Virginia

2026 general election poll: statewide recontact

Likely-voter re-interview of past State Navigate respondents | Generic U.S. House ballot

U.S. HOUSE D Democratic candidate R Republican candidate

At a glance

ELECTION DATE	FIELD DATES	SAMPLE SIZE	MARGIN OF ERROR
November 3, 2026	**October 17-20, 2026**	**863 likely voters**	**±3.3 points**

Methodology

State Navigate surveyed **863** likely voters (932 respondents) in Virginia from **October 17-20, 2026**, including voters who had already cast a ballot. Respondents were re-interviewed from six earlier State Navigate Virginia polls: our two October 2025 statewide polls, our October 2025 polls of House of Delegates Districts 64, 73 and 86, and our April 2026 referendum poll, matched by ID. Text messages were sent to voters by AllianceForge, which directed them to an online survey hosted on the SurveyMonkey platform. The sample was originally drawn from a voter file provided by i360 in October 2025 and April 2026. Recontact results were weighted by gender, race, age, education, race by education, party identification and geography to reflect the likely November 2026 general electorate. Because three of the source polls were district polls, respondents from House Districts 64, 73 and 86 make up a far larger share of the sample than of the state. The geographic weight therefore treats each of those three districts as its own cell, held to its share of the 2024 presidential vote, with the remainder of each congressional district weighted to the district's share of the 2022 U.S. House electorate. The margin of error is **3.3%** at a 95% confidence level. This survey was designed and conducted by the State Navigate Polling Team, and was not sponsored by any candidate or candidate's committee.

Where our likely voters come from

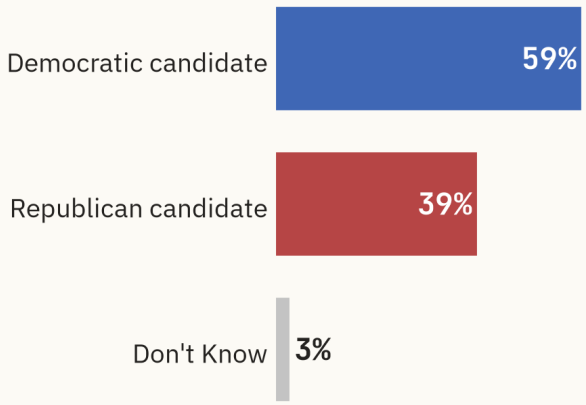
Share of the weighted likely-voter sample from each earlier State Navigate poll.

	Statewide poll Oct. 17-20, 2025	Statewide poll Oct. 26-28, 2025	Referendum poll April 10-13, 2026	HD-64, 73 & 86 polls Oct. 17-18 & 26-28, 2025
Share of likely voters	28%	30%	39%	3%
Likely voters (weighted n)	244	257	334	27

The snapshots

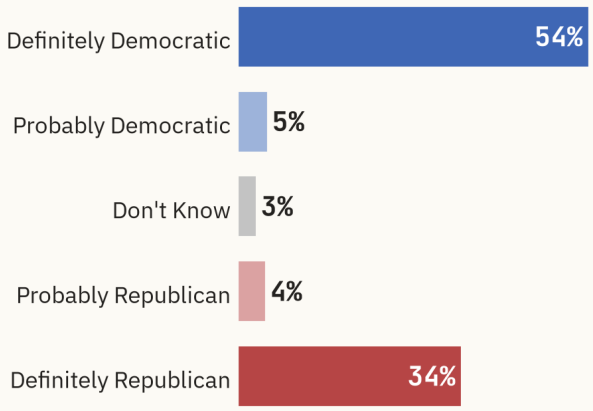
Generic U.S. House ballot

If the election for your U.S. House of Representatives race were held today, which candidate would you vote for? Includes early voters' reported choice.



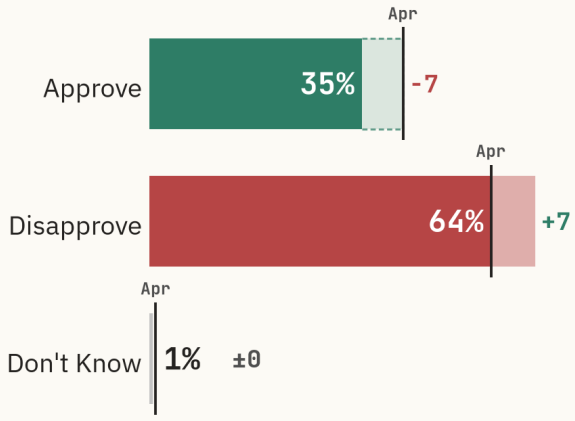
Generic U.S. House ballot (strength)

If the election for your U.S. House of Representatives race were held today, which candidate would you vote for?



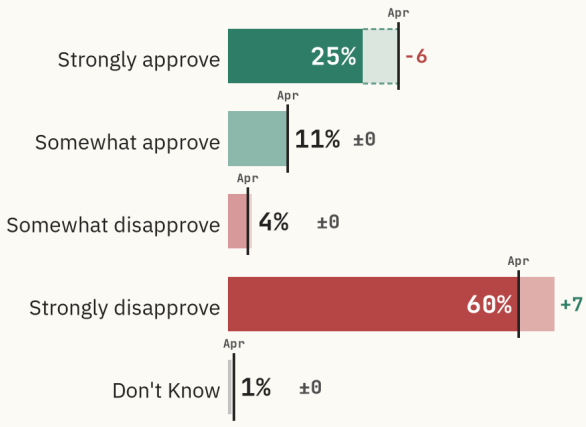
President Trump job approval

Do you approve or disapprove of the job Donald Trump is doing as President? Bars show October and the tick marks our April 2026 referendum poll. Numbers are the net change since April (lighter = gain, dashed = loss).



President Trump job approval (detailed)

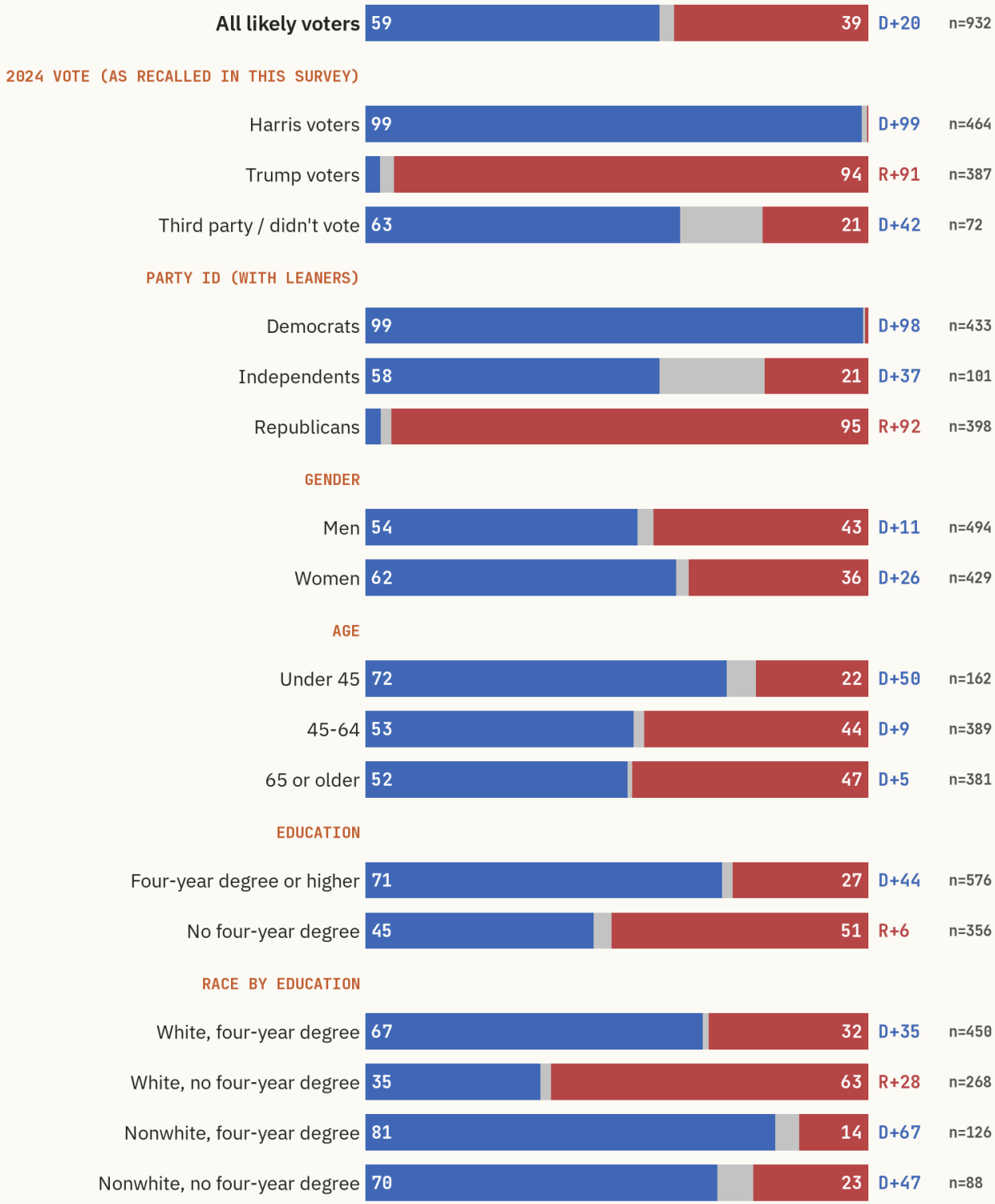
Do you approve or disapprove of the job Donald Trump is doing as President? Bars show October and the tick marks our April 2026 referendum poll. Numbers are the net change since April (lighter = gain, dashed = loss).



Democrats lead the generic U.S. House ballot 59-39 among Virginia likely voters, with 3% undecided. **President Trump is underwater** (35% approve / 64% disapprove), a net approval of -29, down from -15 in our April referendum poll (42% / 57%). About a third of likely voters (36%) say they have already voted; they back Democrats 72% to 28%, and those who haven't yet voted split 51% to 44%.

The generic ballot by group

U.S. House generic ballot within each group, weighted to likely voters. Blue = Democratic candidate, gray = undecided, red = Republican candidate; the margin uses the rounded shares. n = respondents in the group; * and faded bars mark groups under 50, which are too small to read on their own.



Where the electorate has moved since 2025

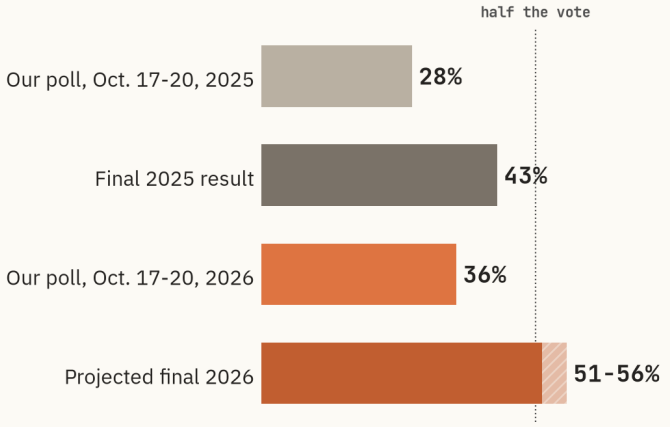
Each group's margin on the governor's race in our first October 2025 statewide poll (with leaners) against its margin on this poll's generic U.S. House ballot, both weighted to likely voters. These are two separate samples, not the same people; groups are as each respondent described themselves at the time. * and faded cells mark groups under 50 respondents in either poll.

	2025 GOVERNOR our Oct. 17-20, 2025 poll	2026 U.S. HOUSE this poll	SWING 2025 to 2026	n 2025 | 2026
All likely voters	D+13	D+20	D+7	694 | 932
PARTY ID (WITH LEANERS)				
Democrats	D+95	D+98	D+3	305 | 433
Independents	D+55	D+37	R+18	61 | 101
Republicans	R+90	R+92	R+2	328 | 398
2024 VOTE (AS RECALLED IN EACH POLL)				
Harris voters	D+94	D+99	D+5	330 | 464
Trump voters	R+89	R+91	R+2	314 | 387
GENDER				
Men	D+4	D+11	D+7	337 | 494
Women	D+22	D+26	D+4	357 | 429
AGE				
Under 45	D+26	D+50	D+24	156 | 162
45-64	D+5	D+9	D+4	297 | 389
65 or older	D+9	D+5	R+4	241 | 381
RACE				
White	R+3	D+5	D+8	555 | 718
Black	D+71	D+72	D+1	75 | 102
EDUCATION				
Four-year degree or higher	D+20	D+44	D+24	443 | 576
No four-year degree	D+4	R+6	R+10	251 | 356
HOUSEHOLD INCOME				
Under $50,000	D+16	D+6	R+10	81 | 126
$50,000 to $99,999	D+3	R+2	R+5	155 | 188
$100,000 to $149,999	D+21	D+35	D+14	135 | 218
$150,000 or more	D+18	D+34	D+16	227 | 334
HAVE THEY VOTED?				
Already voted	D+29	D+44	D+15	212 | 317
Not yet voted	D+8	D+7	R+1	482 | 615

The early vote

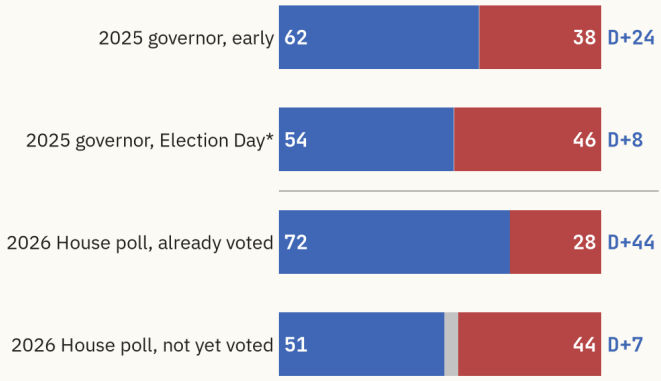
Early voting is ahead of last year's pace

Share of the vote cast before Election Day: our polls at the same point in the calendar, and the final count.



Early voters are much more Democratic

2025 governor results by when ballots were cast, and our 2026 House ballot by whether voters have voted.



Projected final 2026 share: the low end adds this year's 8-point lead to the 2025 early share (43%); the high end grows it at 2025's rate (final share 1.57 times our October poll). *Election Day includes provisional ballots. If early ballots again break D+24, Republicans would need to win Election Day by about 25 to 31 points to tie statewide.

Who has already voted

Weighted share of each group, this October vs. the same point last year (our Oct. 17-20, 2025 poll); change is in points.

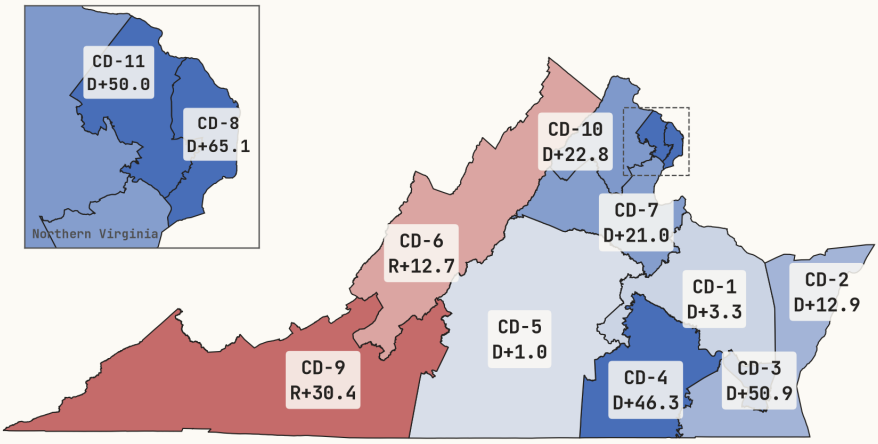
SHARE OF LIKELY VOTERS WHO ARE...	ALREADY VOTED			NOT YET VOTED		
	Oct. 2026 n=317	Oct. 2025 n=212	Change	Oct. 2026 n=615	Oct. 2025 n=482	Change
Democrats (with leaners)	65%	54%	+11	46%	46%	±0
Republicans (with leaners)	29%	36%	-7	44%	44%	±0
Independents	6%	9%	-3	9%	9%	±0
Recall voting Harris	66%	62%	+4	46%	47%	-1
Recall voting Trump	26%	35%	-9	46%	42%	+4
Age 65 or older	47%	38%	+9	24%	20%	+4
Under 45	20%	22%	-2	35%	39%	-4
Women	55%	51%	+4	50%	52%	-2
Four-year degree or higher	53%	64%	-11	51%	55%	-4
Black	22%	18%	+4	16%	18%	-2
Voted in all of the last 4 generals	68%	64%	+4	56%	46%	+10

If every district swung the same

Hypothetical 2026 U.S. House results under a uniform swing: each district's baseline margin moves by the same amount it takes to get the statewide margin from the baseline to our poll's D+19.9. Districts are the 2022 lines. Three baselines: the 2022 and 2024 House elections and the 2025 governor's race.

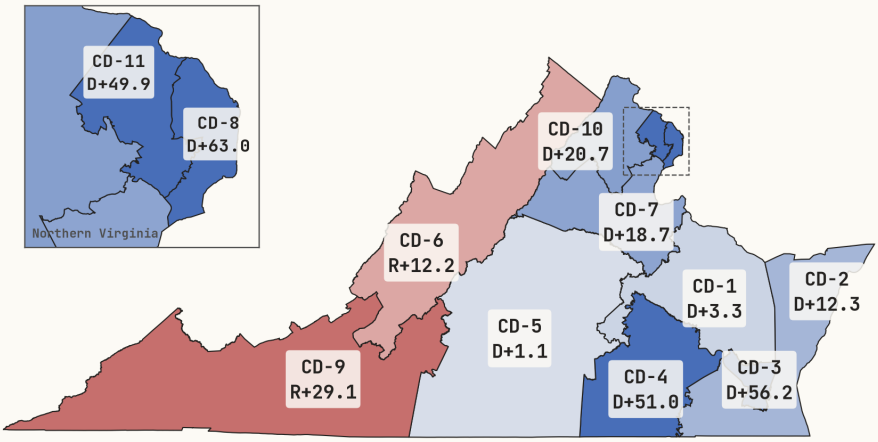
2022 U.S. House baseline: 9 D, 2 R

STATEWIDE D+3.6 TO D+19.9 | EVERY DISTRICT +16.3 TOWARD D



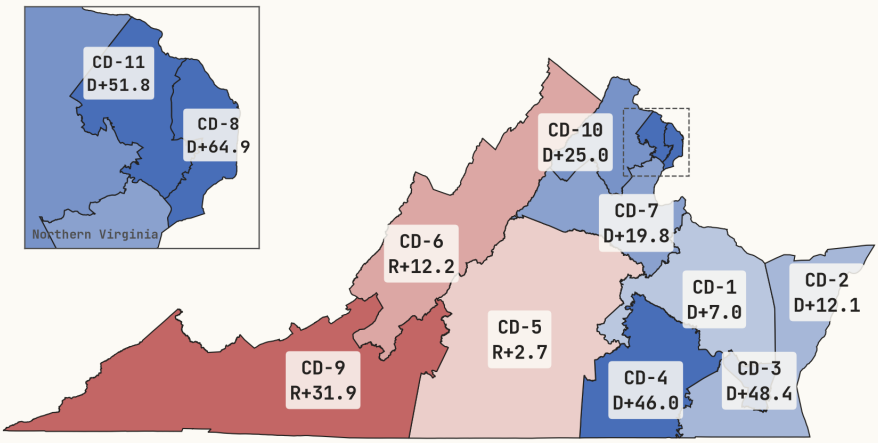
2024 U.S. House baseline: 9 D, 2 R

STATEWIDE D+3.8 TO D+19.9 | EVERY DISTRICT +16.1 TOWARD D



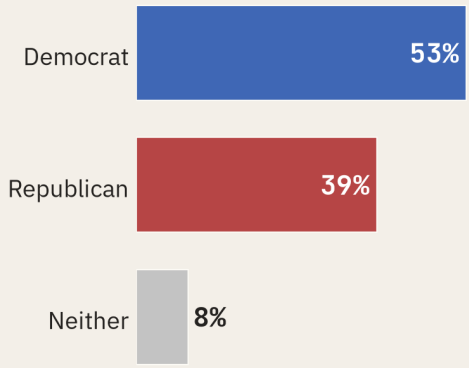
2025 governor baseline: 8 D, 3 R

STATEWIDE D+15.4 TO D+19.9 | EVERY DISTRICT +4.5 TOWARD D

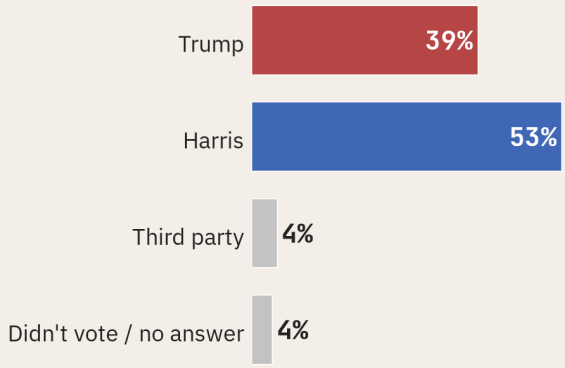


Who we surveyed

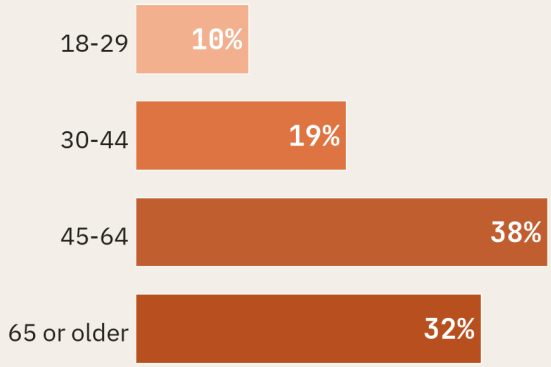
PARTY ID (WITH LEANERS)



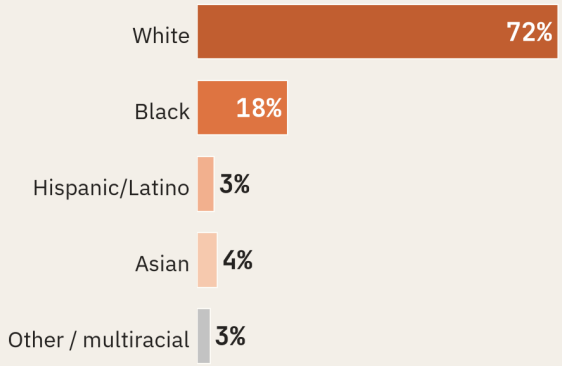
2024 PRESIDENTIAL VOTE (RECALLED)



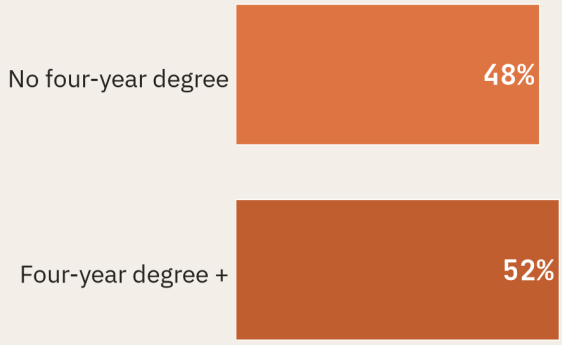
AGE



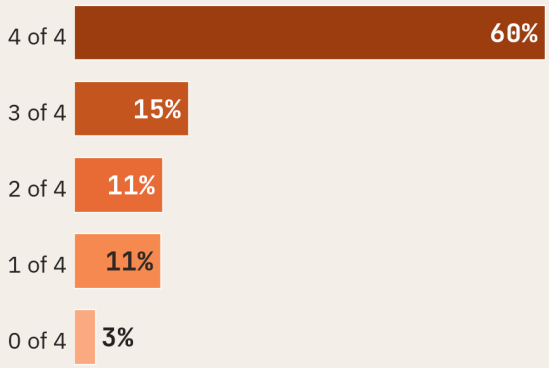
RACE



EDUCATION



VOTE HISTORY (LAST 4 GENERALS)

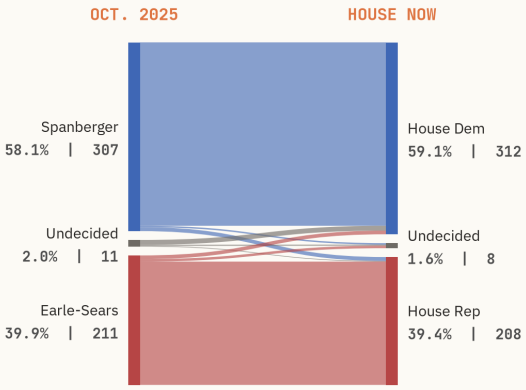


From last fall's vote to this fall's

October 2025 respondents' vote for Governor, Lieutenant Governor and Attorney General then, against their U.S. House vote now (likely-voter weights). Left: everyone. Right: only voters whose choice moved: switched parties, or moved into or out of undecided.

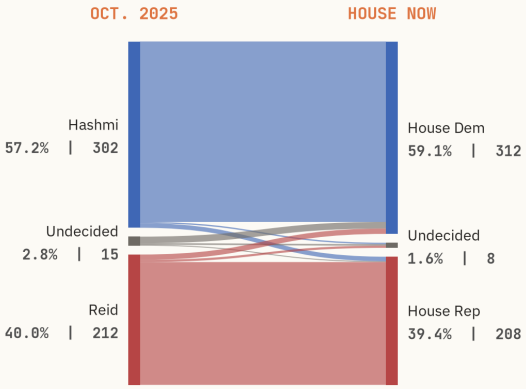
ALL OCTOBER 2025 RESPONDENTS

Governor, October 2025, to House now



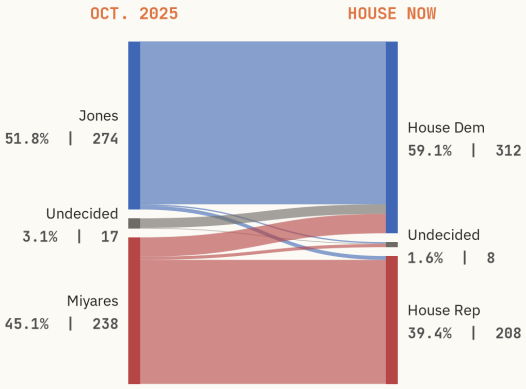
n=697 | Spanberger +18.2 then, House D+19.7 now | 2.3% crossed sides, 94.4% kept their side

Lieutenant Governor, October 2025, to House now



n=697 | Hashmi +17.2 then, House D+19.7 now | 3.0% crossed sides, 93.1% kept their side

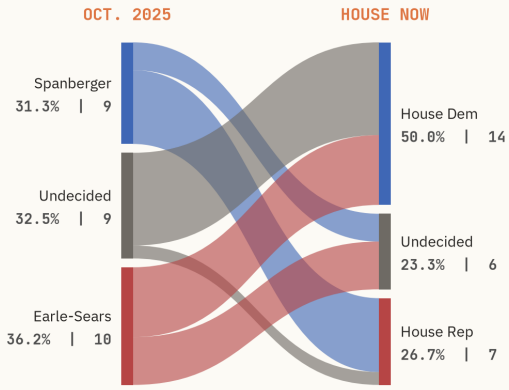
Attorney General, October 2025, to House now



n=697 | Jones +6.6 then, House D+19.7 now | 7.1% crossed sides, 88.3% kept their side

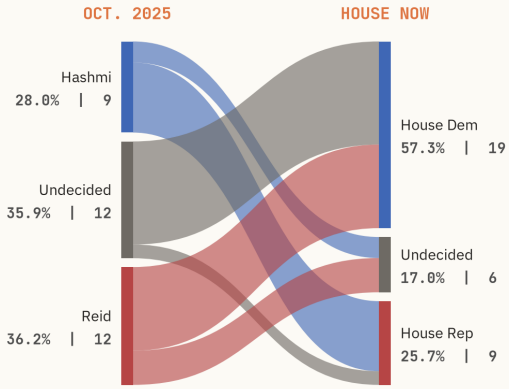
ONLY THOSE WHOSE CHOICE MOVED

Governor: the movers



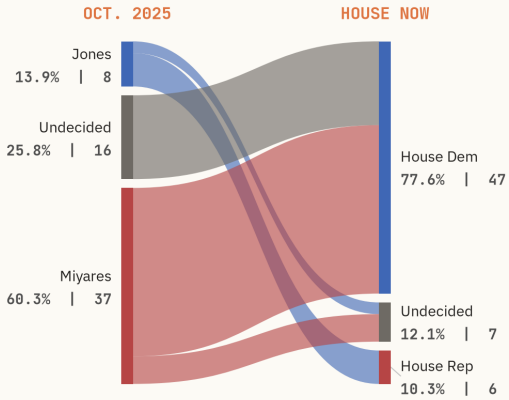
n=37 | 5.2% of voters moved: 1.2% D to R, 1.1% R to D, 1.2% to undecided, 1.7% off undecided

Lieutenant Governor: the movers



n=51 | 6.4% of voters moved: 1.4% D to R, 1.6% R to D, 1.1% to undecided, 2.3% off undecided

Attorney General: the movers



n=77 | 11.5% of voters moved: 1.2% D to R, 6.0% R to D, 1.4% to undecided, 3.0% off undecided

Party ID, then and now

The same respondents' party identification in the first State Navigate poll they took (October 2025 for most, April 2026 for the referendum-poll group) and now. Rows are the first poll, columns are now; counts are respondents. Cells are shaded in the party of the column, darker for a bigger share of the row, and outlined where people gave the same answer both times.

Leaned party ID

Both polls asked independents which party they lean toward.

	Democrat	Lean Dem	Independent	Lean Rep	Republican	Stayed
Democrat n=316	273	34	7	1	1	86%
Lean Dem n=120	32	62	23	0	3	52%
Independent n=97	4	22	52	15	4	54%
Lean Rep n=84	0	4	8	55	17	65%
Republican n=315	0	2	11	27	275	87%

Party ID without leaners

The party question alone; leaners are counted as independents in both polls.

	Democrat	Independent	Republican	Stayed
Democrat n=316	273	42	1	86%
Independent n=301	36	241	24	80%
Republican n=315	0	40	275	87%

Team notes & analysis

The following analysis from the State Navigate polling team examines these results.

CHAZ NUTTYCOMBE | ON EARLY VOTE

The early vote is very Democratic

About a third of likely voters in our poll (36%) tell us they've already voted, and they back Democrats for the U.S. House 72% to 28%. Those who haven't voted yet are much closer: 51% to 44%, with 4% undecided. Virginia saw the same pattern last fall, when Abigail Spanberger won early ballots by 24 points (and mail ballots by 55) and ballots cast on Election Day by 8, but the gap in our poll is wider. A growing share of the Democratic lead on the generic ballot is already banked.

CHAZ NUTTYCOMBE | ON EARLY VOTE TURNOUT

Early voting is running ahead of last year's pace

At the same point in the calendar last year, our first October 2025 statewide poll (fielded October 17-20, 2025) found 28% of likely voters had already voted. Early ballots, in person and by mail, ended up at 43% of the 2025 vote, about 1.48 million of the 3.43 million cast for governor. This year, 36% of the voters in our poll say they've already voted, 8 points higher. If early voting keeps growing at last year's rate from here, it would end at about 56% of the vote; if it only holds that 8-point lead, about 51%. Either way, Election Day, provisional ballots included, shrinks from 57% of the vote in 2025 to somewhere between 44% and 49%. That matters for Republicans, who do better on Election Day: if early ballots break by the same 24 points they did for Spanberger, Republicans would need to win Election Day by roughly 25 to 31 points just to tie statewide. Winsome Earle-Sears lost Election Day by 8, and the voters in our poll who haven't voted yet lean Democratic by 7.

CHAZ NUTTYCOMBE | ON TRUMP VOTERS

A quarter of Trump voters who now disapprove of him are voting Democratic

25% of likely voters who recall voting for Donald Trump in 2024 but now disapprove of the job he's doing are backing the Democratic candidate for the U.S. House; 60% are sticking with Republicans and 15% are undecided. The split depends on how strongly they disapprove: those who strongly disapprove back Democrats 55% to 22%, while those who only somewhat disapprove are mostly staying with Republicans (90%). The group is growing. Among the same voters, Trump's approval with his 2024 voters has slipped from 93% when they last took our survey to 88% now, so about one in nine Trump voters disapproves of him today. They're still only about 5% of the electorate, and Trump voters as a whole back House Republicans 94% to 3%, but every one of them who crosses over comes straight out of the Republican column.

Team notes & analysis

CHAZ NUTTYCOMBE | ON INDEPENDENTS

Independents are where the undecideds are

Only 3% of likely voters are undecided on the generic ballot, and most of them are independents. True independents, who don't lean toward either party, are 8% of the electorate but 62% of the undecideds. Independents back Democrats 59% to 21%, with 21% still undecided, and they aren't warm to the President: 17% approve of the job Donald Trump is doing. The undecided independents are a small group (18 respondents), so we wouldn't read much into how they'll split, but they're the only real pool of persuadable voters left in this poll.

CHAZ NUTTYCOMBE | ON YOUNG VOTERS

Young voters are the biggest swing, and the least likely to have voted yet

Voters under 45 have moved more than any other group since our first October 2025 poll: they backed Abigail Spanberger by 26 points then and back Democrats for the U.S. House by 48 now. Part of that is who's showing up. As we're seeing in early voting across the country this year, younger Republicans are lagging: 29% of Democrats under 45 in our poll say they've already voted, compared to 12% of Republicans under 45 (among voters 45 and older, it's 53% to 29%). Nearly all of them say they'll vote, but for now voters under 45 are 36% of those who haven't voted yet and only 20% of those who have. Whether younger Republicans close that gap by Election Day is one of the biggest open questions in this race.

CHAZ NUTTYCOMBE | ON PARTY ID

Democrats are losing the label, not the voters

Among the same respondents, net party ID with leaners has held steady since their first poll, D+14.4 both times, but without leaners it slipped from D+10.4 to D+9.0. The difference is in how people describe themselves, not how they vote: fewer call themselves Democrats outright, and the share who call themselves independents (including leaners) rose from 32% to 35%. Hardly anyone switched parties, less than 1% in either direction, and most of the Democrats who dropped the label now say they lean Democratic.

Team notes & analysis

CHAZ NUTTYCOMBE | ON NONRESPONSE

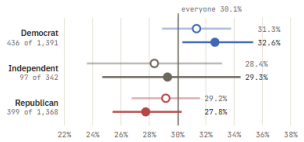
No Republican nonresponse bias

We can test this directly because every person texted had answered one of our earlier Virginia polls, so we know the party, 2024 vote and Trump approval of the people who did not answer as well as the people who did. In the final data, 932 of the 3,101 people we texted answered (30.1%). Republicans and Democrats answered at nearly the same rate: 29.2% of Republicans texted and 31.3% of Democrats, a raw gap of 2.1 points. Within each text send the gap is smaller still, +0.1 points on Friday's first text, -0.8 on Saturday's second and -1.7 on Monday's third, and Republicans were texted in exact proportion to their share of the frame at every send (44% of the Monday list, 44% of the frame). Adjusting for demographics with a logistic regression widens the Republican-minus-Democrat gap to -4.9 points (95% interval -8.5 to -1.4), because Republicans in the frame are older and whiter and such people usually answer at higher rates. That figure moved from -2.4 on Saturday, when G. Elliott Morris ran the same check on our file and found no partisan gap beyond sampling noise, to -4.9 in the final data, and the reason is who we targeted on the last day: Monday's third text was aimed at the groups our sample was short of, non-college, Black and Asian respondents and voters in under-represented districts. That changes who the regression compares Republicans against; it is not Republicans declining to answer. The test that matters for recall bias is flat: among people who recalled a Trump vote, those who strongly approve, somewhat approve and disapprove of him answered at statistically indistinguishable rates (p = 0.52), so disapproving Trump voters are not going quiet. The demographic skew in who answers is handled by the weights; there is no partisan skew left for them to miss.

Nonresponse check, live

Response rate by what people said at wave one, 932 of 3,101 texted (30.1%). Hollow dot: raw rate. Filled dot: adjusted for gender, age, race, edu, region, poll by logistic regression, the average predicted rate with everyone set to that group. Lines are 95% intervals; grey line is everyone texted. Fitted 3:07 PM.

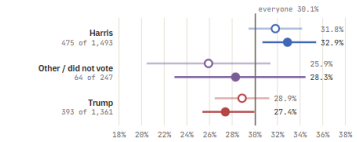
LEANED PARTY ID AT WAVE ONE



Leaned party ID at wave one (3,101 texted): response is **not flat** by group: 32.6% democrat, 29.3% independent, 27.8% republican (adjusted; differences from democrat p = 0.01 and higher; joint test p = 0.03).

Republican minus Democrat: **-4.9 points** adjusted (95% interval -8.5 to -1.4, p = 0.01) · outside sampling noise.

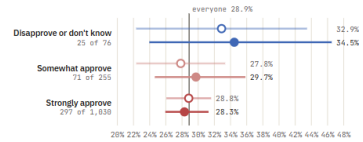
2024 RECALL AT WAVE ONE



2024 recall at wave one (3,101 texted): response is **not flat** by group: 32.9% harris, 28.3% other / did not vote, 27.4% trump (adjusted; differences from harris p = 0.00 and higher; joint test p = 0.01).

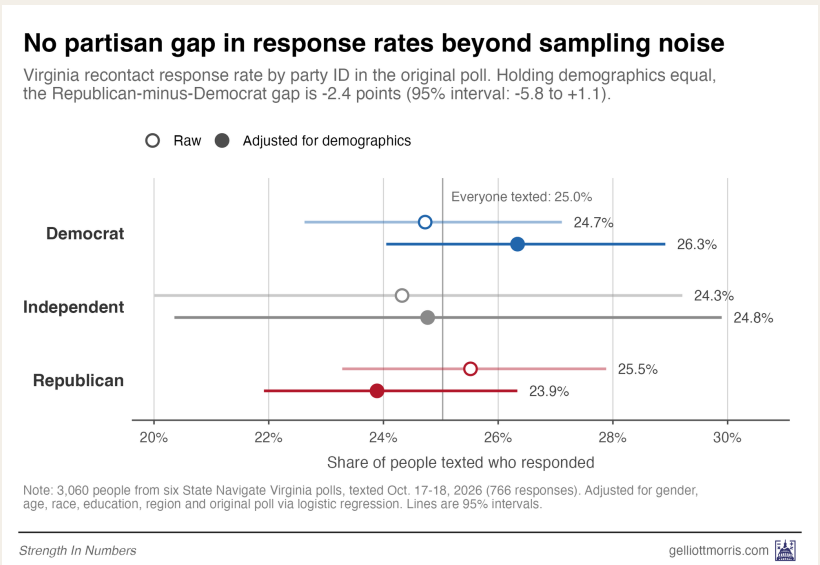
Trump minus Harris recallers: **-5.4 points** adjusted (95% interval -8.8 to -1.9, p = 0.00) · outside sampling noise.

TRUMP RECALLERS, BY TRUMP APPROVAL AT WAVE ONE



Trump recallers, by Trump approval at wave one (1,361 texted): response is **flat** by group: 34.5% disapprove or don't know, 29.7% somewhat approve, 28.3% strongly approve (adjusted; differences from disapprove or don't know p = 0.27 and higher; joint test p = 0.52).

Disapproving minus strongly approving Trump recallers: **+6.1 points** adjusted (95% interval -5.2 to +18.4, p = 0.30) · inside sampling noise.



State Navigate

State Navigate is a nonpartisan, 501(c)(3) nonprofit organization dedicated to becoming a compass for state legislatures everywhere. Our bipartisan polling team consists of alumni of FiveThirtyEight, political scientists, and polling experts. Last year, State Navigate was the most accurate pollster in the country for the 2025 election cycle. To learn more about our poll sponsorship opportunities, click here! Public polling on state governance, especially state legislatures, is rare, so we try to make our polling as affordable as possible for sponsors to help fill this gap.

Our polling team

CHAZ NUTTYCOMBE — FOUNDER & EXECUTIVE DIRECTOR

Chaz was the Director of CNalysis.com, the only website dedicated to state legislative election forecasting. He has successfully forecasted thousands of state legislative elections since 2017 during his senior year in high school. Chaz leads the polling team and works with them on survey design, field work, weighting, and written analysis.

MICHAEL FOLEY — ELECTIONS COORDINATOR

Michael is an expert in GIS technology and has experience in coding and scraping technology. He is a graduate of Fordham University and the University of Chicago Law School. In our polling, Michael conducts fieldwork, setting up surveys and texts, and exports/designs crosstabs.

MARY RADCLIFFE — POLLING COMMITTEE MEMBER

Mary Radcliffe is a mathematician and data analyst from Pittsburgh. She earned a PhD in Mathematics from the University of California, San Diego in 2012. Mary has previously worked as a Teaching Professor at Carnegie Mellon University and Researcher at FiveThirtyEight. In our polling, Mary helps with survey design, keeps our polling operations ethical, creates toplines, and writes analyses of results.

G. ELLIOTT MORRIS — POLLING COMMITTEE MEMBER

Elliott Morris is a data-driven journalist and author living in Washington, DC. He's the author of STRENGTH IN NUMBERS: How Polls Work and Why We Need Them. Elliott was most recently the Editorial Director of Data Analytics at ABC News, where he developed polling aggregation and election-forecasting models and managed the research and data visualization teams for ABC's data-journalism website FiveThirtyEight/538. In our polling, Elliott helps with survey design and writing weighting scripts.

NICHOLAS GOEDERT — POLLING COMMITTEE MEMBER

Nicholas / “Nick” is an assistant professor of Political Science at Virginia Tech with expertise focused on legislative elections and American politics. He is the author of GROUND WAR: Courts, Commissions, and the Fight over Partisan Gerrymanders (Oxford, 2022). He served as an expert witness in the Wisconsin redistricting case Whitford v. Gill. He holds a Ph.D. in Politics from Princeton and a J.D. from Georgetown Law. In our polling, Nick helps with survey design and gives academic feedback.