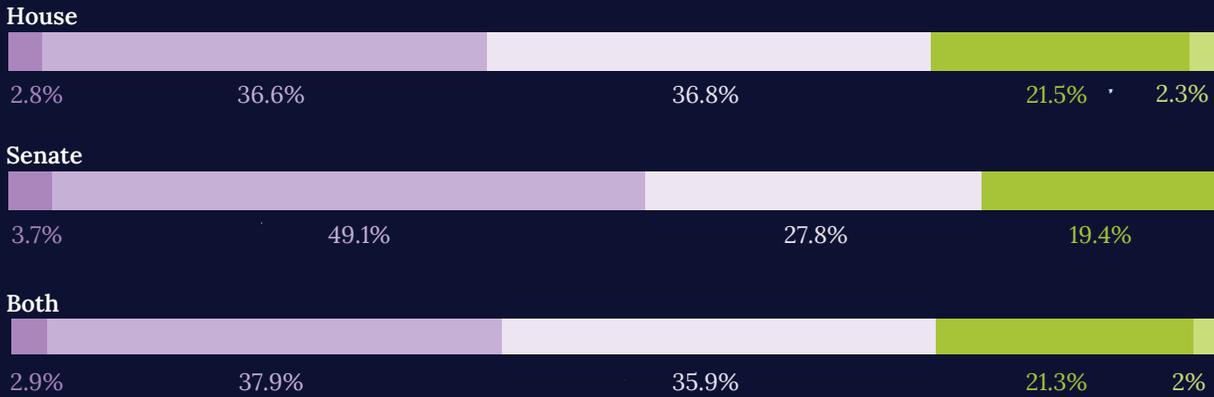
Table 6.
Number of House and Senate candidates belonging to each generation

	Silent Gen	Baby Boomers	Gen X	Millennials	Gen Z
House	26	339	341	199	21
Senate	4	53	30	21	0
Both	30	392	371	220	21

AGE GROUP

The majority of candidates on the 2024 general election ballot are over the age of 45, making up 72% of all candidates. Candidates aged over 45 outnumber those 45 and under by more than two-to-one *(Fig. 3)*.

Figure 3.

Percent of House and Senate candidates aged **45 and under**

House

71.8%   28.2%

Senate

76.9%   23.1%

Both

72.3%   27.7%
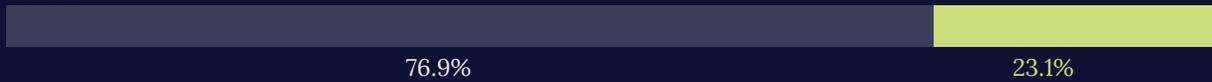
Table 7.

Number and percent of House and Senate Candidates by age group

	Over 45	45 and Under	40 and Under	35 and Under	30 and Under
House	665 | 71.8%	261 | 28.2%	158 | 17.1%	72 | 7.8%	36 | 3.9%
Senate	83 | 76.9%	25 | 23.1%	15 | 14.9%	5 | 4.6%	1 | 0.9%
Both	748 | 72.3%	286 | 27.7%	173 | 16.7%	77 | 7.4%	37 | 3.6%

PARTY AFFILIATION

Millennial candidates on the 2024 general election ballot are plurality-Democrat (42.7%), while Gen Z candidates have a split-plurality between Democrat candidates and third-party/unaffiliated candidates (38.1% respectively) *(Fig. 6)*.

Comparatively older generations, Baby Boomers and Gen X, are plurality-Republican (44.2% and 43.6%, respectively).

The oldest generation, the Silent generation, and the youngest generation, Gen Z, have the least number of candidates running as Republicans.

Figure 4.
Political-party affiliation among
all House and Senate candidates
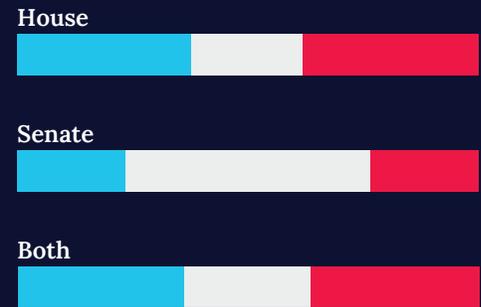
House

Senate

Both

Table 8.
Political-party affiliation among all House and Senate candidates

	Democratic Party		Third-party / Unaffiliated		Republican Party	
House	432	37.8%	275	24.1%	435	38.1%
Senate	34	23.8%	76	53.1%	33	23.1%
Both	466	36.3%	351	27.3%	468	36.4%

No generation or age group is dominated by a single political party. However:

Of millennial and Gen Z candidates:	Of millennial candidates:	Of Gen Z candidates:
42.3% are running as Democrats	**42.7%** are running as Democrats	**38.1%** are running as Democrats
29% are running as Republicans	**29.5%** are running as Republicans	**23.8%** are running as Republicans
28.6% are running unaffiliated or with a third party *(Fig. 6)*	**27.7%** are running unaffiliated or with a third party	**38.1%** are running unaffiliated or with a third party— the highest proportion of any generation

Table 9.
Political-party affiliation among House and Senate candidates with age data

	Democratic Party	Third-party / Unaffiliated	Republican Party
House	387 │ 41.8%	156 │ 16.8%	383 │ 41.4%
Senate	33 │ 30.6%	45 │ 41.7%	30 │ 27.8%
Both	420 │ 40.6%	201 │ 19.4%	413 │ 39.9%

Figure 5.

Political-party affiliation among House and Senate candidates with age data
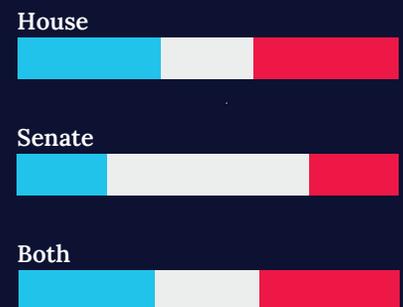
House

Senate

Both

Figure 6.

Political-party affiliation among House and Senate candidates, by generation

House

Silent Generation	65.4%	26.9%	7.7%
Baby Boomer	39.2%	44.8%	15.9%
Gen X	41.3%	45.7%	12.9%
Millennial	44.2%	31.7%	24.1%
Gen Z	38.1%	23.8%	38.1%

Senate

Silent Generation		25%	75%
Baby Boomer	34%	35.8%	30.2%
Gen X	30%	26.7%	43.3%
Millennial	28.6%	9.5%	61.9%
Gen Z			

Both

Silent Generation	56.7%	26.7%	16.7%
Baby Boomer	38.5%	43.6%	17.9%
Gen X	40.4%	44.2%	15.4%
Millennial	42.7%	29.5%	27.7%
Gen Z	38.1%	23.8%	38.1%
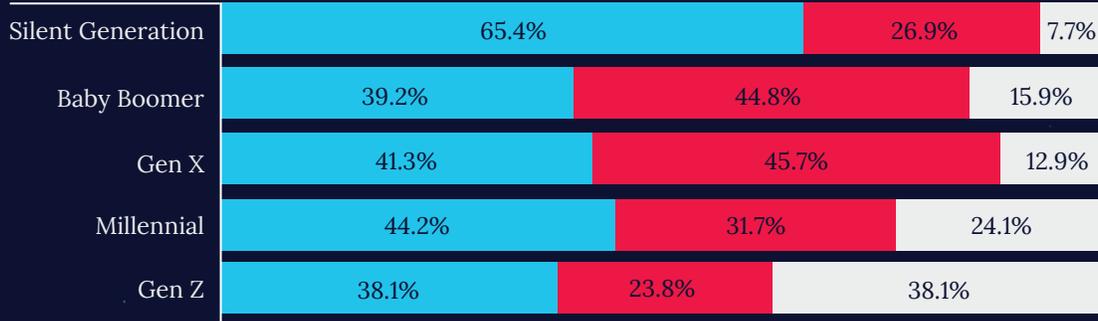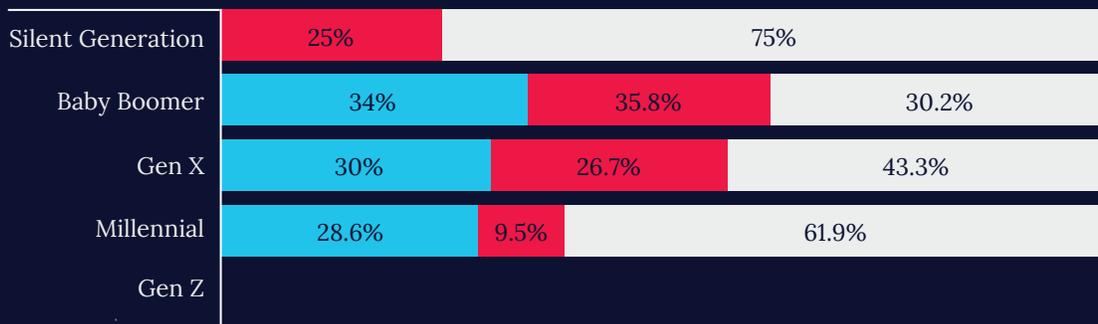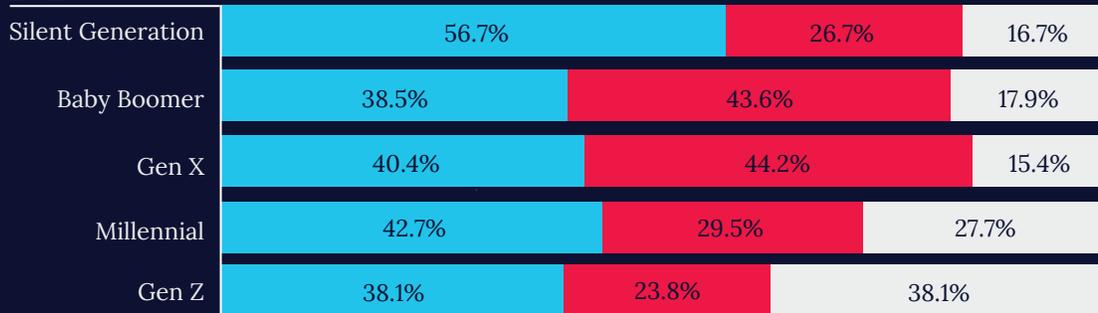
SEX/GENDER
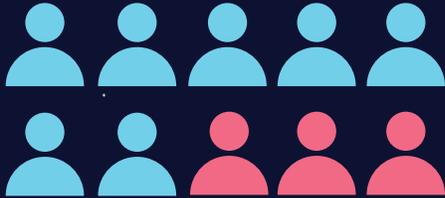
Approximately 7 in 10 candidates are men, while just 3 in 10 are women.

Among candidates on the general election ballot, men dominate with just over 70% of all candidates identifying as men—and the trend carries across generations and age groups.

However, when compared to women's representation among primary candidates, there is a slight increase: 23.6% of primary candidates were women *(Fig. 19),* while 27.3% of candidates on the general election ballot are women *(Fig. 7).*

Figure 7.
Gender representation among all candidates

House

| 72.5% | 27.5% |

Senate

| 74.1% | 25.9% |

Both

| 72.7% | 27.3% |

Figure 8.
Gender representation among candidates with age data

House

| 71.5% | 28.5% |

Senate

| 74.1% | 25.9% |

Both

| 71.8% | 28.2% |

● Men   ● Women
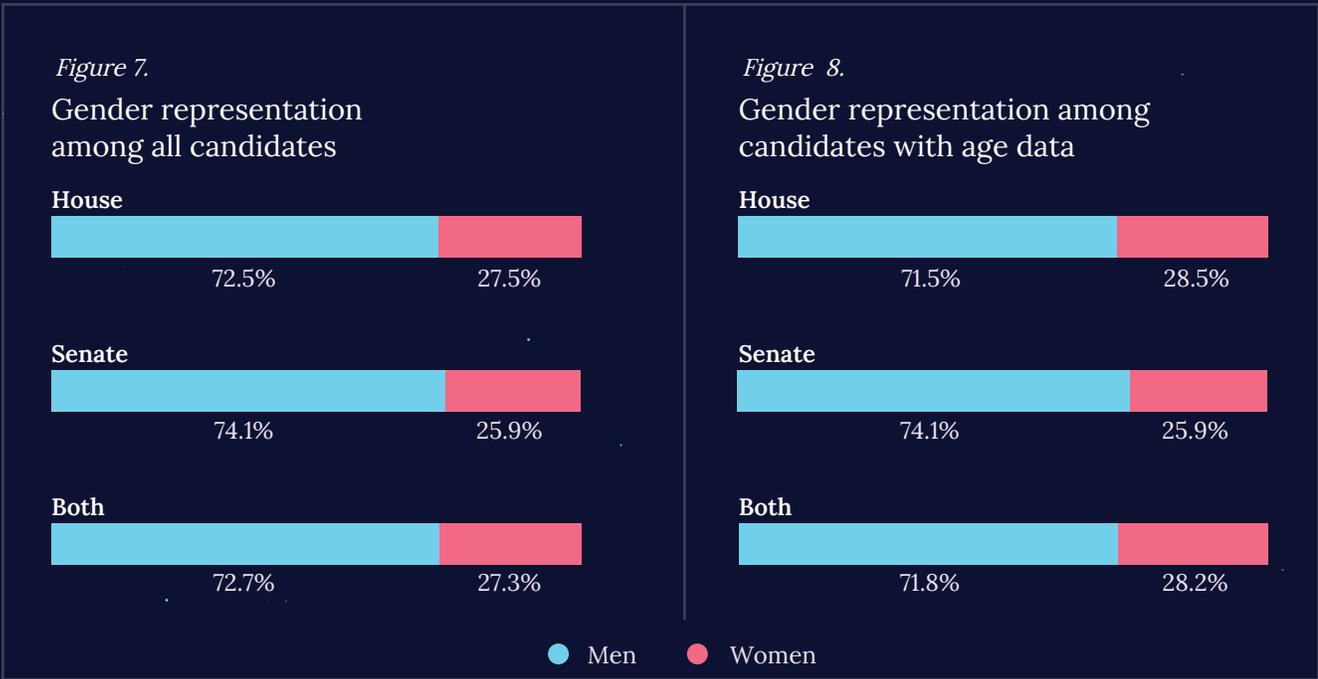
Figure 9.

Gender representation among House and Senate candidates, by generation

House

Generation	Men	Women
Silent Generation	65.4%	33.3%
Baby Boomer	74.9%	25.8%
Gen X	69.5%	29.9%
Millennial	68.8%	30%
Gen Z	81%	19%

Senate

Generation	Men	Women
Silent Generation	75%	25%
Baby Boomer	69.8%	30.2%
Gen X	76.7%	23.3%
Millennial	81%	19%
Gen Z		

Both

Generation	Men	Women
Silent Generation	66.7%	33.3%
Baby Boomer	74.2%	25.8%
Gen X	70.1%	29.9%
Millennial	70%	30%
Gen Z	81%	19%
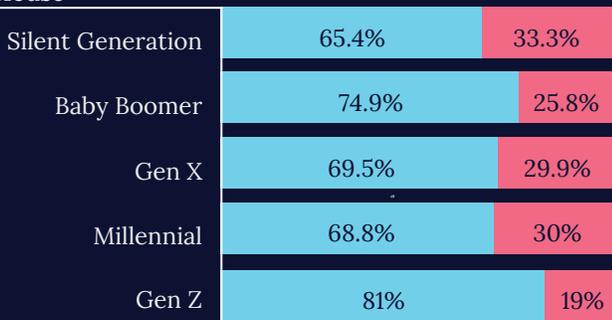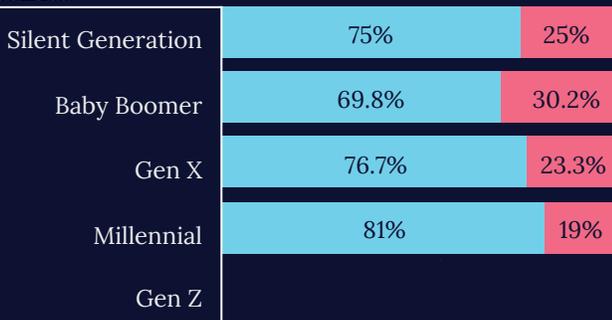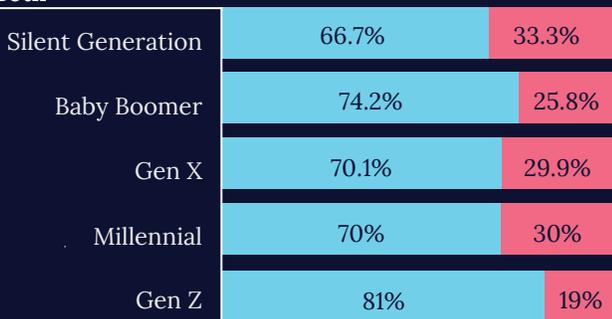
Relative to the U.S. population, men are overrepresented among congressional candidates of all generations. The Silent Generation, Baby Boomers, Gen X, and millennials approximately reflect the overall trend, but the discrepancy is most pronounced among Gen Z candidates, only 19.0% of whom identify as women *(Fig. 10)*.

While men remain overrepresented among all candidates on the general election ballot, women candidates were likely to win at the primary stage. This trend is most pronounced among the youngest generations: Just 13.3% of Gen Z candidates in the 2024 primary election were women; that number rose to 19.0% (+5.7%) on the general election ballot. Similarly, millennial women were 26.6% of primary candidates, and 30.0% (+3.4%) of those on the general election ballot.

POLITICAL EXPERIENCE

> Twenty-five millennial state legislators ran for Congress this year; 12 of them (48.0%) made it onto the ballot for the general election, representing 36.4% of all state legislators (33) running in November 2024.

> 31.6% of all general election candidates are currently serving in Congress (406 of 1,285).

> 2.6% (33) of all general election candidates are currently serving in their state's legislature.

> Of those 1,034 general election candidates for whom age data was identified, 39.3% (406) are currently serving in Congress, and 3.2% (33) are currently serving in their state legislature.

Figure 10.
Political experience among House and Senate candidates

● Incumbent   ● State Legislator   ● Neither

39.3%   3.2%   57.5%

PRIMARY ELECTION FINDINGS

This section displays results from the analysis of all individuals who sought election in the 2024 congressional election cycle. This includes candidates who failed to qualify, withdrew from the race, lost at the primary stage, and who won their primary. There were 2,983 candidates identified, 2,103 (70.5%) of whom had identifiable age data.

+ **GENERATION**

+ **HOME STATES**

+ **AGE GROUP**

+ **CANDIDACY STATUS**

+ **PARTY AFFILIATION**

+ **SEX/GENDER**

+ **POLITICAL EXPERIENCE**

GENERATION

Of all 2024 primary candidates with age data, more than one in four candidates were from the millennial and Gen Z generations.

Three percent of all primary candidates were Gen Z, 25% were millennials, 36% were Gen X, 34% were Baby Boomers, and 2% were from the Silent Generation.

Figure 11.

Percent of House and Senate candidates belonging to each generation

● Silent Generation   ● Baby Boomer   ● Gen X   ● Millennial   ● Gen Z

House

| 2.1% | 32.5% | 37% | 25.2% | 3.2% |

Senate

| 4.3% | 41.8% | 31.9% | 12.3% | 0.7% |

Both

| 33.8% | 36.3% | 24.7% | 2.9% |
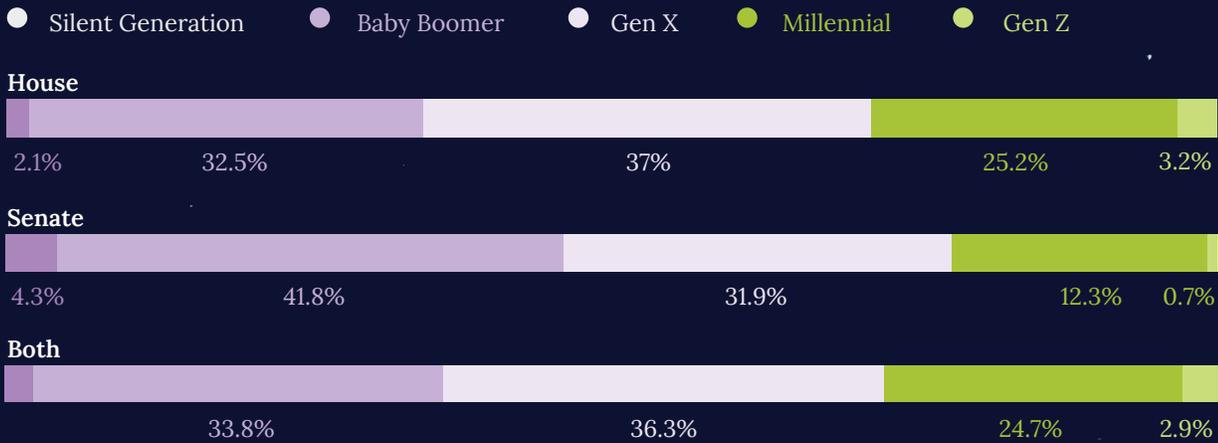
Table 10.

Number of all House and Senate candidates belonging to each generation

	Silent Gen	Baby Boomers	Gen X	Millennials	Gen Z
House	38	592	674	459	58
Senate	12	118	90	60	2
Both	50	710	764	519	60

TOP STATES

Among the states where at least 75% of candidates had age information, the following produced the highest proportion of millennial and Gen Z candidates:

Iowa	Rhode Island	West Virginia	Maryland	New York
42.1%	38.5%	36.4%	36%	35.8%
(8 of 21)	(5 of 16)	(8 of 26)	(40 of 129)	(34 of 95)
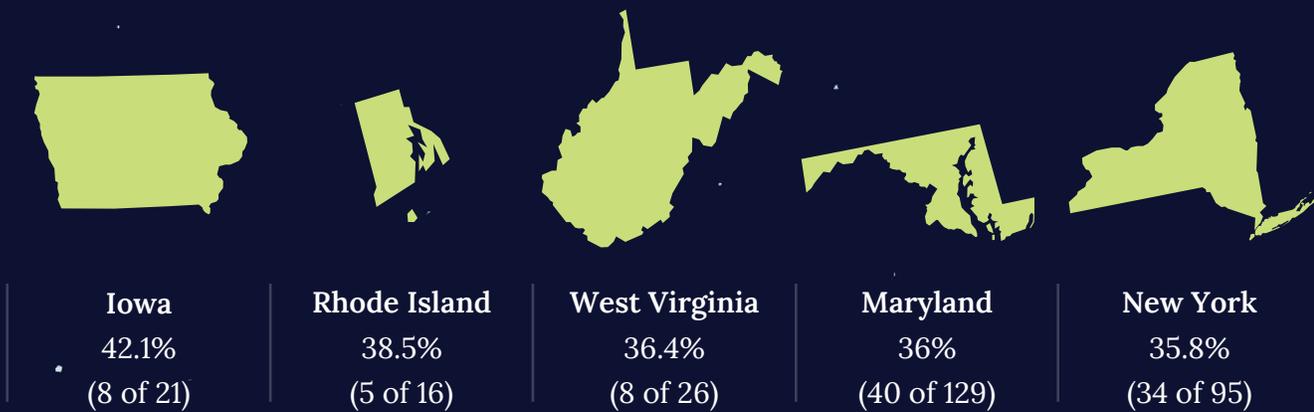
AGE GROUP

As in 2022, the majority of candidates for Congress were over the age of 45, outnumbering candidates **45 and under** by approximately two-to-one *(Table 11)*.

Figure 12.

Percent of House and Senate candidates aged **45 and under**.

House

66.8%   33.2%

Senate

74.5%   25.5%

Both

67.8%   32.2%
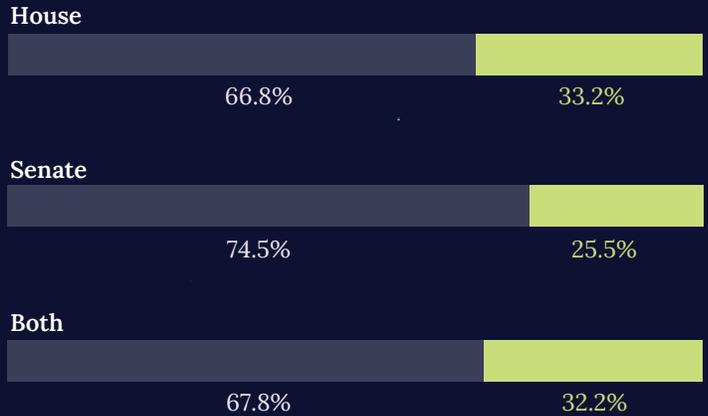
Table 11.

Number and percent of House and Senate Candidates by age group

	Over 45	45 and Under	40 and Under	35 and Under	30 and Under
House	1,216 | 66.8%	605 | 33.2%	394 | 21.6%	216 | 11.9%	115 | 6.3%
Senate	210 | 74.5%	72 | 25.5%	38 | 13.5%	17 | 6%	4 | 1.4%
Both	1,426 | 67.8%	677 | 32.2%	432 | 20.5%	233 | 11.1%	119 | 5.7%

CANDIDACY STATUS

Failure to qualify for the ballot, primary election defeat, and voluntary withdrawal were the three primary mechanisms that resulted in House and Senate candidates being eliminated from their races in 2024.

43.1% of all 2,983 candidates for Congress, including those with no identifiable age information, made it onto the ballot in the 2024 general election; 36.3% were defeated at the primary, caucus, or convention stage, 9.2% withdrew from the race, and 11.4% failed to qualify for the ballot *(Fig. 13)*.

Figure 13.
Candidacy status of House and Senate candidates

● Running   ● Defeated   ● Withdrew   ● Failed to qualify

House

| 44.8% | 36.4% | 9% | 9.8% |

Senate

| 32.9% | 35.5% | 10.6% | 21% |

Both

| 43.1% | 36.3% | 9.2% | 11.4% |
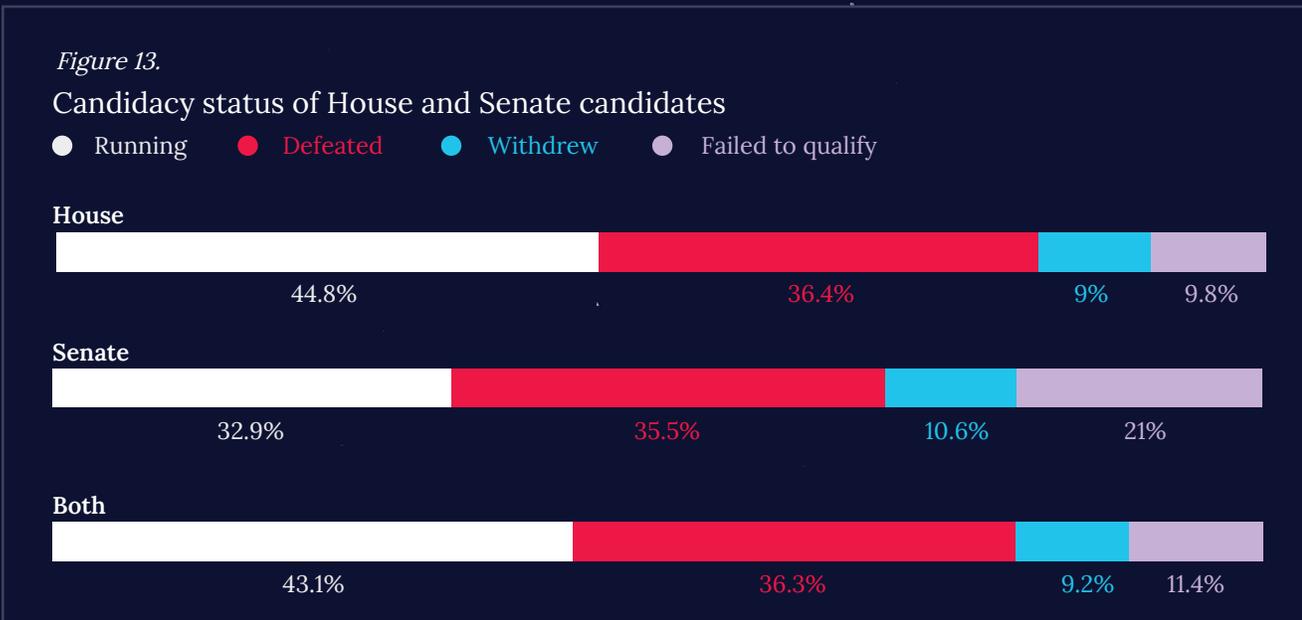
49.2% of the 2,103 candidates with age information made it onto the ballot in the 2024 general election; 36.7% were defeated at the primary, caucus, or convention stage, 6.7% withdrew from the race, and 7.4% failed to qualify for the ballot. Highlights from our findings *(Fig. 14)* include:

> Of the 579 Gen Z and millennial candidates for both chambers of Congress, 40.2% (233) lost at the primary stage, and 8.6% (50) withdrew their candidacy.

> Gen Z candidates had the highest withdrawal rate (16.7%), as well as the highest percentage of those who failed to qualify for their race (16.6%).

> 41.2% of all millennial candidates were eliminated through loss at the primary stage, while only 33.3% of Gen Z candidates experienced the same fate.

Figure 14.
Candidacy status of House and Senate candidates with age data

● Running   ● Defeated   ● Withdrew   ● Failed to qualify

House

| 50.9% | 36.2% | 6.5% | 6.4% |

Senate

| 38.3% | 39.4% | 8.2% | 14.1% |

Both

| 49.2% | 36.7% | 6.7% | 7.4% |
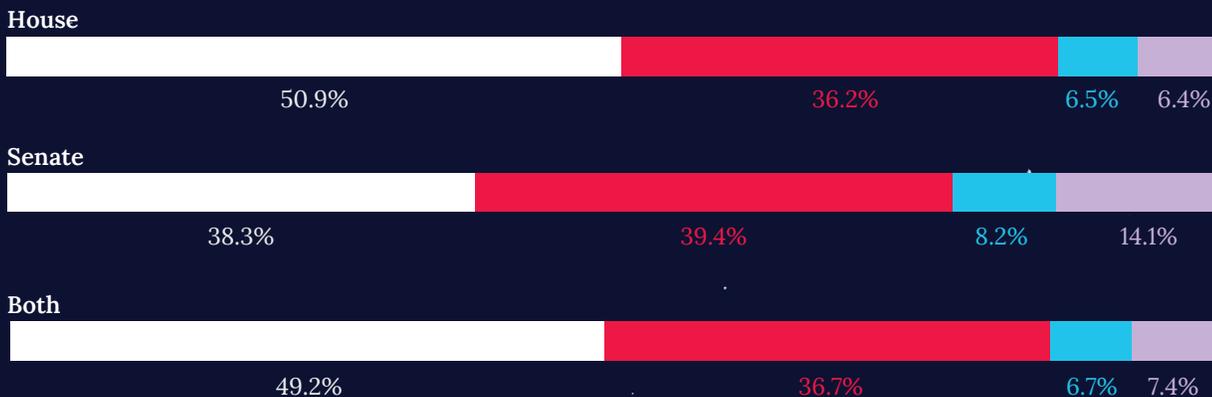
Figure 15.

Candidacy status of House and Senate candidates, by generation

● Running   ● Defeated   ● Withdrew   ● Failed to qualify

House

Generation	Running	Defeated	Withdrew	Failed to qualify
Silent Generation	68.4%	23.7%	2.6%	5.3%
Baby Boomer	57.3%	31.4%	5.9%	5.4%
Gen X	50.6%	38%	5.8%	5.6%
Millennial	43.4%	41.4%	7.2%	8.1%
Gen Z	36.2%	32.8%	17.2%	13.8%

Senate

Generation	Running	Defeated	Withdrew	Failed to qualify
Silent Generation	33.3%	41.7%	8.3%	16.7%
Baby Boomer	44.9%	37.3%	4.2%	13.6%
Gen X	33.3%	42.2%	11.1%	13.3%
Millennial	35%	40%	11.7%	13.3%
Gen Z				100%

Both

Generation	Running	Defeated	Withdrew	Failed to qualify
Silent Generation	60%	28%	4%	8%
Baby Boomer	55.2%	32.4%	5.6%	6.8%
Gen X	48.6%	38.5%	6.4%	6.5%
Millennial	42.4%	41.2%	7.7%	8.7%
Gen Z	35%	33.3%	16.7%	15%

When it comes to the percent of candidates from each generation that made it onto the ballot for the 2024 general election, the numbers for House races approximate overall trends. Among Senate candidates, however, there is greater variation.

Percentage of Senate candidates from each generation that made it to the general election:

Silent Generation:	Baby Boomers:	Gen X:	Millennials:	Gen Z:
33.3%	49.2%	33.3%	41.6%	0%

PARTY AFFILIATION

Table 12.

Political-party affiliation among all House and Senate candidates

	Democratic Party		Third-party / Unaffiliated		Republican Party	
House	988	38.8%	417	16.4%	1,144	44.9%
Senate	117	27%	137	31.6%	180	41.5%
Both	1,105	37%	554	18.6%	1,324	44.4%

Table 13.

Political-party affiliation among House and Senate candidates with age data.

	Democratic Party		Third-party / Unaffiliated		Republican Party	
House	766	42.1%	223	12.2%	832	45.7%
Senate	87	30.9%	72	35.5%	123	43.6%
Both	853	40.6%	955	14%	295	45.4%

Figure 16.

Political-party affiliation among all House and Senate candidates

House

Senate

Both
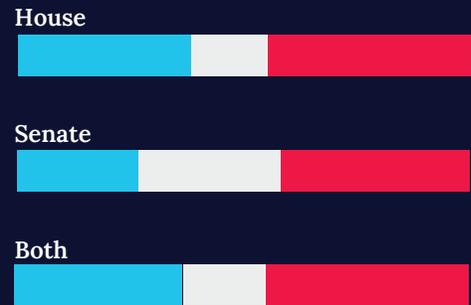
Figure 17.

Political-party affiliation among House and Senate candidates with age data

House

Senate

Both

No generation or age group is dominated by a single political party. However:

> A plurality of all 2,983 congressional candidates (**44.4%**, or 1,324) ran as Republicans.

> Among the 2,103 candidates with identified age information:

40.6% (853)	**45.4%** (955)	14.0% (295)
ran as Democrats	ran as Republicans	ran unaffiliated or with a third party

> Baby Boomer and Gen X candidates were plurality-Republican (48.2% and 49.2%, respectively).

> Silent Generation, millennial, and Gen Z candidates were plurality-Democrat (45.0%, 43.9%, and 50.0%, respectively) *(Fig. 18)*.

> Millennials and the Silent Generation have the greatest proportion of Independent and other third-party candidates (17.7% and 18.0%, respectively).

Figure 18.
Political-party affiliation among House and Senate candidates, by generation

● Democratic Party   ○ Third-party/Unaffiliated   ● Republican Party

House

Generation	Democratic	Republican	Third-party
Silent Generation	60.5%	31.6%	7.9%
Baby Boomer	38.3%	49.5%	12.2%
Gen X	41.4%	49.1%	9.5%
Millennial	45.8%	38.1%	16.1%
Gen Z	46.6%	36.2%	17.2%

Senate

Generation	Democratic	Republican	Third-party
Silent Generation	16.7%	33.3%	50%
Baby Boomer	33.1%	47.5%	19.5%
Gen X	31.1%	41.1%	27.8%
Millennial	30%	40%	30%
Gen Z		100%	

Both

Generation	Democratic	Republican	Third-party
Silent Generation	50%	32%	18%
Baby Boomer	37.5%	49.2%	13.4%
Gen X	40.2%	48.2%	11.6%
Millennial	43.9%	38.3%	17.7%
Gen Z	45%	38.3%	16.7%

SEX/GENDER

By the numbers, men dominated the field of House and Senate candidates, with approximately 75% of all candidates identifying as men—and the trend carried across generations and age groups.

Relative to the U.S. population, men were overrepresented among congressional candidates of all generations. The Silent Generation, Baby Boomers, Gen X, and millennials approximately reflected the overall trend, but the discrepancy was most pronounced among Gen Z candidates, only 13.3% of whom identified as women *(Fig. 21)*.

Figure 19.
Gender representation among all candidates

House
76.1% 23.9%

Senate
78.1% 21.9%
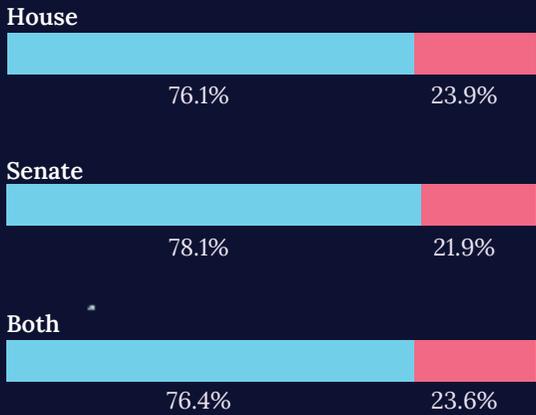
Both
76.4% 23.6%

Figure 20.
Gender representation among candidates with age data

House
74.2% 25.8%
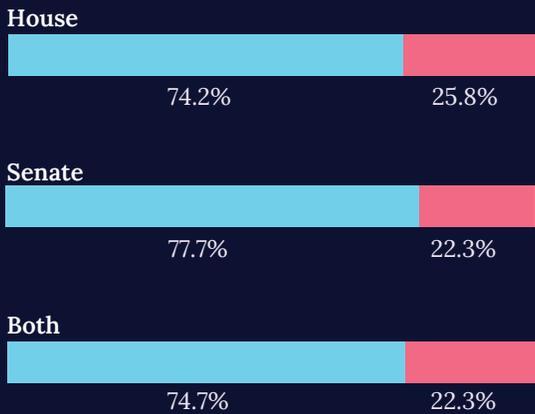
Senate
77.7% 22.3%

Both
74.7% 22.3%

Figure 21.
Gender representation among House and Senate candidates, by generation

House

	Men	Women
Silent Generation	71.1%	28.9%
Baby Boomer	78%	22%
Gen X	70.9%	29.1%
Millennial	72.5%	27.5%
Gen Z	87.9%	12.1%

Senate

	Men	Women
Silent Generation	83.3%	16.7%
Baby Boomer	78.8%	21.2%
Gen X	74.4%	25.6%
Millennial	80%	20%
Gen Z	50%	50%

Both

	Men	Women
Silent Generation	74%	26%
Baby Boomer	78.2%	21.8%
Gen X	71.3%	28.7%
Millennial	73.4%	26.6%
Gen Z	86.7%	13.3%

● Men   ● Women
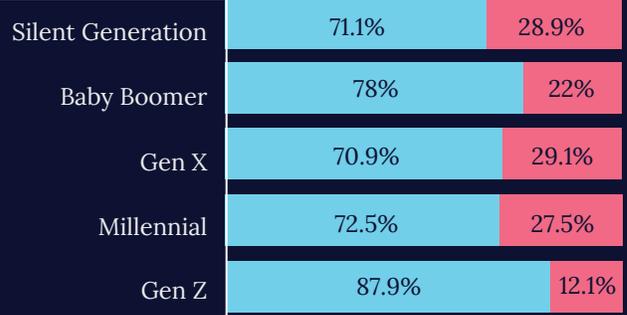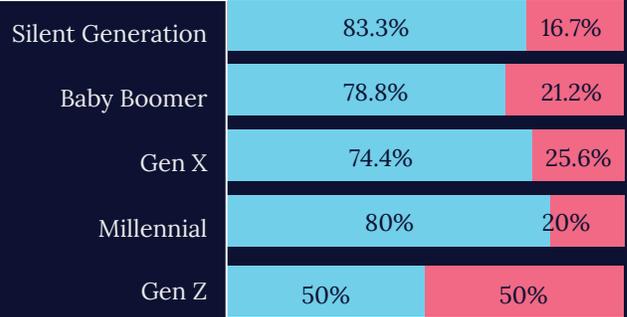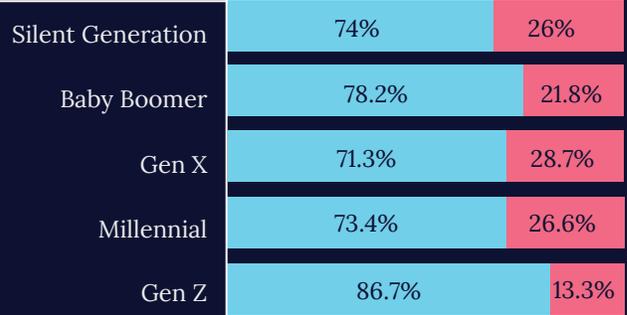
POLITICAL EXPERIENCE

When examining candidates' political experience immediately prior to running for office, our analysis revealed that 14.0% of all congressional candidates were concurrently serving in Congress (418 of 2983).

Additionally, 3.0% (88 of 2983) of all congressional candidates were concurrently serving in their state's legislature.

Of those 2,103 candidates for whom age data was identified, 19.9% (418) were concurrently serving in Congress, and 4.1% (87) were concurrently serving in their state legislature.

Of the 87 candidates who were concurrently serving in their state legislature, the vast majority belonged to the three youngest generations. 51.7% (45) belonged to Gen X, while 29.8% (26) belonged to the Gen Z (1) and millennial (25) generations.

Of the 25 millennial state legislators running in the 2024 congressional election, just under half, 48.0% (12), made it through to the general election. The only Gen Z state legislator running in the 2024 congressional election lost at the primary stage.

Figure 22.
Political experience among House and Senate candidates

● Incumbent   ● State Legislator   ● Neither

19.9%   4.1%   76%
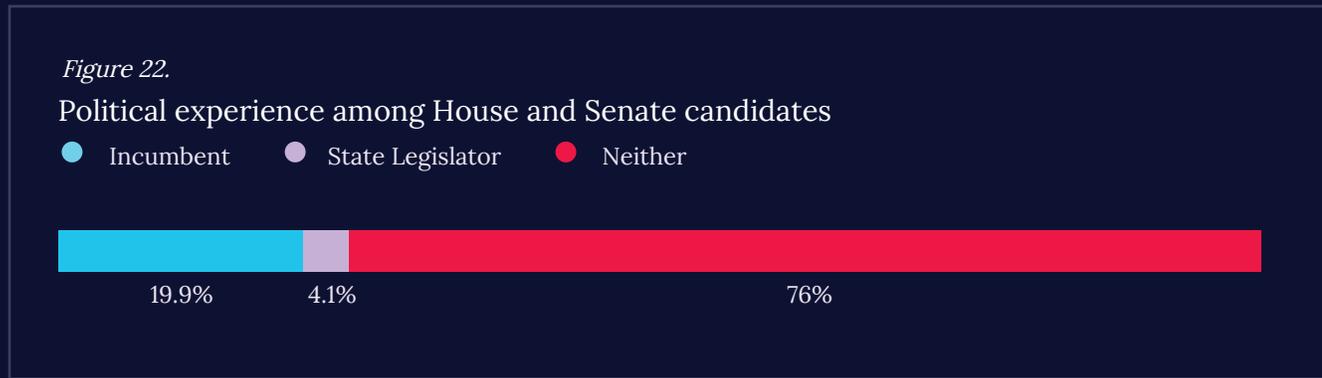
GEN Z AND MILLENNIAL CANDIDATES BY STATE (ALL CANDIDATES)

* indicates state has both House and Senate elections occurring in 2024

Count displayed as (n)

Youngest is Gen Z and millennial candidates combined

State	Candidates	Age Complete	Gen Z	Millennial	Youngest
Alabama	45	75.6% (34)	2%.9 (1)	23.5% (8)	26.5% (9)
Alaska	12	50.0% (6)	0.0% (0)	16.7% (1)	16.7% (1)
American Samoa	2	100.0% (2)	0.0% (0)	0.0% (0)	0.0% (0)
Arizona*	95	68.4% (65)	0.0% (0)	27.7% (18)	27.7%. (18)
Arkansas	13	84.6% (11)	0.0% (0)	18.2% (2)	18.2% (2)
California*	375	62.9% (236)	3.0% (7)	22.9% (54)	25.8% (61)
Colorado	91	80.2% (73)	2.7% (2)	31.5% (23)	34.2% (25)
Connecticut*	27	81.5% (22)	0.0% (0)	13.6% (3)	13.6% (3)
Delaware*	15	80.0% (12)	16.7% (2)	16.7% (2)	33.3% (4)
District of Columbia	9	66.7% (6)	0.0% (0)	0.0% (0)	0.0% (0)
Florida*	145	76.6% (111)	3.6% (4)	21.6% (24)	25.2% (28)
Georgia	76	52.6% (40)	0.0% (0)	22.5% (9)	22.5% (9)
Guam	4	100.0% (4)	0.0% (0)	50.0% (2)	50.0% (2)
Hawaii*	31	54.8% (17)	0.0% (0)	11.8% (2)	11.8% (2)
Idaho	12	58.3% (7)	0.0% (0)	14.3% (1)	14.3% (1)
Illinois	62	69.4% (43)	0.0% (0)	30.2% (13)	30.2% (13)
Indiana*	95	73.7% (70)	5.7% (4)	21.4% (15)	27.1% (19)
Iowa	21	90.5% (19)	0.0% (0)	42.1% (8)	42.1% (8)
Kansas	18	88.9% (16)	0.0% (0)	18.8% (3)	18.8% (3)
Kentucky	25	56.0% (14)	0.0% (0)	35.7% (5)	35.7% (5)
Louisiana	29	65.5% (19)	10.5% (2)	31.6% (6)	42.1% (8)
Maine*	14	71.4% (10)	0.0% (0)	30.0% (3)	30.0% (3)

State	Candidates	Age Complete	Gen Z	Millennial	Youngest
Mariana Islands	4	75.0% (3)	0.0% (0)	0.0% (0)	0.0% (0)
Maryland*	129	86.00% (111)	1.8% (2)	34.2% (38)	36.0% (40)
Massachusetts*	28	67.9% (19)	0.0% (0)	15.8% (3)	15.8% (3)
Michigan*	104	67.3% (70)	0.0% (0)	28.6% (20)	28.6% (20)
Minnesota*	51	68.6% (35)	2.9% (1)	25.7% (9)	28.6% (10)
Mississippi*	17	94.1% (16)	6.3% (1)	18.8% (3)	25.0% (4)
Missouri*	67	59.7% (40)	5.0% (2)	22.5% (9)	27.5% (11)
Montana*	32	78.1% (25)	0.0% (0)	16.0% (4)	16.0% (4)
Nebraska*	18	94.4% (17)	0.0% (0)	11.8% (2)	11.8% (2)
Nevada*	58	72.4% (42)	0.0% (0)	16.7% (7)	16.7% (7)
New Hampshire	33	51.5% (17)	0.0% (0)	17.6% (3)	17.6% (3)
New Jersey*	118	66.1% (78)	5.1% (4)	23.1% (18)	28.2% (22)
New Mexico*	16	68.8% (11)	0.0% (0)	18.2% (2)	18.2% (2)
New York*	114	83.3% (95)	9.5% (9)	26.3% (25)	35.8% (34)
North Carolina	76	78.9% (60)	3.3% (2)	23.3% (14)	26.7% (16)
North Dakota*	10	60.0% (6)	0.0% (0)	33.3% (2)	33.3% (2)
Ohio*	85	72.9% (62)	1.6% (1)	19.4% (12)	21.0% (13)
Oklahoma	22	59.1% (13)	0.0% (0)	7.7% (1)	7.7% (1)
Oregon	48	68.8% (33)	0.0% (0)	15.2% (5)	15.2% (5)
Pennsylvania*	75	74.7% (56)	8.9% (5)	26.8% (15)	35.7% (20)
Puerto Rico	11	45.5% (5)	0.0% (0)	40.0% (2)	40.0% (2)
Rhode Island*	16	81.3% (13)	0.0% (0)	38.5% (5)	38.5% (5)

State	Candidates	Age Complete	Gen Z	Millennial	Youngest
South Carolina	41	73.2% (30)	0.0% (0)	33.3% (10)	33.3% (10)
South Dakota	7	57.1% (4)	25.0% (1)	25.0% (1)	50.0% (2)
Tennessee*	62	64.5% (40)	0.0% (0)	25.0% (10)	25.0% (10)
Texas*	216	68.1% (147)	2.7% (4)	28.6% (42)	31.3% (46)
Utah*	42	69.0% (29)	3.4% (1)	24.1% (7)	27.6% (8)
Vermont*	11	90.9% (10)	0.0% (0)	20.0% (2)	20.0% (2)
Virgin Islands	3	66.7% (2)	0.0% (0)	0.0% (0)	0.0% (0)
Virginia*	95	68.4% (65)	1.5% (1)	27.7% (18)	29.2% (19)
Washington*	81	65.4% (53)	3.8% (2)	22.6% (12)	26.4% (14)
West Virginia*	26	84.6% (22)	0.0% (0)	36.4% (8)	36.4% (8)
Wisconsin*	43	72.1% (31)	6.5% (2)	22.6% (7)	29.0% (9)
Wyoming*	8	75.0% (6)	0.0% (0)	16.7% (1)	16.7% (1)

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