



# Congress on X in 2024



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## Introduction

In the 2024 election, Republicans took control of the presidency and the Senate while maintaining control of the House. They also “flipped” X (formerly known as Twitter), taking control of the platform from a quantity of posts perspective. While we won’t speculate about what this means for the Democrats, we will dive into the topics that members of Congress—on both sides—focused on in 2024.

## Methodology

Using [Quorum Federal](#)’s dialogue tracking capabilities, this report analyzes every social media post made by members of the 118th Congress on X in 2024. The report covers activity from January 1st to November 30th. Many legislators have two active accounts: a legislative account that represents their office in an official capacity and a personal account. The personal accounts vary in use. Some legislators use them continuously (like @tedcruz) while others use them specifically as a campaign account. Unless noted otherwise, data includes both accounts and includes reposts. The analysis in this report was made possible with Quorum’s comprehensive social media monitoring and reporting tools. You can use Quorum Federal’s dialogue tracking to receive alerts whenever a member of Congress mentions your organization or issues on social media (plus mentions in committee hearings, press releases, and more). Then, follow how those issues are considered in legislation and regulations.

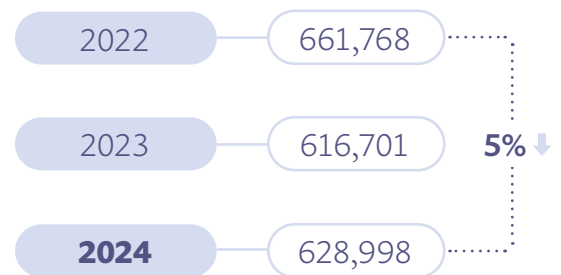


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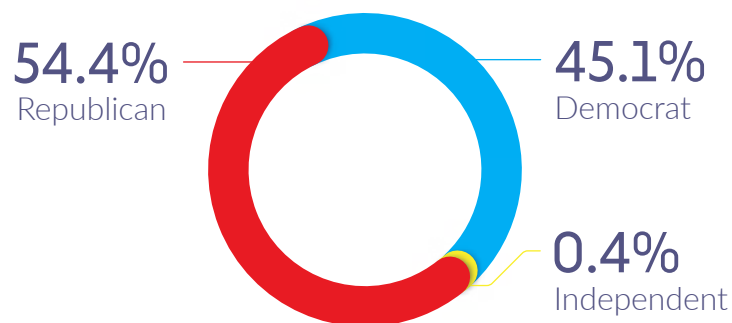
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# Congress' X Habits

Overall, lawmakers tweeted 628,998 times so far in 2024, which is slightly higher than the 616,701 tweets we saw during the same period last year. Considering it was an election year, it makes sense that lawmakers were more vocal on social media compared to the start of a legislative session. That said, the total number of posts on X was down roughly 5% compared to the 661,768 posts we saw during the run-up to the 2022 election.



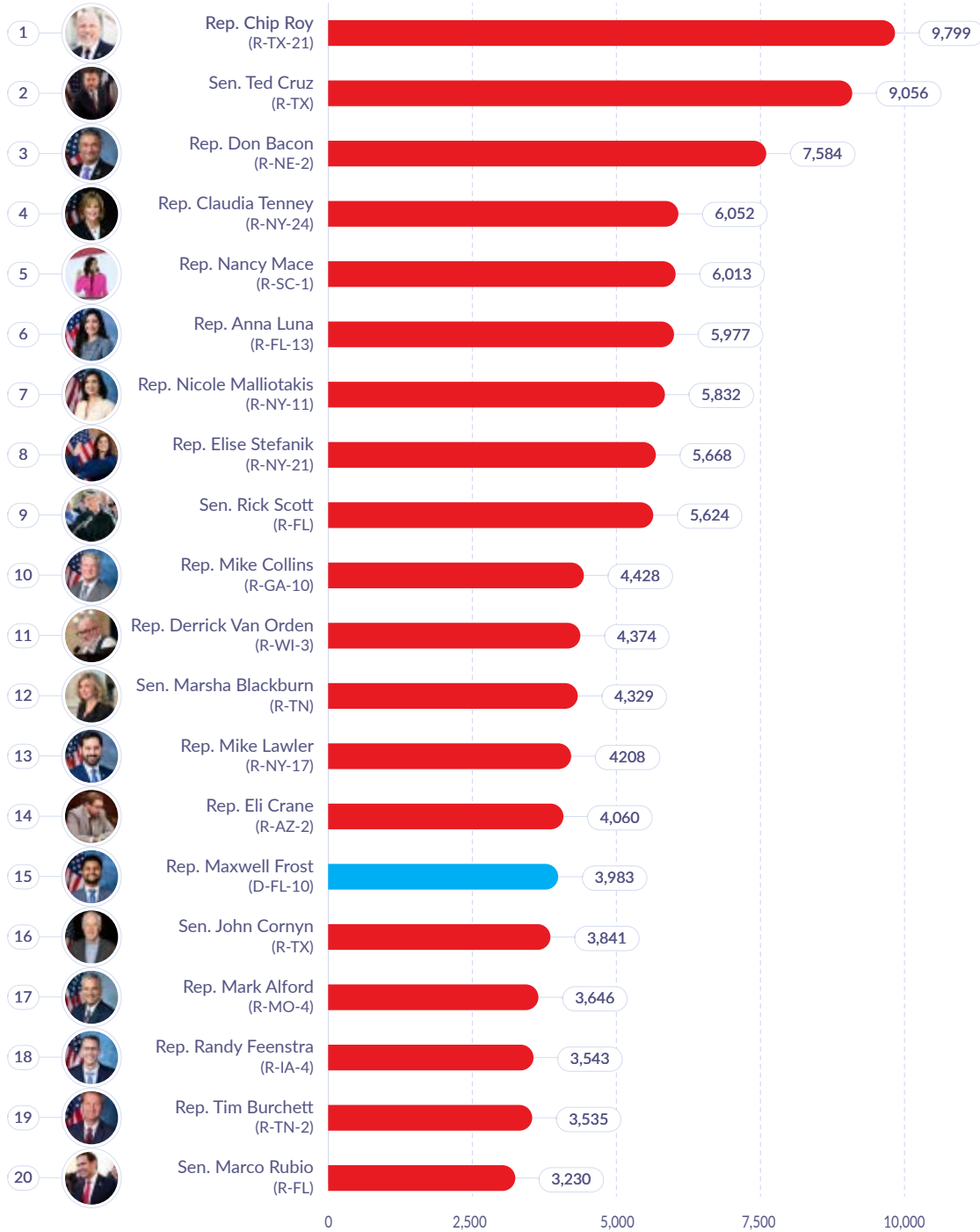
Posts on X by Party



Republicans dominated the conversation, authoring 54.4% of all posts. This is a major shift from last year when Democrats accounted for 50.8% of posts. Also in stark contrast to last year, when 6 of the top 10 posters were Republicans, the top 14 posters were all Republicans. Rep. Chip Roy

(R-TX-21) was the most active Republican on X, with 9,799 posts. Meanwhile, Rep. Maxwell Frost (D-FL-10) was the most prolific Democratic poster on X, landing in the 15th spot with 3,983 posts.

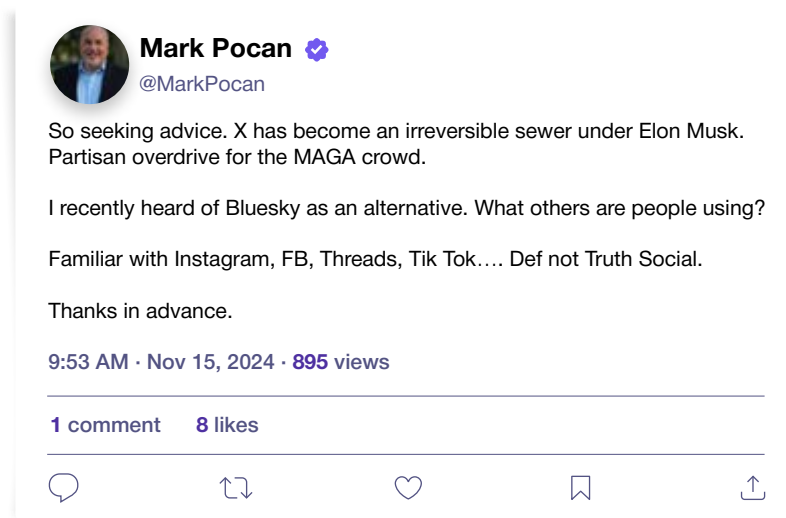
### Top 20 Most Active Legislators on X



## Where are the Democrats?

The use of X is on the decline among the general public after Elon Musk's takeover — with Democrats driving the exodus, [according to one survey](#) conducted early last year.

After looking at the data, it's clear that the decline in usage isn't just coming from the general public. Public officials, particularly those on the left, are also changing their social media habits. Last year, Rep. Dwight Evans (D-PA-3) was the most active Democratic legislator on X, with 4,567 posts. This year, he cut his posting on X by 66%, posting just 1,541 times. The next two most frequent posters, Rep. Robert Garcia (D-CA-42). Rep. Ted Lieu (D-CA-36), posted 35% and 26% less, respectively.



<https://x.com/markpocan/status/1857406643031486483>

That isn't to say *everyone* in the Democratic party is leaving or reducing their posting frequency. In fact, some are choosing to stay because of the Republican party's new stronghold on the platform. "If we leave X, it will help Elon with his goal of making the platform void of any progressive ideology or the way we think about the world," Frost [told Politico](#).

Trends for you

Politics · Trending

...one Milton and Helene

# Trending Dialogue

## #Bidenomics

The hashtag #bidenomics was used by lawmakers 774 times this year. While the term was coined by President Biden’s team and unveiled on X last year to promote his economic policies, it is now used almost exclusively by Republicans. Republican legislators accounted for 97% of the usage of the hashtag.

A screenshot of a tweet from Rep. Roger Williams (@RepRWilliams). The tweet text reads: "For too long, Americans have lived paycheck to paycheck and struggled to afford the basic necessities. Americans cannot survive another four years of #Bidenomics turned #Kamalanomics." The tweet is dated 12:02 PM · Aug 19, 2024 and has 724 views. Below the text, it shows 3 reposts, 1 comment, and 14 likes. At the bottom of the tweet are icons for reply, retweet, like, bookmark, and share.

<https://x.com/reprwilliams/status/1825548857008419084>

#Bidenomics was often paired with #bidenflation, which was another popular hashtag used by Republicans 381 times this year. Democrats responded with heavy use of the hashtag #inflationreductionact, which was used by 426 times by Democrats and just twice by Republicans.

## #Bidenbordercrisis

Another popular hashtag was #bidenbordercrisis, with lawmakers using it in posts 697 times so far in 2024. While Texas lawmakers were the leading source of the usage, it was widespread among Republican lawmakers. The term was also used heavily by legislators in New York, Florida, Ohio, and Iowa.

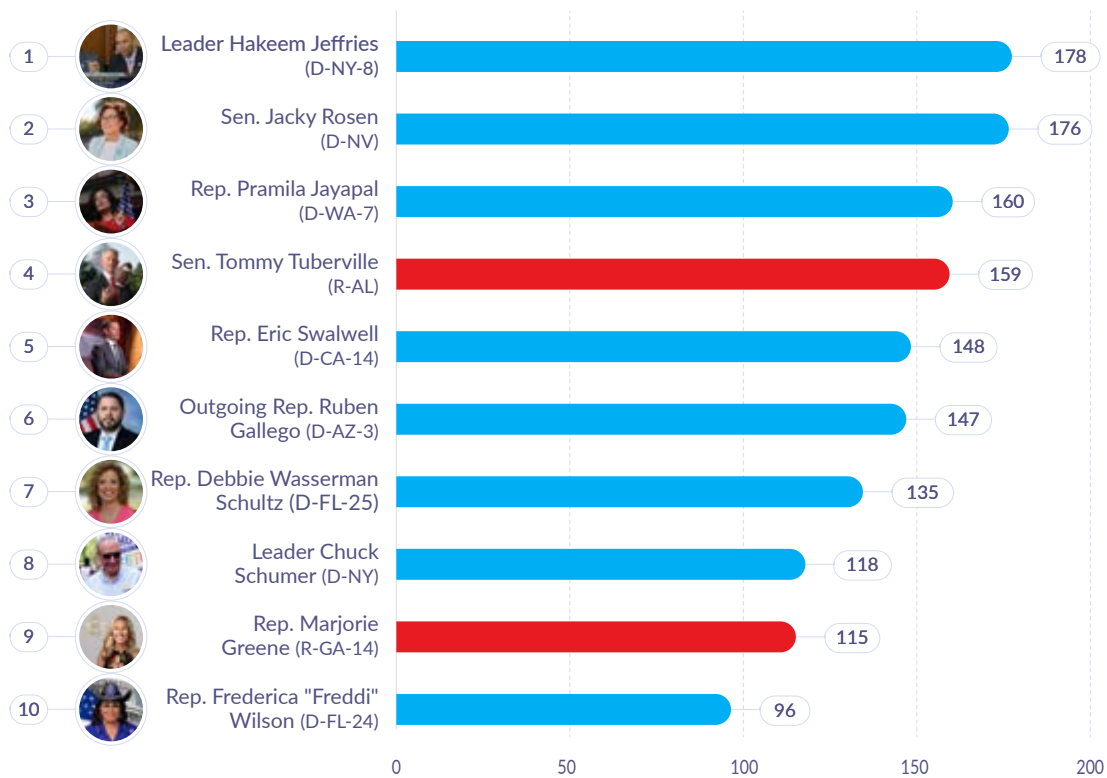
# Hurricane Milton and Helene

The hashtags for Hurricane Milton (811 posts) and Hurricane Helene (684 posts) were among the most popular for legislators this year. Unsurprisingly, lawmakers from Florida accounted for the bulk of posts. Posts from the Florida Division of Emergency Management (@FLSERT) were retweeted by legislators 386 times — almost four times as many as @fema.

## Who is still MAGA?

While Republicans targeted Democratic colleagues with terms like #bidenbordercrisis and #bidenflation, Democrats also attempted to flip the script by using the term #maga against Republicans. Besides Sen. Tommy Tuberville (R-AL) and Rep. Marjorie Taylor Greene (R-GA-14), all of the top #maga posters were Democrats. Despite their unwavering support, Tuberville and Greene have not been tapped by President-elect Trump for cabinet or agency appointments.

“MAGA” Mentions By Lawmakers

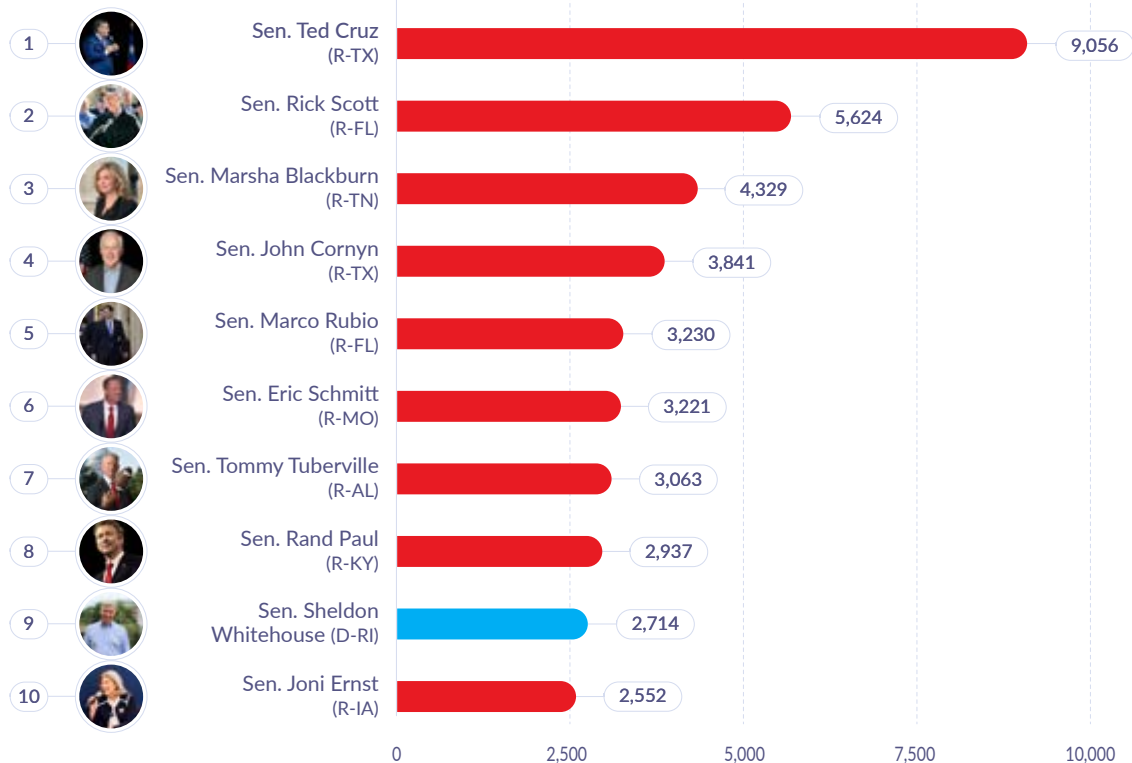




# Social Media Leaders in the Senate

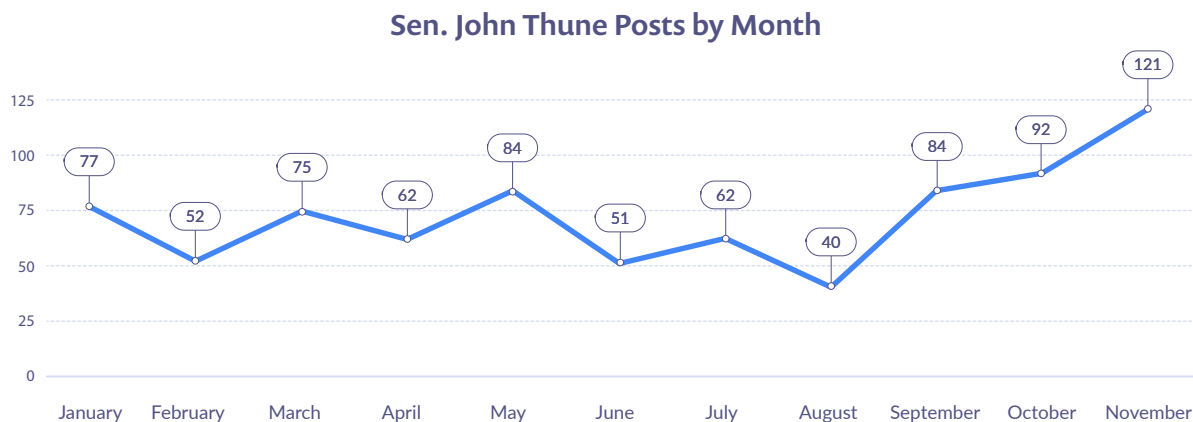
Senator Ted Cruz (R-TX) retains his crown as the most frequent Senate poster on X. This year was especially productive — as far as posting goes — for the senator from Texas. Cruz posted 9,056 times this year, which is 33% more than last year. To put it in perspective, that is 27 posts per day. Repeating habits from 2023, Cruz’s most frequent topic was President Biden. He also retweeted @elonmusk 77 times. Meanwhile, Senator Sheldon Whitehouse (D-RI) was the foremost Democratic senator on X with 2,669 posts.

Most Active Senators on X



# Spotlight: John Thune

Current Minority Whip and future Majority Leader John Thune (R-SD) has posted 800 times this year, but since the election, the frequency of his posts has picked up. Thune has recently been the most vocal about his intent to secure the border and to show his support for Israel.



# Spotlight: Marco Rubio

Senator Marco Rubio (R-FL), who President-elect Trump tapped to serve as Secretary of State, is much more vocal on social media compared to Thune. So far this year, Rubio has posted 3,230 times. His favorite topic? China, which he has mentioned 313 times.

**Senator Marco Rubio** ✓

@SenMarcoRubio

Democrats aren't even pretending to be tough on China anymore.

Janet Yellen is speaking for Pres Biden, Vice President Harris, & all Democrats – and Communist China is overjoyed. They want to continue sourcing artificially cheap goods at the expense of American manufacturers.

6:31 PM · Aug 17, 2024 · **6.894** views

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**52** Reposts   **3** comments   **200** likes   **10** saved

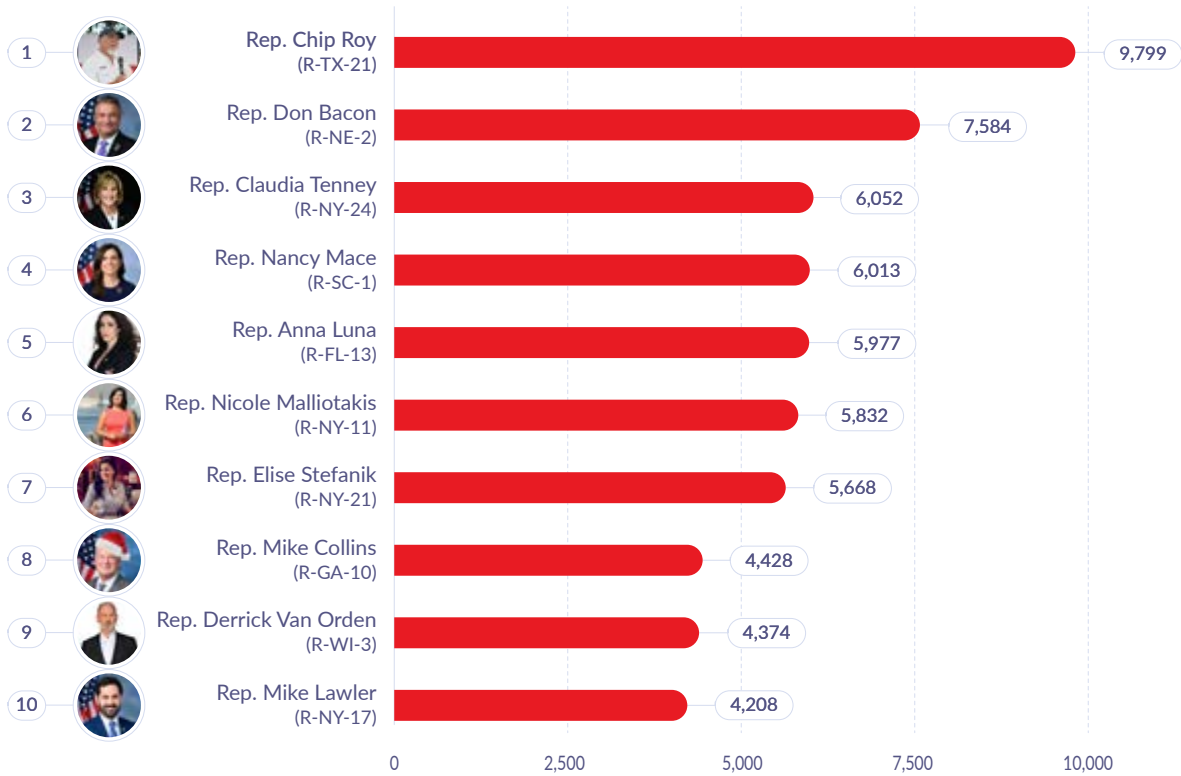
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<https://x.com/SenMarcoRubio/status/1847027778685636918>

# Social Media Leaders in the House

Rep. Chip Roy (R-TX-21) is prolific. He has long been the most active poster in Congress, and this year he is on track to post over 10,000 times (which he did in 2019, 2022, and 2023). Even second-place Rep. Don Bacon (R-NE-2), who also came in second last year, fell well behind his Texan colleague.

Most Active Reps on X



# Where's Gaetz?

Former Rep. Matt Gaetz (R-FL-1) was historically one of the most active congressmen on social media. But where is he this year? The data pulled from Quorum only includes current members of Congress. Had he not resigned from his seat in November, he would have come in eighth place between Rep. Elise Stefanik (R-NY-21) and Rep. Mike Collins (R-GA-10) with 5,196 posts.

## Spotlight: Elise Stefanik

President-elect Donald Trump has chosen Rep. Elise Stefanik as Ambassador to the United Nations. The congresswoman from New York was the seventh most active member of the House this year. Stefanik posts daily about the Hamas-led attack on Israel, and her most retweeted account is @TrumpWarRoom.



 **Rep. Elise Stefanik**   
@RepStefanik

Day 420.

It has been 420 days since Hamas terrorists abducted innocent civilians during the barbaric October 7th attack in Israel. There are over 100 still being held hostage in Gaza including SEVEN Americans. We MUST bring them home now.

12:00 PM · Nov 30, 2024 · **52,2K** views

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**421** Reposts   **18** comments   **3,382** likes   **10** saved

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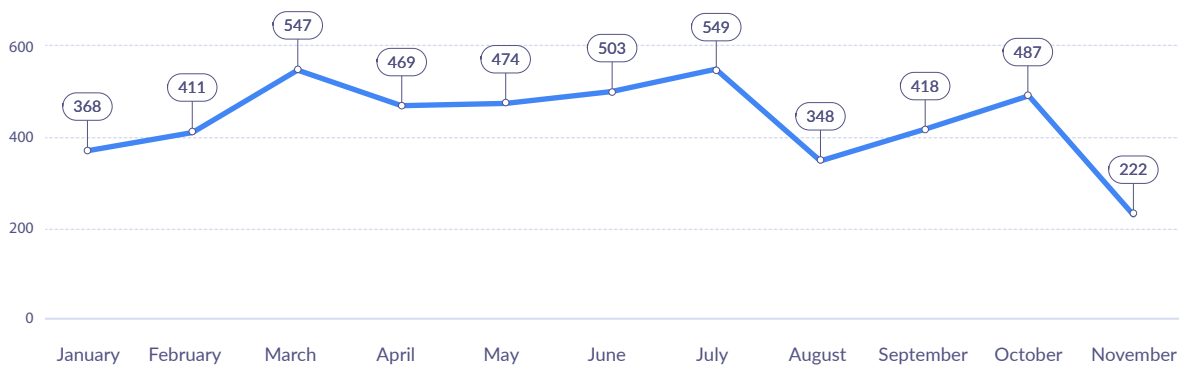
            

<https://x.com/repstefanik/status/1862874234227232975>

# President Biden on X

It's been an interesting year for President Joe Biden, to say the least. The President posted fairly consistently on social media until he announced his withdrawal from the presidential race on July 21. He and his team appeared to take a bit of a break in August before ramping back up before the election in support of Vice President Kamala Harris. After her defeat, Biden has stayed relatively quiet.

### President Biden's Posts by Month



**Joe Biden** ✓  
@JoeBiden

My fellow Democrats, I have decided not to accept the nomination and to focus all my energies on my duties as President for the remainder of my term. My very first decision as the party nominee in 2020 was to pick Kamala Harris as my Vice President. And it's been the best decision I've made. Today I want to offer my full support and endorsement for Kamala to be the nominee of our party this year. Democrats — it's time to come together and beat Trump. Let's do this.

3:13 PM · Jul 21, 2024 · 121,9M views

138,1K Reposts 56,7K comments 856,4K likes 27,5K saved



<https://x.com/joebiden/status/1815087772216303933>

# Conclusion

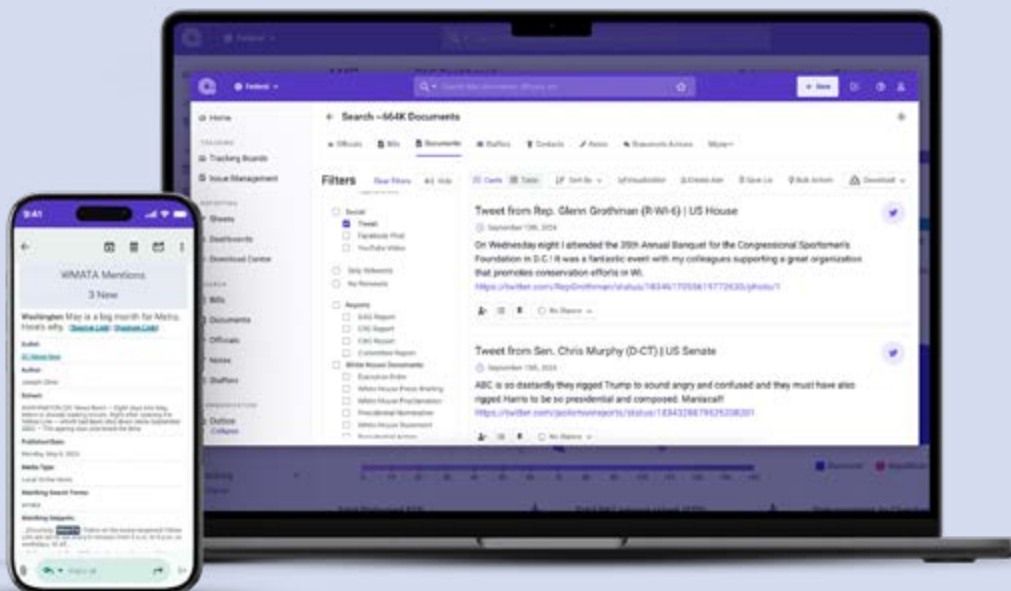
In the 2023 Congress on X report, we predicted an increase in postings in 2024 and a potential retreat from X from Democrats — both predictions turned out to be true.

Our crystal ball isn't as clear for 2025. However, one thing does seem certain: with Republicans controlling the House, Senate, and presidency, alongside the increased adoption of X among Republicans, X will remain a critical tool for the people shaping policy in Washington.

## Track the Dialogue on the Issues You Care About

Using Quorum, you can track how members of Congress post about the issues that matter most to you and get alerts for new posts mentioning your priorities. With Quorum's auto-updating dashboards, you can keep a pulse on your priorities, identify key trends, and communicate impact with clear, data-backed visuals to advance your government affairs strategy. Never miss a mention — whether on or off the Hill — with Quorum.

Learn more about [Quorum Federal](#)





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