



AAIPP Bulletin

May 2026

The Trump Presidency

Most recent [REALCLEAR Politics polling average](#) (April 29 – May 20) shows that President Trump’s job approval rating hits a second-term low at -18.8%, 39.6 approve to 58.4 disapprove.

President Trump's Job Approval - March - May, 2026 (by race and ethnicity)							
	Overall	White	Black	Hispanic	Asian	Other	
<i>Do you approve or disapprove of the job Donald J. Trump is doing as President of the United States?</i>							
Atlas Intel Poll (U.S. adult population)							
Approve	39.5%	41.70%	30.1%	37.4%	34.3%	38.4%	
Disapprove	59.8%	57.6%	69.9%	62.6%	58.7%	61.6%	
Don't know	0.7%	0.7%	0.0%	0.0%	7.0%	0.0%	
Emerson Poll (U.S. likely voters)							
Approve	39.6%	46.4%	12.7%	29.1%	18.4%	70.3%	
Disapprove	55.9%	48.8%	78.0%	69.5%	81.6%	29.7%	
Neutral or no opinion	4.5%	4.8%	9.3%	1.3%	0.0%	0.0%	
Harvard CAPS - Harris Poll (registered voters of all ages)							
Approve	42.0%	50.0%	22.0%	33.0%	34.0%	21.0%	
Disapprove	53.0%	47.0%	71.0%	62.0%	51.0%	69.0%	
Don't know	5.0%	3.0%	7.0%	5.0%	15.0%	10.0%	
Yale Youth Poll (registered voters of all ages)							
Approve	42.0%	47.0%	9.0%	55.0%	28.0%	35.0%	
Disapprove	56.0%	52.0%	84.0%	45.0%	70.0%	63.0%	
Not sure	2.0%	2.0%	6.0%	1.0%	2.0%	3.0%	
Harvard Youth Poll (young Americans 18 - 29 years old)							
Approve	25%	33%	11%	18%	15%		
Disapprove	70%	54%	79%	74%	80%		
Refused	5%	3%	10%	8%	5%		

Sources: Atlas Intel poll of U.S. adult population conducted May 4 - 7, 2026; Emerson April 2026 National Poll of likely voters conducted April 24-26, 2026; Harvard CAPS-Harris poll of registered voters conducted April 23 - 26, 2026; Spring 2026 Yale Youth poll of registered voters of all ages conducted March 9 - 23, 2026; and Harvard Youth poll of young adults 18 - 29 years old conducted March 26 - April 3, 2026.

Four national polls conducted between March and May, [Atlas Intel](#) (May), [Emerson College](#) (April), [Harvard CAPS-Harris](#) (April), and [Yale Youth Poll](#) (March), reported consistent findings in that a majority of American adults disapprove of Trump's job performance. The same applies to Black and Asian adults/voters.

How do young Americans rate Trump's job performance? A recent [Harvard Youth Poll](#) of young adults 18-29 years old reveals that young Americans largely (70%) indicate their disapproval of what Trump is doing as President of the United States. 80% of young Asian adults indicate the same.

On U.S. military action against Iran, as the findings of the Atlas Intel, Harvard Youth, and [Generation Lab](#) polls show, Americans in general as well as younger adults of all races and ethnicity do not approve of U.S. military actions in Iran. Sixty percent of Asian adults and about two-thirds of young Asian adults indicate their disapproval.

Americans' Views of U.S. Military Action Against Iran - April 2026 (by race and ethnicity)							
	Overall	White	Black	Hispanic	Asian	Other	
Atlas Intel Poll							
<i>Do you support or oppose the U.S.' decision to to launch military strikes on Iran in 2026?</i>							
Support	38.9%	41.4%	30.1%	34.6%	32.0%	37.3%	
Oppose	59.2%	57.3%	69.9%	58.9%	60.4%	60.6%	
Don't know	1.9%	1.3%	0.0%	6.5%	7.6%	2.1%	
Harvard Youth Poll (young Americans 18-29 years old)							
<i>Do you think U.S. military actions against Iran are in the best interest of the American people?</i>							
Best interest	18%	22%	13%	15%	12%		
Not best interest	55%	55%	47%	54%	69%		
Don't know	24%	21%	35%	27%	14%		
Generation Lab (young Americans 18 -34 years old)							
<i>Do you approve or disapprove of how Donald Trump is handling U.S. military action against Iran?</i>							
Approve	16%	19%	11%	6%	8%	4%	
Disapprove	75%	70%	86%	88%	76%	92%	
Don't know	9%	10%	4%	5%	17%	4%	

Sources: Atlas Intel poll of U.S. adult population conducted May 4-7, 2026; Harvard Youth poll of young adults 18-29 years old conducted March 26-April 3, 2026; Generation Lab poll of young adults 18-34 years old conducted April 26-29, 2026.

2026 Mid-Term Elections

Five recent national surveys, Atlas Intel, Emerson College, Yale Youth Poll, Generation Lab, and Harvard Youth Poll, find that a narrow majority (50-55%) or a plurality of American adults and of young adults would vote for the Democratic candidate if the midterm election for the House of Representatives were held today.

Among Asian adults, a substantially higher percentage (56-79%) would vote for the Democratic candidate. A narrow majority of young Asian adults indicate the same.

2026 Midterm Elections: Views of U.S. Adults/Voters - March - May, 2026 (by race and ethnicity)						
	Overall	White	Black	Hispanic	Asian	Other
<i>If the midterm election for the House of Representatives were held today, who would you vote for?</i>						
Atlas Intel Poll (U.S. adult population)						
The Democratic candidate	54.6%	51.4%	69.0%	58.1%	65.7%	50.7%
The Republican candidate	40.1%	42.6%	30.1%	37.3%	34.3%	40.5%
Don't know	2.8%	3.1%	0.9%	1.2%	0.0%	6.1%
Would not vote	2.5%	2.9%	0.0%	3.4%	0.0%	2.6%
Emerson Poll (U.S. likely voters)						
The Democratic candidate	50.3%	42.9%	76.4%	61.0%	79.0%	21.0%
The Republican candidate	40.2%	47.7%	16.9%	25.8%	18.4%	58.3%
Undecided	9.5%	9.3%	6.7%	13.2%	2.5%	20.6%
Yale Youth Poll (registered voters of all ages)						
The Democratic candidate	46.0%	40.0%	86.0%	35.0%	56.0%	44.0%
The Republican candidate	44.0%	50.0%	3.0%	55.0%	35.0%	35.0%
Don't know	10.0%	10.0%	11.0%	10.0%	9.0%	20.0%
Generation Lab Poll (young Americans 18-34 years old)						
The Democratic candidate	52%	51%	54.0%	60%	57%	54%
The Republican candidate	19%	23%	12.0%	7%	5%	11%
Neither	16%	15%	13.0%	15%	20%	20%
Would not vote	14%	11%	21%	18%	19%	16%
Harvard Youth Poll (young Americans 18-29 years old)						
The Democratic candidate	36.0%	34.0%	41.0%	36.0%	52.0%	
The Republican candidate	12.0%	31.0%	7.0%	13.0%	12.0%	
Don't know	23.0%	21.0%	26.0%	25.0%	18.0%	
Would not vote	26.0%	12.0%	22.0%	22.0%	13.0%	

Sources: Atlas Intel poll of U.S. adult population conducted May 4 - 7, 2026; Emerson April 2026 National poll of likely voters conducted April 24-26, 2026; Spring 2026 Yale Youth poll of registered voters of all ages conducted March 9-23, 2026; Generation Lab poll of young adults 18-34 years old conducted April 26-29, 2026; and Harvard Youth poll of young adults 18-29 years old conducted March 23 - April 3, 2026.

Election Integrity

An [April 2026 POLITICO poll](#) suggests that a notable number of Americans are distrustful of the election system. More than one-third (35%) say it is likely the 2026 midterms will be “stolen,” and one in four say they don’t expect the elections to be fair. About a quarter (24%) of Americans still believe that the 2020 presidential election between Joe Biden and Donald Trump was stolen. 39 percent of Americans say the election was not stolen, while 19 percent do not believe the election was stolen but do question its legitimacy.

Among Asian Americans, a plurality (44%) say it is likely that the 2026 midterm elections will be “stolen”, and almost one-third (31%) do not expect the elections to be fair. While 45 percent of Asian Americans do not believe the 2020 presidential election was stolen, 21 percent indicate not stolen but question its legitimacy, and almost one in four (23%) say the election was stolen. Although the margin of error for Asian

respondents is higher than the overall margin of sampling error of +/- 2.2 percentage points, the findings are nevertheless informative.

The poll asked respondents about common election concerns and whether people saw them as legitimate parts of the process or a way to rig elections.

Common Election Concerns: Views of U.S. Adults				
<i>Would you consider the following a legitimate part of how elections work, or a way to steal or rig elections?</i>				
			Overall	Asian
Expanding mail-in voting				
A fair part of elections			42%	41%
A way to steal elections			32%	45%
Don't know			26%	14%
Banning mail-in voting				
A fair part of elections			30%	34%
A way to steal elections			42%	50%
Don't know			27%	15%
Requiring voters to show photo ID at the polling station				
A fair part of elections			52%	53%
A way to steal elections			26%	33%
Don't know			22%	14%
Not requiring voters to show photo ID				
A fair part of elections			30%	25%
A way to steal elections			45%	58%
Don't know			25%	16%
Requiring proof of citizenship to register to vote				
A fair part of elections			50%	52%
A way to steal elections			27%	33%
Don't know			23%	15%
Same day voter registration				
A fair part of elections			44%	48%
A way to steal elections			27%	34%
Don't know			28%	18%
Purging voter rolls - removing names from the voter registration list				
A fair part of elections			26%	25%
A way to steal elections			47%	58%
Don't know			27%	17%
Partisan gerrymandering				
A fair part of elections			21%	25%
A way to steal elections			49%	57%
Don't know			30%	18%

Source: The POLITICO Poll with Public First conducted April 11 - 14, 2026

From expanding mail-in voting to partisan gerrymandering, the responses from U.S. adults overall seem mixed. A slim majority (52%) of Americans consider requiring voters to show photo ID at the polling station a fair part of elections. Yet, a plurality (45%) of Americans view not requiring voters to show photo ID being a way to steal elections. Half of American adults think requiring proof of citizenship to register to vote a fair part of elections. Nearly half of Americans believe that partisan gerrymandering is a way to steal elections.

While half of Asian adults view banning mail-in voting being a way to steal elections, 45 percent also consider expanding mail-in voting a way to steal elections as well. A narrow majority of Asian adults consider requiring voters to show photo ID at the polling station and requiring proof of citizenship to register to vote, 53% and 52% respectively, being fair election measures. A majority (57%) of Asian adults believe that partisan gerrymandering is a way to steal elections.

Recent Releases

[AAPI adults have more confidence and trust in medical professionals like doctors and scientists than government officials, and most are stressed about health concerns](#)

AAPI Data/AP-NORC (May 4, 2026)

This survey explores AAPI adults' confidence and trust in various health care professionals as well as their views on federal health policy. The survey also covers mental health concerns.

[STAATUS Index 2026 Report: Attitudes Toward Asian Americans and Pacific Islanders](#)

The Asian American Foundation and NORC at the University of Chicago (May 2026)

This survey explores definitions of belonging from an AAPI perspective as well as attitudes of the general public toward AAPIs.

[This hidden kind of stress may be damaging your memory as you age](#)

Journal of Prevention of Alzheimer's Disease (April 2026)

This new study reveals that internalizing stress—especially feelings of hopelessness—may significantly speed up memory decline in older Chinese Americans. Researchers say cultural pressures and stereotypes may cause emotional struggles to go unnoticed and untreated. The findings suggest that targeted, culturally sensitive stress relief could play a powerful role in preserving cognitive health.

ABOUT AAIPP

The Asian American Institute for Public Policy (AAIPP) is a national, nonprofit, nonpartisan organization dedicated to advancing equality and full participation for Asian Americans. It works to amplify Asian American voice and thought leadership to address community concerns and to contribute pragmatic solutions to vital social, economic, and political issues in America. Through an inclusive perspective and a politically balanced approach, AAIPP seeks to promote reasoned dialogue and informed policy discourse that is guided by empirical research and critical analysis. www.aaipp.org

Contact: Cao K. O, President cao@aaipp.org