2026 U.S. MIDTERM ELECTIONS

VISUALIZING KEY TRENDS & INSIGHTS



THE BATTLE FOR CONGRESS

THE BALANCE OF POWER

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As the 2026 U.S. midterm elections approach, voters will decide the balance of power in Congress and shape the direction of the rest of Donald Trump's second term. Control of the House and Senate will influence which policies move forward and how closely the administration is scrutinized.

This report offers a visual guide to the forces shaping the election; from historical voting patterns and presidential approval to voter priorities, polling and campaign financing. Each page puts the numbers in context, connecting the national picture with the races that could decide control of Congress.

By combining clear visuals with context, the report helps readers understand each party's path to a majority and the uncertainty that remains. Polls and forecasts capture the race at a point in time; the outcome ultimately rests with voters.

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SHIFTING POLITICAL POWER

01

*Midterm Elections

Democrat | Republican | Independent

Year	House	Senate	Presidency
2000	212	50	
2002*	205	48	
2004	202	44	
2006*	233	49	
2008	257	57	
2010*	193	51	
2012	201	53	
2014*	188	44	
2016	194	46	
2018*	235	45	
2020	222	48	
2022*	213	48	
2024	215	45	

Across the 13 last election cycles, Democrats emerged with control of the presidency and both chambers of Congress twice (2008 and 2020). Republicans achieved this five times (2000, 2002, 2004, 2016 and 2024), although their 2000 trifecta ended in June 2001. Democratic Senate majorities include independents who caucus with the party.

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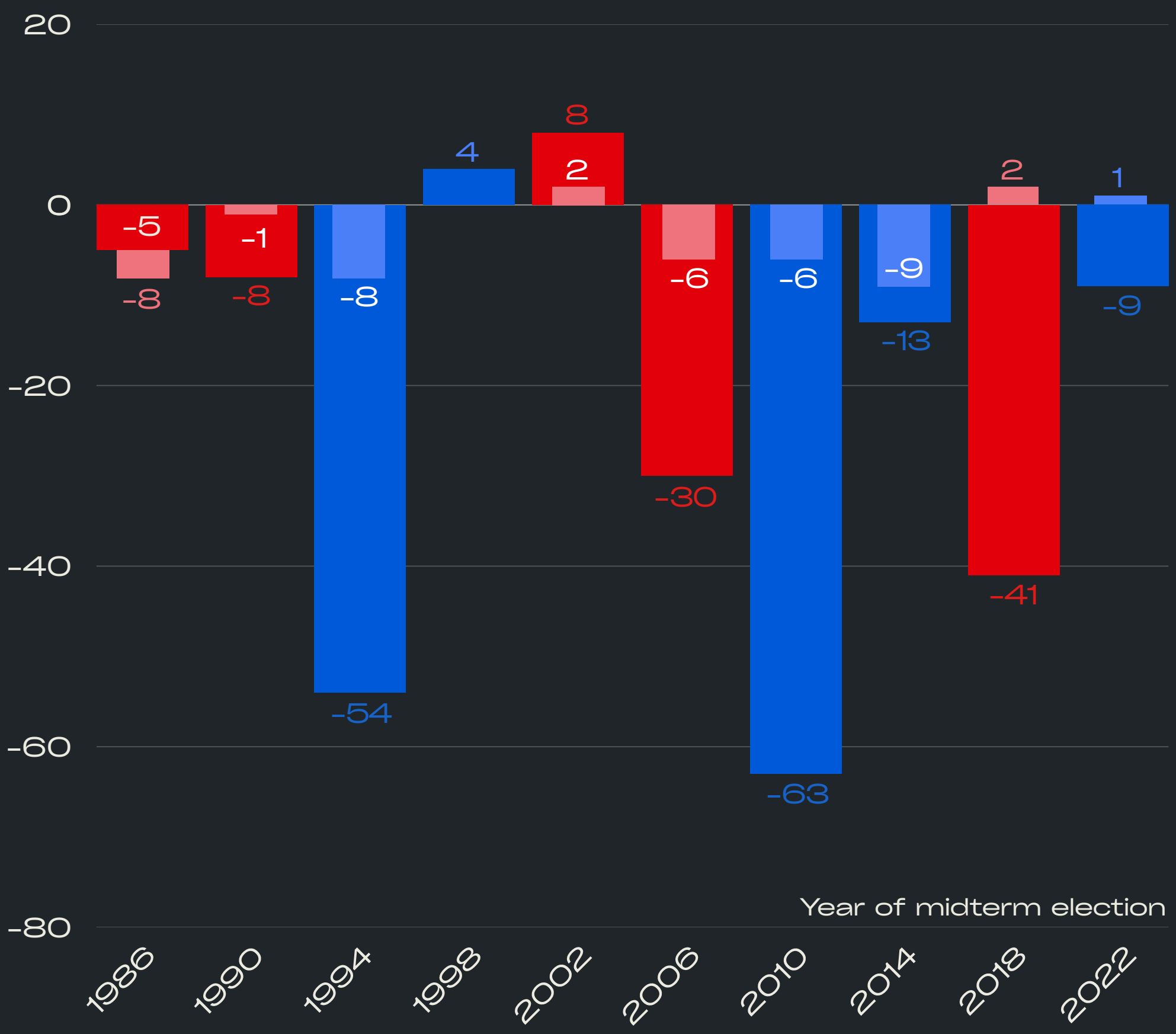
Sources:
History.house.gov | Senate.gov

MIDTERM PENALTY 02

President's party during midterms
Democrat Republican

Lighter shades refer to the Senate while darker shades refer to the House



Holding the White House often comes at a cost. Across the last 10 midterm elections, the president's party (including independents that caucus with the party) lost an average of 21 House seats and 3 Senate seats. It gained House seats only twice (in 1998 and 2002).

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Source:
The American Presidency Project

HOW AMERICA VOTES

03

Blue bars show gains in Democratic vote share among the voting group and vice versa, compared with the previous midterm. Changes are in percentage points.

Voter Group	Dem & Rep Vote Share in 2006	Change in 2010	Change in 2014	Change in 2018	Change in 2022
Men	50 47	+8	+2	+6	+5
Women	55 43	+6	+3	+8	+5
White	47 51	+9	+1	+6	+4
Black	89 10	0	+1	+1	+4
Hispanic/ Latino	69 30	+8	+2	+7	+10
Asian	62 37	+3	+10	+28	+17
Urban	61 37	+4	+1	+10	+8
Rural	48 50	+11	+2	+4	+7
At least a Bachelors	53 46	+7	+3	+11	+5
No Bachelors	53 45	+7	+1	+4	+6

Midterm coalitions can shift sharply between elections. Democrats continue to draw strength from Black, Hispanic and Asian voters, while Republicans rely more heavily on White and rural voters. Winning a majority depends on holding that support while making gains beyond those bases

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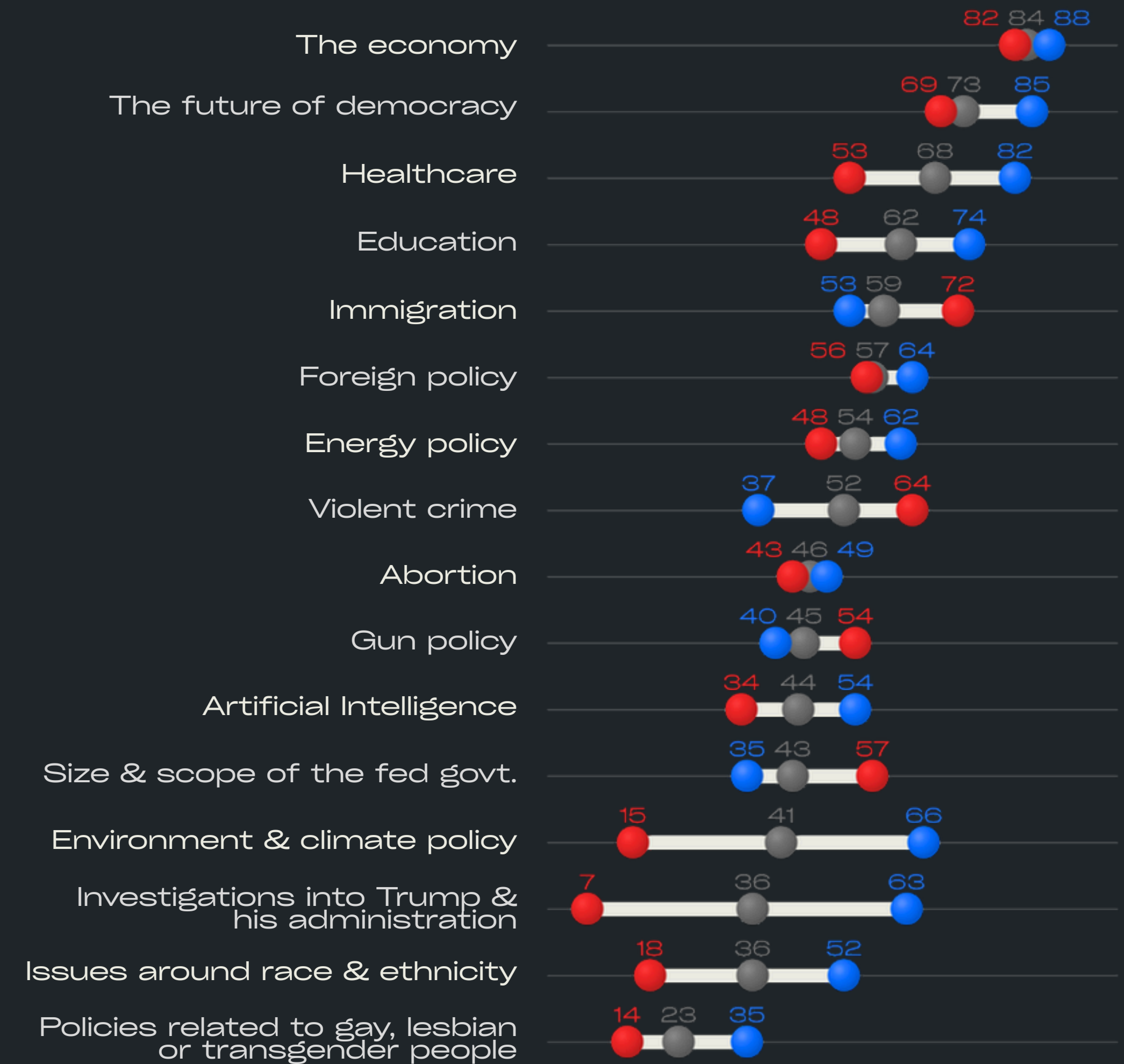
Source:
National Election Pool/Edison Research

TOP VOTING ISSUES

04

% of registered voters who say each of the following issues are **very important** to their vote in the 2026 congressional elections. Respondents could rate multiple issues as very important so percentages do not sum to 100%



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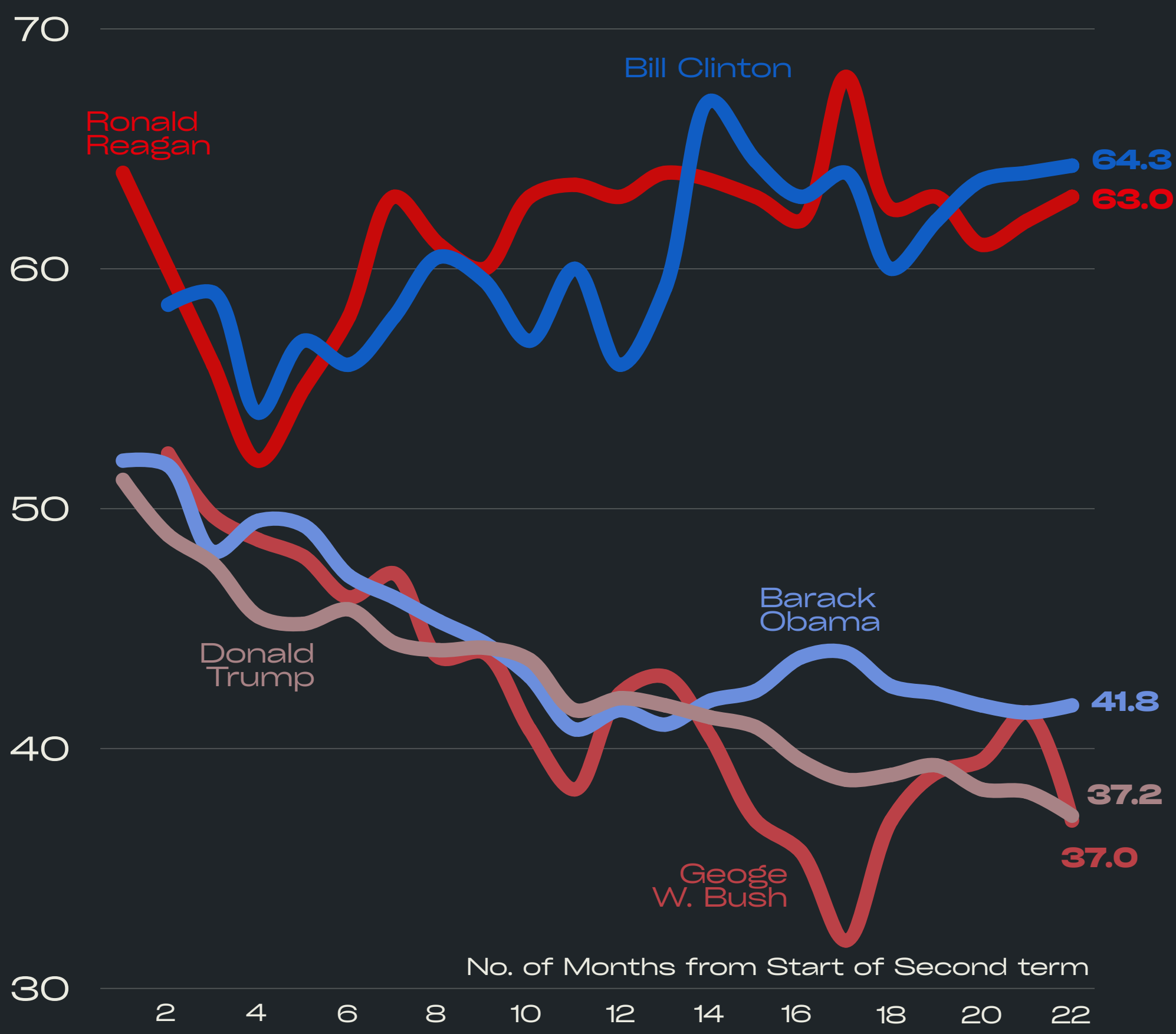
Source:
Pew Research

PRESIDENTIAL APPROVAL TRACKER

05

Trump's approval offers a warning for Republicans as Bush and Obama entered their second-term midterms below 45%, and their parties lost 30 and 13 House seats, respectively. However, strong approval offers no guarantee either as Reagan's Republicans lost 8 Senate seats despite his popularity.

Image includes only the most recent 5 presidents to serve 2 terms



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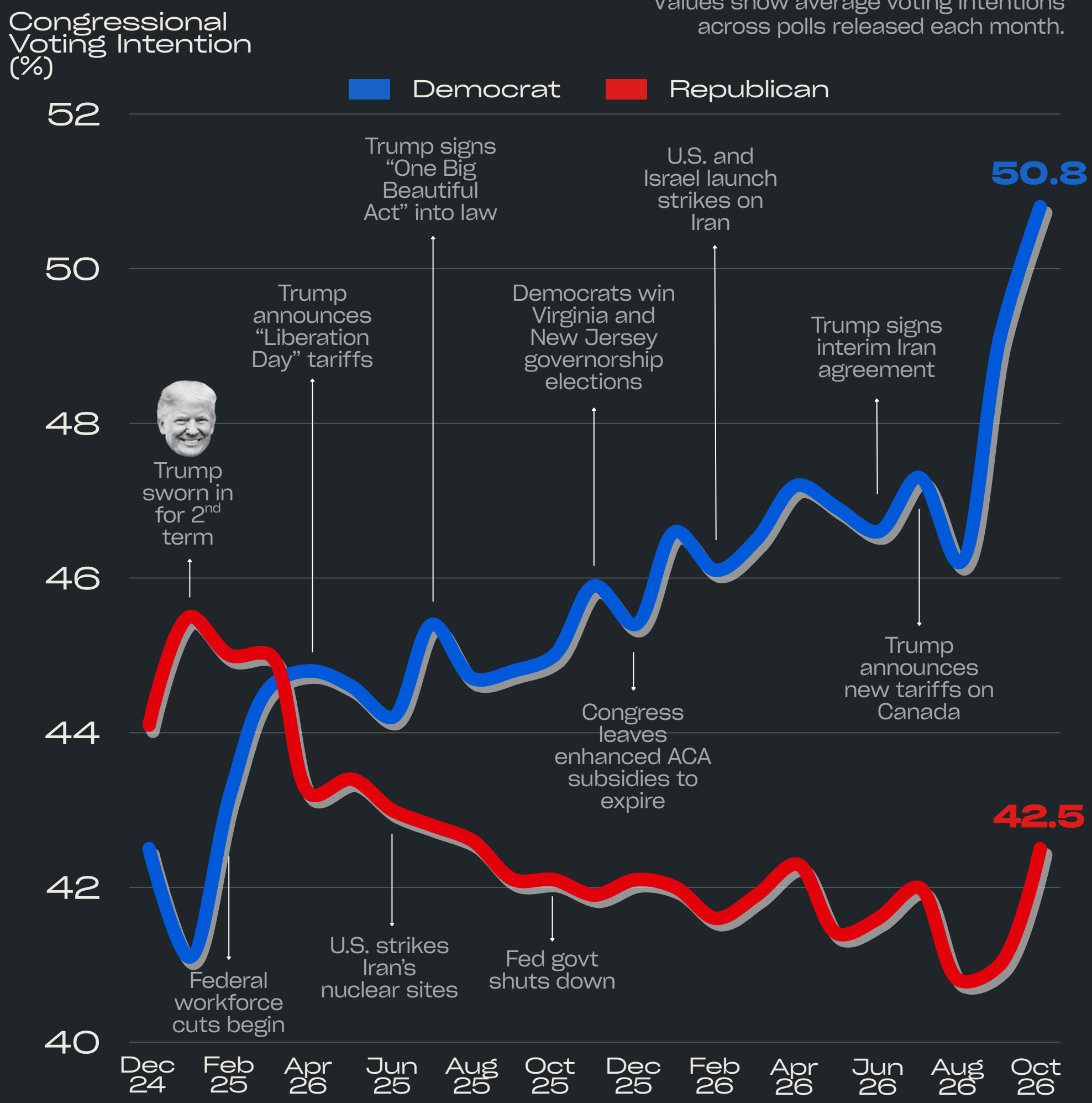
Sources:
Gallup | Silver Bulletin

THE POLLS:
GENERIC BALLOT VOTE

06

Values show average voting intentions across polls released each month.



Democrats head into the midterms with an 8-point lead on the generic congressional ballot, at 50.8% to Republicans' 42.5%. The gap has widened since early 2025, though national voting intentions do not translate directly into congressional seats.

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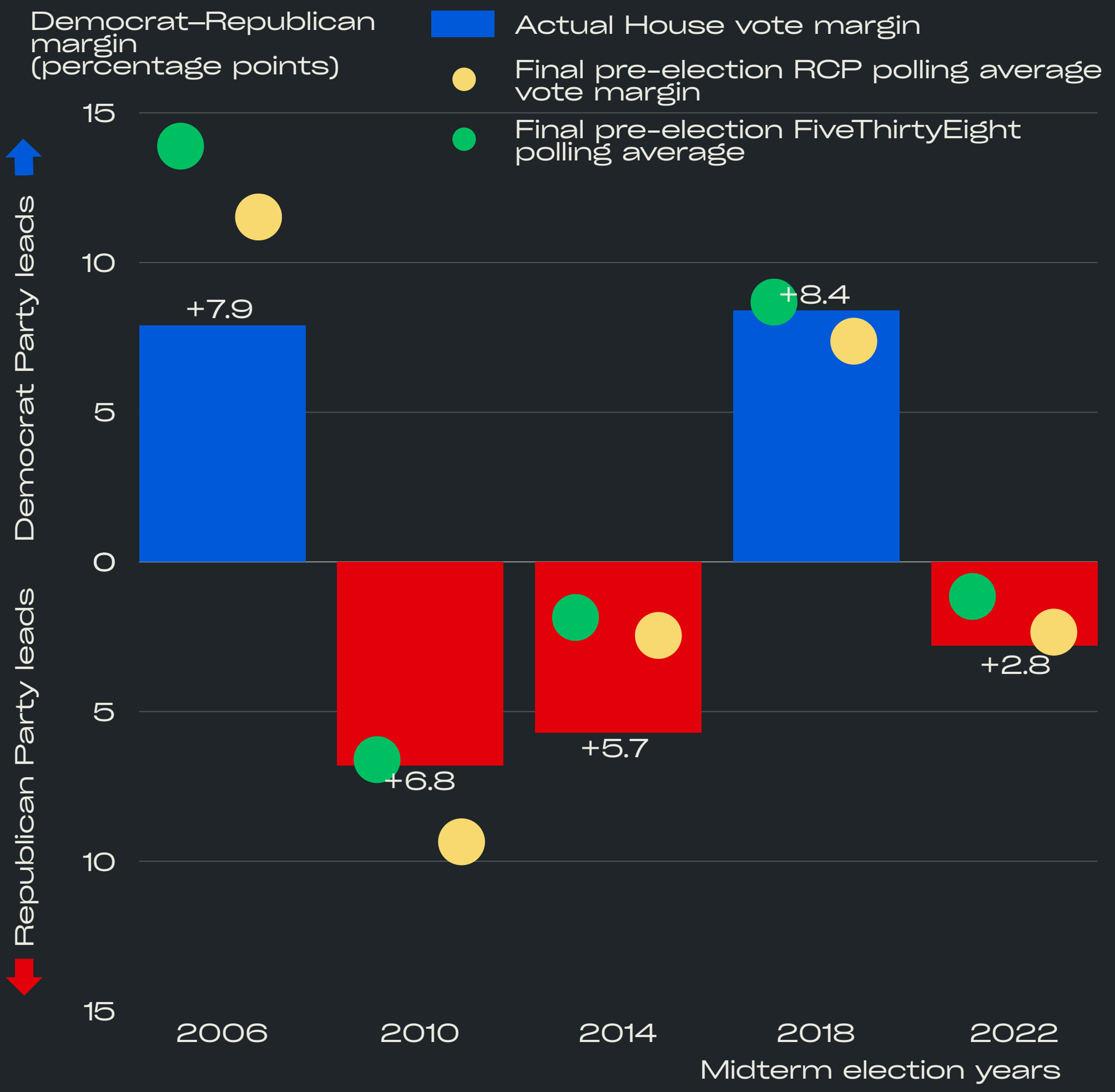
Sources:
Silver Bulletin | Wikipedia

HOW CLOSE WERE PAST POLLS?

07



The generic ballot has generally captured which party would lead the national House vote, but the size of that lead has been harder to predict. Even a modest polling miss can matter when control of the chamber rests on a handful of competitive races.

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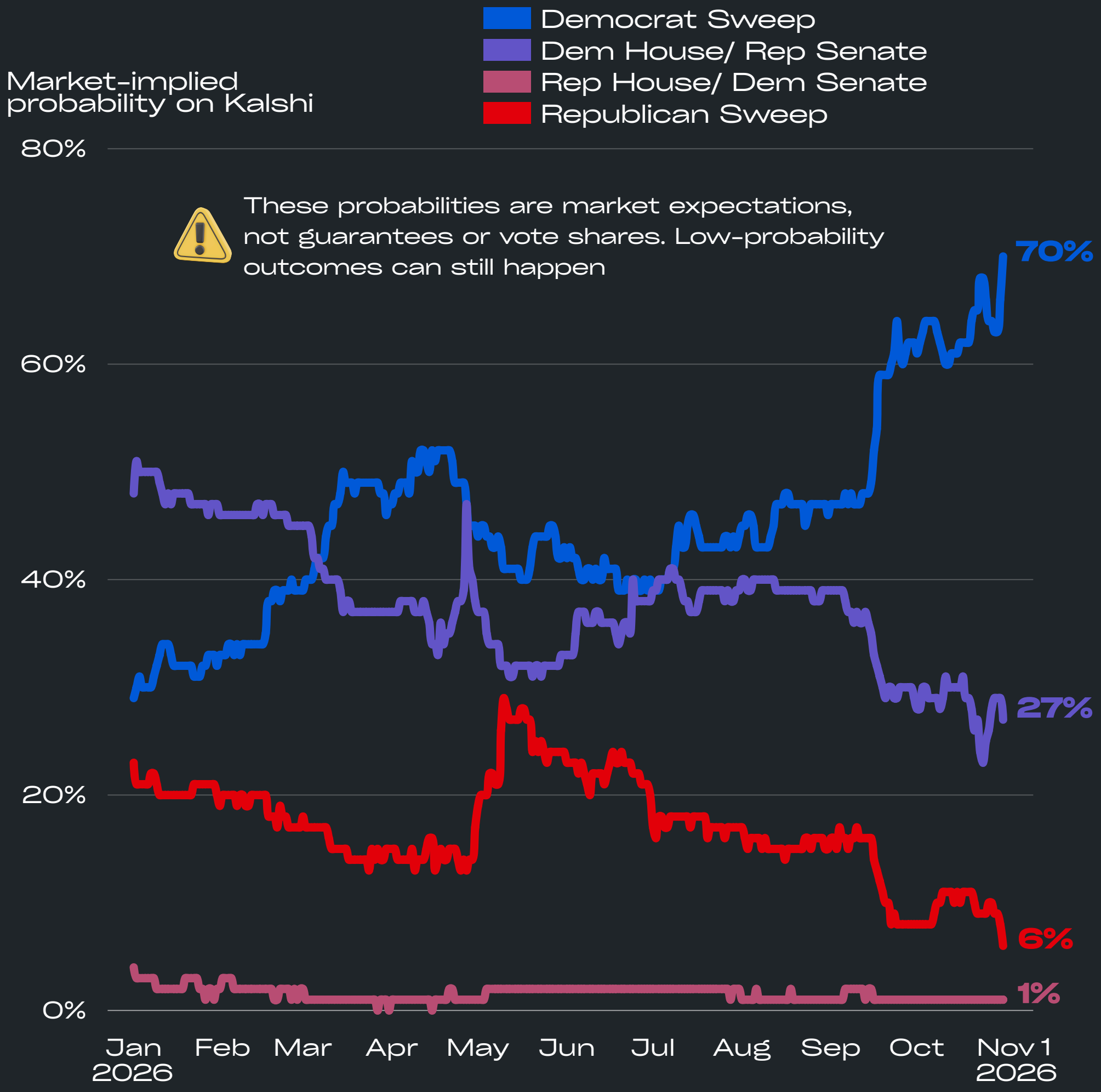
Sources: FiveThirtyEight | RealClearPolitics

THE MARKETS:
BETTING ON CONGRESS

08



Trading volume on congressional control has reached $92M on Kalshi and $51M on Polymarket. Both markets show similar expectations, with Polymarket pricing a Democratic sweep at 71%, a Democratic House and Republican Senate at 24%, a Republican House and Democratic Senate at 1%, and a Republican sweep at 5%.

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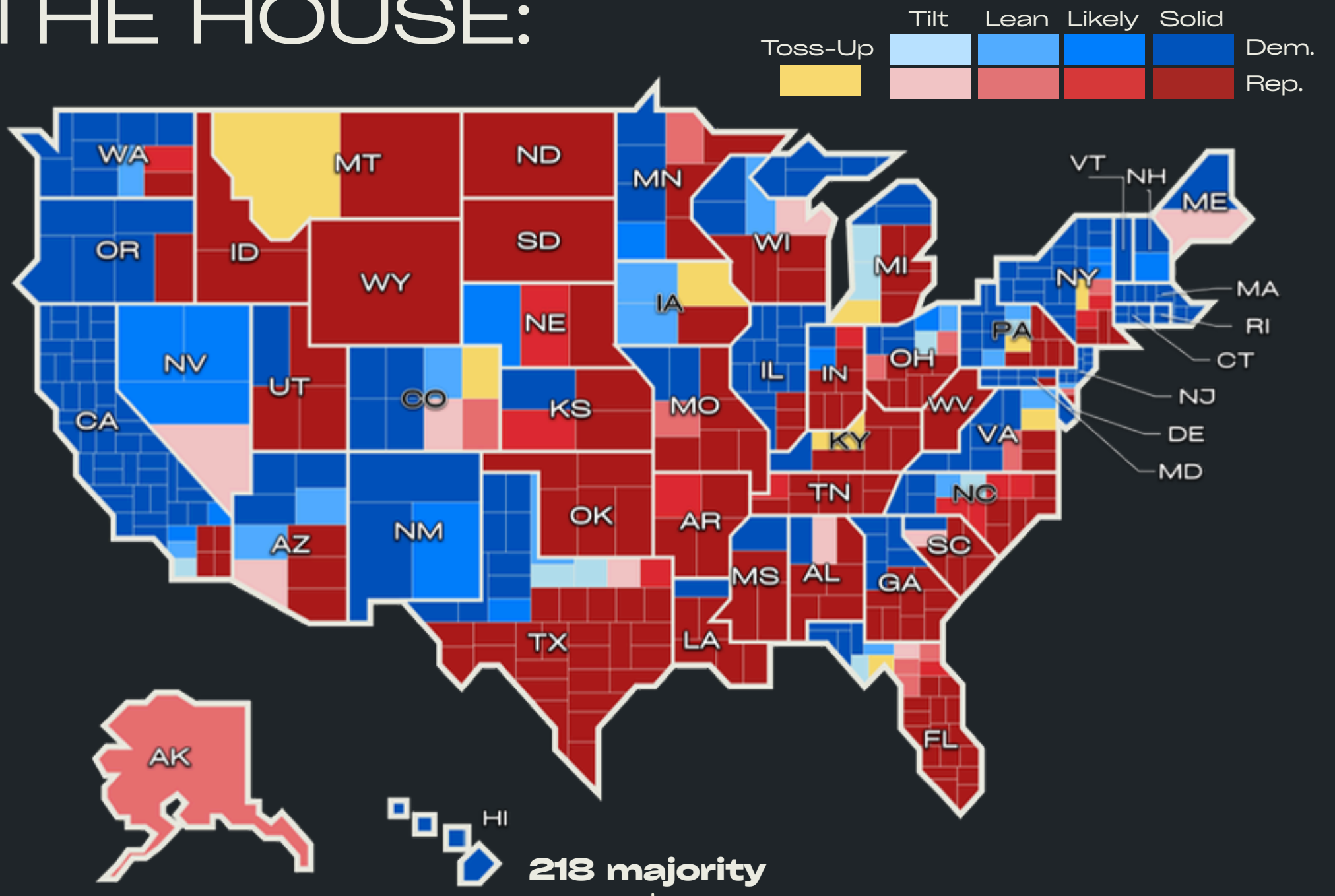
Sources: Kalshi | Polymarket

ELECTORAL MAP 09

THE HOUSE:



218 majority

Key races:

Lean Dem.		Tilt Dem.		Toss-Up		Tilt Rep.		Lean Rep.	
AZ-01	NJ-07	CA-22	OH-07	CO-05	MT-01	AL-02	NV-02	AK-AL	MO-02
AZ-06	OH-09	FL-14	PA-10	FL-22	NY-17	AZ-02	SC-01	CO-03	NJ-02
CA-48	PA-07	MI-07	TX-15	IA-02	PA-01	CO-04	TX-23	FL-07	NY-21
CO-08	PA-08	MI-10	TX-35	KY-06	VA-01	FL-09	WI-01	FL-13	OH-10
FL-25	TX-34	NC-01		MI-04		ME-02		FL-27	OH-15
IA-01	VA-02							MN-01	VA-05
IA-03	WA-03								
NC-11	WI-03								

Democrats are favoured in enough districts to reach the 218 seats needed for a House majority, though competitive races could still shift the balance. The map combines race ratings from Inside Elections, Cook Political Report, RealClearPolitics and VoteHub as at Oct 30, 2026. Each source receives equal weight, and the average is rounded to the nearest rating category. Ratings reflect competitiveness, not guaranteed results.

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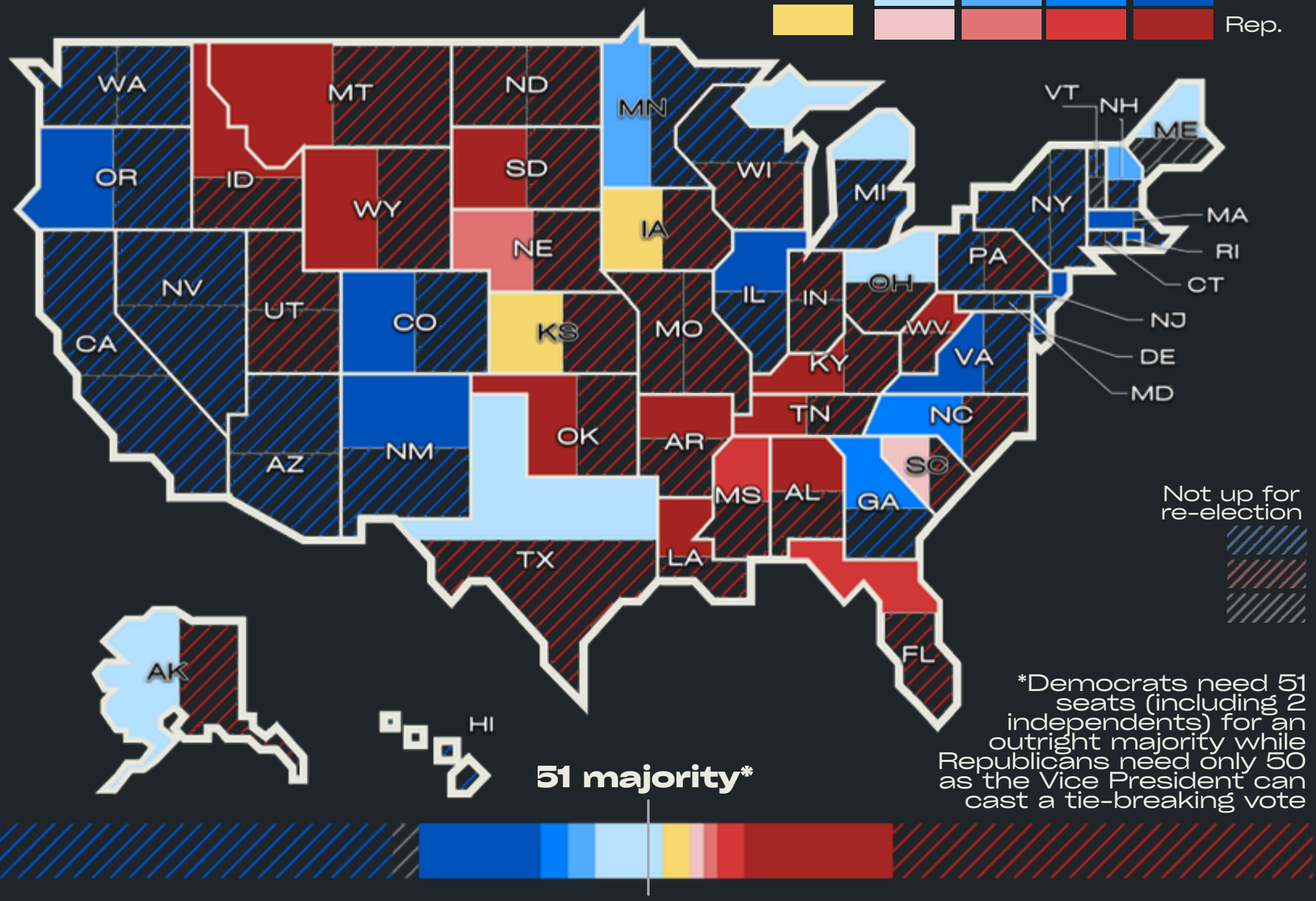
Sources:
Inside Elections | Cook Political Report | RealClearPolitics | VoteHub

ELECTORAL MAP 10

THE SENATE:



*Democrats need 51 seats (including 2 independents) for an outright majority while Republicans need only 50 as the Vice President can cast a tie-breaking vote

51 majority*

Key races:

Lean Dem.	Tilt Dem.	Toss-Up	Tilt Rep.	Lean Rep.
Minnesota New-Hampshire	Alaska Maine Michigan Ohio Texas	Iowa Kansas	South-Carolina	Nebraska

With 35 seats up for re-election, Democrats have a path to Senate control, but it depends on holding their seats and winning several Republican-held races. The map combines race ratings from Inside Elections, Cook Political Report, RealClearPolitics and VoteHub Legacy as at Oct 30, 2026. Each source receives equal weight, and the average is rounded to the nearest rating category. Ratings reflect competitiveness, not guaranteed results.

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Sources:
Inside Elections | Cook Political Report | RealClearPolitics | VoteHub

THE MONEY BAGS: LARGEST DONORS

50 largest donors - 2,770

Republican Donors - 1,675

- Elon Musk — 446
- Elizabeth & Richard Uihlein — 150
- One Nation — 133
- Jeff & Janine Yass — 110
- Ben Horowitz & Marc Andreessen — 92
- Miriam Adelson — 68
- GOPAC — 48
- Christine & Stephen Schwarzman — 41
- American Action Network — 64
- Koch — 47
- Foris Dax — 39
- Stand Together Chamber Of Commerce — 35
- Cameron & Tyler Winklevoss — 56
- American Prosperity Alliance — 51
- Diane Hendricks — 33
- Other Top Republican Donors — 127
- Paul Singer — 54
- Greg & Anna Brockman — 50
- Ken Griffin — 33

Democrat Donors - 832

- George Soros — 102
- House Majority Forward — 94
- Majority Forward — 102
- Mike Bloomberg — 84
- Economic Opportunity Fund — 41
- Reid Hoffman & Michelle Yee — 41
- Other Top Democrat Donors — 267
- Stephen Mandel — 35
- Opportunity Action Fund — 33
- League Of Conservation Voters — 32

Special Interest Donors - 264

- Coinbase — 58
- Ripple — 50
- Public First Action — 30
- AIPAC — 30
- Draft Kings — 40
- Other Top Special Interest Donors — 57

All figures are in millions of dollars and cover this midterm cycle (Jan 2025 - Oct 14, 2026



Elon Musk has cemented his record as the largest individual political donor in modern American history. The world's richest man poured $446M of his own money into this year's midterm elections, mostly aimed at preserving the Republican Party's control of Congress

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Source: Washington Post

THE BIGGEST FUNDRAISERS

12

House candidates		Senate candidates	
A. Ocasio-Cortez	38	James Talarico	146
David Throne	26	Jon Ossoff	116
Mike Johnson	25	Sherrod Brown	68
Eric Jones	18	54	Abdul El-Sayed
Hakeem Jeffries	18	50	Roy Cooper
Anthony Constantino	17	37	Mary Peltola
Eugene Vindman	16	32	S. Krishnamoorthi
Rohit Khanna	15	27	Troy Jackson
Eileen Laubacher	14	24	Joshua Turek
Rebecca Cooke	13	24	Annie Andrews
April Delaney	13	24	Chris Pappas
Keith Gross	12	23	Mike Rogers
Eli Crane	12	23	Susan Collins
Peter Chatzky	12	22	Ken Paxton
Joanna Mendoza	11	21	Cory Booker
Steve Scalise	11	21	Alex Vindman
Earl Emmer Jr.	11	20	Mark Warner
Cait Conley	11	20	Jon Husted
Michael Lawler	10	19	Adam Hamilton
Young Kim	10	16	Joshua Weil

Party
- Dem.
- Rep.
- Others

Figures represent total funds raised by candidates in millions of dollars

Total Raised by Candidates in 2026 midterms (3,593)



House candidates (2,315)

Senate candidates (1,279)

Total amount raised includes candidates who lost primaries or withdrew, and excludes super PAC fundraising from Jan 2025 - October 30, 2026

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Source:
Federal Election Commission

For more visuals and reports,
visit **www.vizualytiks.com**



THANK YOU!