

2026 Midterm Elections

When asked whether they would vote for the Democratic candidate or the Republican candidate if the mid-term congressional elections were being held today, all likely voters in a July 2026 [Quantus Insights national survey](#) favor the Democratic candidate slightly more than the Republican candidate in their congressional district, 47% to 42%. Asian likely voters would vote for the Democratic candidate in a bigger margin, 56% to 28%.

Similarly, a July 2026 [Washington Post - Ipsos poll](#) shows Democrats leading Republicans by three percentage points among registered voters (48% to 45%), and by 26 percentage points among Asian voters (58% to 32%).

A few months earlier, five 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.