



# Midterms Analysis 2026

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BRIAN COLKER

MAY 31, 2026

“...we are starting to see [Trump’s] plummeting approval translate into real danger for Rs in the election itself. We’ve had Senate polls showing Dems ahead in Senate races in Alaska, Florida, Iowa, Maine, Ohio, Texas - results that if they hold means the Senate flips... And we’ve started seeing polls showing Democrats with enormous leads in the generic ballot. The NYT and Quinnipiac had it +11 D this week, and there have now been 6 polls showing Dems with double digit generic ballot leads in recent weeks.”

--SIMON ROSENBERG, HOPIUM, 5/21/2026

# Burning Questions

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- What direction is the electorate going?
- Which voters are changing their minds the most?
- How is redistricting impacting the House races?
- What are the top House races that will determine who wins?
- What are Democrats' chances of taking the Senate?

# Trump's Cratering Approval Rating: Men (Jan '25 – May '26)

Trump's approval rating drops among men:

**18:** Independents (net -25)

**16:** under age 34: (net -39!)

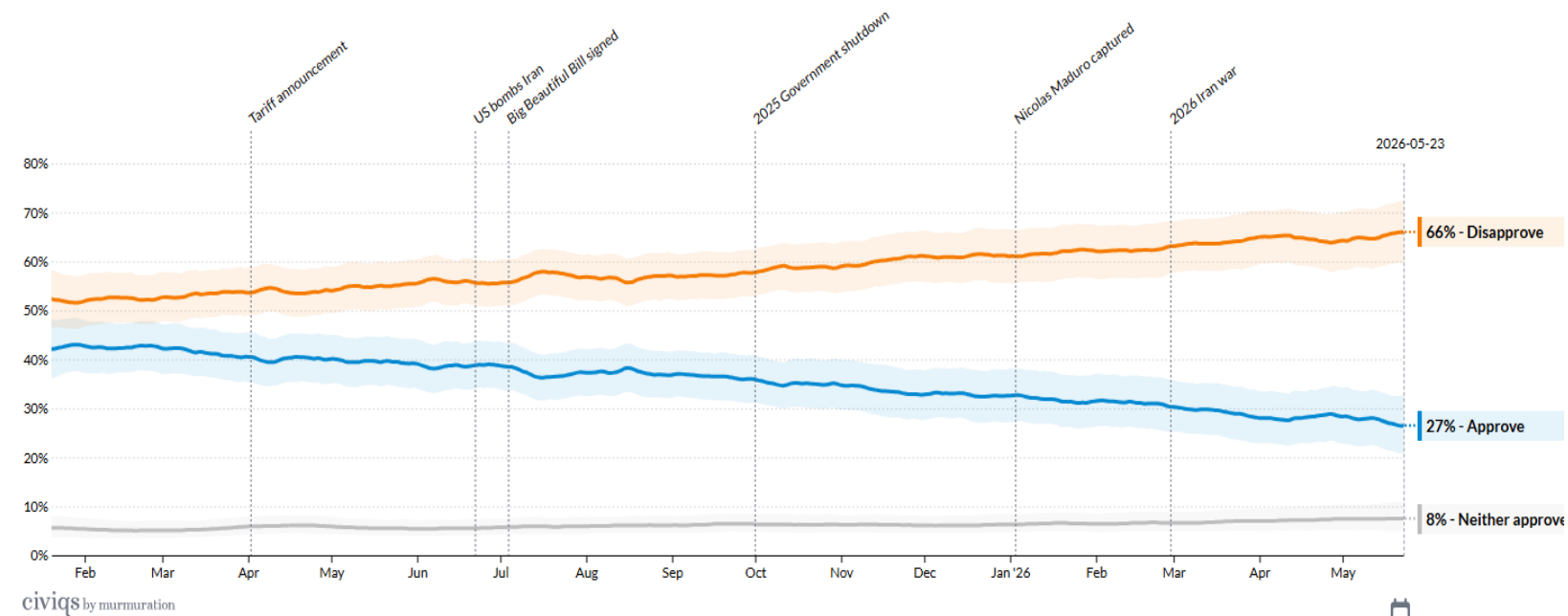
**15:** age 35-49 (net -18)

**14:** white, w/o college degree (-4)

**10:** all men (-10)

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

Refined by: Age: 18-34 X Gender: Male X Clear All



# Trump's Cratering Approval Rating: Hispanic (Jan '25 – May '26)

Hispanic men: -12 (net -27!)

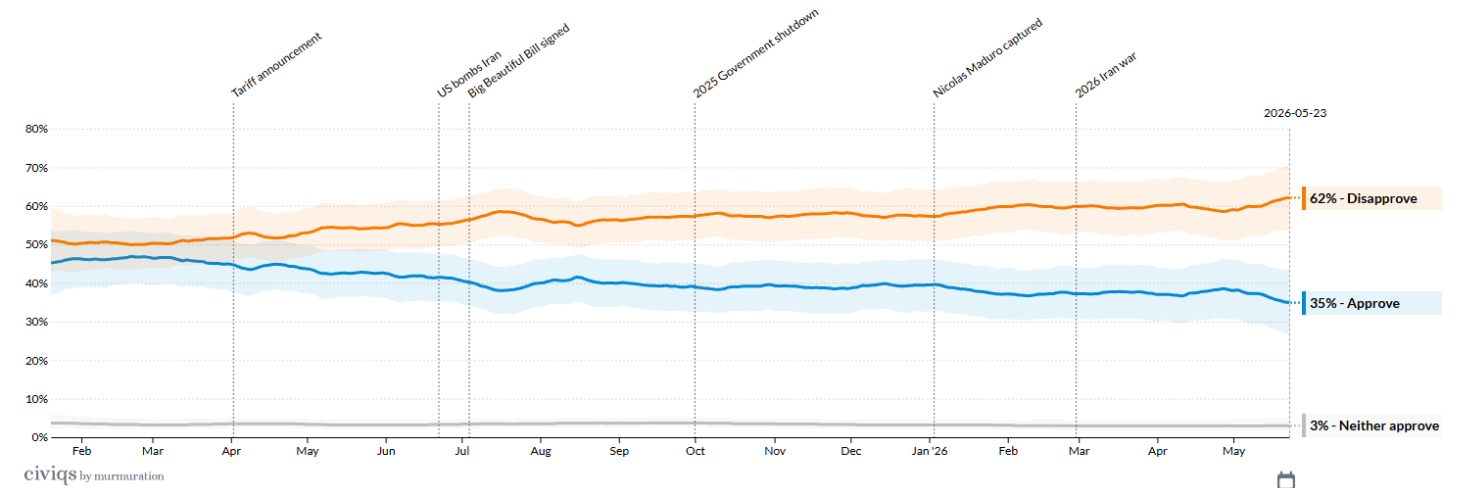
Hispanic women: -12 (net -52!!!)

All Hispanic, age 34-49: -13 (net -55)

Independent Hispanic: -20 (net -38)

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

Refined by: Race: Hispanic/Latino X Gender: Male X Clear All



# Will Trump's unpopularity translate to the midterms?

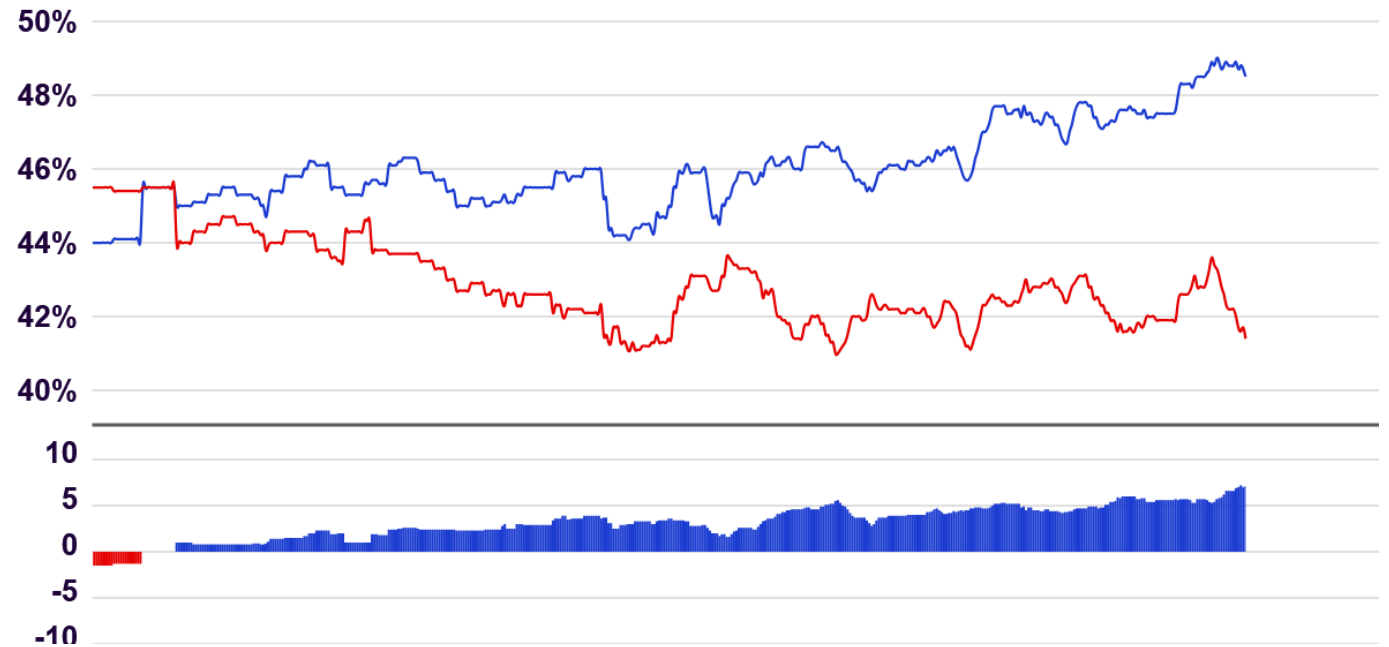
So far, it looks like it



RealClearPolitics Poll Average

48.5 Democrats +7.1 41.4 Republicans

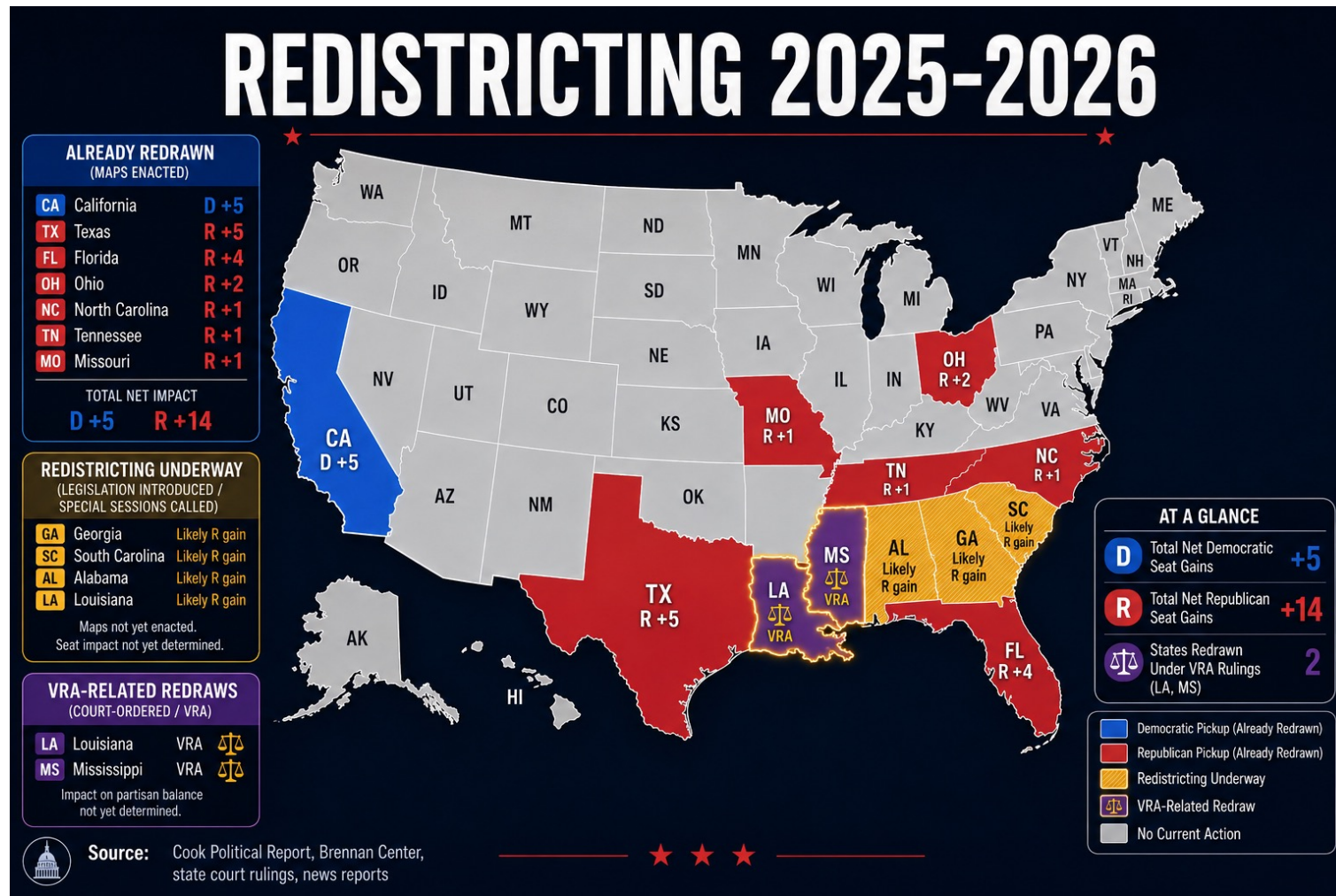
## 2026 Generic Congressional Vote



# SCOTUS takes us back to 19<sup>th</sup> Century

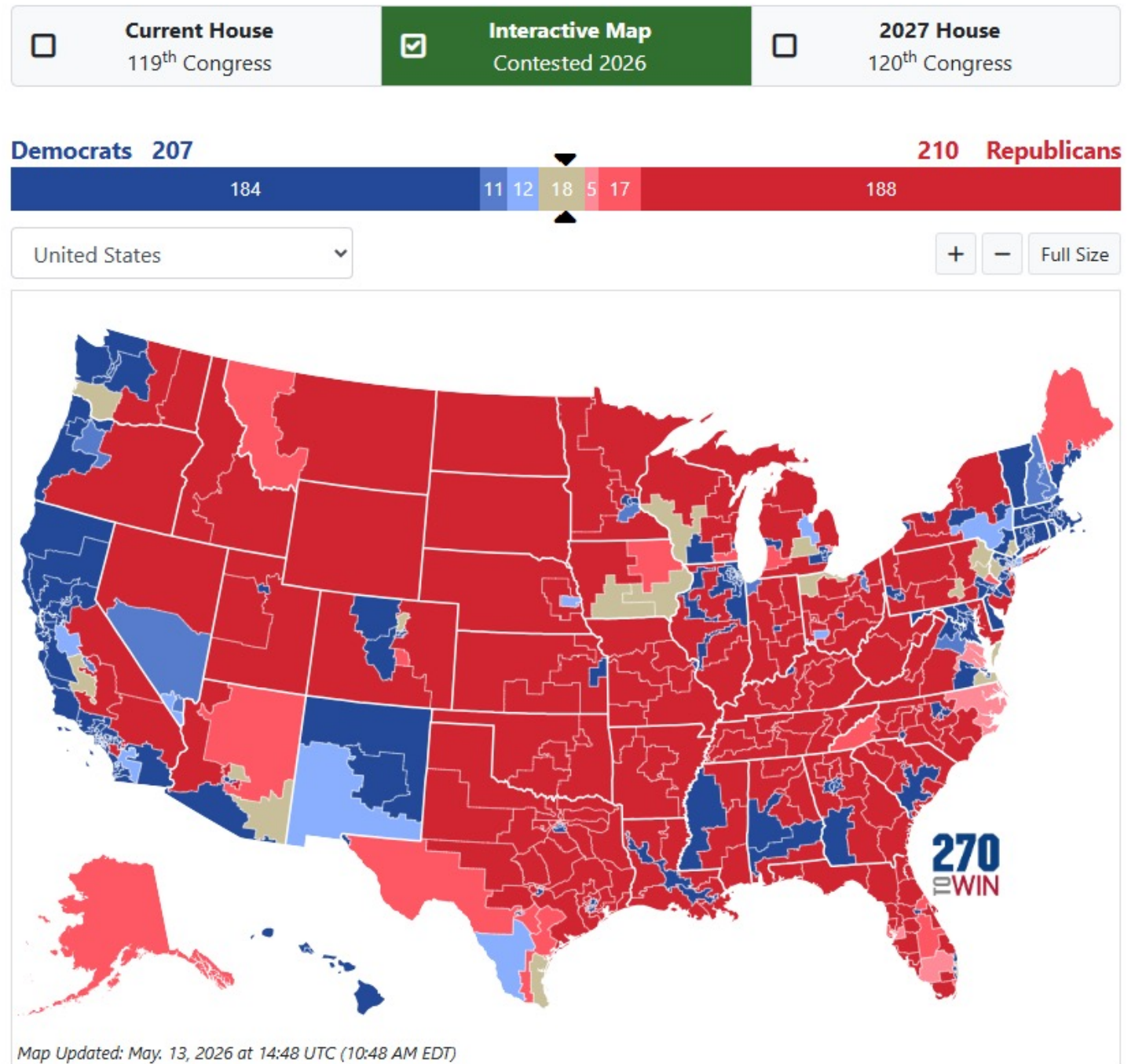
- Currently, it appears the republicans could pick up 7\* seats through gerrymandering / strikedown of VRA
- That would give the Rs a 228-207 advantage
- Dems have to flip 12 if this happens (very possible)

\*this is changing all the time



# Blue Wave still likely

- Most analysts still think Dems will take the House.
- Only 18 true toss-ups
- But any R with less than 10 point registration margin is sweating
- Even if it's a blue 'ripple', Dems will probably retake House



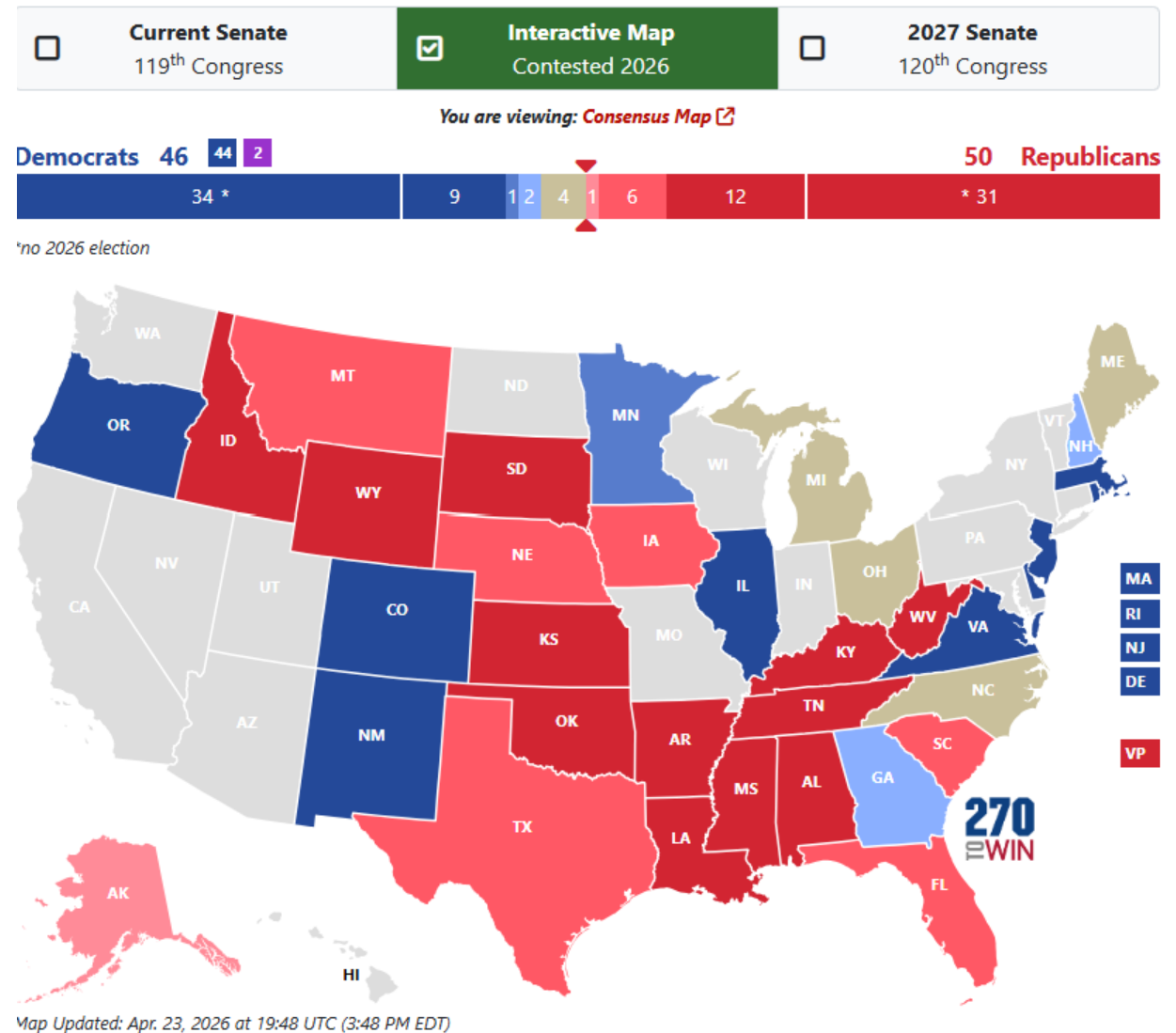
District	Current Holder	Likely Challenger	Cook District Rating / PVI
CA-45	Democrat Derek Tran	Republican nominee TBD	D+2
OH-13	Democrat Emilia Sykes	Republican nominee TBD	EVEN
WA-03	Democrat Marie Gluesenkamp Perez	Republican nominee TBD	R+5
NH-01	Democratic open seat	Maura Sullivan	EVEN
CA-22	Republican David Valadao	Jasmeet Bains or Randy Villegas	R+1
CO-08	Republican Gabe Evans	Manny Rutinel / Shannon Bird	EVEN
AZ-06	Republican Juan Ciscomani	JoAnna Mendoza	R+3
IA-01	Republican Mariannette Miller-Meeks	Christina Bohannon	R+4
NY-17	Republican Mike Lawler	Mondaire Jones / crowded Dem field	D+3
AZ-01	Republican open seat	Amish Shah / Marlene Galen-Woods	R+2
MI-10	Republican open seat	Eric Chung / Christina Hines / Tim Gremiel	R+3
NE-02	Republican open seat	Denise Powell	D+1
PA-08	Republican Rob Bresnahan	Paige Cognetti	R+4
PA-07	Republican Ryan Mackenzie	Bob Brooks	R+1
PA-10	Republican Scott Perry	Janelle Stelson	R+3
MI-07	Republican Tom Barrett	Bridget Brink / William Lawrence	R+2
NJ-07	Republican Tom Kean Jr.	Rebecca Benett	D+1
IA-03	Republican Zach Nunn	Sarah Trone Garriott	EVEN

# 18 Most Competitive Races

- Democrats need to flip 12 / 14 and hold all 4 seats
- If generic ballot holds at D+8, Democrats could win 15-40 seats, depending on many factors

# Historic Turnover in the Senate

- Generational shift underway with 11 retirements, 2 vacancies, plus at least 1 incumbent who lost in primary
- Republicans favored to hold the Senate but in real trouble



Key 2026 Senate Races					
State	Flip or Defend	Incumbent	Head to Head Polling (Dem% vs. Rep%)	Likelihood	Notes
Minnesota	Open	N/A	Flanagan/Craig vs. Tafoya/White	LIKELY BLUE	Consistently blue seat with D tailwinds
Michigan	Open	N/A	McMorrow/El-Sayed/Stevens vs. Rogers	LEANING BLUE	Always close but tailwinds favor Ds
Maine	Flip	Collins	Graham Platner vs. Collins	TOSS-UP	Platner is leading in polls but Collins consistently outperforms polls
Georgia	Hold	Ossoff	Ossoff vs. Collins/Dooley	TOSS-UP	Slight edge to Ossoff but will be extremely close
North Carolina	Open	N/A	Roy Cooper vs. Whatley	TOSS-UP	Cooper is consistently ahead in polls but NC is a red state and Rs outperform polls
New Hampshire	Open	N/A	Pappas vs. Sununu	TOSS-UP	Slight edge to Pappas but will be extremely close
Ohio	Open	N/A	Husted vs. Sherrod Brown	LEANING RED	Brown has huge voter ID but it's a +10R state
Alaska	Flip	Sullivan	Sullivan vs. Mary Peltola	LEANING RED	AK is consistently red
Texas	Flip	Cornyn*	Paxton vs. Talarico	LEANING RED	Technically a toss-up but polls exaggerate D support
Nebraska	Flip	Ricketts	Ricketts vs. Osborn	LIKELY RED	Osborn is independent; polls undercount R support
Iowa	Open	N/A	Hinson vs. Turek/Wahls	LIKELY RED	In play because of deep unpopularity of statewide Rs and strong D tailwinds
Montana	Open	N/A	Kurt Alme vs. TBD Dem vs. Ind. Seth Bodnar	LIKELY RED	Only tracking this because Bodnar could mount a challenge if the D candidate withdraws
*Likely to lose primary to Paxton					

# Senate Math

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- ❑ Must HOLD Georgia, Michigan, Minnesota, and New Hampshire
- ❑ Win in Maine and North Carolina (currently favored in polls, but...)
- ❑ Win two more historically difficult races in Ohio, Iowa, Alaska, Texas, Nebraska, or Montana

# What does this mean?

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- ❑ Trump's support is at historic lows
- ❑ The country is primed for a blue wave
- ❑ Redistricting may net an additional ~7 Republican House seats but this is not enough to stop a blue wave
- ❑ As of today, we are favored to win the House with an 8 pt generic ballot advantage
- ❑ The Senate is a toss-up but realistically leans R given historical patterns; probably 60/40 against flipping



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(It's a big, beautiful world)

(especially far away from  
here)