

How many people does each Member of Congress represent?

Members of the House of Representatives each represent a Congressional District made up of about 650,000 people. These districts are normally redrawn every ten years following the National Census. Every state has two Senators who each represent the entire state.

The number of Representatives each state has is based on population, but each state has at least one. There are seven states that only have one Representative in the House: Delaware, Montana, North Dakota, Vermont, South Dakota, Alaska, and Wyoming. The District of Columbia has a non-voting Delegate in Congress who may participate in the proceedings of the House but is not permitted to vote.