

## 2026 Midterm Elections

According to Cook Political Report's most recent [House race ratings](#), 189 seats are considered solid Democrat, 186 solid Republican. 18 races are considered competitive, including 14 leaning Democrat and 4 leaning Republican. In addition, 18 races are considered most competitive or toss-up, including 4 current Democratic seats and 14 Republican.

When asked who they would be most likely to vote for in a hypothetical congressional election, voters' responses in nine January 2026 polls indicated that Democratic candidates were consistently favored by two to six percentage points. [The RCP average](#) of these polls shows 45.7% for Democrats to 41.2% for Republicans.

As reported in two recent national polls, [Emerson College Polling \(January 2026\)](#) and [AtlasIntel \(December 2025\)](#), AAPI voters overwhelmingly favor the Democratic candidate if the midterm House elections were held today.

2026 Midterm Elections: Views of U.S. Adults/Voters (by race & ethnicity)							
	U.S. Adults	White	Black	Hispanic	Asian/PI	Other	
<i>If the midterm elections for the House of Representatives were held today, who would you be most likely to vote for?</i>							
<b>Emerson College Polling</b>							
The Democratic candidate	48.1%	43.6%	<b>70.6%</b>	41.9%	<b>71.1%</b>	46.3%	
The Republican candidate	41.7%	48.3%	13.1%	39.3%	28.9%	39.2%	
Undecided	10.2%	8.0%	16.3%	18.8%	0.0%	14.4%	
<b>AtlasIntel</b>							
The Democratic candidate	<b>54.4%</b>	<b>52.0%</b>	<b>75.6%</b>	<b>51.2%</b>	<b>71.6%</b>	44.4%	
The Republican candidate	38.4%	40.1%	22.5%	43.4%	25.2%	40.3%	
Don't know	6.0%	6.3%	1.9%	4.4%	3.1%	14.6%	
Would not vote	1.2%	1.5%	0.0%	1.0%	0.0%	0.8%	

Sources: Emerson College Polling January 2026 national survey of U.S. registered voters conducted January 14-17, 2026; AtlasIntel national poll of U.S. adults conducted December 15-19, 2025.

Views of U.S. Adults on the Trump Administration's Handling of Major Issues (by race & ethnicity)							
	U.S. Adults	White	Black	Hispanic	Asian/PI	Other	
<i>Do you think President Trump's policies generally safeguard or undermine American democracy?</i>							
Safeguard democracy	39.0%	43.0%	34.6%	24.8%	33.9%	26.9%	
Undermine democracy	<b>50.2%</b>	<b>47.6%</b>	<b>54.6%</b>	<b>57.0%</b>	<b>58.5%</b>	<b>57.0%</b>	
Mixed results	9.5%	8.0%	8.2%	18.2%	7.5%	9.9%	
Don't know	1.4%	1.4%	2.6%	0.0%	0.2%	6.2%	
<i>Do you agree/disagree with the President's dismissal of the Bureau of Labor Statistics Commissioner?</i>							
Agree	36.1%	39.5%	35.4%	20.3%	36.0%	28.0%	
Disagree	<b>53.8%</b>	<b>51.2%</b>	<b>59.1%</b>	<b>62.2%</b>	<b>63.9%</b>	<b>51.0%</b>	
Don't know	10.1%	9.3%	5.4%	17.5%	0.2%	21.0%	
<i>In your opinion, which of these statements best describe President Trump's policy approach toward American economic institutions?</i>							
Threatening the independence of U.S. economic institutions for political gain	<b>49.5%</b>	46.0%	<b>61.9%</b>	<b>56.9%</b>	<b>54.8%</b>	<b>56.6%</b>	
Reflecting legitimate policy goals	29.8%	34.3%	19.6%	16.7%	20.6%	24.0%	
Reflecting both motives and legitimate policy goals	16.6%	15.9%	13.5%	20.1%	24.5%	13.4%	
Don't know	4.0%	3.7%	5.0%	6.3%	0.2%	6.0%	
Source: AtlasIntel U.S. National poll of U.S. adults conducted on September 12-16, 2025							
<i>Do you approve or disapprove of the way President Trump is handling the economy?</i>							
Approve	40.0%	49.0%	15.0%	28.0%	31.0%		
Disapprove	<b>59.0%</b>	50.0%	<b>84.0%</b>	<b>71.0%</b>	<b>68.0%</b>		
Skipped	1.0%	1.0%	1.0%	1.0%	1.0%		
<i>Do you approve or disapprove of the way President Trump is handling immigration?</i>							
Approve	44.0%	<b>55.0%</b>	20.0%	24.0%	39.0%		
Disapprove	<b>55.0%</b>	43.0%	<b>79.0%</b>	<b>74.0%</b>	<b>61.0%</b>		
Skipped	1.0%	2.0%	1.0%	2.0%	0.0%		
<i>Do you approve or disapprove of the way President Trump is handling the issue of crime in this country?</i>							
Approve	44.0%	<b>53.0%</b>	20.0%	33.0%	43.0%		
Disapprove	<b>54.0%</b>	45.0%	<b>79.0%</b>	<b>66.0%</b>	<b>56.0%</b>		
Skipped	1.0%	2.0%	1.0%	1.0%	1.0%		
<i>Do you approve or disapprove of the way President Trump is handling tariffs on imported goods?</i>							
Approve	34.0%	44.0%	12.0%	21.0%	21.0%		
Disapprove	<b>64.0%</b>	<b>55.0%</b>	<b>86.0%</b>	<b>78.0%</b>	<b>79.0%</b>		
Skipped	2.0%	2.0%	2.0%	1.0%	0.0%		
<i>Do you approve or disapprove of the way President Trump is handling the situation with Israel and Gaza?</i>							
Approve	39.0%	48.0%	12.0%	27.0%	37.0%		
Disapprove	<b>58.0%</b>	49.0%	<b>86.0%</b>	<b>70.0%</b>	<b>63.0%</b>		
Skipped	3.0%	3.0%	2.0%	3.0%	0.0%		
<i>Do you approve or disapprove of President Trump's handling of the situation involving Russia and Ukraine?</i>							
Approve	38.0%	47.0%	14.0%	26.0%	30.0%		
Disapprove	<b>60.0%</b>	<b>51.0%</b>	<b>84.0%</b>	<b>70.0%</b>	<b>68.0%</b>		
Skipped	2.0%	2.0%	3.0%	3.0%	1.0%		
Source: Washington Post-Ipsos poll of U.S. adults conducted on September 11-15, 2025							

On major policy issues, a majority of U.S. adults have negative opinions on the Trump administration's handling of many of them, including the economy, immigration, crime, tariffs, the war in Gaza, and the Russian invasion of Ukraine. U.S. adults also believe that the Trump administration's policies generally undermine American democracy and American economic institutions. AAPI adults' views are even more negative than that of the general U.S. adult population.