

2026 Midterm Elections

In the final stretch of the midterms, Democrats' taking control of the House appears all but certain. Most recent RealClearPolitics (RCP) averages indicate that Democrats are leading Republicans by 8.2 percent in the [2026 generic congressional vote](#). Meanwhile, The Cook Political Report (CPR) has been making rating changes of competitive House races to reflect Democrats' gaining advantages, shifting [eleven more House races toward Democrats](#) on October 16th, [nineteen more](#) on October 23rd, and [twelve more](#) on October 30th. Currently, CPR rates 18 House seats as the most competitive ("toss-up"), 4 Democratic and 14 Republican. Eight of these House seats are in the South, and six in the Midwest.

Both recent New York Times/Siena and Pew Research Center polls show that a majority of Asian American voters would vote for a Democratic candidate for Congress.

Voter Preferences in 2026 generic Congressional Races				
<i>If the general election for Congress were held today, which candidate would you be more likely to vote for?</i>				
		Democratic	Republican	Not sure
New York Times/Siena				
All likely voters		52%	41%	6%
White		46%	49%	5%
Black		86%	8%	6%
Hispanic		61%	31%	7%
Asian		60%	27%	13%
Other		52%	31%	15%
Pew Research Center				
All registered voters		44%	36%	20%
White		37%	44%	18%
Black		70%	7%	23%
Hispanic		51%	24%	25%
Asian		56%	16%	27%
Sources: New York Times/Siena poll of voters conducted October 12- 19, 2026; Pew Research Center survey of U.S. adults conducted September 28 - October 4, 2026.				

With respect to U.S. Senate races, CPR indicates that [Democrats are within the range of a net gain of four seats they need for a majority](#). Seven Senate races are now rated as "toss-up", and they are in Alaska, Iowa, Kansas, Maine, Michigan, Ohio, and Texas. RCP also considers these seven states, plus South Carolina and Nebraska, most competitive. RCP averages in October show that [Democrats have polling leads in six of the nine toss-up Senate races](#).

Several polls offer a glimpse of Asian American voters' preferences in the U.S. Senate races in those eight states. Except for Iowa and Minnesota, Asian American voters in the other six states favor a Democratic Senate candidate. It should be noted that some of these poll results concerning Asian voters may not be representative due to the small subsample sizes.

Voter Preferences in 2026 Toss-Up U.S. Senate Races						
<i>If the election for U.S. Senate were held today, which candidate would you vote for?</i>						
	All likely voters	White	Black	Hispanic	Asian	Other
Texas (Emerson)	n = 1,000	604	121	224	23	28
James Talarico (D)	47.6%	37.7%	78.9%	57.7%	57.9%	37.5%
Ken Paxton (R)	45.8%	57.2%	12.1%	32.7%	38.9%	54.3%
Undecided	5.2%	4.2%	6.5%	8.6%	0.0%	0.0%
Michigan (Quantus)	n = 762	613	86	30	12	21
Abdul El-Sayed (D)	47.6%	43.0%	79.0%	56.0%	58.0%	53.0%
Mike Rogers (R)	46.5%	52.0%	15.0%	38.0%	35.0%	45.0%
Undecided	4.2%	4.0%	5.0%	5.0%	6.0%	0.0%
Ohio (Trafalgar)	n = 1,085	941	90	23	19	12
Sherrod Brown (D)	45.4%	44.1%	57.5%	48.0%	49.0%	47.8%
Jon Husted (R)	41.5%	43.4%	26.5%	34.3%	27.9%	36.9%
Other	6.0%	5.8%	5.6%	8.4%	17.7%	3.7%
Undecided	7.1%	6.7%	10.4%	9.3%	5.3%	11.6%
Maine (Trafalgar)	n = 1,091	1,021	13	15	20	22
Troy Dale Jackson (D)	46.2%	44.8%	54.4%	70.1%	59.8%	77.6%
Susan Collins (R)	45.9%	47.4%	45.6%	15.2%	18.5%	22.4%
Undecided	7.9%	7.8%	0.0%	14.7%	21.8%	0.0%
Alaska (Quantus)	n = 737	628	17	33	29	51
Mary Peltola (D)	45.5%	45.0%	65.0%	54.0%	53.0%	44.0%
Dan Sullivan (R)	46.1%	48.0%	28.0%	45.0%	28.0%	35.0%
Undecided	5.0%	2.0%	0.0%	0.0%	19.0%	18.0%
Iowa (Trafalgar)	n = 1,094	1,016	25	18	11	24
John Turek (D)	44.2%	42.5%	71.8%	86.6%	13.4%	66.5%
Ashley Hinson (R)	45.9%	46.9%	28.2%	13.4%	86.6%	29.3%
Undecided	6.4%	6.8%	0.0%	0.0%	0.0%	4.2%
Minnesota (Trafalgar)	n = 1,079	993	38	21	16	11
Peggy Flanagan (D)	48.1%	47.3%	71.2%	44.7%	44.8%	58.1%
Michele Tafoya (R)	44.6%	45.6%	21.8%	42.4%	55.2%	25.8%
Undecided	5.4%	5.3%	6.9%	5.7%	0.0%	13.1%
Kansas (Trafalgar)	n = 1,095	943	67	47	21	17
Adam Hamilton (D)	44.4%	43.1%	53.0%	47.5%	67.3%	44.3%
Roger Marshall (R)	43.5%	45.0%	35.4%	35.6%	9.4%	55.7%
Undecided	10.1%	9.6%	11.7%	16.9%	23.3%	0.0%

Sources: Emerson College Polling conducted October 17-19, 2026 in Texas; Quantus Insights polls conducted October 5-6, 2026 in Michigan and September 28-30, 2026 in Alaska; Trafalgar Group polls conducted September 14-16, 2026 in Ohio, September 29 - October 1, 2026 in Maine, October 13-15, 2026 in Iowa, October 13-15, 2026 in Minnesota, and September 29 - October 1, 2026 in Kansas.

According to CPR's analysis of gubernatorial races, [Democrats are in a strong position to regain majority of governors](#). Currently, [Georgia, Kansas, and Nevada](#) are rated as toss-up. Nine other races are still considered competitive, including 6 "Lean Democrat" (Alaska, Iowa, Michigan, Ohio, Oregon, and Wisconsin), and 3 "Lean Republican" (Florida, Nebraska, and Texas).

Three recent polls of Georgia, Texas, and Florida shed some light on Asian American voters' preferences of their respective gubernatorial candidates. Asian American voters favor the Democratic candidate in both Georgia and Texas. However, the Republican candidate in Florida is leading among Asian American voters by about five percentage points. These findings may not be representative due to the small subsample sizes.

Voter Preferences in 2026 Competitive Races for Governors						
<i>If the election for governor were held today, which candidate would you vote for?</i>						
	All likely voters	White	Black	Hispanic	Asian	Other
Georgia (Quantus)	n = 755	462	215	44	16	18
Keisha Lance Bottoms (D)	46.6%	34.0%	82.0%	61.0%	56.0%	64.0%
Rick Jackson (R)	48.2%	63.0%	8.0%	29.0%	40.0%	36.0%
Undecided	4.5%	3.0%	10.0%	10.0%	4.0%	0.0%
Texas (Emerson)	n = 1,000	604	121	224	23	28
Gina Hinojosa (D)	45.3%	33.6%	80.5%	57.5%	54.2%	42.9%
Greg Abbott (R)	49.4%	61.7%	14.3%	35.6%	44.8%	51.5%
Undecided	4.1%	3.5%	3.6%	6.0%	1.0%	2.0%
Florida (St. Pete Polls)	n = 836	549	107	121	18	41
David Jolly (D)	44.6%	37.3%	65.4%	53.7%	38.9%	51.2%
Byron Donalds (R)	44.7%	53.4%	14.0%	38.0%	44.4%	41.5%
Undecided	6.9%	5.6%	15.9%	5.0%	5.6%	4.9%
Sources: Quantus Insights poll conducted October 15-17, 2026; Emerson College Polling conducted October 17-19, 2026; and St. Pete Polls conducted October 5-7, 2026.						

Outside of Hawaii, there are four statewide candidates of Asian descent in the 2006 midterms. In addition to Vivek Ramaswamy (Indian) (R) of Ohio, Cyndi Munson (half Korean), a state representative, is the Democratic nominee for Governor in Oklahoma. CPR rating for this race is "Likely Republican", meaning this race is not considered competitive at this point but has the potential to become engaged. Amanda Janoo (half Malaysian), an economics and policy expert, is the Democratic nominee for Governor in Vermont, but CPR is rating this race "Likely Republican". The Hawaii-born retired Major General Bert Mizusawa (Japanese) is the Republican nominee for U.S. Senate in Virginia, but CPR rating for this race is "Solid Democrat".