



To: Interested Parties

From: Matt Booker & Stephen Clermont, Change Research

Date: October 31, 2025

Re: Polling Results in IA-03

Iowa's 3rd Congressional District offers one of the best opportunities for Democrats to win control of the US House. A new survey of likely 2026 voters in the district shows state Sen. Sarah Trone Garriott in the strongest position to flip this seat.

The political environment in this district is favorable for Democrats

On the generic ballot, the Democratic candidate leads the Republican candidate 45-42 with 13% not backing either side. This represents a shift to Democrats from the narrow margin Donald Trump carried the district with in 2024. There are other signs of eroding support for the president and Republicans in general.

Trump Approval

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● Approve ● Not sure ● Disapprove

His job as president overall



Handling jobs and the economy



Handling affordability and the cost of living



Trump is underwater on his overall job approval and is in even worse shape on handling jobs and the economy on affordability and cost of living.

The voters who make up the 14% who are undecided on the generic ballot have an even more sour view of Trump's economic agenda. Trump is 14 points underwater on jobs and economy and 35 points underwater on affordability, with these voters.

Incumbent Rep. Zach Nunn doesn't fare much better. Nunn has high name recognition and is similarly upside down on both favorability (37% favorable/46% unfavorable) and job approval (37% approve/48% disapprove)

The data points to Sarah Trone Garriott as the stronger candidate

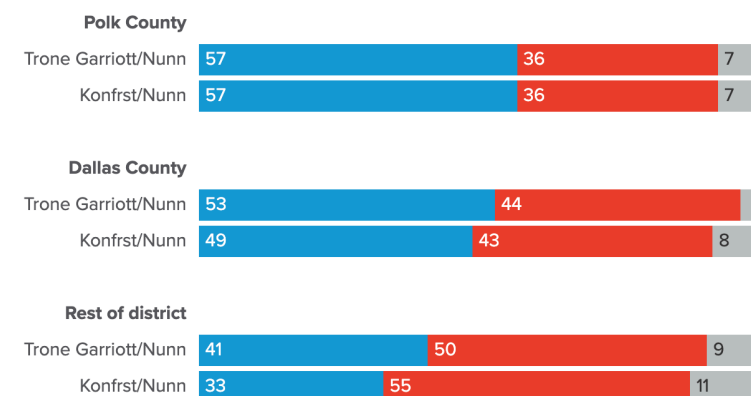
Two Democratic candidates, State Sen. Sarah Trone Garriott and State Rep. Jennifer Konfrst, were named in this survey. Both start out with low name recognition and favorability.

After seeing positive bios on Zach Nunn and the two Democratic candidates, the Democrats have wide leads: Konfrst leads Nunn 50-42 and Trone Garriott leads Nunn 53-40. Trone Garriott leads 47-19 with the voters most persuadable in the district while Konfrst holds only a 38-26 advantage.

Congressional ballots by area

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● Democratic candidate ● Republican candidate ● Not sure



Looking at the poll results regionally, the two Democratic candidates have similar vote shares and margins in Polk County (home to Des Moines), but Trone Garriott performs better in suburban Dallas County and the less urban parts of the district. In addition, Trone Garriott wins 23% of self-described “weak” Republicans, compared to 8% for Konfrst.

Polling was conducted from October 23-27, 2025. Using a combination of text-to-web and online responses to attain a representative sample, Change Research polled 638 likely 2026 voters in Iowa's 3rd Congressional District. Post-stratification was performed on age, gender, race/ethnicity, education, region, and 2024 presidential vote. The modeled margin of error was 4.3%.