

Blue Wave? Democrats lead by 16 points in midterm race for House

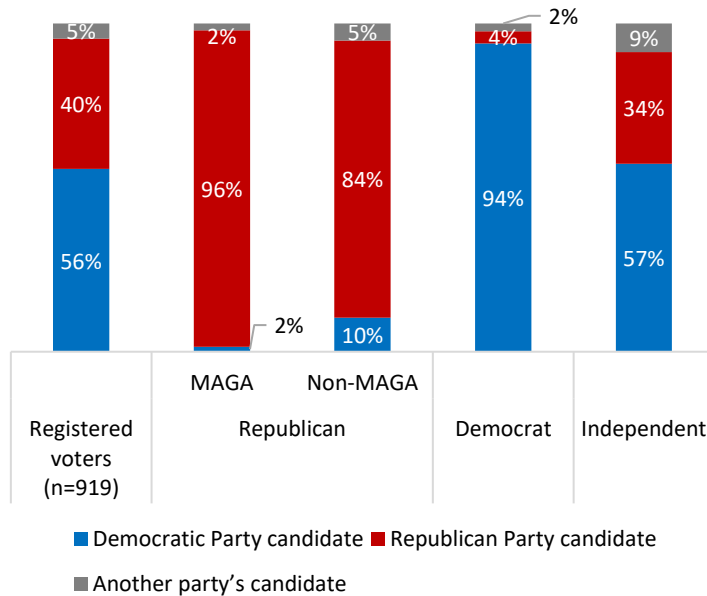
Democrats gain among non-MAGA Republicans and Independents to boost odds of flipping the house

September 29, 2026 – The economic headwinds of tariffs and high gas prices boosted by the war in Iran are blowing in the face of voters as they weigh their choices for the November mid-term elections.

New data from Angus Reid USA finds those winds may be blowing in the Democrats favour as campaigning heats up. The Democrats lead in 16 points in House of Representative vote intention over the Republicans. The Democrats ranks are bolstered by a high retention rate of 2024 Harris voters as well as pickups from 2024 Trump voters (10% intend to vote Dems in midterms) and 2024 Independents (47% intend to vote Dems).

The Republicans face a challenge in winning over voters behind an unpopular President. Three-in-five (61%) Americans say they disapprove of Trump's performance. The one-third (34%) who say they approve, are mostly comprised of the ardent self-identified MAGA Republicans (94%) and a majority of non-MAGA Republicans (59%). Sizable majorities of Independents (72%) and Democrats (92%) disapprove of Trump.

**Midterm House of Representatives vote intention by 2024 presidential vote
(Decided and leaning among registered voters)**



METHODOLOGY:

Angus Reid USA conducted an online survey from September 19 - 25, 2026 among a representative randomized sample of 1,205 American adults who are members of [Angus Reid Forum USA](#). For comparison purposes only, a probability sample of this size would carry a margin of error of +/- 2.5 percentage points, 19 times out of 20. Discrepancies in or between totals are due to rounding. The survey was self-commissioned and paid for by Angus Reid USA. Detailed tables are found at the end of this release.

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CONTACT:

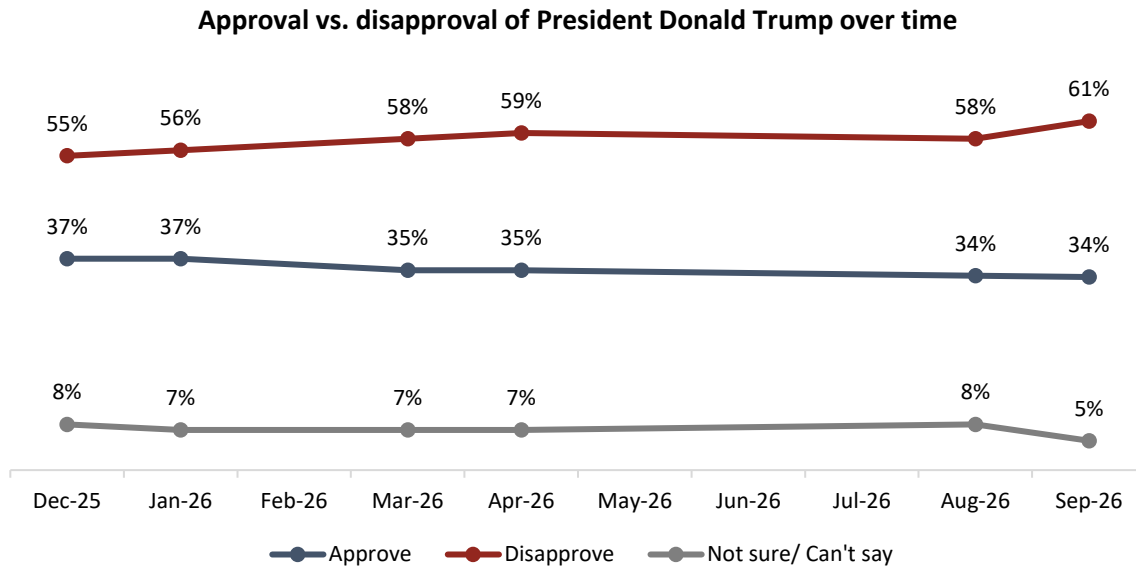
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Trump approval

The second term of President Donald Trump is entering a key period. The midterm elections have the potential to upset the balance of power in both the Senate and House of Representatives, which would dramatically increase the political resistance to the White House's policies.

Trump enters this crucial period with high disapproval. Three-in-five (61%) say they disapprove of Trump's performance as President, outnumbering by nearly two-to-one those who approve (34%).



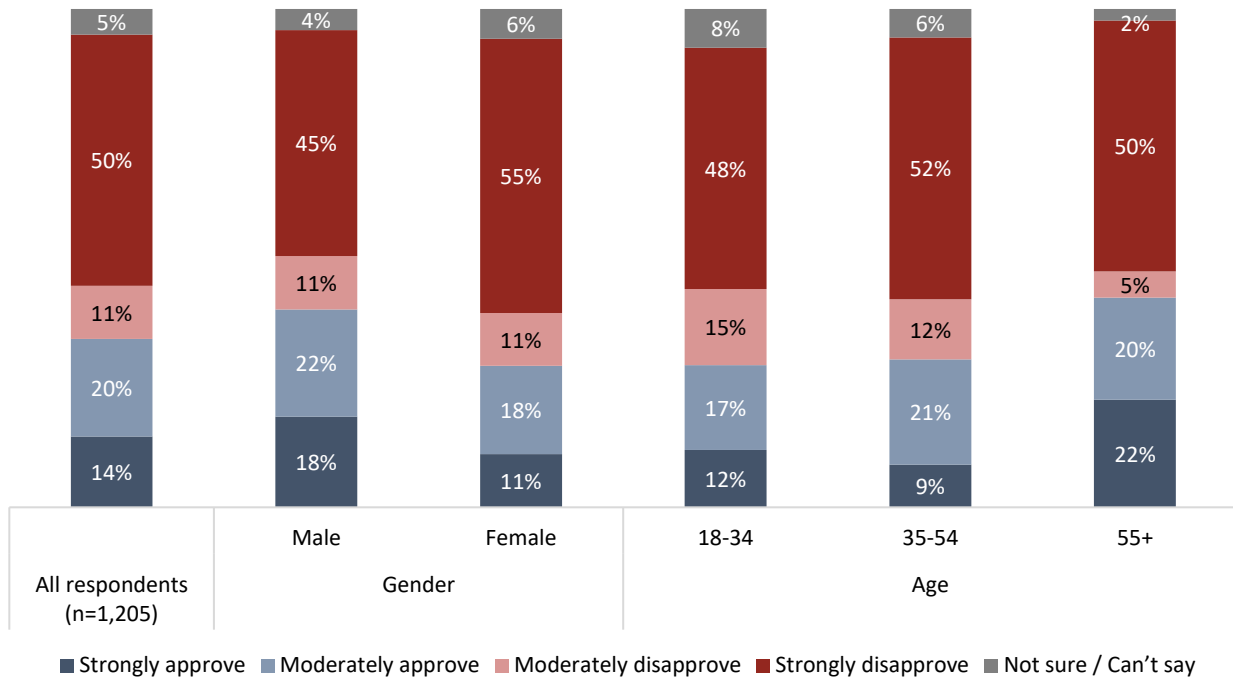
Approaching half of all age groups say they strongly disapprove of Trump's performance, while men are more likely to be positive about the president (40%) than women (29%).

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Overall, do you approve or disapprove of the way Donald Trump is handling his job as president?



Most MAGA, majority of non-MAGA Republicans approve

There is a sharp political line on views of Trump. His most ardent supporters are those who identify as part of the MAGA movement, of whom nearly all (94%) say they approve of his performance. Non-MAGA Republicans still approve of Trump at a majority level (59%), but there are two-in-five (38%) who say they disapprove of his performance.

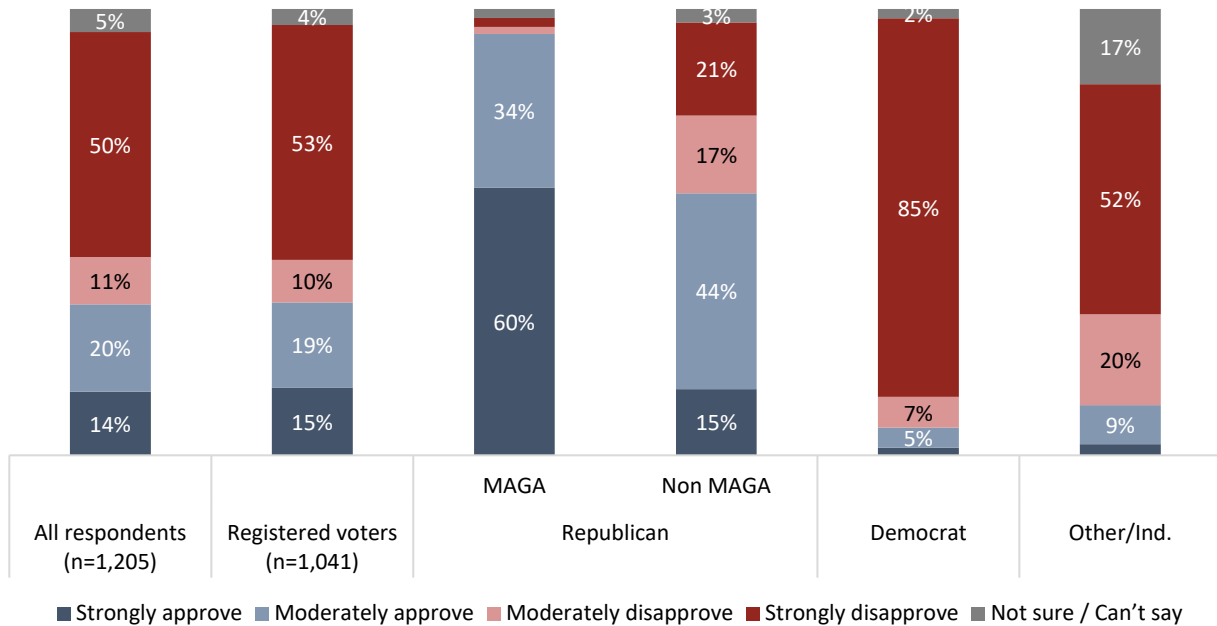
Most Democrats (92%) and approaching three-quarters of Independents (72%) disapprove of the President's performance:

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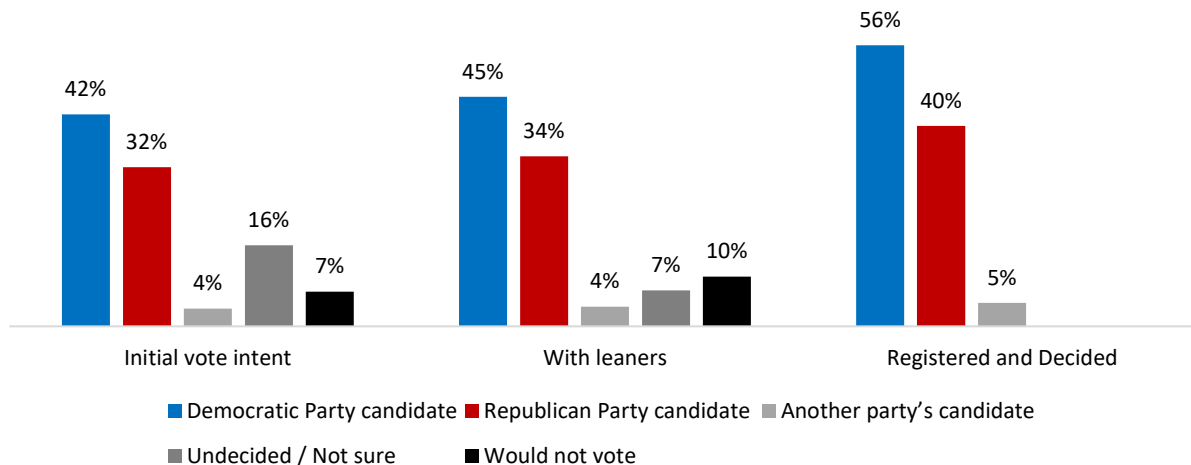
Overall, do you approve or disapprove of the way Donald Trump is handling his job as president?



Democrats have big lead among registered voters

There may be a blue wave over the horizon for Trump and the Republicans, with Democrats holding a double-digit advantage in midterm House vote intention that grows further once undecided voters are asked which party they lean toward.

Midterm House of Representatives vote intention



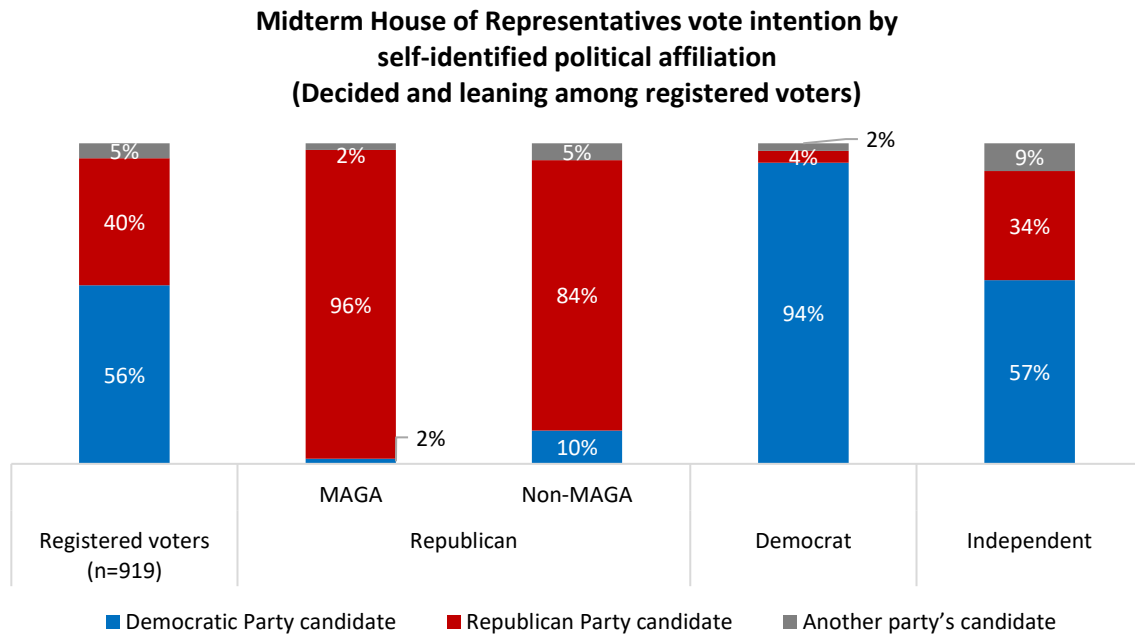
Among registered voters, the Democrats (56%) have a 16-point advantage over the Republicans (40%) in vote intention for the House of Representatives. While enthusiasm among MAGA-aligned Republicans remains high, one-in-10 non-MAGA Republicans would support the Democrat in their own congressional

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district. This, alongside a much higher preference for Democrats among those who identify as Independent, are the drivers of the Democratic lead:



For detailed results by age, gender, region, education, and other demographics, [click here](#).

For detailed results by registered voters, [click here](#).

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